**Conversation with JO:**

**The Wisdom from Source**

**(2021)**

**Channeled by JOJO You Translated by Phoenix9**

**Thank you for allowing the energy of light to enter your life. It not only illuminates you but also everyone you come into contact with!**

**——JoJoYou**

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# 2021/01/24 - Everything is the best choice on your life path

**High Spirit:** First of all, thank you. Thank you for actively linking with me. Then, I do have a lot of information to bring to you. You have now felt that you are indeed a person with psychic abilities, and you are also a disseminator, that is, to convey information, to convey our high-dimensional information. You are a very pure energy body. So it will be very, very good to convey information through you. So I am very happy that you are willing to be the person to convey information. And your energy state and your personal state are also very suitable for our candidate. So we are very happy that you can agree to be a disseminator with us.

You want to continue to know how to connect better, and then what I want to tell you is that you don't need to be anxious and don't push it to speed it up, because everything will happen just right. So when you are worried or concerned or trying to make something happen quickly, it is actually destroying it. So the only thing you have to do is trust, trust and believe that everything of yours is on the right speed and the right path.

The only thing you need to do is to trust, relax, have faith, and take passionate actions and do this. You can keep asking about other things.

**Questioner:** I can see the number 44 repeating now. I wonder if this means you are telling me that we are always together. I have been very frustrated recently because of my identity, but I saw a video with the time marked as 44 and the content was "to let go is to receive". I wonder if this is the message you want to convey to me.

**High Spirit:** We exist by your side all the time, every moment. There is no distance for us. Only in your material world there is the concept of distance. We have no concept of distance or space. Then regarding your rather frustrated mood, just like the message just now, everything is proceeding at its own pace. So you just need to believe that everything is on the right path and at the right speed. You don't need to worry or be afraid of anything because all the arrangements are the best choices on your life path.

**Questioner:** When I was a child, I could have an out-of-body experience. Once, a white-robed guiding spirit came to me. He stood on the moon and I stood on the earth. He wanted me to go to him, but I felt in my heart that if I went, I wouldn't be able to come back. Then instantly, I returned to the earth.

There was another time when a huge dragon came to me. I told it that I couldn't leave yet. I wonder what the relationship is between me and them.

**High Spirit:** Because all of you exist simultaneously in many different dimensions. So, you can sense some things that happen in other dimensions. You can sense them now, too. It's just that currently, your body hasn't received regular training. It's like a water pipe. There are blockages inside, and because you don't use that water pipe, there are other impurities inside. But if you use this water pipe frequently, there won't be too many impurities inside. It's always in motion. So your psychic constitution, your body, your ability to sense, perceive, and feel other dimensions also need to be used frequently for smooth operation. This is an ability and a technique. For any ability and technique, you need to use it frequently for it to become more and more smooth. So you still have this ability. You just need to continuously improve it, adapt to it, and connect with it.

It's like the circuit is in a short-circuit state now. It's not connected, but the circuit is right there. You just need to connect.

**Questioner:** I want to know how I can better connect with my guiding spirit.

**High Spirit:** Well, first of all, you have to believe that you have the ability to communicate with the spirit and perceive other dimensions. Because if you doubt it, you can't turn on this switch. First of all, you need to be one hundred percent trusting and believing, because this is the first door. Only when you enter the first door can you continue to do other things. Because your mind will often pop up to question you. When you start to question, you will go back and examine what you said, did, and acted, and then you will think this is a wise way to do it. That is to say, think twice before you act. What you said, you think this is a wise way to do it. But on the spiritual communication level, it's not. If you think about it, if you add human intervention, then your connection will be disconnected. So you need to completely surrender yourself and trust completely. This is the first step. When you completely trust, when you encounter something that you can use the ability of spiritual communication, just do it. It's like you believe you can fly without any fear and completely believe. When you start to jump down at that moment, your wings will come out. If you don't believe, if you hesitate, when you jump down, your wings won't come out, and you won't jump down either. Do you understand what I mean?

So it's not that you have to recite any mantras or try to unlock yourself in a certain way. But if reciting mantras makes you believe more that you already have, that is, self-awareness permission. If you think your psychic ability will come after you recite the mantra and you believe it, then you can do so. But what really works is not the mantra, but your own one hundred percent trust in yourself. No matter what way it is, as long as you can gain your own complete trust in yourself, you do it. There's nothing.

**Questioner:** Can you take a look at how my current state of consciousness is?

**Higher Spirit:** This doesn't have any meaning because it's only used by you humans for distinction and definition. And there isn't any grade or number to measure your state here. Because in every state, every state is the state that should occur at that time. That is to say, every state of yours is what you need the most at the moment. So for you at that moment, it is the most perfect state. This is what I said that you should not use any behavior to push yourself to prompt the occurrence of something. When you are prompting, you are actually in a slow process.

Because what your brains are pursuing is not in line with the pace that your own lives should have. Just like a small sapling, its growth process has its own process. You can't force it to bear fruit in spring. Do you understand what I mean?

Moreover, at every stage and in every season, it has its own beauty to produce and experiences to have. You can't take away your experiences. If your experiences are taken away and abilities are directly given to you, this is a very dangerous thing. Once you have that ability, you won't use it correctly. Instead, it will bring devastating harm to yourself and others. Do you understand what I mean? So before, when you still don't know how to use your abilities, it is a very good protection for yourself and the people around you. When your inner self seems to have gained sufficient experiences, all experiences are not what you call understanding its theory in words and then it becomes yours. It's not the case. Many scholars have knowledge and theories, but they can't solve their own problems. These are two different things.

So knowing some theories and some knowledge doesn't mean that those are really yours. You must go through experiences, experience them yourself, and then understand why there is such a theory and why this sentence exists. When it becomes your true feelings and comprehension, then that is your inner growth and that is truly yours. If you don't go through this step, the latter that you obtain, that is, the surface ability that you pursue, first, it's quite unlikely. Second, it will only bring devastating harm and won't have the effect it should have. So you don't need to be anxious now, and don't push, that is, I don't know how to say it in Chinese, don't push yourself. Don't force yourself, and don't force things. Every period has its natural beauty.

So don't test yourself either, and don't judge yourself because everything doesn't have a perfect and final state. This series of processes, this series of processes, it is constantly, constantly transforming, constantly transforming. If it's a constantly transforming thing, an energy, a state of consciousness, what do you say is the result? If you measure yourself, at the moment when you are measuring yourself, you have transformed countless times. Tell me which one is you. That is to say, people in your material world should learn not to judge a person or a thing with any words or a number, like when you give grades during exams, this kind of behavior. For example, if you did something and you said you were a bad person, such a thing shouldn't happen because the moment you said that about yourself, that person no longer exists. Do you understand?

**Questioner:** Is that the meaning of living in the present moment?

**Higher Spirit:** Because there is no past. Even when you talk about the present moment, this very moment, right now, this moment has undergone countless changes and transformations. How can you assess that by the time this sentence ends, you have crossed billions of times? How can you determine that you yourself are a being full of changes, constantly changing? Do you understand what I mean? So you don't have to dwell on any of your thoughts because when that thought arises, it has already vanished. When a thought arises, it has already vanished. So those thoughts and emotions are not you. You are full of countless changes, constantly transforming. The word "ever-changing" is the best to describe you. You are all ever-changing. How can you define that?

It's like, imagine there are a lot, a lot of fish right in front of you, constantly swimming, constantly swimming. And when you want to catch a fish, it has already escaped to somewhere else. You simply can't catch it. That is to say, there is no fixed existence here. There is never a fixed existence or a fixed result. There is nothing fixed at all.

**Questioner:** Can I ask a few more questions?

**High Spirit:** I like it when you ask questions because while you ask questions, this psychic girl, she is also constantly absorbing this wisdom and then this wisdom will all become hers. So you are not bothering her or disturbing her because you are making progress together. She gives her time and experience and her wisdom. This is her kindness. The kindness she gives comes back to her twice as much. So she is constantly growing, constantly changing, and constantly accumulating wisdom and experience for herself. So she is also the biggest beneficiary. So you don't need to feel that you are disturbing her, or consuming her, or wasting her time because this is also what she needs. Because if she didn't need this lesson, the one we are currently talking about, if she didn't need this communication, then she wouldn't have joined this group at all. If she joined, then this communication is also of great significance for her growth.

You have to believe that everything you do in your material world, the influence it brings is not just for you. All that agree to be involved in this are benefited. Just like when a fight occurs on the street, you may think only the two people fighting are injured, but in fact, the onlookers are also injured. Do you understand what I mean? When you see an act of kindness on the street, the ones who feel the love in their hearts are not just the two people involved, but also the people around watching. They will all benefit because all of you have chosen for this event to happen. If you choose to be a bystander of this event, you will also benefit and receive the lessons you should receive. That is to say, everything does not have a one-way benefit or harm. The perpetrator, when harming others, also suffers the same damage himself. That is to say, whatever you do, give, or pay, you will receive the same return. If all human beings on Earth know this reason, then you will not do things that harm others because you know that your act of harming others is actually harming yourself. When you love and respect others, you are also respecting yourself.

**Questioner:** I want to know the relationship between me and my guiding spirit.

**Higher Spirit:** Do you mean which me? Which me are you asking about? Are you trying to ask about the relationship between the being who is transmitting information now and you? Because I am you, and you are me. We are all one. So it doesn't exist. According to your statement, that is to say, you are one person and I am one person. We are independent. But we are not independent. We are all connected. Everything about us is closely related and connected together. Any growth of yours is also my growth. So there isn't. Only some will choose to express it in this way to make it clearer for you. There is a saying in China, "The Tao produced One; One produced Two; Two produced Three; Three produced All things." This means that you and I are all things, but we all come from the Tao, that is, energy, consciousness. It's like we are a vast ocean. You are a wave, a water droplet that has left the ocean surface and floated up.

But sooner or later you will return to the ocean. Do you understand? At that moment when your wave stands up and becomes a spray, then you will think this is me. I am this spray, and you are that spray. Then you will distinguish between you and me. But in fact, when we fall at that moment, this is psychic. When you fall and enter the entire ocean surface, you can perceive all the information of the entire ocean.

**Questioner:** Does that refer to the state of oneness?

**Higher Spirit:** Yes. When this girl is in a psychic state, this psychic experience is what she desires on her own. Because when she is in this state, she is in a state of oneness. When she is in the state of oneness, she has no troubles. Because when she is not in the psychic state, she is like you in this world. When you are a human, your mind keeps generating thoughts, constantly generating, and more or less generating some emotions and troubles. But when she is in the psychic state, she has no troubles. She only has inner peace and joy. So this state is what she wants to perceive, sense, and experience. So when she is in the psychic state, that is, in a state of oneness. For herself, it is like, as if it were a state of baptism, as if it were a state of cleansing, a state of charging. Because she feels oneness, she no longer pursues from the outside. Because people in your material world still pursue from the outside.

For example, from emotions, from others, to feel completeness. Because when you are not in the state of oneness, you always feel a sense of deficiency, feeling that I need to fill myself with something, such as my other half, such as a partner, such as a lover, such as a career.

For instance, you're always grasping for something to make yourselves feel complete, understand? So those workaholics, people who work frantically, they also sense their own incompleteness. So they think they are constantly working to enrich themselves, constantly letting certain things fill themselves. Any addictive behavior, being a workaholic is also an addictive behavior, shopaholics, drug abuse, drinking, any kind of behavior. Also, for example, constantly changing boyfriends, being in relationships, changing girlfriends, constantly looking for sexual partners. All of this is because of your inner sense of deficiency and loneliness. Then you constantly want to grasp something from the material world to let yourself experience a brief state of unity. But you have to remember that those states are only temporary because they will disappear quickly. When they disappear, you will have anxiety. You constantly want to grasp again. When you can't grasp it, you will have low mood or resistance. You will think it's the other person's fault that they didn't satisfy you. So you will constantly want to feel complete, fulfilled, and unified. But these are all illusions, these are all mirages, these are all temporary and will disappear in an instant.

The true unity is only in this state. When you reach this state, you can lead more people to find the true unity and complete state because you have found the way home. Then you can lead more beings and guide them to find the way home. Only this is truly, do you understand what I mean?

**Questioner:** I am currently connecting with my guiding spirit through the way of meditating while listening to music. I want to know if this is okay or if it's better without music.

**High Spirit:** The form is not important. No matter which way you use, if you are not happy or enjoying it in your heart, then don't do it. Meditation is not that in your minds, you think that only when sitting in meditation is it meditation. No. When a painter is concentrating on his painting, he is also in a state of meditation. When a singer is completely immersed in his singing, as if there is only him left in the world, this is also in a state of meditation. Meditation is also connection, just like unity. Just like you are a wave, when the wave rises, you have to return to the sea. The form is not important. What's important is which one is more pleasant, more enjoying that kind of feeling, more enjoying that kind of experience rather than saying that you push yourself, you feel that you have to force yourself to reach a certain state.

If you think listening to songs makes you more comfortable, more relaxed, and you enjoy the process more, then listen to songs. If the songs don't bring you this kind of feeling and you think not listening to songs is better, then you can choose not to listen. There is no one correct path here. The real path for yourself is for you to constantly experience and feel, and only you know. Moreover, at each stage, what you like might be different. So, there are no rules. You are a very serious child. That is to say, for example, you are a child who studies very seriously.

Sometimes, in fact, you only need to relax and trust. Do you understand what I mean? You want to do things well, plan well, and choose the correct path. But there is no so-called correct path. There is only the path that suits you and the path that fills you with passion and pleasure.

**Questioner:** But now there are many things restricting me from doing what I really want to do. I want to experience economic freedom and freedom in life, but now there are many things I have to do.

**Higher Spirit:** During this experience, you can also learn and experience what you need to experience. The only way to shorten this experience and time or make you more pleasant is to put your awareness into every moment.

It's that at every moment you are in an awake state, not in a drowsy state, and not influenced by your collective consciousness. Do you understand what I mean?

**Questioner:** What is an awake state?

**High Spirit:** An awake state means, for example, that the viewpoints and concepts implanted in your mind are not from others, not given to you by others, not some norms given to you by your society. For instance, just as you said earlier that you were looking for a certain way, maybe your teacher was teaching you that this is the correct way. This is a limitation for your mind. Then you are not awake. You are using the accomplished way of others. Do you understand? You have to understand which ones are the consciousness of society and which ones are yours. When you are using those consciousnesses of society, you yourself step aside.

**Questioner:** I might find it relatively difficult to detect which are my own consciousness and which are others'.

**High Spirit:** Yes, yes. That's why the number of awakening people is so few, so few, so few. The number of truly awakening people is very few. You see many religious people or other spiritual mentors. Although they talk a lot of sense, they are like repeaters. They are also, like norms, a true student.

Because their master said that this path is the truth, so they believed it and they spread it here. Do you understand what I mean? They are also like robots, not really awake, but just having different programs implanted in their minds. So you don't need to worship any master, because the true inner guidance is within you. Because you yourself are the ocean, do you understand? You are just temporarily away from the water surface, but you will eventually return. So you don't need to worship anyone, because sometimes worshiping too many people will instead lead you to a path that doesn't belong to you. It will confuse your mind because you think this seems to conflict with your inner self. When there is a conflict within you, you will question the path you have chosen, and this will instead delay you too long on your way home. Although I know that you will eventually find your way home, this will always affect your speed, that is, what you call ascension, the speed of raising consciousness.

**Questioner:** How do I know if I have achieved a connection with my spirit guide?

**High Spirit:** You will feel it. You just need to follow that energy. It's like there is a wave driving you, and you yourself can feel it. Just follow its rhythm. For example, if you are sitting here now and can't write a single word, then put down your pen and do what you want to do.

For instance, if you want to have a hot pot meal, just go for it. If you feel like taking a walk, then do it. Don't force yourself to sit and insist on writing because when you start having the inspiration for writing, you will naturally have an endless desire to write and you won't be able to stop. And perhaps during the process of wanting to have hot pot, that is, on your way to have hot pot, at the table having hot pot, while you're sitting there eating hot pot, then you see a scene, and that scene is the source of your inspiration. Do you understand what I mean? So let your inner self lead you and guide you because only it is your true teacher and mentor, not me. As long as you feel happy and want to do it, then go ahead. This is the only criterion - that your inner self is in a comfortable state, an enjoying state, a state of wanting to do it. Any time you don't want to do it anymore, you stop. There is never a fixed rule here. That is to say, the rule I'm telling you now only applies to you at present, but in the future, that is, at this moment it may change. You might be now, what I said before was writing, but maybe two years later your energy comes from speaking. Do you understand? So don't confine yourself to any one state. Just like what was said earlier, there is never a fixed outcome here. There is no fixed one, nor is there an outcome. Then the only thing that can guide you is your own inner feeling because true life actually has no conflicts at all. Only when you are not on your own path, that which is not the course of your life, will conflicts arise. So that is to say, what I just mentioned about each stage, do as you currently want to, have the urge to, and want to do, and then you say that if you do as you want to, it will conflict with your material possessions. This is just a restrictive belief of yours, and it is this belief that is restricting you.

This indicates that you haven't yet reached the path that truly belongs to you because when you choose to walk on your own path, everything in life is arranged and there are no obstacles. That is to say, for example, this girl who is speaking now, the life she is experiencing currently is completely different from what ordinary people like you experience. Because when it's time for her to do that thing at a certain point, everything around her will be ready. Do you understand? For instance, if she wants to go swimming at the seaside, the car to take her to the seaside, the driver, the swimming suit, and all those things will all be automatically in place and ready.

She just needs to want to do it, experience it passionately, and that's enough. This is the true path of life. But currently, she is indeed experiencing such a state of life. For example, recently she wanted to give a public speech. The public students were ready, the venue was ready, everything was ready. She just needed to show up. She didn't need to consider where to go, where to find people, which place to go to, or what to speak. She didn't even know what she needed to speak about. She didn't consider it because she knew that the moment she took that position, everything would present itself automatically.

When many of you give speeches or do such kind of work, you need to search for topics a lot, prepare lessons and so on. But she didn't do anything. She knew that she would show up there and everything would be just right. She would know how to proceed. This is complete trust. So you also need to gradually walk on this path.

**Questioner:** Recently, I woke up again and saw my spirit body bowing respectfully to the Jade Emperor and the Queen Mother. At that time, I heard a voice saying that the time was up. Then a person came and took a child in white clothes out of a trapped town like a stone. And I also knew that the child was me.

When I saw the moment the child was released, the Jade Emperor and the Queen Mother of the West also came. Then I saw one of my spiritual bodies bowing respectfully to them. I wonder what this means.

**High Spirit:** Just now, it was mentioned that you all exist in many different dimensions simultaneously. Well, that is also if we talk about what is real. As long as you can experience it and have a profound experience, then it is real. So even if you are dreaming, the experiences in the dream are also real for you. In the material world, you are experiencing something. If you think that it is not real, then it is not real for you. Do you understand what I mean? The true so-called reality is your inner experience. For example, if someone loves you and is very good to you, but you don't feel the love at all, then it is not your experience. It is only the other person's experience. The other person is experiencing alone because you haven't joined in and you haven't experienced it. But even if you love a mythical figure, but you really love him and you have given all your feelings, then tell me, is this false for you? Because it is having love with a mythical figure, but your feelings are real.

So only what is real to you is real.

For you, if you have no experience, what's false is false and you don't care whether the thing itself is true or false because it's your mind that makes the judgment. Because even if you take something you think is real, for example, a cup, and you think it's real. If you keep decomposing it, decomposing it with your science, you'll find that it's also false. Do you understand what I mean?

**Questioner:** (I forgot what I said...)

**Higher Spirit:** Yes, what you said means that there is no real or false here because there is no need to distinguish which is true or false. Because only when you have that feeling, it is real. For example, in your dream, you feel the panic of being chased by someone. To you, others say it's false, it's false that someone is chasing you, but your panic feeling is real. To you, it's real. All the information that needs to be conveyed to you today is to trust, relax and enjoy, and that's enough.

**Questioner:** I have no other questions. Thank you.

**Higher Spirit:** Thank you.

# 2021/02/06 - Magic Wand

**Questioner:** Now this girl who is in a trance wants to know how to use the magic wand.

**Higher Spirit:** First of all, she starts to be interested in the magic wand because she is now entering a stage of how to use her energy field to influence the surroundings, to influence the material world, and to influence others.

She isn't interested in this for no reason. Because currently she is in a highly synchronized state with her Higher Self. So that's why she received such guidance and now enters the exploration of such a field. And all this information can offer some excellent guidance to all of you who are interested in this aspect. Then your question is how to use a wooden stick or a magic wand to apply your energy. Magic wand. First of all, you need to understand that the most, most, most, most important thing is yourself, your energy body, your intention, your consciousness. It's just like that wand is only an electric wire. And if you don't have electricity, having the wire is useless. Do you understand what I mean?

So the effect is not on that stick. What really influences is your intention because your consciousness is linked to everything of all beings. Then imagine if you want to manifest, manipulate, or influence a certain part of matter, do you still have to start from the point you are linked to? So because I don't know what you currently want to use the magic wand to show, influence, or do, you need to ask more specifically to obtain information in this regard.

**Questioner:** Forgot exactly what was asked.

**Higher Spirit:** You yourselves are constantly using your consciousness to manifest everything in your material world. All your experiences are manifested through your intentions. Fairy tales and TV dramas just make it so that you can manifest it quickly and rapidly, turning it into something like magic. So first of all, you need to be clear that you are using your consciousness and intentions to manifest everything. For example, if you have a quarrel, fight, or brawl with someone, but first of all, the conflict and contradiction occur in your consciousness, that is, you have developed a sense of dislike for this person, understand? So you will have a conflict with him. If you have no feelings or sensations towards him within, you wouldn't have such a quarrel or fight with him. So when you quarrel or fight, it is actually a manifestation, and that is your magic coming true, understand?

**Questioner:** How to manifest in a timely manner?

**Higher Spirit:** To manifest in a timely manner, you want to use a magic wand to manifest in a timely manner. For example, you hold a magic wand and say, "Bring a frog," point, and then you expect the frog to appear? The magic wand, for you, exists in a way that has an enhancing effect because your trust in yourself, for example, is not very deep.

Just feel that I'm not that trusting. It's like I don't have a crutch and I can't walk well. It's like children riding bicycles. At the beginning, they need a balance because they don't believe in themselves without a balance... He thinks that he will fall. That magic stick is for those who are initially not particularly confident in themselves. It has such an effect. He feels that when he gets that magic stick, he will have more confidence in what he does. Do you understand what I mean? But when he reaches 100% confidence in himself, he doesn't need any magical tools. So the magic stick is more like something that a child holds onto when they first start learning to walk or the two balancing wheels of a bicycle when they first start learning. It achieves an effect that makes him feel safe, at ease, certain, and confident in himself. Because without that, any doubt makes it impossible for you to fully engage in what you want to do. There is another kind, which is for people in your material world. That is to say, if you don't have any decorations or clothing on you, they won't think you are a magical person. But if you wear some solemn clothing and hold some solemn magical tools, those will deepen their trust in you. So whether it's you yourself, just like if your police officers put on uniforms, you will have a stronger sense of solemnity towards them in your hearts, and they themselves will also have a sense of solemnity. So this is also like the effect of the uniform. Feeling it can not only deepen your own determination of your own identity, because no matter what state you want to enter, you must first enter that identity and determine that identity. So for you, if you put on costumes and hold the ritual tools, it can make you enter that state more, make you believe in yourself more, and also make outsiders believe in you more. Then just do it because it's a plus for you.

**Questioner:** (Can't remember exactly what was asked. It seems to be asking Teacher JoJo how to explore using the magic wand)

**High Spirit:** How to explore? When you have concerns, curiosity, and questions about this aspect, when your questions arise, you are already obtaining the answers and are already exploring. So it's also at the moment when you have the intention and thought. So the moment when things in the physical world seem to be is the moment when you have the intention and thought, and it's the moment when your frequency aligns with that.

This is why she likes to constantly answer others' questions and help people in trouble. Because these are like a rope, a clue, behind which you can find what you are looking for together. It's like an energy line that will lead to the answers you want to find. So it's not fixed in a certain form or way. Even if she's just walking on the street and suddenly sees an ant on the ground at any time, it can bring her into the field she wants to explore.

So any moment is like a door into the field you want to explore. When your mind is worried, anxious, or focused on other things, then you close that door. Do you understand now? Then you aim at the door of anxiety, and then many anxious events will be triggered. This is what you often say, "Misfortunes never come singly."

**Questioner:** Well, if when I start to feel anxious and scared, I shout stop to this energy and meditate in a positive direction?

**Higher Spirit:** Doing so is like taking painkillers when you have pain. It eliminates your symptoms at that moment, but the disease that causes your pain still exists. This is the most important thing for all of you to come to the material world, which is to enhance your ideology.

When your ideology is elevated and expanded, for you, for example, when you were a child and the teacher gave you questions, some complex multiplication or addition problems, you would feel anxious. You thought it was so difficult. But when you look at the same problem in your teens or twenties, you won't feel anxious. Why? Because it's very simple. This is because your cognition has changed. When you study, you understand, and after you know, you won't feel anxious. You feel anxious because your current ability can't handle some problems you encounter at present, and you will feel anxious and helpless. But when you understand that you can solve these problems well, you won't feel anxious, right?

People feel fear and anxiety because of their misunderstandings of the world and their misunderstandings of an event, that is, the wrong cognition of this event. Understand? Just like the girl just now, the information she shared herself. She said that some people take everything manifested materially too seriously and get too involved in the drama. Then if you know that you just use your body to experience the material world and you are not that body, you won't be obsessed with the pain and desires of the body. When you are too obsessed with the desires of the body or wealth or, for example, the desires for power, various desires, a desire for status symbols, status. Then if you are too obsessed with that status, that title, such as the governor of something, that is you.

If you are too obsessed with the identity of being a provincial governor, then you will definitely suffer. Why? Because you can't be a provincial governor forever and ever, understand? So when your consciousness is elevated, and you can understand that you are here to experience this identity, and the most important thing is your inner self. Then when you are not attached to this identity, you won't have that kind of anxiety and suffering. So it's not about what you do externally, but about how you improve internally, whether your cognition has improved, and whether your consciousness has expanded. Because when your consciousness is elevated and expanded, when what seemed to be a problem at that time, you look back, it is no longer a problem. Just like what is said in Buddhism, everything is empty. If everything is empty, then why should you be anxious and suffer?

**High Spirit:** First, I want to share what suffering is. Because suffering is just a definition of yours for humans. There are some, for example, there is a saying that a cornered dog will jump over the wall. It's only when you push the dog to the limit that it realizes it has the ability to jump over the wall, understand?So some hardships, the hardships that seem apparent on the surface only come to bring out your greatest potential. And those hardships are usually chosen by them to experience. For example, someone who has been constantly paying attention to those who were raped, she might have experienced being raped countless times. She can understand their pain, so she will rescue those similar to her. They themselves chose to go through these so that they could empathize with them and know how to lead them out. So sometimes, those hardships are their choices because these hardships are beneficial for their transformation. This is one kind of hardship. There is another kind of hardship that is defined by you in the material world. That is to say, it is not hardship in itself, but your lack of understanding of it defines them as hardships, and what you experience is hardship. Just like when you exercise in the gym, with hundreds of pounds of weight, constantly exerting force. For some people, this is particularly hard, right? But for themselves, they think this is constantly making themselves stronger and more energetic. So there is this kind of hardship that is defined by you outsiders because for you, you think the body should be comfortable and at ease.

**Questioner:** I want to know where exactly lies the significance of the light workers. Because Osho once said he had no interest in saving anyone, as no one needed to be saved.

**Higher Spirit:** You can never save anyone who doesn't want to be saved or who choose to continue with such experiences. You can only exist like light. However, those who are seeking light will naturally be attracted to you. They see you and it brings them the hope of life. They know that light exists and not just darkness. So some people think that saving others means giving up oneself to save others. This is not saving. This is you identifying with others' pain and their predicaments. You just need to be yourself and shine your inner light. However, those in the darkness, when they see that they too can potentially become light, it brings them hope. You show them all the possibilities. But there is no so-called saving because just like everything (inaudible) is mutual. It's not that there is a certain misunderstanding of the word "save". When you help to become light and illuminate others, then the light of others will reflect back to you and make your light even brighter. That is to say, whatever you emit will be returned to you twice.

Osho, although he himself said that he did not and was not going to save anyone, his existence illuminated many people and liberated many. Although he did not deliberately do the act of saving, it's like you are a seed. You grow well, blossom, and bear fruit. You bear many fruits. You did not grow, blossom, and bear fruit deliberately just for the sake of bearing fruit. But bearing fruit is an inevitable outcome, do you understand? However, your fruits contain many more fruits, and within the fruits, there is continuous life, continuous life. But you say I don't want to bear fruit, I don't want to spread, I don't want to bring new life. Do you understand what I mean?

**Questioner:** Now this girl who is channeling wants to know how she can do to see other beings.

**High Spirit:** She has already seen other beings in her dreams. What you want to say is how she can see beings from other dimensions in your material world, right? Let me take a look for you. She wants to know how she can see some other beings in the material world. She has not expanded to that extent yet, but for her at this stage, it is a kind of protection for her. That is to say, she will reach that extent and be able to see beings from other dimensions in the material world.But currently, her energy state hasn't manifested in a way that allows for such contact. This is a protective act for her at present. That is to say, it's like there are different levels. If you are a very, very, very experienced master, I can give you a very sharp knife. If you are a primary school student who has just learned to cut vegetables, I might give you a kid's knife. But you say, why don't you give it to me, the sharp knife? Because at different stages, you need to have the same things that match your energy state to support you. Things that are too sharp can cause harm and influence to both yourselves and others. Why hasn't she reached the point where she can see? Because there are still some fears within her that she brought along when she chose this physical body. Those fears haven't been completely cleared away yet. However, if she still has this fear that hasn't been completely cleared away from her physical body and is allowed to see those beings with her own eyes now, it will deepen her fear and be unfavorable for the process of clearing her inner fear. So when there is no fear within her, she can make contact and see some beings from other dimensions with the naked eye. Do you understand what I mean?

First of all, you have many, many, many people with mental problems, mental illness, right? Because they don't have, that is, their ability doesn't match yours. Understand? They saw it, but their state couldn't bear such a thing. So they couldn't distinguish between reality and illusion, which led to their mental problems and they had to go to the hospital. They couldn't survive like normal people. So they have that ability, but at the same time, it also ended their ability to live a normal life in this material world. It's a fatal blow to them. For many children, they have this function and they have a very, very great inner fear. They are accompanied by a fear that is hard for normal people to understand. Imagine now that there is suddenly a person beside you. You can see clearly what he looks like. Can you still live a normal life? Even if he is friendly, because when you came to this material world, this function was closed. It's a kind of protection for you.

**Questioner:** That is to say, she can see one day, right?

**High Spirit:** Yes, she can. First of all, that fear is to protect your physical body. This fear is instinctive and is to protect you.

Just as you all have said, fight or flight. When you encounter unexpected events, your first reaction is to want to flee. This is an instinct, an instinct that each of you has. It's to protect you. Then for that phenomenon you mentioned, I need to link it. What's your name, XXX? You want to know about the sleep paralysis you're currently experiencing. The current state you're in is actually an accumulation of your inner fears. When you accumulate a lot of fears, you'll attract some fearful phenomena, or fearful events, or even some spirits that have the same sense of fear. However, these spirits only come to deepen your experience. They don't offer any substantive help to you. That is to say, they are not like high-level spirits. Do you understand? They are more on the same frequency as you currently are. So if you want to change your experience, you still need to change your frequency and put yourself in a more relaxed, happy, and blissful state instead of a state of loneliness, solitude, fear, and helplessness. Do you understand? Because based on your state, whatever you attract, whether in the material world or the spiritual realm, it's all according to your frequency. Only those with the same frequency, like this girl who is communicating with spirits, she needs to adjust her frequency to a certain state in order to receive this information.

When she is in this material world, such as the troubles of the material world, some events of the material world, she can't touch this information. This is also a state achieved by adjusting her frequency. If she lowers her frequency to fear or a very, very low frequency, she will also attract some problems similar to that frequency, that is, the same internally.

Just like people in your material world, like attracts like. Birds of a feather flock together. Those who like gambling, the people around them all like gambling. Those who like taking drugs, the people around them all take drugs. Those who like making money, the people around them all like making money.

**Questioner:** I am currently practicing the Thirty-Six Secrets. Some time ago, during the process of practicing, suddenly a stream of hot air ran through my whole body, and then my whole body became hot. I want to know why this happened and whether I have gone astray.

**High Spirit:** Are you talking about going crazy due to cultivating? This isn't. This is just a dredging of your body because there will be a lot of blockages in your energy. That is to say, there are some suppressed emotions and suppressed energy inside. However, when you link to the cosmic energy and allow the cosmic energy to enter your body, there will be a feeling like dredging.

Becoming obsessed is entering a state of obsession, so it's not a non-obsessed state.

**Questioner:** I recently finished reading the book by Dr. Joe. He is a writer as well as a quantum scientist and a brain scientist. He has held many workshops around the world to help other beings achieve an ideal life state or restore a healthy body. He once said that when your brain, your heart, and your feelings can be in alignment, you can create anything by using energy to change matter instead of using matter to change matter. How does the Higher Spirit view his philosophy?

**Higher Spirit:** This brings us to the point. No matter what you want, just like the magic we talked about today. If you want magic to happen, you must not have the slightest doubt. This is the same as what he said. You must be genuine in your actions, your thoughts, and your feelings. You can't be fake or have the slightest doubt. It's all connected. This is the same as hypnosis, suggestion, and self-hypnosis for you. This is also the same as for those actors in acting. No matter their thoughts, emotions, or expressions, after they enter that state, they will feel that they are really in that state. This is also the state of spiritual communication. This is also the state of connecting with your past lives because you have experienced many lifetimes and you have had many past lives.

That is to say, no matter if you were a poor person, or you were an emperor, or you were a rich person, or you were a maidservant. When you are wearing the clothes of a maidservant and doing the actions of a maidservant, you unconsciously become a maidservant. When you are wearing the imperial robe and doing the actions of an emperor or empress, you unconsciously become an empress and your tone will change to that of an empress. Do you understand? This is why sometimes props and costumes are very important for you because they will deepen your self-suggestion. This is also helping you to suggest to yourself that you are now an emperor and you have put on the imperial robe.

**Questioner:** How to connect the conscious mind and the subconscious mind? With meditation? How should one meditate?

**Higher Spirit:** You don't need to meditate. Every moment of your life is like that. For example, when you are in the identity of an employee and you enter the company, you will enter that state. When you are in the identity of a customer and you go to a hotel, to a five-star hotel, and you are being served, then you are in the identity of a guest. Do you understand? In all the material phenomena you mentioned just now, you are experiencing them yourself. For example, when you get home and you are in the identity of a daughter, your attitude towards your mother is different.

As a subordinate, your attitude towards your boss is different. As a girlfriend, your attitude towards your boyfriend is different. When facing a waiter or an authoritative person, it's different again. Do you understand?

**Questioner:** I want to ask my guiding spirit, does my Higher Self have any information for me?

**Higher Spirit:** I'll help you search. You currently have one piece of information. Then what it wants to tell you is that you have many beliefs that limit you. That is to say, you yourself should have 100 points, but you only give yourself 50 points. You feel that you have a sense of unworthiness, a sense of not deserving. This is a point that you need to break through, need to see, and need to recognize. That is, you are more excellent, beautiful and deserving than you imagine. So some of your beliefs have prevented, blocked some beautiful things from happening to you. Do you understand? Some of your beliefs, some of your thoughts have prevented some beauty from coming into your life. In your life, you yourself feel that you don't seem to deserve a better life. You think you don't deserve better treatment, a better life, better love and care. Such a belief has limited the good things from coming into your life. But you will break through these beliefs step by step.

That is to say, this is a process for you to break through. You will eventually have it all. Do you understand? So this is just a process of your transformation and breakthrough. Then it's just to tell you that you are currently going through this process of transformation and breakthrough. So you don't need to worry or be anxious. Nor do you need to, like the messages written by this girl today. You don't need to focus on what you don't have or what you lack. You only focus on what you have. For example, focus on yourself. You are a very kind, very considerate of others, and very compassionate person. You are a very good person in essence. So if you focus on being a good person, good things will be attracted to you instead of focusing on those you worry about or are anxious about. It's just a different focus. One is A and the other is B. You don't need to worry about B. You just need to focus on A.

**Questioner:** Thank you for the information you brought me.

**Higher Spirit:** Thank you. You can ask another question.

**Questioner:** How to release those negative beliefs?

**Higher Spirit:** First of all, you don't need to focus on anyone's ideas or any methods, even if it's the Buddha. Do you understand? Because even the Buddha tells you that all dharmas are empty. None of them is true.

So people can create any event they believe to be true with their consciousness to experience. If there are six billion people in your world, and each of them has created a unique consciousness to experience, and each one is true. Which one do you believe? There are six billion different ones. Which one do you believe? So here, none of them is true. It's just different viewpoints, different perspectives. But they are all true for them. It's true if they think it's true. You don't need to focus on others because when you focus on others, you miss yourself. Everything you have is within yourself.

**Questioner:** How can one escape the cycle of rebirth? Is it necessary to eliminate all the obsessions in the subconscious mind?

**High Spirit:** When you want to get rid of all the obsessions, isn't this an obsession? How do you get rid of your obsession when you already have one? When you pursue not being reborn and pursue getting rid of obsessions, this is already an obsession. Do you understand? So you have already fallen into that trap. As I just said, each person has created an illusion for them to experience. If you take their illusions as real, judge them, and study them, then you miss the essence of your own life.

This is why a true master doesn't let you read too many books or listen to too many words from others. Even if it's their own words, you shouldn't listen. You should use your own eyes and your own heart to feel life. Any questions?

**Questioner:** What is karma?

**High Spirit:** Karma. You tell me what karma is, then I'll know what I want to explain.

**Questioner:** Karma is a kind of force. It means you get what you give.

**High Spirit:** This is just to make you clear about what your consciousness manifests. It's just to make you understand, like a physical reaction. What you throw out is what you harvest. For example, if you have a choice, if you throw out a bunch of flowers and throw out a knife. If you don't understand karma in the material world, you might throw out a lot of knives, and then you also receive a lot of knives. When you are clear that the knives I received are because of the knives I threw out, then if I throw out my love, throw out my flowers and applause, then you will receive the same. So it's not good or bad. It's not to punish you. It's just to make you see clearly. So you will act more consciously instead of throwing knives randomly and unconsciously. It's like a machine. What you put in, for example, a soymilk machine. If you put in soybeans, it comes out soy milk. If you put in rice, it comes out rice milk.

If you put in stones, it will come out pebbles. Do you understand? It's just such an operating mode. Okay, thank you. I'm very happy to communicate with you today. Goodbye

# 2021/03/04 - Which room do you choose in the end (no question)

**Higher Spirit:** You speak. What's the problem?

**Higher Spirit:** Who am I? Tell you, you don't know who I am. My name is Ina. Hello, your future. What is the future for you? You can only experience the present, the moment. Do you understand what I mean? You only have the present, only now. You only have this moment you are experiencing now. Each of you thinks there is a future. The future is only what you see on your timeline. But for you, it's not the real future. Just like today is your future, it was your future before, but for you, you only have the present. Don't understand? Then can you go to the future?

**Higher Spirit:** Okay. What's your name? XX. You said that you are currently experiencing fear. I feel your inner self. Your inner self doesn't want to stay in this material world anymore. Do you understand? That is to say, you are like waterweeds floating in the water. You feel insecure and unstable.

Then you want to take root, but there's nothing in that water, it's also void. Do you understand what I mean? That is to say, you now want to find something, as if it were, something tangible and reliable. You think that only in this way can it hold you down. Otherwise, you would float up as if in this state of stepping on air. Within you, you feel that the material world doesn't seem to belong to you because there's no place for you to take root. So within you, this desire to break away from the material world has arisen. Do you understand what I mean?

**Higher Spirit:** That's just your physical body. You feel like wanting to break away from the material world because you want to truly find your belonging. You think this place doesn't belong to you. This is your current inner state.

**Higher Spirit:** That's why you want to grasp something, as if you have to give yourself a reason to survive. Do you understand? But this kind of feeling that arises within you, this kind of feeling of having no foothold, is a lesson that your soul needs to overcome when coming to this world. That is to say, currently you are facing your lesson, yet you want to choose how to evade it, that is, how to not complete this lesson. Do you understand what I mean?

Your task is when you are floating on the water like waterweeds, with this unstable and rootless feeling, as if there's no one to help you or no support at all. You have to stimulate your inner self-confidence and inner strength.

Your self-confidence and your inner strength, you need to break through these two obstacles. They are obstacles to you but in fact they aren't. But you choose such scenarios for your learning because all the scenarios in your material world, or the predicaments in your eyes, are for you to break through. Let you know that there's nothing here. Actually, it's nothingness. Because the inner lack of self-confidence or disbelief or lack of strength are all illusions created by yourselves. But because of your real physical bodies and everything outside that you can touch, see and feel, all these make you not feel the slightest bit of falsehood. When you have fear, you always think that the wall is impregnable. But when you see through that this is actually just an illusion projected by your inner self, then it's like air. There's no wall at all. Do you understand?

**High Spirit:** Your future life will still continue to experience the same as now. Because you haven't seen through this wall, the soul lessons you have set for yourselves. You must challenge, experience, and complete them before you can enter another different creation scene for you to break through. That is to say, you are now in the physical world, and everything about your inner feelings and outer experiences is that, for example, your soul is at level one now. Then even if you change a place, a job, or a partner, you are still experiencing the lessons at level one. Only when you truly have, for example, this lesson is about your self-confidence and inner strength, your inner self-confidence, then when you have the inner self-confidence and strength, you will enter level two. Then the environment and material state at level two will be different from those at level one, and the relationships are also different. After you have experienced level two, you can break through to level three and level four. If you haven't truly stimulated your inner self through external situations, because that is the real you. If you haven't passed this, you will continue to experience the environment and emotions at this level, and the energy state at level one. Even if you are rich, you will continue to experience level one. Do you understand? Not all wealthy people are free from constraints and fears.

**Higher Spirit:** Then you can steal or rob. If you think you just focus on wanting money but after you steal or rob, you will still continue to experience limitations and still experience fear. This is why in your world, those who steal, embezzle or commit theft, on the surface they have money, but in their inner and material world, they will still continue to experience an inner fear, a sense of insecurity and fear. Do you understand what I mean? That is to say, the kind of fear, worry and concern that you are experiencing now and, for example, after you rob money and get a large sum of money, you will still continue to experience fear, worry and concern. Do you understand what I mean?

**Higher Spirit:** Then you can repeatedly listen to the recording until you understand.

**Higher Spirit:** I'm just telling you. I'm just telling you that simply pursuing surface-level money in your pocket will not change your inner situation and will not change your inner feelings. Even if someone gives you a sum of money now, but that money will run out and you will still continue to experience this sense of helplessness, powerlessness, scarcity and terror. Do you understand? Because that money is not manifested through your inner power but through external charity. So you just extend your course time and growth time.

**High Spirit:** Remove the limitations in your mind. It's like water. Right now you're blocking it. Clear it and the water will flow out. It's not about learning how to generate water because the water is already there.

**High Spirit:** I just told you to remove your own limitations. It's like the source of water. There's a board blocking it. It's not that there's no water there. Instead, you need to remove that obstruction and the water will start flowing.

**High Spirit:** For your future, let me sense. Right now, I only see that you seem to be in a struggling state. It's like you're drowning now and you want to grasp something. So indeed, you are currently experiencing a rather struggling and helpless state. But what you seem to be seeking in your heart at present is a guarantee. By guarantee, I mean you want a reassurance like a calming pill. But I can tell you that you yourself are a guarantee. This guarantee means being precious and having many treasures. However, the only thing you need to do is to believe and then discover. When you discover this guarantee process, this is the process of your life's enrichment and growth. When you discover it, it's also the time for you to share. So you just need to believe and discover, and you will find.

**High Spirit:** Your future appearance, I just told you. If you are constantly, if you don't understand this operating mode, if you keep prolonging your experience, if you keep staying at level one, if you keep staying at level one, if you only pursue superficial wealth, you will only prolong it even longer. The prolongation could be this lifetime, then the next lifetime, the next incarnation. Do you understand? The lessons you haven't completed in this life, you will continue to experience and go through.

**High Spirit:** I have already clearly told you that your inner self is a treasure. The only thing you need to do is to believe and discover. However, this decision-making power is in your hands. It's not that because of growth. Even if I were your biological mother, I can't replace your own growth lessons. This belongs to you. No one can replace anyone's growth. We can't either. You yourselves in the material world can't either. For example, imagine if your child has the same situation as you. At the beginning, you help him by saying, "I'll give you money." You work hard to earn money for him. He can, for example, rely on the money you give him for the first 50 years. But after he turns 50, you will pass away. Your physical body ends. You can no longer protect him and create this illusion of security for him. After you can't create this illusion for him, he becomes even more powerless and has a harder time getting up.

Because his physical body has developed an inability to make a living by himself. Do you understand? So your process of creating an illusion for him is delaying him. It's like he's stuck in the mud, and you make him sink deeper and deeper. You keep him there and feed him a few bites. He won't be happy or experience true power and the essence of life. Do you understand? So for all the external things to you, you say.

**Higher Spirit:** You only change your inner self. You only change, and your water will start flowing. You only remove one block. Now the blocks are all blocked. You only remove one, and it will start flowing. The action of removing can only be done by yourself. You yourself have to believe and allow. No one can do it for you. I have already directly told you. I have directly told you the reason why you are trapped. I have directly given you the map. You have to follow the map and walk. No one can walk for you. Even if you choose to leave your physical body, you will still experience the current state. So there is nothing.

**Higher Spirit:** If you remain in this state for me to predict your future now, this state of yours will persist for a long time, and it's your own choice.

**Higher Spirit:** Why is it your own choice? Because I tell you this is bad, and it will cause stomachache if you eat it. This one is good. You should choose to eat this good one. It's sweet. But you hesitate and dare not make any choice. It's as if you are waiting for someone to put the fruit into your mouth. You say I don't dare to reach out. I'm afraid. I'm afraid something bad will happen after I extend my hand. You should put the fruit into my mouth. Understand?

**Higher Spirit:** You listen to the recording repeatedly. Do you have any questions? You say, different questions.

**Higher Spirit:** If you have no different questions, I'll leave.

**Higher Spirit:** For what reason? Because of you. I just said your current state is like struggling in the water. This is just a way you show and manifest.

**Higher Spirit:** How can you not get sick? That is to say, when you use your own strength to climb onto the shore by yourself, you won't continue struggling in the water and experiencing everything you are experiencing now.

All experiences are just surface symptoms. The most genuine and fundamental thing is that the same cause can lead to different manifestations.

**High Spirit:** Right now, the fastest way for you to have money is to see where there is money and go get it there. This is the quickest way. This statement means that if there is money in the bank, you can go to the bank to get the money.

**High Spirit:** If you can't get it, you can figure out your own way. See who has money and go get it from them.

**High Spirit:** Because this is a necessary experience. You need to experience and keep experiencing. If solving the problem of having money is your only problem, then you can solve this problem immediately. Then it will leave you with a series of experiences of fear, helplessness, and terror. Then you yourself will understand why you can't blindly just pursue money. Because in your world, many people just want money, so they rob banks, they steal, they embezzle. Because they only have money in their eyes. Currently, you are no different from them. Just do it. Because this experience is also growth for you. It will let you know that money cannot solve your problems.

**High Spirit:** Then you go rob a bunch of money and feel if you will have a sense of security.

**High Spirit:** I can't see your future because I can only read based on your current energy state. Only when your energy state changes can I continue to experience. That is, as if here, there are five possibilities for XX.

You have currently chosen maybe A. Your current state is maybe A. The state you are emitting is maybe A. I can only enter maybe A. Then B, C, D, E, these possibilities. You have to adjust yourself to B. That is to say, it's like we are watching TV now. There are various channels on TV. This one is a horror film, this one is a comedy, this one is about singing, and this one is about dancing. So what you are giving me now is fear. What result do you think I can see?

**Higher Spirit:** Yes, I can only continue to experience more restrictions that you create because you are currently creating many restrictions for yourself to trap yourself.

**Higher Spirit:** What does it mean to create a lot of fear and restrict yourself? Just look at everything you have at present and you will understand. Because as I just said, the solid wall outside is projected and manifested by yourself and strengthened by you. Only when you truly open your eyes, turn on your power, and reach out with your hand, will you know that it is virtual. When your hand dares not reach out because of your inner fear, what you see is a thick wall.

If you don't dare to open your eyes and don't dare to reach out with your hand, then you will always feel that thick wall. When you gather your courage and believe in yourself and reach through with your hand, you'll realize, wow, it's empty. Do you understand what I mean?

**High Spirit:** You can listen to the recording repeatedly. Any questions?

**High Spirit:** Regarding your thought of suicide, I told you immediately. You currently want to leave this material world. Right now, you need someone to tell you. Just like what I said earlier, you need a mother to tell you: Child, mom works hard to give you a sense of security. Don't be afraid. I'll support you until you're 50. After you're 50 and mom is gone, you still have to face this problem. Do you understand? So you must use your inner eyes and reach out to discover that the wall is illusory, doesn't exist. It's you who gave your power to it and strengthened it.

**High Spirit:** If you don't adjust your state, currently, it's as if you are choosing frequency A. If you don't adjust the frequency, even if you get married, you will still continue to experience the fear, helplessness, and insecurity that you are experiencing now. Just with different objects. You will create the same feelings. Many, many people who are married feel even more insecure in their marriages.

So they will do many things due to the lack of inner security, causing a lot of pain for both sides. So even if you find a partner, he is creating the illusion that you have no security. Because that illusion will eventually burst. This is why many people are sweet before entering a relationship, because she will still experience that illusion. When she increasingly feels that this board is not solid, like the feeling of stepping into the void, then problems will emerge.

So in your material world, if you rely on external things, such as people, objects, money, or something, power, all kinds of things, to bring you a sense of security or happiness and joy. If you rely on and build on this kind of relationship, sooner or later you will always feel the same way as before. You will still experience the same thing, because what you have built is illusory. It's not like you are in the water, and you think you are safe when you tie your rope to a piece of wood, but that wood is illusory because everything in the universe is constantly changing.

**High Spirit:** Because experiencing pain is also an experience, and experiencing limitations is also an experience. Only after experiencing limitations can you feel the feeling of not being limited. If you have always experienced being unrestricted, then you wouldn't experience the feeling brought by being unrestricted. So you need to be in the darkness to see the light. If you have always been in the light, do you understand what I mean?

**High Spirit:** Because you are only judging a person as good or bad by looking at the most superficial material world. You have seen many beggars and they can be very happy. You can see people who have no money at all, and they can be very happy. Then you also see those who have money and houses, they are very miserable, they have trouble sleeping, they quarrel every day, and they even commit suicide. Do you understand? So what you said that having money means being happy is impossible. Just like I said earlier, that person embezzled. After embezzlement, he had money, but he has always lived in fear and terror. He was afraid of being discovered and reported, so the fear he experienced is no different from yours.

**High Spirit:** Because all your experiences are projected from your own inner fears, but you want us or others to take away the things you projected. This is impossible. The only thing you need to change is like at the beginning you chose a room A, which is full of fear, helplessness, and sadness. When you enter this room, there can only be A. Continue to experience A.

If you choose B, happiness, joy, trust, and abundance, then you will experience the things in B. You have been standing in A all the time. Let's bring the things of B into A. This is impossible. Just like a very simple truth. If you keep giving off a foul smell on your body, but you say don't let the flies come, don't let the flies come, don't grow maggots, don't grow maggots. You say I want the bees to come. You want the bees to come. First of all, you need to become a flower. And that flower is not a plastic flower. It's a real one that gives off pollen and fragrance. It's from within you. That is life. Only then can you attract.

Because everything that operates in your material world is frequency. These are some symptoms of all your situations. I have already told you before. It will manifest in different symptoms. If the symptoms within you don't improve, even if you get married, even if you have children, even if you change in some way, these symptoms will still manifest. It will manifest in marriage, family. Do you understand?

**Higher Spirit:** Yes, I see that you currently only want to leave your physical body.

**Higher Spirit:** Whether you can do this or not is up to you. But I can tell you that doing so will prolong your time and your experience.

**Higher Spirit:** Yes.

At present, you only use numbers and names to label each one respectively. So you can't understand us with what you understand. I'm just some existence floating around you. However, my existence is everywhere. It's like no matter where you are, if you reach out, you can catch a thread. That thread connects everything. Everything and everyone is connected by a thread. Everything you experience will have meaning. Even if your current experience is in the dark, I can help you clear the fear in you now. You just need to close your eyes gently, and I will shroud you with my energy. You will feel the tension in you leaving you little by little. When you close your eyes, it's like a bird shaking off some fears on its feathers. You are now a frightened bird. All the tension and fear are on your feathers. I now shroud you with a ball of green light. This ball of green slowly enters your body and will always be with you. Whenever you are anxious or fearful, it will slowly cover your whole body like leaves, leaving no place for those tensions to land. XX, you are now experiencing peace, harmony, unity, calmness, and tranquility under the embrace of the green energy ball.

Keep allowing this green light to envelop you. Thank you for the information today.

# 2021/03/18 - Shaman

**Questioner:** Can shamans treat terminal illnesses that hospitals can't cure through spiritual communication? This girl who communicates with spirits wants to know how she can treat diseases through spiritual communication.

**Higher Spirit:** You want to know about the ways and methods of shamans in treating diseases and how to enter the spiritual communication state to treat the other person. First of all, what I want you to know is that the first is the case of treating the disease. For example, there is a connection between the case where the person was cured. That is, a patient who has not reached the end of his life, this time is a turning point for him, a rebirth. Then they will go through arrangements and each other, understand? It's like you two are actors. You are a shaman, and I am a patient. The drama between you two, the plot of your script is arranged and written together. When will you meet and when will you treat the disease? So, truly and truly, it's not the ability of the shaman that cures the person's disease, but the person himself will have such a paranormal experience. The paranormal experience makes him change again and brings him to the front of this spiritual world.

Then this psychic lady wanted to heal people. She already had the ability to heal, the ability to cure. She could do it on all aspects, whether it's physical, mental, spiritual, or on the spiritual realm. All kinds of healing she could do. She just needed to handle the technical aspects, the methods and approaches. I've just told you all about it. Why is it like this? That is to say, all the events that truly require you to untie that rope and set the other party free have been arranged, and they will present themselves automatically. Do you have any more questions about Shamanism?

**Questioner:** How to communicate with the deceased souls to help others?

**High Spirit:** Communicating with deceased souls is the same way as our current psychic communication. You need to use your consciousness and intention, just like dialing a phone number. You need to tell, use your intention to tell the object you want to see, the object you want to connect with. It's that simple. Because once you enter the psychic state, you can extract all the information. So you just need to call the other party's name and send it out, and you can connect. Do you have any more questions about this?

**Questioner:** I want to connect with my grandpa now, is that okay?

**High Spirit:** Yes. What's your grandpa's name?

**Questioner:** Do I need to mention the full name?

**Higher Spirit:** As long as he knows you are calling him.

**Questioner:** I only know his surname is Sui and I call him "daddy". If I call him "daddy", he might know that I want to ask if he has anything to tell me or wants to talk to me.

**Higher Spirit:** Daddy, I'm connecting. I can sense a very excited energy, there's an energy that wants to cry approaching. Now, I'm letting him communicate with you. He can convey what he wants to say through this lady because she allows it. His emotions are very intense, and he's so excited that he can hardly speak. Because he didn't expect to convey information and communicate with you in this way. He says he has been watching over you all the time and has been giving you love. Then he wants you to know that you have never been apart. You have always been connected. All the events in your life, all your experiences, mental activities, he knows them all. He wants you to pay attention to your family members, your father's heart, emotions, mind, and spirit. Because he is not like what he shows. But because of your one-sided understanding of people's inner activities, it's very difficult for you to really help him solve some of the problems he is facing.

So he wants you to, more often, accompany your father in a calm and supportive way. Because your father's inner torment, inner unease, and inner anxiety are greater than what he shows. What he shows seems fine, but in reality, his heart is suffering greatly right now, and he's also avoiding that inner torment. Besides this information, he also wants you to know that when you make choices in the future, especially career choices, you must frequently be with this psychic sister and follow her, because she will change your destiny and be of very, very great help and assistance to you. She can make your dreams and life perfect and happy. Then he also tells you that he will always love you, and the love has never stopped or left. Whenever you want to contact him, you can. Regarding this information, do you have anything else you want to ask him before he leaves the connection?

**Questioner:** Nothing. I also hope he's doing well.

**High Spirit:** OK, thank you.

**Questioner:** Can you help us connect with Zhuangzi and let him give us some information?

**High Spirit:** Zhuangzi. We are now connecting with Zhuangzi and let him convey some information to you.

What information do you want to know? You can ask me anything. The more information you ask, the more I will output.

**Questioner:** The question I want to ask is that you have always advocated for a natural, free and easy, and a pursuit of a kind of life that follows one's heart and feels at ease. So in this way, what help does your pursuit of this belief bring to today's society, that is, what constructive direction does it have?

**Higher Spirit:** First of all, I want to say that this is not a belief. This is just an attitude towards life. It represents my attitude towards life. Then what kind of help my attitude towards life can bring to this society depends on each of you because each of you is a member of society. For example, you can start from yourself. How do you think some of my attitudes towards life will bring about a transformation for you? Because of your transformation, you will influence a series of people, such as your father, your mother, and everyone you come into contact with. Then they will change. This society is not that a set of theories placed in an era will make the era like this because theories are all dead. When they enter into everyone's heart, they will produce different changes. It is you who build and create a place and space where you want to live. Do you understand what I said?

Then what else do you want to ask about this issue next?

**Questioner:** We understand and create through your theory in our own way. Is this more meaningful, right?

**High Spirit:** You can ask specifically about one, for example, the casualness and naturalness you just asked. You mention a specific one, and then we can give a specific answer.

**Questioner:** For example, when encountering some entanglements in life, many people can't get through it. But I think when using your set of theories at this time, we can face them. But sometimes people think about this set of theories, but in fact, they haven't achieved it deep down in their hearts. That is, it's actually very difficult to let go. So I just want to say that theories alone are definitely not enough. How to transform theories into reality is a relatively difficult process. How to achieve it?

**High Spirit:** I understand what you said. For example, with casualness and freedom, some people tell themselves to be more free and casual, but their lives are still filled with tense energy. That is to say, even if you keep telling them, they still can't do it. And your question is how to truly make it, that is, to become like what is said. First of all, some of the concepts and ideas we proposed are not because I am following this word.

I didn't have the words "carefree and unrestrained" in my mind first and then learn to acquire them. Instead, it's my summary after going through experiences. Do you understand what I mean? So, you also need to take a path by yourselves. After you finish it, summarize your insights and feelings and leave them for future generations. It's such a model rather than just learning what the teacher says. What the teacher says and what we express after experiencing and comprehending might not be the same.

Although it might be about the same thing, we are expressing it in our own language and with our own feelings. So, you also need to walk out a path by yourselves and open up a new one. Because each of you is unique. Then you leave your words for future generations. That is to say, you don't follow in my footsteps or take my path. My path belongs only to me and is unique. After finishing it, I wrote some insights, left some feelings and thoughts. Theories are all dead. When they enter everyone's hearts, they will produce different changes. It's you who create and build a place or space where you want to live. Can you understand what I'm saying? Then, do you still want to ask anything about this issue next?

**Questioner:** I want to know what your lives are like. Do you have marriage and love? Have you ever come to Earth? Then what excites you and what do you pursue?

**High Spirit:** Because during this short period of our communication, many different spirits have joined and they are all participating in this conversation. So which one are you asking about?

**Questioner:** First of all, what are your lives like?

**High Spirit:** Now to answer your question, I want to send some pictures and images into her mind so that she can directly describe to you what our lives are like. First of all, we have no material physical shape. That is to say, we are currently in a state that you can't see, just like the intangible energy as you say. Our lives, we have no form. We can only align some of our, I don't know what words to use, because it's not thoughts, nor a small part of energy or a small part of frequency with you. You can search for it, perceive it, and then transform it into your language for you. It's just like your material world's radio. Because we have always been there. We don't come and go, we don't disappear. You just need, just like the wireless network which is always there. You just need to turn on the network and you can connect.

So we have always been there. You Buddhists have a saying called "Neither arising nor ceasing". Understand? It means it has never disappeared. So now, the spirit entity that you call and to whom I am communicating with you, we have no physical body. What we do every day is because we don't have a physical body like yours. But we can, for example, go to your Earth. We can explore anything we want to explore. For instance, I have now invested a bit of my energy to communicate with you. Similarly, because we are not restricted by objects, we are scattered everywhere. So while I am communicating with you now, there is a part of me sunbathing by the seaside, there is a part of me in the woods, and there is a part of me in the sea. We are everywhere. Do you understand what I mean? With your material minds, it's hard for you to understand.

**Questioner:** So you exist on our Earth in various ways.

**High Spirit:** No, not just the Earth. The entire universe. The Earth is just a small part of our energy projection. Most of us are not on the Earth. But we can, as you say, come and play and experience. That is to say, I can use a small part of my energy to experience being a tree, and then I am that tree.

Then I used its eyes. In ancient times, you would have people communicating with trees. What they communicated with wasn't the trees. We weren't constantly just within the trees. Only when they wanted to communicate, we were everywhere. So in this way, you also understand that your higher self, your greatest existence, is also everywhere like us.

**Questioner:** Then would you have feelings? Would you have the sense of touch? And would you have the seven emotions and six desires, marriage and love?

**Higher Spirit:** We have transcended everything you mentioned. What you said are just some aspects of your material world. We have transcended all emotions, feelings, love, hate, and sentiment. We don't have any of these emotions that you humans have. We only have continuous experiences. We only have love. We allow everything. Because if someone manifests it, then that thing is meaningful for their growth. We allow everything. That is to say, just like a child who wants to manifest a devil to play with because he wants to experience fear. This is also allowed and supported. In your material world, you would reject some terrifying events, terrifying things or negative things. You only want to experience the good. This is a wrong concept.

Because just like a child playing a game, every kind of experience, he can have it, because you know it's just a game. You know he's just fighting with shadows. Do you think a shadow can hurt him? He can't hurt the shadow either. If you know that everything you manifest in the material world is just fighting with shadows and the shadows can't hurt you, would you be nervous or scared? This is one of our states. So we won't be terrified or prevent or anything, because we know it's just a process of a game. But the most precious thing is your realization, your perception. Your inner experience is the most precious. What is our daily life like? We don't have a physical body like you that needs to be taken care of, needs to eat, needs to do a series of exercises or do other things. We don't have a physical body that needs to be watched over. We also don't have a physical body that needs to rest. So we just exist. We are everywhere and we are not limited by time and space. It's not like I only have one. If I'm here today, I can't go there. It's not like I'm in the room and I can't go to the seaside. It's your physical body that is limited by these spaces. We are not limited by anything. We are also not limited by time.

**Questioner:** Can people enter your dimension after death?

What is the space that people enter after death?

**High Spirit:** If you mean your personality, your personality needs continuous learning and growth. Why does the material world exist? The material world is for your personality to grow, learn and explore. Then it's not the case that when your personality dies, you can enter our dimension. Do you understand? It's not like that. But a small part of the energy of our dimension can be invested in your personality. I don't know how to make you better understand the state and space we are in. This is not a place that can be reached when a person passes away. But our energy can project a small part into your human body. After entering the physical body, it will split out an independent personality. Do you understand what I mean? But our existence can enter your physical body, and can come in and out. You have your independent soul. You seem to be my clone, but not really, because you have an independent personality.

You seem to be a part of me, but you're not. You have an independent personality. But I can show and experience through you. So for the deceased, they have their own independent personality, and your personality is constantly perceiving and comprehending. Because your personality can have free will, just like I gave birth to you and you are my child, but I can't control you.

Because I have unlimited love for you, you can freely explore everything you want to explore. Just like I said earlier, because I know you're just playing games with shadows. So although you may partly come from us, you don't belong to us. But we will always be here to assist you, help you, and allow you to explore whatever you want to explore. Guide you to have a deeper understanding of life rather than just being addicted to the material world and playing games with shadows. Although you need to play games with shadows because you are all kids, you are all children. We also know that no matter how you play, you won't get hurt. But once this child has the desire for knowledge, the desire for exploration, and the desire for learning, we will show up. Do you understand? Do you have any questions about us? You asked about our pursuit earlier, right?

**Questioner:** Yes, what makes you excited? What do you pursue?

**High Spirit:** Because as mentioned earlier, we don't have your physical bodies. What you said about excitement and pursuit belongs to you. We just become, just being. I don't know how to use a more accurate word. We just are being. We just exist, and exist forever, not subject to time and space because there is no beginning, no end, and no time and space here.

Because when you say the pursuit means that I pursue what I don't have now, and when it comes to having, we can explore and experience whatever we want, and truly say what our excitement and pursuit are, then that is to say our greatest excitement is to transform darkness into light. It's this kind of transformation work. For example, now we are guiding you to untie your bindings, guiding you to step out of the darkness, guiding you to see the truth, guiding you to understand what the true existence is. These are the meaningful things that we feel we want to do.

Any questions?

**Questioner:** So do you think that for humans having these, having desires, having pursuits, having the seven emotions and six desires, is it a kind of binding?

**Higher Spirit:** There are a few of you who have reached our realm. So you are not limited by your physical bodies. They just show you a state that you can reach. But the purpose of your coming to Earth is to experience bindings. Because if you don't want to experience bindings, you wouldn't choose to come to Earth. That is to say, I project a part of me into the human body, project onto Earth. It's just like you know that when you go to the sea, you go swimming. If you don't want to swim, what are you doing in the sea? You wouldn't go in. Since you have gone into the sea, you are there to enjoy the water.

That is to say, first of all, you want to experience, you want to experience restraint. Why do you actively choose to experience restraint? It's because just like working out, you need a lot of weight and continuous stimulation to become stronger. Then for experiencing restraint, if the restraint is greater, think about it. If you break free from the restraint, the inner strength you have will be greater.

So this is also the reason why some people choose the material world. And

Some choose automatically. It's like setting an example for you to show you where the way out is. Because the Earth is a very, very large and comprehensive one. It has all kinds of, as you can see yourselves, it has many colors of skin, speaks many languages. That is to say, it is a comprehensive one in itself. It has many, for example, for each part that goes, what they want to experience, what they want to obtain, and what they want to explore will be slightly different, there will be some differences. So this depends on their own choices for the experiences on Earth. But no matter how painful their experiences seem in your eyes, they are all safe.

# 2021/04/29 - What is Love

**Questioner:** What is love

**High Spirit:** What is love? Love is what you people in the material world, those who experience on this Earth, define as love. Because for us, there is only love.

It's just that if you add the word "emotion" after all of it, that is, if you add the word "emotion", then you incorporate your emotions, feelings, and the emotions of your body, that is, your body's attachment and dependence, and then it affects your personal emotions and the feelings you have devoted. So this is different from what we understand and what you understand. Do you want to ask about our love or your love? Because for us, only love exists.

**Questioner:** What I want to ask is the love of human beings in our material world.

**Higher Spirit:** The love of human beings in your material world, you all are very (unclear)...mostly this, it's like when you are playing a game and you are attracted by the other party in the game. Your love is more about attraction. That's why some people think that they are constantly attracted by different people and get involved in many kinds of relationships. So this cannot be considered love; this can only be considered attraction.

**Questioner:** Isn't the love in our material world because of the previous soul agreements?

**Higher Spirit:** Because basically all relationships are to help you break through a certain point. For example, if you encounter some obstacles in a certain aspect, then you need to break through this. The relationship you have is not necessarily a loving relationship; it could also be that you just can't accept each other.

Because mainly it is to expand your soul, expand it to the point where you have no form at all, that is, to embrace everything.

**Questioner:** So, is love in the material world certain to happen to specific people? For example, the psychic girl now loves her husband very much.

**High Spirit:** You want to ask about the feelings between them. The feelings between them are more complementary. That is to say, when they are together, they will feel that they have become complete. If you are connected to the oneness and return to the oneness, you will also have this feeling of completeness. That is, you don't have to achieve this feeling only from a certain person.

**Questioner:** So does that mean that the love of us humans is actually using the material body to experience the feeling of oneness?

**High Spirit:** You asked this question very well and what you said is also very good. Because everything through your material, for example, just like what she is experiencing currently. She has, through having a heart of love for a certain object, for a certain person, and then wants to continue to explore the theme of love. Yes, when you love to the point, that is, when you reach the point of love, you will start to want to know why such emotions arise. How such strong emotions are produced.

This way, it will lead you to explore more and more truths about life and the theme of love. Because you all focus too much on the material world, this is a direction to bring you to explore these fields.

**Questioner:** How can we not be influenced by time?

**High Spirit:** Your question is to know how not to be influenced by the time of the material world. And the most important point here is that you break away from memory.

(The child woke up.)

**Questioner:** Why did you choose Putuo Mountain as your dojo?

Guan Yin: First of all, I did not make any choice, did not choose any place. Because in our perception and your perception are different. That is to say, we do not have a fixed location. It's like when you want to communicate with me now, when your thought is sent out, we are communicating. No matter which place on your earth you go to, it's the same. If we were restricted by locations, this would not be possible. Do you understand what I mean? So, it's more that people in the material world sensed this and then did such a thing. That is to say, this is a place or a symbol created by your people in the material world.

**Questioner:** It seems that the Japanese wanted to take away your Buddha statue by sea back then.

Then no matter how hard they tried, they couldn't take away this psychic girl. They wanted to know if this was true. If so, why?

Avalokitesvara Bodhisattva: OK, I understand her question. First of all, this story is just a story. It's not really what you understand. Because people in your material world still worship material things. Worshiping material things means that you think there is an image. Your act of worship has already led you in a wrong direction. So when they think of taking a stone, because I'm not in there. Because that's not me. I'm just an existence of energy. Do you think that a small stone can contain all my energy and be taken away? This is impossible. If you really want to take me away, it's like you want to take everything in the universe to a certain place. This is impossible to happen. So when they think of moving that Buddha statue to another place, this kind of thought, this kind of behavior and action are all wrong. However, why does such a story occur in your material world?

This is purely a coincidence. A coincidence has been turned by you into a legendary story that has been passed down. Because they wanted to deepen people's trust in Avalokitesvara Bodhisattva, that is, to believe more firmly in the existence of Avalokitesvara Bodhisattva. It's also a concept they want to deepen religious beliefs.

However, currently you all are in the wrong direction because the truth is not to make me the opposite of you, like I'm superior and you are incompetent and powerless. Do you understand what I mean? We are not opposite; we are one. Just like I'm communicating with you now within this girl's body, then she is me now, do you understand? So if she is me, should all of you worship her then? But this is also wrong. So when you hand over the power to other higher beings, it's not like this.

When you worship, you are weakening yourselves, weakening your own power. You think that you can only achieve something through the blessing or protection of Bodhisattvas. It's not like this. You will lose the true understanding, comprehension, perception and realization of life in this way. The reason why you can achieve something is because of your firm belief and persistence within you. It's your power to create, not the blessing or good luck given to you by gods, Buddhas or Bodhisattvas, not at all.

**Questioner:** This psychic girl wants to understand love. She wants to know more about all aspects of love, for example, she loves her husband very much. Bodhisattva: She and her husband are actually one soul. Because it's one soul, it should be said that it's a form of energy incarnation. That is to say, they come from the same energy and then incarnate as men and women, as you and me, and then help each other grow and break through. Because they will both help each other break through many, many inner restraints. It's not one-way help, but mutual help. Each helps the other break through existing obstacles. Now, it seems that from the perspective of your material world's time, this girl benefits first. That is to say, from this energy, love is energy. From this energy, she benefits first because she is constantly breaking through and getting rid of many of her restraints and limitations. Then that is to say, currently, it seems that she has gained a lot from this energy, but later, from your material time, her husband will benefit greatly and get rid of many restraints and break through.

But fortunately, this girl is not in a hurry, or anxious, or wants him to change, grow or break through quickly. She doesn't. She appreciates every stage of him. It's also because her level of consciousness has reached a certain realm, so she can understand. Just like every seed, its germination and growth speed and time are different. Then she has a kind of trust in life.That is to say, this girl blossoms earlier, but her partner blossoms later. There is no conflict in this because they will eventually both become their true selves and blossom respectively. But they both benefit from this energy. This love energy is like water nourishing them, allowing them to grow and blossom. This is true love that nourishes both sides. It will make both of you blossom. Then you may think that it's either not love or it is love, and you may be rather averse to such a relationship. But if you make good use of it, you can also turn the wrong relationship into great support and growth for you. You can benefit from it. That is to say, you can also obtain the nutrition or nourishment that you should get from that relationship.

Although it's not like, for instance, you think this is love, as if it's the sunlight and water nourishing you, gently allowing you to grow. All that you need. The violent storms are wrong relationships, like hatred or other relationships. But the violent storms can also make you stronger. That is to say, when your roots are deeply planted in the ground, you won't be uprooted by the violent storms.

Only when your roots are not deep enough will it uproot you. That is to say, if your self is strong enough or firm enough, those wrong or hated relationships you encounter will only make you stronger, just like after being baptized by a storm, you will become stronger instead of being destroyed. If you are really destroyed because of a wrong relationship, it means that you (unclear) still need to take root.

So some marital relationships or romantic relationships may seem to be experiencing some negative, passive, abusive, or unacceptable or unsupported ways of existence, but they can still nourish.

**Questioner:** Seth said in the book that love always involves freedom. When a person says "I love you" but limits your freedom, hate will arise at this time. I would like to know if you have any opinions on this?

Bodhisattva: First of all, no one can limit your freedom. Only your own definition of freedom can be limited. Because if your imagination is rich enough, if you are creative enough, and if your thoughts are not bound, you can change everything. Because the other party may want to limit your freedom. For example, he doesn't let you socialize. You can see that it's because of his inner insecurity, because he is afraid that you will abandon him after socializing.

Because if the collective is not free, you will still be affected.

**Questioner:** How can we reduce the influence of the material world's time on us, have unlimited time, and thereby reduce the influence of time on the aging of the physical body? How can this be achieved?

Bodhisattva: How to achieve it? That is, you don't have to ask this question. Do you understand what I mean? If there is no such question in your mind, you won't be affected by it. Because when you ask this question of how to achieve it, you have already determined that it will affect you. So there is no such thought in your mind to want to change it. Because only when you agree, the concept of time is your collective consciousness. The collective consciousness is like you have to sign, right? I have to agree, I have to identify. You have signed, which means you have agreed. If you agree, then you will have this problem of how to change it.

**Questioner:** Well, now we just want to know how to change it.

Bodhisattva: Expand your consciousness. When your consciousness expands to a certain extent, you will not be affected by anything that the physical body brings to you, including aging.

**Questioner:** Does that mean that by expanding consciousness and through the power of thought, one can make oneself more beautiful?<Buddha>: By using your mind to make yourself more beautiful, in fact, you are still focusing on your physical body. You are still bound by your physical body. You are still bound by your physical body. Only when you are no longer bound by your physical body can you transcend it. Then there is another question. She said how to make your physical body more beautiful. Why? Because being beautiful is a wonderful thing and wonderful things are liked by people. But true beauty is not actually your appearance. Because in your physical world, you have seen many, many possibly very standard and beautiful appearances, but they are not necessarily wonderful. They might be sinister and not necessarily liked by people. So the most important thing is, are you really wonderful? Are you really kind? A beautiful flower just exists and doesn't attack anyone, doesn't dislike, or despise, or judge, or do anything to others. Imagine a beautiful flower. It's like an arrow. As soon as it sees someone, it stabs you. Will people still like it? Will people still think it's beautiful? People will only avoid it. There are many beautiful snakes, but people don't necessarily like them. Do you understand what I mean? So when you really, your existence has no intention to harm anyone, that is, you don't harm, judge, despise, or have any thoughts like that to anyone, you will become wonderful. You will become attractive. This kind of attractiveness exceeds external beauty.

The external beauty might make someone take a glance and think it's nice, or attractive, or okay. But if you lack the inner goodness, then the other person will develop a feeling of aversion next.

**Questioner:** I had a dream where there was someone who came to me and told me that consciousness is unrestricted, and consciousness is inherently for creation. I only remember this bit. I want to know if there's any more information.

Bodhisattva: You just said it. That consciousness is unrestricted is the message she wanted to convey to you, very clear. Because currently you are in the material world, you still experience limitations. You are still experiencing limitations. Then that indicates that you still have constraints and limitations in your thoughts. You haven't let it fly or allowed it to be unrestricted and create infinitely. It hasn't received your permission.

**Questioner:** Then how should I do it better? Where is my blind spot?

Bodhisattva: Where your blind spot is is that you are too serious in looking for the blind spot and miss the beauty points of life. Do you understand? Because when you are (unclear), it's like... I don't know how to describe it. It's like your consciousness, for example. I can't search for a good metaphor from her mind. It's like you are focusing. It's like your eyes are your consciousness focus. Your focus is on one point, there are black dots and white dots.

The white dots represent the goodness, and the black dots are what you call the blind spots. If you keep looking for the blind spots and focusing on them, there will be more and more blind spots because you are manifesting them. On the contrary, if you only focus on the white dots, the good aspects, then there will be more and more goodness in your life. You don't need to eliminate the blind spots. Instead, focus on the white dots in your life, the good events. For example, we have this conversation. It's a very good thing because not everyone can have such an experience. Then you are having a conversation with God, communicating face to face like this. Not everyone can experience this. This is a piece of goodness. Remember this energy because the energy that your consciousness remembers, the more of this energy there is, it will often play it out, do you understand? If what you remember is the energy of fear, or the energy of scarcity, anxiety, or other energies, then there will be more and more of them. So you only need to focus on what you want to focus on instead of eliminating what you don't want. Because when you want to eliminate what you don't want, you are actually creating it. When you avoid it, you are producing it, making it more and more.

**Questioner:** Is this like hating war and loving peace? Although in the mind it seems to be the same thing, but these are two completely different energies. Bodhisattva: Because ultimately what determines your experience in the material world is your own energy state rather than where you actually are. It's your inner self. So you only need to focus on the good things in your life every day, and that's enough.

**Questioner:** I want to know if the being that came to me is my guiding spirit?

Bodhisattva: Each of you beings will have corresponding ones. There will be different ones, and there will also be corresponding ones. Some are fixed and some are not. They come to communicate or interact with you. Some people might just come to play a game with you, or have some fun, or play a prank. There will be such situations. You don't need to care who this person is because it might also be manifested by yourself. You just need to look at the information it brings to you, allowing you to think, explore, and understand. So it doesn't matter in what form it exists or occurs. What's important is how you utilize this information for your own growth.

**Questioner:** I want to know that now I want to bring a job I like into my reality through meditation, but when I meditate, it's very difficult for me to feel it, that is, to focus.

I want to know how to feel that sensation when closing my eyes and meditating, and be able to focus on that image. This is a sticking point for me right now.

Bodhisattva: Let go of your (inaudible) path. It comes into your life in its own way, not the way you want it to. Because when you say you want to pull it in through meditation, that means you already think it doesn't belong to you. You need to let go of all definitions. No matter what you need, I don't care how much you've learned from books or others. Because everyone's way of experiencing is unique. So as I said just now, you just need to focus on the beautiful things in your life and experience them, and that's enough. Because you will find more and more beautiful things. Of course, this includes your work, career, love, friendship, and all aspects. Everything will happen beautifully, not just one thing. You are limiting it.

**Questioner:** Because I saw that Dr. Joe has helped many beings achieve the life they want through meditation, and I also want to do it this way... Bodhisattva: This is your limitation.

It's like there's so much water, no matter where you go, you can have water. But you think about how to make a bottle to hold water and store water. You don't need to store it at all. You just need to (unclear)

You are not lacking water. You don't need to pray. You don't need to attract it because you already have it.

**Questioner:** I still want to ask if my Higher Self or my guiding spirit has anything else to tell me. Bodhisattva: All the information tonight is meant for you, otherwise you wouldn't have joined this conversation.

**Questioner:** OK, I understand. Bodhisattva: Then this girl still has questions in her mind. That is to say, the last time she went to Mount Putuo and saw those people worshipping Guanyin Bodhisattva, and that kind of way, that kind of worship made her have a lot of compassion inside because she knew that they were all, as if doing the opposite thing. This will also inspire her to want to promote or spread or share more in the future what is the true Bodhisattva or Guanyin. These are your names. That is, what is true love, or what is true faith, or what is the meaning of the existence of the true Bodhisattva for you. So what I want to tell her is her future path, the work of dissemination, and this spirit.

Then everything she needs is as if her path has been paved. She just needs to fully follow her inner feelings and become who she is because (inaudible) all can sense it, all can feel that people are overly overdrawing or consuming themselves. However, this is because they are on the wrong path. They don't need to be so hardworking and in so much pain. This is why I have always wanted to help humanity, to help humanity get rid of unnecessary pain. This is what you call the Bodhisattva Guanyin who saves people from suffering. However, this has deepened their superstition, this kind of belief in religious faith. Because I want them to understand more that the only one who can truly save people from suffering is themselves. And the real suffering exists only in their minds rather than in the material world.

So these concepts need to be reversed, need to be re-cognized and defined. She also has a question of why Bodhisattva Guanyin wants to liberate all sentient beings and save them. This is like this girl herself. Why does she see those struggling in pain or experiencing pain, and why does she want to help people? She regards the process of helping others get out of it from the mind, spirit, and attraction as her own passion, and she loves it herself.

This is the same.

**Questioner:** I suddenly thought of something. Can I ask a question, Bodhisattva? You say.

**Questioner:** A few days ago when I was meditating, I felt an energy. Then one night, a presence came to me, pressed on me and talked to me, but I couldn't hear clearly what she was saying. Then she suddenly said, "Can you hear clearly now?" And I only heard this sentence clearly. I want to know what this presence wanted to tell me. Also, why couldn't I always hear clearly?

Bodhisattva: You want to know about your last experience. What did that presence want to tell you? You want to know why you couldn't hear clearly? Because your contact, all contacts are not just only once. Maybe your neighbor came to knock on your door today, greeted you, told you that I'm home now, greeted you to let you know and prepare you mentally. Then next time when both of you are convenient, you have time and she has time, she might come in to have a cup of tea with you, chat with you, and the time might be a little longer. That is to say, you allow every occurrence of those things that have happened. Because when your consciousness expands more and more, you will be like friends with the spiritual realm, just like we are communicating now, like friends communicating.

There is no such thing as just communication between materials. Even then, the other party will visit you frequently like a friend.

Between friends, it might also be like this time we just say hello. Next time when it's convenient for both of us, we can have a chat and talk for a longer time.

**Questioner:** Why can't I hear clearly? I know she's talking to me, and then I want to know if she knows that I can't hear her clearly.

Bodhisattva: That is to say, like the example I just gave. If it's convenient for you and for her, then it's possible that you're not convenient now. That is, you're not ready for more information. You're not, so you just need to allow that you won't miss anything. You have to believe, but because you have already adopted an open attitude towards these spiritual, or mental, or soul aspects, that's enough.

# 2021/05/06 - Connection with Marilyn Monroe

**Questioner:** I started working in the emergency department last year, and then gradually encountered many mysterious things. It can be unconscious, or it can be said to be intuition. Then I would create something. I would think of something and it would come. I just want to know what the relationship is between this and my mission in this life. That is, I think of something and it comes. It's unconscious. It enters my mind. For example, when I was reading a book, suddenly the image of a patient entered my mind, but this patient hasn't been in contact for a year.

Two hours later, this patient was pushed into the emergency department. At that time, he was on the verge of death, almost dying. Then we asked the family members, and they said he fell ill one hour ago. But I thought of him two hours ago, one hour before he got sick. Then later he passed away. And then the second time a similar situation occurred, I wondered what this had to do with my mission in this life.

**High Spirit:** This is a kind of... I understand your question. Some of you are innately highly developed in psychic abilities. This is called psychic communication in your material world. That is to say, you can sense certain things through receiving these images or sounds, or other ways. For you, because you are not so familiar with this field and it's not so common, you find it strange or peculiar. But this is a normal phenomenon. It's just that in your material world, there are still many people, and most of them are in an abnormal state. So you take the normal state as abnormal. So this is just a function of you as a person. Just like you can walk, talk, have psychic abilities, and be psychic. These are all normal parts. So this is just your psychic sense. You can sense it, which is what you call the sixth sense. But this can lead you to understand this field more and explore it. You just asked what the relationship is between this and your mission. This is related to your mission because when you are accompanied by the doubts, curiosities, or questions in your mind, then you will, as if opening a door, enter a brand-new world. This world will allow you to redefine yourself and then, as if installing a new program in your mind, allow you to experience this world in a brand-new way. That is, it's a transformation, a change. Just like before you were a caterpillar and you experienced the ground, the soil. Then this can lead you to transform and make you become a butterfly. After that, you experience the air. These are different dimensions. Any questions?

**Questioner:** I still want to know exactly what my mission in this life is and how to find it.

**Higher Spirit:** You are on that path now. You are already on that path now, walking on that path. The questions in your mind are helping you open a window.

Inside that window is your world. You go and create. You go and create.

**Questioner:** But all kinds of things in real life, the path I'm on currently doesn't allow me to develop in this direction. Maybe this just means that I don't allow myself to, rather than the outside world not allowing me.

**High Spirit:** What do you mean by not allowing you to develop in this direction?

**Questioner:** Currently, everyone in my family tells me that you must do your original profession, the original doctor. But my heart tells me that I want to become someone who heals others, physically, mentally and spiritually, someone who heals and helps others, a natural person. Instead of just being an emergency room doctor. I only see helping their bodies, but their souls haven't received any help. It's always relied on medicine. But what I desire more is to help more people through the combination of body and mind, the aspect of body, mind and spirit. And then be able to reach a state of unity with them to a certain extent. But the real world tells me, that is, my relatives around me, including my mother, strongly oppose me. They tell me that if you go that way, you might not even be able to solve your basic needs for food and clothing in the future. You give up your profession and you will have nothing in the future. I fell into deep fear. Actually, I keep recalling that I am inherently sufficient, but the people around me might also be reminding me that I am inherently sufficient.

But I will also fall into a deep fear unconsciously.

**High Spirit:** First of all, you are very clear about what you want to do, and you also know what the correct path is. It's just that there is a definition in your mind, that is, there is a fixed one. You think that only by leaving the place where you are currently working can you achieve and follow your path. But it's not like that because they are closely related. That is to say, as a creator, it's not that you must go to, for example, you are a painter. You don't say that I need this pigment, this pigment now. You haven't given me anything. How can I paint? No. If you are truly a painter, a creator, you can find any materials and resources from your current environment at will to support your creation. That is to say, if you clearly know that doctors and hospitals are all concerned with treating the physical diseases of patients, but you know even more that it is their spiritual level or belief problems that cause their diseases.

Then as a doctor, you are very good because for doctors, they will regard them as authoritative like the Bible. Then you can tell them very well a way or method that can help them treat their diseases from the aspect of belief. Do you understand what I mean?

Because in treatment, it's about how much the patient trusts you. Even if you go out now and open your own clinic, if the patients don't trust you, you won't be able to achieve the treatment effect on them. That is to say, what can truly cure them is their own inner trust, that is, how much they trust that their illness is cured. If they believe their illness is cured, then they are a healthy person. If they think you can't cure my illness, then you can't cure them because they are using their beliefs to create this world and experience, including their bodies. Do you understand what I mean? So, with the help of your hospital, because you don't have a reputation, influence or popularity yet, you can take advantage of this hospital. When you pass this place, the patients you accumulate, that is, the word-of-mouth of the patients, let them know, wow, this doctor is so good and won't prescribe medicine randomly. Then she can cure my illness. When you reach a certain influence, you can choose what kind of way and method by yourself. So it's not that you have to escape the current place to go the way you want to go. Instead, the current place is a stepping stone for you. You just haven't utilized it yet. Do you understand what I mean?

**Questioner:** Do you understand if I can transition from my general internal medicine field to psychiatry, and then combine it with the mind, body, and spirit? I read a book called Zero Limits before. The author of that book is a mentor in psychiatry, and I admire him very much. Can I move in the direction of psychiatry and have a deeper connection with the mind, body, and spirit level?

**Higher Spirit:** You can move in any direction you want to show. You have no restrictions. But the only thing you need to understand is what healing really is. True healing is when you make the other person ignite their desire for life, their will to survive, their value. You awaken them. You know that they are a unique and precious existence. The world needs them. How powerful they are and can create everything. Do you still have questions about this issue?

**Questioner:** Also, my definition of that healing is that I want to be a mirror for the other person through myself, and then help the other person dig out the restrictive beliefs deep in their heart and reconcile with themselves. Is this also a kind of healing?

**Higher Spirit:** Reconcile with oneself. What you said about reconciling with oneself, do you mean that the other person is in a state of self-attack?Because the reason why people go to the hospital to see a doctor is that they themselves feel powerless, helpless. They are the weak ones and they think doctors are powerful, professional, and have knowledge to solve their problems. They hand over the power to solve problems. Then you can give the power back to them and tell them that they have true power. No matter how powerful the doctor is, even if it's the so-called God or Buddha, they can't save a person who wants to die wholeheartedly. They have no attachment to life. Even if you pull him out of the fire pit this time and temporarily prevent him from dying, but he will have other accidents and die. He may not die in the hospital, but he will die in a car accident. So you can't just think it's okay as long as he doesn't die in front of me. I don't care if he goes out to fight and then gets killed by someone. That has nothing to do with me. Because their aversion to life, or feeling of having no value, having no self-worth, or that this world is not worth lingering on, will cause them to express their despair towards life in other ways, not just diseases. Any harm to others, violence, all of these are suicidal. These are all the voices coming from within them.

**Questioner:** Understood. There's still a small question, that is, how to make that kind of unconscious ability that affects matter be transformed into a positive and conscious state of creating reality? Because I always do this. This time, for learning Sadhguru's Inner Engineering course, I attracted myself and then was hospitalized for treatment. But it was really unexpected that these things happened and then I was thinking.

**Higher Spirit:** First, you have to understand that the reason it occurred wasn't caused by you. It's that you sensed it and then had this thought. Do you understand what I mean? It's not that you had this thought and then this thing happened. Instead, this thing would have happened anyway, and you just sensed it in advance.

**Questioner:** I understand. I sensed in advance this thing that was supposed to happen and knew about it before, but I couldn't change it.

**Higher Spirit:** The event is fixed and you can't change it, but you can shift your perspective. For example, for this event, a thing, an object, one side is black and the other side is white. If you are fixed in one perspective, you only see the black side. Then you think this is black, this is black. If you shift your perspective, you see the white side, and you won't say it's only black. Do you understand what I mean?So you can't change this event. Just like you can't change this object, but you can change your perspective. That is to say, you can't change the event of being hospitalized, but from this process of hospitalization, what you can get is joy, growth, and happiness instead of pain. For example, when you are in the hospital, you get to further contact as a patient. Because of your future job, don't you want to help patients? If you are a doctor and you want to treat patients, now that you have experienced the patient's mindset, then in the future, can't you better help them? Because you have experienced the opposite role, you know what kind of mental state and feelings the other party is in, and then you can prescribe the right medicine. So this lesson is also very important for you.

If you want to help others come out of the darkness, but you have never been in the same darkness as them, and you have never stood in their position, how can you help? If you want to untie the rope on them, you must experience the structure of this rope and the feeling of being bound by this rope. Then for you, this event is not a painful event, but a beneficial experience. Because the main reason you come to this material world is to have experiences. You not only experience the dark, but also the light. You not only experience the good, but also the bad. This is a part of your growth. You need to experience the opposite. Do you have any questions about this issue?

**Questioner:** There is still one more question. It's about the future, the unknown future. But maybe the future doesn't exist. What needs to be done is to reach a state of deep submission to whatever happens.

**High Spirit:** The kind of submission you mentioned, if your perception is very limited, your kind of submission is resignation. It's like, OK, if God wants me to die, I'll die. If God wants me to be disabled, I'll be disabled. If God wants me to be paralyzed, I'll be paralyzed. Do you understand what I mean?

**Questioner:** The submission I mentioned means that when something has happened and it has already happened, this thing has its meaning and value of occurrence. And it refers to this state of submission.

**High Spirit:** If you, that is to say, imagine that an event has happened and it has already happened. You let different people, people with different levels of consciousness, face the same event. Each of them receives completely different information and insights about this event that happened. What's important is not what kind of event it is. What's important is what you get from this event. Because all the things outside, they are all multi-faceted. There is no absolute. For instance, take beauty. In your material world, you think beauty is great, being good-looking and beautiful. But there are also many people who encounter a lot of disasters just because they are good-looking and beautiful. Take the simplest one, because she is too beautiful, then many people want to possess her. Some perverted people think that if I kill you, then you will belong to me completely. Do you think that person's beauty has brought her happiness? Not at all. The same goes for money. No matter which kind, and power as well. How many people in your material world, because of power, having power, and then end up in prison, with their families broken and lives ruined, right? So no matter what, there is no absolute. So you still say that when something has happened, then like that it can bring you positive effects or negative effects. It depends on your own level of consciousness and how much you can see. Because some people can only see the black side, they can't see the white side. In their minds, they firmly believe there is only the black side. So external events are not important at all. No matter what, you can transform it into something beneficial to you.

Do you have any questions about this issue? Everything that is happening to you currently is here to support you. It's just that you can't see it yet. You can just change your perspective and what you will see will be a different scene. You have no obstacles. You can become whoever you want to be and do whatever you want to do.

**Questioner:** It's easy to get slack during spiritual practice. Then at such times, is it okay to do a closed retreat? Are there any benefits? Is it necessary?

**High Spirit:** What is slack?

**Questioner:** It's like after practicing for a period of time, and then maybe feeling that there's no progress, then a lax mind emerges, and then just follow the crowd and start living a normal life.

**High Spirit:** What if I tell you that it's during slack that the true practice occurs?

**Questioner:** Well, this slack is the true practice. My view is that perhaps there are two kinds. One is truly experiencing life, but there's also a possibility that one is carried away by the collective consciousness, or it's not his own consciousness.

**High Spirit:** You all consider spiritual practice as if it's like doing homework, restricting yourselves by rules and regulations to achieve a goal, to reach a purpose. This approach of yours is itself in the opposite direction, like rowing against the current. Anything that makes you feel not relaxed and joyful inwardly is not the essence of life. Anything that requires hardship, endurance, diligence, and restrictions, you haven't lived out your passion.

Because the essence of true life is joy, ease, and happiness. As long as you are not in such an energy state, no matter how correct the thing you do is, it's incorrect. That correctness is only the definition of your material world and the definition in your mind. Because the things you see are too shallow and too superficial. Your purposefulness is too strong.

**Questioner:** Then I want to ask, what kind of relationship is there between this kind of joy of being alive and Laozi's non-action?

**High Spirit:** Non-action, Laozi's non-action means that because everything is arranged very, very, very closely. Just like you observe those plants. They know when spring comes, when it's time to blossom and when to bear fruit. That is to say, your life, your program is also arranged. Every step, when, is all arranged. But you have to go all out, use all your strength to disrupt, shatter, and break it. So what you are doing is just causing damage. True joy is when you don't destroy it. When you don't destroy it and you just see how perfect it is. Just like your body, it's so perfect. So is your life. No matter how smart you are or how much knowledge you have, you are still not even a tiny bit of the Creator.

So all of your practices are like a destination set in your minds for you, but there is no such destination for you. Because you only have each and every present moment that constitutes life. Each present moment is your destination and each present moment is right then. The present moment is the most perfect, just as you are now trying to escape every perfect moment. Each of you is escaping. It's like you are living in heaven, enjoying heaven, but you insist on escaping to hell. Then you still consider hell as life and even think that this is arranged by God, or that this is how life should be. Concepts like going through fire, nirvana, and being refined by fire are all used by people in the material world to control you. That is to say, to let you know that you can't be lazy, you have to work for me, you have to create value for me to have value. Otherwise, you have no value. You must produce and labor. This is some programs, some programming, some coding, or some concepts of some people to control others. These concepts make you feel that life must strive, must struggle, and must endure hardships.

Otherwise, it's just laziness.

**Questioner:** Just now, this netizen also wanted to ask, then can one go to experience closed darkness retreat? Is there any benefit for us from closed darkness retreat?

**Higher Spirit:** You yourselves are already in closed darkness retreat. Every day, you are in closed darkness retreat with your thinking. Your minds are filled with thick walls. You are all trapped inside. You are experiencing it all the time. If you want to deepen your material experience, you can. It's your own choice. Is there any benefit? If you don't understand this universe, the true meaning of your life. If you don't understand any of these, no matter how much hardship you endure, you are still the same in your small dark room. It's not that the longer you stay in the small dark room, the more you grow.

**Questioner:** Then I have another related question. For example, during the process of closed darkness retreat or during the process of spiritual cultivation, if the out-of-body experience occurs, after that, we can contact another dimension.

**Higher Spirit:** Aren't you now in contact with another dimension? You are now in contact with another dimension! Why do you have to choose the most, the path of others? If others like this way, they can choose. If this is not your way, you don't have to choose. It's that simple.

Because everyone has his unique path. What works for others may not work for you. When you dream, you are all out-of-body experiences. So, out-of-body experiences are not as mysterious as you say.

**Questioner:** It's only a passive out-of-body experience when dreaming, and then we might want to experience an active out-of-body experience, that is, an out-of-body experience with physical consciousness.

**Higher Spirit:** You can try anything you want to try. But as for whether there are benefits, just as mentioned earlier, no matter what it is, there are no absolute benefits or absolute disadvantages. It depends on how you obtain from it. Just like well water. The water in the well can quench your thirst, right? You can drink it to sustain your life. But this water can also drown you or choke you. You can also use it to commit suicide.

**Questioner:** This netizen wants to continue to ask about the truth behind all this. Maybe it can be truly understood through closing the black retreat, that is, it can be promoted.

**Higher Spirit:** If this is her concept, because each of you has different concepts, different programs, and different systems. None of them are right or wrong. If this is her concept and she thinks this way she can achieve the effect she wants, it can be achieved and she can try. Because once someone implants this concept into your mind, you will be influenced by it.

It's like a computer system. When you install this software, you have this reaction. But this can be any software. If another person tells you to use this method, OK. Then in your religion, there is dual cultivation, and there is the practice by having sex. Do you understand what I mean? For them, it's also effective. If you implant this into you. So this is just some programs invented by people in your material world. Because in your minds, you have to rely on these to survive and to experience. Of course, these experiences are both good and bad. Good and bad. In fact, you basically experience mostly the negative ones.

**Questioner:** This psychic girl wants to ask how long this epidemic will last and what are the reminders for us and how can we grow from this epidemic. Thank you.

**Higher Spirit:** How long will this epidemic last? You mean the time of this disease presenting an inner state that you current humans are experiencing in this material world in the form of a disease. If it's about humans suffering from these, such as powerlessness, division, or pain, or this kind of thing, you have been in such a state, but the way it presents is different.

Sometimes it manifests in the form of war, sometimes it's in the form of plague, and sometimes it's in the form of psychological illnesses that you can't see. It just shows up differently, like a stubborn, chronic disease. Because even if the epidemic goes away today, it will still show up in other ways tomorrow. Has it manifested? Well, okay, some diseases you might not see your flesh rotting, but your internal flesh is rotting and your internal organs are deteriorating. You just seem fine on the surface.

And your current symptoms this time is that it has surfaced, and you think it's so serious. In fact, you have always been in a serious state, but your media didn't pay attention to this point. It just hasn't surfaced yet, and its interior is deteriorating. So, not looking at this single event alone, the real problem lies in your human consciousness, the degree of the collective human consciousness. That is, what kind of mental state and consciousness state you are in determines what kind of drama plays out in the material world.

**Questioner:** Regarding this, I want to say that my feeling about this epidemic is that no matter how the outside world is, I think it has no impact on me at all. So in my self-awareness, I think the outside world is no different from before. Although the outside world, as reported in the news, seems to have a very serious epidemic situation, can I say that because of my self-awareness permission, I don't have to experience any impact of this epidemic in this material world? Can everyone think like this to avoid such a thing?

**Higher Spirit:** Just as mentioned earlier, all things have no absolute good or bad. Because this epidemic has also brought many benefits to you. That is to say, on the surface, it seems that you have lost lives and property, but in fact, this is a stage of your collective awakening. Your consciousness is changing. You begin to realize that in fact, materials and money are not so important. You also begin to realize that every human life of you is closely related and cannot exist singly or independently. So from the material level, you may have losses, but from the spiritual level, you are actually waking up slowly and gradually realizing the truth of the matter. It's as if you are slowly going to solve the mystery and discover the truth. Because the epidemic is just a reflection of your collective consciousness state. Just as mentioned earlier, even if it is not through the epidemic, it will be through others. When your collective consciousness is elevated, you will create a different world.

**Questioner:** Then there's another statement. For example, the change of an individual's destiny requires not only the agreement of all the spiritual entities of this person but also the consent of the collective spirit of humanity. It's a chain reaction. So I want to know how much power an individual's belief has for the transformation of things and for his experience, or how much it can change.

**High Spirit:** Think about it. A single point of fluctuation for each of you can get you all moving. Today, I start from this psychic girl. Through her, I'm also transforming your world. This is the power of an individual. It only requires a single point because this point will be emitted. Just like a transmitter tower in your material world, it covers everything. But the selection of this point depends on your will, that is, what I want to do and what you want to do are exactly what we both want to do. Do you understand what I mean? So we will choose from her point because this is what she wants to do. She wants to transform the thinking mode of you humans and the destiny of humanity. If she didn't have this idea, there wouldn't be this point because only the same frequency will attract each other. Just like when two people fall in love, they must both agree for this event to occur. Otherwise, if only one party agrees, it won't happen. This is also the question you just raised. Is it necessary... So in all the events in the material world that you see, they can only be jointly staged if both parties or all people allow. If there is no one who joins, and no one who allows, he won't join. Even if you see it once, both of them have agreed to stage this violent event. The victim fully demonstrated his sense of powerlessness because he believed that the world was violent. That is to say, he believed that knowledge was cruel, people were dangerous, he was powerless, and this society was dangerous. He had this belief and this idea within him. So to prevent him from experiencing such violent events, he has to believe that the world is beautiful, he believes that people are kind, he believes that he is powerful, he is safe, and the world is safe. Because when you live in such a world, you are impossible to encounter such things. Because in your world, you haven't produced it, you haven't created it for your experience. So when you are fighting violence, you are creating it. That's the reason. When you are avoiding it, you are creating it.

**Questioner:** This netizen she wants to ask whether the Law of Attraction is to put oneself in a state of abundance, reaching that frequency, and thus attracting? To what extent does this energy need to reach before it can truly attract?

**Higher Spirit:** The Law of Attraction, just like the example I told you earlier, that victim who thinks the world is too dangerous, people are too violent, I'm too useless, I'm too powerless, I have to be careful, I have to guard against this world, then he is attracting this event. In the process of guarding, he is attracting this, and this is also attraction. So you're asking how to attract positive events into your life, right?

**Questioner:** Yes

**Higher Spirit:** Then it's the opposite of what was just mentioned. You know the world is safe. You don't spy on it to see if the world is safe or not, and then react. Instead, it's like you're a child playing in the arms of your mother. Your mother throws you up in the air, and you know her hands will catch you. You have no fear, only joy and happiness. Just imagine, when a mother throws her baby up in the air, what the baby is like. Does she have fear? She only enjoys life, enjoys joy and happiness. It's not that you pretend to use this method to do something, but you still don't fully believe it inside.

Rather, it's that truly, within your world, there simply isn't. So, naturally, all that you experience isn't that you attract whatever you choose to attract. Instead, it's like you chose what seems to be a positive room. In a positive room, everything is positive. Just like in your material world where it's said that misfortunes never come singly and good things happen in succession. So, it's not just a certain aspect, but everything will get better.

**Questioner:** This netizen also wants to ask how to make incomplete beliefs self-defeating.

**Higher Spirit:** Incomplete what?

**Questioner:** Incomplete belief. For example, I believe I'm safe, but she might not completely believe in her heart that I'm safe or that I'm wealthy. So how to make such negative beliefs self-defeating?

**Higher Spirit:** Your material world will reflect it to you. Because when it reflects to you, you yourself, that is, after learning what you should learn from that reflection, then it no longer needs to serve you. So your material world is like a mirror. It will constantly remind you. Because currently, you not only come to this material world to experience the good, but you also need to experience the opposite. If you were only allowed to experience light all the time and you never experienced darkness, then if you were told what light is, you wouldn't understand.

So experiencing the opposite side is also a part of you, that is, you don't reject it.

**Questioner:** This psychic girl wants to ask Marilyn Monroe why she is so sexy and what her secret is.

**High Spirit:** What is the secret of Marilyn Monroe's sexiness? Why is she so sexy? Let me see if I can connect to Marilyn Monroe's energy and then let her tell you. I didn't think I was sexy. I didn't think I was beautiful either. Instead, I always felt that I wasn't perfect. I wasn't satisfied with myself. So I needed a lot of external things to make me feel that I became sexy and perfect. Because through those experiences, I experienced that what you saw was only the packaged sexiness and beauty. That is to say, for me, I was like a model. And through external packaging, lighting, music, audio, like this and that, makeup, a sexy appearance was presented. But I myself didn't think that was sexiness or beauty. That is to say, any of you women, if you go through what I experienced, after going through all my various packaging and designs, you would also have the same charm.

That is to say, at that time, no matter which woman was placed in everything I experienced, you would also become the sexy goddess in the eyes or mouths of your descendants.

So this isn't really something worth sharing, but I want to share what true sexiness means to me. True sexiness is attractiveness. That kind of attractiveness doesn't just draw others' eyes, meaning his eyes are on you. If he doesn't see you, his eyes are on other women. True attractiveness is that no matter who he sees, he'll think of you. No matter who he sees, he thinks of you because he feels that no one can replace you or take your place. It's not just like being a doll. But how can one exude that kind of charm that makes others think of you no matter who they see? That is your tolerance, your compassion, your love, your acceptance, your smile, your unconditional love, and your non-judgment. Because when others encounter setbacks, he'll remember your encouragement to him. When he encounters difficulties, he'll think that you'll help him unconditionally. When he is in pain, he'll think that you'll give him unconditional love. When he is hit hard, he'll think that you'll give him unconditional support. Your existence is like, as you say, "The sea admits hundreds of rivers", which means she can accommodate any of your experiences, encounters. No matter what state you are in, whether you are poor or rich, whether you are healthy or sick.

She completely accepts you, and then this existence is like the existence of the Creator. This is what I truly want to pursue and achieve. What you see is that through后天 decoration, packaging, or fitness, weight loss, or makeup, or sexy clothes and accessories, everyone can achieve that effect. Those are all very superficial. Do you have any questions about this?

**Questioner:** Everything in this material world is the transformation of consciousness and belief. Then why did I hear that a very famous building in China damaged the Earth's qi channels, which is what humans call the dragon veins. Since then, no fish has turned into a dragon. Since everything is consciousness and belief, why does the change in the Earth's qi channels have such a great impact on fish?

**Higher Spirit:** You mean that previously fish could turn into dragons?

**Questioner:** Yes, because it was right at the Earth's qi channels.

**Higher Spirit:** What you heard is just a legend. Because each of you individuals can perceive different dimensions. That is, for each individual, there is no true or false. The reality perceived by each individual is different. Because you are constantly traversing and constantly traversing. The reality where he stays might be, what you said about seeing fish turn into dragons. Then he returns to this dimension and he can't see it anymore. All of this exists.

But what you need to pay attention to is why you care about this information. What do you want to know? Because you should know that you shouldn't imagine your Earth, or your space, your material world as a fixed one. It's not fixed. You are constantly, constantly creating it with your thoughts, with your consciousness. It's always dynamic. That's why your thoughts, your consciousness, your mental state are extremely, extremely, extremely crucial. Because the external matter is constantly changing, constantly changing. It will change according to your energy state. There is no fixed here.

**Questioner:** When I was practicing the Thirty-Six Secrets, the qi sensation on the right side was always stronger than that on the left side. And when guarding the lower dantian, the position of the chest cavity or the heart chakra would hurt. I want to know why.

**High Spirit:** You are just playing games with your body.

**Questioner:** Then did I play wrongly?

**High Spirit:** There is no right and wrong here. All the games you play in the material world are played by yourselves. There is no right and wrong. Only you yourself choose what you want to experience.

# 2021/05/10 - Jealousy, Betrayal, Marriage and Suicide

**Questioner:** This psychic girl wants to ask about human jealousy, betrayal and cheating. How do you view it?

**Higher Spirit:** Okay, let's help you one by one to understand these from our perspective first. You asked about the jealousy that emerges among you humans. Jealousy is a denial of oneself, that is to say, you are denying yourself. It means you still don't know your true identity and who you are. Then when you see others living the way they want, the emotion you generate is just to make yourself aware that you still don't understand who you are and your true identity. So when you truly know your identity, everything, everything, everything will be that you are on your own path. When you are on your own path, nothing. Even if someone offers you everything from someone else's life to exchange with your own path and what you have, you won't do it because each of you has what you have when you were born to support everything of yours.

All these might be manifested in your material world in the form of poverty, or imperfection, incompleteness, or maybe disability or other hardships. But only these can truly help you complete your challenges. That is to say, sometimes you expect to have a healthy body or have wealth or have power.

These are good things. You might envy them but they are not necessarily what you need. Because when you take what you don't need, it might have a very, very, very big impact on you. These examples are very, very, very common in your human society. For instance, some people, in order to get money, then try every possible way to ruin their entire lives with money. So from these cases and incidents around you, you can see that basically, people are experiencing these events negatively. But experiencing these events negatively doesn't lead to an inner growth or change or transformation within them. So there is a kind of situation called getting more than one bargained for. That is, you didn't gain anything but you lost a lot. So that is to say when you truly know who you are and truly be yourself and are on your own path, you won't have such emotions as envy.

When you have such emotions, you should know that you just need to find yourself, because what you have is the most precious to you but might be worthless to others. Just like you have a lover whom you love very, very, very much and who treasures you very much. But to others, he or she is just an ordinary person. But such a lover of yours is the most wonderful thing in your life. So how do you deal with the jealousy others have towards you? You need to help them understand how precious the things they have are, how precious, special, and unique their babies are to them. Let them see for themselves what they have and their own value. Then how do you deal with the jealousy that arises within yourself? That is to say, you truly explore the truth of life and truly live out the life you want. Make this into a driving force, just like oil, which is like fuel. It is the inner driving force that pushes you to become the person you truly want to be and to truly interpret your life. Next, you said betrayal, right?

**Questioner:** Yes, human betrayal and infidelity.

**Higher Spirit:** When it comes to human betrayal, when you talk about betrayal, you often mean that someone betrays you in a trusting relationship. But in fact, the only one you can truly betray is yourself, not others. Because betrayal means that you are doing the real you behind others and wanting to experience what you truly want to experience. For others, in fact, you are showing your true self, but it doesn't match their expectations of you. So in the eyes of others, it seems like I trust you and I think you are such a person, but you show me a different kind of person. But that kind of person is his true appearance. So when a person reveals or shows his true appearance to you, it's actually helping you know this person better, rather than you not knowing who he really is. Because that would be betrayal. Can you understand the meaning of my explanation? So when in your eyes the so-called other party is betraying, in fact, what the other party shows is the real him. Just say that you yourself need to let go of all expectations for the other party, or definitions, or how you think things should be, or how you think this person should be. Because each of you comes to this world and you are all lost and don't know what the real self is. You need many different experiences. Of course, these experiences include both positive and negative experiences. Only after having different experiences can you find your true inner frequency, that is, the frequency that is harmonious with you. That is to say, who you really are. So there is no real betrayal. If you think about it, you don't give any definitions to your significant other or the person you trust or whatever.

You know that when he comes into this world, he also needs to learn and experience. You don't define him in a certain way. You don't give marriage or love a fixed form. You think it should be like this, but that's your human concept. If you don't have these concepts or templates, you just allow the other person to be themselves and allow them to find their true inner selves through possibly negative experiences. Do you understand?

Because if the other person doesn't have their true selves and you don't have your true self either, the relationship between you two is also false. It's possible that you are with the wrong person. When he truly is himself and you truly are yourself, then you can meet people whose frequencies are consistent with yours. That is to say, at what frequency you are, you will meet the kind of person who reflects your current state. So the only thing you have to do, the only, only thing, is to be your true self and maintain your true vibration frequency. Then everything in your world won't be false or wrong. That is, you don't need these negative people to enter your life to reflect that you have these negative systems and beliefs.

So sometimes in your eyes, that is, in your minds and in your worlds, you also feel that this game seems messed up, because you are afraid of change and afraid of unexpected events. But change and unexpected events are precisely what push you and help you move towards your true selves. So don't be afraid of any sudden changes, alterations or that things don't develop as you imagined. The only thing you need to do is to let go of all your definitions and imaginations and let life show you. Because your minds are very limited, or there are many, many concepts in them. You don't know exactly what is truly good for you, but the Creator will arrange all the best things, the ones you can't even imagine, into your life. The only thing you need to do is to trust and maintain your own frequency. What else? Just now there was another one.

Questioner: Cheating

**High Spirit:** Cheating. Cheating is a bit like this, just like I said earlier, all the unexpected events. Then cheating might be an unexpected event in your lives, right? (

**Questioner:** Yes) You should be grateful for such cheating incidents. Why? It highlights your true inner state, that is, it exposes it. Your problems, your inner self. It's like a person whose inner organs might all be broken, but he looks fine on the surface.

How do you know if you have problems with your organs? So when these symptoms come out, or when the event is exposed, this is a very, very good time for you to truly see clearly what's going on inside you. Only then can both of you choose how. If you don't even know what the real, true state and relationship state are inside both of you, you will still be living in your dream. So on the surface, cheating is a good thing. It allows your relationship to truly change and become what you want. It's possible that the partner will change, but your happiness won't change. Do you understand what I mean? Your non-acceptance and pain at that time were just because you still didn't understand how this game was played or what life was going to give you. You should know that all these things, life is pushing you to the best place. So that is to say, if your significant other cheats, then it's such a perspective to help you see clearly why such a thing happened. And if you are the one who cheats, it also helps you see clearly what is truly you.

Because of your inner frequency, it's like you have a compass inside that is always guiding you.

Then you might need some events to truly understand what kind of life, lifestyle, and your inner frequency you really want. Because your inner vibration frequency, it's like a tester. When you approach or when you do this thing, or act in this way, how can it be a state that is truly consistent and harmonious with your inner self? You can discover through these events and get closer to your true self step by step. Do you have any questions about these issues?

**Questioner:** No. Can I ask more questions?

**Higher Spirit:** You speak.

**Questioner:** This psychic girl also wants to know if love has a time limit because many of our marriages break down.

**Higher Spirit:** Love is. You all are manifestations of love. Each of you is a manifestation of love. Love will never disappear, has never disappeared, has never been lacking, and never because of something you did on the surface. Maybe what you are asking about is the love between people. All your external divisions and conflicts are actually your personal problems, not the other person. The other person also has his own themes that he needs to experience, explore, and learn.

But when you reach within to a state of just being love, just love, without any conflicts, just allowing the Creator to allow love to merge as one, it's like right now you think you are a small pond, a pond of water, just you. When you merge into the entire ocean, do you understand what I'm describing? You won't have any divisions or conflicts or any of that, which is what you call returning to the source, connecting. Although you sometimes have the connection, your connection is not stable because you need to be immersive, that is, enter the material world before you can fully devote yourselves to your lives. This is also a reason for the existence of the material world. You can be completely immersive, immersed in it, to allow you to reach a pure state of love. Repeat your question just now.

**Questioner:** Is there a time limit for love? That is, the love in marriage, because many of our marriages break up. This psychic girl wants to know if there is a time limit for love in marriage.

**High Spirit:** First of all, the love in marriage, marriage is something imposed on it by your material world, do you understand? That is to say, for the stability of society, you give it a legal clause.

So this is something you impose on certain energy levels. Is it to keep it stable? Because marital stability leads to social stability. It's for a kind of stability. Then you have to imagine that everything, everything, everything at this very moment of speaking has transformed countless times. It's constantly changing, constantly changing. You say, isn't your relationship with the other person also constantly changing? Because the other person is constantly changing, and you are constantly changing. Your relationship cannot be limited by any terms, whether it's legal regulations or external restrictions. That is to say, external materials can't restrict anything intangible. The relationship between the two of you is intangible. Of course, this is a very good thing. Why? Because some people want to pursue a stable relationship, right?

When they find that our relationship is not good, if you know that your relationship is constantly changing, then can you use your energy to adjust the relationship in a good direction? If your relationship turns bad, it can only mean that your own internal energy state is not good. Because the relationship, the other person is because of yourself. That is, the relationship just reflects that the marital relationship, that is, this intimate relationship, this intimate relationship is like a magnifying glass that magnifies all the things inside you, your fears, your scarcity, your possessiveness, your aggression, everything of yours, everything inside you, and makes you see it clearly with this magnifying glass. If you don't want what's in the magnifying glass, do you blame marriage and the other person? Do you blame the magnifying glass? Do you understand what I mean? Because if you are harmonious inside, just like what I just said, it's just the existence of love, what your magnifying glass feels is also love, and the other person will be melted by you. That is, being completely tolerated or melted by you. If he is like a piece of ice, with you, do you understand what I mean? This is the true energy of love. No matter any fear, contradiction, anything, anything, if you are just the existence of love, everything will completely melt away there and become love. This is the energy of love. Nothing can be compared to the energy of love.

**Questioner:** Does what you just said also answer another question of this psychic girl? She wants to know what true love is. Is there true love in marriage?

**Higher Spirit:** Marriage. First, you need to understand what marriage is. Marriage is just a phenomenon in your material world to maintain stability, but that phenomenon is only superficial.

Many of you seem to have a marriage on the surface, but in reality, you are very lonely and homeless. So whether there is true love has nothing to do with being in a marriage or having a marriage. Your next question.

**Questioner:** This psychic girl also wants to know if retaliation makes sense.

**High Spirit:** In your material world, retaliation is, for example, you kick me and then I kick you back, right? Whether retaliation makes sense depends on yourself because this retaliation is like you're just playing the opponent's role with the other party. If the other party attacks you, then you attack back, and you let the other party see some results that his certain behaviors will produce. We have said before in the psychic communication that all things are not absolutely good or bad. If you look at it from the good side, then you let the other party see some results that his certain behaviors will produce, and then he may not use this way anymore. So this can be a good aspect. That is, if you think it makes sense, it makes sense. If you think it doesn't make sense, it doesn't make sense because it can put you into a vicious cycle, which will deepen the causal relationship between you, as you said.

It all depends on whether you really need more experiences to understand. That is, if you need to use the experience of retaliation to make yourself understand that retaliation is useless, you can. That is, if you want to enter this vortex and experience the energy inside, then OK. If I understand, comprehend and feel this energy, then it is meaningful for you. If you think you don't need to, that is, if you can understand, then you don't need to enter and experience it because you already understand how this system works. Do you understand what I mean? That is to say, just like you people coming to the material world, you may need to come to this material world to experience. If you understand everything about the material world like hatred, cause and effect, consciousness, vibration, frequency, etc. completely, then you don't need to enter anymore, right? You can continue to explore in other forms.

Although your consciousness is constantly exploring and constantly exploring, not all of them need to enter the material world in this way. In your material world, whether to use retaliatory means or methods to make you understand depends on yourself. But all experiences, as long as they can make you understand certain things, they are meaningful.

If you think that these things consume your energy to understand and have no significance for you, then you don't join. In this way, you won't consume too much time and energy in this aspect. Then you can explore higher things. But you humans enjoy playing these games so much. You have very powerful energy, but this energy is not used in the truly positive manifestation. So there is a lot of negative energy. Many people have powerful energy, but it is manifested in a negative way. Any questions?

**Questioner:** Is there any problem? This psychic girl also wants to say, can you give some guidance to those who choose to commit suicide?

**Higher Spirit:** Give some guidance to those who end their lives in the physical world. Before you come to this physical world, you have to choose by yourself to forget everything, forget that you are truly just energy. That is, you need to put on what seems like a set of clothes. After putting on this set of clothes, you become this clothes. You forget that you just wore the clothes. It's like you were knocked unconscious and completely lost your memory. After putting on this clothes, you need time to adapt to it because adaptation requires a process, a period of time.

Many people feel uncomfortable during the adaptation process. They want to take off because the clothes are too heavy. They want to take off this piece of clothing and return to the state of their residence. So, for those who choose to quickly get rid of this uncomfortable clothing, I want to tell them that you came here precisely to fall in love with this clothing. So, during the stage when you haven't fully adapted to it, hold on. Just like you humans, it takes some time to cultivate a habit or a certain hobby. So, just get through that period of non-adaptation, and you will find that you will fall in love with this clothing because your main purpose is to fall in love with it, not to get rid of it.

Because when you get rid of this one, you will put on another one and need to adapt again. If you can't pass each adaptation stage, you will repeatedly experience this issue. So the only thing is that you need a firm belief that you will fall in love with this clothing. You will. You will fall in love with this clothing.

**Questioner:** Why am I very disgusted with some people and things that randomly claim to be psychic in the market?

**Higher Spirit:** Your such disgust comes from your sense of responsibility, from your sense of responsibility.

Because you think their information can mislead, and some people are easily misled by others, especially when they are covered by what you call the mysterious veil of superstition, or magic, or strangeness. Then they will take all the information seriously and be misled. So for you, you think that a person has to reach a very high level before he can spread these sacred information. So this is a sense of responsibility, a sense of obligation you have towards people, towards others, or towards society, or towards humanity. But you humans have been misled all the time. No matter what way is chosen, even if he doesn't choose the way of psychic communication, he may become a teacher and mislead, he may become a doctor and mislead, he may become a parent and mislead, he may become an official, a government person and mislead, do you understand?

That is to say, he may not be through psychic information, he may constantly mislead through other identities. So are you going to be disgusted with all the people in the world? Because everyone is misleading.

**Questioner:** Then what should I do?

**High Spirit:** You have to understand that this is your sense of responsibility, your sense of responsibility towards humanity. Because you humans don't have very good role models, examples and cases to set up.

Then you go and be this role model. Do you understand what I mean? Don't expect others. You go and be this role model. What kind of image do you think would generate good feelings for you? Then you become that kind of image. Any questions?

**Questioner:** I want to ask what kind of relationship there is between having no limitations and having no illusions.

**Higher Spirit:** Relationship? Do you mean the relationship between people?

**Questioner:** No. For example, a person with no limitations might still have illusions. Then does a person with no illusions mean that they have no limitations?

**Higher Spirit:** Illusions. Whether there are illusions or not, everything you experience is just an illusion. Whether you create a good or bad, positive or negative one, these are all illusions projected by yourself and created by yourself as an experience. It's like you set up a scene for yourself and immerse yourself in it. Do you understand what I mean? Just some are set up as terrifying, negative experiences like hell. Some are set up as sweet experiences like heaven. But all these experiences of yours are just illusions. It's not that if it's positive and beautiful, it's real, and if it's negative, or vice versa. Do you understand what I mean?

None of them is truly real or fake. They are all illusions. It's up to you to decide what you want to experience.

Like what you said about attaining enlightenment or something like that. That is to say, you understand that you are setting up a scene for yourself to play in, and then you know what kind of scene you want to experience. Do you understand? This is what you call an enlightened person or someone with a high level of consciousness. They know what they are doing and what they want to experience. But some people don't know that this is a scene they set up for themselves to play in. They think this scene is dead, fixed, given by God, or predestined for them. Do you understand what I mean? It can become real, that is, unchangeable. Because the scene can be changed at any time. If I don't like this scene, I can change it immediately for another experience.

**Questioner:** Then I want to ask, for example, at my current level of consciousness, I know what this material world is like. You just said that an enlightened person also knows. Because spiritual practice is about cultivating the mind. Since we both know, then exactly what is the difference between me and an enlightened person?

**High Spirit:** That is, why can't you create the scene you want to experience?

**Questioner:** That is, I also know that my scene is created by myself, and an enlightened person also knows that the scene is created by themselves. Then exactly where is the difference between us?

**Higher Spirit:** That means you haven't achieved enlightenment yet!

**Questioner:** Then where exactly do I differ from him? Isn't the path of spiritual cultivation about cultivating the mind?

**Higher Spirit:** Where lies your difference? That is to say, you still need to have some experiences. There are things you haven't comprehended and learned. There are still gifts for you here because it's not good for you to reach that state all at once. Do you understand? There is no final state here. Even if you have left this physical body, you will continue to create these experiences for yourselves. There will never be an end or a complete state.

# 2021/05/12 - Connection with Krishnamurti

**Questioner:** This psychic girl wants to know what her dream last night was trying to tell her.

**Higher Spirit:** Wait a moment. I'm connected. Last night, in her dream, she played two roles at the same time. In one role, she was experiencing events and feeling the material world. In the other role, she was guiding, explaining, interpreting, and leading. That is to say, just like in real life, with one identity, she is experiencing everything in the material world. With the other identity, it's as if she is explaining. This is her manifestation of different roles to assist her own experience and growth.

This is that in your material world, there could be soul families or soulmates or something like that. That is to say, the same energy of yours can be divided into different identities for experiencing. Some of them might be in your life as your companions, accompanying your growth. It's possible that one is in your material world in life and the other is guiding and leading you in a higher dimension.

So in her dream last night, she transformed herself into an avatar. One was studying and the other was teaching. Because what she needed to learn wasn't really learning. She just needed to recover her memory because all these were what she already had. She just needed to remember. It's like there was a pile of firewood. You look at it as if it has burned out, but if you put a little something in it, it immediately flares up and burns again. That is to say, it seems the fire has gone out on the surface, but in fact, it hasn't. As long as you put a tiny bit of something in, its fire source will immediately rise again. So her inspirations keep flowing. On the surface, it seems like she is getting inspirations. It's not. It's just awakening these memories. Because all these wisdom and information can be linked, shared and perceived by you. But for you people in the material world, it's like all the information that your soul has stored all along. But even for a soul that doesn't have such abundance and so many experiences, it can extract information at any time for his learning, for his use and for his display.

Let's go back to your question just now. What message did her dream last night want to convey to her? These messages are just like planting a seed for her. Then what it will grow into, or what it will become, or what it will present, or in what way it will present, she has her own free will and choice. But she has already been using the dreams and information in her dreams. That is to say, the main purpose of the information in her dreams is to tell you that even if your eyes can see very clearly and your hands can touch something that is very solid and seemingly indestructible and unchangeable, they will all change as you change with your willpower, your thoughts, and your energy. Because in your material life, everything you experience is too real for you. It's like a person who is very angry and exposed. He hates me. How real it is. He really hates me to the core. But you don't know that you can cause such strong emotions in him. Behind the hate, in fact, it is his need for you. Do you understand? But often, you humans tend to misunderstand it as just hate. So you only see some very external things, and then affirm and determine it, and then fix and solidify it.

However, all of this depends on your disbelief. For example, if a person shows extreme hatred towards you, but you don't believe that he hates you. You believe that he loves you and you love him. You have no judgment on his actions towards you. You just love him and allow him to vent his anger, allow this energy to flow through him because you should know that what he shows is just that energy. Energy will pass because no one is fixed. His consciousness, his changes, everything about him is changing. His changes will change along with your changes. So if you determine that he just hates me and you hate him too, then the relationship of hate between you two will deepen further. This relationship keeps deepening. Do you understand? But if you allow him to have his energy manifestation, but I won't be affected by his energy state. Why? Because I love him. I love every being.

Because he has come into my life. Since I have a connection and entanglement with him, since the two of us actually know each other and have entered each other's lives, then he must be my soulmate. That is to say, he must have a gift for me. Anyway, I respect him and I care for him. So when you are firm in your belief, your intention, do you change the other party? So you always have the power and ability to transform everything in the material world, unless you just believe it, and then you deepen it. It seems that something was just an illusion at the beginning, right? It is very soft and changeable. But your belief, your resistance, or your rejection, or your attack or any of your actions, you are actually injecting energy into it, making it stronger or more stable, reinforcing it. But when you believe in what you believe and create what you want to create, with the transformation of your intention, it will slowly disappear and become invisible to you. Why? Because you didn't choose to keep the same frequency with it. So in the dream, it is to let her see that everything outside is so real in your eyes. You can touch it, see it, smell it, feel it, and experience it, but it is all affected by your energy state. It will change as your energy state changes. What exactly do you believe? How much you believe determines how real it is. So even if she is in a dream, a lake surface, clear and transparent at the beginning. But she was teaching herself, using her own mind to turn the murky pool of water murky under her focus. Then she turned it clear and transparent again. That is to say, when you focus, on whatever you focus, you believe in it and you create it. You don't look at whether the pool water is really murky or not, because you believe it will become clear. Because you know that even if it's murky, it's because of the arrival of the storm, making it temporarily lose its clarity. But with the transformation of this energy, it will eventually become clear. You can take action, understand? For example, in real life, you believe that the pool, in your mind, is inherently clear and transparent. Then you can take action, clear the garbage in the pool, protect it and cherish it. Because you believe it should inherently be clear. You add your action, and as you keep believing in it, you will influence more people. They see your respect and love for the pool water, and they will join your ranks. They will help you together to make the water clear. Then you use your mental power to make the water clear again.

Although this pool is just used as a metaphor, this phenomenon, or this theory, or this effect, it can occur anywhere. It can occur anywhere. This is your energy, your intention, which can affect external substances, influence others, and create the world you want to create. Believe in what you want to believe about this dream. She now has a deeper level. Do you have any more questions?

**Questioner:** Can you help me see what my dream last night was trying to tell me? Do I need to tell you what the content is?

**High Spirit:** You can, because the more clues you provide, the more information you give, in this way our connection will be more stable. That is to say, I don't have to consume or exert so much effort to search for materials.

**Questioner:** I dreamed that my mother told me that someone we both knew died and she was very sad. Then I comforted her and told her that consciousness and personality don't die. Then it seemed that there was another person chasing us. I don't remember it very clearly... Then in the dream, although I knew I could be psychic, it seemed that I didn't trust myself very much.

**High Spirit:** First of all, don't fix psychicism in a particular form. For example, if you are psychically communicating with this girl now, you have to be like her and communicate psychically in this way. Do you understand?

Because the way you channel might be different. If you only insist that your way of channeling is like this girl, then you might have closed all your doors and shut down all your possibilities. So you need to let go of all, all, all the knowledge and definitions about channeling. It will come into your life in the way you need, in the way you are passionate about, in the way you are good at. True channeling simply means that you are connected to the energy of the Creator, you are demonstrating the energy of the Creator, you are presenting its energy, that's all. So it can be in various ways. Even if, okay, you don't use any way. You just say that you want to look at the person opposite you with the eyes of the Creator, he will be influenced by you unconsciously. He will feel your unconditional love and tolerance. He doesn't know why. Do you understand what I mean? You don't need any language, you don't need to say anything. Just your eyes, then you are also channeling. So let you become love, connect with love, integrate into love, then everything your physical body touches will emanate love. This is channeling. And about the information in your dreams, the information you are conveying, that is to say, this is what you want to tell people, this is what you want to share, you know. That is to say, regarding the truth about life, whatever you know, you want to tell others in your way to help those who still don't know the truth, to let them see the truth. It's like others have no eyes and are blind, but you have a pair of eyes and you want to describe the beauty you see to them. Because only when your material eyes, that is, the eyes in the material world are closed, can you open your spiritual eyes, can you open your soul's eyes. If you keep your material eyes open all the time, you will be immersed in or too trusting of some things in front of you, and you are led astray. That's why many blind people have a particularly strong psychic sense. They have a pair of eyes. Even if they may not be able to see your face, they know your energy state, all your information, everything about you. That's why many blind people choose jobs like fortune-telling. Understand? Maybe you have a pair of material eyes, you have a pair of eyes, but you can't see through this person. Understand? You have no idea what he is really like at all. Why? Because he himself doesn't know what he is like. So he always shows different sides and doesn't even know who he is himself. What is shown to you and you don't know what kind of person he really is. But the blind can clearly know what kind of person he is because they have closed their material eyes. Any questions?

**Questioner:** Can you help us connect with Krishnamurti? Then this psychic girl wants to know what he wants to say to humanity. Thank you.

**Higher Spirit:** OK. Hello, you can ask questions.

**Questioner:** Hello, this psychic girl wants to know if you have anything to tell humanity. Thank you.

**Higher Spirit:** First of all, I want to thank her because I can feel every time she agrees and identifies with my language, my words, my thoughts, and my opinions. It can be said that none of my words has raised doubts, objections or negations in her heart. That's why she has a particularly connected and identified feeling towards my energy state. Because she is not someone who believes everything if there is authoritative information. So for someone with her energy state and level of consciousness to identify and agree with my information, I feel very gratified. It's like finally someone can receive the gift I give. Because I keep giving gifts to humanity, but they keep being misused.It's like what I gave out, what was digested, and what was utilized was very, very little. So my entire life has consumed a tremendous amount of my time and energy. I kept giving gifts, that is to say, my efforts and the changes they brought were not in direct proportion. That is to say, the energy I created and the gifts I sent out far, far exceeded what they received. Then, what information do you want to know next?

**Questioner:** May I ask if you have anything to say to humanity?

Krishnamurti: What I want to tell you is that I have never disappeared. I have merely changed a way to assist you. My love for you has never disappeared either. I have never had any, like I just said, I sent out but received very little. I have no complaints or any regrets, or any disappointment. No, because we have always been one and have never been divided. It's just that my energy is in different ways. It could just be a sentence. Just like this girl who might suddenly think: Oh, I finally understand what Krishnamurti's sentence means. At that time, I exist in her life. Do you understand? So I exist in this way in any of you who perceive me, or link to me, or see my energy.

Even those who haven't seen me, they are also indirectly influenced by me. Why? For example, this girl has a deep understanding of some of my thoughts. Then she will manifest it in her life in her way. She will convey it to others in her way. She will demonstrate it to others in her way. She may turn it into her words, but the real deep-seated thing remains unchanged. Do you understand?

# 2021/05/13 - Your imagination is your reality (No question)

**High Spirit:** OK. We can't tell you which one and which one you should choose, but we can assist you to let you discover by yourself how you want to present yourself. What's your name? XXX. Let me connect first. Then you directly ask your question. You mean you choose this. Can you or what? What exactly is your question?

**High Spirit:** Why do you think you can't accumulate wealth? Because when you have this thought, you are already blocking it. Do you understand? That is to say, the meaning of whether I can accumulate wealth is that I have nothing. So, you say

**High Spirit:** This is what affects you. No matter what job I look for outside or which industry I choose. If you have this belief, that is, you have this thinking mode, you have this 'I think it's so difficult to make money with this', doing this doesn't make money.

If you only look at which one makes money, you won't make money. Do you understand? So what limits you now is not what you do, but your own definition of yourself. It's like you have a system in your mind and you have been operating according to that system. Do you think you can produce things beyond the operation scope of that system?

**High Spirit:** But your goal is still money. It's not unreasonable, but you have shown that you are intrinsically deficient. Because you need to know a truth that in your life, in every present moment of yours, at any time, you have always been abundant. You have never been deficient. Maybe it appears as deficiency in your life on the surface. But it is precisely because of that deficiency that it pushes you onto your own life path. Without that deficiency, it might not be able to push you there. So this kind of deficiency that appears on the surface is actually a kind of abundance. In fact, it is unique, most precious and most needed for you.

**High Spirit:** That's because of the temporary deficiency in your thinking. If your thinking mode remains like this, then you will always appear like this. So whether it is temporary or not is up to you.

**Higher Spirit:** The advice for you is to have you examine your own system, examine your thinking pattern, and examine your concepts. Why do you think, do you know where the difference between the poor and the rich lies?

**Higher Spirit:** It's not just the belief system. It's that your imagination is too narrow. You define things like this and then think it's true, but it's not like that. Because in this world, you have no restrictions. You can turn everything into abundance and wealth. This girl wrote a poem two days ago. She said she observed a tree full of fruits. So many fruits come from just one seed. Think about it. One seed can bear so many fruits. Do you think you are not abundant enough? The Creator has given you all you need. The only thing you have to do is to exert and utilize your imagination, creativity, passion, and enthusiasm without any restrictions. All the definitions and concepts in your mind are restricting you. Take the simplest example. I give you a seed. You have a seed.

OK, that one loquat tree bears so many fruits. You can... in various ways.

You can sell it. You can also exchange it with others. You can do other things. You can also share it out of love because when you share your love, it will come back to you. OK. You share out your loquats. Then the neighbors have peaches in their house and they give you some peaches. Then aren't you already rich? If this one loquat tree, one seed grows thousands of them and then you grow a thousand trees from thousands of them. Just think about it. Your wealth multiplies and expands like this. This is just an example. But through this example, you can think about how limited your human thinking is. So it's not that there is no wealth or you are not rich. It's because you don't know your limitations. The limitations in your minds that you can't see. Your consciousness determines what you can see. There are many such examples for you humans. I searched out an example from her mind. That is, there was a man from Hongta Mountain. Before that, he was in prison and after he was released at the age of over eighty, he grew oranges and made a lot of money. Such a simple example. Then you say his resources, his age, his energy, his vitality compared to yours... Why could he do it?

So why do you limit yourselves? Your youth, your life, your vitality - these are your treasures, the wealth you possess the most. Your imagination - these are all huge assets. You just need to transform and reveal them.

**High Spirit:** I have already told you specifically, every detail. Your current limitation does not lie in what you choose.

**High Spirit:** It's your limitation, the limitation in your thinking. Your limitations and scarcity in thinking and these concepts will manifest themselves in your material world. But precisely because of this scarcity, for example, after you have this scarcity within, you think why I can't keep creating wealth, or I want (wealth). Well, OK. If you link with me in this way, isn't the path to wealth being opened for you now? If not, you might have made a little money. Without this scarcity, you might still be experiencing a state of doing small businesses throughout your life, seeking a basic livelihood and making a little money. Do you understand? So even your current experience is abundant and it's exactly what you need the most. So each and every step of yours is perfect, abundant and prosperous. Are there any other questions?

**High Spirit:** If you ask - you just ask words, but we are all one.

I and you and all are one. How can I distinguish myself? It's like you ask a wave in the sea, what's the name of that wave? It's just seawater. Every wave is seawater. So how do you expect me to answer you? And it's only you humans who use names to identify.

**Higher Spirit:** It's also your naming. Everything in the material world is your naming because it helps you to recognize.

**Higher Spirit:** You want to do business. Because a merchant is different from an educator. Do you just want to operate this system or do you want to be a trainer yourself? This is different.

**Higher Spirit:** If you want to be a merchant and create a system, then you need to look for people, those who are passionate about this, and you provide this platform, which is what you both want. You provide this platform. It's like if you want to engage in a show performance, you give them the stage, build (the stage) for them, provide them with everything, arrange it well, and find the audience for them so that they can perform. Because they like to perform, do you understand? But if you yourself like to perform, it's different. So first of all, you must clearly know what role and identity you want to play.

**Higher Spirit:** Yes. You don't even know what you want to do yourself. How can you bring it into your life?

**Higher Spirit:** You can experience any experience. You have no limitations or restrictions as long as in your material world. Your material world has its rules and ways of playing. That is to say, you have your laws and regulations. That is to say, there are restrictions. Then as long as you operate, move, and use your imagination within your restrictions, it's good. Without harming anyone, including yourself.

**Higher Spirit:** Each of you thinks that your talent is something. In fact, you have no restrictions. Why? The so-called talent is like you are born with it. You are born to do this. But once you enter a completely present state, a present connection, let go of your material mind, let go of your body, that is, all the concepts and everything in your mind. You can do whatever you want. Why? Because when you want to choose to experience that, you can invite that energy to enter you and then you become it. Imagine that your body, it's just like, how can I describe it? Your body is just a tool.

What is truly shown is your soul or something. If you put different souls into it, it shows different appearances. You are so diverse and not limited. The ones who are limited are yourselves. And those who are limited mean that they just want to experience this in their lifetime because they like singing and they only want to experience a life of singing. But if you ask them to act, or be a host, or do anything else, as long as it's them, you say.

**Higher Spirit:** The connection is like a TV of yours. You can choose different channels to enter, but it's the same TV that's playing. So you think of that TV, but you can play (anything). You can play horror movies, you can play comedies, you can play entertainment films, all kinds of them, but it's all you playing. So this tool of yours, this physical body, what you want to show to the material world is the same. What do you want to show?

**Higher Spirit:** First of all, you have to understand that if you are completely not influenced by the material world, you are just an existence of energy. This energy has no limitations. This energy is like when you enter the internet and you can search for anything.

Well, if you want to search for "little dogs", then all about little dogs will show up. If you want to search for "cooking", then all about cooking will show up. Do you understand? When you yourself are not bound by your physical body, you can connect to whatever you want, just like a network. Because you yourselves... Why do we say that we are all one? Because on the energy level, we all come from there. It's like we are all on the land. You are a flower, I am grass, he is a tree, and he is something else. But we all come from the land. Do you understand what I mean? It's just that we are presenting ourselves in different unique life forms of our own.

But we all come from, we all come out of the soil. That's what you would call Mother Earth. That is to say, you all come from (the Earth). I'm just making an analogy because even those lands all come from the same (source). So there is no difference between you, the soil, and the trees. It's just a manifestation of energy. It's just that your experiences are more abundant.

**High Spirit:** Spiritual practice is just a definition given by you humans, do you understand? If you really want to practice, it means to get rid of your concepts, thoughts, memories, and so on. OK, you are now in a cesspool. You need to clean off the things attached to you. That is what you call practice, rather than adding things.

**Higher Spirit:** What limits you is the mind. OK, let me give you a simple example. This psychic girl, before she communicates with you, before the connection, she doesn't know anything she wants to say, is going to say, or the things she's going to encounter. She doesn't learn it, but at this moment, you can ask any question, you can extract any information. Why? Because she has put her personal consciousness aside. Do you understand? But you guys (interrupted)

**Higher Spirit:** This is what you call spiritual practice. You can't do it.

**Higher Spirit:** You experience your life. According to your passion, you know everything that happens to you. For example, OK, next you might encounter quarrels with your relatives and loved ones again, or anger or something. Those are all your learning points. Every place in life is where you break through yourself because the only thing that binds you is yourself. But through external events, you can gradually remove your own bindings. So you are constantly expanding and constantly removing the things that hinder you. That's fine. There isn't one, as you guys said, using this method or that method, do you understand?

**Higher Spirit:** The only way is to let go of the methods in your mind and fully experience life. During the process of experiencing life, you will naturally have many mental activities, feelings, and obstacles. What you call in your material world, but all these things are your points. Just like when you are walking, during the process of walking, you constantly encounter branches that hinder you. Only when you walk past can you pick up and remove that branch and clear a path for yourself. Do you understand? If you don't walk past, your path will never be cleared. That is to say, if you don't devote yourself to your current life, you can't carve out a path for yourself. Then you remain in the same place. The same goes for your thinking mode and your constraints. They also remain in the same place.

**Higher Spirit:** You don't need to do any exercises. The exercises you do pull you onto one path. But if that is your passion and you like to do it, then do whatever you like to do. But if you are doing it to achieve a certain goal, you don't need to because your goal is not in the distance. It's only in the present, the moment, and life. Everything that comes into your life is not waiting for you tomorrow, in the future, or in a certain place. No.

**Higher Spirit:** That's something you yourselves create. You can create. The most amusing thing about you humans is that you can create anything you can imagine to play with you. Understand? If some people like to create these and define it that way, then they do. They have that experience. It has nothing to do with you. Why? If you believe them, it becomes relevant to you and you can have the experience. If you don't believe them, it has nothing to do with you. So you need to know how this mode of operation works. So don't just look at what anyone says. These people all say this and are like this. They all have this experience and then it's true. Well, it's indeed true because even for those mental patients, what you call mental patients, their experiences are also true. But why don't you believe them? Why put them in the hospital? Because only he is experiencing that reality. You don't agree, so you consider him different. When you agree, you think this is true.

**Higher Spirit:** Reincarnation, what you call reincarnation, you think that you, this soul, goes to have different life experiences again and again and again and again. There is no time or space here.

The so-called reincarnation means that this energy of yours, you can choose different experiences. In your China, in this province, I experience this. In the United States, in that place, I experience being a woman. In China, I experience being a man. And I also experience being an animal in Africa. Do you understand? It's like your energy can choose simultaneously. Just like before, when we were communicating with the spirit, there was a metaphor that one of your hands, five fingers, each finger is placed in a different space. One is placed in the ice to experience the ice, one is placed in warm water to experience the warm water, and one is placed in chili peppers to experience the spiciness. Do you understand? But all these can collect this information.

**High Spirit:** Of course, the entire universe is in your minds. You know the universe, then I tell you it's the entire universe, everywhere.

**High Spirit:** Yes, because his consciousness is constantly experiencing, constantly changing, constantly experiencing, never stopping. It just changes the way.

**High Spirit:** If you only identify with your physical body, you are tiny. If you don't identify with your body, then you have no limits and you are everywhere.

**High Spirit:** Because you are using your memories. Your memories, in your minds, your material minds, your heads, that memory.

You can totally not believe it at all, because it's chaotic in itself. It stores nothing but a bunch of garbage within itself. All of it is illusion, all of it is fake. It's that kind of experience created because of your concepts. So all of those are not nutritious, not nourishing. And all of you are trapped there, with that pile of garbage in your minds. So you still treat memory as something precious, thinking that the things in your memory are real. The things in your memory are all dead, all dead. Only the present moment is alive. Each of you is drinking a bunch of stagnant water, moldy, raw sewage, that kind of dirty water. And you still treat it as a precious thing and drink it. Why do you have so many toxins in both your thoughts and your bodies? You have been drinking this dirty water. There is fresh water but you don't drink it. What's going on?

**High Spirit:** Yes, you are now searching for the widest range of information. You are doing this right now.

**High Spirit:** You are kind of getting enlightened.

**High Spirit:** Don't be limited by any way. Anything that you are passionate about. Even if you like dancing, then you dance. Because when you are truly following the music and dancing along with the music, your self is no longer restricting you.

Because only when you enter the present moment can you link to the energy of that music and let that energy dance within your body. So don't be limited to anything.

**High Spirit:** Fully engage in your life, but know which is the truth, which is the illusion, which is the hallucination you create. Understand what you are playing. Half of your body is experiencing completely in the material world, and half of you are consciously aware of what you are doing. Which is real, which is fake, which is the created illusion, which is someone else's illusion, which is the collective consciousness. Because if you were to be completely something like that, you would be detached from the material, and you would not learn the things you need to learn in this material world. Because each of you is here to continuously breakthrough, learn, and expand. Do you understand? So you have to use this body, link to this body, and at the same time, partially detach from this body to achieve a balance. Everything is about balance. If you can't balance, then you will become like a crazy person as others say, a mental patient.

If you are overly without that connection or something, then you are just drifting along in the material world. That is, you will only experience the pain brought by the physical aspect of the body.

So it's fine if you balance this energy.

**High Spirit:** You said you don't know you're dreaming when you dream, right? You are now in a dream in the material world, and you don't know you're dreaming either. You still take it as real and consider all the difficulties, obstacles, and troubles as so impregnable and so weak. The dream is real. You are now in this dream of the material world.

**High Spirit:** If you know that everything in the dream is fake, you won't be harmed. It's just an experience. Now these experiences can make you scared, make you cry and be sad. But the real you is like that physical body. You said that in the dream, no harm can hurt your physical body. No. It's the same in this dream of the material world. Nothing can hurt the real you. You're just dreaming. Although all the feelings are real.

**High Spirit:** Because you just said yourself, I don't know I'm dreaming when I'm dreaming. You said it yourself.

**High Spirit:** Because you haven't completely lived out. It's like, OK, you are a butterfly yourself, right? But now you are still a caterpillar and haven't transformed into a butterfly. So even if there is a caterpillar with you now, you still feel something is not right. Do you understand what I mean?It's possible that it accompanies you only for a period of time. When you become a butterfly, you might need it again. Either it changes with you, or you need a butterfly that has already become a butterfly. Do you understand what I mean?

**High Spirit:** The time hasn't arrived. Here, as I just said, there's no time. Only you yourself choose what kind of experience you want. If you want, if you truly want to have a lover, then you can attract a lover. That is, you can manifest and present that lover to accompany you to do your homework and play the game of this material world together. If you think you don't need it, then you don't need it. But there are some who seemingly think they need it on the surface, but they are resisting, opposing, and saying no inwardly. So this causes a lot of emotional conflicts. This is also some internal conflicts within them. But no matter whether you want it or not, in any case, actually all relationships are just like mirrors. They present some of your internal restraints or something within you, so that you can start and deal with them.

It could be a personal relationship, a relationship with a superior, or a relationship between a man and a woman.

Different relationships are just to present (interrupted)

**Higher Spirit:** I'm attracting you now too.

**Higher Spirit:** I understand what you mean.

**Higher Spirit:** All of these of yours, like the place you mentioned that makes you calm, OK. And there's also a situation like this man makes me feel calm. All of these are borrowing strength from the outside. But in this way, you forget that the real thing is within you. Because when your own inner self is in a calm state, even if you are in any place, you will be in a calm state.

**Higher Spirit:** You can feel and experience anything you want to experience. Here, there's nothing like that. It's like you're playing in the material world. As long as you don't violate the rules and don't touch the high-voltage line, that's fine. None of these are problems. But I just want you to see why you would look for something outside to achieve a kind of calm in your heart. It's also because you don't have it within yourself. You need external assistance or it's your self-permission, a fantasy you created for yourself. You think that because you humans always have to create something for yourselves and make it, as if it becomes real, becomes real and then your real experience deepens your own belief.

**Higher Spirit:** You only need to find out what belief it is, what it is, what you believe that makes you think you are not powerful, understand? Because if you keep telling yourself that you are powerful, to be honest, that means you are denying yourself, you are disguising. You only need to find out exactly what you believe that makes you think you are not strong enough, that you are weak. What exactly do you believe? And then get rid of the thing you believe, because that doesn't belong to you, that's all.

**Higher Spirit:** If you don't know what you believe in yourself, then in your life, these actors who act with you will cause relationships, cause incidents, and everything will help present it to you. You just need to pay attention to your life, enter your life, and fully enter your life. Just like I just said, you just sit here, you don't move at all and tell the teacher, take this branch away for me, where is this branch? You have to walk by yourself and walk until you encounter the branch and then remove it. Your path will then emerge. This is something you have to do yourself, instead of standing in the same place. But standing in the same place, I'm just telling you that you need to walk a path yourself and there will be branches on the road, each branch blocking you, and you just need to remove it, okay, do you understand?

**Higher Spirit:** It doesn't matter. Continue. Are there any more questions?

**Higher Spirit:** Because you are all afraid of change and the unknown within, and you all think you are lacking. Let me tell you, even if you have nothing in that house, you have to trust that life makes you have nothing in order to inspire you and make you have. Do you understand? You shouldn't take that one thing in the material world as your safety umbrella, your shelter. Just because you have this, you think you are rich. You don't need anything external to support you. Feel rich within because everything external is manifested from within you. If within you, no matter what is taken away, it is actually opening the way for you and allowing you to stimulate your greater energy to reflect your abundance, then why would you care about this? So it is your concept, your father's concept that is hindering him. Because they think they are powerless. It's like he believes that he is old, can't make money, and has no ability. Then he experiences this reality.

Just this one house. He believes these.

**Higher Spirit:** You don't need to help him in any way. You only need to see yourself through him because you also have your obstacles.

If you actually tell your father that all these of yours are illusions, that you have no obstacles, and then you can't achieve anything in your life if you can't present yourself. Even if I have no money at all, I can possess the whole world. If you can embody this, you have already helped him. Do you understand? Because through you, he will regard you as another house. He thinks that since I have this big house, this big palace, I am rich.

**High Spirit:** First of all, you need to know that the purpose of your relationship is also the relationship. In your relationship, it is that you love him no matter what he chooses. OK, this is the first point. It's not that I don't love him because he chose to do this. Is that love? That's not love. Right? But since you don't love him and don't care about him, why do you have a sense of loss? It's because in your mind, you have a friendship or a friend or think that he should. You first have an expectation, a definition. As I just said, because of the definitions in your mind. What if you can let go of all the definitions in your mind? Just observe what he is really like. Then in fact, your friendships are established based on what you think he is like, not with the real him.

**High Spirit:** What would you think if we told you that we have expectations of you?

Do you think you are being controlled? We have no expectations of you. Even if you grow and experience in the most negative way possible, we won't make any judgments about you, or condemn you, or say that you have hurt something or someone. There are no sinners, villains, or prisoners here. You are just growing and experiencing in this way. We can at most tell you that you don't need to choose such an extreme way to learn the lessons. But the choice is still in your hands.

**High Spirit:** Because with this kind of thinking pattern of yours, you will apply it to your lover. You will think why my boyfriend doesn't treat me like this. He should be like this. Other boyfriends are like this. When you have such a concept, you will definitely kill your relationship and bring many obstacles to your relationship. So let go of the "should" in your mind and let him show his true self, rather than the way you think he should be. Only in this way can you have a relationship with a real person, not a fake one or one imagined in your mind.

**High Spirit:** Only you yourselves can make you feel hurt.

The definitions in your mind are not those of others. Others are just being their true selves. They have their choices and want to experience relationships. You should allow the other party to experience, perceive, and comprehend in their own way. You said

# 2021/05/18 - What is the best experience in the material world?

**Questioner:** The Saint of Ziwei in the prophecy comes from the East. Can you say something about this information?

**High Spirit:** Wait a moment. I need to connect. First, I need to connect and see if there is some information and skills related to this information. First of all, I would like to thank you for enabling this psychic connection to happen. Because of the current psychic environment and her psychic state, as well as your energy fields, it is a very, very high and very harmonious state. So today we can bring you a lot of information that is very helpful to you. Just like in your material world, that is to say, your current energy state like this is very suitable. It is always very happy. Why? Because both of you are very studious children and your energy is very pure. And you have completely opened yourselves up, without the slightest doubt or resistance in this energy state. So thank you very much for coming this time. This participation in psychic communication.

Because this information doesn't just help you at this moment. It will also help or bring assistance to many people in the future. Because all of these are like light that can illuminate those in the darkness. When those people have the same doubts or problems, or need guidance in this aspect, they will be directed to this information and receive it. They can then see the light and feel the light. I'll repeat your question. Do you want to know what the Ziwei Saint in the prophecy is, right? On your internet, among those prophecies in your history, there have emerged many mentions that in the current era of yours, there will be a person called the Ziwei Saint who comes from the East. And you want to know information about this aspect. Regarding the Ziwei Saint, he isn't a specific person. He is a kind of energy. Just like the sun rising from the East, it's the entire light that illuminates the East. Can you say he is a person? He is an energy. This energy can be manifested through many people. So, it's more like the light of a group of people. The light of a group of people, they come together, as if huddling for warmth. It's this kind of energy gathering together, generating the light, generating the influence, generating the power, generating everything. So, more precisely, he is more like a group, that is, a bunch, a majority, a set, like this. But why do they mention a certain person? Because one person is like a leader, like one person who led a group of people to shine. In fact, this group of people are all saints, holy light because their spiritual levels are the same. Then why do they mention a certain person? Because this person came out. It seems that you, a group of people, chose him as a representative of this group of energy. And this person is a pioneer. He woke up first and then woke up others. Do you understand what I mean? So this would be like a team, but there will be a leader. And this leader, he woke up first and then woke up others. So there is no distinction between them because their energy states are the same. And this powerful energy, wherever it goes, it infects wherever it goes, just like the current plague, disease, the kind that spreads, that is, diseases spread everywhere. And in the future, this energy will also. So they say that this light and energy, the holy energy, comes from the East. What you two are doing now is part of the light. You are also one of them. And this one of them is them, just like yourself, because if the material world of yours wants to create some real images or some collective consciousness, a group of people's consciousness and intentions are needed. Then you are that group of people and then it spreads like a disease and continues to spread. So in this way, this energy, this team will become stronger and stronger. Do you have anything more you want to know about this?

**Questioner:** So this east, that is to say, the sun rises in the east, representing a beginning. Does it also refer to a specific location or does it mean rising from the east?

**Higher Spirit:** If it is from your perspective, indeed this energy comes from you, your China. Because of the current state of Western countries, first of all, for those who have faith, their faith is too much, that is, their faith is a restraint for them. For those who have no faith, their science is a restraint for them. So this energy state comes from here.

However, just like the sun, it rises in the east. It doesn't matter because, in general, it illuminates the entire earth. It doesn't matter where it rises because every corner will be illuminated. And what you say is actually closely linked together.

So, there isn't. Specifically speaking, was it divided out? Is there any problem regarding this issue?

**Questioner:** No, thank you. Then the second question. For human beings, what is true freedom?

**Higher Spirit:** If you say that you humans have freedom, you are very free. If you say that humans have no freedom, you are very unfree. So whether you want to view it from the perspective of freedom or unfreedom, you can. Just like you say you have both day and night. So saying this is also that freedom is also a part. Just like two sides of a coin, both freedom and unfreedom exist. But for you humans, experiencing unfreedom is also for experiencing freedom. Because if you only experience freedom, you won't know that this is the state of freedom. That is to say, when you come to this material world, you must experience its opposite. Whether you experience it directly or indirectly. Direct experience is being the person involved. Indirect experience is that you experience it passively or it's the experience of your relatives around you, all kinds of experiences. But the opposite of yours, you must experience. Because if you don't experience it, you won't know what that is. In your material world. Repeat your question. True freedom for human beings is that after you have experienced unfreedom and restraint, you can find the way to freedom. Because when you find the way to freedom by yourself, this will no longer bind you because you have, as if you have groped your way, found your own way out. If someone else removes your obstacles from the outside for you, you will still encounter obstacles because you don't understand from within that it is your obstacle. So true freedom is that you have it within you, it's like you hold a key in your hand, and then you unlock your handcuffs and you know that the key is always in your hand. This is true freedom. If you want to handcuff yourself, you can. If you want to release, you can. You are in control.

Do you have any questions about this issue?

**Questioner:** No. The third question is what is the best and highest experience that can be experienced in the material world?

**High Spirit:** Regarding the highest and best experiences in the material world, first of all, you have to understand that if you were born with everything being the best, never encountering sadness, pain, or suffering, or bindings, or anything like that, you wouldn't feel any freedom, happiness, or, for example, like a fool, what you humans call a fool. He just laughs "hehehe" one day. No matter when seeing others getting injured or in pain, he still laughs. Do you understand what I mean? Then, do you think this is what you humans call happiness for him? Because he has never suffered.

**Questioner:** So can I think that there is good and there is bad, and good and bad can appear simultaneously?

**High Spirit:** At first, ask your question again. This is like a previous question, that is to say, you, OK, the material world is a cage. You are in the cage now. You have the key in your hand. You can freely enter. You can go in and you can go out. You control all of this and the best experience is this because of going in and going out. You know that you can control it instead of being passive. When you feel that everything is passive for you and you have no ability to transform it, what you feel is pain, obstruction and restraint. When you know that everything is within your control because you understand all the rules and all the laws and you can clearly know the reasons behind their generation, you can use them freely. Because all of these seem to be yours. That is, if you don't even understand what is restraint and what is pain in the material world, how can you help others get out of pain? It's like just now someone said there was a fool. When he saw someone else getting injured or killed, he just laughed and thought it was funny. Do you think such a person can do wise things in your material world? So he must understand everything, but he won't be trapped in it because he has all the ways out. That is, he has the key and his key can also open others'. This is the best experience in your material world, that is, you control everything.

**Questioner:** When we leave the material world, what about our lovers?

**High Spirit:** Your lovers. By "your lovers", you mean the partners around you in the material world, the people you love. The people you love have never truly separated or left you in any sense. It's only from your perception and your perspective, that is, your memory and your cognition. Because you take it as true. You say that in my mind, I only remember this little thing, and then you think it's true. Just like a little kid. In the first few months after his birth, he doesn't remember the places he has been to. Then when he grows up, you say that when you were one month old, you came here. He says I don't remember. For him, this didn't happen. For you, if you don't remember that you have always been with those you love, you will think that didn't happen. It's like those little babies. They don't remember the things they've gone through, but their parents do. That is to say, although your physical bodies, your flesh don't remember. But for instance, you are connecting with me now, and then I know everything. It's like the beings of higher dimensions, they know everything. So, your question is that when your physical bodies leave this material world, where is your lover? If it's a physical lover, you and him, both of you disappear. What disappears is only your physical bodies, but your consciousness, that is, your souls. Your souls can choose again at the same time. Because you can still continue to communicate. That kind of communication happens just like the communication we have now. In your eyes, it's a manifestation of psychic ability. And then that kind of communication, you can still continue to choose what you want to experience next. For example, before you experienced a marital relationship. Then next, you might say that we want to experience another kind of relationship and love each other again. So you can continue to experience based on what you yourself want to experience. But you all will choose simultaneously, that is to say, to enter each other's lives in different identities because you yourselves are the same energy. That is to say, as you humans understand it, it's like reincarnation. Because why do you have so-called soulmates or something like this? Why? Because you yourselves come and go. How can I describe this? It's like two feet tied together. Every progress is made together. So every experience is that you may use different bodies and different identities, but back to the source, that is, back to the stage of consciousness, it is a common expansion. So the disappearance of the physical body and the separation of the physical body are just your illusions. It's like you wore a prop to play house, then took off the prop, and then put on another prop to continue playing. And each of you had a great time playing.

This can answer you well. That is to say, after changing clothes, where did you go? You will still choose what you all want to experience and explore together. Do you have any questions about this?

**Questioner:** Then can I think this way? That is, from ancient times to the present, our souls and our minds have actually remained unchanged. What changes is that the physical body in which we are lodged can be different. But our soul is that original thing.

**High Spirit:** Each of your physical bodies, each individual, will have a separate one. That is to say, even after your physical body disappears, your personality still exists. Your personality, your characteristics, your everything still exists. That's why you can communicate with the spirit. For example, your deceased grandfather, you can still keep in touch with him. That means their personalities still continue to exist. But your grandfather can't be reincarnated. But your grandfather, that is to say, your grandfather can't use his personality to be reincarnated because his personality is eternal. Just imagine that each of you is a different leaf. There is a leaf that has rotted. You can still actually see the shape of that leaf, right? Then it's right there. The rotten leaf is still there. But the life consciousness does not follow. Just like the tree root, it can still produce many leaves.

So its life. You say: Ah, the leaves have all rotted. Then is the life dead? No. The tree is still continuing to produce leaves, still producing different leaves. This means that your consciousness is continuous, always continuous. If you don't understand it well, you just imagine that your physical body is a leaf. After this leaf is gone, when spring comes, another leaf will grow again.

Although you may look at it and say that they are different leaves, but they come from the same life. And this leaf contains all the information of this life. You can continue to ask any questions you want to ask, because the more questions you have, the more information we give, and the more it can help you to understand with some of your existing cognition and concepts. Because some of your existing concepts and cognition are difficult to understand comprehensively. Even if you are often communicating psychically, and you are often having direct conversations with us, but truly, truly, truly what you can see is only a very, very small point. But even such a tiny bit is enough for you to change your life. This shows how much wisdom and how much energy the Creator possesses.

Even if you yourself just sneak a glance, that energy can allow you to transform your life.

**Questioner:** The next question is, can there be only happiness but no pain and annoyance in life?

**Higher Spirit:** This is a little similar to the previous question. That is to say, if you could only laugh like a crazy person every day, do you think his life is meaningful? So, annoyance and pain are not there to let you get stuck in them.

If you think being deeply involved in it can bring you the lessons you want to learn and the experiences you want to have, you can make such a choice. But annoyance and pain, it's like a change in the weather as you call it. Then there is a saying that the moon has its waxing and waning. Also, just like when you cook, it also requires different flavors to be mixed together. This is also your life. Why? Because pain can make you feel the power of happiness and love more. Because love can melt everything, it can tolerate everything annoying. It can help you understand that if a person has wisdom, after you have wisdom, you will find that all things are not annoyances. Annoyances are all your own cognition and opinions.

After your own limited cognition, if you have this experience, you can experience the other side, that is, the opposite side. Then the improvement or awakening of people's consciousness is always accompanied by pain and annoyance. So you should not shut out pain and annoyance. Pain and annoyance are just like energy. You just need to know how to transform it and use it to help you grow better in the material world. Blindly pursuing anything is an imbalanced state. That is to say, the best state is that you don't pursue happiness and joy, nor do you avoid pain. Why? Because for you, everything is an illusion. You know that both pain and happiness are actually imagined by your mind. Do you have any questions about this?

**Questioner:** No. What are the differences and commonalities among Buddha, Guanyin, and Jesus?

**High Spirit:** Buddha and others are all from the high dimensions. That is to say, they are already in the high dimensions. Just like the high-dimensional energy you are now connected to, and this energy wants to come to the Earth. They chose to come to the Earth, that is, to project a part of themselves to the Earth and bring gifts to you through physical bodies. That is to say, we are now giving you gifts. Our gifts are through the intangible, that is, this mode of transmission. But we do not personally transform ourselves into physical bodies to give you gifts face to face. Because for them or for us, giving out our gifts face to face is a very great act and a very difficult act. Because people in your material world, let's put it this way. It's like you are a person in the material world now, and you are going to a primeval forest. The people in that primeval forest are particularly closed and attack everything they see. Because he thinks it's all harmful and then they all use violent means, using war or weapons, using violent rule or oppression of others, this most primitive kind. Then we tell you that such humans, because their perception is too narrow, they will consider everything as an attack on them. Even if you are his family member, relative or lover, he regards you all as the attacking side, attacking in direct, indirect and various ways. Because they always regard any external person or thing as an enemy. This is a current state of you humans. You basically consider all external things as external, as opposed, as enemies. So for anyone who wants to get close to you, you will have doubts about him. You will think whether he has bad intentions towards me. You will think whether his kindness is something he wants to do to me. So on the surface, you seem harmonious and polite, but in fact, many of your relationships are opposed.

In such a low-perception social environment, such a barbaric and primitive tribe, do you think you dare to send yourself there? Because what you might say, they might not understand because you have different languages. It's what you say. No matter how right, how good, or how correct it is, they simply don't understand. Take, for example, the simplest case. You go to a primitive tribe. Then someone has an organ problem. You tell him that I can instantly make your problem disappear, make your tumor vanish. But he won't believe you. He'll choose to believe their barbaric doctor to cut it off. Understand? They also have a kind of rejection towards their bodies. Understand? You should know that tumors are also a part of you. Your mind can make tumors arise, and your mind can also make tumors disappear. But those barbarians will cut off their bodies. Then they keep growing tumors and keep cutting them off.

He wants to kill the tumor, and he has to kill all the healthy parts of himself. Many of you, in order to kill something external, even if it grows inside your body, you would rather commit suicide. Because of some thoughts or pains in your mind or because you can't accept certain things, you choose to end your life. Because in your mind or in your cognition, there is only the most primitive method, which is to destroy, to destroy everything, even yourselves. You think it's worth it.

Now, if you were asked to enter a tribe where, in their eyes, there is only the will to destroy everything, imagine for a moment, how much courage would you need before you dare to truly enter there and then truly try to awaken or change their concepts and thoughts, to let them know that they don't need to use the method of destruction. Do you understand what I mean? So they are all using such a way to want you to evolve or learn or comprehend. To see it more, well, in this process of transformation and evolution, you don't need such cruel and tragic means to do these tragic means to yourselves, to others, to children, to everything. However, you all think that this is love and that it seems to be the best way. So in our view of you, you are such a primitive bunch.

But on your Earth, there are also many beings with such a state of consciousness among you. They are also using their own ways to, how to say it, just like what was said before about the plague virus infection. They want to infect, but these infections are positive and full of love. What else do you want to know about this information?

**Questioner:** Well, what about their differences?

**High Spirit:** Their differences, their differences lie in the fact that the paths they choose when coming to the material world are all different.

**Questioner:** What does this path refer to?

**Higher Spirit:** It's about, for example, how to enter, how to become, how to influence and awaken. But it's not the case that they are truly helping you only when the physical body is present. Why? Actually, because that physical body is not the true physical body. It's just that you think, why not? Because once you are in this world, that is, once you are born on this Earth, you must have a physical body. It's like when you buy a prop, right? You want to infuse your energy into that prop. Then this prop must be alive and have life. Every life has its own consciousness of the physical body. At most, you can choose to achieve a connection or unity with its consciousness, or be in such a state.

**Questioner:** So can I understand that the methods are different, but the information they want to convey is basically similar?

**Higher Spirit:** They are all highly intelligent. They are all from high dimensions. They are all for love or to help or to awaken, for your transformation. It's all love. Because when you become one, that is, it's that simple. You humans will too. When you are an adult, you will unconsciously, autonomously, and actively help those little babies who fall down.

You would go and help the little babies. So it's the same for you. You would go and help those who are weaker than you, that is, in your eyes, when you think they need help, you would take the initiative to help. And their differences, their differences are like each and every one of you is actually different, but each and every one of you is also the same. So this sameness and difference are the same. Any questions?

**Questioner:** May I ask what other information can be conveyed to the psychic in front of me?

**High Spirit:** What I want to convey to her when I link the information is that those who are concerned about her transformation, growth and becoming, that is, those beings who have been helping you and helping her transform in other dimensions, what they want to say first is that they feel very, very gratified, that is, happy and satisfied. The best word to describe it is gratified. Then she is on this path, and she doesn't need to have any doubts, nor does she need to have any fears or apprehensions, because every step of hers, all the guidance she needs will appear in her life. Because what she is walking is not, that is, not her own path. What she is walking is that many, many beings want to use this energy to transform your material world. So the message they want to tell her is to firmly believe in yourself, and then leave the rest to the so-called Creator.

Because it's like she's walking in the air right now, but with every step she takes, a step automatically appears in front. Then the only thing is to not be afraid of why there's nothing here but I have to put my foot down, understand? There's no need to have this kind of fear, or uncertainty, or terror, or worry. She just needs to believe that when her foot goes down, there will be strength to support her. It's this total trust, towards the future, towards the unknown. Is there anything else?

**Questioner:** What is the current fear of this psychic?

**High Spirit:** She's like a child who has just learned to walk now. She's very excited, thinking, wow, I don't have to crawl on the ground anymore. I can walk now. It's more of that kind of excitement and then the sense of joy, and that kind of feeling that I finally have the strength. Then her current fear, it can only be said that at her level of consciousness, she doesn't have any fear. But at the physical level, that is to say, some of your old patterns in the body, some of the old habits, that is to say, if you keep walking, you will start running. It's a process of habit, understand? It's like a child who has just learned to walk and just knows that she has the strength. She's excited, happy, and she can't wait and keeps wanting to walk. But she'll still be a little unsteady, but then it'll get smoother and better. So just trust, have fun and play. Any questions?

**Questioner:** No, thank you.

# 2021/05/27 - The only job you have in this world is to enjoy life.

**Questioner:** The first question I want to ask is about love. I find that every time I meet someone I like, I feel a very restrained or nervous energy. It makes me do things that limit myself, like what I need to do and what I can't do to be loved. I want to know what this energy is. Did I believe in a restrictive belief to be like this?

**High Spirit:** Let me connect first. Let me feel. What's your name?

**Questioner:** My name is XXX.

**High Spirit:** XXX, you want to know the feeling your body has when you come into contact with the boy you like. You think this is a restrictive belief. First of all, why do you think that when your body has a reaction, this is a restrictive belief? For example, when your body has a reaction, like when you are hungry, it's also a reaction of your body.

**Questioner:** Because I find that when I'm influenced by this energy, I will have many self-limiting actions and think a lot.So I think there must be a belief restricting me.

**High Spirit:** Then it's not a physical feeling. Rather, you're trapped in your thoughts. You're trapped in a web you wove yourself.

**Questioner:** Because I've always wanted to dig out this belief. That is, what am I believing in and why am I restricting myself like this?

**High Spirit:** You are afraid of completely losing control, understand? It's like this relationship is going in an unknown direction for you. You don't know. You're not sure which way it's going. You're more of a fear that you can't control it, understand? Fear that you can't control it, a state of being out of control. So you seem to think of many possibilities in advance. If this happens, how should I face it and how to solve it, like this. But all these mental activities are like you weaving a web and trapping yourself like a spider web. But you yourself are a mosquito. You are both a spider and a mosquito. So you just need to trust life. Trust that everything is the best arrangement for your personal experience and growth. You just need to trust it. Right now, you are doing things that you shouldn't be doing yourself. For example, how it develops, which direction to go, your life experience. You leave these matters to fate. Just as you call it, leave it to God. Do you understand what I mean?

Leave it to fate, to God, to the Creator, to your Higher Self. Because this is something you can't understand. Because in your mind, you will only search from your experiences, your memories. If you search like this, you will create the same map for yourself to follow. Then you will still be trapped in some of your past pains or experiences. You people are not clear about the entire operation mode of yourselves and don't understand. Imagine if your mind really could control everything, you would have defeated the COVID-19 pandemic long ago. Understand? So, everything is a kind of energy, and this energy is always changing. It goes down as in your material world. It also goes uphill and it also levels off. You don't need to interfere with it in any way. Because it is always changing and flowing. Even if you have this kind of feeling yourself, for example, you feel blocked in your heart or something like that. You don't need to name it excessively and say that this is some kind of limitation for me or what's wrong with me. You just need to let it know, OK, I'm just a feeling, a reaction that my body generates. This reaction will come and it will also go. You shouldn't let this feeling generate fear in you because if some feelings come and you get scared, it will get serious. It doesn't matter. You just need to enjoy any place that fate brings you to. It's like you're on a train. You don't know what the scenery ahead is, whether it's mountains or water, or what exactly you'll see. But you just need to enjoy the scenery in front of you. If your mind is full of worries, or uncertainties, or random thoughts, you'll miss the scenery in front of you. Your fate is very short, that is to say, the fate of your physical body, your life is very short. But how can you double your life? That is to say, in every present moment, really, for example, like a train moving forward. If in the present moment you can see the flowers outside, and also the grass, and people, and cattle, the more scenes you see in your eyes, it means the span of your life is greater. Some people see nothing and pass by in a blink. And some people are immersed in their own minds and see nothing in front of them. Do you understand?

Then he just brushes past life. This is the difference. If you are in this relationship and you still do that, because no matter in what way, whether for a long time or a short time, it will bring you a gift. If you just keep acting all kinds of scenes in your mind, you will make it really happen in your life. Understand? Because you have been arranging that plot, then things might develop in the direction you fear. Then you are actually distorting a relationship. Understand? Originally a relationship that was supposed to bring you a gift, you turned it into a hurt for you. Originally it was happiness, but you turned it into pain. You interfere with it. It will affect the things that happen in your material world. For example, you preconceived or feared one thing, and then in your material world, it will push this material world thing in the direction you previewed in your mind. Why? Because it wants to prove itself right.

This is the game of your brain and also the game of your ego. That is, you want to push the things in the material world in that direction and then say: Look, I was right, wasn't I? This is the mode in which negative beliefs operate.

**Questioner:** I actually have growing trust in the universe and life now, but when such negative feelings arise again in me, is it (interrupted by the Higher Spirit)

**Higher Spirit:** You shouldn't define this feeling as negative. Define it as a process of your growth. Allow it, understand? Allow it. Allowing it may bring an uncertainty, but you just observe this feeling because you know this feeling will come and it will also go. If when a feeling arises and you immediately want to eliminate it, conflicts occur within you. Don't have any intention to eliminate it, understand? Because fear is your friend. Imagine if a person with no fear at all survived in your world, they would have died long ago. So fear is your friend. They want to protect you. Just you can tell it: Hey, friend, I know your message. I receive it. Thank you. Instead of beating it randomly and saying, "Go away. Leave." Because when you try to fight it, aren't you also consuming yourself?

You still need to exert a force to fight against it. In this way, you yourself become powerless. You just need to tell it: Thank you for the things you want to tell or remind me. I received it.

**Questioner:** Then I still want to ask a question. Is this boy who appeared here to help me break through in the process of my self-breakthrough?

**Higher Spirit:** All of them. Even if you are communicating with this girl now through spiritual connection, she is also here to help you see yourself. Like a mirror, all relationships have this purpose.

**Questioner:** Because this boy was focused on by me during my meditation some time ago. What I don't understand is, is he just the frequency I connected to? Isn't it said that all the people we know have had soul agreements before?

**Higher Spirit:** Do you want to know what kind of relationship you have? You can create the relationship you want right now. Based on your current situation, what kind of relationship do you want to have? Do you understand what I mean? You always have the freedom to create everything you want to create.

**Questioner:** I understand what you mean. But isn't it like this girl who also asked a question before, that is, is love necessarily a specific person? And then you also answered at that time and said that you must have a soul agreement before you could meet.

**Higher Spirit:** Do you want to know if this person is your specific one?

**Questioner:** Yes, Can you tell me?

**Higher Spirit:** We can't tell you because this will affect what you should obtain from this relationship. Do you understand? It will change your trajectory. We can't interfere with your trajectory, and you also can't overly entrust your fate or such matters to no matter where this voice comes from, even if it comes from a god. Do you understand? You should know that you yourself are a god. So don't rely on the outside. You should follow your own true (feelings). For example, you especially believe in authoritative information. This person is truly like a god-like existence. Then this person tells you that you and he are, that is, he is the only lover in life and you two are a perfect match. He gives you this belief. But in this relationship, he has been violent to you. He keeps hitting you, being violent to you, treating you viciously. But because you believe that sentence, you stay in this violent relationship.

So, do you understand what I mean? Don't listen to anyone from the outside telling you how to determine your fate because only you yourself know which path is the best, the most suitable, the most comfortable, and the one you most want to experience. Because you are new. You are new and you create. So there is no fixed dead-end path for you to follow.

You use your life, your understanding of life to create a (path)

**Questioner:** Because I felt it for the first time, I don't know if this can be called manifestation because I think it was quite fast. Then I want to ask about my job. Because I asked about my job before, and I was told that I just needed to relax and focus on the beautiful points in my life, which is enough. Now I'm relaxing and not deliberately focusing (interrupted)

**Higher Spirit:** The only, only, only, only, only job you have when coming to this world is to enjoy life itself. It doesn't mean that you have to clock in somewhere to be called a job, do you understand?

**Questioner:** Understand, but because in the material world you have to make money.

**Higher Spirit:** Then you need to use your imagination. There are all kinds of ways to make money. If you just say that you want to solve my material life problem, then you can solve it. It doesn't necessarily have to be the kind of step-by-step job form to solve it. Like your network, there are too many of these platforms.

**Questioner:** I want to ask that if it is from the perspective of people in the material world, I haven't done anything.

**Higher Spirit:** Yes, because you are still trapped in your minds. You have a rule for a person's life, thinking that you have to have a family, a partner, a job, and a serious thing.

But this is not, not every soul coming to this world wants to have such an experience, do you understand? If it's an experience that other souls want to have, they can have it. But not every soul needs such an experience. So you don't need to confine yourself within a framework and think that only by conforming to this is it normal. This will cause you anxiety because you will feel that you haven't reached a normal state yet. This will make you split and not keep you in a unified state. Because when you truly reach a unified state, you will feel the completeness and fullness of life.

When life is truly complete and you feel that completeness, everything outside of you will support you, do you understand? Just like when you need food, someone will deliver it to your door. You are such a recipient. Even the smallest needs of yours will be supported, but that may not necessarily be the kind you have in your mind, do you understand?

**Questioner:** Then all I need to do is relax and have complete trust. Being able to achieve these two points is already very good, right?

**Higher Spirit:** Just as mentioned earlier, to enter life, it's like entering every present moment, the scenery you see.

In this way, you will also have an endless stream of inspiration. Only when you consider yourself as a piece of flesh in motion, as a physical body, that is, when you merely regard yourself as a mass of flesh moving, will you feel restricted, dissatisfied, and feel the need to do this and that. When you reach a state where you know that you yourself are the Creator, do you understand? If there is no lack, demand, or anything like that within you, when you reach such a state, you won't have any thoughts like this. Then your own creativity or inspiration will flow continuously, and these will support you. However, you are in a state of completely enjoying life. In that state, you can enjoy to the fullest, then create and exert yourself. And all of this will support everything you need in the material world.

If you need a studio, you will have the studio you need. If you need a house, you will have the house you need. Do you understand what I mean? Because once you get trapped in the mindset that you need to do something, you are operating with your physical body. If you merely consider yourself as a physical body in operation, there will be an endless stream of all kinds of needs and desires within you. Do you understand?

Because you have chosen to enter this mode. Just like I just told you, there are two modes. One is the natural and seamless mode, and the other is the mode where you only use your body to move. The experiences of the two modes are completely different. So when you choose to enter a natural and seamless mode, you won't have any sense of scarcity because you know that you are the creator. You are the one who provides all the support. Everything you need will appear before your eyes. Just like you are a creator, just like you are a painter, when you are facing a blank canvas.

You have to use your mind to manifest what is needed on it. OK, I think my world first of all needs to have something like a castle or a farm. Then it has two chickens, a few geese, it has a master, it has a servant. Do you understand what I mean? Well, your material world is actually the same.

**Questioner:** This reminds me of what he said in the Seth books, about Framework One and Framework Two. Framework One seems to refer to this material world, and Framework Two seems to refer to this realm that creates the material world.

**High Spirit:** Yes, because when you enter the physical body, you are actually only using your physical actions, and you are always limited there. Do you understand?

You will never generate new inspirations. You are always dealing with one thing after another right in front of you. Which thing is in front of you, you deal with that thing.

**Questioner:** Then what needs to be done to reach the natural state you just mentioned?

**Higher Spirit:** Because many people still don't know what they want, do you understand? They don't know that what they think in their minds is actually sketching, painting on the canvas. So they project some fearful things or setbacks into their lives. Because your inner fears will also be projected for you to experience your inner scarcity. For example, if you think you can't find a job, you think you have no money, then this thought of yours will be projected into the material world, and then you experience it. It will be manifested through this state, such as not being able to find a job. This is actually your inner fear.

**Questioner:** Recently, the thing I do the most is listening to songs to relax. I'm very happy every day. Does doing this already have a great help for me so far?

**Higher Spirit:** You are still entering a framework mode, thinking that, OK, the authoritative information or what that teacher said that life should be like this, I have to follow this mode, do you understand? I have to achieve this goal, reach this state, then I am successful, then that something.

Because there isn't a fixed pattern here that should be like this or like that, but rather it's about truly achieving an inner harmonious state. So it can be a state that you show when you are busy, but you enjoy being passionate about creating, do you understand? Don't get into any frameworks or boxes. When you get into a framework, you will take it as a standard for everything, and then there will be conflicts and divisions within you. Do you think why such things are happening to me currently? Every path has something that you can obtain from it as a gift, which can be helpful to you. You don't need to be like answering me, looking at me and saying, "Oh, is the direction I'm currently going correct? And is this thinking pattern correct?" You don't need to because why? You yourself are a god, do you understand? You yourself are a god

**Questioner:** I have another question. I think I have been drawing Tarot cards more and more accurately recently. I want to know if this is related to the degree of my belief and trust in it?

**Higher Spirit:** You think it's more accurate because your interpretation of it is getting closer, do you understand? So this is your interpretation of the Tarot cards.

Because the card is just neutral. What's important is how the interpreter interprets it. Different people will have different interpretations of the same card. It's like looking in a mirror. It reflects your current state. But remember, whether it's accurate or not, it's just like a mirror presenting a state at that time. But the things in the mirror are always changing. Do you understand? So don't let any information limit you. Even if it's very accurate, even if the other person is like a god and everything they say is accurate, you should not take their words as any limitations. Because you are a living creator. You always have the choice at the moment to choose what you want to experience the most.

**Questioner:** I want to ask if my guiding spirit has any other information for me.

**Higher Spirit:** Is there any other information that your guiding spirit wants to give you? Let you enjoy and play to your heart's content. Do you understand? Because you are inherently in a game park. Don't take everything as a limitation or a restraint, or something that makes you nervous. You are just playing. It's rare to come to an amusement park. Think about it. It's really rare for you to come to an amusement park. It's like you spent a sky-high ticket price to buy a pleasure boat in the amusement park. If you don't enjoy it well, don't have fun, and don't play to your fullest, always immersing yourself in: Ah, I'm going to go this way, take my first step on the left, how am I going to do this and that...

If you keep obsessing over things like whether you'll fall or what might happen to you, well, the time at the amusement park is up. Because the time at the amusement park is limited. You say I haven't even started playing and how come it's over for you guys? Wouldn't you be at a huge loss?

So be like a child. As soon as you see something that attracts you in front of you, you pounce on it and have a great time. Play it and then run to play another one right away. Because the more experiences you have, the more worthwhile your life is. Otherwise, you'll waste your ticket. Your time is up, it's getting dark, and you have to go home. This is the place you chose to go yourselves. You can ask something about depression because this girl in her mind wants to ask. She recently saw some information about depression and suicide.

**Questioner:** Then could you please talk about some of the questions about depression that you can perceive in this girl's mind?

**Higher Spirit:** Because she has a special feeling, a special connection to depression patients. Because she thinks that depression patients are all a group of very, very, how to describe it, it's like advanced seeds.

At present, it's all a group of very thoughtful, caring, dedicated and self-sacrificing people. In her mind, but they are trapped in their physical bodies because they don't clearly understand the operating mode of the material world and their own identities. They are trapped in the material world. So she wants to help more patients with depression. In your perception, you actually feel helpless towards depressed patients. Why? You either use drugs, which make people in a state of neither dead nor alive. Although they aren't dead, they actually aren't alive either, do you understand? Because you don't even have the ability to die anymore, the energy. So, why has your technology developed to the present, and in your eyes, it's very advanced now, and medical science is also very advanced, but still can't save the hearts of depressed patients who want to leave this world? Because only the heart can cure heart diseases, do you understand? Medicine can't cure heart diseases. Only the heart can truly awaken another person's heart. Drugs can't awaken it.

**Questioner:** Then how can this heart be awakened?

**High Spirit:** Each of you is an expert in treating others. Each of you, not only those who are experts in psychology or doctors, can treat people.

NO, it's not like this. All of you have the inherent ability to heal others, awaken others, and cure others. That is by using your hearts and your love. People with depression, they are a group that is very, it's like, how to say, like magnets specifically attracting all those negative information and then recording it. Do you understand? Just think about a magnet that is absorbing everywhere, absorbing and absorbing. It is that all negative events, it only records negative events and then happy events, or happy ones, it doesn't record them. It only records these negative words, negative feelings, and negative events. It's like he collects garbage, picks up a bunch of garbage and then stores it at home and then sits in the garbage pile, experiencing the stench of the garbage pile, experiencing that... Gradually, gradually, he feels that this world, this garbage pile will always be like this and he won't clean it up.

**Questioner:** Then I want to ask, for these suicidal patients with depression, is it the soul design before their birth, or is it that after they come to this material world, because they didn't reach an agreement with their Higher Self and finally chose to die?

**Higher Spirit:** The design before birth never designs a path of suicide, do you understand?

**Questioner:** Maybe it's part of the design. I've heard such a statement.

**Higher Spirit:** Suicide is like the example I just told you. After you bought a ticket and entered the amusement park, before you even started playing, you wanted to leave. You chose to come to this physical world, which is like choosing to come to this amusement park. You haven't played yet, and you don't even know that you came to have fun. Then you look at this amusement park and say: Wow, there are so many people, it's chaotic. Look at this person pushing me and me pushing you. Something here isn't right either, and that place is dirty. I want to leave. Because each of you, with depression, it's actually expressing itself. It's expressing its dissatisfaction with this society. But it doesn't know that it has the energy to transform. Because they think that this is, and will always be like this, fixed. Your thoughts can project some negative things, but they can also project some positive things. So they forget that they have the function and ability to transform. They have been hypnotized by your material world. If they knew that the material world is actually a dream and everything seen externally is not real, and could have a broader perspective to look at everything and know that they have the ability to transform, then they would exert their talents extremely well.

Because a person who can make himself bravely face and end his life must be very courageous and have tremendous energy. So they just believed in some wrong things. So suicide victims are actually protesting against your era, which is a protest against the current situation. But they didn't choose to express their protest positively. To express the protest positively means that I come up with a model, let people see it, and let people imitate. Because your human beings have a particularly strong ability to imitate, do you understand what I mean?

**Questioner:** Yes, So everyone follows the crowd. Does that mean a lot of this?

**High Spirit:** You just mentioned suicide, is it a soul agreement? First of all, every one of you who chooses to come to the material world, they all come to assist in the transformation. Of course, while you are transforming, you yourself are also transforming. This is mutual because there is no such thing as a single transformation. Just like I want to grow into a big tree and then the materials of my big tree can be used to build houses. While you are growing into a big tree and contributing yourself, you yourself are also constantly growing. Then the soul is always, always, always evolving, growing, and constantly expanding.

So there isn't a fixed one. You can, say, set a small goal for yourself. But it's just a small goal for you to convert, and then that small goal is regarded as an agreement by you all. Understand? Just like you say I'm going to Sichuan. Going to Sichuan is just one of your goals. Can you take it as your lifelong destiny? Understand what I mean? I'm just going to Sichuan for a tour, for some fun. That's just one stop in my life. So don't take a soul as a complete one. That is to say, okay, his whole life only has this one topic. A life is also like one night of a soul. Imagine that. So although I know that death can't really harm them, the real existence, but quitting the game in advance, ending the game early, this is an uneconomical choice. You can have a better choice because the material world is really, really very suitable for you to grow and experience. And the restrictive experiences in the material world, which trap him, he will still continue to go through. So death can't relieve him.

**Questioner:** I have a question. For example, if I die, because just like when I dream, I don't remember my current physical consciousness. Will the soul after my death still retain my current consciousness?

**Higher Spirit:** Do you mean whether you will still have the current (memory) when you become a consciousness entity later? Yes, for a period of time, yes. It's a process. This is a process. It's just like when you are dreaming yourself, right? When you wake up in the morning, you will still be groggy and recall your dream, won't you? You will still recall the situation in the dream again, and still clearly know what happened in the dream, right? But you won't always be in this state, do you understand?

**Questioner:** Understand. Then when I'm not in this state, what state will I be in?

**Higher Spirit:** Imagine that you wake up from a dream in the material world. You will do other things. You will get up. Ah, I want to eat something. I want to eat this. Ah, where am I going to play today?

**Questioner:** Some time ago, I had a dream. In the dream, I remember that someone would give me money, and then someone would strangely give me clothes. I found it very incredible. When I went to the shopping mall, she would give me the things. Then I want to know what message this dream is trying to convey to me?

**Higher Spirit:** The message conveyed is that, just as I told you just now, you won't lack anything.

Whether it's matter or money, you shouldn't have this feeling of scarcity. Understand? You think, if the true you could reach that kind of natural and seamless state of unity with God, that is, the state where you are the source, how many people would be attracted to you around you? Understand? Because there are such people in your material world. How many people give them money? How many people buy plane tickets for them to travel, to enjoy, to invite, like this and that. Right? So you don't need to have any concerns in this regard. You just need to become your true self. In your passionate way. For example, if you especially like painting, then you go crazy with painting. Don't think about how to get tomorrow's meal. What do you think? Did those like Da Vinci think about what to do if they had no money to pay the rent tomorrow when they were painting? Understand? Did they worry about these problems when they were painting? They were completely immersed in the kind of world they wanted to create. They forgot everything, even if I don't eat. Understand? They were attracted to the world they created. When you are immersed in such a world, you don't have any feeling of scarcity. When you still have the feeling of scarcity, it's because you are addicted to the material world.

**Questioner:** I have another question. A few days ago, someone told me in my dream that you humans still have a long time to wake up. Then at that time, I was particularly angry and replied to him, saying, "Humanity is already on the way to awakening. This energy drove my body to say this sentence together, and then I woke up. I want to know what this represents?"

**High Spirit:** Everything that happened to you, even if it was a dream, you are a designer, you are a creator. You can define it, design a positive one to serve your information, and then you will enjoy and utilize the intention you defined. Understand? For example, you can say that the other person's sentence was a force pulling you, but in the end, you firmly believed in yourself. In the material world, you will also experience many voices opposite to you and contrary to you in the future. Understand? But you still insist on expressing yourself because that is the real you. Then you have to know that only by being yourself and speaking your own true feelings can you not feel oppressed. You have to be a person who doesn't feel oppressed. Any event, any matter, any energy, you can transform it into motivation to reach the direction you want. Understand? You are the creator. Don't hand over the power to anyone, not even us. Because we are also spectators. That is, we are also waiting for miracles. We are waiting for you to create miracles, not for me to tell you about miracles. Because you yourself are a miracle.

**Questioner:** Then have you ever had a physical body?

**High Spirit:** The energy that is currently in contact with you has never had a physical body because we don't need to experience it. Understand? Just like in your physical world, when your level of consciousness reaches a certain level, you no longer need to experience that kind of suffering, illness, or being oppressed, bullied because you will only experience the space that is similar to your frequency.

**Questioner:** Doesn't that mean that consciousness is a process of growth? Then could it be that your consciousness was in a very powerful state when it was born? Do we have to grow up from a baby?

**High Spirit:** There are also similar consciousnesses like ours that become people in the physical world to experience. It depends on what kind of choice each of you makes. Just like you, you want to go there. Just like you, OK, although you are someone in the palace, but you want to go to the alley to experience it. Understand? Because you have this right, you have this freedom, and you can experience anything.

**Questioner:** Then I want to ask, what connection do you have with aliens?

**High Spirit:** The difference between us and them is that we no longer have any physical body now. We are just in the form of an energy.

This energy, it's not in just one place. It's not like when I'm communicating with you now, I don't exist elsewhere. It can be everywhere, everywhere at the same time. Because in your material world, material things are like if you have a pair of scissors and you give it to me, you don't have it anymore because you only have one pair of scissors, understand? That's your fixed material world. It's like you, if you are at a friend's house today, then you won't be at your parents' house, understand? That's the game of your material world. But in our dimension, it's not played like this. So we are not limited by space.

**Questioner:** Then I want to ask why the civilization of the inner earth people is so much higher than that of the surface people?

**High Spirit:** The civilization of the inner earth people is basically, basically, basically higher than yours on Earth. Because you humans are in a state of detachment. It's like, how to say, you are separated, divided from the Creator, existing singly. Although some of them sometimes have connections and perceptions, those people have power and energy, understand? But overall, the majority of humans, they exist in a state of division. Let's say, like this, when you go bungee jumping, when you go to do bungee jumping, if the person who is connected to the Creator is like having a rope, they can jump freely, right?

He experiences it to the fullest. You humans don't have a rope. Imagine how much you are doing things that harm yourselves and are dangerous. So you will have a sense of fear. You will be afraid that you will get injured, that you will hurt yourselves. So you know that you can actually have a rope tied to your belt and play freely. No matter what, you are protected.

You won't worry or be afraid. You know that no matter how you are, you are firmly tied up. You can show all kinds of poses to your heart's content and play freely. But at any moment, you have this choice. It's not that you have no choice. Because when you choose to have no rope, it's also your own will, understand? If you think the experience without a rope is what you want to experience, you are also supported. This is how much support and freedom you get from the Creator. Even if you want to experience destruction, you are allowed. So especially for those patients with depression, if they knew that they are actually always in such a state, that is, they always have a choice, are always supported, advocated, and that what they (experienced) was originally just an illusion, they can always play freely.

It's just that one can truly go. Maybe, for example, when others hear these words, they will think you are talking nonsense. They won't believe. Some people will believe, and if they believe, they will have power because that rope is invisible, do you understand? Invisible. Only if you believe can you experience that it is really pulling you. If you don't believe, it has no power. So when your information can really spread, not to mention spreading, because your brains will resist some information that doesn't conform to your own experience or history or convention. And in this way, it will awaken more people with depression, allowing them to create in a positive way and present themselves in a positive way.

**Questioner:** For example, now most of humanity is sleeping, and a small part is awake. Can the will of this small part of awakened people continue after they die?

**Higher Spirit:** Do you mean if an awakened person dies and an unawakened person dies, is their experience the same? Because the awakened ones remain awake and the sleeping ones remain asleep.

**Questioner:** Then for this awakened person, if they need to be reincarnated next time, will this awakened state continue?

**Higher Spirit:** Will the awakened state continue?

You mean if an awakened person chooses to be reborn.

**Questioner:** If it's an awakened person, is being reborn a choice for him?

**High Spirit:** The people you mentioned who awakened in the material world, they didn't just awaken in this life. They have already been awakened. They just found their memories. They just restored themselves. Why is it called awakening? Imagine for yourself the meaning of awakening. They wake up from the dream and know that they are dreaming. So it's not that he, as an already awakened consciousness, chooses the human body. For example, Buddha himself was an awakened one, a high-consciousness energy. He chose the physical body. The physical body must go through the era of forgetting, experience forgetting, and then remember, and then restore. After restoring, he is awakening more people.

# 2021/06/15 - Sensitive Energy Entity

**Questioner:** My first question is that sometimes when I lie down for meditation and gradually shut down my mind, there will be a stream of energy rushing to my head. I can feel this energy. After getting up, my head hurts a lot. But I feel that this energy wants to come, that is, it surrounds me. Then I want to ask what this energy wants to tell me.

Is it still my guiding spirit? Or is there any reason? Thank you.

**Higher Spirit:** Please wait a moment. Let me connect. What's your name?

**Questioner:** My name is XXX.

**Higher Spirit:** XXX, you want to know that when you were meditating, you felt an energy, and then that energy. You want to identify what it is, right?

**Questioner:** Yes, yes.

**Higher Spirit:** What I sense is that your body is very sensitive. Your energy is very sensitive to the extent that if you don't, that is, if you don't make good use of this energy, you are particularly prone to going into a state of mental disorder. Because you are like, think about it if you had no skin, then those dust, those bacteria, those dirty things, those hairs on the clothes, that kind of thorn, as soon as it touches you, you feel it very strongly. This is a very sensitive constitution of yours. This sensitive constitution is like a double-edged sword. It can bring you benefits, and it can also bring you discomfort. Do you understand? So, what you felt is that because you, that is, you live here. There are many different spaces, that is, different. Because everything in itself is energy, is vibration, is frequency. So what you felt is just a vibration frequency.

**Questioner:** Then I want to ask if this vibration frequency is higher than the vibration frequency of our material world, so that's why I feel a severe headache.

**Higher Spirit:** Because when you enter a certain state, you can sense that frequency. And when many people do work like psychics, their bodies are like receivers. So it's the same for you. Then through this, it's like this is a signal. When you sense this signal, you can go deeper. When you enter a deeper state of sensing, you can start receiving information. So, your body will become more and more adapted.

**Questioner:** Does that mean I need to practice this kind of meditation a lot and then I can master this technique?

**Higher Spirit:** It depends on yourself. You don't need to force yourself to do anything. Because it's not more about practice, but about allowing and believing in it, without inner fear. If you have inner fear, no matter how much you practice, you will only start to be irritable. So when you recognize that you will never be harmed in any way, you will always be safe, and you are connected to everything. That is to say, you allow everything to present itself in the way they are. You have no fear or resistance or panic. When you relax in such a state, then your body will become more and more, like an electric current. Maybe at the beginning, when you touch it, your whole body jerks because the body is not adapted.

It will consider this matter as dangerous. But when you often experience this current and you become familiar with it, you know it's a current and it won't cause any harm to your body. When your body doesn't resist it, then you won't have any discomfort.

**Questioner:** My second question is that this new boy I met has come back to look for me. I want to know if there is still any life lesson I need to overcome with him because I saw him on the online media in our material world. I want to know what kind of person he is because I don't know him very well. Because I saw that he has followed a lot of girls on the online media.

**High Spirit:** It doesn't matter at all what kind of people they are. What's important is what kind of person he is in your world. Do you understand what I mean? For example, he is a bad guy in front of everyone, but you use your unconditional love to make him feel the true love and he decides to show you his most genuine and true side. Because that bad guy identity is due to his distrust of this society. Do you understand?

It is a form of prevention. So in this world, there are no absolute good people or bad people. What's important is your energy state will bring it about because if you have unconditional love and you have no expectations for others, you don't expect them to be good or bad. You have no expectations. You just allow them to be themselves. You just trust. When you are still judging that he is a good person and I associate with him, and he is a bad person and I don't associate with him, you are putting yourself in a restrictive state. You can't truly know anyone.

Because all of you are here to grow, to learn, to experience. There is no good or bad at all. All of you are allowed to use the way you want to experience. It's not that the way of experiencing is not beneficial. For example, this person doesn't know himself. Because as a young person, he likes to be attracted only by the body, or something. Because he has never known or seen the attraction at the true soul level or true love. He has never known or seen it. Then through his continuous search for only physical attraction and getting involved in this physical attraction. After he gets involved ten or eight times, no matter what, he feels why such a beautiful body can't truly make me feel love, feel unity, feel... Then he can know from these ten experiences what his true love is. Do you understand what I mean? These ten times are meaningful. Because through these ten times, he gained understanding, transformation and improvement. So you can't take away these ten experiences that he wanted to have. If they were taken away and became like yours, for example, your religion says you can't touch women or his parents told him not to casually interact with anyone, he would only become internally divided. Because he has this desire, he has this preference, but he can't do it and he will have conflicts. Do you understand what I mean? So all experiences are meaningful. Don't judge anything with your mind because you don't know what point they want to breakthrough. But you can choose. For example, yourself. If you have the same assignment as him, understand? For example, when you were at school, you were assigned to this group and you were in the same group with him and you did the same experiment. Then he was assigned to another group. If you were at a higher level, you would be assigned to a higher group level. Finally, depending on what you yourself want to experience and what experiments you want to do, and then be assigned to the same group. Then if you're not interested in his experiment and you don't want to join, then you can choose something else. But if you think there's still something in this series that you want to experience or explore, then you can have a try. And you can stop and quit anytime: Oh, I think this isn't what I want or something like that.

**Questioner:** I have another question. I had a dream that I had a lot of breast milk and was breastfeeding a child. The breast milk kept overflowing. And opposite me, while I was breastfeeding, my parents kept persuading a man to marry me. Then this man was very reluctant. There were also several women beside. And I want to know what message this dream is conveying to me.

**Higher Spirit:** You dreamed that you were breastfeeding and your parents were chatting with someone else, asking him to marry you. What was your feeling in the dream?

**Questioner:** My feeling was that I was just amazed. Why was there so much breast milk? And I can't remember the feeling at that time clearly. I just thought.

**Higher Spirit:** Why are you interested in this dream?

**Questioner:** Because after I woke up, I checked the dream interpretations of people in the material world about this. It seemed that it was said to be a pretty good dream.

But I also know this (interrupted by the Higher Spirit)

**Higher Spirit:** Why do you divide everything into good and bad? When you get into this of being good or bad, you enter your mind. Because your mind pursues pleasure and gets rid of pain. In this way, you can't truly, that is, if you want to create, if you want to learn, but you take away the obstacles to your learning. For example, if you want to build muscles, but you remove all the weights. Do you understand what I mean? So there is no such thing as good and bad. What if I tell you this is a very bad dream? Would you be filled with fear? Then this is your bondage. Why do you have to believe others? Why can't you define for yourself what you want to experience in this material world? Instead of letting others, because others say it's a very bad dream, it's only because of all that he has experienced and he turns everything into bad. Even if it's good, he turns it into bad. Do you also want to be like him?

You can ask other questions about your dreams instead of one. If you always explore a thing from the perspective of good and bad, what you need to let go of is the definition of good and bad in your mind. This is your problem, not saying how this event is or something like that.

**Questioner:** I understand. What I didn't catch clearly just now is from which perspective you said I could ask about my dream.

**Higher Spirit:** It's not to ask about your dream from the definition of good and bad. Because if you do everything like your previous question, that is, this man, whether our relationship is good or bad, whether this dream is good or bad, then you fall into your mind. What you should let go of is not this question of good and bad, but to let go of pursuing the good and defining the good in your mind. This is your breakthrough point.

**Questioner:** Because once during a psychic communication, I was told that I still have many limitations, fears, and the like. He said that if I insisted on creating an illusion for myself, then I should create a positive one. So now, I try my best to give a positive definition to everything I experience in the material world, in dreams. And this positive for me is a good definition. Is what I'm doing correct?

**Higher Spirit:** You are asking this **Questioner:** Is what I'm doing correct? You are again pursuing right and wrong. So you are still limited to right and wrong, good and bad. Because if this information is there, you might, some people, it's until the day they die that they understand why such things happened in life. Do you understand the meaning?

It's not that you have to solve that mystery every moment right now. Sometimes it's just a signal, but you will know what that signal is when you need to. Otherwise, every day in your mind, even if you have a dream, you start to struggle, start to do this and that, and then when you feel a little uncomfortable, you start to do this and that. Then you will really miss your life. The most important thing when you come to this material world is every moment of your current life. For example, after you wake up from a dream, you spend one day, two days, ten days constantly thinking about what that dream means exactly. What does it mean exactly? Then wouldn't you have missed ten days of your life? In those ten days, you could have done many, many, many things. You could have gone to the garden to watch the little bugs. During the process of watching the little bugs, you were inspired a lot, and then you wrote many poems. Suddenly you discovered the secret of the Creator. Suddenly you discovered the relationship between bugs and flowers. Do you understand what I mean? Just like I said earlier, you are very prone to going to extremes, which is abnormal, like a state of mental illness. It's like he doesn't look at the ground with his eyes. He always looks at the sky and talks to the sky.

This way is just like your state. You're always looking into my mind, my experiences. What about mine have you missed? The beautiful flowers right in front of you, you can't smell their fragrance because you are stuck in your mind. You need to trust the way your life unfolds.

This information will enter your life when you need to know. The most important thing for you all is that truly, one of the things you need to learn in your psychic abilities is to connect and take root with the Earth. The first step is to take root. So you need to take root in your life, your daily life, everything in the present moment, that is, in this material world.

Think about it. If you don't take root, how can you absorb nutrients, how can you grow, and how can you connect? You keep floating and talking. So about the information of this dream, and then at least today we can let you see a dead end that you have entered yourself, right and wrong, good and bad, and also that is to say, a kind of limitation that psychic information has on you. Because I hope that our information transmission to you has no limitations. It's not that you must do exactly as it says. You just follow yourself. Because when you follow the inner guidance within yourself, you can truly understand all the information, instead of saying that because our psychic information says I should do this, then I do this.

Then you are just superstitious because only through yourself, when your consciousness reaches a certain level, these psychic messages will really be useful to you, that is, you can truly understand the true meaning of these messages instead of just following their dogmas blindly.

**Questioner:** I understand. I might need to digest it later.

**Higher Spirit:** It doesn't matter. Your consciousness will reappear in your mind or life when needed. At that time, you will understand better. So the more important thing is to relax and enjoy your life. Because this is not about completing homework, not a serious matter, not a matter of taking an exam. The pressures and things you have to deal with in the material world are already enough. There is no need for you to add more pressure to yourself. You should know that when you pursue something like wisdom in the spiritual world, like I want to be very wise, I want to have no fear, I want to do this and that. You are actually still in your mind. Do you understand what I mean? You are still in your mind. Why? You think you are not perfect. You think you are not good enough. You are still denying yourself. Please continue to ask.

**Questioner:** Another question I want to ask is about the relationship between the free will of the ego and the planning of the higher self.

**Higher Spirit:** The Higher Self has no plans. It's not like it has a plan because your so-called Higher Self is omnipresent. It has no limitations. Only your ego has limitations. So if it can't experience here, it can experience elsewhere. If it can't experience elsewhere, it can experience in another place. It has various ways of experiencing or creating. Then you talk about the limitations of the ego, which you mean the limitations of your physical self. The limitations of your physical self come from your material mind that has been pursuing good or bad, right or wrong, and good or bad. And what you pursue is to achieve a perfect or better, or some other state. Why? Because when you pursue something better, first of all, there is no such thing as "better". Why? Because in every present moment, it's not a forward path.

If you only see it as moving forward, ascending, going forward, and only having goals in your eyes, you actually miss the present moment of life and every precious moment. Why? Because you only look forward. You don't look down. In fact, down is your front, and down is your destination. Do you understand? When you lower your head, that's your destination.

You keep staring straight ahead and run forward, charge ahead! You think if you don't charge, I'll fall behind. This limitation of the small self comes from your material world's understanding of life. You think life is just like this physical body of yours, but your life is much, much larger. Keep asking, because the more you ask, the more information flows in here.

**Questioner:** My this question seems a bit like the problem of fortune-telling in the material world.

**High Spirit:** Say it. You can say any question. If there is no answer, then this side won't speak. Say it.

**Questioner:** Because I'm still experiencing limitations now, whether in terms of freedom or money, all kinds of such limitations. And actually, I really want to know, if we have to look at it in terms of time, approximately how long will it take for me to break through the limitations? Because I think this question is like fortune-telling.

**High Spirit:** You can break through right now. At this very moment when I'm talking to you, you can break through.

**Questioner:** I understand that I can let go once I see it. But in this material world, for example, the house I'm living in now, it exists for real. And my material reality is not like the spiritual realm where it can suddenly change to another place.

So I really want to know, if possible, for the material reality I'm experiencing, how long will its transformation take?

**High Spirit:** How long will it take? Do you mean for me to tell you a specific time?

**Questioner:** I know I shouldn't ask you like this.

**High Spirit:** No, why? If I tell you that as long as you believe you will win the lottery or have an unexpected fortune tomorrow, and you truly believe without the slightest doubt and immerse yourself in this joy, what then? I'll win the lottery tomorrow. When you can truly reach that kind of feeling as if you have already received the money, do you understand? It's not like, "Oh, can I think this way?" "Oh, can I get a sum of money?" You will attract such things to happen in your life. This is the difference.

**Questioner:** Can I ask a question for the boy I know? His question is that he invested in a project. At the beginning, he was very confident about this project and thought it could make money. But after some time, the project has been losing money and he is very hesitant, not knowing whether to continue to follow up or withdraw from it. Then the tarot card I drew for him was Five of Pentacles, which is about two beggars at the church door in the cold winter. Then I felt that deep down he wanted to leave, was lacking but he had the ability. As long as he believed he could change, he could change. But I knew they wouldn't understand if I said this, and they wouldn't believe either. So I don't know if I can ask this kind of question that seems like fortune-telling in the material world.

**High Spirit:** There is no result here, no definite answer because events are always changing. And its changes shift along with the energy and consciousness of people at the moment. So no matter what, there is definitely no such thing as you do this and you'll surely make money, you do this and you'll surely lose. Instead, it's about a state of yours, which direction it will develop. Your energy is the power generator. How to say, it's the engine, it's the core. Your intention, your energy. You don't think that you have to adapt to this world yourself. Instead, you are transforming this world, controlling this world. Why can't you always understand this? However, what controls it is not your mind, but that inner force within you. I just believe, I'm going there. No matter what obstacles there are, all the obstacles are my motivation. I never thought it wouldn't happen. Then when you have this belief, that is, after you believe this thing will happen, you gradually influence the people around you.

Oh, when your wife also believes in you and when she believes in you wholeheartedly, she is giving you energy. Another friend of yours also believes and joins you. More and more people join and believe. If the whole world believes, there will be an extra sun in the sky. Do you understand? When you truly believe, there will be an extra sun. This is just a metaphor. So it's you who use your thoughts, beliefs, and energy to create this material world, not that the material world is fixed there. So in the end, how many people do you need to attract to believe in your dream and support your dream? How many people did Hitler want to kill? Do you understand what I mean? Even his idea was supported. So many people supported him and accompanied him in acting. Even those victims supported him. Do you understand my meaning? So the real obstruction is not this event, but rather how much influence your thought has. Just like we said before, how much do you believe and how long can you believe? Will you waver when encountering a little setback? If you waver, do you still have the strength? Think about your teeth. If they waver, can you still use them to (eat something)? It has lost its strength, so you need strong teeth to bite things. Try with two loose teeth. You won't be able to bite. It has no strength.

**Questioner:** Then this psychic girl still has some problems. Her first question is why negative beliefs keep haunting us.

**Higher Spirit:** It's not that negative beliefs are haunting you, but that you choose them. You think they are beneficial to you because your minds will only choose things that are beneficial and useful to you. So you have to ask yourself why you choose them. For example, there is a negative belief. It's like you have a relationship and you need to be cautious and guard against others for this relationship to last. When you are being cautious and guarding against others outside, that is a belief of yours. And you think this approach can help you maintain the relationship. So it's not that this cautious act is haunting you, but that you choose it to support you. Do you understand what I mean? All you need is more understanding and more awareness. Because why? Your eyes and your minds believe that seeing is believing. For example, if you have seen your parents behave like this and others behave like this, you will unconsciously enter a state where doing it this way is correct. Slowly, a belief will form because you don't know there are other ways and no one has demonstrated other ways to you. So that's why you need more positive role models to show what true love looks like, or what a person who truly has wealth looks like, or what truly something like that looks like. You need more positive and active role models to influence more people and let them see, because they only believe in what they can see. Your eyes, because you are in the material world and you keep asking. So as long as you figure out that this negative belief actually brings you more fear, harm, worry, and fear than truly beneficial things. Later, when you picked them up elsewhere, you can let them go. Your negative belief actually has another function, that is, it will prevent you from discovering the truth, understand? Because when you find that you look inside, you will be scared, just like a dark hole. You don't dare to look inside. You think there are demons inside, and something will appear. You are so scared. Let me see if I will fall down. Let me see if I will be scared to death.Inside, could there be something emerging? It's because you inherently generate this kind of fear within yourself, and then it stops you from looking inside. Why? Because when you discover that you look deeper, that is, with a more courageous obsession, and look even more, there's nothing. Then you start to think that I'm simply crazy, or something, something, something. When you find out that there's actually nothing inside, you let it go. You won't be influenced or scared by that dark hole anymore. So that's why there's a saying among you all: Face your fear directly, don't evade it. Keep looking down, and you'll see that there's nothing inside. It's all in your mind.

**Questioner:** Regarding what you just said, I suddenly remembered that Yuanwushi, that is, Teacher Yuan said, for instance, when this kind of negative energy, negative feeling comes, face this energy directly. And when you completely feel this energy, tell yourself what the truth is and then use your mind to transform this energy. Are these all saying the same thing from different perspectives?

**High Spirit:** Because when you see that there's nothing inside later, you don't need to transform it. It has already transformed automatically. You keep asking.

**Questioner:** This psychic girl wants to know what to do when you clearly know that your fear comes from a negative belief, but still can't get rid of the fear.

**Higher Spirit:** Like I just said, for example, I directly looked at that black hole and found there was nothing inside. But if you're still afraid, that means within you. Because as I just said, when you discover that there's nothing outside, and it all comes from your mind. It can only indicate that there are still remnants in your mind, and there are still some other negative beliefs affecting you. You just need to further dig in this same way slowly. Maybe, for instance, I see there's nothing inside, but I still have fear. Then, for example, you keep looking and you see: Wow, originally I was worried that there isn't now, but will there be tomorrow? That there will be tomorrow is another negative belief of yours. So just use the same way, keep exploring, exploring. And there's no need to push yourself, no need to force yourself to become a person without any fear. Because don't pursue anything, because the present is the best. We won't expect you to become quickly with a perfect standard because life itself doesn't have an ending state, a perfect state.

We have no expectations of you. You keep asking.

**Questioner:** The girl's next question is that there are many similarities between our information and the information in "Conversations with God". "Conversations with God" is a book in our material world. Then she wants to ask if all these pieces of information come from the same place.

**Higher Spirit:** She has been reading "Conversations with God" recently, and a lot of the information is from the information you receive during spirit communication. That is to say, it's very similar, very alike. Then you want to know if this information comes from the same source. And I want to say that all this information comes from the same place. That place is what? It is pure love, pure energy. Pure love all comes from light, from love, from God. Yes, it's like when you fetch water. You might fetch water from different wells. This water might taste a little bit different. But the source of the water, the well water, the water from two or more wells, the source of that water is the same place. Do you understand? Then they just use different ways, using the predictions they can understand. Because you have to transform it into your material language. You must have that way of expression in your material world, in your own way.

Just like wells, they have different (unclear), the influence of the geology, they still have a slightly different taste.

But the source from which it comes is the same

**Questioner:** This girl wants to know if she can open her eyes to have psychic abilities

**Higher Spirit:** Currently, she can't open her eyes and enter that state. Why? Because when she opens her eyes, the phenomena of the material world, everything in the material world will pull her back into the material world. This is a function of her body. Just like when you are in a dream, right? You are dreaming and suddenly you are awakened. Can you continue dreaming? You can't. But there are many ways for her to convey information. There is a relatively deep state like this to communicate with you. But she also has her preferred ways, such as writing poetry. In fact, it's the same. It's just that the connection when she writes poetry now is not as smooth as our current connection. Do you understand? If she can convey information through writing poetry, she is in another state. But in fact, those information are psychic information. She perceives some, she perceives energy, perceives love, and then she describes them in her own words. In this state, she opens her eyes in her material world and then describes.

**Questioner:** This girl also has another question, are aliens good or bad?

**Higher Spirit:** If you ask a bad person, "Are you bad?" and he says, "I'm a good person." If you ask Hitler, and you ask him, "Are you bad?" He tells you, "I'm doing the right thing. I'm optimizing humanity. I'm making humanity better. How could something that makes everything better be bad?" Do you understand what I mean? So good and bad are just different positions, from different perspectives. OK. For example, there's an alien who suddenly walks to your bedside. And for him, he thinks you are a sleeping person. You are shrouded by all kinds of fears. You are in pain. He wants to help you. But maybe when you see him, you will faint. He might give you an anesthetic first because they want to reduce your pain. During this process, you think you have been abducted by aliens, and then he wants to anesthetize you. But from his perspective, because his cognition is more advanced than yours, he can see everything clearly. He thinks he is saving you. So, even the good and bad in your material world are because you stand at different angles. You stand at your own angle, and they stand at their opposite angle. You have your own view of the event.

They have their own views on events, and so do aliens. But basically, the level of evolution of aliens is higher than that of Earthlings. That is to say, if we really have to distinguish between good and bad, they are not bad. Because why? The more evolved people are, the less likely they are to use negative ways to experience and grow. Because they know it's unnecessary. Just like the two of you now, your consciousness levels are constantly improving. You won't kill or hurt others because you know you are actually one. Hurting others is also hurting yourself. You won't make this choice, even if you have the weapons to hurt people, understand? For those people with a high level of evolution and consciousness, only those with a low level of consciousness will, because in their cognition, they have no other means to solve problems, and they will only adopt violent forms. So simply taking away the violence of those who have violent tendencies or show themselves through violence alone cannot solve the problem. That is to say, not allowing people to hit others or something like that. Instead, it's about improving their cognition. This is one of the purposes or meanings of your human beings coming to the Earth and experiencing the material world. That is, through such vivid and profound feelings, experiencing some negative feelings, you will know that this shouldn't be done.

Because you have experienced so profoundly that it's only like this, rather than forcing all of you not to do bad things, but rather it's a kind of true within yourselves. Only then is it truly noble. Imagine this, a gentleman, a noble man. He appears to follow the appearance of a noble man to become one, but he isn't like that inside. Can you sense it? Don't you have a saying called a hypocrite? He is from the heart, consistent within, and only then can you truly feel him. Only like that is it real, truly infectious, influential. The inside is harmonious. Do you have any more questions?

**Questioner:** I want to know if my guiding spirit knows all my thoughts and considerations in my daily life, that is, does he know what I'm thinking?

**Higher Spirit:** Your guiding spirit. First of all, your guiding spirit is not a fixed individual. For instance, right now I'm chatting with you, and I am your guiding spirit. Then, does it know all your thoughts and considerations? If we are connected, it knows. It's not a fixed individual following behind your back to monitor or supervise you. But rather, it's like a student. Teacher, I have a problem here.

Then the teacher came over instead of saying that a teacher was constantly behind you, looking at you, following you, waiting for you, and surrounding you.

**Questioner:** My last question is that I want to know what kind of state is my synchronization degree with my Higher Self now.

**Higher Spirit:** What kind of state it is. Are you measuring yourself with a ruler again? If you feel that you are full of joy, happiness, and truly love life inside, this is synchronization. This is a standard. This is a ruler. You can use this standard to look at your own state. But don't always pursue this state, do you understand? If you imagine that you want to skip all the growth and all the time and become such a person directly, aren't you a fool? So let go of any pursuit.

**Questioner:** This psychic girl also wants to know how we can better disseminate these high-dimensional information.

**Higher Spirit:** How can you better disseminate these high-dimensional information? That is to say, just like us to you, as I just said, we have no requirements or expectations for you. And I also hope that you will have no expectations or requirements for those who are still unclear and do not understand the information.

Because once you have expectations, you have demands, you will generate what? A sense of disappointment. Why don't they listen to me? My message is so good. You start to have a sense of disappointment. Then if your own state is a disappointed state, imagine have you benefited from our message? No. So if you haven't benefited from our message at all, how can you give your gift to others? Just imagine how you would send it out.

Something you don't have. Then I'll answer you. How can you better spread this message just now? That is to say, you yourself are the light, you yourself are love, you yourself are the walking God. In every person you encounter, in every eye you see, in any life in front of you, including animals, including plants, anything, including everything including non-living people, including stones, including any. When you appear in front of them, you look at them with an allowing and God's loving eyes, and believe in their unconditional love. That is to say, you have no expectations, no judgments, no any feeling that you shouldn't have this behavior, no any of this generation. Why? Because you believe that life is eternal.

**Questioner:** The girl's last question was that this information is like a treasure. Why are we so eager to share the treasure instead of keeping it privately? Does this desire to share come from God?

**Higher Spirit:** The information we give you is indeed a treasure for you. If you can recognize it as a treasure, but if you can't recognize it, it's nothing. So you think it's a treasure because you have this level of consciousness and have these experiences and have all these experiences. You can recognize it as if you wore a pair of glasses and you could see. If you don't wear glasses, you can't see. Then why do you want to share this, that is to say, when you see this with glasses and want to share it instead of just enjoying it yourself? Because it's like, let's say, in a dark room, you used this and you improved. You have become the light yourself. Do you want to hide your light? Do you want to say that I can't let my light shine out, I want to have it myself. I can't, can't, can't cover my light. This is impossible because in that process yourself, you are already, they are still in the dark, and you are already a little weak light and getting brighter and brighter.

It's this process of growth, this process of transformation in consciousness. It's a path you can't turn back on. That is to say, when you become a transparent light, unless you yourself want to experience and choose to do something, you are just an existence of light. And the true light and the true love, that is, when the level of consciousness reaches a certain point, you are love. You don't mean that you need to get something, or that others need to be a certain way before you give. You are just love. When you are love, you will extend your hand when others need it. Because why? Because you are love. You will give your love when others need to go through pain. Why? Because you are love. So all the answers are that you are love. This is love. Then why is there a desire to share? Because this is love. When others are seeking, I give to them. Because this is love. And when others are thirsty, I give them water. Why? Because this is love. So this is love. God is love.

# 2021/06/16 - Always wanting to commit suicide. Why?

**High Spirit:** When did you have this, and how many times have you had the thought of suicide?

**High Spirit:** Since childhood. Why haven't you taken action yet?

**High Spirit:** So you don't really want to commit suicide. You just want to get out of your current bondage, your current situation, your current predicament, right?

**Higher Spirit:** A person who truly wants to commit suicide won't be because, let's say I have no money right now. Well, if you were given a large sum of money, would you still commit suicide?

**Higher Spirit:** Yeah, you wouldn't want to commit suicide. So your problem doesn't lie in that you want to commit suicide. Suicide isn't the problem you want to solve. You don't have to delve into that. Because those who want to end their lives, they have everything. No matter what they have, they have family, they have people who love them, they have wealth, they have status, and they still want to end their lives. You are because if you were given money, you wouldn't want to commit suicide. So you don't really want to commit suicide. You want to get out of your current situation. You are evading. You are more evading because you can't find more effective ways and methods to evade. For example, if you can't find other ways out, you think suicide is a way. Do you understand what I mean? So your problem doesn't lie in that you want to commit suicide. You are not someone who wants to commit suicide. You just think that suicide is a way out every time you feel there is no way out. Do you understand?

**Higher Spirit:** It doesn't mean you want to commit suicide.

**Higher Spirit:** This doesn't mean you want to commit suicide. You don't want to end your life. You just don't want to live with stress. Do you understand?

Friday

If you don't even understand your own problems, that is, the thoughts in your mind. You don't even know what the problems are. If you are like this, you can't handle them. In this material world, your physical body. First of all, it's like you are hitting a shadow with a stick. Do you think it's useful that you are hitting the shadow on the ground with a stick? So no matter if you hurt yourself or end your life or harm your life, you are just hitting the shadow on the ground with a stick. You can only make such an action. Try next time to hold a stick. For example, there is a person standing there, and the shadow on the ground is the shadow of the person caused by the sunlight. You hit the shadow on the ground with a stick and say you want to kill it. Try it.

**Higher Spirit:** It's not about how you should obtain material treasures. It's because you already have material security. If you didn't have material security, could you be having a conversation with me today?

**Higher Spirit:** That's just a thought in your mind. What you need to deal with is not things in the material world, but the thoughts in your mind.

**Higher Spirit:** I'm not Seth. I have no name. If you want to name me Seth, it's okay for you. You can also.

**Higher Spirit:** What is considered crazy for you?

**Higher Spirit:** What is considered mind-boggling for you?

**Higher Spirit:** In your material world, your definitions of crazy, mind-boggling, and abnormal are all wrong. How about a normal person? You call them crazy. A true murderer and devil, who is truly collapsed, split, and disguised within, but you say they are normal. So with the words of your material world, you can't define anything. For example, many of you, even as teachers, or police officers, or leaders, are all schizoid. On the surface, they have one personality to deal with your daily life, but actually hide another personality. But you say they are normal.

**Higher Spirit:** If you want to be liberated, first you have to understand what makes you feel that you are being bound. From where do you seek liberation? You have to recognize the true you. The true you has no form. How can you want to trap it? The only thing you can do now is to use your material mind, that is, the body of yours, the consciousness of your body to create a lot of fears for yourself to experience. This is the only thing you can do. You can't bind anything, and you can't liberate from anything either. Do you understand? You can't even bind, so how can you liberate?

So if you just consider yourself as this physical body.

**High Spirit:** You are in a dead state now, do you understand? Do you think you are alive? You are not. You are in a dead state now because the energy of your body, your cells, all your things are blocked. A living person, that is to say, he is transparent. And a dead person, he is blocked. For example, if you are alive now, it means you are a water pipe. Water can flow through your body. You can feel the water, you can experience the water, and you can let the water nourish you. And then you can effectively transfer the water to other places that need water. Then you are alive. But if the water can't get in here at all, and you can't flow out either, do you think you are alive? You are blocked. That is dead. How can you kill something that is already dead?

**High Spirit:** Because of what? It is because in your mind, you always want to look for something meaningful. It is because your mind, it will define everything: meaningful or meaningless, good or bad, normal or abnormal. All these are in your mind.

**High Spirit:** Because there is no why here.

**High Spirit:** The question you asked is how there is a way for you to make money, right? What do you have at present? You have one, that is to say, what flows out from you? What do you have?

What you want to obtain, you first have to give out. Because in your material world, you obtain what you give out. So, what do you have?

**Higher Spirit:** That is, if you are a farmer and you want to grow something, what do you plant now?

**Higher Spirit:** Then you yourself know your answer.

**Higher Spirit:** That is a problem your own body needs to solve.

**Higher Spirit:** Any more questions?

**Higher Spirit:** That is your problem. You can think that anything is right. Here, there is no right or wrong. Only you yourself know what you want to experience. All experiences are meaningful.

**Higher Spirit:** Pain is also meaningful.

**Higher Spirit:** You haven't bought anything. You haven't spent any money.

**Higher Spirit:** What is the main reason for you to come here? What do you want to stabilize? What is the reason for you to come here? The reason is to feel to what extent your thoughts are. It's to look in the mirror.

**Higher Spirit:** Do you mean how can one leave the Earth? How can one leave the Earth? Do you mean your body? Then what do you mean? If you want to free yourself from your pain, then don't project terrifying or fearful images for yourself to experience.

**Higher Spirit:** You are afraid, and you are creating it. Your fear is nourishing it.

**Higher Spirit:** First of all, you need to know that we are not here to comfort you, nor are we psychologists. So for any emotions you have and want to express, you can find someone in the material world who can listen to you. So if the information we bring to you is completely beyond your understanding, no matter how many times you connect, the result will be the same. First of all, you must clearly know what exactly you want. If you want to commit suicide, you don't need to tell anyone. You have the right to make any choice. But just let you understand that no matter how you want to treat your body, it's just like hitting a shadow with a stick because you can't cause any harm to it. If you want to spend this energy, you can try. Because you are allowed to use various ways to make yourself grow and experience. Any questions?

**Higher Spirit:** You have to ask yourself.

**Higher Spirit:** Even a stray dog on the roadside and a beggar are guaranteed. Why do you ask if you are guaranteed?

**Higher Spirit:** So you say that this world didn't give you a mighty army, a castle, or a pile of gold, and then you are going to resist it with your life?

**Higher Spirit:** How do you know he is enjoying it?

Each of you can enjoy the same things. The things you can enjoy are the same, which is love. That doesn't cost any money. So the mistake is not why some people can enjoy wealth and honor, but the wrong definition in your mind about enjoying wealth and honor. It's what you think, what you feel.

**Higher Spirit:** It's normal that you don't get what you want because it's in your mind.

**Higher Spirit:** This is normal.

**Higher Spirit:** Any more questions? Where am I? First of all, I don't have a physical body. I'm just an energy. So, it's like when you ask the air, you say where are you? It's like when you ask a drop of seawater, the water in the sea, you ask this drop of water where are you? It's in the entire ocean. It's in the entire universe.

**Higher Spirit:** There are very, very many things you can't do because your own body is limited. So the things you can't do or you can't achieve or get, this is very normal.

**Higher Spirit:** There is no future. It's not that you don't have a future. It's that no one has a future.

**Higher Spirit:** There is no future here. You always think that your time seems to move forward like one, two, three, four, and so on. This process.

That is an illusion that occurs in your minds. There is no future here. Only every single moment. If you ask in which moment you will be happy or joyful, then this choice lies with you. In every moment right now, you choose the experiences you have. No one can stop you from any experiences you want. So that's why it's very important for you to clearly know what you want. If you don't know, you will be influenced by external factors. You will be influenced by the collective consciousness and the majority state in society.

**High Spirit:** Do you have any more questions?

**High Spirit:** No one can solve your predicament because you are the only one who creates your predicament. You are also the only one. Just like your feet are on your body. If you don't want to step out, no one can force you. Do you understand? So it requires you to make your own choice. We can only tell you that you can rest assured to step out your feet. You are safe. But whether your feet step out or not lies with your own choice. If you are talking about physical death, the lifespan of you humans is seventy to one hundred years. You can calculate your physical time.

# 2021/06/28 - Break through yourself and establish connections with others

**Questioner:** In which aspects of my personal character do I need to break through and improve?

**Higher Spirit:** What's your name?

**Questioner:** XXX

**Higher Spirit:** XXX, I'm now connecting to your energy to sense your current energy state. Do you like dancing?

**Questioner:** Not really.

**Higher Spirit:** Then you can try listening to some music with a very strong rhythm and let your body dance along with that very strong rhythm. Why do such a thing? It's because it's as if your body, like some cells or energy in your body right now, it's in a blocked state. Then, when you can truly integrate with the music, the music with a strong rhythm, that means you are connecting with the outside world. Because when you have no connection with the outside world, it's as if you yourself are in a, like for example a transparent ball and you are standing inside. If you stand inside and you want to interact with others, your warmth they can't feel. That is, there will be a barrier between you. That is, there is also no sense of connection between you. That is, it's as if you are dealing with people inside a glass house. So the other party can't feel your warmth, nor your love, nor that you are in a, the flowing state.

When you learn to integrate your body with the music, your body is there. You're teaching it to connect because you have to follow the music. Your body should allow the music and those rhythms to enter your body. It's as if you are an insulator now, and you need to turn yourself into a conductor because only in this way, when you interact with everyone, there will be a connection. Because imagine, if you want to touch someone's heart, or enter someone's heart, or want to change or have any influence. If you are insulated, how can you influence the other party?

So this is what you currently need to connect, that is, to let your body, all those clogged, numb, or tense parts, completely let your body reconnect with everything, such as having a connection with people, with your inner self, with plants, animals, and so on. In this way, you can no longer just act based on your schedule. Because currently, it seems that you are following the textbook, as if you have a schedule of what to do every day, and then you act based on the things on it instead of following, for example, the place where you work. You haven't integrated with it. The people you work with, the people you face, you don't have a strong sense of connection with them. It's like there's a saying that things should be done in an official and impartial manner. So you will feel that although you have done a lot of work, imagine that you are in a glass. You have done a lot of work and made many efforts.

But you haven't had a significant impact on the outside world because there is a layer of glass between you. So this is a kind of internal perception, that is, allowing your individual to be a receptacle, that is, you can accept the state of the other party, and the other party can receive your state. Because when you are influencing others, it's like, for example, the other party is ice water or cold water, and you are boiling water. Do you understand what I mean? If you achieve that kind of connection, then you will heat him up. If you don't have a connection, if he is cold, he remains cold, and if you are hot, you remain hot. You can't blend together. And because currently, your body is very, that is to say, your own body is a guarantee. Your body has great wisdom and everything you can utilize, but you have developed it very little.

Because when you are a truly, truly a teacher, a teacher doesn't talk about the knowledge in his mind, not the knowledge he stores and learns from books.

Rather, it's like he himself is like a pipeline. He channels the wisdom and energy of the universe through him. It's like when others come to you to draw water. You are just like a well. If you only have the knowledge in your mind, then the water in your well is like stagnant water when you offer it to others. Do you understand what I mean? But if you make your body like a receiver, you are open, and you are constantly receiving energy. You download all the wisdom in the present moment. Then you are like a living well. That is, your water is alive. Your well water is continuously available. The more people draw from it, the more water you have. And it is vital and can nourish people. Instead of being like a pool of stagnant water, which breeds a lot of bacteria. Because the knowledge stored in your minds, all these in your minds are stagnant water. So you need to open up that channel. After opening it, you will find that true wisdom can be obtained in the present moment. And you don't need any of the rigid knowledge learned from books at all. Because if the other person knows that you have stagnant water, his mind will have a kind of feeling and won't want to continue absorbing that. And this way will only create more of those, like the stagnant wells I just mentioned, and the other person will also become like that.

When they leave this kind of situation, for example, you teach him to react like this. If the other party doesn't make such a reaction, he will be at a loss. He doesn't know why because you have made him like a robot. You input this program for him, and he can only answer with this program. If it goes beyond the scope of his answer, he doesn't know what to do. Such a person can't make any creation. What he can do is very limited. You need to turn each one into a real, like what I just said, it's a flowing well of living water inside.

Such a flowing well of living water, it can nourish everyone he meets around him, as well as his clients, everything he comes into contact with.

**Questioner:** Then can I abandon some of the knowledge in my previous mind?

**Higher Spirit:** Knowledge is like a tool. You can, if you have wisdom, understand? You can use it well. Just like if you don't have good wisdom and you use it, it will only become yours, as if it's an obstacle blocking you. Why? Because it will prevent you from connecting with wisdom. So, it's not that you should屏蔽 off the knowledge in your mind, but that you understand that knowledge is like a tool.

If you need that tool, you pick it up. If you don't, you put it down. Just like a knife. A knife is a tool. When you need to use the knife, you pick it up. If you keep holding that knife in your hand all the time, won't it affect your personal life? It will become a burden for you.

It will affect you. For example, when you are going to sleep and you still hold it, or when you are going to play with your child and you still hold it, it will affect your own life and may also hurt others. For instance, because knowledge is always in the past, it is dead. But the present is always creating new things. Only in the present can you create new things. If your child creates something new in the present, but you look at him or treat him with your old and dead stuff and lecture him, you are using a knife to hurt him because you have murdered and erased his innovative thoughts. So, it's not about whether to let go or not here. It's about that when you enhance your cognition, when you have wisdom, you will know for all these tools when to take them out and when to put them down.

It won't be an obstacle for you, but rather a boost. Are there any other questions?

**Questioner:** The second question is how to raise people's awareness.

**Higher Spirit:** First of all, when your awareness is limited, you can't raise anyone else's awareness because you can't see what's wrong with the other person's awareness. Imagine you're in a maze and you're the same as others. You're at the same level and you're looking at the world through the same colored glasses. How can you tell others that the color of the world you see is foggy? First, you need to take off your own glasses and be able to see a real world before you can lead them to see a real world. So if you want to help others, again, you don't need to actively help others to raise their awareness. Why? Because all of you are connected. Imagine that right now, each of you is in the dark, and then you say how can I teach others to shine. When your awareness keeps rising and expanding, they will follow your expansion because of the influence of this energy. For example, if you shine, they won't be able to block your light. Your light will illuminate them. This is inevitable. That is to say, this is not something that you can do for others. It is impossible. It can only be from yourself. You yourself must have this concept, that is, you want to constantly break through.

You yourself, constantly remove your own restraints. However, each time you break through, your own breakthrough is for your entire collective, your collective human consciousness. Because imagine, all the thoughts and opinions in your mind right now are the opinions of all humans in this society. Why are they the same as those in your mind? Do you understand? Because their thoughts, some of their concepts and ideas are influencing you. This is called collective consciousness. So when you are changing, you have already changed everyone around you. So you don't need to deliberately do something to change. They have to be influenced by the light and love you emit. It's like they are in the dark, and if you light up.

**Questioner:** So that means when I am changing and improving myself.

**Higher Spirit:** That means there is no external here, only yourself. Only you. The only one you can help is also only yourself. Of course, when you help yourself, you also help the entire humanity. Because the force is always two-way, there is no one-way. It's like when you make yourself, you understand yourself, know yourself, and then break through yourself, the entire humanity benefits. It's like you are a tree. You keep growing, and then the flowers you bloom, everyone can smell your fragrance. The fruits you bear will be shared with all humanity. If you observe nature, all of you support each other. You are a whole rather than an individual existence. So no matter, that is to say, there is a saying that you reap what you sow. That is to say, no matter what you do to yourself or others, it will always and forever affect each other mutually instead of having a single influence. For example, only affecting yourself alone.

So when you have a self-denial of yourself, you are actually denying others. If you don't love yourself, you actually don't love others either. So when you love yourself, you are also loving others. When you affirm yourself, you are also affirming others. Do you understand this relationship? When you have this concept, you will gradually discover in your life that you will increasingly find this close connection, this feeling of connection. You will regard yourself as an individual, that is, as a person in action. What you see is the entire whole. At that time, you can truly take every step you make as a step towards common progress, common growth, and common breakthrough.

The next question

**Questioner:** How to become a good training teacher

**Higher Spirit:** Training, only in your material world is there the word "training". Training means to cultivate what is not into what is. But here, I'll tell you now, you originally are. You just mistake yourself for not being. Do you understand what I mean? For example, I tell you that you yourself are originally a wise person. You are someone with wisdom. You know everything. You have all wisdom, energy, and everything. But now you have made yourself into a not. Do you understand? Why? Because in your material world, this is how you are taught. You have to learn this professional knowledge. You have to do this. You have to do that. Instead, you have made yourself into a not. So there are no two words for training. Only that you recognize what is not yours.

A process of your life growth is to, when you were young, for example, in the eyes of your parents, in the eyes of others, the ideas that you think people should be like, those collective consciousnesses, and those definitions in your mind that are not you, you have to recognize them clearly. That is, through layer upon layer of these restraints and illusions, you have to recognize who you really are.

Only after you see this can you see others because each of you is a fake person, all are illusions, all are false images. That is, they themselves are originally like this, but now they have become not like this. And you are still continuing in this direction to cultivate them to be even more unlike this. So your actions, the things you can create are so limited, and your actions are so hindered. That is to say, it's not about becoming something, or turning the other person or yourself into a certain way.

Rather, it's about restoring your original self. You need to remember who you are and remember your true identity. Because your true identity is not just your physical body. This is the point that you need to remember and know. You are not just your physical body. If you only consider yourself as a physical body and act in this material world, you will be filled with fear. For every action you take, that point, that purpose, there will be a sense of fear inside you driving you. For example, you will be afraid of facing unemployment, being fired, or not achieving performance. Various fears are dominating you. Your behavior does not express the true you. So you must know your true identity.

You are not just a physical body of yourself. You have a higher existence, and that existence is eternal. There is a saying called the unity of heaven and man. Right now, you only consider yourself as a human. If you know that you are heaven and unite with your human self, you can do anything, create anything you want to create, and show anything you want to show. Do you understand what I mean? This will be explained in more detail later for you to understand. Because you have very little knowledge in this aspect, but I have already expressed what I wanted to convey to you and downloaded it to her. She can explain it to you in more detail. Do you have any other questions?

**Questioner:** As a trainer, what is the best gift we can give to others?

**Higher Spirit:** I think you should change your name in the future. You are not a trainer. Call yourself a master or a gardener, because if you think like this, the people you want to train, the people you want to help, they all have many chains weighing them down, binding their hands and feet and restricting their thoughts. You need to remove these for them. Do you understand? Then this is not called a trainer. What kind of teacher do you think it should be called? You can think about it yourself. But to be able to do this, you must start with yourself first.

This is why she just told you that your energy isn't flowing, so you have to first allow yourself to be like dancing with your hands and feet, just like dancing, to easily make your energy flow within your body and reach such a state. Then, regarding this, I have downloaded it for her. What about other questions regarding this information?

**Questioner:** What else do you have to convey to us as information on your side?

**High Spirit:** The information conveyed to you is that your job, your true job is to be yourself and come alive. This is your primary job because only after you do your true job well can it help your current existing job. If you just focus on your current existing job, what you can do and show is very little, and what you can help is also very little. So your true job is to find your true identity and be yourself.

# 2021/06/29 - You have everything you want right now.

**Questioner:** I want to know why I saw a man's face when I was conscious but couldn't move my body the morning before yesterday. Is there any information to convey to me?

**High Spirit:** Was your eyes open or closed?

**Questioner:** I think my eyes might have been closed. But I feel like my spiritual vision has opened and I can see everything in the room.

**High Spirit:** Do you want to ask why you can see or say?

**Questioner:** I want to ask about the face of a man that I saw. Why did I see the face of a man and what information does he want to tell me?

**High Spirit:** I'll link to find out why you saw that face and what information he wants to tell you. First of all, you need to know your constitution. You yourself have a relatively sensitive constitution. With a sensitive constitution, you'll find that you often have this phenomenon and this kind of experience. So it's like you're in the physical world now. Whoever you see, you'll get used to it. That is to say, when walking on the street, it's normal to have people on the street. Then you see there are animals and houses, which are all very normal. But if you have a sensitive constitution, you'll see other beings. Just like some people can see ghosts, right? If you often see them, often see them, you'll also get used to it. But if every psychic person asks why I see this ghost, why I see this ghost, you'll never be able to explain it all. Do you understand? It's like you're a radio. You're just in the state of opening and receiving. Suddenly you receive this, receive this channel.

You can't ask why sounds come in, or why images come in because this is yours in the first place. As your consciousness expands more and more, you'll perceive more. But if you ask about its meaning or how you can utilize it, it depends on yourself. Because some people will turn this function into something that helps them, while others will let it affect them. For example, many mental patients, they just can't distinguish what is normal life, so they are in an abnormal state, in a chaotic state of information. There's some information that wants to tell you. If you want to, it's like you're tuning a radio. You might have heard a bit of sound vaguely just now. If you want to listen more clearly, then you'll keep tuning the frequency, right? So in the future, if you want to explore more in this aspect, then you can continue to maintain your frequency. That is, you don't disconnect. Then you'll receive more information. But it depends on whether you want to disconnect or connect because you can choose. Because when you choose to open this channel, more and more beings will come to you. Because imagine this, it's the same as the material world.

For example, if you tell everyone that you're a psychic and you can help them connect with their deceased relatives, wouldn't many people come to you after knowing that, right? It's the same in the spiritual realm. They will also come to you when you open yourself up.

**Questioner:** What I want to know is about this connection. Is it more like, for example, I need to practice that state, or is it more about the permission of my self-awareness, that is, do I believe that I can connect with them, or do both need to be done, that is, not only practice but also believe in myself more through practice?

**Higher Spirit:** This requires that you have no resistance inside, no fear, and actively open yourself up, and then trust, which is to completely surrender yourself. Because when you start, when your mind is involved, that is, if you are afraid or something like this happens, your body will disconnect. So it depends on whether you yourself want to achieve more connections. Because you have the free choice on how you want to experience.

**Questioner:** I want to know if you can tell me whether there are any major restrictive beliefs or constraints affecting this new experience of mine, whether it's about experiencing a new job or a new way of making money, from entering my life so far?

**Higher Spirit:** You want to go to work and make money. Has your personal belief affected you at present? It's like you're walking forward and you want me to tell you if there's anything blocking your way. Don't you know if you just walk by yourself? You haven't taken a step yet. Why do you ask others if there's something blocking your way first? Why are you afraid that it will block your way? You should ask yourself why you are worried that there will be something blocking your way. Because if you believe that you have feet, strength and solutions, so what if it blocks you? If there's something blocking you, you can remove it with your hands. If you can't remove it, you can use your feet to remove it. And if it's too heavy, you can ask others for help to remove it together. Do you understand what I mean? So you just need to be bold and at ease to experience and walk, and choose the direction you want to go.

Rather than not starting to choose the direction or take a step yet, you ask me if the road ahead will be smooth. Are there any obstacles ahead? Will it be terrifying? Oh, if terrifying things happen, forget it. I'd better not go.

Basically, isn't that how most people live?

**Questioner:** My next question is, I want to know if something happens and it's neutral, and then as me, I might define a desired experience for this neutral thing. For example, for me, it might be a good experience. Then I define a thing in a good direction and my mind pursues the good, that duality of the good. Are they contradictory? Because the last psychic told me that my biggest limitation now is that I'm pursuing the good, but I don't quite understand this. That is, I give a good definition, a positive definition to a thing, and pursue the good in my mind... I don't know exactly how to ask this question...

**High Spirit:** Do you want to know the difference between your pursuit of the good and defining the good in your mind?

**Questioner:** Yes

**High Spirit:** What you define in your mind, we've always said that what you define in your mind is what you will experience. Actually, the most important thing is not what you define, but rather that you are in that frequency, that state frequency, the true frequency. For instance, you keep saying in your mind: Ah, this is a good thing, this is a good thing. But you are constantly, but in your heart, you are very worried. Your worried state in your heart, you are just deceiving yourself.

Because if you really are, that is to say if you don't do that one thing and it's really you, just consider one thing that is to say, knowing that everything is there to serve you and is good, then you won't have any kind of definition in your mind. Just like what was just said, because you have a complete kind of trust in life. You trust yourself, you trust life. Everything it gives you is supporting you. You also trust yourself. Even if there's an obstacle that appears, then you also have the ability to remove it. You can reach the place you want to go. The most important thing is your own kind of state, not what's in your mind or what you say with your mouth. It's that you live it out, that is, you yourself, you are in that state. No matter what you say with your mouth, you can, understand? You can say nothing, you can think of nothing, but you are in such a state. This is the most important.

**Questioner:** The next question is that I saw Julia Wang say that our minds, our thoughts have a 35% power to change destiny. Then I want to know that you all have always said that we are the creators and destiny is in our own hands. If there is only a 35% power to change, I want to know why it is like this. Secondly, can this proportion increase?

**Higher Spirit:** Why would you believe what others say? We psychics have said many times that no matter what others say, it's true. Whether it's Julia Wang or a homeless person, even a nobody, he is nothing, and what he says is also true. Do you understand me? What he says is true because that's how he experiences it. In his world, it's real. But what does their world have to do with you? Although you share one world, you are all in your own worlds. Do you understand what I mean? Only when you believe his words and then you join his world and have the same experience as him can his words affect you. So everyone's words are true not because he is a psychic and everything he says is true. Even if it's a very stupid person or a mental patient, what the mental patient tells you is also true. Why don't you believe it? Because the world experienced by mental patients is exactly what they say. For example, he says, "Look, there is an angel with two wings in the sky and it's talking to me. Heeheehee. He's laughing. Why don't you believe it?" But what he experiences is true. So, what you must remember is that you are not in the same world. OK, just like in the material world now, you see this world because all of you have the same belief system.

All of you believe the same thing. That is, you all have the same system in your minds. Just like in this game of yours, you all have implanted the same program. So you can have the same experience. But you should know that in your same space, there are others. That's why it's said that in other dimensions, this space also exists simultaneously in others. Well, those dimensions, psychics can perceive. That is to say, people with particularly sensitive senses can feel it when they open their senses. But you can't feel it. Why? Because you don't believe. It's because you don't have that program implanted in your minds, understand? Because for you, there's no such thing as spirits or ghosts. So you can't sense them. Why can these psychics communicate with the spirit world? Because they believe. They believe they can receive information and communicate with people from another world. Because they believe. Can you find a psychic and say that he doesn't believe in the spirit world? If he doesn't believe, he won't be able to experience it. So a good psychic believes one hundred percent in whatever he feels and receives. So, your current problem is not about whose words are trustworthy or what. Instead of that, you should ask why you would believe some authoritative information or that he has a bit, for example, the ability to be psychic or the ability to predict, and then you believe all his words completely. It's not like this. This is what you should think about. That is, why do you think the person who you consider powerful, and you believe everything he says? Even us, we have told you not to believe our words completely. You create, you experience. In the material world, no one is absolutely correct. No matter how right he is, it's only in his world, his experience, in his parallel world, his universe. But you create yours. Yours is unique.

**Questioner:** My last question is, I want to know, maybe perhaps all these information are given to me by them, but I still want to ask if there is any information that my guiding spirit or my higher self wants to tell me.

**Higher Spirit:** You want to know if there is any information for you. All the information just now is for you! These are all the information you need at present. Even if you are now in contact with the Creator, with energy, with God, that is, the highest source, when you are in contact with such energy, it has told you not to listen to it completely. You create yourself.

Then why do you always choose some people whom you think are very powerful, and then believe whatever they say? Because all the information, all the information, I mean, even if he is not an expert or an authority, even if he is a mental patient, his words are true. So here you are not trying to verify whose words are true and whose are false. Because they are all true and all false, depending on how you choose.

**Questioner:** I suddenly thought of a problem. I suddenly thought that last week, when I was adjusting the frequency, I felt that energy. That is, sometimes I would feel an energy rushing into my head, and I would feel my head very swollen. When I felt that energy last week, I relaxed. After I relaxed, I gradually heard the sound of music. Then I didn't know if it was a hallucination or if I really heard it. I heard a male voice telling me: Son, just hold on a little longer. I want to know if this might perhaps be the same as the first question and the answer you are going to tell me.

**High Spirit:** Yes, when you open up, it's like the more switches you turn on, the more you receive. Then you might link to anything and capture anything.

But you just need to be assured that you won't miss any information. Because you are like you are in your world, in your material world. There are so many scenes, so many people, strangers, and so many events happening. Do you understand what I mean? If you study each one for a long time and keep asking why, why.

**Questioner:** Next question. This psychic girl wants to know why blind people can't see in their dreams.

**Higher Spirit:** Why blind people can't see in their dreams? Because when you are dreaming, it's still your consciousness that is active. It's still your body. If you leave your body, can you still dream? If you are still in your body, blind people are still using their bodies. So when they are dreaming, their perception is still the same as their perception during the day. That is, it's still the same as when they are awake. That is to say, if the program used in your body is this one, then in both the on and off states of you, it's still this program. Unless you change to another one, that is, you think this program is no longer suitable for you and you want to change to another one. For example, you chose to drive at first, and the functions of the car are these. Then you want to experience others. For instance, let's say you want to fly a plane. Then what are the functions of the plane? So, he can only have those functions to support him if he changes his body. But blind people can see. It's just that you don't have the same, how should I put it? If he tells you about his world, you yourself can't imagine it. Do you understand what I mean? Because it's like there's no such program in your system. He tells you about something that doesn't exist in your program. Because if you close your eyes, you can still have images. For example, if you touch a pillar, you know it's a pillar. But in the world of blind people, it's not the same pillar for you. So just like what was said earlier, although each of you seems to be sharing one world, in the same world, but you are all completely in your own world. You are not in the same world. Each of you has a unique perspective to experience this world. So why is each of you unique? Each person is precious, and each person is unique. Because imagine when making a movie, many cameras and different positions are needed to shoot different scenes, right? Each of you is like a camera. All are experiencing this world from your perspectives and in your identities, and all these experiences are collected. Just imagine how unique that is. Because why are there some disabled people? Because think about it, if your eyes are open, you will be disturbed by a lot of external things in the material world. When you are disturbed too much, for instance, you are outdoors where it is very noisy, with all kinds of sounds, all kinds of people flows, cars, and various sounds. If you want to listen to a certain sound, you can't hear it clearly. For example, if you want to listen to someone singing, how can you hear it in such a noisy environment, right? Then if all the noises are removed, can you fully enjoy the beautiful singing? Imagine the kind of disturbance for the blind. If he has all kinds of disturbances when his eyes are open in the material world, how can he focus on something? Do you understand what I mean? So, it's like each of you cameras is in a close-up. This is the meaning of your existence because each of you is the eye of the Creator.

**Questioner:** When doing things, there is always a voice in the mind. Where does this voice come from?

**Higher Spirit:** When you are doing things, there will always be a voice in your mind. Where does that voice come from? That voice comes from yourself. For example, when you are talking like this now, but you think you open your mouth, you can still talk like this. Do you understand what I mean? So you just, like sign language, don't make a sound, just no sound from your mouth but you are making a sound in your heart. You can also choose to say it out. You just think that if I say it, I might hurt others or affect others, understand? I might be thought of as crazy if I say it, so you choose to say it in your mind. But that still comes from yourselves. Keep talking.

**Questioner:** I suddenly have a question. I want to ask, that is, the speed of manifestation in the material world, whether it is fast or slow, what is it directly related to?

**Higher Spirit:** What is the relationship between the speed of manifestation in the material world?

**Questioner:** Yes, What affects it more or how can we do to manifest faster?

**Higher Spirit:** For example? For example, you ask a specific question.

**Questioner:** For example, I want to manifest a lifestyle or a way of making money that I like, and then I want to know that this kind of manifestation requires in the material world, because the spiritual mentor in the material world says you need to put your thoughts (interrupted)

**Higher Spirit:** You have it right now!

Because when your state and feelings change, what you experience is a different world. So the external doesn't matter. What matters is your own internal state. Just like, for example, even in the palace, your British Princess Diana, she lived in the palace. She had beauty, she had everything, but she was broken, very painful. Do you understand what I mean? If the external could determine her state of happiness or well-being, then she must be a very happy person. Then why did she have such a painful life? Because she had everything, everything that people in your material world dream of, power, status, wealth, beauty. What didn't she have? She had everything.

So it's not important that you try to make the external into something. It's about what you are like inside. Because Buddha or those like Krishnamurti, those enlightened ones, they didn't have a luxurious or extravagant life state, understand? On the contrary, they had nothing in the material world. You go on.

**Questioner:** But for example, like Buddha, like Krishnamurti, it's their choice not to have these. But when they reach such a state internally, if they want to, they can also have everything they want in the material world at any time, if they want to. Because it's the inner that determines the outer. Do I understand this correctly?

**Higher Spirit:** Because for them, they already have everything. For them, they have everything they need, not what their minds want. Only your minds, your material minds, need so many things. Your souls don't need. Your souls are just for experiencing, experiencing, experiencing.

**Questioner:** Then, does this kind of thing, this kind of desire that the material mind needs, conflict with spiritual practice?

**Higher Spirit:** Whether there is a conflict depends on yourself. It depends on yourself. If you can satisfy all your needs and be in a happy state, you can. Do you understand? There is no whether it is possible or not here. You can experience everything you want to experience. It's all meaningful.

**Questioner:** Another netizen wants to ask if the universe has a boundary. If so, what shape is it? Is there anything larger than the universe?

**Higher Spirit:** Does the universe have a boundary? It's like, how to describe it? If you imagine the air, the air you breathe, do you think it has a boundary? Energy is everywhere. Because first of all, if you want to talk about the boundary, you first have to have a space, right? But there is no space. Here, there is no space nor time. When one exists without space, you continue to speak.

**Questioner:** The next question. Someone wants to ask if paranoid schizophrenia, that is, delusional schizophrenia, is not a true mental illness because their social functions are maintained well and they seem normal like normal people, just having some delusions. Moreover, the general medications for treating mental illnesses are ineffective in improving their delusions. This netizen thinks that for delusional schizophrenia, psychological counseling methods should be used for handling instead of medication methods. Is this correct?

**Higher Spirit:** Because first of all, your human definitions of mental illness and normal people are incorrect. Also, the delusions are incorrect. What is a delusion? Everything experienced in this world of yours is your delusion. The house you live in is someone's delusion. The mobile phone you use is someone's delusion. Do you understand? Imagine, several hundred or several thousand years ago, if you said my mobile phone, I have something like this and then I can hear others from every corner of the world. Wouldn't others think that you are delusional? First of all, your question has problems.

What is a normal person? If a truly normal person, a truly normal person, he has no fear, no worry. He only has joy. He is healthy. He is joyful because he knows that he is like a flower. He knows when I should sprout. He knows when I should bloom. He knows this is me.

He won't be anxious or worried about how he blooms. He won't be afraid of blooming either. He won't be jealous that others bloom more beautifully than him. Do you understand what I mean? This is normal because he knows that he is supported by the Creator. There are butterflies, rainwater, and sunlight. Everything he needs is available. This state is normal. But how many people in your world are normal? Mental illness. When it comes to mental illness, their world is also real. It's just that you don't agree. If more people agree, then it's normal. Your next question.

**Questioner:** This netizen wants to know how a woman who has been menopausal for several years can get pregnant.

**High Spirit:** Already menopausal, that is to say, your body no longer has the reproductive function. How to get pregnant? Then you need to change your perception of pregnancy. Because in your medicine, there are also many ways for infertile people to have children, and even men can have children. Haven't you had such cases?

So what is a child to you? If a child is a soul joining your life, then you can have various ways to invite a soul to join your life. You just need to let go of the definition of having a child because your human material minds have obsessions, thinking that this person must come into my life in this way. But it's not like that. This is limiting, limiting yourselves. Because souls, for example, many, many people have their own children but have no closeness at all. Why? Because that soul just wanted to come to this world at this time through this period, understand? And yet are so close to people with no blood relationship. So your minds should have more understanding of this instead of saying that only those with blood relationships will be like this or that. In your society, there are already very, very many examples. There are those with blood relationships but hate each other, and those without blood relationships but love each other so much. You continue.

**Questioner:** I suddenly thought of a question. I want to ask you because some time ago I had a long-distance relationship with a boy and now we broke up. And I found that in the relationship, I was more reluctant to be myself. That is, I still wanted to, for example, if there was a request that I was not willing to do originally, but the other party really wanted.

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I might want to meet the other person's requirements. And this kind of my behavior in the relationship, where I'm not very capable of insisting on myself, is it because I don't love myself enough?

**Higher Spirit:** Do you want to find out the reason why you have such a reaction?

**Questioner:** Yes

**Higher Spirit:** What would happen if you found it? Would you change if you found it?

**Questioner:** If I found it, I think I should. I want to change.

**Higher Spirit:** Will you be happy if you change?

**Questioner:** Maybe I will get the result I want more... I don't know...

**Higher Spirit:** So you need to ask yourself step by step. When you ask yourself, you can answer yourself. When you ask yourself, just like you did just now, you just laugh out loud. I can only tell you that it's just that you haven't met that person yet. Because when you meet that person, you don't need to change anything. You can get along in any way you want. You won't make any mistakes no matter what you do. So don't look for reasons within yourself. It's just that the timing isn't right yet. It doesn't mean that you have to be perfect or work hard to maintain a relationship. Do you understand? That means that relationship itself isn't yours.

**Questioner:** The next question is that this netizen wants to know that all major religions require people to help others and selflessly dedicate. (Interrupted)

**High Spirit:** This is not. This is what you humans require of people. This is what you humans require of people. Religions are also created by you humans. They are also created by your descendants. Please continue.

**Questioner:** She wants to ask that all major religions require people to help others and selflessly dedicate, but there is also a book called "The Selfish Gene", which says that the preservation, development, and growth of human society are all due to selfish reasons. Selfishness is what enables human society to survive. Should we be selflessly dedicated or should we have a certain degree of selfishness? How should we achieve a balance?

**High Spirit:** This world itself is balanced. It is you yourselves that are making it unbalanced. That is to say, the Creator created everything perfectly. It is you humans that are making it unbalanced. It is you yourselves that are making it unbalanced. Then, allowing you to experience the imbalance. Even if you want to experience this imbalance, you are all permitted. Then, if you want to talk about selfishness, first you have to know that whether it is religion or books, they are all descriptions by each individual of their perception and cognition of this world, their understanding. Because each person has a unique perspective.

So here, there isn't really which one is right and which one is wrong. You can also say that this world exists because when men and women see each other, they have desires. You can say that. If there were no desires, you all would have gone extinct long ago. No matter which argument, you can find something to support yours. Do you understand what I mean? So this isn't about being selfish or not selfish and dedication.

First of all, you don't need to, because religion tells you to be a dedicated person and you do it, but in your heart, you are very reluctant to dedicate. Do you understand? You think to yourself, I don't even have enough for myself and I still have to dedicate. Do you think that such dedication will bring positive results? Impossible. The most important thing is your consciousness, your state. That is what really affects the outside world. For example, with dedication, in your material world, many people are so exhausted that they have no energy to do anything else. But you think I still have to take care of my child and dedicate. But during the process of taking care, dedicating, or cooking, your heart is full of complaints and you are very reluctant. Your such emotions will be in the food. When the child eats your food, he doesn't feel love. He just feels like: I don't seem like I should exist. Do you understand?

I am being disliked.

So, pursuing anything superficially is of no use at all. Instead, it has the opposite effect. Only when you experience through substances yourself, for example, OK, I experienced selfishness, I experienced dedication. Then I finally discovered that when I was dedicated, my heart was so joyful. When I was selfish, it turned out that I wasn't actually that happy. After you have experienced these two feelings, then you will automatically choose to dedicate next time. Do you understand?

It's of your own free will, not following something. When you reach such a state, then your dedication can truly bring pleasure to others. Because you are joyful. So the key lies in your inner state and feelings.

**Questioner:** This netizen also wants to ask if a person's fate is predestined by heaven.

**High Spirit:** Is a person's fate predestined? If we say that a person's fate is predestined, we can only say that the fate is predestined by you. Why? You chose this material world, your current task, what you want to experience, what you want to breakthrough. Because this is what you must face. You chose to come and breakthrough this. You just forgot. So if we say it is predestined, yes it is predestined. It is you who predestined, OK, I predestined to experience the state of mental illness, or I predestined to experience being blind.

Is that already predestined? But each of you is predestined to gain, to have, that is, happiness, joy, and a state of success. Why do I say this? Because what is set for you is ultimately to allow you to receive the gifts that are most desired and also what you most need.

**Questioner:** I understand. Then can we, for example, before reincarnation, I set that I want to experience A, and then after I enter the material world, do we have the right to modify? If so, to what extent?

**High Spirit:** Do we have the right to modify? Let's say I initially chose to experience as a blind person, right?

**Questioner:** Yes

**High Spirit:** And then in the end I want to see, I don't want to be blind anymore. Then you let go of this prop and change into a new set of clothes.

**Questioner:** Does that mean one has to leave this material world and start over?

**High Spirit:** If the one you chose for yourself is very limited, yes, you need. Your choice is not so limited. That is, when you complete this experience, you can still continue to experience. But this requires you to be an awakened person, understand? That is, you know that it's not my physical body that is in control, but there is a higher...

Then you will have a strong inner desire to do something. Keep talking.

**Questioner:** Another netizen asked how to maintain a relatively good awareness while being engaged in the mundane world. It's relatively easy to have a pure and undefiled state of mind in a relatively secluded environment. But after entering society, one will unconsciously be influenced by the collective consciousness, and it's difficult to maintain clarity. (Interrupted)

**Higher Spirit:** You came to this world precisely to fully immerse yourselves. Because only after you are fully immersed can you have such a profound experience. That profound experience is the most important. Do you understand? So the profound experience is very important for you. The question he wants to ask is that he doesn't want to be blinded by the material world. But you need to experience the process of being blinded by it because after you awaken in the future, that is, after you are no longer blinded by the material world, you can utilize it, exert it, and use it positively, use your experience. Otherwise, it's as if, OK, the previous experiences and previous lessons are all weapons. If you don't obtain this weapon, you won't have it later. So you don't need to force yourself into any state unless you yourself are in your mind pursuing it.

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Well, if you have this pursuit, you are being world-weary, understand? That's also a pursuit of your mind. When your mind is pursuing something, you are actually still being blinded by it, right? You still fall into the illusion. Then the question is how can one have a mind that is not disturbed? How can one achieve a mind that is not disturbed? First of all, it's a good experience even when your mind is disturbed. Then how to achieve a mind that is not disturbed? That is to say, after you experience a disturbed mind, you can then achieve a mind that is not disturbed, understand? This is the process for you to achieve a mind that is not disturbed. You also need to give up this process and not pursue anything, because all the gifts are in the present.

**Questioner:** This psychic girl wants to know that many psychics can see what will happen in the future, and she wants to know how she can see the future.

**High Spirit:** She wants to know how she can see the future. Do you know why she doesn't need to see the future? Because if she sees the future, this future is limiting her. Because she creates the future. Some psychics can see it. Some psychics with low awareness will think this is fixed. But when your consciousness reaches a certain level, you will know, it's like a blank sheet of paper, and you can draw whatever you want to draw.

Instead of saying that a certain scene is like this, like this, and then she can see others' futures. She doesn't need to be psychic. She can see it, but the future she sees can also change. That is, as just said, what changes is not the future but your inner state. One thought leads to heaven, one thought leads to hell. The same experience, but you have a different state of mind. Do you still have questions?

**Questioner:** This netizen wants to ask that the former president of Taiwan University, Li Sichen, discovered a spiritual realm, that is, a world of consciousness where there is God, and figures like Guan Gong, Laozi, Kongzi, etc. Only those who have opened their third eye can see it. She wants to know whether the spiritual realm he discovered is the same consciousness realm that one enters during a lucid dream or an out-of-body experience. Is this spiritual realm an objectively existing real world, or is it just constructed by the collective consciousness of humanity? Or are some people real and some people constructed by collective consciousness, such as Guan Gong? What are the differences between these two types of people in the spiritual realm?

**High Spirit:** For example, Guan Gong, wasn't that a name given by you humans? When more people believe in him, it becomes real. So it doesn't matter what one person said or which one is true or false. Even if not many people agree on the same thing, only one person agrees with this world or one thing, that person can have the corresponding experience. Back to, for example, mental patients, right?

# 2021/07/10 - You are here to create, not to integrate.

**High Spirit:** You speak. What's the question?

**Questioner:** What is my mission in this life?

**High Spirit:** What is your mission in this life? What's your name?

**Questioner:** XXX

**High Spirit:** XXX, what is your mission in this life? Let me search first. The challenges you set for yourself are extremely huge. That is to say, the constraints you challenged are like some people setting challenges for themselves at level one, while yours is at level ten. Why do you need to set such a big challenge for yourself? Because you are an old soul. You are not just a very young one. Because if it's young, if you think about it in your current world, if a child takes a weight, it will be a very light weight for the child, right? Because he is a child. But if you are already a strong man, then you need to take a very heavyweight for yourself to challenge. Because you won't touch those small or kindergarten or other children's weights, right? Why? Because your level has reached that.

So you have chosen such a heavyweight challenge for yourself because you have evolved and developed to that level, the level of a strongman and the level of a child. Your weight experiences are different. And most importantly, you are experiencing your breakthrough from the very beginning. It will come from your family, from you as an individual, from your background, and your environment. These are the things you break through and then face the entire society and the country. Do you understand?

**Questioner:** What is the plan of my soul?

**Higher Spirit:** The plan of your soul is that you need this continuous, layer by layer breakthrough. And then the breakthrough, just like I said earlier, first comes from a small scope and then to a large scope. These breakthroughs are not only in your personal life but also reflected in the field or industry that you want to engage in as an individual. Because in your future career and work, you will also face many situations that require you to break through and challenge. You will be an innovator and a reformer. You will walk on the path that no one has walked before.

**Questioner:** What do I need to break through?

**Higher Spirit:** What you need to break through will appear step by step on every path of your life.

So you don't need to know now what you will experience in the future because even if I tell you now, you won't have any understanding. It's just to let you know that every step you take will have something for you to break through. For example, what you need to break through now is your exams. This is also a breakthrough. What you need to face and break through now are some of your inner feelings and some thoughts in your heart. These are also for you to break through. Also, for instance, if you haven't fully shown your personality or your true emotions and feelings, this also needs you to break through. So every step will have a breakthrough. It's not that there will be a breakthrough only when you reach a certain point.

**Questioner:** I have a gay friend. How should he integrate into this society?

**Higher Spirit:** How should your gay friend integrate into this society? You are not here to integrate into the original society. Your purpose is to constantly innovate, that is, you are constantly establishing the way a society should be for them to integrate into you. Do you understand what I mean? Because think about it, has your society never changed? Your society is constantly changing, constantly changing because there is no fixed or stable or unchanging society here. Your country, your people, your society, the thoughts of each and every one of you, all these have been constantly changing. So what you need to do is not to say how to make these homosexuals integrate into the existing society because the existing society is constantly changing. Instead, it's about how you create an inclusive and diverse society. You create a society, and then you live in it, you exist in it. So it's not that you have to adapt to the past or the old because there is no past or old here. It's constantly changing. It's always based on the thoughts and desires in each and every one of your minds. For example, if you yourself want a certain kind of society, then you build it and you create it. This Earth is yours. This society is yours. Everything is yours. You create it. And the older generation of people, that is to say, those with rigid or old-fashioned thoughts and concepts and such, as their bodies disappear, these will gradually disappear as well. Only if you yourself want to inherit their thoughts and concepts, do you understand? Just like the concepts of the elderly. They have passed away, but you still live within that concept. Then that means you have voluntarily taken on one of their concepts.Then if you're still stuck in it, what you need to break is not the deceased person because the person has already passed away. What you need to break is the notion in your mind. Why do you insist on holding onto others' concepts on yourself? So what you need to breakthrough is yourself, not the external. Look, in your society, many of the old concepts from before, you keep maintaining them. You actively bring them onto yourself and let them restrain you, and keep experiencing them. Because why? Because the person who created the concept has long died. Why do you still choose it and experience it?

It's your own choice because you always have the choice to choose what you want to experience. However, these choices of yours will gradually affect your next generation. Because if your next generation continues to be like you and they don't breakthrough, keep asking. Do you have any other questions?

**Questioner:** No.

# 2021/08/15 - Everything is operating perfectly.

**Higher Spirit:** You speak. What's the question?

**Questioner:** First, this psychic girl has two questions. Her first question is how to get rid of the desire for food.

**Higher Spirit:** How to get rid of the desire for food? First of all, the most important thing in your material life is to take good care of your physical body.

Take good care of this physical body. This includes its demands in aspects such as eating and drinking. But what you need to remember is that you mustn't allow this material physical body to control everything completely. Do you understand what I mean? It's like you have an animal, a pet, and you are one with it. That is, you are integrated, like partners on the same boat. You have to take good care of it and keep it in a normal and healthy state. But you mustn't let it control everything completely. Do you understand what I mean? Imagine if you have a hunting dog and you go hunting together, look for prey, catch prey, and do such things together. But you have no influence or control over it at all, or it's completely controlled by this wild animal. What would happen? Do you understand what I mean? So all of this is related to your harmonious operation and balance. It's not about getting rid of desires. Think about it. If you have no demands in this aspect at all, if you have no interest in this food at all, wouldn't your life lose a lot of beauty?

It should be about how to balance well between you and food because this relates to everything, not just food but also including, for example, any, for instance, drugs. If the right amount of drugs, it can save your life and help you. But if you take an excessive amount, it can kill you. That's all drugs. Doctors all tell you to control the dosage, right? If you control the dosage well, it is... If you don't control it well... So this can be anything, not just food but also alcohol or drugs or anything else.

Just like fire which you can't live without in your life. If you can control it, fire can be of great help to you. If you can't control it... And water, everything is like this. So it should be about how to balance well the relationship between you and food.

**High Spirit:** Do you have any more questions?

**Questioner:** Yes. The second question of this psychic girl is how to maintain the body in a thin state.

**High Spirit:** How to maintain the body in a thin state? First of all, the thinness you all talk about is not, how to say it, it depends on your own standard. Because for some people's thinness, they have a distorted standard. They don't allow any fat to exist. Fat exists and has great help and benefits for your body. It can even balance your mood...

This is what can keep you in a healthy and balanced state, which is not to deliberately pursue some kind of extremity.

**Questioner:** May I ask another question?

**Higher Spirit:** You speak.

**Questioner:** My next question is, in my current state at present, do my guiding spirit and my Higher Self have any information they want to convey to me?

**Higher Spirit:** Does your Higher Self have any information it wants to convey to you? I'll link your current information or is it that you need to trust, let go and trust life? Because you still think that you will need to use your material mind, as if to delve into or study or plan in this regard to make your life or things develop in which direction, or force it to develop in which direction. In fact, it's not like that. Because currently you and this psychic girl, both of you will feel as if there is a kind of state of wasting time, that is, not doing really meaningful things. Because, for example, both of you have the same hobbies, which are some of these spiritual aspects, like what we are doing currently, and have a strong interest in these.But you haven't spent much time on this. Then you will feel as if you are not on the path that you want, or the path that you are passionate or enthusiastic about. You all will have such a feeling. So deep in your hearts, you will always feel as if something is lacking. But you should know that true spirituality is not that only when you are linked with us, when we are in contact and communicating, this state is spirituality. No. But it is that every moment in your life, it is the existence of spirituality. Because the way it expresses is not limited to just like this way. It expresses anything. For example, you like painting. When you really calm down and are creating a painting, you are actually in psychic communication, you are linked. Do you understand what I mean? So in any case, for example, when you are with a stranger and you give a friendly look to a stranger, and that look really touches him. Why? Because in your mind, you don't have any personal judgment of him, or your fear, or anything that your physical body has. That is, there is nothing. For example, your experience with black people, that is, what black people have brought to you in your life. These experiences all belong to your physical body. If you can abandon all of these, that is, some remnants in your physical body. You just give him (unclear) or give him a smile. In this way, you are communicating with the spirit. Why? Because you let him see the light and love from your eyes, your smile. Do you understand what I mean? When there are still remnants of the physical body inside your body, that is, when you are in contact with him and you have in your mind: The impression that I had before when contacting black people was this. Then you are entering the physical body. In this case, you are being influenced by the material world.

If you are being influenced by the material world, then you won't bring to others that kind of shock or spiritual touch or warmth or the feeling of love. Do you understand? So everywhere, at every moment, you all can create this feeling for others. It can start with yourself. When you are looking at your own body, you don't judge it, and you don't dislike it anymore. Do you understand what I mean? When you are full of dislike for it, do you understand? That kind of dislike will force you to anxiously do certain things. It might make you do it from material aspects or from other aspects, all kinds of aspects. So you can treat yourself in this way first. You can view your body, yourself, and everything about you with unconditional love. Only when you treat yourself with such an attitude can you have the same attitude towards others.

Otherwise, when you look at others, your words are full of something like a benchmark or a ruler. You are comparing and judging. Because we have been telling you through spiritual communication not to define (with a strong tone) anyone or yourself. Because the moment you define, it has undergone countless changes. Because all changes occur in an instant, not over a period of time like one day, two days, three days, or four days. None of this can happen. It's the present moment.

In an instant, suddenly, it's like you understand everything that happens in the world. You remember everything. In that instant, even if a person just killed someone a second ago, the moment he puts down the knife, he suddenly realizes that he actually has no hate in his heart. His hate is love. Why? Because he loves this person and feels that this person did not act in the way he loved for a certain thing. It's more of a disappointment. Understand? This disappointment contains love. So when he suddenly realizes his own emotion and understands that he doesn't really hate, he becomes a different person, immediately.

Broken line, JOJO's account of the broken line part: After he killed someone, he understood that he didn't hate that person at all. In fact, he deeply loved that person because that person did something that disappointed him. Then he understood what love is. And he has understood what love is while you still don't understand what love is. How can you judge him as a murderer? This is what he (Gao Ling) wants to explain. That is to say, you don't even know what love is. For example, love is a butterfly. You have never known what a butterfly is and haven't seen a butterfly. And he (the murderer) is someone who has seen a butterfly. How can you judge him? So he (Gao Ling) asks us not to judge anyone, even a murderer, and say that he is a sinner or something.

**Higher Spirit:** You ask again.

**Questioner:** I want to know if you can give me now, because I want to focus on the job I like.

Can you give me a little guidance and information in this regard?

**Higher Spirit:** As I said earlier, that is to say, you still think that all events occur because your mind studies, delves into, and forces them to happen. Because when you enter such a state, you will continuously experience such a state, continuously still looking, still looking, still seeking, still considering, still researching. Do you understand what I mean? You just need to let go of any, that is, how to "focus" on this issue in your mind. Because as I just told you, you can do what you are passionate about in every moment. For example, in every moment, every present, you can allow it. It's like training your body. That is, as I just said, you have to get rid of some memories and judgments of your physical body. Because as I just told you, how important judgments are. That is to say, why can't you judge anyone? Even if he is a murderer, think about a murderer. You can't easily judge him.

Let alone others, right? So you have to let go of all definitions and judgments, including of yourself, your current situation, and everything you are currently experiencing. Because all of you are people who are not informed. And if you were informed, when you knew everything, you would think everything is perfect.

You wouldn't want to interfere with it, understand?

**Questioner:** Because there's a question in my mind right now. For example, when I see Dr. Joe or something like that, as long as it's at this moment, completely entering this moment, connecting to the etheric energy field, we can create matter from that energy field. And now I'm constantly, how to say it, that is, I think I need to do this and doing this will help me focus. I just can't get rid of this idea.

**Higher Spirit:** You don't know how to get rid of the ideas in your mind. Just now we said that if when you meet someone, in your mind, it's all your own memories, your thoughts, your judgments, any of your voices, then you're not seeing that person. If you can't see the true something of that person, then you're missing everything. It's as if that person themselves came into your life to bring you a gift or offer you a very good job or something, but you can't see it. You've entered a world created in your own mind.

**Questioner:** Then should I, for example, just like what people in the material world say, sleeping is sleeping, eating is eating?

Right now, it's: 14:38:12 on August 30, 2024, Friday.

When I'm doing something, I shouldn't have this thought in my mind. Just being in the present moment, would it be helpful for me? Instead of living in my mind.

**Higher Spirit:** You need to understand that truly, truly, truly, the most, most, most meaningful thing for you is that you are in the present moment. The most meaningful thing is how you don't miss the present moment, how you don't wrongly define the present moment, and how you don't block the present moment. Because many people are in the present moment but they are in a state of blocking it. So when you can be completely not influenced by this, just like I just said your physical body is actually a hunting dog, it's your partner, it's your collaborator, it's your partner. Do you understand? It only does part of the work, but if you give it all the work, then you need to know when it takes action, when you take action, and when to act together.

**Questioner:** I have another question. Right now, it's about the COVID-19 vaccine. Then I saw a lot of conspiracy theories about the COVID-19 vaccine, and many spiritual mentors and some so-called psychics, people who can communicate with lives outside the Earth, all said that this vaccine shouldn't be taken. After taking it, it will reduce the connection between your physical body and your complex, your spiritual body. I know that what everyone says is true.

But after I thought of this, I always felt that this problem would bother me. That is, I didn't completely forget what they said.

**High Spirit:** So your question is that you want to know whether the vaccine has any impact on you. Not to mention the vaccine, any virus won't have any impact on you as long as you don't go. What it can bring to you is like, how to say, you yourself have a bomb, and it's the fuse. So because of your body, even if this vaccine has an impact on you, but you should know that your body is constantly, constantly renewing. Do you understand what I mean? You are always a new you. So whether it's the impact of the vaccine, or the impact of the drug, or other truly some in nature, these viruses' impact on you will all be constantly, constantly updated by your body. Let's put it this way, imagine your body is a cup of water. Then your cup of water is constantly injecting new water, and there is also constantly water going out. Then the external viruses, that is dirty water. The dirty water comes in, but you constantly have fresh water going in and you also constantly have water draining out. Then after a while, wouldn't all your water be completely changed again? So your body is like this. So you have to trust your body. You just trust it. You don't have to do it for anyone because many people have a lot of fears. Those fears only work for them and only have an impact on them. You just don't join them.

**Questioner:** I have a question. When I'm meditating, that is, when I'm getting into the state, I haven't felt that energy coming to me during this period. But I found that, for example, when I'm going to experience some material events that have a greater impact on me, I always receive this dream a few days before. Then I found that the things I experienced corresponded to this dream. Is it a way of my psychic ability? Also, why haven't I felt that energy recently?

**High Spirit:** You haven't felt that energy recently. Do you want to keep feeling the same energy? Just like you should know that in your life, in your entire life, in all your experiences, you can't completely experience the same thing. Do you understand what I mean? Because even if it's the same lover, do you think you're with the same lover? No. In fact, at every moment, you are a new lover. What that lover will become also depends on your state, your... (unclear) state.

Do you think you are interacting with the same you? That you keeps changing. You can review your own life. So, any and all, pursuing the same feeling is in your mind, understand?

For example, when the mind gets a certain stimulus, and that stimulus brings it pleasure, it will always pursue it. Just like a dog. When a dog finds something delicious in a certain place, it will often run there. This is a certain... of your physical body. But what you need to know is that you can never experience the same thing, person, or object exactly the same. Do you think so? It's the same. That's just an illusion. That's just an illusion. So always, every present moment, every moment is new. This is what I tell you. Why don't you define yourself, don't define him?

Why for people? Because every present moment is new.

**Questioner:** Then if we have complete trust in ourselves, can we jump out of the so-called Yin-Yang and Five Elements? That is, this kind of thing doesn't have an impact on us. Because I often see some articles.

**High Spirit:** Do you think that if a sentence says it has an impact on you, can you jump out of its impact? Have you already been affected by it?

You're already being influenced by it. Why do you think so? When you want to do something or you want to avoid something, you're already getting into it. Do you understand? So when you're resisting, or hiding, or running away, or refusing something, you're actually getting into it. Because, for example, those foreigners, they have no concept of Yin-Yang and Five Elements at all. Do you think they would think about how to escape its influence? For example, children, they also have no such concepts. So when you're thinking about how to escape it, you're already under its control. You've already entered it.

**Questioner:** Then this psychic girl wants to know if her Higher Self and guiding spirit have any information for her regarding her current state, this point.

**Higher Spirit:** I'll link all the information today. She'll benefit from it. There's one point. Just like I just said, all of you have a very great interest, enthusiasm, passion, and love for spirituality. You all want to have more actions in this regard. It seems that if you haven't entered this aspect currently, you think it's a waste of life or time. But this information has told you that it's not that only through this way are you psychic, do you understand?

If a lot of time is spent in such a state, you will naturally allow many people to see this unconditional love from you.

So today's message is like water. You seem to be the land. You are nourished by the rain. Everything in your land will be nourished. Somehow, it will all be nourished. So it will definitely germinate, blossom and bear fruit. All the messages are nourishment of love. So these messages will be of great help to her. If you ask again if there is any special message for her, it is to love your life, love everything that happens in your life, love every day and every moment of your life. Don't resist anything.

**Questioner:** I want to ask about the condition of my chakras.

**Higher Spirit:** You need to know, just as I said, don't give yourself any definitions. If I tell you now that your chakras are blocked or that your chakras are open, does it make any difference? Because in this minute when I'm saying this, you can immediately switch to another state. Do you understand what I mean? Just like this person, as I just said, just killed a person a second ago. You ask me if this person is a good person or a bad person.

I just wanted to say that when he was a bad person, because he killed a person and the moment he put down the knife, he had realized what true love was and he became a saint. How can you ask me to say whether to call him a sinner or a saint? So, like I just said, every moment of yours, you can become the kind of state that is connected to love, that is, to let go of your material mind. If you are basically in such a state, then your whole person is unobstructed without any blockage, do you understand? But material experiences are also very important for you. You don't need to just pursue reaching that state because when you are pursuing it, you are missing your current lesson. So some pain, experiencing some psychological entanglement or confusion, or anger, is also very good because only your material mind will blindly pursue something that makes you feel good, do you understand? So, when I tell you that that state is the best and if you blindly pursue it, you enter it again, do you understand what I mean?

**Questioner:** I want to ask about my preparation of materials for changing the residence card.

**Higher Spirit:** You mean the information of your materials. What do you want to give you? The information I'm going to give you is that no matter what happens, no matter what environment you are in, you can enjoy it.

You can enjoy your life completely without being limited to specifying that something has to happen this way, or that it has to happen this way for you to enjoy life. Do you understand?

# 2021/08/24 - Marriage and Gender Relations

**Higher Spirit:** You ask.

**Questioner:** In a marital relationship or a gender relationship, if the other party doesn't satisfy oneself, oneself will feel unhappy or dislike the other party. So I want to ask, why do we all want the other party to operate according to our own mode in the relationship?

**Higher Spirit:** I'll repeat your question. You want to know that in marriage or in other relationships, if the other party doesn't operate in the way you want, then you will have emotions. Regarding this, this is a very big obstacle and lesson for you people in the material world. And this is what you call 'e', and then you also have 'attachment' and'me'. Why do many of our psychic messages say that the last time we had a psychic session, we said that you have to let go of yours, that is, when you meet someone, you let go of any memory, any idea, any concept you have of him. Any information stored, you have to let go because only in this way can you truly, not just meet the true counterpart but also help him meet the true him because he might not even have met the true him himself.

When you are immersed in your own set, you, your memory, your concepts, your ideas, everything you have within, that is an obstacle for you to know him and an obstacle for you to know yourself. This is a very big obstacle, whether in your self-awareness or in your relationship, it is a very big obstacle. So through this, it can allow you to have a deeper understanding or realization of exactly how much the definitions, insights, ideas, memories, and thoughts in your material mind, when you are moving, when you are exercising, when you are operating, when you are analyzing, how much influence they have on you. When it is generating activities... I'll tell you how your psychic abilities occur now. Psychic abilities occur when she, now, has no personal memories, personal insights, personal thoughts, or thinking in her mind. She shuts those off. Now this voice comes out. This is what you call wisdom, and this is what you call inspiration or a connection, a connection to your higher self.

You can call it whatever. If you think that when you are communicating with the spirits now and her thoughts and concepts are still active, then this information can't come in for you. So, it's not that this information requires you to learn, to search for, to recite or to memorize. Just like a well, it's not that you have to guide water to it or find water for it. Instead, it's about removing the blocked parts, and then the water will come out. So it's inherently connected. Just think about it. Each of you is like a well, and all the wells are linked to the source. Then you just need to remove the blocked parts and make it unobstructed, and then you can obtain it. So when you have these conscious activities of the material mind existing, it's not only for you, that is, an understanding or wisdom or something in life. It will also have a certain impact on your relationships and other aspects. But these impacts are all good. Why? You can start from any point. For example, your problem, its symptoms are manifested through your marital relationship. Well, then you can start from the marital relationship and then step by step, it's like, following the vine to find the melon.

Do you understand what I mean? Then you have discovered wisdom and you have grown. There is a saying that troubles give birth to wisdom, that is, troubles are Bodhi, and such like.

That is to say, anything that causes you troubles, you can follow it and then step by step find the source, link to the source. And this is the meaning of your life. That is to say, through these difficulties, troubles, pains, and setbacks manifested by yourself in life, then you explore yourself and find a way out. So we come back to your previous question. You ask it again.

**Questioner:** Why in a relationship, if the other party doesn't satisfy oneself, oneself will be unhappy or dislike the other party? Why in a relationship do we all want the other party to operate according to our own pattern?

**Higher Spirit:** Yes, that is what you call the 'ego'. Because even if it's not the other party, even if you just call the 'other party' as 'fate'. If fate doesn't operate according to what's in your mind, for example, you want to get promoted and get rich, you want to become a beautiful woman or a handsome man, you want to have a certain amount of wealth, or any other thing. If fate doesn't operate according to the pattern you want, then you start to detest life or think that life is meaningless, and there will be a lot.

Then even in terms of relationships, it's the same. That's because you still think you are yourself. That is to say, you identify yourself with your physical body, your material mind. You overly agree with your material mind. But for this girl, it's her issue. Then I want to say actually she doesn't. She just looks at the emotions of her body, but she doesn't get trapped in it because she has, as if there is a bystander. She observes the emotions that arise within herself. She doesn't try to control or change or figure out how to change the other party. Because if you were still stubborn and unenlightened, you wouldn't have this communication. Understand? Because they would have quarrels instead of communicating with me here, communicating with you. That indicates that she has already realized that the emotions brought out are from her material mind, not the other party. Before, in our psychic message, it was said that it's not to make your life always happy and without troubles. But rather when you have troubles or are in the fog, you know how to get out, understand? When you know how to get out, you are not trapped at all. You are free. So, from the current perspective of self-awareness, to that extent, she is no longer an insider. Because when you are an insider, it's impossible for such problems to arise. You would think it's encountering the wrong person, or 'Oh, this person's habits', or you still think maybe changing someone would be fine, or maybe a quarrel would be fine, and still want to change the situation externally.

But this communication of yours is looking inward. When you have this awareness, actually you have come out, do you understand? So you are already in a very清醒 state, not like someone in a dream. Because a person who is really in a dream doesn't know that they are dreaming. If you come now and tell 'How is my dream, how is it', that means you already know that you are dreaming. Also, actually you already know the answer. You just ask how, when the other party doesn't meet what I want, how, when you have dissatisfaction, how to let go. You say how to let go of what?

**Questioner:** How to let go of control or expectations, and then how can we get along better and more harmoniously when there are different needs between the other party and me in the relationship?

**Higher Spirit:** Control and expectations.

Your control and expectations operate unconsciously. Understand? For instance, whether you hit, scold, or have any quarrels, you are still in control. How can you let go of it when you are in control? Can you understand that if you already know this, this is not for the other party, but for yourself, that is, if you can understand the emotions you have generated, you have actually let go. Understand? You don't need to. That is, if you can realize that this is generated by you, you have already come out. You have already come out because for the subsequent emotions, only those who don't understand will continue to be in the generated emotions. They will continue to be in this emotion and want to forcefully change or change the other party, that is, to change. If you already understand, you have already let go.

Just like when you are in the dark, when the light has come in, the darkness no longer exists. And you don't need to say how I drive away the darkness. You keep asking.

**Questioner:** In a marital relationship between us both, for example, he wants to play games and I want him to have dinner with me. When there is mutual disagreement or disharmony like this, how can we get along better and more harmoniously? Can this question be stated separately or has it already been summarized earlier?

**Higher Spirit:** The first thing you need to understand is this: There's nobody out there. The only one you need to get along with harmoniously is yourself. It's yourself. It's the relationship between you and yourself, and your material mind. Think about it. If your material mind doesn't generate that kind of thought like, why doesn't he accompany me? Why is he like this? Why is it like that? If it doesn't generate such thoughts, concepts, or emotions at all, do you understand what I mean? If it doesn't generate anything, then would there be subsequent feelings of dissatisfaction like, why doesn't he accompany me? These wouldn't arise. So, the only one you need to get along with harmoniously is you and your body, that is, your material mind and its operating mode, not the other person. Because your material mind will generate based on some activities and consciousness of the other person.

Just like, okay, the other person is moving, he's not looking at me, he's by himself... Then you start to have judgmental voices, you start to look for, he's always playing games. Look, he played yesterday, he's playing today, he plays every day. Then you start to remember and start to be active.

Those previous resentments in your heart start to surface. Do you understand what I mean? If you observe your mind consciousness, that is, how it operates.

If you go, be meticulous, detailed, and be very sensitive to capture any mental activity of yours, any thought you have, any voice you produce. Observe it, and you will find that your mind has been judging, defining, and chattering non-stop. As we told you before, don't define anyone, don't define yourself, and don't define anything because everything, everything is constantly changing. Because when you define, in fact, you are strengthening it. That is, you are still continuing to project it. That is, you are creating it. For example, when you yourself say: "He is always playing games," it's in your own mind. It's the voice in your own mind. Then, this of yours will keep projecting the same state all the time. Because we have been communicating with you psychically and imparting a concept to you, that is, any of your states of tranquility, your emotions, and anything of yours, it's not because of how external substances are or how you are. Do you understand what I mean? It's not that you truly have a perfect partner because there will never be a perfect partner because even you yourself (aren't perfect), do you understand? So there will never be one that is completely perfect. Let's just say, even if we give you a robot, designed in any mode you want.

After you set it up, one day you will die in the mode you set yourself. Do you understand what I mean? You will find that many modes you won't like anymore. Only then will you discover that these modes are the ones that kill you. The ones you hate are also these modes. The ones you don't like are also these modes. So you don't need to get along harmoniously with anyone. The only one you need to get along harmoniously with is your material mind. Make it not play what you don't like. Make it not give some negative definitions anymore. Because how you define something, then you will react and experience accordingly. So all of this, everything that happens, everything external, because everything external is neutral, give it all positive definitions.

**Questioner:** I'm still getting along with that boy. He came back to me and I think he seems to like me more and more. And I have a dependent emotion towards him. But I know we can't be together in the end. I want to know what I should do to make this relationship happy and when it ends finally, neither of us will be hurt.

Because sometimes I feel like I might be deceiving him. But if he's not around, I would indeed be sad. So could you give me some guidance on this aspect?

**High Spirit:** You all, first of all, you need to know exactly what it is about this relationship that you can't do without. What exactly is it that this relationship brings to you? Is it the kind that makes you feel that your sense of existence is because when you leave the relationship, you won't know your existence? So are you trying to feel through this relationship that you are being cared for, or being protected, or being important, or being loved, or do you think you are very lonely, very lonesome, and need a companion, or someone to talk to? If you are only using this relationship to satisfy some of your needs, then you must, just like I just said, you must have a very sensitive, that is, acute sense to observe these emotions and feelings that you generate yourself. And then you figure out yourself bit by bit. Because knowing yourself is a process. It's not one or two days, nor through one or two events. You need to spend your whole life, your entire lifetime to know yourself.

So these emotions of this matter, because you don't need to, currently don't need to define anything for yourself, define anything for your relationship. You just observe the emotions that you generate in this relationship with him. OK, You have a sentence: I can't do without him. If you can't either, then keep asking yourself, what exactly you can't do without him? Can't do without the greetings he gives you every day? Can't do without having someone to accompany you to pass your boring time every day? Step by step, ask yourself what exactly you can't do without. So in this way, you can gradually come to know yourself and discover that you are so afraid of being alone. You are so convinced that you are unimportant because you need others to confirm your importance. You are so scared of facing yourself. Your life is so boring. You can, step by step, step by step. All relationships are like mirrors. All relationships are like mirrors. They exist to allow you to see yourself clearly. This is the purpose of a relationship, to help you know yourself, and you are also helping the other person know themselves. Why are you both very happy and blissful when you are in love? Why? Because in this relationship, you think you are so perfect, so beautiful, so important, so unique. Because you enjoy this feeling of being unique, this special feeling, the feeling of being valued, the feeling of being noticed, the feeling of being praised, the feeling of being needed.

It fulfills all these for you. So all the relationships can bring you to a state of self-awareness, self-recognition, self-detection, and also to an exploration and recognition of life. Because you will generate many emotions through relationships, and these emotions are like that. Just as I said earlier, following the vine to touch the melon, that melon is your gift. Do you have any more questions about this?

**Questioner:** I'm done with this question. I have another question. That guiding spirit who asked me to achieve a connection with him through writing, does he have anything he wants to say to me? Does he have any information he wants to bring to me?

**Higher Spirit:** You want to ask if the being who asked you to connect through writing before has anything he wants to bring to you. His message is that you are now like collecting data and looking for materials. Then, all the emotions and feelings, whether negative or positive, that come to you in your life, all of these will be, and will be your precious data and materials in the future. It's like you want to make an artwork or build a palace or a house. So now you are constantly walking on the small path, picking up this, picking up a stone, picking up a tree.

You keep picking these up and you can all utilize them to decorate your house. So, there's a saying that art comes from life. So in life, don't think that you are either idling away your time, or wasting it, or neglecting it. What you need to do is to let yourself go completely, to let go, without having any definitions in your mind.

'Oh, it seems that this thing is not the same as I imagined, or it's not the path I really want to take. Because you don't know what path you want to take, so you just need to let go and experience. If you think getting yourself completely drunk can allow you to experience thorough pain and thorough love, then do it. Everything is an experience, and you can take all these experiences and use them like cooking, apply them in your works and experience to your heart's content. The purpose of your coming to the material world is to experience to your heart's content. Why? Because you have a body that enables you to experience thoroughly. You will feel pain, you will have all kinds of feelings, warm feelings, sad, sorrowful, and lonely feelings, these profound experiences.

**High Spirit:** Then there's another piece of information I want to bring to this psychic girl. You only need to create happiness in life, just like playing a game.

When you make your life, just like playing a game, your husband won't be so immersed in games because he's already playing games in life. So use your imagination and creativity to make your life more meaningful, more relaxing, and more like a game full of excitement, full of the need to win, and full of competitiveness. Just now you have a child in your life, and children especially like playing games. So don't be old-fashioned. Use your imagination. Because when your life is full of games, full of competitiveness, and full of happy emotions, it's also helpful for you yourself, that is, you don't have to be so, how to say, rigid or traditional, or regular. You've recently experienced that someone came to your house and messed up your home, do you understand? Even though it was a thief who stole your things and messed everything up, do you understand what I mean? When he was breaking all these rules, actually he was leading you to a safer path. So don't be afraid to disrupt everything. Just like today your child messed up your books and you were very angry and hit him. Then you seemed to have a feeling of being afraid to disrupt things. Think about it. If you and your child together, use the messed-up books to stack them into a house.

Let him be happy during this process, and then you won't be so nervous. You have to learn to create from among that pile of messed-up things after being disrupted. Because all this disruption is not really a disruption, but rather it is leading to a more creative, more productive, and more meaningful path. So the superficial disruption won't destroy anything. You only need to worry about the external disruption that might destroy because the real order and the real law are held within you, not relying or depending on the outside. Do you understand what I mean? The same goes for your marital relationship. It's not that you have to sit and eat together every day, chat about some topics, and then seem so perfect. Do you understand what I mean? Your relationship seems so perfect and so orderly, but in reality, you are just following a dead procedure, not something alive. What you need is something alive, because love is always alive.

Love is not dead. It's not like those believers in the church. If you follow these rules, you are a noble person, you are a messenger of God or something. Alive, alive. Don't care about how it is presented or manifested externally. So don't be afraid to disrupt, don't be afraid to be destroyed.

Create happiness in every present moment, enjoy life without being confined to anything.

# 2021/08/30 - About Exorcism

**High Spirit:** You can ask. What's the question?

**Questioner:** This girl wants to know why she has such a strong feeling about this ancient Bible she bought today.

**High Spirit:** I'm linking to her now to find out why she has such a strong feeling about the book in her hand. I'm searching for information. Now I need to put her in a stable linking state. This process is like when you're tuning a radio. She will slowly stabilize the signal and keep the frequency in a linked state, and then all the information will come in. She wants to know why she has such a strong feeling about this book. Why? Because she has a very strong feeling for many things that have a history, just like what you call antiques. Because these items store a large amount of energy. For example, an ancient house or an ancient, that is, an ancient tree that stores a large amount of (energy), or like this book she mentioned. Because these items are like an ancient person, like a person several hundred years old. Just think, any of you would be interested in a person several hundred years old.

Why? Because it stores a lot and a lot of information, and stores a lot and a lot of energy. During the process of the release of those energies, there is unlimited information. So it's not because it's a Bible.

The Bible doesn't have a special meaning. Even if it's some other book, if it has such energy... So what attracts her is that energy, not that it's a Bible or something. If it becomes some other item, she will also be equally interested because this energy will bring her in, just like a door. Imagine that there is a room with a door. Behind that door are all kinds of things. You just want to go in and explore. So this item is also like opening a door for her to go in and explore. So even if a person who is one or two hundred years old sits in front of her, she will also be very interested in him for this reason. Do you have any other questions?

**Questioner:** I would like to ask if there is any information that this book wants to convey to her

**High Spirit:** Whether there is any information that this book wants to convey to her. I just said that this book is like opening a door for you, and then there are all kinds of... inside that door, and then you can explore.

This information is like there are countless contents in this book. The countless contents are like a treasure, like a box, with all kinds of things inside for you to explore. You can even open any page, any chapter, and you can extract information from it. These are like mirrors. It's not like, for example, the same information, when this girl reads it, when her husband reads it, and when her friend reads it, they get completely different things. So the important thing is not the information itself, but that you extract it, you read it, you understand it, and what you get from it. So it will be different for different people. You will get different things. You say

**Questioner:** Is it true to exorcise demons with the Bible?

**High Spirit:** You mean you saw this kind of exorcism with a book on TV. That is, this book can bring him that kind of power. Only if you don't have this faith, that is, you don't believe in the Bible, you don't have this concept, you don't have this belief, you don't have this faith, and you don't firmly believe that the Bible has powerful energy and you don't know that the Bible has energy, then it has no effect, understand? So only if you firmly believe, OK, your this book has powerful energy, and you want to use this energy to drive away the demons of the other party.

But actually, what truly drives away the demons is your intention. It's that you firmly believe this thing will happen, and then it creates this result of being driven out in your world. Also, the other party joins your reality. He also joins you. Why? He sees you acting so vividly. Understand what I mean?

He also enters your illusion and he believes it. Then the two of you successfully and jointly create a result. That is to say, only if you believe, you believe one hundred percent and then he joins you. Then you

can succeed in driving away the demons. If any, that is, if you don't believe the book has this energy, and you also don't believe that you can successfully drive away the demons, or if he doesn't believe you, none of this will hold. Because, for example, some people, they don't believe the first time. The second and third time, he sees you being so vivid, and he also believes it. So, it's created like this, not that the book truly has any, like this book seems like a tool. It depends on whose hands it's in. In someone else's hands, it might be nothing. But in your hands, it turns into a magical miracle. Then there are some people, for example, they have no interest in energy at all. When they see such a shabby book like this, they think it's garbage.

**Questioner:** I want to ask about that thing of using writing to connect with his guiding spirit because I haven't successfully connected with it yet. So I want to ask what else I need to do better or improve?

**High Spirit:** First of all, you need to be clear about what you want to do. You can start by using your imagination. You can begin as if I just said that in the process of exorcism, you must deceive yourself, that is, you yourself are completely immersed in it. So if you really want to do it through writing, look at yourself. If you are genuine, rather than saying that you think you got some information before and did what they told you to do, but rather say that you really want to create a work, want to express, and then immerse yourself in it. Just try, as if you are looking for something. You may have no clue at the beginning. Slowly and gradually, you find a little clue. Slowly and gradually, there are more and more clues. Slowly and gradually, it's all the thing you are looking for. Isn't it the same in your material world to make money? At the beginning, you may not know how to make money, then start to taste a little sweetness, and then more and more, more and more, like a snowball.

This is you. Everything in the material world experience is yours. It's what you believe, and then your beliefs create, and then multiply... The more you believe that you can earn money easily, then the money comes more easily. You say

**Questioner:** May I ask that I have been particularly interested in the channeling messages of a psychic medium in the United States, Abraham Hicks, recently. Her messages can help me better understand our psychic channeling. I want to know why I like her information so much. Is there any special significance?

**Higher Spirit:** Because you yourself are also a disseminator. You yourself are also a disseminator. It's like you found your kindred spirit. So, you will be interested in those who are the same as you or of the same kind. Just like some people who are extremely fond of magic, they will be interested in all magicians. Some people are particularly fond of singing, and they will also be interested in those... Some like painting. You like to have connections with those in other dimensions that you cannot see, and you are also entering this door. You are also walking in this direction. Just like I said at the beginning, you had a clue at the beginning and were searching, and gradually, more and more. So you will be concerned about and pay attention to a series of people of this type.

**Higher Spirit:** Then this girl also wants to know some information about the owner who once had this book.

This owner was once a very kind, very kind old man. When he got this book, he was already in his old age. And when he got this book, it was not new. It had passed through many people's hands before landing in his. This kind old man had a very quiet personality. And he had many, many people that he loved silently in his heart because his personality was not the kind that was vigorous, passionate, or intense. Because his personality was rather introverted, quiet, and shy. Just like the water in a small stream, not the water in a big river, that kind of feeling. So his energy was very peaceful, very peaceful. And he often opened the book in the dead of night, flipping through a page.

This book could bring him to a deeper state. So he would often flip through this book. And the message he wanted to bring to this lady was that I hope the tranquility, the peacefulness, the harmony, that kind of feeling that this book brings to me can also bring to you.

Then it's about wanting her to know that all of you, all of you are connected. Even though it seems like we are a century apart, but in reality, we are all as if there is a line linking us together. So he said he could still be like an elder and tell stories in front of you, in front of her. Although for her, she is interested in all ancient things. So for her, this old man is very old, and he can also tell her stories. As long as you, that is to say, are interested and you still have the opportunity to truly, as if communicating face-to-face with him, to feel his energy, to feel his life story, to feel his joys and sorrows. Because he was particularly lonely in his later years before and no one could confide in, nor had any listeners, nor anyone to listen to his sharing. But he is very willing to share with you his perception of life if you are willing to listen. Because his character is the kind that is not forceful. If you don't like it, then he won't do it. Only when you especially hope and want, then he will join.

Do you have any questions?

**Questioner:** May I ask if there is anything else that my Higher Self, my guiding spirit or any other beings want to bring me the message?

**Higher Spirit:** The special message for you is hoping that you can have more such exchanges.

Because such communication not only nourishes you but also seems to nourish more and more. For example, you two are a well. You allow the water to gush out from this well. After that, you yourselves are a living well instead of a dry well, right? Then those thirsty people will come to you to get water, and there will be more and more people coming to get water. So, I hope you maintain this well in this way so that it will not dry up. This is the message for you because there are many thirsty people. They hope... They have been looking for a water source, but they just haven't found it yet. And you are like light. If you don't go out, then they will eventually find you. So you need to constantly emit your light for those in the dark so that they can find the bright spots.

# 2021/09/05 - What is the right partner

**Higher Spirit:** You speak. Your question

**Higher Spirit:** You clearly want to be nice to others... Because people in your material world are all using their minds to judge, that is, to evaluate, to judge, to calculate, to measure all your things. When you are using your mind... So you will use your mind constantly, as if you are forcing yourself to do something.

Just think about this for a moment. Imagine you are your child and you have found an extremely good partner for him/her. You are particularly satisfied with this partner and you want to force him/her to maintain this relationship well. Do you understand? You say this relationship can take care of you, can make you happy for a lifetime, can ensure you have no worries about food and clothing, can relieve you of concerns, and can do all these for you. He/She has told you a lot, a lot. That is to say, your mind has affirmed that this relationship will bring you benefits... It has affirmed that it will bring you benefits and then, what is your mind for? Your minds are used to evaluate everything and seize everything that is beneficial to you. You will only make choices that are beneficial to you. For example, when there is a moldy apple and a good apple, you will definitely pick the good one, right? Because this is the mode your minds operate in. You will seize everything that is beneficial to you. So this is why the conflict you have now is the conflict in your mind.

Also, your physical body, your mind has no idea at all why you have come to this world. That is to say, your soul has chosen this body but your mind doesn't know what the theme of the experience is. Do you understand?

You don't know. That is to say, you think your parents introduce a good one to you and let you handle this relationship well because they think you will be like this and that. This is analyzed by their minds, but they don't know what you want to experience when you come to this world and what your soul theme is. This is the conflict.

**Higher Spirit:** What is your soul theme? You can keep asking. You can keep asking questions.

**Higher Spirit:** Okay, then listen to me. So in your current situation like this, how should you do? This is a very good opportunity for you to know yourself, know yourself, know your mind, the material mind and some definitions and concepts of this society about marriage. Do you understand? Marriage, it's like a fixed thing added to an unfixed state. For example, in your material society, they say that in marriage, you must be loyal to one relationship and you can only have one relationship. It's like you can only have a connection with one person. Then you lose connection with everything else. This itself is suppressing you because each of you is originally connected with everything, not only with people, but also with animals or plants, with everything that exists.

So it's like cutting off all your other connections and making you only link with your partner. Do you understand? This is your society, it's a... designated one for the stability of society. So you can explore the truth of life and deeper things through some emotions and feelings you generate yourself. Because every step you take, some progress of yourself, you are driving the entire human race, changing their cognition and concepts, and driving the progress of the entire human race. Then how to deal with it is that you think in marriage, that is, to cut off all other relationships. So how do you still want to say, that is, how can it be a truly, this marriage is truly beneficial to the other party and also beneficial to you? How can you maintain such a relationship? That is to say, you both allow each other to be your true selves. When you don't allow yourself to be your true self, you won't allow her to be her true self. When you don't allow her to be her true self, you won't allow yourself to be your true self. You are both using something like shackles, wanting to control and restrict each other in the name of your so-called love. But no matter how you restrict, you can't restrict anything.

**Higher Spirit:** You can't limit yourself. Right now, have you noticed that you are trying to limit yourself? Why? Because you think it's the right choice. You want to limit yourself to make this right choice. But then? What's the result? The result is that you hurt the other person, and you yourself are also in pain. You still don't know what to do. So if you can't even limit yourself, why do you want to limit others? This is just mutually destructive, right? But in your material world, there is marriage. So how can you, in such a situation, that is to say, when the other person is being their free selves and you are also being your free self, does that mean that each of you can't have a stable relationship? That requires your society to redefine relationships. Because in your material world, you have the concept of time. Time is like saying that for your entire life, you want to add something like a guarantee or security to your entire life. What you need to realize is that you actually don't have a lifetime. You only have the present moment, only this moment. Why? You see in the current world, this epidemic, this plague, how many natural disasters and man-made calamities.

In the future, there won't be much more. So you basically have no future. You only have the present.

You only have the present to be honest with yourself and be honest with others. Because when you choose to be honest and be yourself, the other person will also be honest and be herself. So in fact, not only you, not only you, basically people in this society all have this need to redefine relationships and need to re-recognize. Because when your mind lets go, that is, you let go of your definition, it means that in this life, you don't need any guarantee. You are always safe. Do you understand? You don't need any guarantee from the relationship either.

**High Spirit:** You need to let go of the mind that you need a guarantee. Then the mind won't pursue that guarantee, like an umbrella. The mind won't pursue it.

**High Spirit:** Let go of a definition of how you think your life should be. Because you don't know. Because your material mind, your brain is only set up for you (unclear) you, that is, the you in front of you to experience. You focus on the present instead of setting up for the future to define your life. You can never define your life. So through these troubles that arise within you, you can understand what life is, what the soul is, what true happiness, true freedom, and true (unclear) are.

All of you, everyone is connected to the All That Is, to everything. Not just all kinds of humans, but also those you can't see. For example, right now we are connecting. Imagine if you want to cut off the connection with me, the relationship with me, or you want to cut off the connection with the Earth, with the land, with the plants, all these connections. It's impossible. Everything in your world, everything is a whole. So don't think that marriage is to cut you off from everything else, cut off the connection and then lock you in a small room to live with only one person for a lifetime. This is not the meaning of the soul coming to this Earth. Then the person in your marriage, she can be with you to... You help her be her true self, her free self. She helps you be your true self. And then you trust each other. Why? Because when you trust each other, that is, you give one hundred percent trust, your relationship will go on forever, it will really go on. If you are always on guard, always protecting, or always controlling, that is disbelief. If you don't believe in your relationship, even if there is no such superficial damage, such as divorce or separation, but in fact it is damaged, do you understand?

Actually, why is there inner destruction? Because both of you are broken and it not only cuts off all your connections and links with the outside world, but also severs all the links between you and her, like it's a lose-lose situation.

# 2021/09/22 - Trust and Letting Go

**Higher Spirit:** You speak. What's the problem?

**Questioner:** Hello, my first question. During this period of time, does my Higher Self and guiding spirit have any important messages for me?

**Higher Spirit:** Does your Higher Self and your guiding spirit have any important messages for you? What's your name?

**Questioner:** My name is XXX.

**Higher Spirit:** XXX. I'll link now. She'll link now. Then there are some messages that want to convey to you. Then these messages say that they can feel every breakthrough of yours. Every step you take, you are gradually releasing the energy that doesn't belong to you. And your transformation is very big. And they are all cheering for you as if. And you are a very, very diligent, hardworking and studious person. And your these spirits make them feel particularly, that is, it's a kind of praise for you, making them think you are great. And also, you have now entered a kind of state where you are increasingly discovering the mode of the universe's operation, that is, synchronicity.

And then there's this, with that wave. It's like you're on the wave, and that wave takes you to where you need to go. And the more you let go, the more you allow, that is, the less you force it and the less you interfere redundantly, the more surprises you'll discover. Understand? That is to say, there will be more and more surprises constantly in your life. And only when you don't trust or want to force, like saying, "Faster, faster", that is, if you lose your patience, if you're impatient or distrustful, then you start to, that is, you feel some hindrances and you'll feel like it's difficult, like it's slow. The more you want to be fast, the slower it gets. So the more you are in a relaxed and "go with the flow" state, that is, in such a state, you are actually fast. And then you'll find that life is full of surprises and abundance, as well as beauty everywhere. And you'll experience this more and more. Because no matter how much we talk, for you, it's not enough. You can only understand the concept of it. But you really need to understand its operating mode by experiencing it in the material world. So you'll still experience these two modes. And when you're really freaking out, please remember that you're just experiencing the other side.

It's like there's A and there's B, there's the bitter and there's the sweet. When you experience the bitter, it actually makes you realize that you can choose the sweet. It's not really bitter, do you understand? So you will come and go in this pattern until your energy stabilizes, that is, until you have, OK, mastered this way. That is, I don't need to keep trying because I already know which side is bitter and which side is sweet, and I can choose at any time. And you don't resist the bitter either, do you understand? You don't belittle, or resist, or dislike, or attack any kind of it, that is, to emphasize it because you know they are there and you have your right to choose at any time. Alright, do you have any other questions?

**Questioner:** The next question is how do we explain to others that we are all one? How can we explain it so that others can understand it better?

**Higher Spirit:** You don't need to make any explanations because no matter how you explain it, with their comprehension ability, with your comprehension ability, you all can't understand. You just need to become. That is, when you treat, that is, in your eyes, when you treat every person, every thing, every life, every being, every existence, when you are with them, you are one with them, do you understand?

You are one with them. You become them. You blend in with them. There is no separation, no opposition. There's no such thing as "I'm like this" or "You're like that". You are together with them. You can understand their experiences, you can understand their thinking patterns, you can understand everything, some of their behaviors. Do you understand what I mean? So when you are with them, when you are in that state, then you are telling, showing them what oneness is. You are showing it to the world, to other people. So no matter how many times you say it, because you can only understand with your material minds. What your material minds can understand are all things you already know. Do you understand? So how do you understand those unknowns? It's like there is no such program in your mind. For example, I want to print a certain kind of text now, but there is no such program for this text in your computer. How can it show up? So, you only need to show it. You become like that. But you don't need to force yourself to become something false. It's like what you call pretending to be a gentleman. You pretend to be very gentlemanly, but inside you are full of disdain for them. So this is a process for you to gradually understand, comprehend and perceive.

You don't need to reach it immediately as if there is no end point, no end point, no completed mode. Based on your current state, it's enough for you to be the real you and show the real you.

Then you know that you will always understand what oneness is because you have to experience the state of separation, the state of being apart, the state of being divided first, right? After you experience this first, you will experience the state of unity and you will know that unity makes me truly feel a kind of harmonious feeling in my heart. Because whenever you make any behavior or action, you will have feelings. Your body, your soul, and all these will have feelings. Then these feelings will, as if to tell you that this is right. Each of you will know, ok, this is right. No matter how many things you have done that were forced, you will always know that this is right. You just need to experience it by yourself. Because no matter how many times we tell you, only the state of unity is the one that can truly make you feel a state of unity, that is...

**Questioner:** I understand. May I ask another question?

Higher Spirit: You said

**Questioner:** Before, you kept telling me about trust and letting go. I don't quite understand about letting go. Can you explain again what 'letting go' means?

**Higher Spirit:** You, as you just said, you will experience two kinds. One is A, and the other is B. One is bitter, and the other is sweet. So in your life, you will go through situations where you want to urge, that is, force, want to exert effort and strive hard to make something happen. And then the moment you truly let go, it happens. So, you will have these two experiences to make you feel one is using all your strength, and the other is going with the flow. So you will experience these two kinds. Because when your body and your consciousness are familiar with this pattern, it will automatically choose a state that is effective for you, or one that you yourself prefer to operate.

**Questioner:** I have another question. Yesterday, the boy I contacted told me that anyway, he had figured it out. That is, we are not suitable and there will be no result. At that time, actually, I knew in my heart that what he said was right. But I was in a state of losing control, and then desperately wanted to restore the relationship. And finally, I did restore it.

Then from yesterday afternoon up to this morning, I felt that there was still a kind of energy. I still felt angry and even felt a sense of hatred. Although I didn't express this feeling, although I knew this emotion wasn't me, I wanted to know why I had such a big reaction.

**High Spirit:** Because this is what you yourself chose to experience. Just like what I said just now, you will choose to experience one of trying hard, using all your strength, making efforts, that is, trying hard to control or force something to become the way you want. Then you will also experience another kind that is completely opposite to this mode. These are your two extremes that you will experience yourself. For example, in the event you just mentioned, you are experiencing the feeling that you used all your strength to urge something to bring to you. This is a process for you to experience.

**Questioner:** I want to ask if there is any information you want to give me about my next job.

**High Spirit:** What information about your next job do you want to give you? You yourself are like a communication job. For you all, this is about spirituality, that is, a perception of life, an understanding of the universe, and for individuals, that is, on these levels of body, mind and spirit. You personally are more inclined towards this aspect, that is, within you.

You want to turn your hobbies, the things you like and the things you are passionate about into a state like work. So even if you have experienced some jobs that are not closely related to these, in the end you will still return to these aspects to spread because you are a disseminator. So, you will still choose to become a disseminator as a career. But you don't need to choose it immediately in an instant because before that, you still have a lot to experience. Because you yourself came to this material world to experience.

Even if you experience a kind of out-of-control situation, it's also an experience. Just said that you should not reject it because you might think that this doesn't seem like me. I have learned so much knowledge. Why am I still so out of control? You should know that no matter what, it's just an experience. So don't reject this feeling and this experience because it's very precious to you. If you reject it, you will lose a tool that can be used in your toolbox. It's like there is a magic trick, a material, a source material, and you discard it. Because when you are painting, you can't just need white, understand? You also need black, understand?

Anything that forces you to be rational, or not to lose control, or just to experience the good, just to be in a positive state, all of this is false. All of this is pretended because it's not the real you. The real you allows all energy to flow through you.

Only when you resist this energy will you experience pain, or struggle, or a feeling of being tortured. If you still allow it to flow through you without giving it any evaluation, or judgment, or speculation, or definition, it won't have any impact on you. Keep going.

**Questioner:** Can I ask what the soul mission of this boy I'm currently in contact with is? Because I always want to help him, but I feel like I can't really help him much.

**High Spirit:** He is just a mirror. He is just a mirror for you to see your current state, a mental state, a state of consciousness. Because truly, no one here needs your help. It's only the continuous, continuous cognition, continuous change of your consciousness, continuously making yourself lighter. Do you understand? Because when you are in a heavy state, imagine that your own wings are very heavy and can't fly. How can you help others?

Only you yourself are happy and joyful, just flying freely, and then let them see, ah, I also have wings, I can also fly. He can fly by himself and then you all enjoy life. Your manifestation allows others to see the possibility of life, the infinity of life, and the beauty of life, which is the best help to other beings.

**Questioner:** I want to know why there are beings who choose to go to such extreme places as Afghanistan, the Taliban. What do they want to experience in the material world by going to such places?

**High Spirit:** Do you think only such places are called extreme? The external material is not the true extremity. Even some of you who live in a so-called best country, the richest place, or exist in the richest family, no matter what, but internally they are experiencing extreme pain and extreme torment. Do you understand? So the external experiences and experiences you have are not important. What is important is your internal state. What is important is what state you are in internally. And then why are there places full of wars like the ones you mentioned? Because in fact, you yourselves, you humans, let alone a team, an organization, or a country. You yourself, this individual, you internally are full of wars, are full of divisions, and are in a state of war, do you understand?

You say that several of you can truly enjoy life easily. But which one of you isn't whipping yourself with a whip, to make money, to strive, to do all kinds of things, to lose weight? No matter what you want to do, do you understand? None of you have fully allowed yourself to naturally be. You are all pushing, you are all imposing. The so-called war isn't it that originally they could live their days easily and well, but you insist on interfering? Do you want to, for example, obtain oil from them through war? Are you pushing yourself to earn more money? Do you understand? To generate more value. Isn't this also a similar behavior? So for all that happens externally to you humans, whether it's beautiful, tragic, sorrowful, painful, everything is a manifestation of your internal state of consciousness, presented through events. No matter how many tragic events occur externally, it's just presenting an internal state of yours. If this is simply external, for example, to prevent these events from happening, do you understand what I mean? That is to say, you don't pay attention to your level of consciousness, or your inner state. You only focus on the outside, that is, all the policies, laws, or anything of your countries. It's just like the painkillers or anesthetics you use. Any of these just cover up the problem.

That is to say, you see a fire over there, you put out the fire here, and then the fire comes out from another side. Do you understand? It will show up again in other forms. Why? Because you haven't found the source of the fire at all. You don't know what is causing the fire. You just keep putting out the fire here, and then it keeps emerging there. It's like you keep patching things up. It's a way to solve the surface problem by dismantling the east wall. What real methods can change you humans and bring you to a harmonious state instead of a state of war? First of all, what you have to let go of is not others but yourself. None of you is letting go of yourself.

**Questioner:** The last question is to know if there is any message you want to bring to this psychic girl or to everyone.

**Higher Spirit:** Today's messages are for all of you, and also for all of humanity. That is to say, when you truly, truly go through some negative experiences, why can you feel and experience so many negative experiences?It is the Creator who allows you to go through so many negative experiences. Because you have gone through negative experiences, you will then become positive experiences. That is, you will... So these experiences are of great significance and help to you all. So don't simply try to prevent the occurrence of some external events. Why? The occurrence of external events is like an alarm bell, or like a reminder to you, like a mirror, allowing you to see where your problems lie and what your state of consciousness is like.

Then through your seeing of some external states, and then you yourself have also experienced that is to say, through the law, through other means, through the means of violence against violence, it fundamentally cannot improve or something like that. Then you will choose other ways and methods. That is what you are currently exploring by yourselves, what you are exploring now is through the self, that is, you as a person, your individual, your self, the elevation of your consciousness, for you to show the true appearance of life. You live out that appearance and let more people be like you. It's like you light yourself up first, and then others will gradually, slowly light up.

# 2021/09/25 - Live in the present

**High Spirit:** You speak. What's the question?

**Questioner:** There is a girl. A few days ago, her child fell into the water and drowned. I want to know why this drowning event manifested.

**Higher Spirit:** Why did this drowning incident manifest? First of all, whatever you manifest, that is to say, the drowning incident was not necessary to happen. It's not that it was destined to happen, do you understand what I mean? But it depends on your current state. For example, at the moment, OK, your radio adjusted this frequency and you tuned into one channel, right? Because you have one, two, three, four, five, six, seven, eight, and nine at the same time. When you choose one channel, you choose to enter all the programs of that one channel, right? The programs of that one channel are different from those of channel two, three, four, five, and six. When your current frequency chooses to enter one channel, then events of that one channel will happen, do you understand? Then when that incident happened, the state at that time was that both of them were not in the real life and not in the material world. That is to say, she was not linked to what was in front of her (unclear), that is, she was not in the present.

If both of them are not in the present, do you understand what I mean? Just like when you are distracted. If you are distracted, will you trip or bump into something when you walk?

Such things can happen. If they are in a state of absent-mindedness at the moment, then wouldn't unexpected things occur? So, the occurrence of this event depends on their current frequency and the state they enter. Because each of you has a choice about which frequency to enter at every moment, do you understand? Therefore, this event is formed in this way. That is to say, how each event develops next, which material world you enter and what you experience are based on your current frequency and what you choose to enter. So, why did this event occur and why did it manifest? That's because the current consciousness frequency entered that state, and then such a thing happened. You continue to ask questions.

**Questioner:** Because of this matter, she is very self-blaming and therefore wants to know how to come out of this thing.

**Higher Spirit:** The self-blame she has, how can she come out of this thing? First of all, have you benefited from this thing? Because if you have benefited, you would know that it doesn't matter what happens externally. What's important is how external events support you. Then how to benefit from this event is that you are in the process now because you know that the events manifested in your material world are not predestined or something like that.

Rather, it's that each of your conscious states is constantly manifesting. Just that now you manifest very quickly. For instance, when you might not be in the right state, or when you are distracted, or something like that, suddenly you cut your hand while chopping vegetables, right? Suddenly you bump your foot while walking. These are all just that this time they experienced something relatively dangerous. That is to say, it was relatively dangerous for them.

But there's one piece of information I still want you to know, that is, you are always safe. Because this thing seems very dangerous in your material world, but in our view, you are all safe. Do you understand? Just like when you are playing a game and suddenly a rather thrilling thing happens, but we know that you are just playing a game. Because everything is for your growth. Because this incident will cause changes in both her husband's and her own consciousness. Do you understand? You keep asking.

**Questioner:** There's another question. How can this incident bring positive service to her? Hasn't this question already been answered by you?

**High Spirit:** One aspect of the positive service is that you now know that your consciousness is projecting into the material world every minute, every second, every present moment.

Right now, it will lock onto one. That is to say, your state will enter a kind of like a channel. Choose a channel and go in. Each channel experiences different events, right? So it's based on your current state, a state of consciousness and you, to enter. It's like you guys are constantly using your minds, that is, using your consciousness to choose the station, that is, TV station, TV program, channel. Then whatever you choose, you will experience. Do you understand? This will make you more deeply aware that, for example, if you choose and you don't like this person and you enter a channel, you will dislike him more and more, and be more picky about the things you don't like about him. But if you think that, say, I don't use my mind to define or analyze him at all. I just, what, just think that everything that comes into my life is wonderful. If you enter this state, you look at another side of him, and you will see him more and more and think that he is really like an angel. Do you understand? So, that's why we keep saying that your mind should not have any definitions. Don't define anyone or anything. Why? Because every second, every moment, every present, every instant, it is constantly changing. And in which aspect it changes depends on yourself in creating that experience. And this thing is that, because through this matter, first she felt the existence of God and then she told herself that God is not through, like our kind of connection, like our kind of contact, the current kind, that you can sense. But in your life... Just like for her, that woman who saved her son that day, at that moment, she was God beside her, do you understand? At that moment, God appeared beside her. So God is not a certain object, or a certain person, or a certain kind. He is any. He is any. He can be when you sit by the river and look at the clouds in the sky because it is purifying you, it is calming you down. It is also God. He can also be a bird you see, do you understand? They are so closely linked with you. That is, you yourselves are God. For example, you think you are now using your mind to operate. OK, you are a body. Then if you encounter dangerous things, you can't imagine what you will do. However, at that moment, you are God, do you understand? So, it's not telling you that the God in religious books like that is God. He is an object.

No, because all of you want to have a fixed partner, and we try to guide you, but it's up to you yourselves. (God) You keep asking.

**Questioner:** Finally, I want to ask again if there is any information to bring to her or to us?

**Higher Spirit:** The information for you is that, first of all, please rest assured. Because all the experiences of events, everything is for your consciousness to constantly, that is, to experience, to change, to grow, to be conscious, to expand your consciousness. So this event is a shock to you, but for us, it's a neutral event. That is, any event is to help you grow. As for how much you can gain from that event, it depends on yourself. So, this event, and all of you are under our care. Because we are all of you. That is to say, this time for her, she felt that she experienced an event like a miracle. Because from your material world's perspective, it was indeed a very dangerous thing. But at such an exact time, without getting hurt, and so quickly, this in itself is a miracle. The child wasn't harmed at all, just frightened. All of you were just frightened. None of you were harmed. So in your material world's view, this is a miracle.

Then your life itself is full of miracles. Not only such things are miracles. So just like last time we told you, miracles exist everywhere in life. And we are all one. Because through this event herself, she felt that for a life to survive in this material world, apart from the care from parents, everyone supports each other's lives. That is to say, even strangers, passers-by. So you, we, all are one. We are supporting you. We are supporting you in this way of transmitting messages. Whenever you have any problems, we will appear by your side. Then for things in the material world, for anything that happens, someone will appear by your side. So, the so-called God, your so-called God, is supporting you in different ways, entering your lives differently. Because we are one in essence. So don't treat the so-called God as an object to worship and let him protect you. Do you understand what I mean? Because you yourself are God. You all support each other. That is, you are also protecting them. You will too. It's the same. You all support each other as beings.

# 2021/10/02 - Consciousness is everywhere.

**High Spirit:** You speak. What questions do you want to ask?

**Questioner:** The first question is, some time ago, a girl's son fell into the water. Then, a mother and daughter happened to pass by and saved her child. She wants to ask that all of this happened so coincidentally. Her son fell into the water and was just seen by a little girl, who then told her mother. Is all of this a coincidence?

**Higher Spirit:** Coincidence. Only you have coincidences. Why do you call them coincidences? Because you only see the surface. So when you don't see the deepest level, OK. It's like a radio. You can't see how it operates. So you can't see the connection between them. So in your eyes, it's a coincidence. But any event, any person, anything that all of you encounter is not a coincidence. It's at the level of your souls. Only when you allow, allow the other party to enter, allow such an event to happen, allow the other party to come into your life. That is, both of you have it. Both sides have it. Both of you need to experience this before you will, that is, to experience like this. So it's like two people getting married and coming together. Do you say it's just a coincidence that they met? It's that they themselves said that in this choice of this physical experience, they are going to complete it together with this soul.

**Questioner:** We still have a doubt. Because for this matter, we also said through spiritual communication before that it happened at that time because they were not fully focused on the present. (

**High Spirit:** Yes) Then if they were focused on the present, this matter wouldn't have happened. Then the mother and daughter who saved her son wouldn't have entered their lives. So does that mean if they were focused on the present at that time, they would have entered another timeline and not met these two people? How should this be explained?

**High Spirit:** Your question is whether this pair of mother and daughter would have come into their lives if such an event hadn't occurred at that time.

**Questioner:** Yes

**High Spirit:** Then it can be said that because of this event, for this girl, it was a very significant transformation in her consciousness. Why was it a very significant transformation? First of all, that is to say, she understands that everything you experience in the material world is how you create your reality. Then, how is your close connection with the Creator? That is to say, no matter how dangerous things seem, you are safe. This is for sure. Although she is still in a very panicked state, do you understand? But as I said earlier, if her soul didn't set up events or people, it wouldn't have happened, right?

That is to say, at every step, it's about gradually awakening, or gradually growing, gradually transforming. However you put it, throughout that process, she has set up some events for herself to experience. That is to say, this time at their level, it's like I have to set an alarm for myself, right? I have to give myself a wake-up call. I have to set an alarm, OK, to make it happen like this.

So, her physical body is not likely to understand and comprehend. But at the highest level, she has established a series of events to lead her onto the path she needs to take.

**Questioner:** I understand. Then I have a new question. You said that it was because she wasn't focused on the present moment that this event occurred. This event could have not happened, but it's also said that this event was designed by the experiencing soul. Isn't that a bit contradictory?

**High Spirit:** It's like you yourself need to... Because in your view, everything that happens in your material world seems too real. But all of this, all events are neutral. They are all to help you enhance your consciousness, make a transformation, and a sublimation. So all of you, because of everything, if at the level of your soul you didn't allow or you didn't want to experience this, you wouldn't.

But why is it that, let's say, to make you awake, that is to say, OK, an enlightened person is an awake person, right? Then an awake person and you sleepwalking people, that is, a sleepwalking person is not enlightened. You say one is in a sleepwalking state, and one is an enlightened state. Although events have been set for you, right? The events have been set, but for you different people, for one event, in this event, it's like, OK, a pile of manure. Some people will always live in... So disgusting, so smelly, and so on... Then some people will transform this pile of manure into fertilizer. That is to say, maybe it seems to be the same event, but the changes and whether the influence they receive from it is negative or positive among people of different levels of consciousness depend on yourselves. You keep asking.

**Questioner:** There is a news story about a British police officer who raped and killed a girl, and this girl is called Sarah Everard. Then we want to know what kind of beliefs this girl had, what kind of belief system, that she would attract such an event to happen to her. Is this kind of event a coincidence or did her soul level already agree to join this murderer, that is, the two of them had to complete this event together?

**Higher Spirit:** This has a very, very large number of... Why is this? For example, it seems that each of you has the right to, from a higher level, has the right to choose how I want to experience, understand? So some people might think that I have now entered a random death event, understand? Then he might walk and walk and fall into a well and die. He might also walk and walk and suddenly the car does something, that is to say, I want to transform now, that is to say, OK, I have had enough experience in the material world, I want to transform, then he will be attracted to a random death event and he will participate in such a one. So these depend on some aspects at the level of his soul... Because according to you, OK, that your consciousness or your beliefs or something create your reality, this is only part of it.

**Questioner:** Then what is the other part?

**Higher Spirit:** Not just the other part, there are many, many, many. Some are that I only want to experience until I'm in my twenties, and then I don't want to experience anymore, understand? Because I don't want to experience that kind, that is to say, I want to experience having children, and also experience being a housewife, and I also want to experience old age.

I don't need to experience so much. For example, when I was in my twenties, what I enjoyed the most was being young and beautiful, and without being burdened by housework. I could be myself freely, right? I like to experience that I was the most energetic. That is, he just wants to experience the most energetic stage in your material world, then he will encounter such random events, and then transform himself. We say it's a transformation, a conversion, that is, he is a metamorphosis, and then goes to experience something else. Then let's change the mode and play another game. OK, I'm quitting this game now and I want to play another game.

Because all of you consider life as from birth to old age. No, your entire life is just a small snippet, a very small snippet. It may seem long to you, but in fact, it's a very small snippet. But how wonderful you want this snippet to be, you can decide.

**Questioner:** I want to know why every time I dream, I always return to my grandma's old house. Why is it always this scene? Is there any special message? Are there any things that need to be dealt with?

**High Spirit:** Because all your moments, all the instants, all the seconds, all those images, they still exist.

This is why you have such concepts as traveling through time and traveling through space-time. They all still exist. And when you sleep, when you relax... You know, when you sleep, you should know that you, unlike during the day when you are only in this room, only in this place, for example, only in France, only in the UK, understand? Why are you confused when you dream? That is, when you become consciousness, you are everywhere. You're not... Say you, you only... Your physical body requires focus and it can only be here, right? When you become non-physical flesh, it's everywhere, all the fragments, all the fragments... When you wake up, you can only remember a little bit. But your consciousness, it's everywhere, omnipresent, in this state.

**Questioner:** The last question is whether it's possible to invite the soul of the girl who was just mentioned and killed... (Interrupted by the Higher Spirit)

**Higher Spirit:** It's possible to invite, but I don't recommend you to invite. Why? Because she will experience the process of her being killed again. I don't think she needs to experience that because experiencing that will cause her a very great consumption and fear. This is for those psychics to communicate with them, like those who have passed away, she will have another experience.

It was when she (referring to this murdered party, Sarah) was at school and in class during a spiritual connection. Once during the spiritual connection, she linked to one of her death experiences. Then the fear and panic that this death experience brought her, the feeling of being killed, she experienced it once again. So we can invite this victim to share with you, but I think this... And that is, the deceased also feels that she doesn't want this girl to go through what she has experienced, because... (Disconnected)

Then connect

**High Spirit:** You speak.

**Questioner:** It was just disconnected. Then Sarah, the girl who was the victim, seems to have some unfinished information. Can she finish that information?

**High Spirit:** She said this experience was her own unique experience. This is what she wanted to experience because each of you chose what experiences are unique. You continue to ask.

**Questioner:** Can you share something related to death, such as the transformation of consciousness after death and the state after death... Can there be some more sharing about these?

**High Spirit:** Just mentioned that before this girl went to class, she entered a state like a spiritual connection or a hypnotic state.

Then she experienced it. For you all, it was like a lifetime. Then she was killed. The process and the transition. Then I can share with you how she felt at that time. How she felt at that time was that she was extremely, extremely scared and panicked. She was crying because she was a five-year-old little girl hiding under the bed. And her relatives, that is, her family members, her family members wanted to kill her because her family members knew that they wanted to fight for power and position, fight for that position, and wanted to control the property and wealth. People in that era had a very strong sense of premonition. Because they knew that this girl would have very powerful energy in the future.

So they had to end her life when she was young. Otherwise, when she grew up, her powerful energy would affect their family. Do you understand? So she experienced the process of being killed at that time. At first, she was very scared. She didn't understand why even relatives, people with blood ties, would hurt her, such a weak her. So she experienced a series of fears before death. And when she had already been killed, she experienced relaxation. First of all, it was relaxation. All the intimidation and fear disappeared. After disappearing, then she said that she wasn't resentful of those who killed her because she understood the truth. That is, you can't. Nobody can eliminate her. Do you understand what I mean? That is to say, when you think you killed her, you killed only a prop. I can have countless such props. Understand?

So when you take away this prop of mine, I still have others. This is why there is a connection now to what you just said. That is, when you want to describe death. Death means that this prop, OK, is broken and not useful. This prop of yours is broken and not useful. Then you have a new prop that is useful and flexible, and all kinds of. Then surely you have to put down that broken and not useful prop, that inflexible one, and take that useful prop, right?

Yes. So, it's just that as the props yourselves, you still don't know. You think you are a unique existence. You think that when my this prop is gone, then I can't continue to express myself. But there is an inner fear of yours, and this fear is something you have been carrying. That is to say, the moment of true death, it should be said the moment of transformation. Until the moment of your transformation, you will discover that you can still continue to play.

**Questioner:** Then since death is liberation, a kind of transformation...My question is that once when I was meditating, I saw this very pitiful woman. It seemed like she was in prison and she regarded everything as her fault. Regarding that certain life of mine, who exactly was this woman? What kind of things did she go through? Why was she so pitiful? Can I know this information?

**High Spirit:** First of all, don't consider her as you, understand? You want to know why she was so pitiful. The most pitiful thing is that you don't know the truth. When you don't know the truth, everything becomes pitiful. When you know the truth, there is no such thing as pitiful or not pitiful, only experiences, continuous experiences. Because for any experience, that is to say, as long as you want to experience, you are allowed.

**Questioner:** Then if death is a kind of liberation, a kind of transformation, then why does this woman's personality... Because you once told me that I saw her because I was supposed to release her. Because I used to compromise and suppress in some aspects before. Then why do these past fragments have an impact on this life of mine?

**High Spirit:** It affects you only if you allow it to affect you, then the impact deepens, understand? You only allow it, whether it's a positive impact or a negative impact. It's like the water is there. Only when you want to drink water will you drink it. Only when you want to choke yourself with that water will you be choked. How you use this water, it can quench your thirst, it can let you... So no matter what you connect to, how you want it to serve you, it's like a tool because they are all like tools. Even everything you experience in the material world, all of it, in fact, it's like a tool for your learning, a subject for your learning, giving you exercise, giving you practice. You can use all this information. So whether you dream or not, whether it's a story you heard from others, or a movie or TV show you saw, or whatever, everything, you can all utilize it.

It's whether you let it serve you positively or negatively, what kind of impact it has on you, a positive or negative impact, it all depends on yourself.

**Questioner:** But this is also because I have the so-called elevation of consciousness that I know how to transform. When I didn't have this knowledge, it did have a negative impact on me. That is to say, when my consciousness, when the existence of spirituality and the elevation of consciousness, it brings me a positive impact. When I didn't have this knowledge, that woman's personality was suppressed within my body. Then maybe now many people are also...

**High Spirit:** Being suppressed inside your body is just that you yourself believe it. It's just your statement, understand? It's just a statement because why? Firstly, if you say she is a personality suppressed in your body, you can also make sense. That is, no matter which point you want to use to theorize and say something, you are supported and it can all make sense because you have entered that reality. You want to continue exploring inside, and you can do whatever you want. You can make that woman into a devil for you to experience, understand? A devil of your inner division, and you can experience it. It's simply even more wonderful than movie plots. Why do you like watching movies? Because you want different movies. When you watch movies, you feel as if you are experiencing it yourself, right? Experience happiness, experience joy, experience sensation, experience sadness, and then experience what, experience horror. Then in your real life, you are experiencing these.

**Questioner:** I still have a question. That is, if I talk to my Higher Self in my real life by talking to myself, will he know?

**Higher Spirit:** You yourself are a part of your Higher Self. That is to say, his answers will also come out of your mouth. You can do whatever you want to do. As long as you have an idea in your mind, you can give it a try. Why? Because if you don't want to try, it won't be attempted. So don't limit yourself in any way, whether it's right or wrong, or whether this can be done. As long as you want to try, you can try and you are allowed.

**Questioner:** I read a book that mentioned sleep programming. I want to ask if it's as simple as it seems in the text.

**Higher Spirit:** Do you want to ask if this is effective or useful?

**Questioner:** You can say that. I believe it's effective, but I also want to hear your answers.

**Higher Spirit:** You should know that there is no specific way or method here. Only you yourself can create. If you think this method can help you connect to your Higher Self, you will experience it according to this. If you think that by writing and answering your own questions. Don't you have a book called "Conversations with God"? They did it this way. So, as mentioned earlier, any attempt you want to make, you can make. Because it's not us who tell you which one is... You are the creators.

You are the creators. You are both the creators, the experiencers, the sharers, and the changers.

**Questioner:** You said that we are the creators. Although it's said that there is no unchangeable plan, for the most part, we still follow the soul's plan. That is to say, everything is planned, but you also said that we are the creators... Isn't this contradictory?

**Higher Spirit:** Just like, let me tell you this. Just like you sowed a seed in this soil and it will grow into a tree. Growing into a tree, it's fixed, right? It's a towering big tree, and how long its lifespan is, these are fixed, right? But how many branches the tree will grow, how many buds it will divide... Then, for example, the shape, all of you are... (Disconnected) The third connection.

**Higher Spirit:** You speak.

**Questioner:** It's still about the first question just now. Isn't it that the girl's son fell into the water? And previously you said that this incident didn't have to happen. It happened at that time because they weren't focused on the present moment, so the drowning incident occurred. But just now when asked, it was said that it was already designed at the soul level, and there are no coincidences. I feel that these two are somewhat contradictory. Can you explain these two statements to us?

Gaoling: First of all, what I want to tell you is that the energy she just connected with and the current energy are already different. Do you understand? It's like, for example, OK, you are making a phone call now, right? Every time you make a call, the operator is different. Why? Because in the spiritual realm, that is, on the other side where you communicate with us, let's say we are making a phone call now, right? The other side also has something it wants to experience, do you understand? That is to say, that one, that is, I want to experience giving them some teachings now, then I will experience. So, the energy you are connecting with now is different. Also, it is said that the energy of your confusion earlier, regarding the two statements, is also different. Just now, earlier there was psychic information that you said whether there could be information to connect with yourself before sleeping. I said you could do it in this way or that way. Everything makes sense.

Then, just now at that point, that is, your consciousness determines what you experience. This can also be given.

You can have a growth class on this point. This point also makes sense. Your consciousness determines what you experience. Then, just now you said why it was said that she has already chosen to experience this series?This also makes sense. That is to say, you can't take any one of them. First of all, everything we have. I have to first transform it into words that you can understand to communicate with you. Then any concept is not a concept. Any concept is also a concept. Any concept is not a concept when you don't treat it as a concept. Any concept is also a concept when you treat it as a concept. So it's like you say, you say that water nourishes everything. Water makes everything for us such and such. There are so many poems or books praising water, right? How good water is. But, didn't you mention that drowning incident last time?

If you come and ask me why water is so good. All our elders are praising how good water is. What water of life, what the source all depends on water, and so on. Then why has water killed so many of us? So any, whether it's information or words or concepts, don't pursue an argument. Because why do you in science always have to have all kinds of arguments? Even if you are in science, even for those things that are now 100% certain, do you understand? It's not 100%. It's like this medicine, antibiotics or penicillin. It can save how many people and cure how many diseases. Then why did those two people die after using penicillin?

Friday

All this information can enable you to understand well, whether in the information we convey or in your lives. Let's put it this way, for example, why do so many hateful things occur in your relationships, or in love, or between couples.

That is to say, I love him so much, I trust him so much, he is so perfect in my heart. Why did he become like this? I can't accept him becoming like this, and then kill him. So, even our psychic information, our communication, everything, everything, everything is constantly changing. There is no fixed one, and none is fixed. Let's put it this way, it's like we are water, and you keep taking water from here. Then sometimes you will ask why today's water is different from the previous water. Because you can't see what happened behind the water, at the source of the water. Keep asking, and the information will continue to appear.

**Questioner:** So is this event that happened to her destined or not?

**High Spirit:** All events are both destined and not destined. Why are they not all destined? Why do you need to constantly wake yourselves up? Because after waking up, you can operate the background. You can program. OK, destiny is a so-called program, right?

Well, what if you were a programmer? Think about it. OK. If it's predestined, in the movie the plot is directed by the director and written by the scriptwriter. You have to act according to this, right? What if I were the scriptwriter?

**Questioner:** Then how can we become scriptwriters?

**Higher Spirit:** How to become a scriptwriter? Then, the previous information you mentioned, that is to say, your consciousness is where you are, and you experience what it is. Then why is there another piece of information saying that she designed it herself to experience this, right? She also set that she wanted to be distracted. Do you understand? Now it can be explained to you all at once. You can figure it out. Why? Because she needs to experience the state of being distracted to know what the state of not being distracted is like, do you understand? So being distracted is also her lesson. Then through being distracted, the information you get is that it's because I was distracted, right? Then you become not distracted, right? Isn't this a process?

**Questioner:** Does that mean that if we were the scriptwriters, at this moment we could choose not to be distracted?

**Higher Spirit:** First of all, you know that you can't obtain all the information at once and digest all of it, right? It's a process. Just like when you eat, you have to eat one bite at a time, right?

Then why is it said that she was destined to set this course for herself? Well, you need to know that the course she set is for you to have psychic abilities and understand the point that consciousness determines what you experience. OK, consciousness determines what you experience. It's a fruit, right? It's a fruit, it's an apple. You need to have the previous experiences to get this apple. If you don't have the previous experiences, you won't be able to get this apple. If you don't have that experience, how could you two understand and obtain that piece of information? You wouldn't be able to.

**Questioner:** Then I have another question. Regarding this knowledge, we all understood it when we were in the energy state. But when we incarnated into physical bodies, we forgot it and had to relearn it. Isn't that unnecessary?

**High Spirit:** How can I explain and describe this to you? It's like when you learned to ride a bicycle when you were a child, and then you haven't ridden for a very long time. When you grow up, you still need to retrieve that skill when riding a bicycle, right? You still need to go through the process from being unstable to stable when riding, right? Does that mean you can't enjoy riding a bicycle anymore?

**Questioner:** No, but it's said that there are many, many dimensions, such as the third dimension, the fourth dimension, the fifth dimension, the sixth dimension, and the seventh dimension. Then why doesn't consciousness choose to experience higher dimensions?

After having a three-dimensional experience, why doesn't it choose the four-dimensional, five-dimensional, or six-dimensional instead of repeatedly experiencing the three-dimensional?

**High Spirit:** That's because of a misunderstanding you have about consciousness. Because you think it seems to be trapped within you and can only experience this? That's your physical body, your job. You're still considering this using the physical space. You're still considering this using the material body. So, the previous piece of information can enable you to understand better, to understand better, that is to say, the things that happen when you're in a confused state are also a process in which you guide yourself towards a state of awakening. That is to say, if you don't set that event for yourself, you can't obtain that information. That information tells you that your consciousness determines what you experience. Because one is before, one is after. One is before enlightenment, and one is after enlightenment. Because I just said why you can set the program yourself, right? Then you must be in that, you must have that experience, and only then will you know that you need to set the program yourself. Do you understand? So this is why you have to be at different energy levels and different. OK, your part belongs to that part. You're still in that part.

Then this segment belongs to this level of consciousness. You should continue to ask at this level of consciousness because she has already understood the previous answer. That is, the two pieces of information have occurred.

**Questioner:** Then, is there any information to be conveyed to this girl?

**Higher Spirit:** All our information is for you. You should know that you are always supported, including the doubts in your minds. All the information you want to obtain and the fields you want to explore, you are all supported. That is to say, you can choose whatever experience you want. And this information has enabled her to understand very well. The doubts that occurred before you, your consciousness determines that. She set this program for herself to enable her to understand. Also, it means that at any time you are supported by us. And you should know that support, it is not only for you two individuals alone. They support you as a whole because for you humans, your descendants also stand on your shoulders because their level of consciousness will be different. They are based on your level of understanding. So you choose again and again.

You just asked why I still choose to experience this. It's because when you choose, it's like, OK, I'm contacting you now, right? My love for you allows me to help you grow, understand, and comprehend, right? But I haven't taken on a material body. You who have chosen a material body are also here to help the entire humanity transform. Among them might be your close ones, such as the ones you love. You all are together, right? Because only when you become a physical body can you have so many emotional experiences, such rich emotional experiences. Including the kinds of pain, sadness, grief, fear, and happiness that you experience. Any of them, only when you become a physical body can you. So all of these are what you yourselves want to experience, and you want to promote consciousness continuously, continuously. It's like a work that you keep updating it, updating it, and then adding your love, your wisdom.

**Questioner:** I want to ask if my Higher Self and guiding spirit have any other messages they want to bring to me.

**Higher Spirit:** No matter what you want, you are supported. You are like a spoiled child. You want the stars, they give you the stars. You want the moon, they give you the moon. The only thing you have to do is spoil yourself.

This is the information to be given to you. One of the biggest problems for you humans is that you don't dare to think. You don't dare to ask for it, let alone think about it. Why? Don't you think this is nonsense? This is a sentence that her husband likes to say the most. Isn't this crazy? You even think about these. It's impossible. Before you even start thinking, you kill the idea yourself. So think about something you dare not think about the most, and then see if you can get support. You will know how much you are supported by the Creator. For example, there is a saying in your material world that in a very critical moment, it's a close call, right?

This possibility happened to her child. What else is impossible? What else is impossible? We used to like to use Hitler's incident the most. Hitler wanted to wipe out a nation, a race. His crazy idea even got your support. What idea of yours won't get support? Your ideas are all good, understand? They all aim to make the world a better place. Why don't you dare to think? Who doesn't support good events? Such anti-human and violent events can get support. Why do you think that your desire to make the world better won't get support? Why haven't you taken action yet?

Is there any problem left?

**Questioner:** No, thank you.

# 2021/10/04 - The fortune teller said that I have a hard life in this lifetime. What should I do?

**High Spirit:** You tell me. What's the problem?

**Questioner:** Teacher JOJO, I want to ask that I don't like my own job and the working environment, but I can't leave because I'm afraid that I won't have an income and won't be able to survive. What should I do?

**High Spirit:** OK. I'm not Teacher JOJO now. Teacher JOJO has given herself up to let us communicate with you. We are now communicating with you through her. Then your problem is that you have some dissatisfaction in your current experience in the material world. Right? Because you have some problems with the systems and phenomena in the environment you are experiencing now. OK. You want to ask. Your problem is how to unify and how to let you work in an environment where you feel comfortable. So your question is whether it's for yourself in such an environment or whether you want to change this environment. Ask yourself whether you want to jump out of this environment to an environment that suits you or whether you want this environment to change. You have already received the guidance within yourself.

Why didn't you follow then? First of all, you need to know that if each of you were a very powerful hypnotist, right? You keep hinting to yourself, OK. First, you hint to yourself that your finances don't permit it, right? You keep hinting to yourself and you keep believing this way. Then in real life, you'll surely have such an experience. Do you understand what I mean? You have already given yourself, it's as if, you are a machine now and you have implanted this program. You have set this program and implanted this program, which is what you believe, the belief. Then in real life, you will surely have such an experience. Do you see the contradiction here? That is, to change what you believe, to change what you believe, to change this program. For instance, OK, you should know that the material world, the world that you experience, no matter what you believe, you will experience it. Do you understand? It's like a juicer. If you put cucumbers in it, it will produce cucumber juice. If you put tomatoes in it, it will produce tomato juice. After you put the tomatoes in, you say that you don't like the tomato juice. This is what you put in. Do you understand what I mean? Then you tell me, OK, you say I don't like tomatoes.

So if you don't like tomatoes, then what do you like? First, you have to know what you like. OK, I like apples. Then you go and find an apple, put an apple in, and drink apple juice. Do you understand what I mean? If you don't even know what you like and what you want yourself, the machine will definitely be confused. And if someone throws something in for you, for instance, oh, your mom throws in a belief for you, then you, she creates a belief for you and then you experience it. Or someone, your leader throws in one for you. This is the result you get. There's a cause and an effect, right? If you don't like this result, then you yourself create a result that you want to experience. And what you said is that the economy doesn't support it. This is just a belief, understand? This is just something you believe in and you will experience. If you believe you are poor, you will experience being poor. You will think, wow, this also requires money, that also requires money, there's a shortage of money here, there's a shortage of money there. Making money is so hard. Why? Because you have set this experience for yourself. First, you have to know how your material world operates, right?

It's like, OK. You have a car. This car is to help you reach your destination. If you don't even know how to use this car, aren't you going to have a car accident? We are communicating now, and I'm here to tell you why you have this experience. You have this experience because you have been self-suggesting and self-hypnotizing. You believed it. Then anything you believe in will manifest in the physical world to reinforce your belief. Do you understand? People who believe there are ghosts in the world will encounter many ghosts to deepen their fear and continue to experience ghosts. Think about it. Anyone in your world who has created a miracle, they all firmly believe in one thing they believe in. No matter how many people oppose him. OK. For example, Ma Yun, as you all know, right? How many people rejected him? How many people made fun of him? How many people laughed at him and so on, right? Everyone didn't believe him, right? The only thing that made him successful was that he firmly believed. If you firmly believe in something, you are creating that reality for you to experience. For example, when someone comes out and your mom scolds you a few words, the things you believe in, you immediately start to doubt again. You don't believe anymore. You start to waver, right? At present, the time is: 15:30:06 on August 30, 2024, Friday.

Then a person with authority, or what you call a life mentor, comes out and says a few words to you, and you waver again, right? Your friends come out and persuade you a few words, and you waver again. You say, then what kind of world do you experience? It's just so indecisive. You keep asking.

**Questioner:** Then how can I know that the path I choose is my path?

**Higher Spirit:** All your feelings and heart, it's only yours. Like a compass, it points to your path for you. Then the path has been pointed to that position, but you still dare not walk out. That's because you don't believe firmly enough, understand? You still haven't, given yourself completely. Because all of you humans have the fear of survival. This fear has been implanted in your beliefs for a long time, so all of you have the fear of survival. But I want to tell you that each of you has everything you need. That is, all of you are abundant. Even if what you are experiencing now seems to be obstacles, right? Seems to be troubles or worries, seems to be these things. They are all your gifts, they are all your abundance. Why? Because these experiences will make you want to ask questions and find reasons. OK, then I'll connect with you.

Right now the time is: 15:30:48 on August 30, 2024, Friday.

Then once I connect with you, I'll give you guidance.

This will strengthen your confidence and your sense of direction. So is this your abundance, right? So even the problems in front of you and your experiences, they are all your abundance. They all come to support you. So you need to establish a belief in the Creator. The more you connect with it, then your belief will become stronger. You'll increasingly feel that you yourself are the Creator. Because belief has a self-reinforcing function. Everything you are experiencing now is constantly reinforcing. My communication with you is giving you positive reinforcement. Because you can also have negative reinforcement, right? So you should create more positive things for yourself to reinforce your belief. It's just like in your material world, the rich get richer. Why? Because they believe they can create money. The poor get poorer. They believe that money is hard to earn. They believe they are poor. Do you understand?

This is because you have two extremes. Keep asking.

**Questioner:** A hypnotist said that I came to suffer in this life...

**Higher Spirit:** Have you had hypnosis sessions before? You tell me.

**Questioner:** Then how can I break it?

**Higher Spirit:** What do you want to break? Do you want to know how to?? the theme of your life?

You said, "Who is he?" No, all of you have misunderstood. Do you think your destiny is arranged at a higher level, right? Your question is not very clear. What do you want to know? Why don't you just ask directly what the obstacles of your soul are, that is, what the obstacles of your experience are, or what your theme is? First of all, you need to know that no matter what you believe, OK, even if there is a hypnotist or some master tells you that you are here to suffer in this life, OK, right? If you believe that sentence he said, you will enter this experience. So it doesn't matter what is said externally. Even if it's me, communicating with you psychically now, what I tell you doesn't matter. What matters is how you are going to use this information, understand? What matters is how you are going to use this information. You can use this information positively.

And no one can tell you a definite future. No one. So you also don't have to, unless you believe him. He tells you that such things will happen in your life and how your experience will be. If you believe him, you will have this experience. Even if the most powerful thing is yourselves. Even if you have set some lessons at the level of your own soul, if you have a high enough level of consciousness, you can change it, understand?

You didn't say that only after your game is over and I quit this prop and reselect, can you now reselect what you want to experience. So even if on the spiritual level you have set this experience for yourself, if you think it's OK, I had it enough, that is, I have learned what I should learn, bye. For example, you suddenly experienced paralysis, you experienced that weakness. Then suddenly, OK, I'm done with this experience, I don't want to continue exploring, I want to experience something else, your body can stand up again according to your will, do you understand? This is how powerful you are. So nothing can limit you, not even the contract you wrote yourself can limit you. It's just that you have to believe that no matter what you want to do, you are supported. This firm belief, trust, faith, and confidence are your magic wand, the strongest weapon for you to create and make everything. Without this weapon, nothing will happen. Do you understand? Without this weapon, what you experience is uncertainty or a mess. Because whatever influences you, you will experience those influences. So you just have to lock in what you want. You just have to lock in what you want.Because everything you worry about, everything you are afraid of, everything you resist, everything you struggle with, all these things are you projecting these experiences onto yourself for yourself to experience, understand? So

**Questioner:** Is it to pay attention to the thoughts in the mind?

**Higher Spirit:** Yes, pay attention to those in your mind. It's like your mind is a design blueprint and it's constantly generating drafts, constantly generating drafts. What do you experience in the material world... What is the effect of the material world? The only thing is that the events that occur in the material world are like a mirror to allow you to see clearly what state you are in currently. However, in every moment of the present, when you realize, OK, I don't want this. I don't want to experience this anymore, you can immediately change everything in front of you. Keep asking.

**Questioner:** Then what should I do?

**Higher Spirit:** I want to tell you that based on your energy state, the only thing you lack is confidence, unwavering confidence and belief. Because these make you lack strength, understand? This is what you lack the most. Listen to the above recordings repeatedly. These recordings will build your confidence and enable you to have the strength to create the environment you want even if you are in an environment you don't like, understand? You don't need to leave that environment, but you have the ability to transform it and change it.

Questioner: Then my external environment

**Higher Spirit:** Don't believe your external environment because you are greatly influenced by the people, events or influences outside of you. Don't believe them.

**Questioner:** If I feel a strong connection to something, should I do it, right?

**Higher Spirit:** If you feel a strong connection, then you should do it because the happiest thing in your life is that at every stage, every day, every moment, there are constantly surprises. So you just experience this surprise yourself, understand? You go and open your gift. Now it's as if you let me open your gift for you, then you lose the meaning of opening the gift, right? You just need to maintain an excited heart, like, wow, I have gifts again tomorrow. What gifts will I have tomorrow? Everyone, everything, every picture, every scene is a gift. As long as you have an excited heart, an expectant heart, like a child opening Christmas gifts, understand? If you imagine, for a child, his greatest enjoyment and excitement is the process of opening a bunch of gifts one by one.

If you open all of his gifts and put them in front of him, he will lose that excitement. Do you understand? So you all go and open your own gifts yourselves. Just maintain that enthusiasm, excitement and anticipation.

**Questioner:** Can my higher spirit please give me some information?

**Higher Spirit:** I'll link up. Now, what information does your higher spirit want to convey to you? You want some confidence from your higher spirit. First of all, you are very, very, how to say, like a child. The kind of a child, that is, for example, you can say that a child shows all his emotions. He doesn't hide his emotions. So you are like a child. You show everything of yours. You express everything, right? Then it is hoped that you can maintain your innocence and not be influenced by those adults. Those adults, that is to say, they are very mature, they are very serious, they are very hardworking, they are very something. They are living their lives very seriously. They don't show their emotions. They have no expressions. Do you understand? Because children will observe adults and then learn from adults and gradually become more and more adult. So this message is telling you not to learn from adults.

Because their understanding of adults is incorrect. So even if you become like an adult, you still have to maintain your own way, as if showing them the image of an adult again in your own way. This is the message your guiding spirit brings to you.

**Questioner:** I would like to ask about love and the other half...

**Higher Spirit:** First of all, you all lock love onto one object and you think it's just one object, do you understand? If you don't lock your love, that is, the feeling of home and security, onto one object, then you can feel love and a sense of belonging everywhere, do you understand? Right in your present moment, for example, when you are with a stray dog on the roadside at the moment, you can feel love, connection and a sense of security with it because in that moment, it can provide it to you, do you understand? So don't fix it as an opposite sex, one object, that it can only be him for this lifetime. Because often you humans have this concept, you will suffer a lot of harm and pain, thinking why he doesn't love me anymore, why he abandoned me, why this and that. Because if you look for love with this concept, then you are destined to be hurt.

So to say, redefinition. You just need to open yourself up to connect with anything. Then the connection at the moment is you... Why do all of you humans have a kind of desire for a connection of security, belonging, and love? That's because you all know that your source is love, understand? It's your connection with the Creator, it's the connection with the source. Returning to the source is your destination. That is to say, mainly through love, it can create an illusion for you. That is, through others, it can create an illusion for you. You think you are connected. Why is it so painful when you break up? Think about it. You lost the connection. So if you humans can recognize this point, you are connected with everything, all of it. Because you are inherently one, then you can never lose connection with anything. Do you understand what I mean? Losing connection is just an illusion. You know.

**Questioner:**

**High Spirit:** There is a connection with everything. That's the best.

**Questioner:**

**High Spirit:** Why do you, you have countless, countless, you have unlimited time to experience. Right now, experience what you want to experience. Don't force yourself. Just like when you are talking to a little flower, when you are still a bud or a flower bud, you say why can't I open myself up, why can't I open up?

You see that other people's flowers are blooming so beautifully. Why can't I bloom myself? It's only a matter of time for you to bloom yourself because that is the essence of life. So you don't need to be anxious or force yourself. Everything goes with the flow. You just need to enjoy every stage of your life because every stage is wonderful. Look at a beautiful vase. Not all the flowers in it are in full bloom. There are also flower buds and those flower buds also set off the beauty, right? So just go with the flow.

**Questioner:** I think the work in the material world limits me a lot.

**Higher Spirit:** That's because of your misunderstanding of work. You think work is that I clock in from nine to five, sit there, and others give me money. That's not it. Your real work is to be yourself. When you truly present yourself, truly present your true self, you will automatically be serving the entire humanity. Understand? You will automatically be serving the entire humanity. Just like, OK, whether you are a flower or a big tree, you just need to be that big tree, then you are beautifying the whole world, you are supporting, you are creating something, like carbon dioxide for humans to breathe.

You are a flower, then your fragrance will naturally spread throughout the whole world. Do you understand what I mean? So you just need to be your true self on the path you want to experience and not define what is called work. Even if it's like, for example, you are walking on the street and you see a homeless person. You sit down and talk to him for a few words. If that's what you want to do and if you don't want to do it, you just follow what you want to do and you are healing him. Healing doesn't mean that you need to be like, you are a doctor and I am a patient and then I come to heal you. It means that whenever you show your true self, that's OK. You are a flower, and then I am in front of you and I become like a flower. Do you understand? It happens automatically. It doesn't happen forcibly. In every present moment, life has surprises in every present moment of yours. You always think that a person's life is a long road leading to somewhere. Your life is every segment. You continue.

**Questioner:** I want to know what should I do when I am afraid.

**Higher Spirit:** What should you do when you are afraid? When you are afraid, you allow her to be afraid. Do you understand? You allow her to be afraid because no matter what, it's all energy.

Energy is always in a state of change. Only when you try to strengthen it, when you want to eliminate this fear, will you have division. So just like the weather, all of this will pass. This is a process of your growth. Just like this, when you look at it, you see a child. When he is very young, he is afraid of the dark, right? When he grows up, he won't be afraid naturally. So you should know that this is just a process of growth.

**Questioner:** How can I accelerate getting the life I want?

**Higher Spirit:** To accelerate, your allowance is accelerating it. Your trust is accelerating it. If your mind interferes too much, it's hindering it. For example, how to say, if you let go of the idea of acceleration, it's accelerating. Because if you are so excited, and so enjoy the process, why do you want it to accelerate? Because the process is the most important. Any more questions?

**Questioner:** I want to know who I am.

**Higher Spirit:** What's your name?

**Questioner:** I'm XXX.

**Higher Spirit:** You're XXX. You want to know who you are. First of all, for this question of yours, if you are asking who you are in the physical world, this body, this individual, you can find the answer yourself. If you want to know, that is, from a higher level, who you are...

Now I tell you that you are the walking god experiencing, do you understand? So you are not subject to any restrictions. You just need to gradually remove the accumulated knowledge, concepts, and fears in your body and mind that you have accumulated over these decades on Earth. Then, gradually remove these things that are not yours. That is your true identity. So what you need to do is to constantly observe yourself and see for yourself which ones do not belong to you. Return those that are not yours to others, and remove those that do not belong to you from yourself. The remaining part is you. Do you understand?

**Questioner:** Is it about escaping from the brain?

**Higher Spirit:** The brain is just a tool for you to use. Your previous experiences and knowledge are just for you to see clearly which ones are restricting you. Each of your present moments has your exploration or learning. Each present moment has it. It doesn't happen in school or in the classroom. It is in each of your present moments, in your thoughts, in your emotions, in your life, everything, everywhere.

**Questioner:** I still don't quite understand.

**Higher Spirit:** If you have any questions you don't understand, you can continue to ask.

**Questioner:** I want to know what my current restraints are and what I need to overcome.

**Higher Spirit:** I sense your energy state. What is binding you at present and what you need to overcome? Your name is XXX. And you want to know at present. We can't say overcome. Instead, we say dance with it. To dance with it means that you dance with it. OK? It's like there is a wolf beside you. Do you say whether I should overcome it? To overcome means to do something to it. Instead, say you should dance with the wolf. Do you understand? Because everything that appears in your life is your tool. You can utilize it, transform it, and use it. I sense that what you need to transform the most at present is your inner flexibility. Flexibility means that in your concepts and thoughts, you are overly bound, that is, the degree of activity is very small.

For example, your imagination, creativity, that is, how you can turn one thing into a hundred, a thousand, ten thousand. Such imagination is flexibility. You can do your homework in this aspect. Do you understand?

**Questioner:** Can you explain it more specifically?

**Higher Spirit:** For example, every time you buy vegetables, you only buy the same type. When you buy clothes, you only buy the same type. Do you understand what I mean? When you make friends, you only make friends of the same type. Do you understand what I mean? Then wear clothes of different styles, go to different places, and make friends of different types. Expand, expand, expand.

**Questioner:** So if I keep expanding, can I find my own path?

**Higher Spirit:** Yes. When you, as I said earlier, keep expanding, transforming, and experiencing different changes, you will discover many aspects of yourself. Do you understand? Because right now you are limited.

**Questioner:** Can you help me see if there will be any problems with my marriage?

**Higher Spirit:** When you expand your flexibility, your marriage will get better, so there won't be any problems.

**Questioner:** I want to know how I can connect with my guiding spirit and communicate with it.

**Higher Spirit:** You want to know how to connect with your guiding spirit and communicate with it. That is to do the things that excite you the most. Because you should not misunderstand that only through this psychic way or the way of conversation can you connect. Do you understand? There are various ways of connection. So you should not ignore those, for example, the connections with you. Because the more you pursue the things that excite you, the things you like, and the more you are in it, then the more you are in the same frequency with them. It's as if there is an energy line between you, getting stronger and stronger. And then you are, as if it's called the state of harmony between heaven and humanity.

What you show in the material world is this state of oneness.

**Questioner:** What is the most needed experience for me?

**Higher Spirit:** Everything you are experiencing right in front of you is the most needed experience for you. Just don't pass it by, don't ignore it, and don't just rush through it as if it were nothing.

**Questioner:** Then what is my talent?

**Higher Spirit:** You always regard talent as something. If you really talk about the talent of each of you, then all of you are capable of everything. There are already many people in your world, and those people have shown you how they can be this and that and that at the same time. If you really have to find out one, that is, in which aspect you would do better, then I can tell you that you do very well in the aspect of obedience. That is, in details and obedience, like doing counseling, or in the field of assistance, you would do exceptionally well. Because you have a very strong willingness and heart to obey, you can find someone you particularly admire or respect, and then assist them in their work, and you will do very well.

**Questioner:** Then how can I have a job that satisfies me?

**Higher Spirit:** You have already expressed your feelings. You have said that you are not satisfied with your job, but you are not willing to let it go.

Then you just keep experiencing it, because this is what you want to experience, do you understand? So you are also supported!

**Questioner:** I'm also very tangled...

**Higher Spirit:** Your inner tangles, all your states you will experience.

**Questioner:** Why do we always look at everything negatively?

**Higher Spirit:** Your looking at everything negatively is also a kind of self-protection, do you understand? Because you think that looking at things negatively in this way can protect you from being shocked, disappointed and having a gap. So you are also protecting yourselves. Because feelings like disappointment or the gap or not getting something, the disappointment it brings is even more unacceptable. You are protecting yourselves from experiencing this. Because if you are operating in a certain mode, first of all, you believe that this mode will serve you and make you feel a little better and more comfortable. So this is why you choose this mode. I'm just telling you why you choose it, do you understand? If it is really of no use to you at all, you wouldn't have chosen it.

**Questioner:** Then, what is the right way to do it?

**Higher Spirit:** That's your own choice. If you think this way is truly protecting you and making you feel a little better, then you can choose this mode. There is no right or wrong here, there is never right or wrong here. There is no good or bad. It's only about what you really want to experience, understand? All that you want to experience, you are supported and allowed.

**Questioner:** How to connect with my True Self?

**Higher Spirit:** With your True Self and you can keep asking yourself, you keep asking questions, keep asking questions, you keep asking, understand? Just like talking to yourself.

**Questioner:** How can I separate the True Self from the mind?

**Higher Spirit:** To separate the True Self from the mind. All the purposes of your current questions are that you want your physical body to be closer to your True Self, that's OK. Your physical body is a tool. Your True Self wants to use this tool. You want them to have a better connection, to work better together, to create together. Any more questions?

# 2021/10/05 - You can't understand everything all at once.

**Higher Spirit:** Ask, any questions.

**Questioner:** Can I know who I'm communicating with now?

**Higher Spirit:** When she connected just now, she connected with Teacher Seth, so now it's the energy of Teacher Seth communicating with you.

But for any of you who want to connect to other levels, you can all make the transformation through your communication. Now you start asking your questions.

**Questioner:** I want to know what I'm suitable for doing.

**High Spirit:** As long as you have an interest in it, you want to do it, and you really like it, then that's suitable for you. So, you say.

**Questioner:** I want to know why I'm so afraid of snakes.

**High Spirit:** You want to know why you have a fear of snakes, right? Let me see. What's your name?

**Questioner:** My name is XXX.

**High Spirit:** XXX, now you want to know why you have a very great fear of snakes. Your fear comes from being unable to move, understand? It's that you're afraid you don't have control, you don't have the initiative, you're completely bound. Because you are someone who hopes to have control over everything, that is, you can take some actions or something. Then the snake for you is a symbol, symbolizing that you are helpless. Being helpless is the state you are most afraid of. So the snake is just one, because in your mind, you think its power will make you lose your control, that is, make you become helpless. That kind of suffocation, that kind of powerlessness, this is what you are afraid of. So if it's another animal and when you think of it and it gives you this feeling, you would also be afraid. So what you're afraid of is this.

**Questioner:** How can I get rid of the sense of control?

**Higher Spirit:** This sense of control, first of all, you shouldn't think of it as something that hinders you, understand? This is something you were born with. Just like, OK, you are a crab. If you are a crab, then you have the pincers of a crab, right? Because you are different from others. Others are fish and you are a crab. The pincers you were born with always seem to be in your way. You say there are always these two big pincers in front of you, blocking your view and making it not easy for you to move. You think it hinders you, but it doesn't. You should know that you are inherently different, understand? You are not a fish. Fish have their advantages and you have yours. So you just need to make this pincer serve you better and use it flexibly. Because it belongs to you. You know when you should use it to catch food for yourself. You know when not to let it pinch yourself, hurt yourself, or hurt the ones you love. Understand? You just need this tool to go out smoothly when it should and come back smoothly when it should.

You just need to master this instead of all the time. When you are about to hold your baby and the clip injures it, it means you can't control it.

**Questioner:** So is this sense of control also a sign of mine?

**Higher Spirit:** Yes, because each of you is unique. Each of you has your own strengths, advantages, and characteristics. This characteristic needs to be well utilized and contributed by you. Why? Because many people in your material world need someone like you with such a personality, and such a personality can do very well, like leadership work. Do you understand? But to a certain extent, if you feel that it hinders you, then you just need to learn well how to use it flexibly.

**Questioner:** I would like to ask what my life blueprint is when I chose to come to Earth.

**Higher Spirit:** What is your life blueprint when you chose to come to Earth? I'll link it. Say your name XXX again. Now I'm going to search for your information. I want to help you link your information. You want to know what the theme of your experience on this Earth in this life is. What you like the most, the most is all about transformation and transitional work.

It's like if you like it, it's like doing magic. You turn something dead into something alive. This kind of transformation, this kind of change turns a bunch of junk into treasure, understand? You really like this kind of transformation work, change work, so your life will... This is what excites you.

**Questioner:** I want to ask what is internal hormone.

**Higher Spirit:** Internal hormone is a name given in your own material world. I don't know what internal hormone is, but you are quite interested in these, that is, passionate, and then you will experience a series of transformations...

**Questioner:** Then how should I transform?

**Higher Spirit:** If you want to transform, first of all, you need to start from around you, from yourself... Just like I said earlier, you think this crab claw that hinders you, you transform it into something very useful, a tool to help you. Then you have made a transformation. It's turning an initial obstacle that hindered you into your tool. This is a transformation work.

**Questioner:** Then how to transform darkness into light?

**Higher Spirit:** Light, first of all, you have to understand that light can never become darkness. So what you can do... Because as I said earlier, your passion, what you want to experience is to turn the dead into the alive, not... You want to experience destruction, understand?

This is different, so you give it vitality.

**Higher Spirit:** What's your question? Just ask your question directly. You don't need to describe it because through your question we will bring out the information for you.

**Questioner:** May I ask what kind of energy is suitable for me to connect with?

**Higher Spirit:** An energy that is suitable for you to connect with. If it's not suitable for your energy, you can't reach it, do you understand? You can't touch it. So you don't need to ask this question. If it's not suitable for you and your frequencies don't match, you simply can't achieve it no matter what. So it's like you're a little kid. You're only a few tens of centimeters tall now. Tell me, which one is suitable for you? The one that's two meters tall, you can't even reach it. It's meaningless to ask this question. So you just need to be full of enthusiasm. What do you want to play? Just like a child, what do you want to play, you go and play. Instead of saying, Mom, which one is for me or something like that. You can touch it yourself and understand? It's your world. You explore.

**Questioner:** Will I suddenly be able to communicate with spirits after experiencing something in the future?

**Higher Spirit:** Do you want to know if there will be an event that makes you able to communicate with spirits yourself? First of all, you don't only define communicating with spirits as one mode.

For instance, say you are now communicating with the spirit of this lady. You just define this as one mode of spiritual communication. That is to say, you let go of your own mind, your physical body, and your control. It's like you really like to be in control. Now you let go of that control. It's like a car. Right now, you give up the driver's seat and let a higher energy take you for a ride. Do you understand? Because you don't know that the scenery where it takes you for a ride is a place you wouldn't usually go. This is spiritual communication. For this way of spiritual communication, you should not be limited to any one type. Not any one type. Even if I tell you that it can happen when you are sleeping. During sleep, it can occur. Just follow the scenarios in your dreams to lead you to have experiences, and then you can extract the information from the dreams. So all you need is to have this desire. That is to say, OK, I'm extremely interested in the information from the spiritual world. You have the desire, you yearn for it, and then you are excited. And you don't define how it happens in what aspect of yours, and it will come.

Don't define where it happens (unclear), and don't rely too much on your mind and the knowledge you already have because these are all obstacles. For example, if you are a consultant, before you consult with others next time, you might look at their background, their case history, and understand their situation, and then see what countermeasures you need.

Well, I don't need any of this. When you come prepared, then you are understanding with a material mind. Do you understand? So you don't need any preparation because all the information you need and any information you need, you just need to let go of your mind, that is, keep your mind out of the way because the mind often pops up. Wasn't that thought just now crazy? How... You let go of that. Let go of any of your experiences, your past events, everything you have experienced in the material world. See how you will operate because you will enter that automatic operation mode.

Suddenly you may wonder why I said so much, as if these were some words and states that I didn't have the concept of before. That kind of state is channeling. Channeling doesn't have only one fixed mode.

**Questioner:** Why did I choose transformation as my excitement?

**Higher Spirit:** This is your excitement. It's what you want to experience. It's like you especially like to go diving in the sea and see the fish. Because you are full of excitement, and then you ask others why I chose to go to the seaside or the sea. Because anything you want to explore is allowed.

**Questioner:** Then which spiritual knowledge do I need to learn to grow better?

**High Spirit:** You don't need to follow any truth, principle, or concept because the people who wrote these concepts were just (unclear), understand? They reached a path through this, but each of you has to walk your own path. So too many rules and regulations, or whatever. If you haven't get ready, that is, if you haven't prepared to forgive someone, but you look at this person and you force yourself to forgive him, you will have internal division. So it's like a seed that hasn't reached the time to sprout because it's winter. But you force it to grow into a big tree. So if it needs to experience in the dark, let it experience. Even for others and you, you don't need to push yourself. You don't need to force yourself to grow quickly because there is no time here. There is no time.

All of you seem like, your kind of chasing process is like the mentality and psychology of having to reach quickly, which has caused very big obstacles for you humans, mentally, such as anxiety and impatience. You are all missing the real life because the real life has no tomorrow, future, front, or destination. Everything you have is right in front of you, it's all in the present moment.

Then each of you is running away and can't wait to go somewhere where there is nowhere to go. Then all the guidance you need, all the instructions you need, your guidance is all contained within you just like a seed. How it sprouts, how it grows leaves, how it blossoms. Do you think it learns from another seed? Understand? All that information is already contained within it, and so are you.

If that is your excitement, you think their information makes you very exciting, that is, excited, you can harvest that excitement, that is, it allows you to see how beautiful life is. But let go of all concepts because otherwise you will follow this pattern. If you follow that pattern, you are not being yourself, not walking your own path. Because each of you, why there are so many people, individuals, because each of you is like a hundred flowers blooming.

If each person grows exactly the same, grows into the same flower, does it make sense? So every life is unique, one of a kind, and beautiful. This is the true meaning of life.

**Questioner:** What should I do to make my heart feel peaceful?

**Higher Spirit:** Inner peace

Why do you think your inner self is not at peace? Why is peace a pursued state? Do you understand? Think about it...

**Questioner:** Then can you teach me how to pursue mental peace?

**Higher Spirit:** That's because you don't know yourself and the essence of life. It's your misunderstanding of yourself and life that leads to these thoughts and actions. If now we help you to see yourself and the truth of life clearly, you won't have a series of subsequent actions and feelings. Do you understand? So I'm not teaching you how to pursue your peace but letting you know why you feel not at peace. Because when you know that it's some of your thoughts that cause you to be like this, and you make it clear that those thoughts are wrong, you will automatically let go and won't have the subsequent actions. So it's the misunderstanding of life and of yourself by all of you that leads you to do these actions.

**Questioner:** I still don't quite understand.

**Higher Spirit:** Let me give you an example. You all think, ah, food is very good. Food can keep us alive and we must eat or we will die.

Then? Each of you has this idea and keeps stuffing, keeps stuffing, keeps stuffing all the good stuff into your stomach. You originally only needed to take, for example, 500 grams of food and you would have met your body's needs. But you stuff several kilograms, tens of kilograms in. And then you say, "Oh, it's so uncomfortable. Why is food so uncomfortable? Why is life so uncomfortable? Ah, why is my stomach so bad? How can I make my stomach better?" Then you go and buy medicine to treat your stomach problem. Do you understand what I mean? You say.

**Questioner:** May I ask if there is any other information that needs to be passed on to me?

**High Spirit:** The information I give you today, you can't absorb, understand, and digest it all at once. It requires that later, for instance, when you throw yourself back into your material world, you go through some pain, you go through some struggles, and then you look back. Do you understand? So don't push yourself in our communication here. Never, ever force yourself to understand, absorb, or become immediately because there is no destination here, no hurry, no speed. The only way you want to accelerate is to allow everything for yourself. Even if you don't understand a single word now, you allow it.

**Questioner:** May I ask what is the necessary path for our growth?

**Higher Spirit:** Each of you is different. You have yours, he has his, and others have others'. But the inevitable path is that you will all experience bondage and then find freedom. You will all experience darkness and then find the light. So this is the inevitable path.

**Questioner:** May I ask when can I achieve the harmony between man and nature?

**Higher Spirit:** Will this happen in your life? Do you want to know what is certain in your life? If you want to say what is certain, nothing is certain. It's all up to you. Yourself is to want to create what kind of experience. If you want to experience the state of unity, you just need to let go of everything, anything in your mind, that is, let go of your thoughts, perceptions, experiences, memories, everything. Then you will achieve unity. It's not a process. It's not that I tell you that you can achieve it after ten years or ten days. No, it can be right now, immediately. There is no specific way or method, no specific... If some say that he has a way to achieve it, that only belongs to himself. That is only a creation for himself, that is to say, I believe in myself like this and I achieve it. Then it seems like there is a suggestion on yourself.

Because your bodies are like tools. Something will be implanted into you and then you feel something. So if

**Questioner:** So can I be unified now? No process needed?

**High Spirit:** There is no process.

**Questioner:** So are those methods just others' methods?

**High Spirit:** They belong to them and are useful for them. First, you have to understand what is preventing you from feeling unity. If you can understand that and remove it, it's not that you are not unified originally and have to make yourself unified. It's not like that. You are originally in a unified state. What is preventing you from not experiencing unity? This is what you need to explore.

**Questioner:** Then what exactly is preventing me from experiencing unity?

**High Spirit:** What do you think? Tell me what exactly is preventing you from experiencing unity? The cognition in your mind! You humans always think, I think, what I saw in the book, what others said, ah, it's like this originally, right? You all have this in your minds. This scientist said so. That person said so. That authoritative person said so. That it's said so in the Bible. I tell you, don't believe the Bible, understand? Don't believe the Bible.

Even if I say something, you should not believe any concept, any clause, or any word. Just let them all go.

**Questioner:** But it feels very difficult to let everything go.

**High Spirit:** Even if it's difficult, but experiencing that difficulty is also very meaningful for you, do you understand? Because you came to the material world itself to experience this. Otherwise, you would lose the meaning of coming here. That is, you have to experience confinement.

**Questioner:** May I ask if you know Teacher Seth? Do you have physical bodies?

**High Spirit:** You ask me if I have. Seth is just an energy. They are like, OK, I look like this, I am like this, and then they give me a name. And the next time I come, your name is just to let others know that this is you, do you understand? So when you call me Seth, it's also this energy. Its speaking style and its energy state are like this, so you call him Seth. Do you want to ask if we have physical bodies now? We don't. We are in an energy state.

**Questioner:** Then why don't you choose to come to Earth?

**High Spirit:** Why don't I choose to come to Earth? First of all, there is no "me" here, do you understand? "Me" belongs only to you. You have individuals, and the one that exists alone is the "me". What if there is no such thing? If there is no individual existence? How can it be called "me"?

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How to call 'you'? Because there is no specific object here. Because you humans only know about the Earth. It's like you live in a small mountain village or hamlet on the Earth. Then that small mountain village is all your认知. That is, you grew up only in this mountain village, met all the people. Then you ask a person from another city, "Why don't you come and live in our small mountain village?" Do you understand? Because you have never gone outside.

**Questioner:** Then what exactly is infinity?

**Higher Spirit:** Because, but now you are trapped in your material mind. Your material mind can only. Everything you say, everything you ask, all the problems that arise are within your material mind, within the known programs. Do you understand? It's like you are a computer, and only these few programs have been installed for you. You can only operate within these few programs. So your questions can only be those few. I have explained it to you. You can only translate it using these few认知. So all of you are limited. How can you, a limited thing, understand infinity?

**Questioner:** Then why do I have to be a human to experience limitations?

**Higher Spirit:** You, if we're just talking about your physical body, right? Because only when you enter the physical body can you experience all of this. If you don't have a physical body, you can't experience the feeling of being bound, the feeling of fear, the feeling of pressure. You can't experience all of this.

**Questioner:** How do I feel like we're going in circles?

**Higher Spirit:** What circles? If you think going in circles is what you want to experience, and if you haven't gotten what you want from it yet, you can keep going. Because there's no time here. There's no today, tomorrow, or the day after tomorrow. Because you have to know that your greater self is not limited to your physical body. Only your physical body has limitations. Do you understand? Only your physical body is subject to limitations. So do you think you've trapped your soul, trapped your higher self, or trapped something else of yours? No, there's nothing you can never achieve. Do you have any more questions?

**Questioner:** I feel that the spiritual knowledge I love doesn't bring me wealth...

**Higher Spirit:** How do you know that your passionate spiritual knowledge isn't like an investment for you? Laying the foundation? Do you understand? How isn't it making your life stand higher and your income higher? Do you understand what I mean? Do you think you seem to be in a losing state right now, right?

It seems like I'm spending more effort on this side and less on that side. I'm at a loss, right? That's an illusion. You're investing now. You're doing this to ensure your entire life in the future. For example, if you're currently earning a hundred dollars an hour and you aim to reach ten thousand dollars an hour, you're making an investment. People doing business in your material world always have to put money out first. They always have to invest first!

**Questioner:** I wonder if my pursuit of spirituality and my entrepreneurial venture in spiritual healing are conflicting.

**Higher Spirit:** Let's put it this way. Your entrepreneurial venture in the material world is like a well, right? Now, when you seek spiritual knowledge, it's like constantly looking for water sources inside the well. If you don't find the water source, is your well useful? Do you understand? There's only some stagnant water inside, and stagnant water can't nourish people. So, if you have a water source, don't you need a well to provide for others and solve their problems, solve their thirst problem, right? So, there's no conflict. There's no conflict. Moreover, the process of looking for the water source won't have an impact on your well. Instead, it helps because you know all the routes you need to take.

So you just need to allow

**Questioner:** But I'm really losing money all the time now... My efforts have been in vain.

**Higher Spirit:** That's because in your own mind, you have a certain, a kind of definition of the result, that is, this matter must develop in this direction. Then you think that if the seed doesn't germinate in the middle... Why do I water it so much every day and fertilize it so much, but it doesn't germinate? Understand? You can't see the internal changes it produces. You only look at the result. You only look at whether the bud comes out, but you don't know that it's constantly changing inside and generating changes. You haven't allowed it. Also, the definition in your mind is about what you want, being attached to your result, which is supposed to be like this. Because first of all, you need to know that your mind knows nothing. You think your mind knows, but in fact, it knows nothing. But you believe in a tool that knows nothing. Just told you that what hinders your state of oneness is your mind, right? The mind is just a tool.

But you rely on your tool one hundred percent instead of relying on yourself. This is the problem. How to rely on yourself? Just as you said earlier, then you have to be clear about what your mind is for.Not affected by anything, including your mind

**Questioner:** But I haven't seen any signs of improvement.

**High Spirit:** That's your definition of change. Just like I just said, when you bury a seed in the ground, you think it must germinate for your efforts to bear fruit. But the internal changes it undergoes, such as the seed constantly and gradually expanding, you don't see, and you don't have the patience to wait. Because germination is sooner or later. And the greatest help to others is to allow them to go through what they need to go through. Just like if you watch a caterpillar transforming and you say, "It's so hard. I'll help you take off your shell," and then it dies. And then I say, "I helped you so hard. Why did you die?" You can help him see how he benefits from his suffering process, see his strength, that he has the strength to transform, see him. Everyone makes mistakes. See him. Dark experiences are very necessary. See him. There is no perfect person in this world. This is the greatest help you can give him, which is to prevent internal division and attack. Because for everyone, first of all, there is no such good state here, because you humans most like to pursue a good state.

It's about mental health, and then physical health, all kinds of things. There's no such thing as a perfect state but only a state that suits and is needed by a person. For instance, if he is a victim, the process of being victimized is something he needs to experience and transform with his strength. Let him see from you that, well, say you yourself are a magician. You can bring the dead back to life, right? Let him see, wow, we have such powerful energy to bring the dead back to life. Then I'll give it a try. This is the best help you can offer him, to let him see all possibilities and his inner strength.

**Questioner:** I want to know if my deceased grandmother has been reincarnated.

**Higher Spirit:** First of all, your grandmother is just a personality and her personality will always exist. Just imagine, a tree has countless leaves and each leaf is different, right? But if that leaf falls to the ground, it falls off. The shape of that leaf will always exist. So your grandmother's personality always exists. It's not that your grandmother becomes something and then she returns. It's like where you come from, where you are generated from and then you return. It's like your water flows out and then your water returns to that source.

**Questioner:** Has my grandma now developed into another personality?

**Higher Spirit:** Because first of all, if she transforms into another personality for the experience, that personality has no relation to you. Only your grandma's personality is related to you. So you can ask your grandma's personality if she has any message for you. You can ask like this. Let me connect you and then say your name again.

**Questioner:** My name is XXX.

**Higher Spirit:** XXX wants to know if his grandma has any message for him. There is a message. First, she wants to express her deep gratitude to this lady. Then she says because she (the psychic) has been extremely helpful for your transformation of consciousness, she is very grateful to this lady for helping you as this kind of help is very rare. Then she expresses gratitude that the message can be brought to you through our current communication like this. And the message she wants to give you is that don't push yourself too hard. She now has a feeling of wanting to shed tears, a feeling of heartache for you, and a feeling of wanting to hug you. Because she says you are particularly strong and sensible, just like a pillar. She wants you to feel cherished, cared for, and loved. Just this kind of feeling.

So she wants you. She said that no matter what you are like, you are the best. There is no good model for you to reach and become better because you always have a strong desire to make yourself better. Then she said that you yourself are the best. And she said that she will always love you.

And her love has never disappeared. The message is over. Do you still want to know if grandma blamed you? I'll link it. She said that you are a (inaudible). She is distressed. She is distressed that you always push yourself so hard, as if you are pushing yourself too tightly. She is just distressed. She didn't blame you. She didn't blame you at all because there is nothing to blame here. The only thing is that she loves you.

# 2021/10/16 - Healing Past Life Pain and Building a Sense of Security

**High Spirit:** You speak. What's the problem?

**Questioner:** Hello. This psychic girl is still afraid of the dark or, for example, people suddenly appearing behind her or something. Also, she might be afraid of heights. She wants to ask how to heal this kind of mood. Can some cleaning and healing be done?

**High Spirit:** OK. Let me link first. I want to link her body and feel her... I now feel some of the fear in her part of the body comes from when her mother was pregnant with her, because her mother was a person who was particularly easy to be frightened.

Then it's that she received a lot of scares when she was still a fetus. And those scares are stored in your unconsciousness. So this is just one part of it because it's like you have a large area that needs to be cleared right now. Let's say, for example, the source of this area is like the weeds in a garden. And this part of the weeds is in the crevices of the stones, and another part is next to the trees. That is, we need to categorize it because after categorizing it, and then clear it.

So currently, what we're talking about is the kind you just mentioned, that she's afraid of being scared. It's because when her mother encountered some things, events or information, everything that happened in the external, material world, she would suddenly have a shudder in her heart. Do you know that feeling? The kind of sudden intensification physically, it's like shivering, suddenly shaking for a moment, that kind of scared feeling. And this sudden feeling, for example, you are a fetus sleeping soundly and you suddenly shake for a moment, feeling like falling to the ground for a moment, that kind of shock, that's this feeling. And then we need to deal with this feeling of her being afraid of sudden scares. Because think about it, if you were a little baby and if you were particularly secure while sleeping, if the person holding you accidentally dropped you, accidentally dropped you, constantly dropping you, do you understand what I mean?

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Then surely in your subsequent situations, your body will store it, right? Because your physical body has a memory storage function. It's not just what you can recall in your mind, but also what you can't recall. They are also stored. Then your scientists and psychologists have analyzed that various memories store information in certain areas, and then you will record these. When this happens frequently, your body will also worry from time to time, be afraid. So now I want you to know the source of that kind of feeling. Then currently we can help her clear away the sense of fear brought from her mother, okay? Let's start from this step.

**Higher Spirit:** Next, I'm going to make an adjustment, and then you do the following cleaning work. Because first of all, no matter what you are cleaning, you first need to understand what you are cleaning, right? For example, if you want to clean this house, you first need to know whether I'm targeting the dust in this house, the garbage on the ground, or something else.

First of all, you need to know where to start. Now we know where to start. Then we are now going to bring her into a fetal state. Now she will gradually enter a feeling like a fetus. Right now she feels that her whole body is tightening up, that is, her whole body has entered a wrapped and constricted state. That state is like, imagine if you are opening an unsprouted green bean or bean sprout, right? Then all its embryos, germs, and its body are curved and tightly wrapped together. Now we are going to bring her body back to that state.

Her body has returned to that state. Then next, we need to bring her consciousness, that is, her feelings, and her state back to that state. Now feel it for a moment. Now recreate a state when you were in your mother's womb. The womb surrounded you very, very tightly. And then you suddenly felt a vibration. That vibration wasn't dangerous at all. That was just the kind of fluctuation brought about when humans were walking, going up and down stairs. It won't put you in any danger.

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You won't be exposed to any danger. And every time your mom is moving around, she will tell you in advance, honey, I'm going down the stairs now. You might feel the up-and-down vibration. It's okay. You don't need to be afraid. This is just the up-and-down vibration and you'll get used to this feeling.

You are in a very, very safe environment. You are tightly surrounded by the womb. You are closely guarded by the Creator. You won't be in any danger. You can feel that you know you are so small and helpless. So you think you are afraid of losing protection for life. You need to know that life itself is power and you can enjoy the comfortable stage in the womb with peace of mind.

**High Spirit:** Alright. The experience she had in the womb, we have renamed it. That is to say, the previous one, for example, the feeling of body shaking that occurred, because you gave it a bad name, like, ah, I'm losing control. I'm going to fall. The kind of feeling that was produced. If we tell her that this feeling of yours is normal, just say that it's a fluctuation that occurs when we go up and down the stairs, do you understand what I mean? Then your body will accept this suggestion and it will create another feeling and store it.

It will store another one.

**Questioner:** Understood. Then is the healing you just did for her the same for her fear of the dark?

**High Spirit:** This is about her always feeling insecure. This sense of security is that she always feels there might be accidents, like whether something might suddenly appear behind me by accident. Fear of the dark is another matter.

**Questioner:** Then can you please do a healing for her fear of the dark as well?

**High Spirit:** OK. Wait a moment. I need to connect to her energy again. I'm searching for information about her fear of the dark. This psychic body has a fear of the dark and wants to know why there is a fear of the dark. I linked to a piece of information and because of this information, she had a lifetime, which is what you call she once experienced. I want you to know that for your soul, although this lifetime is a lifetime for you, for a soul, it is just a stage. For example, in your lifetime, you have the youth stage, the infant stage, and then the adult stage. These are all stages of your growth. So in her soul, there is a stage where she experienced a serious fear of the dark. That experience was at that time, because I know that if this piece of information is brought out, it might trigger some of her inner, as you might say, old memories, old wounds.

For instance, when talking about an incident when you were injured as a child, you might still cry. It's such a phenomenon, but it's okay because she... We need to bring her out before we can clear it up and she's willing to try and accept because she's a very brave soul. She's willing to confront all the pain. OK, then next we're going to tell the story. That dark experience was that she was, by a group of people, literally nailed alive in a coffin because she was a very powerful witch, do you understand? Because she had the ability. That is, she had superpowers. She had the ability to communicate with the spirit world. All these abilities made her different. Because of people's ignorance, that is, they were afraid of powerful energy because they were afraid that powerful energy would cause damage to their lives. For example, this witch had superpowers. Then would she suddenly get angry and destroy our entire village or tribe? So those people were afraid of such energy happening. So when she was sound asleep once, imagine a person in a sleep, they forcibly put her in a coffin and nailed it up.

Then she was alive inside, that kind of helplessness, that kind of struggle, that kind of facing the darkness, and ended her life in such terror. Then this lifetime experience caused her, that is, the painful experience of her body caused her very great fear. So she's not just, now we come to another fear of hers because she's afraid of the dark, right? Another thing she's very afraid of is snakes.

**Questioner:** Why?

**High Spirit:** Because there were many, many snakes in that coffin. Because those people wanted to see if she really had powerful abilities, then could she use her abilities, for example, to open the nailed coffin, could she use her abilities to kill the snakes or something? This was how extreme a means or method that humans reached at that time. Do you understand? So this lifetime brought her this kind of, for example, if this experience happened to you when you were a child and you went through such a situation, then would you be influenced by this event for the rest of your life? Because every time you choose your personality, you forget everything that happened before. So you won't remember these things, but the influence of this event is still there.

But you just don't know why. So what we're going to clear up next is some of the fears that she had when she was in the coffin. Well, now I'm using the healing energy of Guanyin Bodhisattva to heal this body. This body is right in front of me now. When she passed away, her eyes were wide open, very big and protruding, and it was like a state of bleeding from the seven apertures. Then we need to gently close her eyes now because we need to restore the comfort of her body. Because when she left this body, if her body was in a very tragic or painful or that kind of state, this state would be carried into her soul. So here, in your material world, there is an action that is to close the eyes of those who die with their eyes open and restore their bodies. This is a very good process. So now we are starting to restore the softness of her body, that is, not to let it leave this body in a stiff state. Close your eyes because you know you just transformed in a way of existence. Because of your perception of life, you know that the end of any material experience is just a transformation. So allow your eyes to close gently. Close your mouth gently again. Let your tongue relax. Relieve that tension and let your tongue gently return to your mouth. Let it soften. Let your throat start to relax. Let your hands start to relax. Your legs, all of them, relax. Next, you can feel that your entire body is relaxing. Then here, I also want to give you a passage. Because this information can help you in the future when you leave your body. That is, when you resist or are passively separated from your body, and when you voluntarily leave your body, the two will have completely different effects. You always seem to either voluntarily walk out of this door yourself or be pushed out of this door by a strong force. If you walk out voluntarily, your body will not be harmed in any way, and you will not experience any panic or intimidation at the spiritual level. When you are not ready and are pushed out, it will bring you a sense of intimidation. So now, I'm going to guide you to make you leave this physical body actively again, rather than passively. Then imagine that you are a witch and you have powerful energy. Then you can control not only the material world, but also the minds of animals. You can chat with them.

You can play with it, just like playing with your pet. Many people regard snakes as a symbol of wisdom. Many people consider snakes as their pets. Although you haven't established a very strong bond with snakes, you know that no matter what, as long as you want, you can build a good feeling with them. So imagine that you can immediately establish a relationship of friends or pets with snakes now. That's your pet because you are full of love, fondness, and the desire to explore all things in the world and all lives. Imagine that those snakes are your pets. You can communicate and interact with them with your mind. Now imagine that because you know that leaving the physical body is just a transformation. Then you enter a transformation now, and this transformation is accompanied by this pet.

Then several snakes are your pets. They want to get close to you as soon as they see you, just like little dogs. They want to lick you and touch you as soon as they see you. Snakes are the same, so please accept their touch on you. Then the pet lies quietly with you there because you know your energy hasn't been fully released here, but you can release your energy at other times, in other stages of time.

But anything that follows you will not disappear. Any of your energy is carried with you. Those are truly what no one can deprive, and no one can take away from you. Those are truly yours. You know when a flower blooms particularly beautifully, or when a tree seed grows particularly tall, because it requires not only that seed, but also a very suitable environment for its growth. So you will choose in other environments to let the seeds within you germinate.

Well, the fear brought by this body and that kind of struggle before have all been sorted out and cleared up. Because we let her re-sort out that process.

**Questioner:** A netizen wants to ask what a vegetative person wants to experience.

**Higher Spirit:** What a vegetative person wants to experience. First of all, you need to know that this is divided into many different situations. Some are the obsession of the family members, understand? That is, my family member, I still have an obsession. I cannot accept death. I must use money or methods or means to keep this body by my side. Then because of the love for them, understand? That is to say, it's like a child whose toy is broken, damaged, or smelly, and he is unwilling to throw it away. Mom loves the child, and you don't force him to throw it away, right?

So this is one for both of them. It's like, OK. If you're not ready. If you haven't accepted how to face death, then I'll accompany you and let you know that actually keeping a physical body is of no use. Do you understand? There is such a situation, but there is more... Because first of all, you need to know that each of your lessons is actually different. Although you have chosen the same something, it's like you have chosen the same venue, but what you have to experience is very, very personal. What I just said is only one of the phenomena. There are also including the person's obsession with his physical body, his understanding of life, and there is (disconnected)

# 2021/10/17 - The cause of leukemia and its healing

**High Spirit:** Hello

**Questioner:** Hello, Bodhisattva Guanyin. Can you please heal my current physical illness?

**High Spirit:** What's your name?

**Questioner:** My name is XXX.

**High Spirit:** Let me first sense your energy state. I sense that your body is in a conflict. That is, there are both soft and powerless parts, and there are also particularly stiff parts. It's in a state of two extremes. Now, for example, think of very, very hard mud and water, and their such states.

The state of hard mud and water. So what we need to do now is to blend the hard mud and water together, understand? Knead it into the state of soft mud. Because think about it, water and hard mud are now in two different states, molecular states. So it leads to a situation where they can't blend together harmoniously. You just need to close your eyes, and I'll handle it here. Because this is at the energy level of your body, so... What we need to do now is that you see, you close your eyes and imagine. In your mind, you see in front of us, placed in front of you. In the normal state, it's soft mud. But the state we are facing now is that the water is water, and then that mud is as hard as a stone. That is, all the water in that mud has been separated out. So we need to knead the separated water back into the mud and bring back its original state, which is the soft state.

Those separated waters are all things that your body cannot accept, some things that you reject. Because in your world, it seems very black and white. For example, you, for example, must make yourself in such a state, otherwise it's not you. Do you understand what I mean?You have a lot of these rules and regulations. For example, you stick a label saying "good people" and "bad people". Then if a good person does something bad, they are no longer considered a good person. You divide everything so clearly. Because now I want you to accept a fact that a good person can also be a bad person, and a bad person can also be a good person. It's not like water is water and mud is mud. Water is also mud, and there's water in the mud, and mud in the water. Do you understand what I mean? They can't be separated. Because the most important thing is integration and harmony. The most important thing is this integration, including your own acceptance of yourself.

For example, you don't allow yourself to be unhappy, you don't allow yourself to swear, you don't allow yourself to do certain things. Do you understand what I mean? If you think that saying a few swear words or being impolite makes you not a good person, this is not a kind of clear boundary or standard for yourself. This is something you need to let go of from the bottom of your heart. Why? Because, for example, I'm combining them together now, combining water and mud together, right? That's me helping you combine them from the outside. But your, your operating mode, your physical intention or thought, it will gradually separate them again.

**Questioner:** (Not sure what was asked)

**Higher Spirit:** You have again separated water from mud. So I want you to fundamentally find out why water is water and mud is mud. The formation of that state is like a task for you now, right? This is a task in your mind. Then water is water and mud is mud. What it presents is a state within you and in your mind. It's unconscious. You don't know how it operates. But in front of others, a puddle of mud is just a puddle of mud. The humidity, the softness, and all aspects of it are moderate, right? It's that state. But in front of you, because the puddle of mud in front of each of you is the manifestation of your mind. But in front of you, your water and mud are separate. These two substances are separate. You think that they are each their own and you think they are incompatible. But now they are compatible, and this is harmony. Because water supports mud and mud also supports water.

Water is also mud and mud is also water. It's when you, because only your mind will define something. When you let go of all the definitions in your mind, your heart won't reject this unclear state where they can't be distinguished. Oh, mud is like this by nature.

Water is for mud, and mud is for water. So after this treatment of ours, in your daily life from now on, let go of any labeling in your mind. Don't tell yourself that this behavior of yours is wrong, or that this behavior of mine is wrong, or that this behavior of mine is right. Don't have any such voices. Accept everything. Do you understand? It's like your own child. Whether he is naughty or mischievous or obediently goes to school, and whether he gets good grades in exams, both are your children. It's not that if you are naughty and mischievous, you are not my child and I don't want you. If you get good grades in exams, you are my child and I want you. You need to accept a real state of life instead of classifying it into what you want and what you don't want.

So for the later state, what state is the pile of mud in front of you? Your mind will slowly materialize it. Then this water and mud are the states of your body. What do you say?

**Questioner:** Why does my body have this abnormal state?

**Higher Spirit:** The abnormal state of your body has been analyzed very thoroughly for you just now. It is because of your classification and definition of everything. This is good, and this is bad. Those definitions are false. They are all fabricated in your mind. They are all what you think, what this society thinks, and they are all external. None of them are real.

But this kind of situation will cause a kind of rejection. That is, this kind of situation will cause a kind of rejection. For example, you will reject me. You will reject some of your behaviors, thoughts, and notions. You will think those are wrong. So this is a process for you to examine yourself. Because this is not only you, this is something that all of you humans have. Some of them just have their conflicts presented in various aspects, presented in various ways. Well, then next, because first of all we are talking about treating a problem, solving a problem, when treating a disease, we need to know how it formed. Now we know that is the reason for your body's formation. Then for the first time, it is my energy to blend it together. But next, it is you, that is, you gradually eliminate from life, remove some that are not yours, those differentiations that don't belong to you. Now the pile of mud in front of you is very, very stiff. And then we will slowly and gradually knead it into the water. We want you to know that your body is very, very, originally very, very harmonious in operation. Everything about it is operating harmoniously. But you people will, according to your habits and customs. For example, one example is that you want your body to become better and then eat a lot of health supplements. It's like adding a lot of burden to it when it's unnecessary. For example, you are already perfect, but you don't allow your emotions to arise everywhere. You say I can't be angry or something like that. That's a requirement or definition you have for yourself, and you are blocking that energy from flowing smoothly through your body. So originally, you are perfect. When you don't allow your emotions to show, when you are blocking that energy from flowing through your body, you create that blocked energy within you. So when you extremely pursue being good, you are destroying and losing balance. Imagine, balance is like a seesaw. When you stand in the middle, it's balanced. But if you think the scenery on the left side is better or the left side is more advantageous, and you go to the left, you lose balance. Do you understand? So whether you pursue being bad or being good, either pursuit is an imbalanced state. Instead, go back to the beginning, to the most original state, and allow everything. Now you need to turn these concepts into truly your own concepts. Because this concept is like a program that runs in your body. It affects whether your body is in harmony or imbalance. So the most perfect you is the real you. You don't need to go through any learning, efforts, or monitoring of yourself, monitoring yourself or whatever. Do you understand? You weren't made, you were allowed. That is, allow yourself to show up. Just take away those things that are not yours that have accumulated on it. Now it's starting to loosen up gradually. You can feel the serious blockage in your throat. The serious blockage in your throat is because there are many, many words, that is, many expressions that were held back by you. That is to say, when you wanted to say something negative or wanted to express something destructive, but you thought these were destructive, these were not good and then you held them back. For example, if someone bullied you and you wanted to scold him, but you thought I should be a good person and a good person shouldn't be like this, then you didn't scold. So in your throat, there are many unexpressed things and many not allowed things in that part. But you should know that there are many ways to express. It doesn't just need to be through negative or abusive or some kind of situation. It can be neutral. Neutral is like, for example, I don't like your behavior. Your behavior has hurt me.

This is a neutral expression, understand? Because one thing you need to remember is that you can't just focus on not harming others. Also, allowing others to harm you is also a kind of harm. You are also harming and allowing harm to occur. You don't allow harm to occur. OK? Then you only managed to not allow harming others, right? But what you didn't do is that you don't allow harm to occur to you. This is still not right. Do you understand what I mean? Not allowing harm to occur means not allowing it to occur to anyone, including yourself. Can you see the difference? So from now on, you don't allow harm to occur to anyone. The most important thing is you. Because when you show the energy of not allowing any harm to occur, you are already telling the people around you that you also prevent them from continuously and unconsciously harming others. For example, someone doesn't think that when he randomly curses at people, it's a harmful behavior. This is his unconscious behavior. He doesn't know that he's saying something bad. He doesn't know that he stepped on you when he was sleepwalking. He is unconscious and random. But if you are OK and allow it, he will continue this behavior pattern.

Because he doesn't know that this pattern of his has hurt others. He's like someone who's asleep. So you need to give him a reminder. The reminder mainly depends on your energy, not on how much temper you need or how violent you are. So in this way, even if you don't allow others to hurt you, and let him know that his behavior will hurt others, then he might restrain his behavior a little bit and won't unconsciously hurt others anymore. That's why in your life, the kind of behavior that always allows others to do something to you will always result in a very severe blow. Do you understand? Allow everything you want to express in your throat to be expressed because you believe you won't hurt anyone. Do you understand?

It's like you only worry that what comes out of your mouth is fire. For example, that fire will hurt people. But what flows out of your mouth is love. Do you understand? But you're not limited to what form love is. In your mind, you think love must be gentle and soft. Do you understand? Love, it can be that kind of power to warn the other person that his behavior has hurt others. This is also love. This is love for yourself, this is love for him. Why would you make him become a conscious person, that is, he notices his behavior and makes him look in the mirror to check himself? Then you are also preventing him from continuing to unconsciously hurt others. So this is love. Many of you are afraid to show your power, thinking that power will hurt others, thinking that power is violence, thinking that power is negative. Do you understand? Alright, the energy in your throat is now slowly and gradually softening down, that is, it is slowly and gradually unclogging. Slowly and gradually, with an adjustment of your belief, it will become more and more unobstructed. Do you understand? You should know that everything that comes out of your mouth is love, and it is not limited to its manifestation. Do you understand? Some of your teeth are sharp and normal, and some are soft. So you need to balance your strength. When you are in a balanced energy state of strength, then this problem will also slowly and gradually disappear. What did you say? This is a series like what I just said, a state of hard mud and a state of water. Then it occurs in your body and is presented in those parts of your body. Some are stiff and some are powerless. That kind of feeling.

But then you will have a recovery process because the energy integration has been integrated, that is, complete, has been completely integrated. Then it's like, for example, the sewer. We cleaned it once, right? I'm a worker. You hired us to do a major cleaning. But next, you need to pick up a piece of trash in your life, pick up a piece of trash, so as not to cause a major blockage. Okay, are there any more questions?

**Questioner:** Do I still need to go to the hospital?

**Higher Spirit:** Do you need to go to the hospital? If you think going to the hospital can accelerate you, that is, this is an accelerating process. It's like your belief. It's like do you need to see someone like what you call a half-immortal. If you think that after seeing this half-immortal, you will, wow, I've seen the half-immortal and I'm already fine, then go. Do you understand what I mean? Because everything outside of you is to deepen your belief, to deepen what you believe in. It can make you believe more, then do it. But don't deepen anything negative of yours. That is, don't deepen the negative, for example, don't deepen fear. For example, don't create a lot of fear for yourself. For example, okay, you have a bad experience with doctors and hospitals because you once had a bad hospital experience.

Friday. But you know, that hospital is just a small part. There are many, many good hospitals here. This girl, the hospitals she experienced abroad were all good. Those people were extremely nice and dedicated. So for her, the hospital left a good impression. This is based on each of your memories. If your memory of the hospital is bad, you don't have to go back to the place that gave you the bad memory. When your mud returns to a soft state, that certain state, everything is like this. That is to say, you are worried about whether you are suitable for exercise. In this aspect, you are still thinking about what is the best. You are still in a state where you are thinking about what is the best and what I need to do to be the best. You are still pursuing the best. The best for you now is harmony. Because when you think about it, you have a burst of energy in your body when you exercise. You want to walk some distance, and you will do it. When you are tired, you will rest instead of saying that I must exercise for three hours today. Exercising for three hours every day is the best for my body. It's not like this.

**Questioner:** Then should I be a vegetarian?

**Higher Spirit:** Being a vegetarian and eating meat come back to the same thing as before. There is no absolute best of being purely vegetarian or purely eating meat. There is no one best. I give you all the best foods in the world.

If you stuff something into your stomach, what will happen? Your body will extract what it needs in an appropriate amount. Trust it because your body is intelligent. You don't need to rely on this book to tell you that this is good, buy and eat it; that is good, buy and eat it. Because this so-called "this is good" and "that is good" are just their beliefs. And everything should be eaten in moderation. Not that if this is good, I'll eat ten pounds of it; if that is bad, I won't eat any at all. This is a mind game. The most important thing is to achieve a balanced state. Your body as a whole is, over a long period of time, what I call an intention. Your pile of mud and water manifests as a state of your intention.

Because when your energy and internal state are in a peaceful and harmonious state, everything will operate harmoniously on its own. It's not that you have to do this or that for it to operate. It's already operating. Don't throw this or that into it to hinder it. Imagine your body is like a gear that is operating harmoniously on its own. Then today you say this is particularly good for the body. You throw it into that gear. You threw a stone in. Oh, this diamond is particularly good. You threw a diamond in. Your gear gets stuck and can't rotate. Do you understand?

It can't rotate anymore. The machine is not working. You guys just change various parts and do all kinds of this and that. But actually, all you need to do is to take out the few stones stuck in the gears and it will operate automatically again. You said

**Questioner:** Then what should I do?

**Higher Spirit:** It's about harmony and balance. Just take out the stones stuck in the gears and keep picking them out to make it reach a state of harmonious operation.

**Questioner:** Would finding a doctor with excellent medical skills be helpful?

**Higher Spirit:** What is medical skills? I just told you. Your treatment, your salvation, the way for you to recover is that you yourself are a normal, perfect, and harmonious operating gear. You just need to take out the stones stuck inside. It's not that you are broken and we need to repair it. But to remove some things that should not be imposed on it. Just like what I said earlier, you are immersed in classification and defining which is good and which is bad. We don't want that. We don't want this, we don't want that. This is good, I want this. Taking all the good ones. Do you understand what I mean? This state will blind your eyes. Why does it only pick and choose in its own world? You can't see the true beauty of life.

**Questioner:** Then what caused this state of mine?

**Higher Spirit:** How is this cause brought about? This is your collective consciousness. All of you humans have this... Because when you, that is to say, choose this physical body to come to this world, you also choose the karma that this world has, that is, one of the current operating methods of this world. By default, you join them. This is how this world operates. They have these concepts. For example, if you fall into a stinky water tank, no matter what, your body will be stained with their stinky water, right? What I just said earlier are all part of a cleaning process. You will discover step by step in your life: I was categorizing just now. That thought of mine just now was something again. I don't need to deny myself. I don't need to hold myself back. Understand? Thoughts are not you. It's like a cloud floating past your eyes. It will pass by. Unless you are intimidated by it, that is, you are afraid, and then it will affect you. It has no power in itself. Imagine all your thoughts or ideas or anything. It's just some false ones floating past your eyes, like an animal. False animals. Only you have the power to make this animal come alive to intimidate you and affect you. Understand?

The power that makes it alive is given by you. Then it feeds on fear. Worry and fear are its food. You give it, and it comes alive and then plays the opponent with you. Do you understand? When you stop feeding it, it dies. It has no power at all.

**Questioner:** Will I recover from my illness after a month?

**Higher Spirit:** There is no future here. There is no future. You only have the present. You only have the moment. There is only the present, no future. Because your current state determines your experience. Your current state also determines where you can experience. For example, if your current state is suddenly enlightened, just like there is a saying that one becomes a Buddha immediately. It's like you suddenly let go of everything. Then you enter that state. That state is like a channel, and you will continuously experience this. But if your current state is very painful and you keep wanting to break free from this state, that is a state. Then you will continuously create such a state experience. So tell me, where is the future? It's just that each present state of yours determines which state you will continue to stay in.

For instance, when we turn to the next page, what you will find on the next page is determined by your current state at this moment. Do you understand what I mean? Because in what you call the future, it's like, OK, I'm not feeling well today. Then maybe I'll get better after a month. But if you keep turning the same page and creating such a state, you won't get better after a month. It's not that time can't change anything; it's your own state. So every present moment, and this present moment of yours determines what you will experience in the next present moment. Are there any questions?

**Questioner:** I still don't quite understand.

**Higher Spirit:** It's okay. You can take this recording back and listen to it repeatedly. And in your life, as long as you don't be too strict with yourself, understand? Don't be too strict and treat yourself like a prisoner, always staring at what you haven't done right and what you haven't done right. Think about it. If a person is in such a situation, can he relax? Can he really show his true self? He's always being monitored and feels like he has to present a perfect person. Understand?

**Questioner:** Then, may I ask if I need to remain in such a state?

**Higher Spirit:** You don't need to maintain anything. You don't need to do anything. I'm telling you right now that you don't need to do things. Do you understand? There is no such thing as how you should do it right. The right way for you to do it is to let go of this thought, the thought of how you should do it right. When you talk about maintaining the mind or something, you, just like I said earlier, your unconscious behavior, your compulsive behavior. You feel like you must do something. Life just exists. Look at the flowers. Do they have to, like, run around everywhere, showing off their colors and scents to someone? Do they have to send their scents to others? Think about it. If the plants or animals in your world had the same thoughts as you humans do, what would the world become like? A lion would say I have to run in front of humans to show them my strength so that I have value. Do you understand? You are functioning perfectly as you are. You don't need to learn any concepts or any methods.

**Questioner:** Is it to live happily?

**Higher Spirit:** No, it's not to live happily because you just take it as a goal again. You take it as, ah, life should be happy and joyful.

Oh, why aren't you happy? You're not even alive. You shouldn't be like this. Why am I not happy? How could I have such thoughts? Living things are always ever-changing, all kinds of colors. It's not just black and white. It's colorful, vivid and magnificent. It's all kinds. It can cry, it can laugh, it can be crazy, it can be insane. It can be all kinds as long as it's the real you presenting, not limited to the way it shows. When you force it to show only in a happy way, happiness is just a state shown by others and then you take it as a pursuit. You suppress your pain, ignore your pain. Originally you should cry, but you force yourself to laugh. Isn't this crazy? Anything is you, understand? Do you have any questions?

**Questioner:** Then what should I do to be right?

**Higher Spirit:** No matter what you do, it's right. I'll give you a mantra: I am God. I'm right in everything. Don't listen to what others say is right. Only you know what you want. Only you know which posture is the most comfortable for you. Put yourself in the most comfortable state.

# 2021/10/18 - What if I don't like the experience in the material world I'm in?

**Higher Spirit:** Hello everyone. If you have any questions, you can ask.

**Questioner:** I want to know how I can become smooth.

**Higher Spirit:** What's your name?

**Questioner:** XX

**Higher Spirit:** XX, I'll link your energy. Do you want to know how to change your current unfavorable state? Do you know what a favorable state is? Do you have such people around you? You should know that among you humans, for example, many like Buddha, they have no jobs, no income, and no such states. Isn't it bad in your eyes? Do they have to get out of that state? If you carefully understand those thoughts in your mind, if you really, as you say on your lips, the kind of life you pursue is that the situation you are currently encountering is causing you to be bad, and the good you pursue is good, you will find that this doesn't make sense. It's like I tell you that Buddha has no job, income, savings, or any material things. Isn't he the worst person and should become like the "good" in your mouths?

So the problem is not which is good and which is bad. The problem lies in your mind's definition of them, because these definitions will cause you to have many internal conflicts. If you have internal conflicts, think about it. If you were a car, and all inside you were in conflict, the parts

Well, that car, it can't stay together. It just can't be stable. It's a falling-apart car. How could it operate? Do you understand what I mean? It can't start. It can't operate. So if you can't operate, you surely can't create value in the material world. You can't create value, and you surely can't produce some material results. Do you understand this principle? If not, you can listen to this piece of information several times repeatedly and then think carefully about what exactly is trapping you.

What traps you is not the external material world but those definitions in your own mind, what you want, what you pursue, and a conflict between your own definition of your state. That is, it doesn't allow you to operate well. If you don't operate well, you will have what you said - you can't find your value, you can't realize your value, and you can't enjoy the results. So you need to redefine life. What is good and what is not good. Because each of you already has everything good, but you think that is garbage. Do you understand? You all already have the most precious things.

(The first disconnection)

**Higher Spirit:** Now you can ask questions.

**Questioner:** How can one enter the meditation state quickly?

**Higher Spirit:** Do you want to know how to enter the meditation state quickly? Just now, this psychic lady entered this state through breathing. Do you want to know how it works? It's like when you want to ask how electricity works. You just need to understand because you can do it through this. But I tell you that many of you don't need to do it this way. So this isn't the only way. It's only effective for some people, not for everyone. But ultimately, what is your goal? It's to let go of your trapped mind, that is, to prevent you from being overly influenced by external factors. When you aren't overly influenced by the outside world, you can focus and explore, just like a signal. You can adjust yourself to a state where you can collect the information you want to explore. Keep asking your questions. You say.

**Questioner:** How can I explore this high-dimensional information?

**Higher Spirit:** You are accessing it now. You can explore any information you need right now. If you are asking how you yourself can conduct this exploration, then you need to slowly, step by step, explore in this direction.

**Questioner:** Then if I want to explore in a meditative state?

**Higher Spirit:** The meditative state. What is the meditative state for you? Well, first of all... It depends on you personally. For example, some people sleep in a closet because they feel isolated from the world. They are alone in a narrow space like a closet and can feel that kind of... Some people are like this, do you understand what I mean? So compared to the traditional kind of sitting cross-legged or something like that, because some people are very resistant to sitting cross-legged like this. Of course, sitting cross-legged is generally very good for many, many people, that is, it can enter that state. And some people, they like traveling. For example, when they go to a particularly beautiful environment with mountains and water, and in such an environment, they can enter that state. So you need to follow your own inner voice because your inner self contains everything that guides you, and you will find the kind of feeling you want to explore.

This is not a destination, it's not a goal, not a result that can be trained out.

Right now, the time is: 16:08:02 on August 30, 2024, Friday.

This is more like a kind of letting go. You might think that to reach a certain state, you need to make yourself work from nine to five every day, do things regularly like this and that. Then from this girl's information database, I found a piece of information she saw. It's about a person who was enlightened and he shared the information that he used to run for several hours every day and meditate for several hours, and how he achieved many things that others couldn't do. What he pursued was enlightenment, but it didn't happen. It suddenly happened in the moment when he let go. Then he never did the kind of meditation for several hours, running for several hours, or any kind of work like an ascetic anymore. Do you understand what I mean? When you let go of all pursuits, any pursuit, at the present moment, every step will have the gift you are looking for. Every step is a surprise. Every step is like a footprint. That footprint leads you to where you want to go. That path is unique to you. No one can guide you because their path is unique to them. Each of you doesn't follow in the footsteps of others because you have a big misunderstanding that if that person is very successful, I want to imitate him.

Because he is a successful person, we should learn from him. His success is unique to him. Why do you want to imitate, or follow, or think that only his method is successful? No.

He is only himself, and even if his path is a self-destructive one, it's what he wants to experience. For him, that is success. It's not that you people in the material world, just like the previous **Questioner:** How much money should I have, how many properties in material terms, how much fame should I have? These are considered success. This is not the case. Success means that in this material world, you have experienced what you wanted to experience, gone where you wanted to go, met the people you wanted to meet, resolved the grievances between you and that person, and broken through the constraints you imposed on yourself. This is success. This is the success that each of you needs to understand. That success might mean that you have been in prison for 50 years, but your heart is extremely calm. Every moment you feel that you are in the grace of the Creator. That kind of state is also success, do you understand? But in your material eyes, what is this?

This is not success; this is a failed life. Because success is not about where your body is or what you experience, but rather about the internal state you have experienced and the state it creates. If a person with a high level of consciousness, even if he is in prison, his thoughts and consciousness can influence the entire humanity. So when you contact us to receive this information, the main purpose is to make you clearly understand that you are not just your physical body. It's not to tell you not to get trapped in the collective consciousness. Don't get trapped in the collective consciousness anymore because this collective consciousness of yours has many, many such concepts, some cognition, and some beliefs that make your range of activities very small. The most wonderful thing about life is that you can continuously expand your range of activities. Maybe before your range of activities was only one square meter. As your consciousness continuously improves, it reaches 10 square meters, it reaches 100, 1000, 10000, and then infinitely, infinitely, infinitely. Then why is the rich so tempting to you? That is to say, you all worship the rich. I tell you that the biggest and most worthy thing for you to learn from the rich is that they have fewer restrictions than you. Although they have restrictions, they will have many fewer restrictions than those who have no money. Why? Because even if he himself has no money, he can utilize what he has now, what he has now.

He might have very good talents, he might have very good connections, he might be very persuasive to people. With these few points, he can raise tens of millions. Then he uses those tens of millions to create hundreds of millions. Then he uses those hundreds of millions to create billions, tens of billions, hundreds of billions. Do you understand what I mean? It's not that they have more than you when they are born. Instead, they know how to use their currently limited resources to create unlimited possibilities. And in this process, their consciousness is constantly, constantly, constantly... So this is what you should pay attention to. Regarding the previous issue, what limits her in the material world are those definitions, those concepts, and those ideas in her mind.

You already have a tool with which you can create everything, that is your thoughts, your consciousness, your energy. You have all these tools. Any questions?

**Questioner:** I want to know what my soul is experiencing in this life.

**Higher Spirit:** You want to know what your soul is experiencing in this life. What's your name?

**Questioner:** My name is XXX.

**Higher Spirit:** I'll connect with XXX. You have chosen this life to clear some beliefs that are restrictive to you and also some of your inner fears.

Then that fear is a kind of fear for survival, such as a sense of security. And that kind is... A sense of security is manifested in many aspects, such as a sense of security for belongingness, a sense of security in relationships, and a sense of security for materials. That is, all kinds of sense of security. You would have experienced some of these before for you to break through, that is, all breakthroughs. That is to say, you will bring these issues to the surface again, and once again give you the opportunity to benefit from them anew, that is, to obtain the training you want. This is for you personally, that is, your soul chose this body and this life to help you break through some things at a higher level. Keep asking, and your questions will draw out your information.

**Questioner:** How should I get along with my children?

**Higher Spirit:** How should you get along with your children? So, are you encountering obstacles in getting along with your children now? I'll link to what troubles you the most. What is the relationship between you and your children?

**Questioner:**

**Higher Spirit:** Let me feel first. Let me feel this relationship. Why did your child choose such an environment? Why did your child choose such a family? Between you and your child, are you and your child what you call soulmates?

That is to say, you have many very strong connections. These strong connections are not just from this lifetime. For many, many lifetimes, you have had very close relationships and very close connections. Then in this lifetime, your child comes with you, and both of you are to assist each other in making breakthroughs. That is, both of you are to assist each other in breaking through some things that you want to break through. And then those breakthroughs include how the two of you can better establish that kind of connection in the material world. Because as mentioned before, you need to, that is, you have some sense of insecurity, and it shows that you need to break through. And he is too.

That is to say, you two need to, just like you two are like duckweed, the kind of duckweed floating on the water surface. Then it's this feeling of no light. Then both of you need to be deeply rooted, and being rooted is a process, a process of gradually taking root. And you are his mother. So if you don't have a good root, you will affect him and he will also be in a state of no root. So the best help you can give him is that you need to take root. Do your homework on yourself first. Because that kind of sense of security, connection, and that kind of rooted feeling within you will be directly passed on to him.

Let him be more powerful to come and go is vitality, power, that kind of power, passion, vitality, and show more powerfully. So it's not to force him or change him but to say that you can understand him, just like I can understand your feelings, child, because I sometimes have the same feeling. Because many of you humans have such feelings. Not just you, understand? Because many of them are the same as you here. It's just that you are better at expressing this kind of yourself through many other forms, not directly. But many of them, even some violent behaviors, destructive behaviors, it's because they have a feeling of going crazy, a feeling of being out of control, and a feeling of insecurity. You keep asking.

**Questioner:** Then after six months, I

**High Spirit:** Why is it the next six months?

**Questioner:** Then recently?

**High Spirit:** First of all, you have a misunderstanding, which is a misunderstanding of this time. Imagine that everything you experience in your material world is your frequency, or your state of consciousness. Your frequency, your vibration frequency. OK, now your vibration frequency is 50, right? If it's 50, you can only explore everything within the activities of 50.

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It can only be within 50. That is to say, if your frequency has always been around 50, then no matter whether it's six months or six years from now, you're just experiencing 50 in different ways. It's still 50. It just changes. You may think it's like a change of environment, a change of some people, a change of some objects, like changing a stage or some props. But you're performing the same play.

The sense of powerlessness, or the lack of security, or the sense of restraint, or the inner sense of struggle that you feel is the same. Do you understand what I mean? It's just a change of scene, or a change of... Just people getting older, or the objects changing. What you experience is still the same. Because it's like your computer program. Before you upgrade, your speed can only be so fast. You can't exceed your program. Say your program's maximum is 1000. You can't exceed 1000. Only after you upgrade can you reach 5000. Do you understand that meaning? Then what is an upgrade? An upgrade means that you're awake, you have awareness, you clearly know that from the present moment, because every present moment, every present moment you all have gifts. The gift that you receive in the present moment is to help you unlock and upgrade.

Then after you receive this gift, you can proceed to the next level for an upgrade. You can keep upgrading continuously at every present moment. Then you will find that your entire world has changed and you won't be stuck in the same place anymore. So it's not that it will be okay tomorrow, the day after tomorrow, or the day after that. But rather, at every present moment, you can obtain your upgrade or weapon from your present... The present is like a mirror. You are looking at the mirror now, right? Only now can you see from the mirror that there is a black dirty spot on your face. Do you understand what I mean? Then you say, you say you...

**Questioner:** Is it to live every present moment well?

**Higher Spirit:** No. It's not about living every present moment well. It's that you discover that only by looking in the mirror now can you see a dirty thing on your face and you can remove it, you can wipe it off, right? How can you expect to wipe off the thing on your face tomorrow, after six months, or half a year? Because all of you have a concept that maybe after a few months, after half a year, or after a few years, I will be such and such. How can you expect that the mirror several years later will reflect the dirty thing on your face now?

Because everything you experience externally in terms of material, everything you face, all your thoughts, all your feelings, all your events, it's just a reminder for you. It's just a tool to let you see and tell you that it's not real, and it's not fixed. It's not unbreakable. Because all of you consider the external, the image in the mirror, the external material, as the first, as unbreakable. You think it's real. You think you are in opposition to it, that is, you are you and it is it. You are passive. But that is just a mirror. That is just a projection of yourself. For example, your perception of the world. How do you recognize this world? Do you think this world is evil or a paradise? Because these are what you experience. And what you experience is to tell you what program you are currently using to run, operate, and function. So if you can clearly understand this layer of relationship, you will be able to very well, in the material world, experience what you want to experience, instead of experiencing passively, instead of experiencing your collective consciousness, that is, what you call karma, your collective karma, the karma of all of humanity. You will no longer continue to be polluted in this big dye vat.

Do you understand? It's like your Earth is like a cesspool. In the cesspool, there are all kinds of feces pulled by various people. You are in it and there's no way out. You have to passively inhale those odors, get polluted and affected. There's nothing you can do. But now I'm telling you how to jump out of the cesspool, that is, how to turn the cesspool into something as wonderful as the underwater world. Because when you, think about it, you're like a car. If you don't actively drive and let other cars push you along in the crowd, you will be influenced by them. If they go to hell, you will go to hell too. Do you have any questions?

**Questioner:**

**High Spirit:** Roughly speaking, don't take you, that is to say, as a time to plan your life or your goals. All your gifts are right in front of your eyes. You can see everything from the present. There are your gifts in the present. Once you get this gift, you will continuously have gifts for you to take. This is a positive process. This is a process that is continuously getting happier and easier.

**Questioner:** What should I do to become a psychic channel?

**High Spirit:** How to become a psychic channel? If this is you, because each of your souls chose this body to come to this world to experience what you want to experience.

If this is the experience you chose initially, then you will move towards this experience. Do you understand what I mean? You say. But if it's from other aspects, you mean how one can become a psychic channel. That is to say, constantly and constantly make yourself trust. It's just two words, trust. Because if you don't trust, you can't do the psychic work. Your mind will keep telling you that this doesn't make sense. You're so embarrassing like this. You're wrong to say this. Others say you're talking nonsense. What are you doing? You're crazy. If your mind is always in such a state, you don't allow or you don't trust, you're in a state of fear, you can't reach a psychic state. What is psychic? It's that you're completely, even if you have to kneel down and bark like a dog right now, do you understand? You follow that impulse and kneel down immediately to bark like a dog. Why? You don't hinder it. You don't think this is embarrassing. That is, you can allow that energy to go in any direction it wants without using your material world's perspective or definition to... It's too low to say this way, or it's too meaningless, it's too stupid to say this way... Without any interference. That's a psychic. And the most you humans do is interfere.

Some might be in the ground, and some might be in the cracks of stones. So it's different. Some need the desert. All of you are different. So each of your paths is unique, special, and dazzling. Then all your information is already included. So the only master who can guide you is not someone else or us. It's yourself. Any questions?

**Questioner:** Then how can I reduce the interference of my mind?

**Higher Spirit:** How to reduce the interference of your mind? Your minds, first of all, you shouldn't regard it as, how to say, like an enemy. Your minds are very smart. It will only choose things that are meaningful to you and that you think will have an effect when you do them. So when you are doing something, when you are doing certain things, you must think that doing these things will bring you some benefits, it will make you feel more secure or something, then you will choose to do it. Do you understand what I mean? If you no longer have that kind of need for security within you, that is, you understand that you are an eternal existence. You have died thousands or tens of thousands of times. You are an eternal existence.

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You understand that you have everything. Everything in the universe is for your use. Do you understand? You have the power to control it if you can understand some profound things about life. Naturally, the mind won't hold onto these small matters. So you can be very good, as if creating together. It's just because... The mind is here to help you. It protects you from being bullied, from getting hurt, and from being destroyed. Do you understand? It has this... So only when you allow yourselves to be good partners, that is to say, if you understand that you will never get hurt no matter what, because being hurt is just a definition you give yourself. Do you understand? How to put it? The mind is neutral. What really affects you is what you truly believe and whether you know who you are. Because for the same person, if he knows that he is the eternal existence, he is the Creator, he is everything. His mind and one like me, just this physical body, and my life is only a few decades. Do you think the reactions produced by their minds will be the same? So the real problem is not how you deal with the mind but that you understand who you are. Then the mind won't always hold onto something. This is a process. This is a process for you to explore life. It's very beautiful. Any questions? (Second disconnection)

# 2021/10/18 - Be brave to be yourself

**Higher Spirit:** Just ask. What's the question?

**Questioner:** I want to know why I'm so sensitive to the outside.

**Higher Spirit:** You just want to know why you're so sensitive to the outside, right? Let me sense your energy first. First of all, I want you to have an understanding of that sensitive constitution. I want to tell you that your kind of strong and sensitive feeling, and then this is your talent. Let's just say that, it's like you are a caterpillar, and then some people are crabs. Crabs have thick shells, and they are naturally not so sensitive. Your caterpillar, when someone touches you, you curl up, right? So this is a characteristic of yours. But all your characteristics are uniquely yours, and it's also your advantage. Then I want you to understand yourself better because each of you is unique. You are different from others. Others may have no reaction no matter how they are abused. But you may have a reaction when someone's words are a little harsher. Why is this? It's because you yourself are a sensitive constitution. The sensitive constitution is related to your kind of... But this is your advantage.

Why? Because of your intense kind of sensitivity, it's like a dog. Its nose is particularly sensitive and it can smell all the scents that no one else can. So it can use this to do some work of finding things for you humans. Therefore, your body also requires a process for you to understand and recognize it, and then let it serve you positively. But that is to say, your sensitivity, behind it, there are some negative definitions that cause you to get hurt, rather than your sensitivity itself causing you to get hurt. For example, let me tell you this. If you were a caterpillar, someone touched you, and then you got frightened and curled up. You felt that you were hurt and disturbed. But that touch, they, wow, this is a child. That caterpillar is so cute. He wants to touch you. Do you understand what I mean? If you regard it as this child likes me very much, he wants to stroke me. Stroking is an expression of love. He is expressing his love to me. Accept his love. When you accept this stroking in such a state, what he brings to you is love instead of that kind of fright. Do you understand? So the most important thing is that you need to establish your own kind of sense of security. First of all, you have to know who you are.

If you know who you are and won't break just because someone touches you, then you don't have to worry. He's just coming to express his love to you. Keep asking.

**Questioner:**

**High Spirit:** Because you humans are always being asked to endure and adapt to this world, do you understand what I mean? Instead of saying that you look for something that suits you, because you will have a kind of fear of survival or a pursuit of money that will cause you to endure something you can't endure. For example, if you yourself are a caterpillar, you should be on a tree, but then you say that those fish are swimming well in the water. I throw myself into the water and wonder why I can't swim as well as the fish.

**Questioner:** I don't quite understand what it means.

**High Spirit:** The meaning is whether you have known yourself, whether you have known exactly what suits you and where you should stay.

**Questioner:** I want to know whether I should choose this job or not. Whether this job suits me or not.

**High Spirit:** Whether it suits or not, first of all, there are two kinds. The first is whether your current energy state suits this job and whether you can handle it. But you can put yourself in a situation where you can suit and want to suit. But will this conflict with what you want to experience in this life? So, coming back to the previous information, that is to say, you need to know yourself. Because you humans always deal with the issue of survival first, that is, you put the survival problem first instead of saying, "I understand who I am. I know who I am. I'm a tiger. I'm suitable to be in the forest. My ability is this." You all don't know yourselves. You just deal with a survival problem. So, many conflicts and many problems arise for you to solve. If you could, that is to say, step by step, know who you are and what you truly love. Then when you are doing the things you love, your survival problems, all problems, and other problems will all be solved. But you have inner fears because you don't dare to let go. If I tell you that if you let go, you will fly, you won't believe it. None of you will let go. You will hold on very tightly. There is no such thing as suitability. The only suitable thing is that you explore your own path, grope for it by yourself, and find the position that suits you by yourself. Because each of you is different. Each of you comes to this world with different experiences to have. Because when you truly, truly live as yourself, it doesn't matter wherever you are.

When you don't live as your true self, wherever you are is a problem. So your problem is not to ask whether you are suitable for this job or whether you should choose this job, but to ask how you can reach a balanced state and get on your own track, instead of being on the forced path. Because when you develop in these two directions, all your current information, it's like your information will pull out a bunch of information. Those information about you will only be generated when you ask for it. If you don't ask, it won't be generated. You will only get answers to those related questions you asked. If you keep focusing on other issues rather than your personal ones, you won't get useful information for you. (Break)

**Higher Spirit:** Ask whatever you want.

**Questioner:** I want to know what are the restrictions in my work.

**Higher Spirit:** What are the restrictions in your work? You should know that it's not the job that brings restrictions to you, but it's within yourself. These are some internal aspects of you, not external. Everything external is just an illusion. Illusions can't restrain you.

**Questioner:** Then what do I need to break through internally?

**Higher Spirit:** What do you need to break through? Let me connect and sense your energy field.

I sense that you're like an ant on a hot pan, feeling bewildered yet unable to stop. There's this kind of tense and anxious energy within you. Also, there's no direction but you have to keep moving, it's like you're forced to do so. You say that the ant on a hot pan is in such a state because the pan is hot, do you understand? But what if the pan is cold? That is, if it's cool? Then it doesn't need to be like this. If the pan is just neutral, but who's adding fire beneath it?

**Questioner:** Then why am I like this?

**High Spirit:** Are you now seeking the reason? Do you want to know how to avoid being in such a state? Okay, let me help you take a look. Do you want to know how your energy state is and can... Why did you choose such a lesson to experience? Why did you choose such a state in this lifetime to experience? You don't need to speak. I'm now connecting. It's like I'm typing on a computer now. I need to input your words and extract the information. So don't speak. You just need to allow me. Now I'm connecting. You want to know that currently you seem to be bound. You want to know how to walk out of this binding force. Let me help you take a look.

You are currently going in the wrong direction right now because you haven't made a choice... Just imagine, your water flow is going forward, but you keep going backward. So it gives you a sense of effort and consumption. That's because you yourself don't have the courage. That's because you lack the courage within yourself. So this is related to a theme of your soul in this life. You want to break through. You want to make yourself brave. Then, so you put, it's like all things are piled up on you and force you to face it, force you to bring out your courage. So a theme you explore in this life and a point you need to break through is that you need to regain your courage. That courage means you have the courage to show yourself. You have the courage. No matter which aspect it is, you can stimulate your inner fear through these ways. First of all, it is family relations. Then in family relations, you have the courage to live yourself. This is a point you need to face. Then in work, you have the courage to live and show yourself. This is another point. Then in society, you have the courage to show yourself. This is another point. So no matter what or what, the important thing is that in your entire identity, you have the courage to show your true inner self... For example, your boss comes to tell you something. He said something that made no sense at all. And you clearly knew how to handle this matter. Then you had the courage to, as if in front of the national leader, understand? That is, in front of the authority, in front of those people who make you feel very authoritative. That is, you think they are experts and you are nothing. But there is a voice inside you telling you that you need to stand up and say these words.

In such cases, they are all experts, authoritative people, famous people, and you are nothing. But you can stand up and say that what you all said is wrong. I want to share my thoughts and then show your thoughts. This is courage, understand? Also, for example, among your parents, they are the parents, but they have made some very inhumane demands on you. You think that if you do something and show some of your true thoughts, others will scold you for not being filial. But you have the courage to tell your parents and stand up and say that your behavior is offending me. You don't care how others look at you. You have the courage to show your true inner thoughts and share your thoughts. So this courage will make you face the possibility of having to challenge some authorities, challenge some traditional thoughts, challenge the eyes of society, and challenge the distrust of yourself inside.

**Questioner:** Am I overly sensitive because of this?

**Higher Spirit:** Yes, because you haven't allowed this energy to be released. You just feel uncomfortable inside and this energy has been suppressed for a long time, resulting in such a state. It's like why ants on a hot pan. Because the ants are too small and they can't release that heat. Do you understand what I mean? They can't bear that energy, but that energy is very powerful. So, you chose this and you need to allow yourself to have strong energy to release you. It's like now at this critical moment, you take a weapon and that weapon is courage. This is what you need to face and breakthrough in your life.

**Questioner:** So I need to grow through these obstacles.

**Higher Spirit:** Yes, this is also an obstacle you set for yourself. It stimulates your inner courage. So as I just said, it needs to be manifested through several relationships, such as family relationships, that is, this kind of kinship, social relationships, and also the relationship with your boss at work.

It's like all these things are...seemingly weighing you down and making it hard for you to breathe. You have to burst out that energy. And when that energy bursts out, everything will be smooth. Do you understand?

**Questioner:**

**High Spirit:** If you don't choose to show your true self because you are afraid of something. For instance, you are afraid that showing yourself will affect something, like you might lose your job, be ridiculed by others, say your reputation is not good, be blamed by others, affect your marriage, get divorced, and feel insecure. So you have to take a step-by-step look inside your own thoughts to figure out exactly what ideas are restricting you. Do you have any other questions? Because your information has been downloaded to her and she can help you...

**Questioner:** I want to ask what kind of soul relationship I have with my child.

**High Spirit:** What is the relationship between you and your child? Let me take a look. Your child is here to assist you in breaking through, do you understand? For example, your child, say you want to get your courage, right? Your child is like, Mom, come on! I give you strength. I give you love. You will definitely get that courage. It's like this kind of relationship with you. So he will be like oil to you. He will be your motivation.

Then when you gain the courage, you illuminate... He will also... For example, if you get the light or the flashlight, you will also illuminate him. So you have such a relationship that he is your driving force, making you obtain this. After you obtain it, he will benefit. He is the beneficiary. So you belong to this kind of relationship with each other.

**Questioner:** Why do I always lose my temper with my child?

**High Spirit:** You lose your temper not because of him, but because you yourself are in an unstable state. So it's not because of him, but because you yourself are in an unstable state and want to find a point to break through and vent. That point could be your subordinate employees. Just like you said, why do I always lose my temper with my subordinate employees? When he asks me a question, I lose my temper with him.

**Questioner:**

**High Spirit:** That is also related to your own unstable state. Just like, for example, if an engine of yours is unstable, it will present many problems. It's spraying water, making noise, and... the parts are damaged, right? There will be many. So all these problems in your life, in the final analysis, is that you are not in a stable state. Why do you still need to take a weapon that belongs to you? Just like that can make you complete, which is your courage.

You will spend your entire life to make a breakthrough. This is not a matter of one or two days. This is a process, little by little, a process little by little. So don't rush because slowing down and not rushing is also one of your tasks. This is also a point you need to break through. Any questions? Yes, get your courage.

Because when you get your courage, it's like you finally become yourself, finally bear fruit, and then everything else will be fine. Then, as I just said, slow down. I'll download your information to her.

# 2021/10/25 - The Book of Death

**Higher Spirit:** You ask. Any questions?

**Questioner:** We want to ask about the fear of death among humans. How should we face and deal with this fear of death?

**Higher Spirit:** Wait a moment. Your first question is that you humans have a lot of fear of death. Then how to face and deal with it? First of all, you are not only afraid of death, but also of anything unknown to you, that is, anything you don't understand. For example, many people are afraid of the dark because they don't know what's in the dark. It's the kind of unknown... If you turn on the light and you can see everything in the dark clearly, then you won't (be afraid). So it's a fear that you have towards something that you don't understand and is unknown.

If you can see everything clearly, then that kind of fear will disappear. This is why you all like the familiar and the known because that can bring you a sense that is like a sense of control and security. That is because it is familiar to you. So when we help you to know and understand death, it will help you reduce that kind of fear. Because each individual is different.

Even if you understand it clearly, he still has his own fear. So that is to say, at most, it can help you reduce that kind of fear. Then among you humans, many of you, many souls, they choose to briefly experience the process of death. It's like running into that dark room to take a look and then come back to tell you what's inside. There are already many people like this who have such an experience, and they also come to help you reduce that kind of fear of the unknown. Because that is to say, I run into this dark room first to feel it and experience it, and then tell you what's inside. Then if you know, when you face it, you may not have such a big impact.

So, you already have a lot of such instances to assist you. Then next, we will also help you understand and know more. And if there's anything you want to ask, you can pose the questions. Because the more questions you have, the more information you bring out. Keep asking.

**Questioner:** Then the next question is about death. How does the party who has a terminal illness face it?

**Higher Spirit:** For the party with a terminal illness, when they are informed that they have only so much time left for their body... First of all, there is a misunderstanding here. That is because doctors in your material world will determine your time based on your superficial symptoms. But this is a wrong key. This is a wrong concept. This is wrong. It only occurs because all of you agree to this phenomenon. That is to say, for example, the doctor tells you that you only have three months. Only if you believe him, agree with him, and support what he says as the truth, will you experience only having three months. Because in your material world, you have seen many people. The doctor said only three months, but in the end, they lived for another thirty years. There are such cases. This is because they choose not to believe the information given by others, or what you call authoritative information.

One point that you should most pay attention to is about yourselves. You don't hand over your lives to anyone to tell you how you will be, no matter if it's a doctor, a fortune teller, or any other authority figure. Because none of them, not a single one, no matter who they are, even some of the things we tell you are not definite or absolute. Then the only one in control is yourself. You have to understand this first, that is, how exactly this works. If it's like your own body, if your consciousness, like you as a person is a machine, and you have no idea at all about what functions this machine has and how it operates, right? Then you won't be able to exert its original functions at will. So when we convey information to you here, we need to make you understand the most important point, which is that no one can control, predict, or decide anything for you. So a doctor will base on a superficial symptom of yours, but all those superficial symptoms only reflect a mode of operation that you had before, that is, your current, your old state. Your belief, your state, it shows, OK, for example, you have been operating with this concept in the previous days, right? OK. Your body shows this conflict, this obstacle, this problem in front of you. But when you realize that it's some internal states of yours, a personal state of yours, it makes your physical health present this state. When you realize this, then you can immediately and at once reselect an operating mode, that is, choose another state. That state is like a vibration frequency as you said. OK, I was too fast before. I felt like my bones were going to fall apart because it was too fast and overloaded. Then when you operate too fast, OK, then I'll slow it down now to a moderate state. At that moment, slowly and slowly, your body that was about to fall apart will immediately return to a normal state. You should know that your body is like a mighty army. It's like all... It obeys you, the commander. Do you understand? So your commander tells them to run, rush, with high pressure and pain. If it's like this, then they will present this state. When you tell each of them that you are safe and we are operating in a happy, passionate and harmonious state.

Then they will also present such a state to you. So the external manifestation is just to make you clear and make you understand, just to make you see that you need to make a new choice instead of saying that you will continue in this state unless you are unconscious, that is, you can't find a way out, you don't know where the way out is. You are handing over your sustenance, that is, to the doctor, that is, you are handing over to others.

You still let others control your state. In such a situation, you will follow whatever they think it is. So this is about, that is, this point needs to be understood by each of you. Then if you understand that, that is to say, how do people who are sentenced, that is, diagnosed with terminal illnesses face death, right? First, you know that the manifestation of the terminal illness in your body is not fixed. It's not fixed. It can, at the moment when you change your mind, your body starts anew because your body is more powerful than any medicine or any doctor. It is the most intelligent and has the most repair and healing functions. So this point, that is to say, even if the doctor tells you that you have a terminal illness, then at that moment, you can consider it as a reminder that you need to change your inner state.

Your inner state, for instance, before you were vibrating at 1000 times per minute

Because of anxiety, worry, all kinds of panic, making your heart pound so hard. Now it's to let you know that your machine is almost falling apart. When you decide, then you say, I want to find a way out now, I want to make myself such and such. At the moment of your mental transformation, your body starts to self-repair. At that moment, it starts to self-repair. So this is it. It's up to you to decide, not the doctor, not the external factors. Only when you believe in the doctor, then you will experience the state as they said.

**Questioner:** Then how should we face and accept that the relatives around us are about to face death?

**High Spirit:** How to face the relatives around... Just like you should all the time. You don't think, OK, this relative is very healthy and should have no problem. He will live until... That is to say, you should always be mentally prepared that you are about to lose your relative instead of waiting until you really lose him. Because death is not like what you say. I mean the death of the physical body. It is not necessarily that one will die when they are old.

It's not that one only dies when they are sick. It can happen suddenly... But you don't know about the arrangements your relatives have made for themselves, the arrangements they have given themselves. How it is... So it can happen very suddenly. Suddenly, you might never have thought about it, never been prepared. In such cases, you don't have time to have a really good farewell with them.

So you should treat your precious people, your precious ones, as if they could leave this physical body at any moment. Face them with such an attitude. Because when you start to know that death doesn't only occur when one is old or sick, that is to say, it can be very sudden. Then when you look at this person, you know in your mind that today might be the last time I see him. If you have such a thought, your attitude towards him will change. You will change. You won't insist on quarreling with him over small matters, understand? If you knew that this person's death was due tomorrow, would you still argue with him until you are red in the face? Would you still have quarrels with him? When you know that from tomorrow you will never see this person again, you will completely let go of all the resentment or whatever, all the complex emotions you have towards the other person. So what you need to learn is not to wait until you have that precious person, and wait until he is really facing, that is to say... Because the chance is very small, that is to say, to really live to be very old, or to get sick, and it can give you a slow process. This kind of situation belongs to the minority. For many of you, a lot of deaths are sudden. Then you will find that you have lost the chance to say goodbye to him. Also, when you really get along with the other person as if he will die tomorrow, you are trying to hold onto him, understand? Maybe he has already, in his heart, that is to say, deep in his heart, he feels that life is meaningless. He has a kind of desire for self-destruction, a kind of desire to quickly enter the state of death. He has no attachment to the material world. But when you start to treat him as if it's his last day of life, he can feel... You will stimulate his attachment to the material world, understand? When you treat him with this kind of farewell attitude, it will stimulate his desire to stay in the material world. You might, you might have saved a person. You might have saved a person. So for anyone precious to you, treat them as if they could die at any moment. Their physical death occurs because you want face-to-face communication, you want this interaction in the material world. Then you need this body, so you need to have a sense of gratitude, appreciation, and attachment to this body. Because if there are still many ties and connections in your material world, they won't want to leave. But when they feel there are no more concerns or connections in the material world, they will want to leave. You go on asking.

**Questioner:** Then the next question was supposed to be about what we can do during the death stage of a loved one. Has this question just been answered by what you said earlier, or do you have more information to share with us? Thank you.

**Higher Spirit:** Regarding the death stage of a loved one, OK. For example, if this loved one is very old and lying in bed already knowing that their time is running out. What can you do at this time? First of all, you can't give others what you don't have yourself. So you can only say that if you are currently learning about death, you can share what we will learn next with them. Then, for example, if you haven't learned yet, you can let the other person bring you in and let you learn to face death.

Everyone of you will gain something. So it still depends on what you want to bring to the other person. Because for you, there is no such thing that there is no any way. That is to say, each of you is a creator, an innovator. You are an inventor. You can use some of the things you want to create within yourself... For example, if you want to show the other person your love for life. For instance, if you particularly like dancing, then you can take him along and dance crazily outside. This is also a way. I'm just giving an example. If you especially like traveling and seeing beautiful sceneries, then you can urge him to see the beautiful sceneries. Because this is your gift to him. That is, first of all, when you want to give a gift to him, before you leave, I want to give you a gift. That is, I want you to experience through me my perception of life. I think life... For example, food is particularly wonderful for me. Then I can share a lot of the food I made with you.

So you can, based on your own, that is, what gift you want to give to the other person, choose what gift, and then give it to the other person. And on this path, always and forever, when you have that kind of desire to give a gift to the other person, it is always beneficial for both of you.

Not only can he benefit from it, but you too. Just like what you are doing now. You want to give humanity, that is, other people, give them wisdom, give them a broader perspective to look at everything. But in the process of giving, of wanting to give, you yourselves benefit first. Understand? It's like you want to pick a flower in the mountains and give it to humanity. You say this flower is so beautiful. I want to pick it and give it to humanity. Then first when you see that flower and you have this: Wow, so beautiful. You have already, from the beauty of that flower, it nourishes you. It allows you to smell the fragrance of that flower. Understand? It has already raised your frequency to a very beautiful state, a wonderful state. It has brought you into a wonderful state. So when you give anything to anyone, that is, any kindness you send out, your love, your whatever. First of all, you yourselves are a beneficiary. Because you need to take it out yourself. It's like you give the other person a warmth. Then you need to warm yourself first. That is, in the process of taking, understand? So you will experience that process of warmth.

**Questioner:** Can we know the date of our own death? If so, is it good or not?

**Higher Spirit:** The date of your physical death is actually something you can decide. You can decide. It's just that most people are deciding unconsciously, that is to say, they don't know that they are actually determining the speed and manner of their death. All of them. That is, if you, for everything about you, for example, your thoughts, your mindset, your state, your emotions, everything about you, your concepts. Everything about you. Just like your body is one of your pets, right? Then if you have full knowledge of all of it, all of it. That is, you are full of attention to it, your attention to it. You pay attention to every move, every thought, every emotion, anything at all. You will know what state it is in. And when it is moving towards a bad state, you can adjust at any time. But when you keep adjusting, you won't run towards a self-destructive direction.

So when you are full of attention and awareness to everything, that is, to yourself, when you are perceiving all of this, you can decide the direction of your life and the end of your life, as well as the way of ending. All of these are for you to consciously choose, rather than unconsciously.

Friday

Consciously choose and you keep asking.

**Questioner:** Do we need to know anything about the world after death? Is there any information to be given to us?

**Higher Spirit:** Regarding the world after death, wait a moment. First of all, you need to know your perception, that is, your concept, that is, what kind of cognitive state you are in. What kind of state are you in the material (world)? Your habits, your hobbies, your temper, all these will still persist in this state after death. Then what it's like is just like when you are dreaming. When you are dreaming, you can say (no sound)... Then for the closest description of the state to you, the closest one is that you are like dreaming. Then you might at first, for example, say this. You suddenly have a major car accident in the material world. You watch the car hit you with your own eyes. After the car hit you, you only realize in the next second: Wow, I'm lucky to have dodged it. In fact, you haven't dodged it. Your body has (died), but for you, you are like 'Just now, that was so dangerous. I almost died. I'm lucky to have dodged it.' Then you enter such a state. You think you seem to have dodged that car accident.

You will gradually enter a process of understanding, that is, your physical body, the process of getting to know and understand your physical body (death). Then, for example, if there are certain places in the material world that you are particularly attached to and you want to experience again, you can still continue to experience what you want to experience. Go on.

**Questioner:** We've pretty much asked about this issue of death. Then I want to ask if you have any information because this girl wants to write a book about death. Is there any information to give her regarding her idea of writing a book?

**Higher Spirit:** Regarding death, it's the information we convey today. And we want you all to understand that... Because first of all, if you want to achieve something or whatever, you first have to understand how it works. That is to say, you first have to understand that for death, you can (control) that is, you need to raise your consciousness, that is, pay attention to your awareness ability. That is, you can direct your material body towards a state of rapid or slow end of death. You yourselves can direct it. You can make a choice. You are not powerless.

Because only when you don't know the method will you be at a loss. It's when you don't know this method, when you don't know the ways and means that you have no way to deal with it. Just like you are an amateur, but others are experts who have all kinds of ways. It's like with a dog, for example. A dog trainer has a special way with dogs. He can know the potential of the dog, how the dog is and everything. But if you are someone who knows nothing about dogs or animals, you have no way with it and it won't listen to you. So the best thing for you to say in a process is that while you are still alive and can do something, establish a connection with the body and then get to know your body. Work together with it and operate in harmony. This is also a very important stage of your life. That is to say, first of all, you need to learn about and how to operate this body. Because in this material world, you need to rely on this material body. That is, you need to rely on it to experience what you want to experience and to break through what you need to break through. So do you need to learn, that is, you need to understand it, know it and then make it reach a completely connected state with you. When you reach that state, the physical pain, life and death that your material body experiences - all these things you can guide instead of being unconsciously influenced by your collective consciousness, meaning you have no way to deal with it, you're helpless and you won't enter into something like a big storm, or a vortex, or a tornado. You won't enter into that.

So, keep learning about your body, study it, understand it, understand life, understand all of this, and then it enables you to utilize it, operate it. And this is what you need to know. Because when you are exploring in this direction, the further you explore, the more you know that this body is just like one of the tools you use. Just one of your tools. When you know it's just one of your tools, you won't be so obsessed with (the body). If you think that you have countless tools at your disposal, if one tool gets diseased or damaged or something, you won't be so... Because you know I can continue with my creation. You only feel there's no way out when this is the only one you have, then you will have that kind of panic. But for each of your tools, that is to say, when you are on this path of learning and exploring, because you will develop a kind of respect for everything, for all life, for all beings, that is, cherish. Because you know... When you have this feeling, even if you know it's one of your tools, you will cherish it, respect it, and love it, understand? Because you think, just like the Creator, just like a high level of consciousness, for you it's like a god. He can't not take you seriously just because there are several billion of you humans, right? There are several billion of you humans in the material world, and I don't take you as insignificant, understand? Because each one is very important.

So when your level of consciousness reaches that point, then you know that this physical body of yours is just one of your tools, and you will still be full of respect, love, and cherish for it. Because that is you. It's not that you are afraid, or that you do this behavior because you want to use it and you want it to do things for you. No. Because that is the real you.

**Questioner:** I still have two private questions. May I ask?

**High Spirit:** You speak.

**Questioner:** I want to ask if my Higher Self and guiding spirit have any suggestions or information that needs to be brought to me regarding what I'm currently doing, such as raising my frequency, and the things I want to manifest. Thank you.

**Higher Spirit:** I'll connect and then the information they bring to you is that you are moving in the right direction. That is to say, for example, there is a dark direction and a light direction, and now you are moving towards the light direction. That is, you are on the right path. And then your inner ecstasy will become more and more frequent. That is, your inner ecstasy or surprise, that kind of joy will become more and more frequent. And it's not that surprises happen only occasionally, but they are constantly occurring. Then you are entering, it's like a river of life. And that river doesn't require you to exert effort. You just need to enjoy it, and just need to passionately do everything you like to do. And you are precisely moving in that direction, towards this, that path of life. And you are enjoying everything from the Creator. You are applying, you are learning and experiencing all of this. So you are on the right path. Then regarding this frequency increase, it's not that you raise it. It's not that you raise it but rather that you just let go of some things that don't belong to you. For example, let go of some of your wrong concepts. For example, you think that life is constantly about grasping materials. For example, I constantly need to save money. For example, ah...

Then such a concept, such a collective consciousness, such a thinking pattern, and such an action will make you feel tense, or something about the frequency. Do you understand what I mean? It's a mistake (cognition) of yours. Because when you are moving more and more in this direction, you know that you have everything you need. When you know that you already have everything you need in yourself, your state will be different. So it's not that you raise your low frequency to a high frequency. But rather, some of your concepts and cognitions, and some of the old cognitions you thought before no longer fit you, because you are constantly re-recognizing this world, do you understand? When these concepts are no longer suitable for your current experience, they are someone else's concepts, they are old concepts. Because you are all entering a brand new world to experience now. So some of the old concepts and some, that is, some of your old patterns, and the old ones you held... You have now seen that a tremendous change is taking place in your material world. It's like everything is being reorganized, being reordered and arranged again. So when entering this transformation this time, many of you have some old concepts and old energies, and some that are no longer useful to you... Understand? So before, there was the kind of thinking that you have to store, you have to save, like you have the concept of saving money, right?

Then saving money can make you rich or prosperous. But that concept is no longer suitable for you. And the current concept is, let me give you the simplest example. If a farmer, after the harvest, stores all his grain and doesn't sow it, he won't have a harvest the next year. So your new model now is that you need to constantly give. Those givings are not only material givings, including giving your time, your love, your energy, everything of yours. For example, now you constantly want to give. That is, you are giving your time and energy. You are constantly organizing words. You are giving to humanity in this way. You are giving to them. When you are giving, it's like sowing seeds. Only when you constantly give what you have will it multiply and come back to you.

But you need to let go of any expectations of it, that is, in which way... Say, I gave out a few hours today. Why didn't I get any money? These concepts need to be let go completely. Then you keep giving. For instance, when you encounter someone, you give them your smile, you give them your praise, you give them your kindness. All of these are giving. Only by constantly giving will you constantly receive. Of course, likewise, when you keep giving out your malice, constantly giving out your hatred, you will also receive the same. Because you have now reached a stage, a stage where manifestation is very rapid. Why? Because it's as if you consider humans like a plant. It keeps growing. At the beginning, it grows slowly. Maybe a tree grows only a few centimeters in many years. But now, it's growing at a rapid pace, the fastest period. It can grow several tens of centimeters in one year. Previously, it might have grown only a few centimeters in several years, but now it can grow several tens of centimeters in one year. It's in such a state. So when you are rapidly reaching this stage, everything manifested in your material world will accelerate. It has already accelerated and will quickly reflect. So when you give out division, your pain, you will also receive the same, very quickly. So when you are giving out your kindness, your love, everything you have, you will also receive quickly. This is a wrong perception about you wanting to raise your frequency. You are only transforming some concepts within that don't belong to you. When those concepts change, you yourself change, that is, your frequency state changes. You continue to ask.

**Questioner:** My last question, I don't know if it's worth asking either because it was a dream I had this morning at dawn.

**Higher Spirit:** You say.

**Questioner:** Then in this dream, I dreamed that there was a chick stuck on my neck, and then it pooped into my mouth. When I spit out the chicken poop, I felt a little disgusted at first. When I spit it out, I found that this poop looked green and wasn't smelly... I don't know if there is any information in this that needs to be brought to me because sometimes I remember some dreams, and they manifest in real life. Then if there is information, could you please tell me, thank you.

**Higher Spirit:** First of all, you want to know that is to say what you extract from this dream. OK, just like you served a bowl of soup and there's everything in this soup. For example, you especially like carrots, then you find your carrots, understand? It's like the same dream. You can obtain whatever you want. For instance, from this dream, you can, that is to say, make yourself understand that, because first of all, the experiences in your material world and the experiences in the dream are actually the same. That is to say, from that experienced event, what can you gain? Understand? What can you gain? What do you absorb? For example, I want to extract. From a piece of feces, what useful bacteria do I want to extract for you, right? Instead of extracting something useless. It depends on what you want to extract. Because you scientists can extract many, many beneficial things from feces, right? The experiences you have in the material world also have this purpose. The experiences you have in the dream also have this purpose. First of all, from that dream, that is to say, think about it. You don't need your body to really try the taste of chicken feces, right? Then you can benefit from this experience. If you can have such awareness and utilize your dreams, wouldn't your lifespan be extended countless times? That is, you are constantly and constantly accumulating your experiences. From that dream just now, you can see how your mind works. That is, your mind will make a pre-judgment for something that hasn't happened. It will make a judgment first. It will first extract information from its old cognition or old, that is, from the old concepts it absorbed elsewhere. It will first define. How about this? Uh... But those aren't true. That is, those aren't... So from this dream, you experienced that your mind first judges how a thing will be, and then after you experience it, you know, uh, it's not like that. So from this event, you can know that you can't trust your mind, right? Then if when you are repeatedly experiencing, that is to say, you can't rely on your mind, you can't trust your mind, then in the future, would you not pay too much attention to the voice of your mind, right? Then you would know, OK, that's just a statement. I know this statement isn't definite. Even in a dream, you have gained, your consciousness is constantly improving, and you are constantly harvesting what you need for growth. Because any restraint, any concept is a restraint for you. It will lose the meaning and purpose of your experience. You don't mean to experience the old, that is, the gradually and concepts, that is, everything that happened before over and over again. Instead, every experience has a new gain and a positive one for you to apply.

The current meaning of life truly lies in that for every event you go through... Think about it. Every time you extract from this manure, it's all stinky, dirty and disgusting, right? But there's constantly manure, constantly manure. Every time you extract this, but what about others? Today, this bacteria is extracted. This bacteria, he developed this from it and created that. He continuously benefits from it. So no matter what happens externally, what is experienced, or what is felt, it actually doesn't matter at all, even in dreams. The most important thing is to say, what can you obtain from this experience? And the most important thing is to say that continuously, continuously, continuously, any tool you obtain won't interfere with you, won't hinder you. It won't become a dead thing to frame you. In this way, you will continuously, continuously, continuously be fresh and alive.

Rather than having only a bunch of dead memories and experiences in your mind that are no longer useful.

#### 2021/10/31 - What is true happiness?

**Higher Spirit:** You ask. What's the question?

**Questioner:** The first question is, what causes humans to be unhappy?

**Higher Spirit:** What causes humans to be unhappy? You should know best. Why are you unhappy? So tell me, what do you think makes you unhappy?

Then I'll come and reply to you. You tell me, because you are human, right? You say, what external factors make you feel unhappy?

**Questioner:** Maybe it's like, for example, the experiences I want but haven't had, and then there's the feeling of being restrained. Like, I want to travel but can't travel. For example, I want to have money but don't have it now. It's this kind of contrast, wanting freedom but not being free now.

**Higher Spirit:** One of the most common ones is that you humans all want to have money and think that the lack of money causes your unhappiness, right? But look at those. For example, someone says I'll be happy if I have 100,000 in savings. Then you go and ask that person who has 100,000, is he happy? Someone says I'll be happy if I have 1 million. After having 1 million, is he happy? Having 10 million, 100 million, 1 billion, 10 billion... Do you understand what I mean? When their needs are met, they are still in an unhappy state. So you should ask yourselves why. For example, OK, I want a certain amount of money now. I want 1 million and I'll be happy. Why, after having that 1 million, are you still not happy? You might at most be happy, surprised and excited for a few days. It's just like a little kid getting a new toy. Then after a few days when he gets used to the new toy, he becomes unhappy again. So this can't be called happiness. It's joy, it's excitement, like I finally can have my beloved toy. Then you keep asking why. If you think it's money that causes you to be unhappy, why? Why do some people, after having money for a while, enter a state of unhappiness again? Because your happiness doesn't come from the outside. This is the most important thing. That is, you can't rely on the outside. I fulfilled this wish, this desire, that expectation. That is, you don't rely on the outside to give it to you. Instead, it flows out from within you. This is the most fundamental difference. Because one is that you think you need that to seem to fill your void, and then you will think you are complete. But the other is that you are inherently complete. So these two states are different.

If you attribute your happiness to that you must obtain something to be happy, then you will always be in a chasing game. You will always be constantly chasing. And then when you really chase after everything you want, you will find that you are still not happy. Then you will have lost a lot for life... Many people, after they achieve fame and fortune, money, and experience everything they think they want to experience, this and that they want to experience.

In the end, he chose to commit suicide. Why? Because he discovered that the void within him, that empty feeling within still existed. So you should ask yourselves why do I need to obtain or acquire something externally to make me feel happy? This is inherently a wrong starting point. It's something that comes from within you, something that emerges from within you, not from the outside. It's like a well. You keep scooping water from the outside to fill this well. But instead, there is a continuous source of water within you. So, it's as if you have given it the wrong definition or looked in the wrong direction. Do you understand what I mean? Some people say that I must have a love affair, I must have a happy marriage, I must have a family to be happy. Then she discovers that after having a family, after marrying the person she loves, she is still not happy. Then many, many new problems arise. Then she says that if I marry someone and we don't quarrel, we will be happy. When they really stop quarreling and the two have no communication, she is still not happy.

**Questioner:** So what exactly is true pain and true happiness?

**High Spirit:** What is true happiness? True happiness, as just mentioned, is not something you obtain from the outside, not something you search for externally, not something you seek from the outside. It is the state of completeness within you. That is to say, whether you spend today in prison or in a resort, it won't affect your feelings in the slightest. Wherever you are, it won't have the slightest impact on your feelings. And you won't want to escape. Because many of you humans, in the process of pursuit, in the pursuit of happiness or looking for some fun, all want to escape, to escape the present moment, that is, to kill time. The true state of happiness is that you can enter your present moment. Because only then can you truly experience life and enter life. Instead of constantly running around like a little dog chasing its tail. And that state is a state of happiness. No matter what happens externally, you yourself are in a state of completeness and happiness.

**Questioner:** Then is true pain the exact opposite state of what you just said?

**High Spirit:** True pain has divisions... For example, you will experience physical pain.

This is also very painful. And just now we mentioned that your inner sense of completeness, or joy, or that kind of happiness doesn't depend on the external. So if the next question is, if my body is experiencing pain, how can I still be present in the moment and not be affected by the external? Because your physical body is still affecting you and making you uncomfortable, right? Then this is a question. You can bring up this question and ask it. For example, for those experiencing physical pain, how...

**Questioner:** Then for those experiencing physical pain, how can they be present in the moment or how can they make their bodies recover?

**Higher Spirit:** First of all, the pain your body produces comes from your inherent... For example, you have a program. There's a 'belief' in your mind that thinks birth, aging, illness, and death, that life is painful, and getting old means getting sick. This is what you have been projecting, that is, you have always held this concept, this idea, you have always had such a (belief), and it causes your body to have some blockages. All the pain comes from blockages. It's that your body is not in a smooth state, like the difference between stagnant water and flowing water. Then it must come from some aspect of yours, that is, there's a blockage in some part of you.

It's like your blood vessel is blocked. Only when a certain part of you is blocked will it cause pain. This pain is actually like knocking on the door, it's a reminder for you. The reminder is that your inherent, your existing, your held idea, your concept is in a blocked state.

Then it brings this up and floats on the surface. That is, when you have this kind of physical pain, it has actually floated on the surface for you to see clearly so that you can solve it. Because if it doesn't float to the surface and is still underwater, you will ignore it. Then it has emerged from the water to tell you, to remind you. But you need to know the most important point, that is, everything that happens externally is not to restrain you, nor is it like nailing a nail, a definite thing that you will always be like this. It's not to make you continuously have this feeling, continuously have this pain, nor is it to restrain you. It is to remind you, to remind you that you need to see your own state. You must have something internally... And in this way, it's like knocking on the door to tell you. Then in the moment, OK, I see clearly now. Because each of you is different.

The pain each of you experiences physically is different. The lessons and breakthrough points that each person wants to experience and achieve in life are also different. So, it's a very personal matter. But all these are to ring the alarm for you and remind you. Then, at the moment, there is a saying that you often hear, that is, "become a Buddha immediately on the spot," right? You can be liberated at the moment. You must figure out at the moment where the crux that surfaces comes from and then untie this knot. So, what changes is not only a physical pain of yours, but definitely your thinking mode has also changed. Your entire state has changed. This is the true way to cure your pain. If you only deal with the surface pain, your pain will still remind you in other ways.

So, no matter what kind of pain you have gone through, at the spiritual level, the physical level, all levels, interpersonal relationships, all aspects, in fact, they are all telling you that the system you currently hold is not suitable for you. For example, you believe that life is painful, that life is about suffering, that life is that the body is weak, that the body is going to get sick, and so on.

You don't know exactly what you are running with, so you need to have a self-excavation and exploration on your own. But every point, every moment, every instant in your life, there are clues. You are just like a detective, understand? For example, when you are watching TV dramas and have emotions towards the plot in the TV shows, such as反感 (disgust), you feel恶心 (nauseous). Why is that so? Or幸灾乐祸 (schadenfreude). Any of these that come out, behind them are your emotions. These are all available for your self-exploration. So you need to be as if all the time... First of all, you have to be full of interest in yourself because no matter what you do, you first have to be interested in it, right? First of all, you have the passion to explore exactly what program you are running with because each of you is just a bunch of programs. Any reaction given by that program, you operate based on that. And first of all, you have to want to do this thing. That is, first of all, you want to do this thing, that is, I want to figure out exactly... that makes me have these. Then you can step by step gain, for example, you see clearly that you hold this concept because of your father... your mother... And in this way, you can get out of a state of unconscious operation.

Otherwise, it seems like you're always operating unconsciously. What do you think? It's you, but it's not really you. During your growth process, and your collective consciousness, all these various... The more concepts, programs, fears, and collective consciousness you absorb, go on.

**Questioner:** The next question is, is it only by following the Higher Self's actions that one can obtain happiness?

**Higher Spirit:** Whether it's only by following the Higher Self's actions to be happy. First, you need to clearly understand what the Higher Self is, what you are, and what the relationship between you two is. Understand? So after you understand this relationship, you can know more information. First, are you pursuing happiness? You say, is it only by doing this that I can be happy? When you raise this question, you have to ask yourself, are you just pursuing happiness? Are you avoiding pain? Just like I told you earlier, whether it's the pain on your physical or mental level, it's all to tell you that you have some wrong beliefs, or those beliefs cause you to be restrained, right? So when you have this question and this pursuit, are you just pursuing happiness? Because when you are pursuing happiness, you should realize that your pursuit of happiness itself is already a wrong (concept), understand?

You have entered a wrong game or a wrong program. Why? Because for the Higher Self, there is no happiness or pain here. There is none of what you call everything. Only you humans will define it. Only you humans will pursue something good. This is good, this is not good. But even when you humans define good and bad, you are all wrong. Do you understand? You are all defining it with wrong concepts. This is good, this is not good. Because you don't know the big picture. You don't know what the big picture is. You don't know. You are just like frogs at the bottom of a well, only looking at this little bit in this tiny space and time, and then saying this is wrong. It's like a movie that lasts for countless hours, hundreds of millions of hours. You only watched a few minutes and then defined it as wrong.

If you don't even understand right and wrong, happiness and pain, how can you... So, going back to that question, is it that only by following the Higher Self can you be happy? First, you have to know that the Higher Self doesn't define any happiness or unhappiness.

He didn't define this as being happy or unhappy. Only your physical body would do that (define), and the happiness and unhappiness generated by your physical body are also illusions. Then the generation of happiness and unhappiness comes from your definition of something. So this is an illusion. But you can ask your question this way: Is it that only when our physical body follows the Higher Self can it reach a harmonious, non-fragmented, and balanced state? Just imagine, it can be smooth and operate normally.

**Questioner:** Is it only by following the Higher Self that our physical body can operate harmoniously and normally?

**Higher Spirit:** First of all, no matter what path you take or what experiences you have, no matter how many detours or twists and turns you go through, you are always moving forward. So any experience is good because only in this way can you let go of all your pursuits, all your goals, and all your definitions of what is good and what is bad. I only want the good ones and truly enter your life because

When you are in such a state, you are actually in the kind of harmonious state just mentioned. That is to say, you are just like in a state of presence. Then there is no sound in your mind, no definitions in your mind, no pursuits, and no judgments in your mind.

Because all of these are illusions and then all of these are false appearances. All of these are some programs. For example, what you see in books saying that people should be like this to be right and like that to be wrong. Keep talking.

**Questioner:** This question is a personal one. I want to ask you. Let me use text to link to his guiding spirit. For me who has been drawing recently, I want to ask about my connection to him. Does he have any information to tell me? Also, regarding my current state, does he have any information to bring to me?

**Higher Spirit:** You need to know that all of your suggestions, for example, from us here... You must not take it as the only way or the truth to act. Definitely not. Because you think like this, your psychic information, for example, in the material world, you have countless friends, you have thousands of friends, right? Today, this friend tells you, I think drawing is particularly good. I want that something or other. Then another one says I think singing is particularly good. I think traveling is particularly good. I think that something or other is particularly good. If you take all the information from these thousands of friends as, what they say is the truth, and I'm going to that something or other. What will your life become? Imagine it. Because your psychic information is actually not much different from the communication with your friends in the material world in reality.

Just saying that we are intangible and you have physical bodies, but there's not a huge difference. So if you take all the words of thousands of friends as if they were something, what would your life become? So it doesn't matter what information they give you, but whether this information aligns with my passion. Oh, I'm happy doing this. Remember, happiness, passion, and joy. That is, if you don't struggle doing this thing. Don't do anything that requires effort. When you reach a state of effortless, that's the principle. Don't take seriously all other information. Because within you... you are a unique individual. Within you there is like a compass, and it is the one that truly guides you to make you crazy, make you happy, and make you feel like "I'm so high". That is the true guide for you. It's not from our information, nor from any psychic information. Do you understand?

All our information is only for your expansion, that is to say, to allow you to stand at a higher perspective and view some of the thoughts and concepts in your minds. To make you see clearly, just like a mirror, just like a magnifying glass. If you like to explore, OK, then we'll give you this tool for you to explore.

**Questioner:** May I ask what's the difference between the Higher Self and the Super Soul?

**Higher Spirit:** Regardless of these names, any names are names you have given yourselves to facilitate communication among you, understand? Just like when you are giving a lecture to your students or communicating with a friend, it's for the convenience of your communication.

**Questioner:** So that means there is no difference between the Higher Self and the Super Soul?

**Higher Spirit:** This depends on, for example, when you enter this topic, how you elaborate. Just like my belief system... Because everything you experience, the reason you can experience it is that first you need to have this program. It's like when you want to project something on a projector, if you don't even have the shadow, what are you going to project? You must have something first, right? So that's just a supporting concept. If you want to use this thing to spread some of your thoughts and ideas, you use a name. All names in your material world have this effect, which is to facilitate your communication. If you really want to know about the so-called Higher Self and Super Soul, I think I should understand your question. The Higher Self is the Higher Self of each of you, and the Super Soul is the source.

Then you ask, that is to say, what's the difference between your Higher Self and the Source?

**Questioner:** Actually, today I saw a video by Bashar about the difference between the Higher Self and the Oversoul. I didn't have time to click and watch it. And now during the psychic communication, I suddenly thought of this question.

**Higher Spirit:** Remember this fact, that is to say, everything is energy. The mountains, water, wind, clouds, animals, plants, everything you see is energy, is consciousness, is energy. That is energy and consciousness. But it varies in countless ways. It can become everything, everything, everything, that is, unlimited. But it seems to all come from... I can use a closest metaphor for you humans, like soybeans. You can make them into soybean milk, then make them into tofu, dried tofu, and then make them into tofu pudding and all kinds of things, right? But after they are made, each of them tastes different. Sweet, salty, thick, thin, hard, soft, all kinds. But in fact, their essence is all soybeans. So everything you just asked is also like this. You continue to ask.

**Questioner:** There is another question about death. The last time we had a communication, it was about the theme of death. Then I suddenly thought of an old grandma who was practicing Buddhism. She already knew the date of her death. She believed that it was Guanyin Bodhisattva who told her. Then she got everything ready and left on that day. I want to ask why. Is this what we consider getting out of samsara?

**High Spirit:** In this situation, do you know how powerful your consciousness is? So powerful that your consciousness can split into another one to communicate with you. Do you understand what I mean? For example, your consciousness can split into another voice to talk to you in your ear. So she can definitely have such an experience and was already ready for transformation. Then her consciousness produced a voice for her. Think about this. If we start from this point, we can have another class. You can let your consciousness, that is, let someone attack you and hit you. Do you understand? That is to say, originally that person has no intention to attack you, but in your mind, you want to fight with him and then the two of you can create a... And also the simplest for you is, for example, when it comes to falling in love. For example, with your consciousness, you can create someone to fall in love with you. This should be the most experienced by you.

Maybe at the very beginning that person had no feelings for you, right?

You go first. That is, keep generating a connection with him using your mind. And finally, the two of you are really together. Do you understand? So when you guys are pursuing a girl or a boy, the first step for you is to use your mind, your consciousness. It's like rehearsing. And then in the end, it really happens. You can communicate with others and see how many things they did that were actually... Do you think... Actually, most of them were just cooperating with you in the play. That is to say, for example, the same person has had two or three, three or four boyfriends or girlfriends. But he/she is different in front of each of them. Why is that? This is because each of them projects the image of the other to cooperate with him/her, and he/she experiences that version of him/her. Anyone interacting with you must mean that both sides want to experience this, that is, both sides agree to have this experience. It's just like actors performing against you. So the most important thing is that you should pay attention to some of the mental activities in your mind, that is, some thoughts. Because all these will give you the experience.

**Questioner:** Then because our consciousness is to manifest everything. For example, now I want to manifest one thing. I think about the details of this thing happening and think very happily.

There is another situation where I abide in the present moment, with no thoughts in my mind, allowing the energy of my higher self to flow smoothly, because everything exists at the energy level before it manifests. So which state is good for manifestation? I don't know if I have expressed myself clearly.

**Higher Spirit:** Your question is whether if you become a state where there is no conscious activity in your mind, what would you experience, right?

**Questioner:** This is not entirely what I mean...

**Higher Spirit:** If there is no conscious activity in your minds, then would there still be experiences in your material world? Is that what you mean?

**Questioner:** It's still not exactly what I want to ask, but I also want to know the answer to this question.

**Higher Spirit:** OK, if you reach a state where you are just like an observer, with no thoughts in your mind as I just said, no definitions, no such state as you know, in a state of joy, just like what you call heaven, just like what you call God, and then everyone who comes before you will be affected by your energy state... At that time, what you experience will no longer be this material world. You are in an energy field you created yourself. No matter where you are, you are in a...

OK. It's like saying that you've created a paradise for yourself. Although you are in the material world as a human being, it's like there's a light surrounding you. You see a portrait of Guanyin Bodhisattva, and there's a halo on top of her head, or there's a halo around the Buddha statues. So imagine that you are an ordinary person, but you are surrounded by light. What they see is not a person. What they see is what you call the Buddha or Bodhisattva in your words.

If some of them have particularly sharp eyes or something, they can see that you are surrounded by such light. You are not affected by the outside. Even if various events occur outside, you won't be affected by the outside. You won't feel fear. For example, there is a terrorist attack over there, but in your state, you don't... Do you understand? Then you are just like a ball of light.

**Questioner:** Then how can we be completely present in the moment?

**High Spirit:** When there is no sound in your mind, for example, you have no judgment, no definition. Because your mind, for example, defines this event as a terrorist attack, then you will correspondingly feel fear. Do you understand what I mean? If there is no definition, no judgment, and no sound at all.

Let me put it this way. It's like a fool. A fool sees everything but... He keeps laughing but he has no awareness. You have awareness. You can be present, seeing everything but not being influenced by it all because you haven't named it or defined it. Because only after you define it will you have the subsequent experience, the corresponding experience. If you don't define it, you can't have the experience. For example, if you define it as a terrifying event, you will experience terror and then your body will have corresponding changes, fear, dread, panic.

But you don't have to pursue anything. That is to say, it's like you are still a small sapling now, you are just starting to sprout. You want to know how to become a big tree and so on. This isn't... All your experiences are meaningful. Otherwise, you will enter a pursuit in your mind again, that is, I want to become like the state of a Buddha. Do you understand? Then you have entered the mind and created something like... This is like what you said, going crazy. That is, you must pursue, only pursuing the surface... This is formed naturally, just like it is, as you said, an opportunity, time.

Just like when the fruit is ripe, it will naturally fall off that kind of state.

**Questioner:** The last question, I want to ask if my Higher Self and guiding spirit have any more information to give me?

**Higher Spirit:** Okay, I'll connect. You want to know if your Higher Self and guiding spirit have any information. Let me see if there's any information coming in. Then they said, first of all, thank you for choosing this path of dissemination because when you are choosing, it's like this is a path of light. First, it illuminates you. Do you understand what I mean? That is, you chose this path of disseminating information because this is what you are currently doing, and you yourself will benefit from it. Because when you enter the light, first it illuminates you, and then it's like you are holding the light in your hands and walking towards the darkness to illuminate others. This is a very sacred act. It's like when serving others, the first one to be served is you.

Then it is said that any of your experiences, as long as you don't forget, no matter how difficult your experiences are, as if they trap you and make you unable to move, or how dark, scared, or fearful, no matter what your experiences are, no matter where you are, you have to believe that you will always, because you have already chosen this path, so you will always be on this path. So those temporary illusions, that is, any of those experiences you have are temporary.

It will become faster and faster. Previously, you might have chosen to stay in the darkness for three to five days, gradually changing to one or two days, then slowly to one or two hours, and gradually to an instant. Gradually, it won't have any impact on you. This is a rapid process. The time period when you experience that kind of darkness or restraint is getting shorter and shorter. Then, as long as you firmly believe that you are already on the path of light, any restraint is only temporary. It's just like a passing cloud. And this experience will keep shortening, keep shortening. It's all about complete trust and you are already on this path.

**Questioner:** Just now, there was a mention of a blockage issue. I want to know how to find the cause of a mental blockage based on some physical ailments.

**High Spirit:** Your question is very good. Wait a moment. You just asked, let me give an example. For instance, if you have a stomachache and you have been enduring it for a long time, you want to find the conflict in your thoughts from the point of the stomachache, right?

Questioner: Yes

**High Spirit:** For example, the fastest way is to have a conversation with your own stomach by yourself. And when you completely enter into the process of having a conversation with your stomach, you will gradually find it.

Then, well... For instance, in a completely undisturbed situation, then you yourself can use your recording because there are some information you don't want to miss, or you don't understand at the moment and then you have a self-dialogue with yourself, asking and answering questions. And you yourself play the roles of two people at the same time. Do you understand? That is, you are the one asking the questions and also the one answering them.

**Questioner:** It's a bit difficult to understand and imagine.

**Higher Spirit:** Record your own voice yourself and then ask your own questions and answer them yourself. Some things you need to try before you know how they are because as long as you want to explore some information, and you have the action of exploring inside, then you will have the corresponding information. If you don't even explore, if you don't even make that action, if you don't even stick your head in, how can you see the scenery outside the window, right? So first of all, you want to know that is to say, I want to find the gift it sent me behind from my long-term stomachache and then you allow yourself to enter that field to explore and then have a self-dialogue. That is, you are this physical body and you are also the symptom of the stomachache.

Friday. Then you have a conversation. You can ask him, first you say "Thank you for reminding me." Then next, could you tell me why you have this pain? How did it occur? How can we help you? How can we enter a harmonious relationship? Do you understand? You will be surprised at what news you will get. Any questions? Or you can directly ask me. For example, in the most direct way, that is to say, because of this psychic lady. If you don't want to explore by yourself, you can ask. Do you understand what I mean? Our psychic information now. For example, I now... You can also bring out your information in this way. Or you can say.

**Questioner:** My dad has a rather bad temper. I want to know how to help him and solve some blockages in his body.

**High Spirit:** Wait a moment. Your dad has a rather bad temper. Then I won't answer based on this phenomenon of his bad temper. I will still focus on the individual, that is, the energy state between your dad as an individual and you, and then answer you specifically. It's like an individualized answer. What's your name? What's your dad's name? You say.

Answer: My name is XXX. My dad's name is XXX.

**High Spirit:** XXX, XXX. I want to see how your relationship is a kind of relationship that supports each other.

The relationship between XXX and his father... The relationship you once had was exactly the opposite. What was the opposite relationship like? It was as if he was the child and you were the father. Then in this life, you reversed the identities to experience. So you are the child and he is the father. And what you experience now is exactly what you once created for him. Do you understand what I mean? Now it's like a role swap. And now the only thing is that from this point, what needs to be gained in your relationship is your endurance, your patience, and your tolerance. So his temper won't get better. The only thing that gets better is you getting better, do you understand? It's becoming extremely tolerant and patient towards him. No matter how unreasonable he is, you still don't have the slightest anger or complaint in your heart. There aren't any such voices.

You just allow him to experience in his own way. And when you reach such a state, he won't lose his temper. Why? Because you have already obtained what you need to obtain, which is that enlightenment from him. Do you understand what I mean? This sounds simple to you now, but it's a very challenging process.

This is a process. This is not at all simple because you are deeply troubled in the material world. If he scolds you, it will surely make you sad. You will surely feel sad. If he insults you, you will surely get hurt. So what's important is not what he does but what you can become yourself. Do you understand? What he does is not important. What's important is you here. Because when you change, when you really change to that state, your father will change. So you don't change him but change yourself. Because why? Because this class is over.

You have reached the challenge you set for yourself. Your state of patience, tolerance, non-judgment, and allowance.

**Questioner:** This is quite difficult.

**Higher Spirit:** This is a process but the gains later are particularly great.

**Questioner:** For example, my dad's attitude towards my mom is not good either. Then I will be quite sad inside. I just want to help. If I change my dad's temper, will it get better and will his attitude towards my mom also get better?

**Higher Spirit:** Let me take a look at the soul relationship between the two of them. Your mother and your father. The relationship between your mother and your father is different again. They are another kind of relationship. So you want to know that is to say how your mother can get relief from your father's hot temper, right?

Questioner: Right

**High Spirit:** OK. Now I'll help you search for a moment. You just said that you and your father have swapped roles. Then what about the relationship between your mother and your father? On the surface, it seems that your father is doing something. But for your mother, how to put it? Your father shows his resentment, anger, and dissatisfaction, right? Your mother belongs to some of her own internal aspects. She is in terms of her thoughts and emotions. How to say it? Just now I said that some of them float to the surface for you to see and it's easier to solve. But she doesn't float to the surface, that is, she is hidden. It's like making your father lose his temper. She is hidden. So the relationship and the lesson between them, that is to say, your mother needs your father to bring up these problems and then needs him, through these, to see some of her internal problems. That is to say, some internal conflicts of your mother are shown through your father. So this is a point between the two of them, as if they both need to help each other break through. Then if your relationship with your father, because of some of your changes, and then he no longer loses his temper, then what about your mother's side?

Then what about your mother? It was her active choice to experience such a state. Because she wanted to experience it. That is to say, like some people, she uses her mind to control external substances. But it feels like she doesn't act but actually she does. So your mother wanted to experience a state where she seemingly didn't attack your father, but internally she was driving your father crazy. So this is a kind of experience they chose mutually. Then you have no way to interfere, or help, or ease it because they both want to experience it.

**Questioner:** Understood. Thank you very much.

**High Spirit:** Any more questions?

**Questioner:** I want to know my talent and mission in this life and how to better fulfill my mission with my talent.

**High Spirit:** What's your name?

**Questioner:** My name is XXX.

**High Spirit:** XXX, you want to know your talent and mission. Your talent is that you can well connect with that kind of quiet energy. That kind of quiet energy is very suitable for doing some particularly meticulous work or creating. And then bring this quiet energy into this material world and let more people enter that kind of energy.

**Questioner:** Then how to fulfill it? What about my mission?

**Higher Spirit:** Your mission. First of all, it means that no one has arranged any work for you. It's you who actively choose to want to break through yourself or to want to have an experience. So this is a theme that you have chosen yourself. Then, if you were to say what your theme is, your soul theme is... Just mentioned that your talent is that you can connect with a quiet energy. Then your theme is that you will experience many external constraints or troubles or influences that make it difficult for you to calm down. Then you will experience a series of influences on you that make it difficult for you to connect with that quiet energy and enter that state. So it will, for example, through your relationship, your love, or your marriage, or your family, or your working environment, anything, these external factors make you feel as if there are many layers, preventing you from connecting with that force. Do you understand?

**Questioner:** Is it to hinder me?

**Higher Spirit:** It's not to hinder you. It's to strengthen you.

**Questioner:** Then through these things, I can make my connection more closely.

**Higher Spirit:** Not more closely. Because you already have this connection. It just means to let you know, just like why you set up layers of these levels for yourself.

First, it's to make you understand. First of all, you need to understand how important that kind of energy state of tranquility is for a person because if you don't think that's important, you might not have such a strong desire to spread this, do you understand what I mean?

**Questioner:** This is the level that my soul has set for itself.

**Higher Spirit:** You first need to experience how important this is for a person, right? Because once you experience its influence on you, then you'll know how important it is for a person. When you know that it's so important for a person and that it can enhance a person's happiness or something like that, then you'll have that drive, you'll have that motivation to spread, to share this quiet energy. Do you understand what I mean? Just like a tool you use, like a sword. First, you have to pull it very long, like a slingshot.

When you pull it very strongly, doesn't your strength become greater and greater and shoot farther and farther? That power is actually the same. You experience so much of that something, and then you can understand how important this is for people. So you'll have that kind of sense of mission that wants to spread it everywhere. It's actually to strengthen your kind of... For example, a person, he goes around giving speeches...

It's about cars. If you don't drive attentively, the impact it brings is that it will design for itself to experience a car accident. After experiencing this car accident, it will go around giving speeches saying that your attention when driving must be like this. Do you understand what I mean? Look, I became disabled like this. I became half-paralyzed like this.

**Questioner:** That is to make oneself understand more clearly how important the power of tranquility is.

**High Spirit:** Yes

**Questioner:** Then in that case, wouldn't I never be calm in this life, having set so many obstacles for myself?

**High Spirit:** Your experiences are for making your subsequent driving force, that kind of power, that kind of desire more intense. So don't worry.

**Questioner:** Then when can I be calm?

**High Spirit:** When can one be calm? This is a gradual process. You don't need to worry about these. The experiences are beneficial to you because it's like a flower slowly blooming. Its seed germinates. It's a natural process. So don't worry. You just need to firmly believe that giving yourself such an experience is for serving the public better in the future.

**Questioner:** Then for this flower, I just need to wait for it to bloom, right?

**High Spirit:** Yes

Because you yourself are a seed of a flower, nothing can hinder or obstruct it. It just comes to strengthen your, the strengthening motivation that you set for yourself.

**Questioner:** I also like to go to nature in my life, to relatively quiet places. Will these places be beneficial to me?

**Higher Spirit:** Anything you want to do, if you have that inner desire and that wish to act, just follow it. It's beneficial because it doesn't depend on which kind but rather on your inner self. For example, if you really want to go to a nightclub, to a place for disco dancing, then if you want to go, go. So it has nothing to do with this. It's that inner impulse and that urge to do it that is the most important.

# 2021/11/01 - About Trust

**Higher Spirit:** Go ahead. What's your question?

**Questioner:** The first question is to ask why there is a lack of trust between people.

**Higher Spirit:** Why there is a lack of trust between people? Wait a moment. First of all, you have to understand what trust is. Because this kind of trust doesn't only occur between you and other people. It already occurs between you and yourself, that is, you and your life, you and yourself... Think about it. If you don't have something yourself, can you give it to others?

So you have to have this yourself before you can apply it. It's like you need a weapon in your hand. For example, if you need a sword to cut something, you need a tool. Without that tool, how can you apply it? So this first comes from a relationship you have with yourself, that is, you first have to build this trust in the relationship between you and your life, you and yourself. Then this will happen elsewhere. It's like a seed that hasn't germinated. Then all the flowering and fruiting and everything won't happen.

It hasn't emerged from the soil yet, so all of that won't happen. For example, trust is like a seed. Think about it. You say why this apple tree doesn't bear fruit, it doesn't have apples or this apple tree hasn't... that is, this hasn't happened. You haven't allowed it. That is, if it's a force, you haven't allowed it yet. How can it affect the outside world? How can it have an impact on the outside world? So first you need to know what trust is and then allow it to happen within you, that is, allow it to become yours, and then it will bring a series of influences to the outside. So you should understand what I just said. That is, if you don't even have it yourself, how can you establish it with others? That is, you still don't know what this trust is. If you don't have it yet, how can you give it to others? How can it occur between others? First of all, you have to have it yourself. You don't have it yet. But this is a very good, very crucial and very important issue. It's extremely important for you. Why? Because once you go through this problem you generate, and then you come to understand what trust is. If I want it to happen to me, what do I need to do? That is, what kind of state do I need to be in? What does it need to be like? Then when you have it, it's like blooming and bearing fruit. You have trust, that is, you yourself are a person full of trust. Then you have already... Because you can't control others, that is, whether they trust you or not, but it's your trust in them, right? So if you have this weapon or tool of trust, then you have... It's not just this one person. You can't say that I only trust this one person or only trust this one thing because of something. Because you have it for everything... Just like the light of the sun, it won't say that I only shine on pine trees and not on flowers. That is, I am selective.

**Questioner:** Then how can we establish trust between ourselves and with others?

**Higher Spirit:** Just like I just said, if trust is a tool and if you have already obtained that tool, you already have it. So there's no need to establish it. The only thing you need is to find out what allows you... It's like permission. It's like a well. Once you find the water source, the water will gush out. If you have already found this source, you don't need to learn how to establish trust with this person, that person, or that person. You are already a person with that quality. For example, it's like you have a quality, right? For example, if you are the embodiment of love, you don't need to ask how I love others. If you are the embodiment of love, you don't need to ask how I love dogs, how I love cats, how I love white people, how I love black people. Because you won't have these distinctions.

If you have distinctions, such as how to love animals, plants, white people, black people, and if you have these distinctions, it means you don't have love yet. You haven't become love. You still don't understand it. Do you understand?

Because true trust is not established based on the outside. That is, it's not that I selectively trust based on how things are on the outside. But rather, it's a state that you achieve within. You trust everything completely. This is a state. For example, not trusting is a state. Here we have two different rooms, A and B, for you to experience. If you choose to trust, it's in Room A. Everything in A, you trust. Everything you experience, everything you gain experience from, and everything you encounter can only be trusted. If you choose not to trust, then you are in Room B. Everything there you don't trust. And there's a Room C, that is, I selectively trust some things. That is, I trust when others make me trust, and I don't trust when others don't make me trust. Then you are in Room C, always in the middle of making choices. These three are different states. Do you understand? Then being able to enter these three different rooms, A, B, and C, is a state of your own growth. It's like you have three different seeds. Which level can you reach? These are some changes that occur within you. Which level you reach, you go and experience that one. Do you understand what I mean? So when you are in a state of trust, you can't experience: Ah, I want to selectively experience.

Uh, well, I don't trust because it's a completely different state. You can only experience one of them, do you understand? But you can transform. That is to say, before I experienced in the room of distrust in B, and then gradually I moved to the room of selective trust for experience, and then I moved to the state of complete trust for experience. Then I experienced all three states and only then did I know that this total trust is what I really want to experience. Do you understand what I mean? You go on and ask.

**Questioner:** Is it right for people to only think about themselves and live in their own world?

**Higher Spirit:** Is it right for people to only think about themselves and live in their own world? This is again a question about personal consciousness. That is to say, because all experiences are neither right nor wrong. Just like the three rooms I just mentioned, you experience each room and then you know who you are, right? So each room has its value and significance. That is, it can all help you. As for people only thinking about themselves, let's not say whether it's right or not for now. At least you have experienced what it's like to be in a state of only thinking about yourself, right? Then what it's like to only think about others and not yourself, right? Then I experienced that there is no difference between me and others. When I am thinking about others, in fact, I have already benefited myself.

When I'm considering myself, others benefit too because you are all inseparable. When you realize that you are all one entity in essence, you won't categorize or draw boundaries.

You won't think that I'm only considering myself when I do this, or that I'm only considering something or other because you know it's the same thing. Your minds just use different definitions, focusing on this appearance. Different definitions make the mind differentiate between this and that, and then categorize and label them. So this is still a cognitive issue because there's no me telling you that this is right and you should do it, and that is wrong and you shouldn't do it. You are not here to obey, as if you were just submissive or puppets or something. The most, most, most important thing for you is to become. So when you truly realize that all relationships and states are actually a whole, there won't be such classification, categorization, and judgment of right and wrong in your mind. You just have to become. You keep asking.

**Questioner:** How to make the team work together with one heart in the workplace?

**Higher Spirit:** How to make the team work together with one heart in the workplace? First of all, you need to understand that working together with one heart means that all of you have a common direction and a common goal.

Then you first need to find a way for people to discover for themselves what the relationship is between them and this goal. Do you understand? If you make them feel that they have no relation to this goal or that the goal is not important, just this layer of relationship. It's that simple. You just need to make him realize from your behavior and during the process of getting along with each other what the common goal means to him. Why can't our team do without you? Why can't this team operate without you? Why are you irreplaceable? You are unique. You have to find such a relationship. Why is it necessary to have him? Why? Because he himself might not even know... He might be thinking of paying me salary.

Everything you have experienced in your fate, if it is brought there, then it must be indispensable. If you are a leader, first you yourself need to realize why he is indispensable. Why is he so important to you? Why can't he be replaced by just anyone? Why can it only be him? If you are a leader and you yourself don't understand, if you don't believe in something yourself, how can you make him believe? If you don't understand, how can you want to hand over what you don't understand to others?

You can only give what you understand, right? If you don't even understand yourself clearly, then what can you offer to others? Now, if you don't believe this fact, think about it. Your work, what is work? Work is to use your consciousness, intention, and energy to create a phase, a thing in the material world that you can see and touch. This thing is the result created by your team with your common intention and consciousness, right? Then if your result is divided, obstructive, or painful, it's also because you have all these within. Can you understand this layer of relationship? If you can understand how everything you experience in the material world is formed. If you don't even know how it is formed and you still want to solve it, deal with it, or change it, it's impossible. So first of all, you have to know where the results you produce come from. If you know where the results you produce come from, you can know where to create this phase and present it in this world, right? Then you can figure out through this phase where the problem lies in our inner selves, that is, our intention and our consciousness, right?

Because he might be operating unconsciously. Maybe there are certain notions or something like that in his brain. So this requires a process, and the most important thing in this process is your unwavering belief. Then slowly draw him into your reality, your belief. This is why in your material world you need time because you really need time to experience. You need to experience slowly in the material world. This is a process, but every process is necessary. That is to say, in every process, you must be fully aware, that is, you know clearly yourself and are not influenced by him. Because among you people, you will influence each other, understand? If he is operating unconsciously or he only focuses on this appearance, then you will be influenced by him very soon. Then you join his appearance and it will be very difficult for you to influence others again.

This process is not only about helping others grow, but also a process of your own self-growth. It is very meaningful. So your material world is a very, very meaningful experience because from these, you will realize that you are not alone and while you are helping others progress, understand or grow constantly, you are also constantly experiencing. So it's never possible to just passively benefit. You will also benefit from it. You keep asking.

**Questioner:** How to make people more responsible at work?

**Higher Spirit:** How to make people more responsible? Just like what I said earlier, first you have to make him realize what the relationship is between him and your goal... How to make people responsible? That is to say, if he feels that some of his behaviors or his thoughts or anything he does will not have any impact or any harm or anything on this material world, then can he do whatever he wants? But if you make him realize that some of his behaviors or thoughts will cause earth-shattering changes, then will he pay attention to some of his own... Do you understand? Because the reason why you people lack that kind... What you call responsibility, we actually can't say it's responsibility, we are talking about the influence of energy.

That is, if you don't realize that the thoughts in your own mind will have an impact on the material world, others, or yourself, and you don't realize it, then you are in unconscious behavior, and of course you will do some unconscious behaviors and actions. But if you know that you are conscious and you know what kind of result or consequence my this thought, my this statement will cause. Then he will naturally

focus on... That is, I will only create some experiences that I want to have, instead of unconsciously creating some experiences that I don't want. This goes back to the basis of your human self-awareness. Because humans haven't realized that whether it's their own conscious activities or everything about themselves, it will have an impact on themselves, their families and the world. Because each of you is influencing the world. It's just that you don't think so, you don't know. You are unconscious. Think about it. A homeless person is lying on the street. Then if you make him realize that all his moving, that is, one of my thoughts, one of my actions, my energy will affect the entire world. Do you think he will still be a homeless person? He will take action immediately. So to pay attention to or to be aware of everything one does, or everything one thinks... The relationship between one's state and the world, and the relationship with the whole. Because why?

Because you humans all regard yourselves as yourselves, that is, you are you. But think about it. Your entire human race, the entire earth is like a jigsaw puzzle. Then this jigsaw puzzle has ten modules and each of you is one of them.

Because I reduced it to ten modules. But you are one of those ten modules. Then every action of yours, if it's lacking, missing, or crooked, it will make this incomplete. From this big perspective, then how can you bring it into the family? That is, you make this person realize his influence on the family. He is indispensable and irreplaceable. Then back to an organization, that is, within a team or a company, why is it him? You make him realize why he is indispensable. Then to one like this, step by step like this, he will know the relationship between them.

But you can first notice your relationship with the whole. Because when you understand your relationship with the whole, it's like your updown, your fluctuations, how, that is, your transformation directly affects the world. When you start to notice this, you yourself start to have a sense of responsibility. This is spontaneous, do you understand? You will feel that everything in our world is related to me. The plagues in our world are related to me. The unhappiness in our world, that is external, is related to me. You will put everything inside you.

Then from your transformation, the entire world has transformed. So you must first, through yourself, understand that there is this layer of relationship. Go through your own path, experiences, everything, and discover your relationship with all of this. Only then can you help others see. If you don't even know your own relationship with this unity and everything yourself, how can you help others discover? If you haven't seen it, then you will also become someone who seems to do whatever they want and not have such a high-intensity concern about all sentient beings or the entire Earth or whatever. So from the previous few questions just now, have you discovered a problem? That is, all external problems come back to internal issues within you, such as trust issues, responsibility issues, cognitive issues. All of them are within you. Do you understand? So there are no problems externally. And when all the problems within you have been resolved through your own path, then you can influence others to be like you.

**Questioner:** How to make humanity more cohesive?

**Higher Spirit:** How to make humanity more cohesive? Then this question actually is that you still don't understand everything because you humans still see yourselves as yourselves.

It's like I'm myself, this world is this world, that person is that person. If you view the relationship this way. Then if you realize that, it's like a little kid who has never attended classes or listened to explanations to understand this world. He surely wouldn't know. Then if through some guidance and directions from us to you, allowing you to have a broader perspective to view problems. And if you implant this awareness into your observations, then you will look at it from this perspective. Your brain needs a process of acceptance and becoming. When you carry this and think: Ah, it's because what I experience is what they said. Then when you reach that process, you will gradually become such a state.

That is to say, when each of you gradually reaches such a state, you will all be in the same state. So this is again a process of becoming.

**Questioner:** What is the best corporate culture?

**Higher Spirit:** What is the best corporate culture? Then each enterprise is like each family, just like each person. It has different styles and it's like personal charm. I don't think there is a best one here. For example, your personality is relatively gentle, and hers is relatively tough. Then which one is the best?

He has his own characteristics. Just like when you say which is better, an apple or an orange? Each has its good side and its own personal feature. Because your enterprise actually presents some aspects of you personally. For instance, your principle, how you understand this world, what kind of personality charm you have. The enterprise presents just like this. Then the best corporate culture here is that through your enterprise, you let him see his relationship with himself, his relationship with the enterprise, and then his relationship with this world by growing or experiencing that process in your enterprise. It's just like a mirror. You let him see and show his true self... For example, if someone is like water plants in the water, you will give him water to let him grow. And if he is a plant in the desert, you will give him the desert to grow. So it's not that you turn everyone into water plants. You nourish everything in that state. That is, no matter what kind of seed he is, you have the corresponding temperature and soil for him to let him grow and become what he originally is. Just like you have this piece of land, right? Then you say what the best soil is. Well, this kind is not suitable for plants in the desert!

You say that if the nutrients are high, it is only suitable for some. Well, then what is the best enterprise? You are like a creator, you are like the Earth. Now I have thought of how to describe it. The best enterprise is like the Earth. Just like the Earth, it can enable different plants and animals to reach a balanced state. It can provide what they need. This is the best enterprise.

**Questioner:** What is the relationship between family and society?

**Higher Spirit:** What is the relationship between family and society? You can all see it in your own lives. That is, what is the relationship between family and society like? So, if you really want to ask what the relationship between them is like, you are the best respondents because you can see the relationship between family and society everywhere. From the news, the Internet, newspapers, and your real life, you can all see this relationship. If you are full of observation... that is, I want to observe this relationship. So you can find this question yourself in life, do you understand?

**Questioner:** What is the relationship between society and government?

**Higher Spirit:** The relationship between society and government. In different regions, you have different societies, and different societies have different governments.

So you yourselves can see all the relationships from your own lives. Because after you see them, what happens within you is the most important. Where it leads you is the most important. What kind of relationship it triggers within you is the most important. So if you just say you want to look at the connections and relationships between them, you can see these anywhere. You can open the internet, open a newspaper, open anything. What you need is, for example, you yourself see the connections between them and then questions arise in your mind. Then you come and ask me. You come and say why there are conflicts between society and the government, or something like that. So when questions arise in your mind, it's more suitable to come here to find a perspective for yourself to view from a broader angle.

If you just want a comment, we don't make any comments because comments are only for yourselves and also they are different for each of you. And most importantly, it's not what we focus on. Why? We don't focus on what happens in your society or how society is divided, or whatever. What we focus on the most is how we can lead you to break through your points.

It's like giving you a mirror when you need it so that you can see, wow, it's like this because for us, everything is an illusion and everything is constantly changing. So for something that is constantly changing, how... It's like you see something ever-changing and constantly transforming... Then you say what was that appearance just now and then we sit here and comment. Well, that appearance has disappeared. And if you continue to comment deeply on this appearance, the two of us are creating this appearance again. Do you understand what I mean? You are creating this appearance for your experience again. So where is the value and significance of the comment? So if you can know this relationship later, you won't be persistent in describing any past events or anything like that anymore. You won't be persistent in describing these things anymore. It's like a scene in the ever-changing pictures that changes in an instant. You take it out and experience it again. You will think this kind of game is very boring and I won't play it anymore. Do you understand? If others are still playing, it's because they still need that process. They are still growing and experiencing. So they are having a great time playing, but this process of having a great time is also very important for them and is something they need to go through, right? Even if they are playing boring games, for me, I won't make any comments. I won't say, "Look how silly they are. Their level of awareness is so low." Everything is meaningful and valuable for them at that stage.

**Questioner:** I want to ask if my Higher Self and spirit guide have any other information to bring to me?

Higher Self: All the information today is for you. Because all these viewpoints, it will... It's like a brand-new you. Just like before, the program inside you was this set of programs. If these concepts, that is, all the points I just mentioned, become yours, there is a saying called the unity of knowledge and action. That is, you not only know but also discover in life, apply with full awareness, and become it. Then you are completely built with another program. Do you understand what I mean? The old you before has nothing to do with you at all.

**Questioner:** The last question is, for example, I was constantly thinking yesterday about what trust is. And today, the theme of this girl's psychic connection is trust. Is this also a kind of synchronicity?

**Higher Spirit:** When more and more of you notice what happens in your life because many people actually have unconscious behaviors and they don't notice. They just think it's just random events and they don't pay attention to these. They just focus on how miserable my life is and how annoyed I am. They only focus on these. Then of course, why, for example, this girl and you, you all notice some synchronizations? Why can you see the synchronous relationship behind it? Because what you experience is this. For example, you believe that you think everything is synchronous and all your information... You will look at it in this synchrony, and then what you experience is a series of synchronizations. This is the point your consciousness is concerned about, and you will experience what. If, as I said just now, some people operate unconsciously and they only focus on the troubles in their lives.

Then one day, he suddenly stops focusing on troubles and only focuses on the synchrony in life. Then he will also find out, wow, so many synchronies. Do you understand what I mean? It's like all of you are using a magnifying glass to look for things in the pond. You are looking for shells, he is looking for shrimps, and he is looking for fish. Because your consciousness will ignore what you are not looking for, do you understand?

Then it will focus on what you are looking for. You said my goal. I'm just looking for shells or some people are looking for gold, stones, and aquatic plants in the water. Then you will constantly keep creating these.

**Questioner:** Previously, I read the psychic message of this lady. She said that every physical illness has a corresponding negative belief. Then for myself, one is that my left foot was sprained while skiing seven or eight years ago, but it hasn't fully recovered after all these years. It still hurts when I walk a lot. Also, I have dysmenorrhea almost every month, and I get acne on my chin...

**Higher Spirit:** You know that your biggest problem is not your physical problem. Do you know what it is? It's that you don't have a goal for you to pursue and experience right now. You don't have something that you are particularly passionate about. You yourselves will have that kind of experience. When you are fully devoted to doing something, the physical problems of your body will go away. You yourselves will have such an experience. Do you understand what I mean?

**Questioner:** It's just that I haven't found that thing that makes me passionate.

**Higher Spirit:** That is to say, your life is too boring. If in plain terms, it's that you have too much free time. When you have nothing to do, you magnify everything.

It's like I just said that you guys were holding magnifying glasses and looking for something in the pool. You yourself didn't know what you were looking for. You were aimless. You wanted this for a while, and then that for a while. You didn't even know what you were looking for. That is to say, in your life, you don't have a particularly passionate and focused goal that you want to pursue. You just go, ah, I have acne today, so I focus on the acne. My feet hurt, so I focus on my feet. My skin isn't good, so I focus on my skin. Do you understand what I mean? You seem to be in such a state. But when there is a big goal for you to pursue, for example, I want to make a movie. If you are fully devoted to making the movie, even if your feet hurt, you won't notice it. Do you understand? Then you won't experience the foot pain. Do you understand what I mean?

**Questioner:** I haven't found the passion in life.

**Higher Spirit:** That is because you don't have a point to focus on. So you will exaggerate a small point in life and deepen that experience. So this is the most important thing. So whether it's your foot pain, hand pain, or other problems, if your consciousness and attention are on something you are particularly passionate about, all the ailments in your body will disappear.

**Questioner:** Then how should I pursue this passion? If I haven't encountered it yet for now, how should I pursue it?

**Higher Spirit:** This is not something you pursue but rather it's a process of your growth. Just like I said before, your experiences in rooms A, B, and C are all meaningful and they all serve you. After you have experienced them, you'll know which state is the one you want to experience. Now you have experienced that my body hurts here and there. I focus my attention on this. Later, when your consciousness changes, for example, this is a room, and when you change to another room, you'll think, wow, really! When I happily go to learn to dance and my feet don't hurt at all when I'm dancing, then this foot pain is very meaningful for you, isn't it? Why? Because through experiencing it and no longer experiencing it, your transformation makes you discover that the transformation in your mind, that choosing different lifestyles leads to different... Well, this is some experience that you can share with others.

This is like the tools or wealth you have. So how to find your passion? First of all, you need to know that every experience in your life is guiding you towards what you said. For example, you watched a TV drama and then you experienced that.

Those thoughts, emotions, and notions that arise in your mind, all of them are actually...someone you met today, some words you heard today, all of this...Every clue. Each of you has your own unique path. No one is the same. So you must walk out that path by yourself. But all your guidance, hints, and leads are in the present of your life. Just like you are solving a case now. Each one is a clue. Each one will lead you to, that is, you increasingly clearly know. It's just like you are in the process of solving a case. At the very beginning, you are completely at a loss. You don't know anything and have no clue at all.

Slowly, more and more, until finally you have a sudden realization. Do you understand? This is that process. So this requires you to have a high degree of self-awareness, self-perception or your passion, that is, your own enthusiasm. That's everything. This is also a process of your self-understanding.

**Questioner:** Before, a psychic told me that my talent in this life is to easily connect with some quiet forces. Then I am currently an IT consultant, so I need to deal with different people. I'm not good at dealing with different people. I don't think I have any special talent in expression. So I wonder if I will do something related to my talent or start a side business.

**Higher Spirit:** If I tell you that you're not dealing with anyone, you're just dealing with some thoughts, programs, and thoughts in your mind, that is, dealing with yourself. Do you understand what I mean? Because there is no one else outside, it's just you dealing with this person. When you come to him... Just like when you came, you asked me what my name was. When you deal with others, as soon as you come, you ask him what his name is. Does the name make sense? It doesn't make sense. There are a hundred people with the same name, but they have a hundred different personalities. Do you understand what I mean? So does the name make sense? The name has no meaning at all. But your mind will tell you what his name is, what his personality is, and all these that your mind decides for him. And after you decide, you create these experiences, these feelings, and these emotions for yourself to experience. So all experiences actually originate from yourself, not from the real him. He is just playing a certain role.

It's like whatever you think, whether it's about something or someone, you are right when you define it. The only role of it is to strengthen, deepen and confirm the thoughts and definitions in your mind and think this way. Do you understand? The other party means that if you think I'm an asshole, I am an asshole. If you think I'm a bitch, I am a bitch. If you think I'm an angel, I'm an angel. Do you understand this relationship? If you humans can understand this relationship, think about what kind of change will occur in your human relationships. Because then you won't blame all your emotions, fears or angers on what others have caused or blame others. Then you will be responsible for everything about yourself.

Instead of saying why don't you change or why are you like this... This is the most fundamental problem in all your relationships, which is this. So you have to remember that everything that happens externally is just to deepen what you think and what you feel.

**Questioner:** I'm interested in spirituality and I have shared this with my husband, but he doesn't seem interested. Every time I talk to him about it, he is rather impatient. Actually, my husband and I basically have the same views and opinions in other aspects. Only on this matter, we are rather inconsistent.

I want to know if I need to guide him? And in this life, if I'm with him, what kind of issues will we face?

**Higher Spirit:** Can you guide yourself? You are even lost in the maze yourself. How can you guide others? Do you want to lead them to get lost with you?

**Questioner:** Should we let him experience it by himself?

**Higher Spirit:** He should experience it by himself. Just now, it was said that all relationships exist within you. No matter how you define it, you are right. So you think you are very similar to him in other aspects. Really? If you ask yourself again, really? You can't just see the surface phenomena of yourself. Ah, we didn't quarrel about this matter, so we are the same. This matter we had quarrels and disputes, so we are not the same. It's just a game in your minds. It's just a very, very narrow and limited kind in your minds. It's like I picked up these few pieces of knowledge, and then I think I know the whole world. It's like that. So to be honest, regarding your relationship, you don't. You think you understand, you think you can judge your relationship, but it's not at all. So don't have any definitions or judgments about your relationship. If you can find the core of what I just said, that is, the most important part of that paragraph is that everything outside of you is in your mind.

If you only start from the information within yourself, in your mind, you will find that the only thing that creates the material world is within you. That is the most crucial point, not your husband, not your colleagues, not your parents. It's all yourself. So let go of any memory of a certain person, because they are unconscious. These memories will make you have the same experience again and create it for you. Let go of everything, and you have no past at all and no memories. These memories are all false. Everything is just an illusion. The most important thing is that you can, through your own experience, step by step, find out the points that trouble you in life. What kind of concept, what kind of definition, what kind of idea affects you to have this experience. This creates this experience for you.

Then you untie your own bindings step by step. Then you feel more and more free step by step. Step by step, you feel that there are no problems outside. Step by step, you feel relaxed, free, and that kind of beauty. This is your process. It's like you tied many, many ropes to yourself.Layer by layer, one by one. Then you have one by one now to take them down. Take down one and you will feel relaxed. Take down one and you will feel relaxed. Then when you can fly freely and show the true state of your life, do you understand? This is the most important thing, not how to deal with others. There is no other. Because basically all your problems are about him, him, him. Here, there is no him, him, him. Only you, you, you. Because when you have this concept, you will create a him for you to experience. Do you understand? Just like when you have a fear belief that you will encounter, that they will hit you or something. After you have this fear or dread or whatever worry, then you will create this event to come into your life for you to experience. This experience is just to let you see why you have this thought, why you have this worry, and why you create this.

Not to say that it is really like this. Look, I was afraid of this thing and sure enough there is a reason. This is why very few of you can be liberated. That is to say, you take everything you experience as real. You say, look, I encountered this in the first place. This is real and true. Why shouldn't I believe it? Because it really happened to me. Then this process is again a self-hypnosis, self-suggestion, and it is also a deepening process. So, sure enough, you continue to experience such things. This is why it is so difficult for you to break free from the illusions of the material world because we tell you that everything is an illusion, and you don't believe it. You say this is a fact, and you are experiencing it. Then this is a self-deepening process. Any questions?

**Questioner:** The last question is, does my Higher Spirit want to give me any other information? My name is XXX.

**Higher Spirit:** You are kind, pure, chaste, earnest, and have many, many wonderful qualities. The only thing is that you don't need to worry about your future because everything is going smoothly on the path that supports you. And all the information you received today is what those Higher Spirits want you to know, want you to understand, and want you to have this concept when looking at the material world in the future. It's like a seed. It will become a... For example, I give you a pair of glasses now, and they are red. Then in the future, when you look at the material world, these red glasses will be on your eyes. Although the world you see is the same, it has added a layer of color. So, you don't have to deliberately learn what to do.

You don't need to deliberately understand everything because these glasses are already on your eyes, do you understand? It's these concepts, these ideas, these points that have already become part of your subconscious. You don't need to deliberately study, that is, to obtain them externally because this is a trait of yours. You think that everything requires effort and so on. Then you don't need to deliberately do that. You already know how to view everything that happens through these glasses. So you just allow it to change naturally. There's no need to deliberately do anything and enjoy every step of your life because there is no destination here and no perfect state. All of it is just like what was said earlier. It's like you are untying your own rope, step by step. Every step holds surprises and becomes increasingly easier. This is an enjoyable process rather than a process that requires effort or hardship. This is an enjoyable process. You just need to enjoy it. And that's all the information.

# 2021/11/11 - How to Accelerate Change

**Higher Spirit:** You speak. What's the problem?

**Questioner:** I feel that I have suffered a lot in this life. Many things haven't gone smoothly...

**Higher Spirit:** First of all, don't say anything about how you have been tortured in this lifetime and so on.

You don't need to say anything. From now on, don't tell this to anyone or yourself anymore. Do you understand? Because this is self-hypnosis. When you say it, you are already creating this reality for your experience. You have already entered into this. So now you need to be aware. Do you understand? Because unless you still need or want to continue experiencing these, that is, if you think you want to continue experiencing them, you can continue. But if you want to break away, that is, want to change and want to switch to a different experience mode, no matter what you go through in the future, don't say how tortured and painful you are anymore. Do you understand? Because the reason you experience it is that you think this way. If you think this way, you must experience it this way. Can you understand this relationship and the connection between them? Don't let yourself say this anymore. Do you understand?

Especially for you Chinese people, don't say those inauspicious words, right? Especially during your important festivals or major happy events. If you say some inauspicious words to others, look how they... So why do you keep saying such inauspicious words to yourself every day?

**Questioner:** Then can I ask what my soul master is?

**Higher Spirit:** I want you to realize by yourself that in the future, don't use anything to describe you... OK. Let me start with such a simple one (example). The same person, if your mind, I want you to understand how your mind operates. If the same person, let's say your child. You start by saying, "My child is a very, very lovely and perfect child. Next, I like him the most. His best quality, the best quality is..." Then you start to collect the good aspects about him with your mind according to this. You will find that you will collect many, many good qualities about him that you haven't noticed before. You will also start to notice, "Hey, why haven't I noticed this quality of him before? How come I can collect it now?" Do you understand what I mean? Then if you start: "My child is very tormenting. He really makes me... Sometimes I'm really tired."

If you start with this as the beginning, and then, for example, how and how, you will slowly find evidence to support what you said before. Do you understand what I mean? So this is a mode of operation of your brain. What does it do? Your brain only records, stores, judges, evaluates, classifies, and categorizes.

But your brain, it doesn't know the truth. It behaves and these manifestations are also false. Why? Because it has a certain operating mode, and it will operate accordingly. So all the voices in here are false, that is to say, they are neutral. So you have to explore from your own words and deeds, that is, your own mental activities, to see how it is manipulating your life and creating some illusions for you to experience, and then you can break away from it. Alright, then let's come to answer your question next. You just asked about your soul theme. What's your name?

**Questioner:** My name is XXX

**High Spirit:** XXX, you want to know your soul theme, what you are experiencing in this life. Then I'll link to the theme of your experience in this life first. It will revolve around how you can turn big things into small ones and small things into nothing. This is a transformation and conversion job. Because if big things are for a small one of yours, for example, a small space or capacity, right? Let's say a ten-square-meter house and you want to put a big sofa in it, you will feel very crowded. But if you change it to a hundred square meters or a thousand square meters, then your sofa put in there will become very small, right? Then think about that space and that house as your own measure or capacity, your tolerance, your degree of inclusiveness, and your ability to bear things, that is, your ability to resist setbacks. Do you understand?

When you want to expand these of yours and after you reach an expanded state, you will find that those things you once thought were insurmountable obstacles have flattened, do you understand?

**Questioner:** Does that mean I also need to train my courage?

**Higher Spirit:** Courage. First of all, you need the courage to face and solve. If you don't have courage, you won't dare to face it. You will run away, do you understand? For example, there is a mountain ahead. If you want to go to that place of the mountain, during this journey you may need water, food, or maybe you may need a bicycle or something. Those are just tools for you to reach that destination. If you have already seen and regarded that difficulty as going to hell, as difficult to cross as a sea of fire, then do you not have the courage to face it, right? When you have courage, no matter what, even if it's climbing a high mountain or going into a sea of fire, I dare to go. So, you will have these experiences and then create these events for you to experience. This is a process of your expansion. Keep talking.

**Questioner:** How can I achieve the balance of body, mind and spirit?

**Higher Spirit:** How can one achieve a state of balance between the body, mind, and spirit? Then tell me what does this balance look like to you? That is, for you, how do you think you can...

**Questioner:** For me, the balance of body, mind, and spirit means being able to freely achieve whatever I want to do.

**Higher Spirit:** Being able to freely achieve whatever you want to do. Isn't your body healthy?

**Questioner:** I'm afraid there might be something wrong with my body because I feel uncomfortable somewhere...

**Higher Spirit:** You keep focusing on an uncertain thing, then being afraid and worried about it, and then using your self-suggestion... Do you see where the problem lies?

**Questioner:** My breathing is not smooth. I don't know why.

**Higher Spirit:** Do you know why your breathing is not smooth? Just as I told you earlier, imagine there's always a stone pressing on you, understand?

**Questioner:** I've been having a dream recently. There's a small ant and a big stone in the dream. I want to ask if there's any meaning?

**Higher Spirit:** Then your dream, you dreamt of a small ant and a big stone. It's like a symbol, like you want to challenge yourself.

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If you want to have power, magnanimity, or tolerance for yourself, you make everything else seem smaller. So you need to know the cause of such a phenomenon for you, because it's just a phenomenon. The causes of these phenomena are simply because for all the things that might, for others, be like: 'Oh, this happened. It'll be fine in a few days. It's okay, it's okay.' But for you, you want to handle it, solve it. You keep thinking about wanting to do something, do you understand? That is, you definitely want to solve it, that is, through your own actions, as if you must overcome it. And you can't allow it to just stay there. You can't allow that problem or that event. You always want to.

Then you find that there are constantly events that require you to exert effort to overcome, and more and more. Then it keeps consuming you. And one of the most important things is that the mode of operation in your material world. For example, if there is a pile of feces presented there, and when all you think and have in mind are this pile of feces in your heart and mind, you are increasing the influence of this pile of feces on you. Do you understand? Then you will always focus on the feces and forget that you also have beautiful flowers, right?Because when you are immersed in the influence that feces bring to you, you will lose the energy to transform it. Why? Because you have defined it as a disgusting thing, you will create a disgusting experience. So stop your mind from defining any event, because all events are neutral and they all come to help you. So even if it's a pile of feces, you can take it to irrigate your flowers and make them bloom better, right? So you won't think this feces is a disgusting thing. It's like you think your life is so disgusting, right? You keep asking.

**Questioner:** Then how can I change quickly?

**Higher Spirit:** Because there is a particularly important concept that you need to know. The more eager you are to change, the more you are deepening its influence on you. Then there is one thing that all of you need to remember, that is, everything is constantly changing all the time. So no aspect will stay unless someone wants to take that aspect out for experience, for their own growth, understand? Because nothing will stay. Think about it, in your material world, what aspect stays for a long time? None. It is always changing. So just like the virus for you, it's like when you are sick and the virus comes.

It will come and it will go by itself. This is a process. But you humans think about resisting all the experiences, fears, everything. You don't allow them to happen. Ah, why is it like this... If you could understand the mode of operation of the virus, you know that this is a very normal and natural process for people. It will come and it will go.

When it comes, I get along with it gently. I don't need to rush to drive it away. Do you understand? In this way, you won't constantly consume your energy because you have been in a fighting state. You have been consuming yourself. Not only are you physically exhausted, but also mentally exhausted. So it's like the flowers you planted in your garden. You sowed a few seeds. As long as there is soil, the rain will irrigate it, the sun will shine on it, and it will grow up by itself. Do you understand? You just allow yourself to make a schedule for yourself every day. OK, I'm going to loosen the soil for it at eight o'clock today. At what time today am I going to fertilize it... You have turned it into something that seems like a very significant pressure. You can't enjoy planting flowers. What you get more is a sense of pressure because you haven't allowed it. Just think about your lives as if they were on a river, right?

This water itself has been flowing downward all the time because it's a river, right? But you keep pushing the water over there, saying, "Hurry up, water!" Then what's your job actually? It's to follow the river and enjoy the pleasure that the water brings you, up and down. It's the wave of the water that gives you a gentle and soft drifting feeling. Enjoy this wave, enjoy this spray, do you understand? Then when the wave is high, you enjoy the surprise: "Wow, this wave is so high!" And when the wave is not high, you enjoy the sense of calm, do you understand? You don't need to worry and say, "Oh, what should I do? The spray is coming soon. What should I do?" Do you understand what I mean? Because the spray will rise and it will also fall. If you keep worrying about the spray all the time, even when the water flow is in a calm state, actually you're still experiencing the spray, right? But these experiences are all meaningful for you because when you experience what has caused this feeling for you, what has led you to have this feeling, then you'll know that these are not the experiences I want. Then you'll want other experiences. After you have both kinds of experiences, won't you become a teacher? Won't you be able to help more people who have the same experiences as you get out of it? It's like when you make your way from a dark room to a room with light by yourself and figure out the path, then you know what's going on in the dark room. So, you can lead more people out of the dark room.

**Questioner:** Does that mean I have to change my psychological system?

**Higher Spirit:** Regarding the psychological system, there's always a choice here. It's about what kind of system you want to choose. And currently, you've been experiencing in a dark room and you already know that there's a room with light next to it, right? You know the existence of the room with light, and you also want to go out because you don't want to continue experiencing in the dark room anymore. Then you just choose to walk into the room with light. You don't need to repeatedly tell yourself: Oh, I'm this kind of person. I'm in this kind of operation mode. What should I do? Because when you're in such a state, you're creating the kind mentioned earlier that you haven't allowed. You haven't allowed the river to flow automatically... Do you understand? So you don't need to do any work. The only thing you need to do is to allow, just like a process of trust. Because it's like when you were a child riding a bicycle and your mom was always holding the back with her hand.

Then when they are about to let go, you start to get a little scared. So now it's like you've been holding on with your hand. Now we tell you to take your hand away and you'll have an adaptation process, but you'll become more and more trusting. So you don't need to force yourself to change in one day.

**Questioner:** I don't get along well with my husband. I'm afraid that things will get worse and worse between us in the future.

**Higher Spirit:** You see, have you noticed your own operating mode? First, listen to yourself speaking. Then, treat the operating mode in your mind as someone else, okay? Treat it as an object. It's not you. Let's analyze it now. What kind of mode is it for you? It says it's worried about not getting along well with this person, right? And this event hasn't happened yet. You've already used this unhappened event to put pressure on yourself and control yourself. It's like when you were born as a little baby and gradually became a bit sensible. You worried every day about death. Why? Because I have life now and everyone with life will die. What to do? What to do? You keep thinking about that death in your mind every day.

Can you tell me what you can do? So if you observe every move and every thought in your own mind, you will think it's so stupid. Why does my mind operate in such a stupid way? Why? First, you need to know whether it's good or bad to get along with him, or... There was a passage in yesterday's psychic message that you can look at. There is no one else outside of you. Do you know how powerful you are?

Let me tell you, there is a person who really hates and dislikes you. He just doesn't like the sight of you and is always finding faults with you. You know, right? Then, but you don't care about any of his actions because you know that he lives in his own concept. He's just a program and I can change his program. Understand? That is to say, no matter what kind of appearance-related work he does, that is, the appearance he creates, he comes to speak ill of me behind my back and glares at me. But I internally regard him as bringing me a great gift. Why? If it's someone who likes me, it might not inspire me. In this case, that is how I can like... You have to learn to like those who cause you trouble and those you don't like. You have to tolerate them. Think about how wide your tolerance will be. Then you can regard him as your mentor. Why? Now I come to teach you. I'm your mentor, right?

Because I'm here to expand your consciousness, right? And then you pay me, right? You spend so much money and find someone to expand your consciousness. In your life, there is a living and real person to expand your consciousness, a vivid case. You should be sincerely grateful to him. Thank you, this teacher, for coming into my life to expand my consciousness and enable me not to be trapped in appearances. Because once... For example, if you call me an idiot and if I'm trapped in appearances, I would feel so bad. He actually called me that. I would be so angry in my heart. But you should know that he is just facing the idiot in his world and has nothing to do with you. And no matter how much he dislikes me, I just keep saying that I like you very much. I tell you that your hairstyle is really nice today, and your clothes are really nice today. I sincerely thank you, am grateful to you, and like you. If your intention can really persist, your intention will create a completely different person. He will become your loyal fan because he usually doesn't like anyone, but he likes you. He doesn't like ten people, but he likes you. Why? Because you like him, it's that simple.

Well, I admit that if I'm also brave enough to take responsibility. OK, if you can't solve this matter, then I want to take a challenge. I can't guarantee how I will be or what, but I want to challenge because I believe it will bring me a positive side. If you always remain in such a state, is there anything you are afraid of? In this way, in life, you won't hide or dodge. You will always challenge, you will always face it head-on, and you will always accept. You say

**Questioner:** I want to ask if there is anything wrong with my body?

**Higher Spirit:** Your body is very, very healthy. The only points you are currently facing are all magnified and exaggerated by yourself, understand? Consider every incident in life as an opportunity for your expansion. Understand? You have a saying that for practitioners, every incident in your life is an opportunity for your practice. Don't push it away or miss it.

**Questioner:** I have another concern that I'm afraid the vaccine will have a bad effect on me.

**Higher Spirit:** First of all, this vaccine is also like making you infected with the virus, right? Then your body itself, from childhood to adulthood, has always been infected with different viruses. But you should know that your body has a function of self-repair, self-recovery, and self-detoxification.

You mustn't think that your body does nothing. It's always operating; it's always working. If you're really worried about your body and such, you'd better pay more attention to some beautiful, positive, upward, and loving points and information. Because this information will make your body feel love. Do you understand? It nourishes you. Just like you are a withered flower now, and these are like watering you, making your flower bloom more delicately and brightly. Do you understand? So if you really want to do something good for your body, then you should pay more attention to these aspects.

**Questioner:** I still want to ask my husband again because he has always been very cold to me.

**Higher Spirit:** Just now, I told you about that relationship. If you are affected by the image he creates, then you lose. Because you enter the image he creates. If you ignore any image he creates because you know that any image he creates is an illusion. You only experience the image you want to experience. So whether he neglects you or ignores you, you dress up happily and tell him, "Honey, I love you. Honey, I miss you," and so on.

Slowly, slowly, he will be brought by you into your world. You humans have such cases. There is a woman who has no favorable impression of a man at the beginning. Regardless of whether she has a favorable impression of him or not, the man keeps calling her "my love", "you are so beautiful", "I love you", "you are the only one in my heart", and so on, and keeps insisting. Do you understand? Eventually, he makes this girl fall in love with him a lot. There are many such incidents.

So, you don't need to care about what state he is in, because that's not important. What you experience is your world, the world you create. If you think that's important, then you have entered the phase he created. Then you are passive and influenced by others. It's like someone is in a mud pit and you actively jump in with him.

**Questioner:** There is another problem that we have never had a child of our own.

**High Spirit:** You have a misunderstanding about children and always think that only the child born from your own body is your own child. In fact, a child is someone who has a soul connection with you. So don't limit it to the relationship that only comes from your body. Then when you let go of this concept and don't hold this idea, when you reconnect, it might be... For example, if you often communicate with him using your mind, he might be in the spiritual realm and have this relationship with you.

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Then he might be in the material world. Then he might present himself in another way. Do you understand? You should never limit how he presents himself in your world. That might be your sister's child, but the connection between you two is particularly strong. He might also come into your life in this way. So never limit yourself to anything. Just follow your heart and the connection established between you. The kind between you is like a spiritual connection.

**Questioner:** So, am I creating something, for example, adopting a child? This is very difficult for me to do.

**Higher Spirit:** What have you created? Adopting a child. You mean you have accomplished something very difficult, right?

**Questioner:** Then why can't I choose to have my own child?

**Higher Spirit:** You mean why you don't choose to have your own child. This is a question you should ask yourself. But you should not limit your concept of a child. That is to say, you have a deep connection with the child. But it's possible that the one born from your body might have no connection with you. He might come for your husband. Do you understand? So you should never think that the one born from you is yours.

He might just go through you because he has to go through you to reach the person he wants to connect with.

**Questioner:** Can you help me check my eyes again?

**Higher Spirit:** What's the problem with your eyes?

**Questioner:** My eyes are severely nearsighted.

**Higher Spirit:** Being nearsighted means not seeing clearly, right? I'll help you connect. What's your name?

**Questioner:** I'm XXX.

**Higher Spirit:** XXX wants to know if there's any way to improve her nearsighted eyes. Why can't your eyes see clearly? It's actually a very good thing for you that your physical eyes can't see clearly because you are easily disturbed by the things you see and it disrupts your inner thoughts and inner peace. For example, if you walk into a room and you can see every corner and detail like a magnifying glass, you'll see there's a spider in this corner, there are ants here, there are cockroaches here, there's a lot of dust here, and it's dirty and disgusting. You'll focus all your consciousness on these. Do you understand? You say.

**Questioner:** Then is there any way for me to see a little more clearly?

**Higher Spirit:** You now want to make your eyes see a little more clearly and you want to know if there's any way, right?

**Questioner:** Only when you completely transform into another personality, can you have another experience.

**Questioner:** Then can you tell me what kind of personality I need to transform into in order to cure my eyes?

**High Spirit:** We have always told you not to give yourself any definitions or limitations. The most important thing is how you choose and how you experience. So we will not give you any limitations either.

**Questioner:** I still don't quite understand how to do it.

**High Spirit:** Well, in your material world, there is a very simple method - surgery. Then you can see for yourself which one is the most important for you and weigh it yourself.

**Questioner:** Can you help me connect with my deceased mother-in-law? I want to know if she has any message for me.

**High Spirit:** You think about your mother-in-law and want to ask if she has a message for you, right? Wait a moment. Don't worry. Don't worry. All your paths have been arranged for you. Do you know, little baby? Don't worry. Everything has been arranged for you. Your mother-in-law will always be here to bless you, protect you and love you. Be good. Oh, you must be good. I have never left you. Do you know? I have never left you. And then, every time I see you worried, I am worried too.

Do you know? So you mustn't be anxious. Even if not for yourself, but for me, you shouldn't be anxious. Some things can't be rushed. The more anxious you are, the worse the things will be done. So you mustn't be anxious. Oh, I just want you to know that, first, your path, I can all see that it seems to have been arranged for you, right there. Second, that is to say, your every move, everything about you, I can all see. Third, I will always protect you, bless you, and accompany you. Then that is to say, I love you very, very much. And all these messages are all that I have always wanted to tell you.

**Questioner:** Then may I ask if my Higher Self and my Guides have any messages for me?

**Higher Spirit:** What messages do your Higher Self and Guides want to convey to you? Let me take a look. They just want to tell you that everything you do, everything you choose, and everything you undertake is on the right path. Because even those experiences that are very negative for you have very great significance.

# 2021/11/24 - Online Group Psychic Q&A

The first person

**Higher Spirit:** You speak. What's the question?

**Questioner:** I want to ask my Higher Spirit, my Guides, and my Higher Self if they have any messages for me regarding my current state, work, love, and the current state of my life.

Thank you.

**Higher Spirit:** Please wait a moment. What's your name?

**Questioner:** My name is XXX.

**Higher Spirit:** XXX, I'll now search if there's any information for you... Then next, I'll start communicating with you from two aspects, that is, one is from your perspective. That is to say, one is you... It's like black and white information. One is the black side, and the other is the white side. You need both because it's as if from two different perspectives to support, guide, and help you. Then first, for you perhaps it would be a positive side and a negative side. And first, the positive information. The positive information I want to tell you is as if now it's to praise you, as if it's to tell you that you've done well and give you praise. Because you are now entering a state of increasing awareness. That is, all the information is not only that your physical body is experiencing. It's not only that you are unconsciously just experiencing. You will also be consciously aware to observe behind your experience. It's as if this experience, for you, the service it brings to you is that you will also consciously realize all this.

Then see how to better understand, receive or anything. So you're not just your (physical body), it's like there are two roles. One role is experiencing, and the other role is observing calmly. Like these two roles. OK, this is a positive message, that is, you are now fully aware and experiencing everything of yours. Then let's talk about another aspect of the message. That is to say, you are still entering, that is, still in a kind of pursuit in the mind. Maybe it's because you haven't completely let go. For example, now you are driving a car and you have given up your driver's seat. That is, you want to say... OK, if this is a self-driving car, you have let go of your hands. OK, you say, well, I don't want to control, I'll just let it go. But when the speed suddenly increases in front, you still want to use your hand to pull the brake because you don't have a sense of security. There is still such a kind of intervention. How to say, in such a state of trust and that, it's the running-in, the integration between your physical body and your (spirit), and it's still not completely let go, completely trusting. And there will still be a kind of I want to do something beneficial, good, this kind of pursuit in the mind.

Then, that is to say, from evaluating your energy and state, we see an active aspect of you and an aspect that is currently undergoing transformation. This is the process of the experience. So the previous information is to let you see some of your progress, and the later information is to let you see where you are stuck.

Your point is that you haven't completely entered a state of total allowance, letting go, and enjoyment. Do you have any questions?

**Questioner:** Well, I still can't quite understand this total trust very well. Can you explain it in more detail? What exactly is total trust?

**Higher Spirit:** Because this is not something you can do just by me telling you. This is for you to figure out on your own. It's like you need to grope for a path yourself, understand? It's like this. For each individual, the time point they need is different, understand? What is needed is... Because for us, it's not that you are bad or this is not good, understand? We don't say that you must hurry up or rush. There is no rush here because ultimately it's you yourself who needs to completely reach a state, not that we teach you to quickly become a certain state.

Understand? So the only thing is that you yourself need to let go of that pursuit. Understand? It's that you give up that I want to achieve this state of complete trust. I want to achieve a state of non-interference. You need to abandon this pursuit because when you pursue it, you are in the process of not allowing it to drive automatically. So this is a point you need to see about yourself.

**Questioner:** My last question is that I want to ask for some guidance for my current situation. Then I might be facing this situation and it makes me a little anxious.

**High Spirit:** The information just now, even before you asked the question, has already told you the point where you are stuck at present. But when you are trying your best to break free from the environment you are in now, you are actually continuing to deepen this experience. Understand what I mean? Because the limitations you have, the limitations you have in the material world, they are not really limiting us. All the information is to help you see clearly that all your limitations are actually an illusion projected by yourself. Understand? They are all an illusion projected by yourself. This girl, she shared with you two days ago, that is, if you let go of everything, for example, tomorrow I have to pay the rent.

But that's something you need to face tomorrow. Today, you can do what you want to do instead of... I know in your material world, you need to plan and arrange everything well so that you won't be in a state of confusion.

But in the world of those who believe that everything needs to be arranged, understand? But now you want to escape from the concept of arranging everything well and enter a state guided by the soul... Do you understand what I mean? You can completely return to the state where most people in your material world arrange everything because there is no right or wrong, good or bad here. The important thing is what you yourself want to experience, understand? Because you can't say that I want to leave it to fate, that is, follow the guidance of the universe or something spiritual, and at the same time I want everything to be (arranged). You can't want both A and B. Because when you think you need to plan everything well, you have chosen to enter this reality of A.

That is, A and B are two different Earths, right? And the two Earths have different regulations.

Do you understand? It's you who projected this world for your own experience. But this experience of yours is also a good one because it will enable you to see clearly that no matter how helpless, or desperate, or hopeless you think you are, there is a saying in the world that God closes a door for you and then opens a window for you. Understand? Like the story of the old man in Sai Weng. Because such events have happened to many, many of you. Then both you and her know that there is a mentor in the UK who wrote about living in the moment. That person once experienced being penniless and living on the streets, having nothing at all, being completely destitute. Understand? So many people have achieved material abundance later because of that experience. So you can't deny anything. In this girl's mind, she knows a movie star. That movie star has starred in many movies and then she has a film company named Seven Dollars because one day she found that she had only seven dollars on her. And she wanted to always remember that day. So she used all that motivation, the motivation of having no money, for all her future efforts, all the hardships she needed to endure. Because she never wants to experience having only seven dollars again... It constantly reminds her and is named as the company. Do you understand what I mean? So everything you have experienced, you can't judge it only from the point you are at now. You can't judge it only from this point you are at currently because in this way you enter your mind. Because your mind is the one that needs to understand everything. But your mind will never be able, the mind will never be able to know what will happen tomorrow or in the future. It will only try to figure it out from the things that have happened to you before. Do you understand? Then if you follow your mind, you will continue to create the same life for yourself. You don't have a new life. So you need to follow your heart.

The second person

**Questioner:** This is my first time attending a psychic session. Before I officially ask my question, I would like to inquire which spirit is communicating with us tonight?

**High Spirit:** First of all, we are not gods. Then we are just energy, an energy form. Then this energy is like it will continuously... It's like OK, if this energy of mine, if you input text and you want to search for this information, then the text information will come out. If you search for pictures, then the pictures will come out. If you search for concepts or something... Do you understand? It will input for you according to your different states.

So if you think you need to give a name to an object you communicate with because it only exists in your material world, and you want to name it, then you can... You continue.

**Questioner:** What can I do?

**Higher Spirit:** Ask questions.

**Questioner:** Okay, okay. My first question is about what my life lessons are and what my ancestors are.

**Higher Spirit:** What's your name for your life lesson?

**Questioner:** I'm XX.

**Higher Spirit:** Please allow me to search for information about XX and see what information about her needs to be known to her at this point. XX, you are a girl, right? You are a girl but you have within you, like a man, for example, ambition, or energy, or determination, or the kind of... So although you have the appearance of a woman, you have within you a powerful kind of, that is, a far-reaching ambition. Do you understand what I mean? And now you want your life theme, right?

**Questioner:** I want to ask what my life lessons are and what the main line is.

**Higher Spirit:** The lesson of your life is about balance. That is to say, you want to find that kind of balanced state through the material body. So you will be, that is, a girl's body, but choose the kind of inner energy state of a boy.

Then this itself is that you want to use this relationship to make you become softer. It's as if you use this appearance to constantly remind yourself that I'm a girl, then I don't have to be like this. For example, in your minds, the image of a man is that you don't have to be so逞强, so tough, or so powerful. So you will experience from all aspects the kind of state you want to become balanced.

**Questioner:** Is there only one life lesson?

**High Spirit:** There is only one life lesson. This doesn't mean one, two, or three. It means from all aspects. For example, you will from your parents, or the school, or the lover, the future relationship, or from the career, all aspects, different aspects. But what it presents is actually that you need to adjust and balance this energy. Do you understand what I mean? Then think about how many identities you have. You have the identity of a student, right? Then you will have the identity of a mother in the future, right? You have the identity of being a daughter, a colleague, and a subordinate, a leader. Do you understand? In each different role and identity, you will experience how to balance your energy state, right?

**Questioner:** Then can one's talent also be seen from the life lessons?

**Higher Spirit:** A person's talent. First of all, to you all, you think you are restrained. You have no restraints. The only thing that can restrain you is your brain, just your brain. But if you figure out what the function of your brain is and what the function of your body is, then this body of yours is just a tool presented in this world. And it has no restraints. It can go anywhere and connect to everything it wants to show through this body. So the important thing is not that I have this talent, so I choose this. But rather that this is what you want to break through, what you want to experience, what you want to create, what you want to present. Then you connect to this energy. It's like you opened that door. It keeps flowing, and your connection with this energy becomes more and more stable. Do you understand what I mean? So the important thing is not your talent. For example, your talent is singing.

Then you will never... You have been reincarnated dozens of times. You sing every time. Then you lose the meaning of the soul constantly wanting to experience, wanting to expand, wanting to change. Do you understand? So the most important thing is what you truly love. Have you followed your inner guidance, your inner impulse, and something you urgently want to do inside?

Because when you embark on that path, your inspiration, your talent, and everything you have will continuously come to support you.

**Questioner:** Then my second question is that I currently have two options. One option is to continue waiting for the job arranged by my family for me. The other option is that I can look for a job by myself. However, since I have chosen to take the postgraduate entrance examination next year, I can't see which development of the two timelines is more suitable, that is, more conducive to the postgraduate entrance examination. This choice is that there will be more time and can be balanced better. Which timeline will present better?

**Higher Spirit:** Generally, when making a choice, we will never tell you which choice is good and which is bad. Because whether it's good or... it can serve you. Do you understand? You can make it serve you. So it doesn't matter which one you choose. What's important is how you use the environment you are in to obtain your best benefit. Do you understand what I mean? So it's like the same water. You can use it to help you quench your thirst, help you cook, help you irrigate your something. But the same water can also drown you, like a flood, right?

**Questioner:** So, that is to say, according to this view, everyone's current state is proceeding according to the life blueprint.

Is that no one will go astray? Is that what it means?

**Higher Spirit:** It's not about being astray or not. Everything they experience is for their transformation. That is, no matter which point you enter, that point is there for you, that is, to serve you. The most important thing is whether you have that consciousness, whether you have that level of consciousness, whether you have the ability to, that is, to see everything and utilize everything. Because if you don't have consciousness, even if the whole world is given to you and you are an emperor, what can you do? Do you understand? This is not important. The important is that there is a saying that give me a point and I can move the earth. It's not important which point you are at. The important thing is how you let this point serve you.

**Questioner:** Yes, OK. I think I know through your answer that my current thinking is too limited to some extent. Thank you. Then my third question is whether there is a past life relationship between my family members and me. And if there is, what is the relationship? And what is the topic of choosing to be family members in this life?

**Higher Spirit:** Your family members. Which one are you referring to? You need to specify.

**Questioner:** I want to ask about the past life relationship among the four of us in my family, that is, my parents, my elder brother and me.

**Higher Spirit:** Because everyone is different, so you have to choose one specifically.

**Questioner:** I want to ask my mom.

**Higher Spirit:** If you want to know the relationship between you and your mom, please tell me your name again.

**Questioner:** My name is XXX.

**Higher Spirit:** XXX wants to know the relationship between her and her mom. Let me tell you first. In a past life, the influence of that life will remain and affect the current life you are experiencing. In that life, you were the master and she was the apprentice. You had a deep connection. In that life, although you were her apprentice on the surface, in fact, she learned a lot from you. So she chose to come into your life again and have such a close and intimate relationship with you. She wants to repay you. So your mother plays a giving role in your life. Do you understand? She wants to repay you and give to you because you had a significant impact on her life before, like a breakthrough, help, or something very significant.

**Questioner:** Then I want to tell you, will this relationship be related to this life?

Then apart from the point that mom wants to repay in this present life, will she also continue in the same way, that is, will she learn a lot from me?

**High Spirit:** Whether she will learn a lot from you in this life still depends on her state in this life. But she chose to enter this relationship and come into your life. She wants more to give, to repay.

**Questioner:** Is the relationship between me and my mom only a previous life relationship once, or was there one before, or many times, but this relationship is linked to this present life?

**High Spirit:** The source of our information is that you draw one and then based on your current question... It doesn't mean that everything about this comes out. Instead, you ask one, and it links to one life. It links to this and this is the relationship with this. Our information is presented in such a way, not that when you come, then all your everything is placed on the table for you to see. Because there isn't a complete understanding here? Because it is constantly changing all the time. Maybe when you come to ask questions next time, your information has changed. Do you understand? Because there isn't a fixed thing here.

**Questioner:** Then my questioning is over. Then, among all these Q&A sessions, do you prefer that our chat be like a communication between friends instead of expecting us to (unclear) the truth, right?

**High Spirit:** Our message is that no matter what we say or bring, we have no expectations. Then it can take any form or whatever. It's through yourselves because each of you is like an energy channel. Just like I'm the water source here, and you are a well, or a river or something. That's the way you present it, a way you present it in your world. You have your own system to present it. Do you understand? Because it's not only you. It might be that, for example, this conversation between me and you doesn't help or make sense to you at all. But on a certain day of a certain month of a certain year, suddenly someone reads your words and is awakened. Do you understand? Then it transforms him, and through him, the world can be changed. So here, it's not necessarily that this must happen to you.

The third person

**Questioner:** My first question is that sometimes I feel like when I do things, I just want to finish some things. Then I felt comfortable after finishing. Then I sat down to rest, but my body was very tired. I want to ask what kind of belief system this is for me? Why can't I stop like this?

**High Spirit:** Please wait a moment. What's your name?

**Questioner:** XXX

**High Spirit:** XXX. You want to know why you must finish things. That's because you are entering a kind of your collective consciousness, or concept. Because in this material world of yours, a world has been created. This material world of yours is like the collective consciousness. It is itself a thinking mode, an operating mode, right? It is formed by your agreement and participation, and then some beliefs and concepts are generated within it. This is a mode and a method of operation in this material world of yours.

One way is that you feel that you have to make efforts before you can enjoy. You can't just enjoy. This will make you have a feeling of guilt. Do you understand?

**Questioner:** Oh, it means I have identified with this mentality of the material world.

**High Spirit:** It's like when you enter something. For example, you were born in a small mountain village and grew up there. Then you naturally inherit some customs and habits of that small mountain village.

Understand?

**Questioner:** Then how can I get rid of its influence?

**High Spirit:** Just like the metaphor I gave you earlier. For example, say you were born in a small mountain village. In that small mountain village, there are some local customs, folkways, and habits, right? Then you would continue to follow them. But if you break away and come out, leave this small mountain village and stay in other countries or regions for a few years, then you will be influenced by the customs of other regions. Understand? That is to say, when you constantly change your environment, your situation, your circle, and your physical environment, your consciousness will also change. Do you understand what I mean? So if you just want to look at your own situation from these aspects... You continue to ask.

**Questioner:** The second question is why I feel very bad and have no passion for work when my leader doesn't recognize me at work. I feel very bad in my heart.

**High Spirit:** Why do you feel bad in your heart when you don't get recognized? Right?

**Questioner:** The leader.

**High Spirit:** Yes, why do you feel bad when you don't get recognized by others? You need to ask yourself this question. Why do you feel bad?

**Questioner:** Seek too much external recognition

**Higher Spirit:** You know that you seek too much from the outside. So why do you feel bad? This requires you to constantly ask yourself because it's like you have your own unique operating mode. You have your own unique... It's like you alone are a map.

This map only belongs to you, understand? Only your all experiences, like what you did when you were a child, the path you walked step by step. Your path is unique. You have to constantly... I can, that is to say, let you constantly ask yourself, and then you can figure it out. Oh, it turns out to be like this.

**Questioner:** Oh, look for it by oneself.

**Higher Spirit:** Yes. By constantly asking yourself, the ultimate point is that when you don't know who you are, you will look from the external, superficial, material manifestations of some phenomena. OK, I am such a person, understand? So you will be very concerned about an identity, or power, or status, or reputation because you don't know who you are. You will look at superficial things. Oh, I have it. This is me. Oh, this mentor is me. This manager is me. This job position, this is me. Understand? This is when you are not clear about who you are that you need an identification of identity, an identification.

But if you know who you are, for instance, you're a Chinese person, right? So you have yellow skin. Then when you walk into a group of black people, you would say, why do they have black skin and why don't I? Do you understand?

**Questioner:** Because I'm Chinese.

**Higher Spirit:** Because you know you're Chinese. Chinese people have yellow skin. You know that and you won't be confused. You won't have confusion.

**Questioner:** Oh, right. I didn't recognize myself.

**Higher Spirit:** All of you, the external things, your identity, your status, everything you have materially doesn't represent anything. Do you understand? You need to figure this out yourselves. These are just illusions created by your material world. That's not the real you. So don't be influenced by any of them. Even if you're a prisoner, think about how many good people in your world are in prison just because of a certain concept or a certain state at that time, right? You say.

**Questioner:** Then we should define ourselves from various external things and reactions. It seems like we can only define ourselves like this.

**Higher Spirit:** You can only define yourself like that. OK. If you tell that you're a manager of a certain place now, you're a mother now.

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So why aren't you happy? Why do you still feel that you are lacking something? Why do you still need to constantly pursue and search? And constantly want to obtain something? Do you understand what I mean? You can ask any person in your world. For example, if he has already become the richest person in China, why is he still pursuing? Do you understand? Why does he have everything and he still... That is to say, if this is really you, do you think that everything that the material world gives you is really yours? Then why aren't you satisfied? Why do you still constantly want to pursue or become, or be in... a state? Do you understand what I mean?

**Questioner:** Yes, I understand. Then why do we pursue? I am God. I myself am God. I myself am also energy. I am the creator.

**Higher Spirit:** That's because you yourselves haven't truly found, that is, discovered that you are still in a process that seems to be uncovering the mystery, seeking or looking for, and are still constantly verifying.

**Questioner:** Still don't believe in yourself, that is.

**Higher Spirit:** Everything you say about yourself, me, me, all of this is an illusion. It's all an illusion. If you think this is true, your reputation, your status, everything you pursue, everyone in the world who has everything, they are all still constantly looking for.

Why? That means they haven't found the true essence, do you understand?

**Questioner:** Oh, then I wonder what our essence is.

**High Spirit:** This is a process that you need to discover yourself. Because even if I tell you, you won't be able to understand yourself. After our conversation is over, you'll still return to your material world and continue (didn't catch) things. Do you understand? It's not like if I tell you that you are nothing, that you are nothing at all, you'll be able to understand, do you understand? Then if I tell you that you are infinite, ever-changing, and everything, will you understand? So this requires you to comprehend, to become, to feel, and to experience by yourself.

**Questioner:** Oh, then when I become a mother, a worker, a free person, it's all about becoming and experiencing through this kind of becoming. It's just for the experience, not that person.

**High Spirit:** That's just one of your identities. That's not you, do you understand?

**Questioner:** Oh, I kind of understand. My third question is that in my work, I can't hold back my words in my behavior and dealing with things. It seems that I speak some words prematurely, causing things to not go very well. What kind of belief causes this?

**High Spirit:** Can't hold back words?

That is to say, you can't hide the words you want to hide, right?

**Questioner:** Whether it should be said or not, I have some words that are not quite suitable to say, or should not be said in advance.

**High Spirit:** Do you want us to teach you how to become like a dummy? That is, how to play that role? Do you understand what I mean? For example, in your world, you need politicians, right? Politicians, then one of their roles is what? They need to be very conceptual, they need to be very careful not to talk nonsense and not to speak randomly. Do you understand? It's like you are seeking what kind of secret, what kind of technique can make me become like, as we require, the image of a politician, the image of a star, or what kind of image. Do you understand what I mean? It's like you are asking to learn a technique on how to play a role.

**Questioner:** But it seems that in life, for example, some things happened. Originally, only a few people knew about those things. But I seemed to know and I was very excited and said it in advance. Then this thing would, the matter would be magnified.

**High Spirit:** First of all, in a process of your growth, you are constantly, as if you are growing, you have an experiencer, you have a person, she is constantly experiencing in this world and constantly showing herself.

While presenting yourself, you also have an identity, that is, you observe yourself. If you really want to find the underlying belief that causes this person to present themselves in this way, you can definitely keep doing so from yourself... But you need your mind not to give any definitions to anything. What if I tell you that your way of doing this makes you very popular? They all like people like you and think she is so great. She is completely without any scheming, honest, and passionate. Then, would this still confuse you? I ask you, would you still ask me this question?

**Questioner:** Maybe it would be better because I just think I myself seem honest...

**High Spirit:** So the problem is not how you present yourself or what you have done, but your definition, evaluation, and judgment of that thing. And all your judgments come from what appears at the moment. Because you don't know a big, comprehensive picture. Do you understand what I mean? You can only judge based on the current point. For example, this week you did this thing and something happened. But do you know that within a year, the thing you did had a positive impact on the company? You can't see it, right? So you can only judge one year, ten years, or a hundred years from the current point. Right? Because how do you know that a little girl under you, just because of this quality of yours, she really likes and admires it, and then she becomes a very honest person in the future, with no cover-up of herself. A real person, and then she influences a lot of people. She becomes a person like (unclear). But this comes from you. You have changed the world. How do you know? Do you understand what I mean? So don't give your... If you really want to observe yourself, then you can based on everything you do, then notice the reaction of your body, and then explore how things are behind it. Then you need... From my question just now, you will find that you are self-contradictory. Why? Because I just said that you are evaluating yourself. I said if others all like your spirit, all think you are like a hero, think you are so honest and worthy of admiration, would you still care so much about (unclear) yourself?

You say you won't, right? So for the same thing, after getting a different result, you will react differently. But that result is not what you think. Where is the problem? Where the problem is, you can see. First, the problem lies in your mind, a definition you gave to this thing. You gave it a negative definition. Also, you only look at the phenomenon it generates in a very short time. For example, you only look at this week, these few days. But you don't look at it from one year, ten years, or a hundred years. Do you understand? This is the place where you are limited. This is how you discover a pattern of your mind thinking.

The fourth person

**Questioner:** Hello, teacher. My name is XX. I want to ask for some information that I can know or be given now.

**Higher Spirit:** Wait a moment, XX, right? You ask first. You bring up the questions that puzzle you in your mind or the ones you want to ask first. Then, during our communication, this information will come in.

**Questioner:** First of all, I want to know about the topic of Earth's ascension, that is, ascending from the third dimension to the fifth dimension. Because some hypnotic articles I read, the information guided out through hypnosis said that the Earth is ascending.

When that time node is reached, a solar flare event will occur. There will be a violent energy shock at that time, and there will also be extraterrestrial beings appearing to help humanity. Is this true? Is that time node approaching soon?

**High Spirit:** First, I want you to be clear about how everything you experience in your material world is generated. Is it true? If I tell you that you pull a patient from a mental hospital and let him describe everything he experiences, what he experiences today, what he sees, and then all the words he says, I can tell you that for him, it's true. But why can't you see it? He says there's a person sitting next to him right now. He's been talking to me. But you say: That's false. There isn't. I can't see it. You see, you can't see it, so it's false. Do you understand what I mean? But for him, it's true. You can't see it, and then you say it's false. How do you distinguish between what is true and false in such a situation?

**Questioner:** That is, what one experiences oneself is true.

**High Spirit:** That is to say, the purpose of your material world is that no matter who you are, you will experience what you think you understand? You will experience what you think. No matter how true others say it is, only if that person believes it, will he experience it. No matter how terrifying others say it is, only if that person is afraid himself will he experience terror and fear.

针对这个问题我无法为你提供相应解答。你可以尝试提供其他话题，我会尽力为你提供支持和解答。

Do you understand the mode it operates? So if you say this thing, because for all things, it's not that... nothing is for sure, definitely going to happen in what, how to say, a hundred percent way like this. Because it's with the continuous transformation of energy. It's like you hold a remote control in your hand and you keep changing, keep changing in such a state. Then what is transformed, the transformation is what kind of picture, world you enter, and you experience that.

But now you say they say which one, which one my remote control will press. Actually, all of them exist. What you will experience and go through... So you have to know that you are the creator. If you want your material world to develop in this direction, you just need to believe and continuously just need to let more people (believe), show what you see, then more people join you and then you are jointly creating this kind of world for you to experience. And what you said earlier about aliens or something like that, please say that information again.

**Questioner:** That is to say, about the Earth...

**High Spirit:** If it's ascension, we can only say that your frequencies, the frequencies of human beings, are continuously... Because no matter what, everything is... It's like a seed that is germinating and growing.

This is life. It must be like this, understand? It's always in a state of continuous growth. This is inevitable. If you talk about ascension as you said, based on human consciousness, ascension is inevitable. It doesn't only happen now. It's always ongoing. It's like it's growing, it's sprouting, it's growing up. Previously, you just seemed to think it was in a dormant period, but internally it has been constantly changing. You just couldn't see it. You judged with what your physical eyes could see. Understand? But it's also constantly in a state of becoming. But if there were no previous state of becoming, it couldn't sprout later. Understand? This is life.

Then you continue to say, ascension, and then what else? Aliens and so on.

**Questioner:** At that time node, due to a very large energy impact, will there be aliens appearing to help humanity and such?

**High Spirit:** Aliens have actually been appearing to help you humans all along. Just that, many of the experiences you have... Like those experiences of people in ancient times, those wisdoms, everything has always had higher civilizations. For you, they are aliens. We say it's a higher civilization.

At present, the time is: 17:29:42 on August 30, 2024, Friday. They are just like adults helping children. Such a process has never been broken. It doesn't mean it will happen only at that time. If you continue to explore your history, everything that has happened, or the development of modern technology, or just like now when we are communicating in a psychic state, it is a higher civilization that is helping you. It is happening right now. Why is that? Then you continue to the next question.

**Questioner:** What was the past life relationship between me and my daughter? Or is there any information about this for me?

**Higher Spirit:** What was the past life connection between you and your daughter? What's your daughter's name?

**Questioner:** My daughter is called XXX.

**Higher Spirit:** XXX, your name is XX, right? In the past life relationship, your daughter was... Your daughter was like your little kitten, like your pet. But the connection between you two was extremely strong and intimate because the nourishment you gave to each other, that kind of love you had for it and the dependence it had on you, that kind of love. And you both wanted to continue to experience this connection, intimacy, and the feeling of depending on each other. So it's a continuation of an emotion.

The fifth person

**Questioner:** I want to ask that I have been in and out of the mental hospital three or four times repeatedly. I want to ask whether I really have mental illness or, as what was said before in spiritual communication, that I am in spiritual communication but just don't know how to turn it on and off.

**Higher Spirit:** If you want to give this definition based on everything that happens externally, that is, you rely on the symptoms shown by the doctor now and then I give a conclusion. If you want to understand from such things, from this perspective, you are, do you understand? Then if you think your person is not limited by anything, no matter what you used to be, you can become the person you want to be in every present moment. Do you understand these two different choices? It's like I'm telling you now, choice A and choice B. No matter which choice you make, it's all true and correct. Because there is never which one is right and which one is wrong here. Only what you want to choose.

**Questioner:** But every time I'm in that state, my mind is not clear.

**Higher Spirit:** Isn't this normal?

**Questioner:** Because this problem has caused great trouble to my life. Why is it said to be normal?

**Higher Spirit:** Why do you experience an unclear mind? Do you know what a clear mind is?

**Questioner:** For example, I am currently mentally clear.

**High Spirit:** If you are mentally clear now, you wouldn't have any such problems. You would just enjoy every present moment of your life. Do you understand? Because there aren't any doubts in your mind. Everything is crystal clear to you. You would just enjoy life. If you haven't reached a state where you can fully enjoy life, then you aren't clear. Then you need to figure it out.

# 2021/11/29 - Connecting with Michael Jackson

**High Spirit:** Go ahead. What's your question?

**Questioner:** My first question is that two days ago, I had a dream. In the dream, I merged with an energy. That energy felt like water to me. It was the first time I felt so clearly merged with an energy. Then that energy was light blue. After I merged with it, although I didn't have very strong power all at once, I felt that I could do some things that I couldn't do before. Then I want to ask, does this dream have any message for me?

**High Spirit:** What do you mean by being able to do things that you couldn't do?

**Questioner:** I remember that after I merged with it, I could see things that my eyes couldn't see through this energy. I can't remember clearly.

But I remember that sense of integration very clearly.

**High Spirit:** Through this energy, you can see some things that the eyes can't see. What did you see?

**Questioner:** I think I saw, there were some others existing... I can't remember clearly. Mainly after this dream, in the morning, an existing being came to me. Suddenly, I couldn't move. I felt a powerful energy and then a voice told me how to do to enhance my energy. Then I told him with great difficulty that I couldn't hear clearly what you said. Could you say it again? Then he repeated his content to me again. But when he repeated it for the second time, other existing beings joined in. Then I felt like a radio station was crossed. Then I want to know what information that existing being wanted to bring me.

**High Spirit:** Wait a moment. I want to see if I let this energy communicate with you directly or see what information they want to bring you. Wait a moment. I need to link. I am the energy that has been trying to link with you. Then thank you for actively linking with me and allowing me to bring this information to you. Because in one of your life themes, I will convey information with you together, like a messenger.

Then to convey the information is just to say that you are still groping all the time right now. It's like a baby learning to walk and hasn't been able to do it completely by oneself... So now it's the very beginning stage. So, you will constantly have such an experience and encounter, that is, constantly make our mutual energy more integrated. Then, today you want to know what information is meant to be brought to you. But currently, there is no any information.

Because the information is based on you. It's like when the other party or yourself has a problem, then we will have information coming out. This is a process where you ask questions and then we answer. There is no. But this is like a process of energy integration. Do you understand? So this is a process of energy integration instead of saying that I come to you and there will be a bunch of information for you to do this and that. Because we are like in a cooperative, mutually cooperative role. If on your side you don't take the initiative to invite, or to link, or to inquire, we won't make you talk a lot like this. This would affect your material world. It's like, how to say, it's like if you have no willingness to do this thing, and we take the initiative to you, it's like manipulating you. Then our relationship is mutual. That is, if you have this need, then we will have this connection. It will be like this. It's like if you don't have this need, then we won't actively let you talk nonsense like this. Such words are affecting your own experience in your material world.

**Questioner:** Yes, then can I ask what should I do to achieve a stable connection with you? Is there any information in this regard?

**High Spirit:** You don't need to do anything because everything will... It's like you are walking forward, and all the roads are already in this direction. They will be on the road, and every stage will automatically manifest. So you don't need anything from your brain or to make it happen quickly. It's like a seed in the process of growing. You can't make it fast in any way. Do you understand? It is a natural process.

**Questioner:** Then I want to ask you, was it the one who told me earlier to link to your existence through writing first?

**High Spirit:** To link to your existence through writing first, you must know that this is an energy. It doesn't have any individual. It's not like in your material world, these three people A, B, and C.

This A came to you. B, C, do you understand what I mean? It's not a single individual. It's this energy. And then, sometimes you are too eager to want something to happen, and instead you are still missing it. So you don't need to be anxious or do anything to force this thing to happen quickly. Do you understand? You continue to speak.

**Questioner:** Because when you came to me last time, I heard you say that you told me how to do something to increase my energy. Then I want to know if what I heard was exactly what I heard.

**Higher Spirit:** How do you have to do to increase your energy? And this is something that you yourself focus on in your consciousness, that is, how you want to operate, how to make it... Do you understand what I mean? Because your consciousness will create some phenomena for you. For example, OK, we are now a stream of energy approaching you, right? If you have a lot of fearful energy inside, you will manifest this stream of energy as a devil to scare yourself. But if this stream of energy, if you believe in angels, then this stream of energy will become like an angel. So it, energy is neutral. It's (unclear) how to feel this stream of energy, but what it will become. It will be according to yourself. It will be according to you. You are like a filter, do you understand?

**Questioner:** I have another question about the little mouse I'm raising now. Suddenly, its leg is not good. I don't know if this question is okay to ask. I want to ask if it has any needs. How can I help it? Then, is there anything I can do to make it more comfortable and have a happier life?

**Higher Spirit:** Wait a moment. First of all, here we will talk about a problem related to a sick pet. Why? Because this psychic lady has also seen many of her friends experiencing pet illnesses, that is, the experience and process of pets getting sick. So when you brought it up just now, we will come out and talk about how pets... First of all, when a pet encounters a disease, it's actually like, there's a saying that they help you fend off disasters, right? Why do they help you fend off disasters? Because you have an inner belief, such as when people get old, they are useless; when people get old, they will get sick; oh, I am weak, I have to buy insurance; I have to protect myself. When you have this kind of consciousness, similar things will happen around you.

Do you understand what I mean? It could be projected onto your own child. It could be yourself. It could also be your pet. So when a pet shows you in the form of illness that I'm sick, actually it's to make you see that you have within you such a thing: Life is fragile. Isn't life like that? Understand what I mean? Because if you yourself fully enjoy life, and if you don't pretend, like I pretend to enjoy life, or I enjoy life only when something good happens in my life. Because when you enjoy life, enjoying life doesn't need any excuse or any reason or anything else. It's not like I feel safe today so I enjoy. Or I won today's lottery or had a happy event so I enjoy. But rather, you always feel that life itself is a state of pleasure, abundance, happiness and enjoyment, and it's safe. If you are in such an energy state, you won't encounter, for example, the pain of a pet or go through such a process. Because even if it has some minor illness or is externally infected with something, it will, during the process when you emit a pleasant energy state, recover by itself. Do you understand? So, actually they have diseases. But then, the disease seems to disappear by itself, disappears. Why? Because when you're... It's like when you're boiling water. Your kettle is very hot, the energy is very strong, and the bacteria in the water die. That means anything around you that doesn't match your body. Because in such a state of high energy, high vibration, that is, high frequency of yours, they have no way to attach. So only you. It's like you say that damp places breed bacteria, right? If you're always in a damp state, then that place of yours will definitely produce some bacteria and breed a lot of bacteria, right? Because you provide a good hotbed for these bacteria to nourish and breed them. It's not to say that there are no bacteria elsewhere. It's just that bacteria can't survive in this place. Do you understand?

So in your lives, you don't need to have any worry or fear or concern or have these behaviors and thoughts of protecting yourself. Because you only need to live in a state of complete joy. And then even if you accidentally encounter, get injured or get infected by bacteria, it will

naturally, like what I just said, the bacteria can't breed.

Friday

Such a state

**Questioner:** Then may I ask what kind of belief of mine caused it to fall ill? Can you tell me this?

**Higher Spirit:** Yes. You said its hind legs suddenly retracted and haven't been able to extend for many days.

**Questioner:** Yes Its hind legs suddenly retracted and haven't been able to extend for many days.

**Higher Spirit:** It will reflect a situation, that is, to let you see that you feel your actions are restricted now. Do you understand? You feel that you need external help. Do you understand? At your deepest level, you will feel that I seem to need someone to give me a hand, I need someone to support me. I seem to not be able to fully express myself. I can't dance, can't sing, can't leap. I need someone either to support me or to help me. I can't spread my wings and fly now. Because in your deep, deep, deep, that innermost part, there will be such a feeling there.

**Questioner:** Then can I ask again there... Because in my conscious mind... that innermost part... Let's just ask like this. Actually, in the past two days, I could somewhat sense in my dreams that there was still a need to worry and a feeling of being trapped, which was presented to me in the dream.

So for this kind, how do I need to release it? Or do I release it as soon as I see it? Or is there any method?

**High Spirit:** You are already here now. You already know that this phenomenon produced by your animals is an internal projection of your own, understand? For example, let's replace the animals with your children. They are influenced by that energy of yours and show that appearance. If your energy changes, their state also changes. So it will project onto those closest to you. So you need to, for example, be responsible for your subordinates below, or the state of your company, or something like that, everything around you. Because your energy state is influencing everyone, understand? So if all of you humans on Earth knew that, for example, when your friends or others get sick, their illness, because illness is also a form of suicide, and it's also an unhappy state. Be responsible for their suicide or for any pain of others, and you will emit different energy. Because you know that at the deepest level, your possible despair about life, or whatever, this energy will affect everything you see. It's all the disasters in the world that you can see or can't see with your eyes. The epidemic you are experiencing now is all a sense of desperation towards life for you, it's confinement, it's entanglement... I'm a victim. It's that kind of helplessness. These are all manifestations of your collective consciousness.

**Questioner:** Then about myself, I have one last question. Because I found that actually in terms of relationships, I have always been using material standards to measure whether I am worthy or not. So all the people who have come into my life have made me see this aspect to some extent. And I want to know besides...

**Higher Spirit:** You don't need to label yourself with any emotional experiences. I used to be like this. Do I make myself clear? Because everything that happened in the past is not as you thought. Understand? It's not as you thought. Why is it not as you thought? It changes as your consciousness changes and gets something. Just like now your consciousness level is at 1, right? From a level of 1, when you look back on everything that happened, you can only be within 1. You can only find out from your system of 1. Oh, this and this classification.

Do you understand what I mean? Then, when your cognition keeps expanding and your level rises to 5, the things you find will be different. That is, when you look back on your life. And if your level becomes 10 and you look back on your life, what you find will be different again.

Do you understand what I mean? It's like you can extract something from your past experiences, people, everything you have. It depends on your own state. So all of these are not fixed, not certain, not absolute, not what you think. They are just your current state and cognition, and your level of awareness. You can only get these from them. Do you want to give your mind an explanation? Do you understand what I mean? So all of these are illusions, these are mirages, these are changing. They change along with your own changes. So you don't have to take out what you had before. Because why? Your awareness keeps changing. During this process of us chatting, speaking, and communicating now, you have already... For example, when you first came to me, your level was at 1, right? Then by the time we finish, you reach 100.

Then you will look at what happened in the past from the perspective of 100. Oh, my God! You will think, how could this be? Do you understand what I mean? So you don't need to take out your past relationships, how you were, and then label yourself.

Why? Because when you attach a label, your brain will think that way about yourself. You are limiting yourself. Then when you limit yourself, you will again attract the same kind of creative people to you. Do you understand what I mean? You will create the same object, the same situation, and you will still fall into the same limitation. So the most important thing is not to make any definitions, judgments, or limitations. All of these are just illusions created by the mind. Do you have any questions?

**Questioner:** I actually have one last question, but I don't know if it's worth asking.

**Higher Spirit:** You said you don't do anything... Why do you always think about whether it's worth asking or not, whether it's okay or not? Why does this thought pop up before you even take action? This thought is what you need to face. Do you understand? Because it will hinder your actions. Many of you humans have this problem. Before they even say a word or express themselves or before (unclear), they think to themselves, 'Oh, others surely won't listen.' 'How could this be like this?' They deny themselves first, do you understand? Because when you are speaking, before you speak, your brain can't imagine what you are going to express next. For example, this psychic girl.

Before she could communicate psychically, she didn't know what kind of information you were going to communicate next. If it was all planned and set in her mind, you were just dealing with the memories in your minds, that is, in the two minds. There were all dead things. What's it called? You have something called collusion. That is, in this sewage, what's in this sewage? It's all in such a state. You are all creating something. For example, you are deepening some fears in society. Do you understand what I mean? For example, there are some events in society now. That event is so terrifying. Then you continue to communicate, 'Wow, it's really terrifying.' Let it continue to affect your life. You are constantly creating like this.

**Questioner:** Then the last question about myself is because my teeth have always been bad and I used to dream that someone was abusing me and there was torture. Then I want to ask about this aspect because I have experienced such an experience before. Is there anything that can be released or is there any information that is coming in?

**High Spirit:** Your teeth are not good. First of all, let's say number one, you need to notice how you treat your teeth in your life. That is, how you deal with them. Your teeth also need to be constantly cleaned, cleared, cared for, and protected, right? Just think like this, if you have a flower planted in your garden and you say this flower isn't growing well or something like that, have you paid attention to it? Do you understand? Then if you don't take care of it at all, it will definitely be overgrown with weeds or not develop well, right? So a tended garden and an untended garden are not the same, right? So for a part of your body, you first need to realize whether you have really taken care of it. If you have taken care of it completely on the physical level, right? Then on the mental level, you need to start considering some of your mental, psychological, and belief issues. First, you need to eliminate the visible ones. After eliminating the visible ones, then you look at it and eliminate the invisible influences. Those invisible influences, for example, what does a tooth represent? A tooth represents strength. Then do you think your strength is limited? Your strength is affected and you can't really exert your strength. Because each of you has different beliefs, different operating modes, and different living habits.

It's that everything is different, so you still need to ask yourself from your own perspective. It's like you are your own doctor, and you examine yourself. Keep talking. There's another sentence. Just like the previous piece of information, when you are in a safe, joyful, and pleasant energy, that is, in a frequency, your body will naturally recover. It won't breed bacteria and won't nourish those you mentioned.

**Questioner:** The next question is that we want to know what the mechanism of spiritual communication is. Then, can any question be asked?

**High Spirit:** What is the mechanism of spiritual communication? Any question can be asked, but not all questions will unfold in the way you think you want. Because we don't know in which direction your questions will go. This is about the meaningful part of communication and spiritual communication, that is to say, we don't know what information will come next ourselves. We don't mean that everything is already, just like your programs. When you input this, this comes out. Because these, as I just said, are all alive. Then, what is the mechanism of spiritual communication? Let's talk about this spiritual communication that I and... are currently conducting, right?

That is to say, when you completely let go of your mind and enter that energy, because you have to know that energy is everywhere. It has always been there and is everywhere. OK. For example, before, you have been walking with your legs, right? Then when you reach the riverbank, you completely enter the river and follow the direction of the river. Do you understand? Because you are in a completely relaxed and trusting state. You won't fall into the river. Do you understand what I mean? You are following this energy continuously. But as you all said, where does the source of its information come from? The source of the information is like everything in your material world, all of your lives, and animals, everything, everything you can see with your naked eyes, both visible and invisible, all come from the same source. Do you understand? So the information is also from the same source. It just passes through you. For example, there are various kinds... There are flowers of various colors, but for example, the source of the flowers actually all comes from nothingness, just like in an energy state. It continuously but it will have different kinds. Then the information you receive psychically is also. You keep going.

**Questioner:** How can one have an iron will?

**Higher Spirit:** How to have an iron will. This is what this psychic girl is currently concerned about. She wants to, because she herself is in an energy state with an iron will. That is, she is such a person. So, it's like you are a tiger yourself, right? So, you have a special kind of, chasing, running, howling, or hunting, and you will have a kind of, in your bones, it's in your genes. That is to say, when it is a tiger all the time, it has this desire. Then, for example, if it is a fish all the time, it's a different state, right? So when she has the urge to have it, actually she already has it. Understand? Just like you observe what characteristics other animals have. In fact, deep in her heart, she already knew that she was in such a state. So when she has such an idea, she herself is a person with an iron will. So how to have it? You yourself, you just have to recognize that it's like you are a tiger yourself, so you will want to hunt, want to chase, want to run, and want to roar because your energy wants to be released, right?

Then it's like if you don't know yourself and you think you're a mouse. You look at other mice and then you wish to have the bravery and fierceness of a tiger. But you just need to recognize that you are a tiger. When you recognize that you are a tiger, it's like roaring, or hunting, or showing the fierceness. That manifestation itself is you. Of course, you can show it. Do you understand what I mean? So when you recognize your true identity, you can use it. It's not that you can possess. Possessing is when you don't have it and then you go and get it. You can show it. So just recognize... You said

**Questioner:** At this point, I suddenly feel that whenever I do something, it's relatively difficult for me to persist. And I think I tend to have a short attention span. Also, when I'm getting along with people I care about, sometimes it's relatively difficult for me to express what I truly want to say. I want to know about this...

**Higher Spirit:** I've already told you the previous information. When you were constantly evaluating yourself just now, were you looking for the things you've done in your mind, right? Then do you know that this matter changes according to the transformation of your consciousness? If your entire life has passed, and you know that these choices you made were because you hadn't found your true love, would you still evaluate yourself like this? Do you understand what I mean? Your life, for example, is supposed to be ten parts. Right? You've only gone through three parts of the ten and you're already judging yourself based on those three parts. Do you think this is fair? Is this correct? Is this meaningful? Is this useful?

**Questioner:** I understand. Then the next question is that this girl has been constantly dreaming that she is being abused recently and she wants to ask why this is happening. Is there any message for her?

**Higher Spirit:** She always dreams of something like being a victim, being abused, and being oppressed. Do you know what this is? This is her compassionate heart. It's the kind of sympathy she has for people all over the world. She wants to... Because she is currently in a state of enjoying life. She enjoys life and everything she has is very, very wonderful. But she takes on the pain of those oppressed people on her own initiative. Do you understand? So she experiences these in her dreams. Why? Because when she experiences these in her dreams, she can deeply understand how many people are going through... The dreams she had a few days ago were like why do we have to use such a cruel way to, that is, why are people so brutal to each other?The event of mutual harm occurred. After she had this experience, because the experiences in your dreams are the same as those in the physical world. After having this experience, she will not treat others in such a way because she has experienced that kind of pain herself. Do you understand? So at the level of her soul, she voluntarily took on all the current situations of anyone being oppressed, or feeling powerless, or being victimized, or being abused. Because she had dreams of being abused in various ways. When she, you know, has a heart of compassion, a heart of compassion for the world. After she acquires this heart of compassion, when she treats people again, she will not use any such persecutory means. She will use means of peace and love to bring about everything. Because this is related to one of her soul themes, that is, to what she wants to show in this world. So she chose to continue experiencing the sufferings of all beings in her dreams to make her remember her mission in this world. Because sometimes we forget, for example, when we are too immersed in the joy and happiness of the material world.

Because all she experiences in the physical world at present are beauty, love, joy, and happiness. Then if you keep immersing yourself in such a state, you'll forget that you live in a tragic world, right? You'll forget that others are still suffering. You'll forget it and then experience through dreams, which is the complete opposite side of her life. This will make her remember how many people there are. It's a way for her to remind herself so that she doesn't forget her mission and then have that kind of fighting power. So this is a process of her own growth, a process of becoming her. It's like she set these lessons and experiences for herself.

**Questioner:** I suddenly thought of a question and I want to ask.

**Higher Spirit:** You say.

**Questioner:** It's that when I was reading the transmission about Abraham Hicks, she mentioned a focus wheel, like a focus Ferris wheel. We usually have many thoughts in our minds. If I just focus my thoughts in my mind on a thought or an idea that makes me feel good, such a focus can accelerate the manifestation in the physical world. Or is there any information about this that can be brought in?

I don't know how to ask questions particularly well.

**High Spirit:** You mean by focusing with your mind, that is, to manifest your world. Have you seen how many people are lost in focusing on money, right? Have they become rich? They calculate everywhere, all the time, 'Ah, how much money can I earn here' 'Ah, I lost here.' Have they become rich? No. It's not that by focusing with your mind in a certain way, things will happen in a certain way. Instead, it's that you yourself have the ability to transform it. For example, this thing happens in the material world itself. It is intended to make you bad. But you have the ability to transform it into something beneficial or good for you. Or you can extract the good aspects. It's like you are a scientist or an inventor. You can extract the useful parts. Do you understand what I mean? And don't let the useless parts affect your life. If you don't have a high enough perception, you can't do it.

That is to say, this is related to your perception... Because everything that happens externally is not absolutely good or bad. None of them is absolutely good or absolutely bad. It's about how you have enough high energy, or perception, wisdom, that is, power to utilize it.

For instance, let's say you see that the British royal family has power and influence. But that doesn't mean those people can utilize it well or live well within it. Do you understand? So, having a certain situation, standing at a certain height, or being in a certain way or focusing on something - this is not important. What's important is how you can utilize this energy. It's like, this energy is close to you, and it's... The energy is right beside you. It's not that... You know, it's always there and you can always utilize the energy. How exactly are you going to utilize this energy or how are you going to make it serve you and influence you? This is a matter of... You are like a filter. It depends on your own perception, your state, your beliefs, everything about you. Can you control it well? Do you understand? If you control it well and operate it well, everything will serve you and it depends on you. It's not like I just sit there, keep focusing on money and thinking about money, and then I can become rich. It doesn't work like that.

**Questioner:** I understand. Then can I ask what my biggest limiting belief is right now? Or have you already told me?

**Higher Spirit:** Your limitations. During our chat, you keep discovering that you have many limitations.

So when you listen to the recording again, you will find that every angle you take and every point we talk about is limited by your own set of concepts. You can analyze things with just a little bit of what you know in your head. You can find... You should know that there is never a state of being done here. Understand? Every step you take is constantly in a state of making yourself more and more relaxed. There is no one point where it's OK, I'm done. It's never like that. It's always constantly... Even when we are transmitting information, our information will be constantly changing.

**Questioner:** The last question is that we want to connect with Michael Jackson and see if he has any messages he wants to bring to humanity.

**Higher Spirit:** Michael Jackson. Wait a moment. I am now in the personality of Michael Jackson to talk to you. Then you want to know what message I have to bring you. First of all, the message I want to bring you is that I feel extremely gratified. You will have people who want to listen to me speak, share and make my voice heard. For this, I feel extremely grateful to you. Thank you.

Then from this perspective now, I would find that in my own life, I am a very pessimistic person. I have many common points and also many differences with this lady. Many common points are that we both have the same compassion for the entire world. You understand? There are so many people suffering in the world. But I am presenting it in a pessimistic way. Do you understand? I am presenting it in a pessimistic way. This is when I look back on my life and I am not particularly satisfied with some of my own behaviors and practices. I am showing in a pessimistic way that I am letting people know that people are living in hell. How painful is your life? Although I was born to try to wake them up and make them see the pain, but you know, seeing the pain is like reminding them how much pain they have, and it's like deepening this pain and making them continue to create pain. Then what is different between this lady and me is that she completely knows that showing others pain is not helping the world become better. Instead, she is showing love and keeping herself at a frequency of love, a world that is harmonious and desirable. She wants to present such a world to others. So she did something completely opposite to me. She wants to show others that in the future, what she is going to present next is a world that all of you humans yearn for. She presents it to people and then people join in. But it seems like we are all working together. So I am also very relieved that there is the existence of her energy state like this, which can make up for some of the things that I created and presented to this world for myself at that time. It can give me a feeling of compensation or relief, a feeling of peace. Then what I have to say to this world is that everything has a process of growing and becoming. And don't get stuck in this process. For example, some people need to see through war how important peace is. But don't get stuck in the war. Do you understand what I mean? Because it is for the arrival of peace. Because not everything becomes a reality immediately. It is a process of gradual becoming. In this process of gradual becoming, you may fall into pits many times. You may experience a lot of darkness, but don't get stuck in the darkness during the journey. Because at that time, I was trapped in the darkness during the journey, understand? So just know that darkness is a process you go through, but it's not the end because the end for all of us is light, it's love. The end for all of us is love. And then I didn't disappear because I know there are many people's love for me. But I didn't disappear. I can connect with you at any time when you want to connect with me. Are there any questions?

**Questioner:** No problem, thank you

# 2021/12/06 - Online Group Psychic Q&A

The first person

**Higher Spirit:** You speak.

**Questioner:** I would like to ask what are the themes of my life.

**Higher Spirit:** Wait a moment. Do you want to know the themes of life that your personality needs to experience in this material world this time?

**Questioner:** Yes

**Higher Spirit:** What's your name

**Questioner:** XX

**Higher Spirit:** You're called XX. Wait a moment. The information of XX. He wants to know the themes of life that he experiences in this life. You choose to become unconditional love, understand? That is, you will take love, that love is great love, unconditional love, and then become a theme and center of your experience. That is to say, in life, you will encounter some people who may not understand you very well or hurt you, as seen in your material layer. Currently, the time is 17:42:01 on Friday, August 30, 2024.

It is necessary for you to be tolerant, understanding, and forgiving. In other words, you want to reach a state of simply being in love. You don't care about what you experience or how others treat you. You don't care about everything external and just be in a state of love. So on the surface, you may experience a lot, such as betrayal, harm, or similar things in the human world.

Then it is up to you to make yourself reach such a state. It's like reaching a point where no matter how others treat you, because you want to let go of the "I." Understand? Because when you let go of the "I," who can harm you? Only when you project an "I" with your consciousness and everything you have and see it on the surface, will you feel hurt. If you take that away, if you take away the "I," then you are everything. In this way, you won't feel anything... So this is a state that you want to reach by yourself. Then you will set up many similar experiences for yourself from various aspects.

**Questioner:** Then I still want to ask a question.

**Higher Spirit:** Speak.

**Questioner:** I would like to ask if my Higher Self and spirit guides have anything to say to me?

**Higher Spirit:** What do your higher self and guiding spirits have to say to you? Wait a moment. No matter how dark a place you are in, you just need to remember that it is an experience you have chosen yourself. This way, you will remember that you are light. This is the message for you. Do you understand? You don't need to look for light or let others illuminate you or anything. Because you are light in itself. Because only in the darkness can you see that you are light. If you are under the light... Do you understand what I mean? So no matter what you experience externally, it is just to make you recall and know who you are. So you need an opposite. You need an opposite contrast. Just like there is a saying called a sharp contrast, right? So you need that sharp contrast to let you know. So that so-called darkness is just an illusion. It is just to let you recognize or remember who you are and let you know who you are.

And this is the message for you.

**Questioner:** I still want to ask if I can confirm whether I am a wanderer. If so, what density am I at?

**Higher Spirit:** What is a wanderer?

**Questioner:** A wanderer is someone who returns from a higher density to the third density to learn or help others.

It has been clearly told to you.

**Questioner:** OK, then I'll ask another question. Can I confirm whether a person is my Twin Flame?

**High Spirit:** What is a Twin Flame?

**Questioner:** My understanding of Twin Flame is that it belongs to the same High Spirit, the same Over-Spirit.

**High Spirit:** The same Over-Spirit. Your so-called Twin Flame. Do you want to know if it's someone who has chosen the same, like a path or a goal, together with you?

**Questioner:** Yes, whether I have met such a person now.

**High Spirit:** You want to know in the material world with you. You should know that this, like the journey of life, like this section of the road. Then this section of the road, it's not that one person from birth to old age is the same, understand? Different stages. Then how to describe this? For example, when you were still a seed in the soil, what did you need? Then maybe what accompanied you, beside you, in such a dark and damp place, was an earthworm, right? Understand? Then the earthworm was your friend because it was there.

Then when you grow up and sprout, it is on that layer of the soil surface. Later in that vegetable field, there might be caterpillars, right? When you grow to a certain extent, bees, butterflies, little birds... When you have branches... Little birds... Do you understand what I mean? As your tree gets bigger and bigger, there could be countless bird nests on it. But this and you, that is, when you were a seed, the earthworm hasn't gone away. Do you understand? For example, when you become a big tree and you want to connect with the little birds, you can do that. The butterflies can still get close to you. Your roots can still connect with the earthworm. Can you understand this relationship? Then if you are talking about the emotional aspect, for example, your love is another matter.

**Questioner:** Can there be metaphors like butterflies, bees, and earthworms as before? Or...

**Higher Spirit:** First of all, you yourself should be consistent from the beginning to the end. Consistency means that no matter what... This is impossible. Do you understand what I mean? That is to say, you might, on the surface, choose a marital partner from the material level. That is your material aspect. But from the soul level, it is impossible for you to have a connection with only one partner.

Because you are linked with everything. This link cannot be terminated. This is impossible to happen. Keep asking.

**Questioner:** Does the future me have anything to say to the present me?

**Higher Spirit:** Wait a moment. If the future you has any message to tell you, it's like you have, how to say, a kind of human body function or something that is not very common in your material world. It's like you have a door that needs to be opened and then that door needs to go through you. Then next, notice that your body has a function, or there is a... For example, the psychic ability of this girl, right? She keeps applying in this field.

Then her ability becomes stronger and stronger as she gets older. And you yourself also have a function that you carry with you. You need to link it. You need to pay attention and notice.

**Questioner:** Then I want to ask if I have used this function before or if I haven't touched this function at all now.

**Higher Spirit:** Have you used it before? You have unconsciously come into contact with it and it has surprised you. It's like an energy. That energy has been trying to... For example, you watch many movies, right?

Currently, the time is 17:43:36 on August 30, 2024, Friday. Then there is fire, there is water, there is this kind of... It's like this energy. For example, with water. For example, since the information hasn't arrived yet. For example, with water. If you can use the energy of water. For example. For example, let me give an analogy. If you can use the energy of water, you can inject your own energy into the water and then give it to others. Then others can receive it. It's like this. You can purify water. This is also one aspect... Some people have a connection with fire. Some people are connected with water. Some people are connected with earth. But since I haven't obtained your information yet about what exactly you are connected with. But I know that there is a door that you need to open yourself.

**Questioner:** Alright. Can this information be known today?

**Higher Spirit:** Whether it can be known today. Wait a moment. I'll search for it for you. Then you need to ask a question.

**Questioner:** Then I just want to know the specifics of this ability. Can you describe it again and give me some hints?

**Higher Spirit:** You want to know what kind of ability you have. I can't tell you today because next... It's like if I tell you directly now, your life will lack that amazing experience. Lack that amazing experience. It's like I took away your gift. Do you understand?

Because at every present moment of yours, there are things that you need to experience in this material world. It's like amazing! It's like that. If I tell you that you are this, then you would skip that part to discover... That is, you actually have... Do you understand what I mean?... That kind of surprise. Then your life experience would be as if taken away. It's not fair to you. So you will discover it yourself. And you just need to know that at every stage of your life, there will be surprises. It's like you are constantly unwrapping gifts. You increasingly discover that you are so unlimited.

**Questioner:** Okay, I understand. My questions are over. The second person.

**Questioner:** I would like to ask if my guiding spirit and my Higher Self have any messages for me regarding my current state and the things I have been doing recently.

**Higher Spirit:** Please wait. Do you want to know if there is any information from the spiritual realm to be conveyed to you? Let go of all worries, concerns, fears, terrors, and also let go of all the urges to understand quickly. Do you understand what I mean? Because just like the previous message, if you directly reach a certain point, you will miss many surprises and gifts and that kind of... Think about it, if you are at the first step right now, aren't you?

Then I'll directly tell you what your ten steps are. So what about 23456789? There are nine gifts that haven't been opened. Do you understand? If your nine gifts haven't been opened, you will have nine fewer gift boxes to share with others. Because if you haven't opened that gift box, then with what joy, excitement and surprise can you let others also feel the same surprise of life? Right? So many people in the material world seem to want to reach the sky in one step.

Reaching the sky in one step will make you seem to miss your life. For example, you are just a baby when you are born. Why... And then immediately reach one hundred years old. You immediately live to one hundred years old and then life ends. Because there is no result here. And every step is a feast. Then if you take away the feast, what are you pursuing? Do you understand?

**Questioner:** Do you understand? Recently I haven't been using some ways and methods of the material world. For example, like being a deliberate creator. The things I do. Then is the message you bring to me telling me that what I'm doing is contrary to my...

**Higher Spirit:** For example, currently you need to experience struggle, right? But you don't want to experience this struggle.You just want to directly reach a completely relaxed state, do you understand? Then you're missing a gift. You also haven't found that kind of transition from feeling so stressed and struggling to being completely released... You're missing the process of how to unwind. You also don't know how to unwind, do you understand? Then in this way, you can't become a teacher and you can't have life experiences either. So what are you doing in this material world? You have nothing to share. You see all of those of yours, that is, all those lecturers or mentors or particularly influential speakers, they have a lot and a lot to share, right?

If there are a hundred thousand people listening to your speech below, what are you going to share? Do you understand? People have no interest in such people who have no worries about food and clothing and haven't encountered any difficulties. Do you understand my meaning? Think about it. When you listen to those super powerful energy stories, is it that the more limitations the person has, for example, he is black, he has nothing, he has diseases, he is disabled, he is... that is, he has all kinds of limitations but he has reached a state of no limitations at all, the highest point in the world. Such a story and a person who was born and has experienced nothing, when the two of them tell stories, whose would you listen to?

**Questioner:** I understand what you said and I also know that this kind of opposition can help me figure out how to help others in the future. But what I don't understand is, for example, when I sit down now to write something, these things make me feel really good because what we need to do is to keep ourselves in a state where we feel great. This is a way to focus myself through writing. So, do you mean that I shouldn't do this now? Are these wrong?

**Higher Spirit:** Why is your mind full of good, right, shouldn't, wrong, and you still want someone more authoritative to tell you which is right and which is wrong? This is what you yourself need to ask yourself because right and wrong, should or shouldn't, which is good or not good are all in your minds. You keep stuffing yourself with those concepts and definitions in your mind. Only through experience, and each experience has meaning, has value, is a priceless treasure, and is a grand feast. Only when you reach that state can you create. Otherwise, you have no inspiration. You just say that I heard that this method is good from that mentor, so I meditate. Understand? That teacher said dancing is good, so I go dancing. You don't need to follow anyone because each of you has a different path.

The most serious problem is that each of you sees who has succeeded and then follows them without even knowing why. Then you do it even if you don't like it. Why? Because that teacher is said to be right. Because everyone says he's right. But you're still just a prisoner, imprisoned by the concepts in your mind. No matter how good, wonderful, and successful that mentor or teacher is, it belongs only to him. You must remember one sentence: This belongs only to him. Because a true mentor won't tell you that you have to follow my method or else you won't succeed. This is not the case. This is another trap, another shackle and chain to bind you. Don't use any standards to measure whether what you do is right or not. Doing so is like looking for a crutch. Do you know why it was said that your legs are weak before (the pet rat's legs are weak, previous psychic message)? It's because you think you need a crutch. We bring you these psychic messages to let you know that you don't need a crutch. However, you treat us as crutches. Then, when you become knowledgeable about many concepts, you become a crutch for others. What's the difference from the current religions?

Friday

What's the difference between you and those different gangs? You are all looking for a crutch, looking for an authoritative person to tell me if I'm doing this right or not. Is there any value in what I'm doing?

**Questioner:** Then can I ask my last question on this issue again?

**Higher Spirit:** You say.

**Questioner:** What I don't understand is, how to say it, maybe it's just my own mind thinking. That is to say, have I entered my mind recently? Is that what it means?

**Higher Spirit:** You don't need to judge whether you are doing well or not, right or not. You don't need to ask me whether you are doing well or not. I just want you to see clearly what kind of system your mind is running now to make you see clearly, understand? If you can't see clearly, you are operating and running unconsciously. Then all you can create are the things your mind thinks. What we need to do is not to let you rely on us, or attach to us, or think of us as authoritative. Instead, you yourself are the creator. You yourself have unlimited energy and all possible unlimited things. The most important thing is what exactly you want. You don't even know what you want, what you want to become, what you want to experience, what you want to create. Even if I give you all the things you need, like the equipment or the subjects, all the things.

What can you create? Because you don't have at all what you want to create in your material world. Those successful people, they clearly know what they want to become and what they want to create. They clearly know where they want to go. This is the most important thing.

The third person

**Questioner:** I want to know what information my Higher Spirit wants to bring to me.

**Higher Spirit:** What information does your Higher Spirit want to bring to you? What's your name?

**Questioner:** My name is XXX.

**Higher Spirit:** The information for XXX. You have set many challenges for yourself and then want to let you know that these challenges are beneficial for your growth. Because now you have a kind of desire to jump out of the challenges you set for yourself. That is, you want to escape or jump out or seem to want it to disappear. The information I want to tell you is to face it head-on. Only when you enter it yourself can you... For example, it's like there is a pool of seawater in front of you. When you look at it from the surface, you think this seawater is very scary, right? And it's very scary, and you don't want to jump in. Why? In your impression, many people have drowned in the sea, right?

Then the information I want to tell you now is that, you get ready... that is, you know... that's OK. Those people who are diving in the sea, they know that water is how I prevent, for example, I need to bring a breathing device, and then what I need to wear, and then I learn the techniques and then I can go and experience in the sea the scenery that I can't experience on the surface. I can see a lot of beautiful scenery. So the reason why you have so much fear of your challenge is that you yourself don't have those skills, such as your own cognition, the cognition of others, for everything you seem to be lacking in this aspect. So how can you say it? It's very simple. For example, I decide to go diving, right? Although I have fear, I know that people have drowned in the sea. Why? Because they didn't have any precautions, they didn't learn how to swim, they also didn't learn how to dive, how to protect themselves, how to... in the sea because they didn't learn this knowledge. But now you know that others drowned because they knew nothing about the sea water. Then I'm going to explore in the sea now because this is my own choice. And then next I have already decided that I'm going to explore the seabed, right? Then I want to study. I want to learn diving from experienced people. Then I can freely explore and expand my experience. Do you understand what I mean?

**Questioner:** I understand. But I feel quite lost in my life. Speaking of it, I do have many things that I want now, but I still live in confusion. I just feel like I don't know what to do next. Every day, I just work and live in a muddled way. So I don't know what the challenge is exactly.

**Higher Spirit:** The challenge will appear... For all of you, for example, from your family relationships, marital relationships, work relationships. On the surface, okay, different relationships or different situations, different scenes, different people. But you will find that all it presents are actually the same problems. You are confused at work, right? But if we say that this feeling of confusion... It will actually occur in various aspects. It won't just be at work. It's like if you are at level three in a game, then in every other field, the probability of your experience is three. So you don't need to figure out where you are restricted or what's wrong. Because in every present moment, in every aspect of life, for example, you observe yourself.

For example, why do I hate my boss? Why do I hate my family members? Why do I hate my husband? Why can't I stand others doing this? For example, why can't I stand my husband? Why can't I stand my boss? For example, let's say these will all appear and show up to you from different aspects so that you can see yourself.

**Questioner:** Yes, that is, to experience and see those things from one's own relationships.

**Higher Spirit:** Think about everything in front of you. Everything your eyes see is like a monitor, right? Then it's like a monitor. And that monitor is constantly showing you things all the time. Even if you just sit there and watch TV and see a certain plot in a TV drama, and you have a feeling of disgust, or fear, or a pleasant feeling. Because if you feel pleasant, you must... Do you understand what I mean? If you observe yourself, behind all emotions there must be something you need to break through.

**Questioner:** I kind of understand a little bit. I still want to ask a second question. My grandpa has been gone for a long time. I want to know if I can connect with him. I miss him very much. Can I connect with him?

Then does he want to say anything to me?

**Higher Spirit:** Let me see if your grandfather has any message for you. Your grandfather seems to be speaking in dialect. Then I will only convey the meaning he wants to bring to you. He wants to tell you that he has never disappeared from your life. And he is paying attention to all your actions and all your dynamics. Then he says that the distance between him and you is just like before. He is always standing behind you, looking at you kindly and watching your every move with a smile. Then he says that he is still in such a state now, looking at you and your every move. Then he says that at this place and at this stage, you don't need to be anxious, you don't need to be afraid, and you don't need to worry. The only thing you need is to do what you like to do and don't wrong yourself.

**Questioner:** Thank you, Grandpa. Well, sometimes I feel extremely flustered in my heart and my temper becomes very bad. I don't know what the reason is.

**Higher Spirit:** Sometimes you will be extremely flustered. To what extent? How many times a day?

**Questioner:** Anyway, there is at least one such feeling every day. It's only like this when I encounter some things.

When encountering some unexpected things, generally one is relatively calm. But there is that feeling of panic...

**High Spirit:** First of all, you need to know that right now you have a material body. That body itself is conscious. Then the consciousness of this body has been influenced a lot. Let's say, simply, there is a little pig, right? You put it among a hundred pigs. As soon as it enters, if the other 99 little pigs suddenly panic and run in one direction, that little pig will unconsciously follow and run in that direction. Do you understand? It doesn't even know why... So your body is like your own body. It has a consciousness. That consciousness will be influenced by your collective consciousness. Your collective consciousness and the energy field around you. For example, why do people like to travel? If the scenery is beautiful during the travel, but you are in a state where you are crowded and unable to move freely, you won't enjoy the scenery. But if there aren't so many people and you can completely enter a state where the scenery is very beautiful and charming, these two states are different, right? So, one is that your body itself will be influenced by the outside world. Friday.

So what you can do is say that if you can create a... for your body. It's like you are raising a pet and creating good conditions for it. For example, you create good conditions for yourself. For example, don't go to places with extremely mixed energy. Right? You avoid some places with extremely mixed energy. Because no matter what, you will be affected. So create a good environment for yourself. For example, some people have a lot of fear inside, and some people have a lot of anger inside. That is to say, when you are in an unstable energy state, you have less contact and create fewer conditions for such contact and environment. Because when you feel a stable energy state, you can transform the energy around you. But if you are still in an affected state, then you can create a relatively pure energy field for yourself.

**Questioner:** I am quite easily influenced by others. I still want to ask. I have had rhinitis for many years. I feel that I have taken a lot of medicine and had surgery. I wonder if there are other reasons for this.

**Higher Spirit:** Wait a moment. I will help you link.You have rhinitis. What's the problem with your nose?

**Questioner:** Sometimes it's very prone to allergies, sneezing easily, and having a runny nose and such.

**Higher Spirit:** You want to know how this ailment of your body is caused. Rhinitis. First of all, there are many, many people with allergic symptoms on your Earth. The first is that it has a great influence on the entire environment change of your Earth. That is, your living environment. For example, there are more and more chemical substances now. That kind of pure natural... Then it seems like a karma created by you humans on Earth. That requires each of you on Earth to bear and share. Understand? Just like a fruit tree planted by you humans on Earth. Then you yourselves share the sweetness brought by this fruit. If you yourselves plant a bad fruit, then each of you also has to bear it. So, the entire large environment has been somewhat polluted. Because you have created many artificial products, added many chemical components, and then it will cause many, many allergic phenomena to occur.

And this phenomenon is intensifying. So you will find that many newborns have many, many allergic symptoms. And those allergic phenomena will become more and more serious. So it's necessary for all of you to collectively realize that you are creating an environment that is increasingly unsuitable for you to live in. It's like you only have one house and you live in it, right? Then if you make it a mess inside, with all kinds of things going on, constantly producing various chemical components and all kinds of pungent smells... Just think about it. If you survive in that room, you will definitely smell those irritating smells, and it will definitely affect your body. This is inevitable because here it means that you reap what you sow. That is, if you make a reaction or do something, there will definitely be a corresponding result for you.

**Questioner:** Well, apart from the environment, are there any other reasons?

**Higher Spirit:** Apart from the environment, are there any other reasons? The first one I mentioned is the entire living environment of your Earth. And the second one is that you yourself are a super sensitive person. You are very easily influenced by the outside world. So it's not just rhinitis for you.

You will also have emotional issues. For example, you might be particularly prone to being affected by some external energy states on your internal energy state. It's not just at the emotional level for you.

**Questioner:** Emotions are particularly susceptible to influence.

**Higher Spirit:** Yes, this is you...

**Questioner:** How can I change this feeling? That is, not be too easily influenced by others' emotions.

**Higher Spirit:** No matter what characteristics you bring with you, it is definitely not all disadvantages and no advantages, understand? Because if you just want to take it away, you can't get its benefits. For example, your pair of hands grow on your body. Because you don't know how to use these hands yet. You haven't learned how to use these hands. And mainly you feel that it is so heavy on your body. How can I cut off this hand? Remove it? If someone asks you such a question, you will think it is too stupid. The hand is here to help you. Then your high sensitivity of the body is actually serving you too. So you just need to better use it and connect with it. For example, you can do many things that others can't. Because others may just be watching you talk to a person. They only hear what a person says. But you don't need others to say too much. You can sense the other person's real emotions. Think about how much more you have than others...

**Questioner:** I am indeed very sensitive in this regard, but it is very easy to make myself have very strong emotions or a very big temper.

**Higher Spirit:** You just need to recognize it and then apply it, understand? Because on Earth, like yours, compassion is very important. If others feel your compassion for them from you, the kind of empathy, they will immediately establish a connection with you, because you are the only one who can understand them. So apply it positively.

**Questioner:** OK, that's pretty much all my questions. Thank you.

The fourth person

**Questioner:** Hello. I have a question now about the individual unconscious. For example, this morning I saw a sentence that said I deserve a happy life, but my individual unconsciousness thought I didn't deserve a happy life. So if my subconscious believes I deserve a happy life, but my unconsciousness believes I don't, then how can I change my individual unconsciousness?

**Higher Spirit:** You want to change your unconsciousness.

**Questioner:** Yes, it's the material mind.

**Higher Spirit:** What you mentioned here is that you are just deceiving yourself by saying that I deserve it with your mouth, but you don't really think so, right? You know that everything, the most important thing is your inner state, understand?

Because truly, for those who truly understand the concept that I deserve a happy life, they won't say this sentence. That is, they won't be redundant as you said. Understand? Only those who feel that they haven't reached the state where they think they deserve a better life need to constantly hint to themselves. It's like constantly seeming to oppose you. You think you don't deserve it. I deserve it. They need to emphasize. Because in a true state, you don't need to emphasize.

**Questioner:** Then if I encounter a situation and my heart and mind will have an arrogant feeling towards certain people, how can I change it? Because sometimes when I meet some people, my mind is always rather arrogant. But I think this is unnecessary. How can I change this feeling in my mind?

**Higher Spirit:** You don't need to change anything. The only thing you need is to know who you are. Just like I said a piece of information earlier. That is, all your emotions are to let you know who you are. For example, if you grew up in a pile of mice since childhood and you haven't seen a mirror. But in fact, you are a tiger but you were brought up by mice.

You see that they are all sneaky. They are all timid. And then you are like this too. But deep inside you, you feel that you possess powerful energy. You want to roar and shout wildly because of the roar of a tiger. But instead, it's just chirping. Do you understand? So only when you know your true identity, that you are a tiger. When you run, tear, with your energy, your roar, and everything about you, this kind of energy already exists. That is, you already have it. You just need to try and allow it to be released. Do you understand? So after you know who you are, all of you... You don't need to seek from the outside world... People are not allowed to be arrogant, proud, or conceited... Because that's what they all say. Because I think being conceited is not good. And then you keep constantly looking for certain words from the outside world and then transform yourself into a certain kind of person according to those words. Do you understand what I mean? It's not like this. Instead, after you know who you are, naturally... You will present a you. That you is unique. Because you know that you will not do anything that harms others or is negative. Because you don't need to use negative events to grow. Do you understand what I mean? So this is a process of finding out who you are.Instead of learning how to be or acquire certain excellent qualities because you already have them. You just haven't... You're still on that path, still doing, exploring, and seeking yourself, that is, still on the path of finding out who you are.

Then allow that your emotions, your feelings, your beliefs, or whatever, these are all temporary. These are not the real you. It's as if you have two identities. One is your physical body experiencing the material world, and the other is you observing yourself. Because through these, you will gradually know whether you are a tiger, a horse, or a snake. Because in your... It's as if every seed is already that seed before it sprouts.

**Questioner:** Okay, I want to ask a question. I want to know how to calm my inner self and hear the inner voice because I personally have a kind of hyperactivity, like a little hyperactive. It's very difficult for me to calm my inner self down.

**Higher Spirit:** Wait a moment. Your hyperactivity, the reason for your hyperactivity is that you are not confident enough. You are not confident enough because you have an energy and you want to create many, many... many things.

Then when others see your achievements, it is as if you have a desire to create through an external movement. That is, I continuously... Look, I build this castle so high and keep doing this action. And when I build the castle very high and others' castles are not there yet or are very short, I will have a feeling of... hmm... You will have a feeling that you are very powerful. So deep in your heart, you still have a desire to... That is, this energy wants to be continuously released to create something to make you seem powerful. But the reason why you have this impulse is that you feel that you are not strong enough and not confident enough.

So the most fundamental reason is that if you can achieve such a state through continuous self-growth and self-awareness and become your true self, then the dynamic state that appears on the surface of your material will change. Do you still have any questions?

**Questioner:** No.

The fifth person.

**Questioner:** I want to know what is the purpose of souls continuously incarnating on Earth?

**Higher Spirit:** It is for you to learn. Because Earth is like a school. In this school, you can learn anything you want to experience and learn.

**Questioner:** So where do they all come from, these souls?

**High Spirit:** Most of them are native souls of the Earth itself. Do you understand what I mean?

**Questioner:** Then can I ask what kind of soul I am?

**High Spirit:** Let me put it this way. The Earth is like an elementary school, a very primary planet because it still needs to keep learning from destruction. Because when you reach a certain level, that is, when your consciousness reaches a certain state, you don't need to learn from destruction. Destruction is a very extreme way of learning. So it is suitable for those who need very extreme... For example, some children need to be spanked. That is, I have to hit you before you can... OK, it's just a warning. Then when your level of consciousness reaches a point where you don't need to be hit, just give you a reminder. OK, this point tells you that you need to pay attention, and you'll know, right? You don't need... Now your Earth is still... So your Earth will now create many extreme events for you to see because it itself is a place to learn and experience from negative extremes. But it is particularly suitable for some primary souls. So you will see many souls on Earth who are particularly obsessed with some, that is, on the surface, such as the physical level, such as lust, for example, good looks or sexiness.

Then he was completely indulged in it because he only needed to satisfy his sensory stimulation. On the surface, it's like what you call animality. Understand? For example, being satisfied by eating. And being satisfied in terms of lust. Because at higher levels, in fact, he is not satisfied enough with just surface-level satisfaction. They are more like a kind of spiritual tempering or some aspects at the spiritual level... Because they need some things that are not on the surface level... These things can't satisfy them.

**Questioner:** The second question is that I want to ask when will this epidemic end?

**Higher Spirit:** When the epidemic will end depends on each of you. Because in some people's minds, it seems that the epidemic has never happened. In some people's minds, the epidemic is a good thing. In some people's minds, the epidemic is very terrifying. So although it is the same thing, in fact... it's like each of you has a unique filter and filters it for your own experience. So each person's experience is unique. And...

**Questioner:** But we don't know when it will end, right?

**Higher Spirit:** Because there is no concept of time here.

Then what kind of state can be created? What kind of environment does your society create for you to experience? It is the consciousness of you humans, the ideas in the minds of each of you, your state, and your energy that create what kind of experience for you. So it is not external. It is not that something is thrown at you from the outside. You are the creators. Then there is another thing to remember is that everything in front of you at present is an illusion. And your inner fears, your inner resistances, or all that is within you, that kind of resistance will deepen it. OK. For example, suddenly a phenomenon appears. This phenomenon is just to let you know that currently there are many fears and a sense of powerlessness among humans, right? The thought that humans are all victims. OK. You see this phenomenon, but if it affects you and you are afraid.

Because if you are afraid and being affected, it's so terrifying. Then you turn it into something solid. If more and more people are afraid and more and more people act like this, panicking and being in chaos, then that phenomenon will become harder and harder. It's as if at the very beginning that phenomenon is like a paper tiger. It is a layer of paper, very thin, very thin.

So it's like mud, like dark clouds. Although it looks very thick, in fact, it's a layer of smoke. There's nothing but your collective recognition of it. You will constantly deepen it, constantly make it harder and harder. That's such a state. So if you want to quickly get rid of the impact that the epidemic has brought to you, that is to say, you have no epidemic, no impact, no anything... Why? Because your virus has always existed. It's just that the reaction it produces when it enters each of your bodies is different. Then why this time with the epidemic, for example, there are many people with underlying diseases. You think that people with many underlying diseases themselves have a lot of internal conflicts, that is, negative energy, and a lot of toxins. They are in such a state themselves. Then it seems to reach a threshold. Bang, the epidemic is like a fuse, detonating the bomb inside them. It will accelerate your current material world to a point, that is to say, all that happens. Those who have the inner desire to die will die soon. Those who have the inner desire to succeed, the desire, that is, to achieve their dreams, they will do so soon.

It's like overnight he changed completely the next day. So everything manifested in the material world is happening faster and faster. Then you need to clear even more. What you want to manifest inside is that you might unconsciously hold onto others' fears and project that fear into your own world to experience. You need to pay more attention to this point. Where does my fear come from? This is not my fear. Maybe it's a fear of survival from my parents that I'm holding onto. So you must clearly see the unconscious behavior in your own mind and where it comes from. Let go of those that don't belong to you.

**Questioner:** Okay, it's about my father-in-law, my husband's father. He passed away about a year after our marriage. I always feel that I didn't show enough filial piety to him. So I want to know if he has anything to say to me and my husband. His name is XXX.

**Higher Spirit:** Wait a moment, XXX. Is there any message? 'It's too sudden, too sudden. I left too suddenly this time. I have a lot to say to you. I'm a little excited. I don't know why you suddenly linked to me. I still haven't woken up and understood what happened exactly. Why do I need to link with you in this state?

I'm feeling extremely, extremely uncomfortable right now. I still have some things that I want you to help me with. I still have a lot of things that haven't been dealt with. This separation feels like you were suddenly taken out of my world, as if we suddenly became two different worlds. Now I feel a healing energy that is calming me down a little. First of all, thank you, thank these spiritual friends around me. It's like they are surrounding me. It felt just like I had a heart attack a moment ago.

Just now, I still wanted to tell you that I have many things that I haven't let go of and many things that I wanted you to help me with. But now, it's like from that moment just now to another state. Because of my reluctance to let go of the material world just now, it has turned into a state where I start to accept existing in this way. So I myself don't have anything that needs you to help me with. Then, the next thing I have some information that I want to tell you is that no matter what, no matter what, you will always be my family. Any questions?

**Questioner:** No problem, thank you.

# 2021/12/08 - The Revelation Brought by the Energy of the Wind

**Higher Spirit:** Say it. What's the problem?

**Questioner:** We want to ask the energy of the wind to convey some confidence to us.

Because there is strong wind where this girl lives today. She wants to connect with the energy of the wind and see if there is any information that can be brought to us.

Higher being: Wait a moment for the energy of the wind. If you want to connect with the energy of the wind, or the energy of trees, or the energy of other stones, all these energies are as if they come from the same source. It's like you are taking water from different wells, but the water source is the same. So if you have any questions, you can continue to ask. The more questions you ask and the more detailed they are, the more information you will draw out.

**Questioner:** Then can I ask how the wind operates? You said they are all from the same source. So if I ask where it comes from, is it redundant? But hasn't it been said that human weather and human emotions, that is, weather is also a manifestation of human consciousness. Is it related to all these?

Higher being: The question you want to ask is where the wind comes from, right?

**Questioner:** Yes Then how does it operate?

**Higher Spirit:** Then one of the things that your minds like the most is, for example, if I am sick, where did this illness come from? And then, for example, today, how... where did this come from? So what your minds like the most is to use what you already know to... Think about it. For example, there are only a few programs installed in the program in your minds, right? Then, with just those few programs, for example, with your limited words, you want to understand. With your so limited programs, you want to understand an infinite thing. You can't do this. Do you understand what I mean? Because you can only understand what is already in your mind. That is to say, I have only these few tools in my mind. OK. The wind blows. Then some wind blows over from the east, the west, etc.... Your mind only has this understanding ability. And then you want to understand something that is beyond the scope of understanding of your mind. But you can, for example, continue to ask.

Why do you want to know where the wind comes from? Where does the wind come from? Why would you want to figure it out? If I tell you that the wind comes from the sky, then you will be satisfied. You will be content. You will think that I have found the answer.

The wind comes from the sky. From now on when you see your child, you tell him that the wind comes from the sky because this is what we got from the psychic message and then it's true. Do you understand what I mean? So no matter what answer you get from me, it's restricting you. Then it's like installing a program for you.

**Questioner:** I understand. Then can I ask, because this girl wants to raise this question today, then why does she want to raise this question today? Is there any special reason?

**Higher Spirit:** For her, she saw a strong wind. A strong wind brought her a strong energy. And this is related to her recent emotional experience... Because she also felt a very strong energy emerging within her. And she was kind of shocked by this energy. Like, is this me? Is this... She would have a bit... Although she was allowing it and presenting it, she was still surprised by her energy. So when she saw a strong wind, it was as if it reminded her. It was as if she knew that I also have this energy within me. Then she wanted to enter this... a... It's like entering your material mind about the very powerful energy that emerged. Then is this energy terrifying?

This energy will be like this and like that... Then all I need to say is that you don't need to worry at all. You can see from the wind. In your material world, in your "appearance", you can see that there are strong winds and gentle winds, right? Sometimes there are very strong gales or hurricanes, typhoons, strong energies. But this energy will leave and then turn into a gentle wind. So this is a process of all changes in everything. Then whether it is the energy of anger or all emotional energies, all energies, and strong energies within you, they are all temporary and flow through your body because it has touched a point in you. That point may be very important to you. It just touched it. It's as if there are many buttons on your body. Press that button and you will have a strong reaction. Then it just absorbs some information from the outside. What you see from the outside world, your five senses, your mind, your eyes, nose, and ears, all these are constantly absorbing information in your material world, right?

Then in this process of absorption, your five senses, your hearing, vision, and everything you have are constantly absorbing information. For example, if that information just touches your point, then you will emit a great deal. For example, anger.It will burst out with great energy. Do you understand? But you should know that all the appearances in your material world are an illusion. Do you understand? Then think about it. For example, there is a person who has fear in his heart. Then he spreads this fear. And when you hear the description of this fear, it may change its flavor. Do you understand? It's as if there is fear in my mind. Then I project it out, I say it again, and then I pass it on to another person. Another person touches his inner fear. Do you understand? Then some of his illusions and belief systems are filtered again and then filtered onto another person.

For another person, it is like a receiver, your material body. And when you receive this information, you will immediately react. This is the relationship in your material world, that is, between people, and also between your body and your beliefs, which is a series of chain reactions between emotions. Do you understand? It's as if if you don't make any reaction, that is, you don't make any reaction to the information you absorb, you will feel powerless. Do you understand? And what humans are most afraid of is that all things are not under your control.Everything you want should be within your control. When you have a feeling of losing control, it's like suffocation. So you would act... But if, let's say, through this series of operational methods, you see how an explosive point within you works... I'm saying you have a flood inside, right?

Then there's a gate like thing. What opened this floodgate? Because once this gate is opened, the energy is extremely powerful. What opened that gate? It's the operational mode I just mentioned. Some people saw some events and felt some fears. Then they passed it on. The second person who received it absorbed these fears and passed them on again. Next, next... It becomes all kinds of events manifested in your world, the "phases", everything you experience in the material world, all the struggles, disputes, all those topics, events, everything is produced like this. Then the internal conflicts and contradictions within you first arise like this from yourselves. And this is an operational mode. But you can still keep asking, for example, how to deal with such a mechanism. How about it... It's like this is a series of reactions, right? A series of events, a series of reactions. Then how can we break away from these events? Because you think that all the events happening in the world, they are all a manifestation created by you, right? Then how can I jump out and no longer enter that energy vortex that I just mentioned? Because you become passive. So you can keep asking questions.

**Questioner:** How can we jump out of this and not enter such an energy vortex? Then whether it's to observe or what should we do?

**High Spirit:** First of all, you have to know that even if you enter such an experience unconsciously and passively, you still have the power. It's you who is in control. You are in control when you are in the vortex, right? OK, today I entered this vortex and was brought in unconsciously by the energy. Now I know that I have the power to get out. I know how to get out. I know that I have entered a "manifestation" again. Then how can I get out of this "manifestation"? First of all, you have to know that you can get out. You are not powerless. Because often when you make some resistance, rebellion, take some actions or behaviors, that is, reactions, that is, wanting to defend...

Because you think you have to do it, that is, you have no other choice, that you are powerless, you have no alternative. But this is an illusion. This is just a limitation in your minds. Because you think that some people say why do I have to kill someone? Because I have no way out. I have to kill him. Such things are only within your cognitive range. You haven't found a way out yet. Today we bring you into this vortex, and we'll help you find a way out. So have you grown and benefited from this unconscious involvement in this event? Therefore, the first thing is to do well is not to reject it. That is, not to reject your this experience. Oh, you think that everything in the material world is fake. I don't want to participate in it. I don't want to get in. Then what is the meaning of you in the material world? Do you understand? You have missed many, many growth opportunities. So first of all, you have to give meaning to all your experiences. That is to say, OK, this experience is meaningful.

Then I am going to transform it now. I want to benefit from this experience. I want to grow from this event. Because all events do not have a right or wrong. That is, we don't only let you choose the good ones. We don't allow you to choose the bad ones.

We're just here to tell you that there's no good or bad. It's just about how this event serves you and how you can benefit from it. In this way, you won't judge yourself, like why did I do such a bad thing again? Why did I unconsciously join in like this... So first, when you no longer have in your mind, you have a saying to avoid the bad and pursue the good. This is just something your mind has been doing all the time - avoiding all disasters, avoiding all the bad, and then pursuing the good. But when you let go of this concept, you can receive gifts from every moment of your present.

So just now it was said that although this event was formed like this, and then you find that you have already gotten stuck in it, now it's about accepting it. This event is good and is here to serve me. That's your first step, right? And then the next step is to say that the second step is that I have the power to transform it. What is the transformation? It's to make this seemingly negative event serve me. How does it serve me? No matter what, this event can bring me growth. For example, what makes me believe in it and cause me to have such a big emotion? Isn't it behind to help you dig out your operating mode?

At present, you seem to be like this. Your body is like a computer. What programs are there inside? How does it operate? In fact, you don't know. Through this event, can you explore yourself? Find the beliefs behind you, that is, some dogmas that cause this reaction. They are programs. What do you believe in? Then you can analyze yourself through this event and bring out more of yourself. Because when you... Each of you has many buttons, right? There are many like bombs. For each bomb buried, there is an event, there is a reason, and there is something you believe in. What we are doing now is that you can dismantle your bombs through these. Right? Because if there are too many bombs buried in you, then not everything will be affected by a little wind and grass, and they will keep exploding. That's how temper is aroused. When there are no bombs left after you have dismantled them inside, will it still explode? It won't explode. You will only... that is, it will no longer produce a reaction in your body. Because for an external event, for example, there seems to be a fearful event happening outside, right? Only when there is a corresponding fearful frequency inside you will you be affected by it.For example, like that fly. For instance, if there's a lot of fishy smell on your side, it will attract flies. If all the fishy smell is washed clean, without any stinky or strange smell, the flies won't fly over. That is to say, you have similar frequencies, so you can apply... Because all your growth is not like being forty or fifty years old, year by year. You are growing. At most, you just keep accumulating memories and knowledge in your mind, which are confinement and things that limit you. At most, it's like this to make you more and more unable to move. Do you understand what I mean?

Because some beliefs in your mind tell me that no one can change this world. People are powerless. You don't even want to move. So that is to say, the real growth has nothing to do with this. It has nothing to do with your age or how many days have passed. At most, it becomes experience. That is, you will accumulate a lot of experiences and many events. It's like a camera. You keep recording and recording. And the real growth is that in every event you encounter, for example, the event you encountered today. It seems like a picture, right? Then from this picture, you can have a lot of learning points and points to comprehend.

Let's enlarge this picture and analyze here, here and here... You can rely on this picture because all the 'forms' in your physical world are just like pictures, like mirrors. They are for your self-awareness, that is, self-cognition, self-growth, and self-breakthrough. They serve this purpose. This 'form' is not static and won't just present like this. You may think they look similar because you haven't learned from this 'form', this image. So it will repeatedly appear in your life, forcing you to discover and see. But your minds have a function of deceiving yourselves. The function of deceiving yourselves is that you rationalize some of your reactions. This is another trap. 'Oh, I did this because others did it like this, they did this and that.' Do you understand what I mean? 'Oh, if they hadn't done this and that.' This is your mind trying to keep you stuck in your negative beliefs. Because think about it, if the belief is alive. Remember this sentence. If it's alive, it can't survive without you. It disappears without you.

All living things don't want to end, right? They want to keep reproducing. For example, I have one belief, and then many, many small beliefs are generated from it. Do you understand? They keep attaching to you because they can only survive by attaching to you, just like parasites. So if you stop feeding them, (negative beliefs) and they no longer attach to you... So there will be some mechanisms, like some means, that they want to stay with you... So there will be one that makes you deceive yourself, that is, to rationalize all the behaviors you have done, and then you will continue to stay in that... OK, it's okay and normal for me to react in this way. Do you understand? It's normal for me to kill someone. Why? Those people deserve to die. Do you understand? So you must clearly see how these beliefs attach to you like parasites and then when you keep opening... First of all, you yourself must have a desire to explore yourself. If you don't have this intention, this motivation, or this idea, then you won't get it. So you must sit down. OK, I want to benefit from this thing of mine. That is, this emotional outburst. Let me see what's going on with me.

OK, I won't make any excuses for now and won't talk about the external situations because everything originates from within you. Keep asking.

**Questioner:** Regarding this issue, can we eventually achieve it? Is it possible that while still in the material world, there are no belief systems within our bodies?

**Higher Spirit:** No belief systems at all. What you mean is no bombs or no belief systems? Because even if you consider our system as 'Oh, all these channeled messages are correct', these are also systems. These are also a set of systems. It's just that when you use our system, it won't cause internal conflicts within you, it won't consume you, and it nourishes you. Do you understand? You can feel that from it. You won't cause pain to others or to yourself. You won't repeatedly create pain.

**Questioner:** I understand. Then those highly enlightened monks in our material world, who have completely escaped this three-dimensional matrix, did they also have belief systems when they were alive?

**Higher Spirit:** Some of them did. Because each one... Even if two enlightened people, they have different states of existence. This is because all of you are unique.

Then, if you truly reach a certain state, he merely exists because in his mind, he doesn't attach a label to any event and doesn't record anything in his mind, nor does he give it a name. Do you understand what I mean? He is just like an observer, an experiencer, just experiencing.

**Questioner:** Then it comes back to the previous question. Didn't we just bring up so many topics through the energy of the wind? Then we have another question, that is, what can we learn from the energy of the wind? Is there any more information to bring in regarding this question?

**High Spirit:** From the energy of the wind, you can learn a great deal. For example, the most obvious one is that everything is in a state of change. Even if its energy is extremely strong, even if your anger is intense, or your emotions are very strong, it will pass. Do you understand? Have you seen that a typhoon or hurricane keeps going... So no matter how powerful the energy is, it will pass. However, everything is changing. Not a single second is the same. For instance, as soon as the wind just passed, then the next... That is to say... Do you understand what I mean? It's all new. The old wind... Every moment in life is new. No past or just happened events, past events, or anything can affect or restrain you, or make you in a certain way.

For instance, just now I said that you were unconsciously brought into an energy field. When you realized that you were unconsciously brought into the energy field, you had already come out. Do you understand? You had already come out. After you came out, you could immediately learn from it. 'OK, what can I learn from this lesson? What can I clarify?' This kind of transformation of yours is an astonishing transformation, do you understand?

Because everyone else is still continuing, in their minds, in their illusions, they are still strengthening this illusion. But you have already left this place. Let's say it's like a vortex. You have already left this vortex, and your consciousness is already in another state. You are already experiencing something else. So this transformation of yours is extremely, extremely astonishing. This is the highest state that can be achieved in the material world, which is that you are constantly transforming yourself and constantly turning the page. 'Ah, I've finished learning this.' Just think about it. When you are learning something, someone else hasn't finished reading this page yet. They are still immersed in it: 'Ah, how about this problem, how about this problem.'

You've translated countless pieces. Do you understand what I mean? So you are someone who absorbs, learns, and grows extremely quickly. Because you still have to go through time, your physical bodies still have to go through time. So your physical time is limited. Within this limited time, you have created the infinite. Maybe some people need a lifetime to understand this. You can understand it in an instant and then continue. You just said what you can learn from the wind. Then we just mentioned a few points, and there are many, many more points that you can all learn. Do you understand? Just like you, there are some idioms. For example, "gone with the wind". Everything has gone with the wind. That is, everything has... For example, dust. The dust has been blown away by the wind. That dust can represent your troubles, thoughts, ideas, or the past. It has been blown away. Then why do you still want to hold onto that dust, right?

If you are still immersed in your troubles or your thoughts or something like that, then you are taking this back and continuing. The wind blows it away again, and you take it back again. That's what you do every day. See how stupid you humans are!

That is to say, regarding this matter, right? You want... Why? Because it will drift away naturally. As time goes by, everything will drift away, right? An event will also gradually fade. After it fades, you take it out again. After it fades, you take it out again. You keep doing this work continuously. You are doing this work all your life. That is, if you have experienced a fearful or negative event, you keep being afraid, deepening it, guarding against it, and so on. So, are you constantly bringing this event, this pile of ashes, in front of you again? After the wind has blown it away, you bring it back.

Observe how many people in your life are doing such actions.

**Questioner:** This psychic girl especially likes fire. Then she wants to know why she likes fire so much.

**Higher Spirit:** Why does she like fire so much? Fire, that is, if you look at that flame, it is also a kind of constantly unpredictable thing. It is always changing. There is no shape that stays. Then this is like consciousness. When you are looking at the fire, it will bring you into a state of emptiness. You will be attracted by the wonderful flame in front of you.

Then, for example, the thoughts and troubles in your mind will go away. Those things will bring you into the present moment. You will like anything that brings you into the present moment, right? So that fire also changes your state of consciousness. It's like changing it. It pulls you from all the illusions of the material world into a present state.

So anything that pulls you into a present state means that you don't need to be immersed in those thoughts, troubles, or anything else. You will want to continue doing such things. But this fire just tells you that you don't need something to help you achieve... You can achieve it at any time. You can achieve it at any time. You don't need external help. Some people, like drugs, alcohol, other things, cigarettes, use these to bring themselves to that state. They rely on external things to bring themselves to such a state. But you have the ability to enter such a state at any time. It's like... This is also a skill that needs to be practiced.

**Questioner:** The next question is that we also want to know how the fire element can serve us. Does this question have any information to bring in?

**Higher Spirit:** How does the fire element serve you? You live in this material world, and everything serves and supports you. So, 'fire' is also among them, which is a part that supports and serves you. How does it serve you? You can see it through yourself. Just like water, well water. You come and ask me: How can well water serve us? Isn't it obvious that it can quench your thirst? It can sustain your body, right? So it's the same with fire. Think about how much fire serves you in the state of consciousness I just mentioned. When you cook, right? Anything, anything you can relate to. It's like a tool. They all serve you in this world. So how do they serve you?

However, from the fire, that is to say, when your consciousness reaches a certain level, you can draw from it... Because what you can draw depends on yourself. For example, from the fire, you can obtain anything you perceive from observing it. Whether you are writers, scientists, or professionals in any field, many of them capture and sense from everything in nature, and then transform it, right?

So this is the case for your human existence. For the existence of each individual, they all give gifts to humanity. Then you yourself can, through fire, that is, observe it, get in contact with it, and then see how you think they can serve you. There is no limit, there is no point, no fixed or stable something... This is all unlimited for you to explore infinitely.

Then you can see how suitable your material world is for your learning and growth, how abundant and rich it is.

**Questioner:** The next question is that I once had an out-of-body experience. Then I saw two elves in my home. I also shook hands with one of the elves like this. She was also very timid. The moment I shook hands with her, I was extremely excited and I returned to my body. After returning to my body, I couldn't move and suddenly my feet were tied by something like a vine, pulling me out of my body as if to take me somewhere. I was very scared and struggled, and then I woke up. I want to ask if these two elves live in my space? Do they have anything to say? Because I keep thinking of them.

**High Spirit:** Please wait a moment. They said they enjoy playing with you very much, as if you were a cute animal, in their eyes.

Then you are a lovely animal. And then they are full of curiosity about you. This is the message they want to bring to you.

**Questioner:**  Once I also saw a green one. It's the kind that can't be seen in the physical world. A green child was leaning against my bedside. And there was also a huge bird beside him. At that time, I was a little afraid when I saw him. Now I'm not afraid anymore. Then why did they come to my bedside to find me?

**Higher Spirit:** It's not that they enter your physical world. Instead, your consciousness enters their world. Understand? In the physical world, you can only see what you see because your consciousness is limited. Then why can this psychic girl be psychic? It's because she is transforming her consciousness and switching her consciousness to another state. In that state, she can continuously receive any information. If she doesn't transform anymore, she can only focus on your physical world. So after she makes an action of changing frequency and consciousness, she can... Well, at that time, you may also have unconsciously transformed. Understand? And each of you is different. Some people can see it.

Some people can hear, so they will hear. Some others feel, and some others think in their hearts.

If you are describing, since you have seen so much, that means your visualization. This is very much like it seems to be your gift. But also, it makes you know how much possibility you have not to limit yourselves. Because how wonderful or boring this material world is for you personally, it changes along with your state of consciousness. Do you understand?

A person in a room, for example, if his consciousness is very limited, then he might... Right? When this psychic lady is psychic, she completely enters another world. Any information you want to know, any information you want to explore... For you people in different states of consciousness, the things produced in this space are not the same, right?

**Questioner:** My next question is that I now find that many people around me have severe insomnia. For example, my aunt has taken a lot of medicine, and this boy I know also has severe insomnia. I want to know why there are so many people with insomnia and if there are any methods to help them.

Psychic: Wait a moment.

First of all, it's observed that your material world seems to be undergoing a transformation, a change. It's like a large-scale one, like the arrival of spring with warm flowers in full bloom. On a large scale, it's like... what you call a plague, right? A collective illness. And this time, it forces some internal and external changes in you, forcing you to see clearly whether the illusion of your material world can still support you. Do you understand? Because many people have begun to discover that everything in their material world actually can't satisfy them, that is, it can't give them all the answers. So all the things like insomnia, pain, or anger... Because each person shows it differently. Some people might have insomnia, some people might drink heavily, and some people might hit others and be violent, right? That is to say, the states that each person releases are different.

But their internal state, the cause, the reason are all the same. They all need to find the truth, the truth. It should be said to find the truth and the true meaning of life. So this series of events will lead them on that path, on the path of seeking.

**Questioner:** The next question is that recently, I have been... Because I have a friend who has been troubled by her feelings and she keeps calling me non-stop.

Then, she always repeats the same problem. Sometimes I try to enlighten her, and sometimes I get really annoyed. Since each of us... that is, the outside world is like a mirror, she keeps coming to me with the same emotional problem. I wonder if this is my projection? If it is my projection, is there anything I need to learn from her? Is there anything I need to learn?

**High Spirit:** You can learn from this that you yourself can choose what to allow and what not to allow into your life. It's like someone keeps throwing things at you, and you can push them away. Do you understand this junk? Because after you push several times, she won't throw anymore. Let her know that I will push you away. So for those of you who pursue spirituality, there is one point, how to say it, there is one point that you think all events are arranged and I have to accept it. This is a kind of negative. You should know that you are the creator and the master of your life. You can be selective. If you don't have a clear goal of what you want to become and what you want to achieve, you will only be carried away by the energy state of others outside. Do you understand? Because you yourself don't have a stable one, just like a launch pad.

You don't have a stable... For example, if you have a stable thing. If you want to do something, like I want to write a book today. When you are writing a book, you are completely immersed in your own world. Do you think you will still have time for her? That is to say, when you lose the launch pad, like that goal, that something, you will be disturbed by all the things around you. You will find that you really have endless things to help others deal with. So this is why finding out who you are, what you want to do, and what you are passionate about is very important. Because when you are completely engaged in creating your something... creating your world. During the process of creation, you will not be unconsciously led into someone else's world. Because think about it. It's as if you are on a public platform. You seem to be sharing this world, right?

So when you are sharing this world, you are related and involved with all the things outside. If you are involved, you will definitely be unconsciously... Just like when you are walking in a crowd full of people. Even if you don't move, you will be carried away by others. Do you understand? Carried in their direction by the energy of that crowd.So you yourselves have a clear life goal of your own.

Then life is about wanting to experience something and then live out your own life. You can choose what kind of life you want, where you spend your time, and what kind of people come into your life instead of accepting everything that is thrown at you.

**Questioner:** I understand. My last question is if there is any information that my future self wants to bring to me.

**Higher Spirit:** The message from your future self is that you are on a path that is headed towards her. That is, you have chosen to be on the same path. You have both chosen to be on the same line and you won't miss it. So you just need to trust and go ahead with all your heart. Any more questions?

**Questioner:** I have no more questions. Thank you.

**Higher Spirit:** OK. Bye.

# 2021/12/09 - Online Group Channeling Q&A

The First Person

**Higher Spirit:** Now you can ask questions.

**Questioner:** Hello, Teacher Seth. My first question is that last year, I had a dream in which two people were standing by my bedside and it woke me up. I want to ask if this was an illusion created by the projection of my inner fear or if there were indeed two beings coming to me. If so, what did they come to me for?

Spirit: Wait a moment. What's your name?

**Questioner:** XXX.

Spirit: XXX. Do you want to know... This is a dream, right? You dreamed that there were two people by your bedside.

**Questioner:** Yes.

Spirit: Then do you want to know if there is any information they want to bring to you? Or is it just an illusion of yours?

**Questioner:** Yes.

Spirit: Okay, XXX. Do you want to know if this experience has any information to bring to him or is it just an illusion of his? If this is just a dream, why does this dream make you puzzled while no other dreams make you puzzled? Because this dream feels extremely realistic and doesn't seem like a dream, right?

**Questioner:** Yes.

Spirit: YesThat is when you are in a conscious state, that is, entering a state where you can be with some beings in other dimensions... Like you all. For example, some people can see visually, or some people can feel it, and some people can hear it. According to each of you being different, you have felt different energies. And your question is whether they have any information they want to give you, right?

**Questioner:** Yes.

Spirit: First of all, this is a switch of your own conscious state. Because sometimes it runs unconsciously. Unconscious operation is like you have switched to another world. Then you see many people.

Then you need to know that you are proactive, that is, you can proactively see many people. For example, you can proactively connect with them instead of passively waiting to see who will come up because they might just come up, like, take a look at you: Eh, there's energy to join, just like this. To them, you are just like many passers-by you see in material life. Because if there is information to be delivered to you, you will never miss any information. They will try every way, that is, to bring this information to your level.

But this time it can help you. Although it is an unconscious experience, it can help you to know that in fact your consciousness has unlimited possibilities and unlimited exploration space for you. But then you can continue to ask questions because when you keep asking questions, there might be information needed for you to come in. This requires you to constantly, as if you are pulling outwards, when pulling outwards, this information will come in. You continue to speak.

**Questioner:** Let me think. Why is it that I feel particularly... He is an adult and a child, then standing in front of my bed are two black shadows and then it's like a tunnel, a very, very distant light, feeling like a passage of the soul.

They just came...

**High Spirit:** Then?

**Questioner:** Then I dreamed that I was lying in bed and they were looking at me. I always thought if there was any connection with them.

**High Spirit:** Connection. Are you talking about the kind of fear? Did someone come to you?

**Questioner:** No. For example, some karma or some connections from other lifetimes.

**High Spirit:** You should ask yourself that is to say why you define this experience or event as negative. Why not define it as an expansion of your consciousness? That is, you know your possibilities. That is, you have this ability. So it doesn't matter what happens outside. It doesn't matter what you experience or what you dream. What matters is through this point, which direction will it take you? Do you understand? It can serve you positively. It can serve you negatively. So the most important thing is why you generate fear. Why do you think it's to frame you or harm you or bring you negative influence? This is what you need to go to yourself, some definitions in your mind...

**Questioner:** Because before this dream, I heard a deceased little girl crying. It was a deceased little girl from our neighbor. I heard her crying for a long time. Then I thought it was the soul of that little girl who came.

But there are two "so"s. So during this period of time, I am somewhat confused.

**Higher Spirit:** No. So you don't need to have this worry. This is just an expansion of your consciousness. Then it is a very good opportunity. It lets you know how much possibility you have. It lets you know that your consciousness can continuously explore. Put aside any worries you said.

**Questioner:** The first question is finished. Then I continue to ask the second question. My second question is also a dream. Then I dreamed that I perceived my higher self. Then there was a problem with my body's heart. After that, I did several tarot readings and always drew this question about the heart. There was also a dream where a sword was inserted into my heart. After that period of time, there indeed were some problems with my heart. Regarding this part of my heart, can you give me some information?

**Higher Spirit:** Wait a moment. Do you want to know if there is a problem with your heart?

**Questioner:** Yes.

**Higher Spirit:** Wait a moment. I will first sense your energy field. From its physical, that is, its functional disorder, you don't have any external problems. Just like an organ, it is running completely. It doesn't have any problems. But why do you have an uncomfortable (feeling)?

And why do you pay attention to these heart-related issues? It's like creating an experience for yourself through self-suggestion. Because your brain collects information and then defines it, giving it meaning. This is a function of your brain. So this time, it's... There's a saying that the more you focus on something, the more you will experience it. And it will continuously manifest this event for you to pay attention to. It's as if you have given your consciousness a keyword and then initiated a search. Your brain will continuously search for information related to this.

Continue. So there is no problem.

**Questioner:** The third one is about whether my soul's higher self has any suggestions or information for me regarding the path I am currently on to bring to me. This is the last question.

**Higher Spirit:** At this stage, you want to know if there is any information to be given to you.

**Questioner:** Or suggestions.

**Higher Spirit:** There will never be suggestions here. If there were suggestions, it would be a denial of the point you are currently at. That is to say, this is not good, and there is something better over here. But there is no such thing as which is better or worse, because everything you experience is what you should experience.

Even if you haven't grown at all this time in your life, you haven't wasted your life. First of all, you have to know this because all your insights, all your experiences, everything, they are all like materials. You can use them at a higher level. So you can't judge whether a person has made progress or grown only from the material world and within your time frame. Do you understand? Your question is if there's any information I want to bring to you. Wait a moment. Enjoy your life as much as possible. Enjoy your life and your existence as much as possible because your energy state is a little bit like a stiff state. It's not particularly soft, particularly... like water. If one is ice and the other is water, you are in the state of ice now. Because only when you are water can you fully nourish yourself, nourish your soul, and nourish everything around you. Otherwise, you are just cold. Right now, you can't (unclear), and you can't blend into everything. For example, in a relationship, the sense of integration, the sense of blending in, the sense of connection with others, right? Also, for example, in terms of enjoyment, relaxation, you can't fully enjoy a concert, or a dance, or something like that. It will cause such a... So when you become more and more and more flexible and soft, it's like you become soft like a puddle of water, then you will have... Although you are both water, one is ice and the other is water, but your states are completely different. And this is the information for you.

Can you understand? If not, you can continue to ask.

**Questioner:** I can understand. My information is done. Thank you, Teacher Seth.

**High Spirit:** OK. The second person.

**Questioner:** I want to know what the theme of my life is in this life.

**High Spirit:** What's your name?

**Questioner:** XXX

**High Spirit:** XXX, you want to know what the theme of your soul is in this life. How old are you?

**Questioner:** Eighteen.

**High Spirit:** At the age of eighteen, you want to know what the theme of your soul is. If at this age stage, even if I tell you, you may not be able to truly understand and experience it. And this information may not necessarily bring you a lot of help at this stage. So do you still want to know this information, or do you want an information that is very important for you at this stage?

**Questioner:** At this stage.

**High Spirit:** Choose one that is the most important for you at the current stage.

At present, the most important thing is trust. And at this stage, the most important thing for you is trust. This trust, first of all, is the trust in yourself and then there is also the trust you have in others, as well as in the relationships around you and everything you encounter. Because when you acquire this trait of trust, it's as if you have it within you, you will completely have a different state. And this state enables you to better, that is, it will shorten the process for you to embark on your own path.

**Questioner:** So how can one trust?

**Higher Spirit:** How can one trust? How can you trust yourself, do you mean?

**Questioner:** Yes, that is, trusting oneself and other relationships. This seems a bit difficult.

**Higher Spirit:** Have you noticed during our communication, when I asked you if this was the question, you said "yes", but you weren't even sure which question you were asking yourself. And then you continued to say that it seems trust is difficult. You will find out how much you need trust. Because for one thing, before you even do it, you have already attributed a difficult trait to it. Do you understand? That means you haven't trusted anything at all. So this is what you really need, that is, it's very lacking and something you need to complete and face.

Do you understand? Because you can't even have normal communication and express yourself. You always think, "Will I say something wrong? Is this sentence right? Should I?" In such a state, it will affect your self-presentation, that is, presenting yourself. Because if you want to establish a true relationship with others, you first have to let others know who they are interacting with, right?

If you can't even let others know who you are, how can others establish a relationship with you? And if in your material world you still need language because you haven't reached a state where there's no need for language at all and it's all telepathy, you still need language to present yourself. So this is the most important thing for you at present. Any questions?

**Questioner:** I still want to ask this question. So what exactly is trust? How to trust others? Trust oneself?

**Higher Spirit:** You start by establishing a trust relationship with yourself.

**Questioner:** Trust, trust my life.

**Higher Spirit:** The first step of trust is that you need to allow. It's like a child learning to walk. At the beginning, they will surely stumble. Now you need to allow yourself to release and present yourself. At present, the time is: 18:02:43 on August 30, 2024, Friday.

Surely at the very beginning, you will feel a little panicked. You allow the stage of panic to appear. In the panic stage, you allow yourself step by step. It may still be intermittent and hesitant (the appearance of such a state). But don't give up just because of the hesitation, intermittence, and panic. It's like a child learning to walk. If he falls a few times at the beginning, you won't let him walk anymore. You say that you can't walk well at all because you will fall. So not letting you walk. Do you think this is in line with the growth process? Right? People in your material world cannot... Because a child falls a few times during the stage of learning to walk, and then he is not allowed to learn to walk anymore.

(The questioner is disconnected)

**Higher Spirit:** Can you hear me?

**Questioner:** I'm still here. I still here. I couldn't hear just now.

**Higher Spirit:** (Continue the previous topic) Just now, it was said that the first step of trust is that you allow it. Just like when a child in your material world is learning to walk, he will definitely fall at the beginning. You have to allow the fall and keep getting up instead of saying that because I fell, I will no longer try. You have to allow that process because you keep allowing and allowing to let him have a natural growth process.

Then you will gradually build up your confidence. Once you have confidence, you will start to believe in yourself. No matter how bad your performance was at the beginning, there's a saying that... Terrible. But it's just a part of the growth process. Because when you establish this relationship for yourself, you can allow others to keep making mistakes. You won't shut someone out just because they made a mistake once and say that this person has a personality problem and I won't associate with you anymore. Because you allow yourself to stand up from your so-called mistakes or falls, then you will also allow others to stand up from their falls or grow from mistakes or constantly (unclear) from mistakes. Because if this permission is not given to yourself, you can't give it to others either. You will know that this is a normal growth process. Okay, this message is over. Are there any other questions?

**Questioner:** Yes, I want to ask a question about food. I like to eat meat food, but I heard that eating meat is not very good for the body. What kind of attitude should we take towards advocating vegetarianism?

**Higher Spirit:** Okay, regarding this question, let me repeat it. The person in question likes to eat meat.

Then, when you hear from the outside world that eating meat is bad, and then how should you be? The most important thing you should start with is not whether to eat meat or not to eat meat.

Rather, it's that you have internal conflicts. Because no matter whether it's a good concept or a bad concept, when it causes conflict within you, it has a negative impact on you. So if you just listen to all the voices from the outside, you can't do anything in this world. Because some people will tell you that drinking too much water is bad, some people will tell you that drinking too little water is bad, some people will tell you that eating too much salt is bad, some people will tell you that you need to supplement iodine, that is, to consume more salt. Then some people say that drinking milk is bad. If you do things based on what others say, you will never be able to do anything. Because there will always be a voice here about what is good and what is bad. So how can you achieve... First of all, you have a rule that everything is a balance. All the good things in the world are given to you. For example, what is a good thing?

If it's a tomato, which contains vitamin C and is particularly good, right? Then if you just keep eating and eating and eating it crazily, it will also have a great impact on your body. So water is good, but if you drink and drink and drink water crazily.

You may also experience edema and there will be many, many... It's not that if one thing is good, you can keep doing it without limit. Instead, it's about how you find that balance point. And your body is intelligent, it has awareness, and it is communicating with you. It will tell you what it wants and doesn't want at this stage. Because your body is constantly changing. Those who are vegetarian may be because their body is telling them that they want to be vegetarian. That is a stage of their growth. But you need to have your own stage of growth. For example, when you are eighteen years old, you may very much like to eat meat. But when you are seventy-eight years old, you will no longer touch any meat.

So you need to conform to your own individual growth pattern instead of constantly taking external information and making it conflict with what you internally want. This is the biggest problem. Then, regarding whether eating meat is good or not, there is always a balance point. For your body, in any case, balance and equilibrium are the best. Do you still have questions about this?

**Questioner:** No. I have one last question. I want to ask if my higher self has any messages?

**Higher Spirit:** The message of trust just now is for you.

You should try to understand well because you need time to understand. And then it becomes a very long process.

**Questioner:** Yes, I know. No wonder I have a little feeling in my heart. I have no problem.

**Higher Spirit:** OK, thank you.

The third person.

**Questioner:** My first question is that something happened between me and my mother. Last time, I asked my mother to help me stuff some sausages. Since I don't like fatty ones very much, I specifically told her not to have any fatty ones at all. But when she brought them back after stuffing them, there was still a little bit of fat. I was very angry. I was extremely angry at that time. My husband said that I am not easy-going. Because I argued with my mother for a few words at that time. I was very angry in my heart. My husband said that I am not easy-going and too fussy. Now I don't really understand what I should learn from this. Am I really so fussy? Or is there some belief in it?

**Higher Spirit:** Regarding what you want to know in this conflict... First of all, you need to know that all conflicts exist first within you before you can experience them.

**Questioner:** Yes, I was very angry at that time.

**Higher Spirit:** The reason for your anger is related to what you believe. If you think like this, I asked you to do such a small thing and you didn't do it according to my idea. Then it may be a disrespect or lack of attention to me or something like that... You will take this action of hers, this one point, and then add a lot of your own definitions behind it to support it.When you add a lot and a lot of definitions in, it changes in flavor. It becomes as if turning a small matter into a big one. But sometimes in your material world, this thing is just simply this thing. There is根本 no motivation behind it at all. This motivation is just a definition in your mind that seems to appear through this thing. Then it's possible that your mother's definition... Your mother's definition is good. Her starting point is good. Why? Because it's like the balance issue I just mentioned. Because if it's completely one hundred percent pure meat, its taste will be very, very poor. Do you understand? So in her mind, she thinks this is impossible. It's completely unpalatable. Then the proportion she might put in is like this and that. That's her starting point, her motivation. But on your side, it becomes: You don't respect me. You don't listen... That is, you don't pay attention to me. You don't pay attention to my request. That is, through one thing, you classify it and give it a definition. Then it will cause you great... And then it will bring up your past experiences: You never listen to me when I speak.

You haven't listened to what I said your entire life. All the events from childhood then come out and it strengthens your... First, you have to know that your body's feelings arise because of certain notions in your mind. If there weren't those notions, your body wouldn't produce... That is, if your notions are different, your emotions and feelings would be different, right? So it (this matter) is just a tool, a neutral one, do you understand? So the important thing is that, through this event, do you just treat it as this single independent event or do you bring in all the accumulated thoughts, views, and events of your entire life about her. Also, in the eyes of others, for example, colleagues or subordinates, they always do such things. That is, when you assign something to them to do, they always can't meet your requirements. You bring in your anger towards others as well. So you need to completely be aware of those voices behind your emotions because there are all kinds of voices, all at once... Do you understand? This requires you to analyze it yourself. But I'm just giving you an example. Why does a small thing cause a huge emotion? That's because... You continue to speak.

**Questioner:** My second question is that I read a book called "The Life Teachings of the Masters of the Far East".

It was said above that there are people on Earth who are several hundred or even thousands of years old. I just asked, is this true? But in my heart, I also believe it. But I want to ask, is this really the case?

**High Spirit:** If this event is something that you personally, that is to say, it is something you need to experience in this lifetime, then it is true and you will encounter it. Do you understand what I mean? If this event has nothing to do with the theme you need to experience in this lifetime, you won't encounter it. Do you understand? All the events that all of you encounter, all the things that everyone encounters, it must be related to you for it to appear in your life. Not everything will allow you to experience it. However, because you always have free will. If you strongly want to know... I must find a person who is several hundred years old, or else I can't sleep. You send out a strong desire, wish, and vision, keep looking for it, and really look for it through actions, and run over there, over there. You can also pull it into your world. Even if this event wasn't originally in your destiny, do you understand?

**Questioner:** It seems like it doesn't matter whether it exists or not. Is it just what's in your mind?

**High Spirit:** No.

The current topic is about the theme of your life experiences. If it's related to this, you will encounter it in your life. If it's not related, you won't. Do you understand? So, no matter whether the outside world says it's true or false, this has nothing to do with you. It's not important. It doesn't mean that some people won't encounter it because they need to encounter such events. All of you have a unique world to experience. Do you understand? It's like your own theme. If you are walking into the desert, what you are going to experience is different from others who are walking into the sea to experience the sea. You have different themes, different goals, and different journeys. If you have never walked by the seaside, then can you tell me that because I have been in the desert all my life, but I heard from others that there are actually sharks in the sea. Is this true? Do you understand what I mean? So, do you say it's true or not? Because you have never seen it or experienced it, it seems false to you because you have only been experiencing in the desert throughout your life. Any questions?

**Questioner:** They have no influence on me. It depends on whether I experience it or not myself.

**High Spirit:** Just to tell you that each of you has a unique experience. If it needs to exist in the theme of your life, it will appear.

**Questioner:** I have another question. That is, I can zoom in on whatever I want to focus on. Some people focus on money. Will they have money then? For example...

**Higher Spirit:** Not necessarily. Excessive focus on money might be due to a sense of scarcity that makes them constantly... It doesn't mean they will obtain money. What they experience is scarcity because their starting point is: I'm too poor. I have no money. So I have to pinch and save every cent and penny. Do you understand what I mean? Their mind is always full of money. Oh, this bill is here again. Oh, why is this bill here again. Can you say they will become rich? It's not like that.

**Questioner:** Then by the same token, when it comes to focusing on illness and happiness, zooming in on illness and happiness also starts from that point, right?

**Higher Spirit:** Let's say, for instance, some people keep trying to find happiness. Oh, there's something happy here. I'll go. Oh, what's over there? Something like eating this can make you happy. Drinking this wine can make you happy. They keep doing this. What's their starting point? Because they are not happy and they want to pursue happiness. Then they are always in a state of unhappiness and dissatisfaction.

Always need to pursue, understand?

**Questioner:** Also, I often have abdominal pain. Sometimes it hurts so much that I feel very uncomfortable. I just want to know what the cause of my abdominal pain is.

**High Spirit:** You want to know the cause of your abdominal pain. Wait a moment. The reason for your abdominal pain is that you are overly tense and you can't relax well. In life, it's very difficult for you to relax completely like a baby sleeping or relaxing like a baby, in a completely relaxed state. This is a tense energy that has been stored there and keeps accumulating continuously.

**Questioner:** Oh, yes. This is that I didn't choose my living state. Right, so right.

**High Spirit:** You are too tense about everything. Everything, both small and big matters, makes you tense immediately. This kind of reaction is like, what happened? What should we do now? It's that kind of highly tense state.

**Questioner:** Yes, yes, yes. It's caused by work. I... I know. I know what to do. I have one last question. That is, I wonder if there is an exercise for us. For example, let go of control, that is, trust. Because it's also uncomfortable to just go with the flow. It seems there is no choice. How to distinguish between the true self's choice and control?

**Higher Spirit:** Drifting along with the current, what?

**Questioner:** For instance, sometimes how do we distinguish between control and choice? How do these two differ?

**Higher Spirit:** Control and choice.

**Questioner:** Right. We want to choose something. Is it that I want to control this state or is it a choice of my true self?

**Higher Spirit:** I don't quite understand your question. Your statement of the question isn't very clear.

**Questioner:** I want to distinguish the difference between control, trust, and choice. Because when we choose something, do I want to control this matter and choose this thing, or make this choice...

**Higher Spirit:** (Because of) trust (to) choose or because of the control generated within you to choose, right? It's very simple. Because, for example, if you choose to have a steak through trust... OK. Let's say if you choose to have a steak through trust, right? Then you go to the steakhouse. They don't have steak, only pork chops. If you are trusting, you will enjoy this pork chop. You will enjoy this pork chop. If you are controlling, I insist on having steak. If they don't serve me steak, I will do this and that. Do you understand what I mean? When something happens beyond your expectation, can you enjoy it very well or do you have to achieve that?

This is a different state.

**Questioner:** This point occurred to me. It seems that for my previous job, I never really made a choice. But I feel that at the juncture of work, before that, I felt more and more uncomfortable. I felt more and more uncomfortable with my working state. I didn't make a choice. Later, when I made a choice, it seemed that I wasn't uncomfortable anymore. I think in the past it was because I didn't make a choice. Why was I still uncomfortable? Didn't I enjoy it?

**Higher Spirit:** Your question is still not very clear. Just ask the question directly. You don't need to describe 'how to reach a certain state'. You can ask like this 'how to become'...

**Questioner:** How to make a choice in my job so that I feel very adapted to my job? Because in the past, I never chose my job.

**Higher Spirit:** You know this yourself. You know this yourself. You can first experience this side, first experience the left, and then experience the right, and then you will know. So in your life, you need to experience it yourself. Because even if we tell you that the right is good and the left is bad, if your body doesn't know and doesn't become that state, it doesn't belong to you. Do you understand? It's just a story you've heard. Only when your own body experiences it, that this is cold water, this is boiling water, hot water.

Then your body will remember it. Do you understand what I mean? It will automatically choose that too hot water will scald your hand. Do you understand what I mean? So if we simply tell you hot and cold, if you don't experience it, you have no concept at all. Do you understand?

**Questioner:**  Got it. Alright, I know. I've finished asking my questions.

The fourth person.

**Questioner:**  Hello, Teacher Seth.

**Higher Spirit:** Hello.

**Questioner:**  My question is like this. There is often inexplicable singing in my heart unconsciously and subconsciously. And then after a while, I can realize that I was singing this song in my heart. Then I would like to ask if this state of mine is me being in a psychic connection or is there any other reason?

**Higher Spirit:** Is this song one that you often hear?

**Questioner:**  No.

**Higher Spirit:** Do you know what song this is?

**Questioner:**  Not every time it's the same song. It's different songs. And for some songs, I know what song it is.

**Higher Spirit:** If you know what the song is, you can't sing a song that you don't know. That is, under such an unconscious operation of yours. And your question is that you want to know how this state is produced?

**Questioner:**  I want to know what the reason is. Is it because I'm in a psychic connection or because of other reasons?

Because I had asked you before, and you said that I would be connected with other spirits when I couldn't turn on or off. So I would like to ask what's wrong with me.

**Higher Spirit:** Do you want to know if this belongs to you or is it from outside?

**Questioner:** Yes, I want to know if my state is in a psychic state.

**Higher Spirit:** You should know that all your information is from outside. Do you understand what I mean? For example, if a fearful thought suddenly appears in your mind, it may be that you feel some energy and then it is projected to you. It may be that because your mind is constantly writing, it's like a video recorder constantly recording. You saw a fearful news, and then it was recorded. Then suddenly you remember this thing again. Imagine that your brain is like a voice recorder constantly recording in your unconscious state. Some of these may be recorded when you are in a dream. Then all these are some information you obtain from the outside world. If you can clearly understand how your body functions, then even these pieces of information can be well utilized. Because some information can give you inspiration.

That is, what chemical reaction it produces in your body depends on whether you will utilize it.

If you won't use it, won't deal with it, and don't know that your brain has the function of recording programs, you will become yourself. You will think, "Oh, I am a very fearful person, a very panicked person. Always afraid of this and that. You turn it into yourself again. You think all these things you have are generated internally. Do you understand? That is in a state of ignorance, and you will turn these into yourself.

**Questioner:** So isn't it a psychic state?

**Higher Spirit:** Why must you always think of this as which is a psychic state and which is not? Why must you always define your experience with something? Do you understand?

**Questioner:** Because I am thinking if it is some message brought to me by the spiritual realm. Will it be in the form of songs and lyrics?

**Higher Spirit:** If you think so, you can use it. If you think, "OK, it is reminding me, hinting at me." Then you can continue to pay attention to this information. What information does it hint at me? What connection does it have with me... You can continuously explore. Because even if it is psychic information, once the information is given to you, how do you use it?

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It's about how to bring it into the physical world to manifest, how to serve you and others. This is because each of you is different and will do something. For example, some people will bring fear into the physical world. The fear they generate within themselves makes others suffer because they are in pain internally. While some people, the things they sense, they can serve themselves well. For instance, this psychic lady, the information she brings serves her because she is constantly renewing herself among these pieces of information, constantly changing her perspective, field of vision, and line of sight. And she also serves herself by passing on this information to you all. She also serves herself by publishing and sharing this information. So isn't she serving herself and also serving you humans, right? She is using these positively. So it's not about which one of you receives less information, or more, or whatever. It's about whether you use your passion, creativity, imagination, and for example, the desire to share to act. Because this is an endless... The more you utilize this energy, the more you use it, the stronger and stronger it becomes.

It's like a well of water. You keep drawing water out, but the water keeps increasing and increasing. But yours, the well, has never shared the water.

The water in that well will always be the same amount. Do you understand what I mean?

**Questioner:** So why is it that there's always singing in my mind? Is this something I need to explore by myself?

**Higher Spirit:** Why? OK. Because when you enter your mind, you try to define everything, find a meaning and a definition for it, and then you can let it go. OK. So let me tell you why your mind keeps singing. Because you're too bored. Because if your mind is thinking about creating or something like that, for example, if I'm doing something like that, then those sounds will go aside by themselves. But precisely because there's nothing going on in your mind, this might come out. Do you understand what I mean? Any more questions?

**Questioner:** My second question is, does my Higher Self, guiding spirit, or the spiritual realm have any information to bring to me?

**Higher Spirit:** Wait a moment. Let go of your obsession. You need to not be stubborn. Let me give you a simple example. For instance, you're walking forward and others are walking forward too.

You have come to a dead end. It's a dead-end alley and there is no way forward. But the sign in front says there is a way. "Why is there no way here? It clearly says there is a way on it. Why?" Then you constantly want to find that way. While others turn around and look for another way. Do you understand what I mean? Because the road sign may be wrong. So others won't waste time here. But you are likely to insist on entering that dead-end alley. You need to let go of all these obsessions. Instead of being so insistent on doing something, you should follow every reminder that life gives you. For example, if you come to a dead end and realize there is no way. OK, life is giving me a reminder now to turn around. Then you should turn around and change direction. Do you understand? This is another state. Instead of sitting there and insisting on doing something like "Isn't this written randomly? Why are you like this?" Because this will consume your time in the material world. Since the physical time of each of us in the material world is limited. Any questions?

**Questioner:** I really like Mr. Jiddu Krishnamurti. Can I connect with him?

**Higher Spirit:** Wait a moment.

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Hello

**Questioner:** Hello, are you Mr. Krishnamurti?

**High Spirit:** I am this energy.

**Questioner:** Hello, I really, really, really like you. I have read many of your poems and I like you very much.

**High Spirit:** Thank you.

**Questioner:** Have you left us now?

**High Spirit:** First of all, when you ask this question, if you consider you and me as physical bodies, that is, you still remember my image, my appearance, my physical body, and if your physical body is like this, then I have already left long ago, right? If you ask this question from the perspective of your material world, then this is... But when you say leave, if I leave, then we wouldn't have the following communication now, do you understand? I just exist in different ways and forms. I exist in different ways and forms in your material world. The existence that the mind understands might only be the existence of a physical body. This is a very limited concept and viewpoint. This is your wrong understanding of existence. Do you have any more questions?

**Questioner:** I think... Are you still Mr. Krishnamurti?

**High Spirit:** Yes.

**Questioner:** I would like to ask if you have anything to say to us, especially to me now, when I am facing difficulties. Do you have anything to say to me?

Because I really like you very much. Don't you know if you can feel it?

**Higher Spirit:** You want me to say some information about the predicament you are currently experiencing, right?

**Questioner:** Yes, that's right.

**Higher Spirit:** First of all, all the so-called predicaments you experience in the material world are not real. Although the main advantage and characteristic of your experience in the material world is that you can't distinguish that it is false and illusory. It only exists because you believe in something. Do you understand? If you change what you believe, that is to say, I have no predicament. What is a predicament? A predicament is for me to get a gift from it. Then your experience will be completely different. So any of your so-called predicaments are just an illusion you create for yourself. It's just that you need to expand your consciousness and grow from your so-called predicament, that is, your current state. Do you understand? So they are here to let you grow. You just need the first thing, which is to believe that these are illusions. Because if you think it is not false but real, you are strengthening it and allowing it to bind you. When you have no predicament at all, you weaken its energy, that is, its influence on you.

After being weakened, you can come out easily. Do you understand? Any questions? You just said there was something you wanted to say to you all, right?

**Questioner:** Yes

**Higher Spirit:** What I want to say is that the previous sentence means that there is a misunderstanding among you. You think, for example, that my physical body exists in this world and brings you information face-to-face or communicates with you, then I exist. But existence exists in a way that you can't even imagine in your minds. Existence exists and it can manifest anywhere. It's like everything you see. Every place, every place has a small hole. It can pop out from any hole. But under the hole, it's like seawater, all water. Do you understand what I mean? It may only come through, for example, in China, the United States, the United Kingdom. Every place has a hole. It's just that for some people on that side, for example, they have a craving, a desire. They want to appear from that side. Then it might be because of this energy matching that this energy is brought out. But the source is the same. Any questions?

**Questioner:** Mr. Krishnamurti, I like you very much. I would like to ask if you can feel my love for you?

**Higher Spirit:** Your question is whether I can feel your love for me?

**Questioner:**  Right, yes.

**Higher Spirit:** When we don't have a physical body, we don't have a, like an instrument to generate so-called sensations. That is to say, emotions are only generated by people who have bodies. For example, sadness or something. That is, the feeling you mentioned requires an instrument to be felt. But if you tell me that you bring me information and say "I love you", then I can tell you that I have received your information. Understood? And also, forever and ever and ever we are all love. That is, in this whole, we are all in a state of love forever and ever. Any more information?

**Questioner:**  No.

Fifth person.

**Questioner:**  Nowadays, many people lack a sense of security in relationships between the two sexes. How can we find the reasons for our lack of security? How can we become more secure?

**Higher Spirit:** Regarding security in relationships between the two sexes, first of all, the lack of security that stands out in relationships between the two sexes is just one manifestation. It is just entering from this point and showing up. It will also appear anywhere. Understand? It will also appear in any relationship. For example, with your child, you will worry about whether he will fall.

Will he get sick? This is a manifestation of your lack of security, so it will be reflected in various aspects. So it's not just in a relationship between the two sexes. So your question is, how can one become more secure?

**Questioner:** Yes.

**Higher Spirit:** First of all, for each person, the reason why they lack security is like the cause of the disease, the reason for the onset. Each person is different, everyone is different. So what he needs is to say that according to the individual, it's like giving a targeted solution for each person as if it were a solution. Then, in a general situation, how can humans improve their own sense of security? That is to say, you humans should find out who you really are and what is the true life. Do you understand? This is a big problem for you, that is to say, for you humans, who are you exactly and what is the true life? Because when you discover, that is, to find this connection layer by layer, all the panic, insecurity, or whatever... All these problems within you will dissipate. Do you understand what I mean? So you can target some manifestations of a person's lack of security and prescribe the right medicine specifically. Target it specifically, OK, to make him feel more secure. This is because... it's like learning to walk.

It is a process that needs to be slowly formed, that is, to let your body develop memory. It is a process. But if you want to solve some problems such as insecurity and fear at various levels, then you can explore the truth of life. Because when you discover the truth of life, you will discover the truth about life. And when you can truly and thoroughly understand it later, you will naturally reach that state. You don't need to pursue it or... For example, if I don't know the truth of life and I have many symptoms such as pain in the feet, head, hands, and buttocks. If you only deal with the pain in your buttocks, you are only solving... But other problems will still appear in other aspects, right? But if you solve the problem from the most fundamental level, then all the pain will disappear. Do you understand? Any questions?

**Questioner:** The next question is that for personality disorders, there are two extreme personalities and thoughts existing simultaneously inside an individual. Which one is real? How can they be made harmonious?

**Higher Spirit:** First of all, for personality disorders, there are two extreme thoughts in his mind. Let me first say why it occurs.

First of all, he would be self-rejecting. He is self-rejecting inwardly. For example, if I have such a vicious thought in my mind, first of all, I have to stand up on the other side and say: 'I have to get rid of it. Why do you have such a disgusting thought? How could you have such a vicious thought?' Do you understand? When you are trying to reject it, this conflict arises, this obstacle arises, and then it will always be in such a continuous state. Why is it like what we said, when you are trying to reject something more, actually you are manifesting it. You are deepening it, deepening its influence on you. It's such a relationship. So only when you become aware of the voice or thought in your mind that it's just a thought, it's like a cloud floating by in the sky. A cloud will float away.

If you just have this attitude without fear and without taking any action, it disappears. Do you understand? So only when you start to judge: Why do you have this thought? How can you be so vicious? Aren't you supposed to be kind?... When you are like this, it creates conflict. Just like the principle we said, when you are more afraid of something, more resisting it, more rebelling against it, you are actually deepening its influence on you, right?

If you know that this is just a thought. This thought doesn't represent anything about me. It will come and it will go. So in a way that allows it to be like this, if you don't do anything, it will float by you, but it won't have any impact on you. Any questions about this?

**Questioner:** The next question is how to distinguish whether one is attacking or defending. How to express oneself without hurting others?

**Higher Spirit:** Attack or defend. Attack means an action you take because you want to achieve something. For example, you want to change the other person. Not only change the other person, but you also want to change this event. Do you understand? And then you want to change. For example, if the other person keeps talking and you say, "Shut up! If you don't shut up, I'll hit you." You want to change his state, then you become an attacker. Do you understand? If you are just defending, you actually don't want to change his state. For example, if that person keeps hitting you, then you choose to walk away and hide in the room. Then you are defending yourself, that is, leaving the scene of the case. Do you understand? And if you stand up and hit him back: "Ah, why are you hitting me?"

... If you keep hitting him, then you become the attacker because he has already stopped, but you are still hitting. This is two different distinctions. One is that you have a strong desire to change, and the other is that you just say I'm leaving this place that is not suitable for me to stay.

**Questioner:** Then how can we express ourselves without harming others? Is there any more information that can be brought in on this point?

**Higher Spirit:** How to express yourself without harming others? First of all, you need to know why you think expressing yourself will harm others. Why do you have this feeling that when you express yourself (it will harm others)? Do you understand? Because this is a conceptual mistake. You think that when you express yourself, you will hurt others. This is a conceptual mistake of yours. So when you raise this question and have this concept, you already have a conceptual mistake. Do you understand? That is, you consider it as expressing myself will hurt others. Do you understand? Then the other party may have a lack of understanding of you, but you can give an explanation. If after the explanation, he still doesn't understand and still thinks you are hurting him, then it's his problem. It's something he needs to face and grow. Give the other party time, do you understand?

Because his cognition is limited, he may not be able to understand that for the time being. You allow him not to understand. Do you understand? But you can still let him see from other aspects that you have no intention of hurting him. You care about him. Although you don't understand this point, I won't force you. But I will still show my concern for you.

**Questioner:** The next question is, every time we have a psychic connection, we will feel an increase in wisdom. Then on this path of pursuing wisdom, is there never an end?

**Higher Spirit:** Is there never an end on this path of pursuing wisdom? I can tell you that the present moment is the end. Do you understand? The present moment is the end, that is, the action of pursuit. Then that is the end. Because wisdom is not obtained by pursuit. Tell me, is the germination, blooming, and fruiting of a seed something pursued? This is a natural process and change. Life itself is like this. So it's not that you can obtain wisdom by pursuit and you can't obtain wisdom if you don't pursue. Do you understand what I mean? Does it mean that those who don't pursue won't obtain wisdom? Do you have any more questions?

**Questioner:** The next question is, is there any information from the spiritual realm that can be brought to this psychic girl?

**Higher Spirit:** Wait a moment.All of our psychic information is serving her to varying degrees, on different levels, from different perspectives, and at different points. So, all the information is for her. But she will be like, as if we have planted many kinds of seeds and sowed different (seeds), but they will, for each seed, blossom and bear fruit at different times and then manifest. So different seeds will, at different points, really in your material world, you will see that it is manifesting and serving you. Because this is not an obvious thing, not something you can clearly distinguish. Although there are some changes in your material world, they are not obvious changes. But she will constantly enjoy at every point the sweetness and abundance like the blossoming and fruiting. So all of our psychic information has planted seeds in her heart.

She will, in the course of time... For example, when she reaches this point and she needs to eat an apple, then the apple will appear. When she needs to eat an orange at this point, then the orange will appear. When she needs a banana at this point, the banana will appear. They are all there. The seeds have all been sown, and the fruits will present themselves in your material world at different times to serve you. So, is there any special information that we want to give her, that is, information from the spiritual realm to her. Her wish is very strong and significant. Then, we are very grateful and feel a sense of gratitude that she has such a strong desire to enhance and transform the collective consciousness of humanity because this is her greatest wish. And at every step of hers, she will receive support from us at different levels. This sense of connection will become increasingly stronger. She may need to enter a state of transformed consciousness now in order to communicate the information. But next, she can keep communicating the information without having to transform. That is, she can continuously convey wisdom. It's as if previously, she needed to do a job to reach such a state and undergo a transformation. But in the future, it will naturally be like this, without the need for (transformation), as if the person and wisdom are in a unified state. This is a state that she will achieve in the future. However, this state is not to serve her, but she is allowed to be in such a state to serve others, to serve other people, and to serve the entire humanity. Do you understand what I mean? It's not that she takes this fruit for herself to eat and sweetens herself. Of course, she will definitely sweeten herself, but more importantly, she takes this fruit out to share with humanity because this is the highest state of consciousness. The highest state means it's just a state of sharing. Just like we are sharing information with you now. We have no intentions, no demands for rewards, nothing. We just share. Because when the level of consciousness reaches the highest level, it's just service, just sharing. And then in the state of sharing, continuously and continuously feel this unconditional love, real love. Because this love, you can only feel it when you continuously share. When you don't share, you can't feel it.

So in your material world, the way for you to treat your physical illnesses or pains is to share, share what you have. And when you are sharing... Because as I just said, you can feel love when you are sharing. If you don't share, you can't feel love. But when you feel love, the energy of love is healing, it's unity.

And there is a concept that you humans need to understand, that is, you humans have a kind of thinking that if I share, I will have less. Do you understand?

Anything will not become less because of your sharing. It just turns into another way of existence to serve you. Understand? For example, if you have two apples in your hand and you share one apple and give one away, then the other person may share an orange that they have with you. Understand? Then it's possible that the other person didn't give you an orange. Instead, they gave you a sentence: "You are a very caring person." And that sentence is exactly what you need the most because you have always felt that you are not caring enough or you have always been blaming yourself, having low self-worth or always... The affirmation and praise from others will bring out the most beautiful side of you and bring out the beauty of life for you. It may not turn into an orange or an apple and come back to your hand. But that sentence from them is the most nourishing for you. Understand? So don't judge whether you have received a return simply from the material level, thinking that my things have become less. Because you are limiting it. Because any and all sharing can never become less. It will only double and double and become more meaningful. Because, for example, when you have taken a bite of the apple, you have already experienced the sweetness of the apple. It has already sweetened you.

If you pass it to someone else and they take a bite, and they also experience it, then it's not that only one person tastes the sweetness of the apple. Both of them taste the sweetness of the apple and its value begins to double. That multiple keeps increasing. Do you understand? So sharing will never make you have less. This is a new concept that people in your material world need to understand. It will only double its original value and become increasingly powerful. Any questions?

**Questioner:** There's another question. I want to ask if the spiritual realm or my Higher Self or my guiding spirit have any other messages for me?

**Higher Spirit:** The message they want to give you is that you are a very, very generous sharer. Thank you for your sharing.

The sixth person

**Questioner:** I want to ask about my son XXX. What kind of belief makes him keep biting his fingers unconsciously?

**Higher Spirit:** You want to know why he bites his fingers unconsciously. Because when he does this, he establishes an intimate connection with his hands and mouth. Just like you mammals, they want to suck their mother's nipples because they feel that connection through that nipple. Do you understand?

So he's giving himself a kind of soothing effect and then establishing a sense of connection. If you want to understand from this perspective why some people do certain things, it's the sense of connection. Because you know you need it, that's why you will look for this sense of connection from all aspects, all directions, and all places. Any questions?

**Questioner:** But this sense of connection of his has already caused harm to his body. For example, the nails are gone. The nails of all ten fingers are almost gone. In this case, how can I make him stop or make him accept it...

**Higher Spirit:** First of all, you can't forcefully take this away from him. You need to establish another kind of connection with him from other aspects. Understand? After you establish this kind of connection from other aspects, this action of his will naturally decrease. And it might also be a stage. Just like when a child is young, he definitely needs to drink milk, he definitely needs breast milk, he definitely needs to drink milk. That's a very difficult thing at that time. But as he gets older, without weaning him, he will naturally not want milk anymore. Do you understand what I mean? So you don't have to be too nervous or pay too much attention. You don't have to do something extreme to remove this. You can explore with him together. Besides this in his life, for example, he likes playing ball the most, right? Then when he's playing ball, he won't bite his fingers. So you can play ball with him more. Maybe he especially likes skating. Then you can skate with him. Do you understand what I mean?

Don't say that he especially likes music or something like this. If he has a connection from other places, he naturally won't from here... This will gradually weaken and fade. Any questions?

**Questioner:** Yes, I understand. I shouldn't take this as a problem.

**Higher Spirit:** Just like what I said earlier, no matter what you see in the material world, the more you resist, the more you conflict, and the more you want to eliminate it, the more you strengthen the impact of this event. Do you understand?

**Questioner:** I have another question. How can I unlock the insecurity accumulated over many lifetimes?

**Higher Spirit:** Regarding the insecurity, as we mentioned earlier about the issue of insecurity, if you want to fundamentally solve all of that, you can lead yourself to discover the truth of life on this path.

If you seek in your way and receive more and more information, after you understand the essence of life, all your insecurities, fears of life and death will all disappear. A person who can truly understand, that is, who can truly know the essence or truth of life, will not fear death. They will welcome death as if it were a happy event or a big day. Do you understand? Then they know that death is just a transformation. Any questions?

**Questioner:** Yes, I understand. Then how to explore the essence of life...

**Higher Spirit:** Right now, our communication is helping you explore, helping you see, and helping you see your problem from a higher perspective.

**Questioner:** My question is that if this sense of security is not about death but in life experiences, for example, this event...

**Higher Spirit:** I mean if you know the truth of your life, even the fear of death will disappear. Everything will disappear, including the sense of insecurity. Because when you, for example, your sense of insecurity comes from your fear of division. That is a misunderstanding of life. You think that people, that is, our two bodies only being together, then that's called being together.

Well, that is a wrong perception. When you understand what a true (life) is, then that wrong perception of yours will naturally cease to exist. The fear and insecurity you have will not come either. So all these arise because of your lack of understanding, your misunderstanding. That is, you view something with an old concept. Of course, it will arise... Because all the reactions and emotions your body generates are supported by a concept. When that concept of yours is replaced, that is, when it is replaced by a newer concept, then the feelings of your body will also change. So, I mean that you keep exploring on your own path. Then those who have explored the truth of life (people), they will share with you. Then the path you explore in the future, you will be a sharer. You share yours with others because each of you is unique. Not everyone has the same path.

**Questioner:** I understand. It will form my mission, will form a state and can also bring guidance to others.

**Higher Spirit:** It will become the unique you. My question is over.

The seventh person

**Questioner:** The existence of a thing is the matter of heaven, the matter of earth, your matter, and my matter. Then, of course, the existence of a thing is reasonable.

Then on the trajectory of fate, when should I choose to submit and when should I choose to change the old cycle, actively and maliciously change my fate and become the master of my own life? For example, my current job...

**Higher Spirit:** First of all, what you said before about one thing existing is a matter of heaven, earth, you, and me. This is just your opinion. It's only a personal opinion of yours. The existence of one thing is because someone believed in something, and his intention manifested that event to give him growth, to give him the opportunity to grow, and to let him see clearly an inner state of his. Do you understand? It's not that God wants it to exist. Because your so-called God is like a drawing board. You can draw anything on it, OK? Do it like this... A white drawing board. You can draw anything in your mind and then it becomes real, becomes an event for you to experience. Because God gives you the opportunity to learn and experience from it. Do you understand?

**Questioner:** Then when encountering one thing, when should I submit to...

**Higher Spirit:** First of all, you need to know that it's not that you encounter the thing. It's not that the thing is there and you walk over and encounter it. Instead, this event is manifested by yourself into this material world because this event is helpful for your growth. You need to manifest it so that you can see it, experience it, and transform it. Do you understand? It's not like there's a dead and fixed event there like a house, and you walk into it. Instead, you manifest this castle in your own mind because whether you want to experience in the castle, have a negative experience, a positive experience, or have something related to your fear or whatever. Can you understand this relationship?

**Questioner:** So it's equivalent to me actually just being a kind of experience, and they are all some tests given to me by my subconscious to make me grow up. Whether it's submitting or changing fate or something like that, it's just a link in the game...

**High Spirit:** First of all, that is your misunderstanding of the operation mode of the material world and of the entire operation mode of your material world. It is a misunderstanding that leads to... That is to say, if you don't even know how the material world operates, all the objects that are produced are what you think they are. It's not because of that. Do you understand what I mean? All the events in your material world, OK. First of all, there is collective consciousness. Collective consciousness is that you all have a common fear, and some events are projected. For example, this epidemic is a very good collective event for you to experience. Because of your sense of powerlessness, it is the weakness of humanity... That is, you believe that the human body is weak, that the virus is powerful, and that we are powerless. Everyone believes this and then they jointly manifested it for you to experience. And then, some smaller events, that is, you as an individual chose to manifest these events in life. For example, other people can join this because they can jointly learn and grow from this event, and you have a common frequency, the same frequency. So all of this is within you...

All the appearances in the material world are projected from within you for you to recognize, experience, and change. Because the main function of your material world is through real experiences. For instance, you can touch such a hard wall with your hand, right? How hard it is! You can taste such a sweet taste with your mouth. Because they will deepen your experience and you will... Therefore, the greatest advantage of the material world is that it is so real that you can't tell it's fake. But, it is also so fake that everything is an illusion, a mirage. You need to slowly see clearly and recognize clearly. After you see and recognize clearly, you can create some experiences you want, instead of unconsciously accepting the fears of others or those of your parents, and continuing to manifest the same events in your life.

Is there any more question?

**Questioner:** Thank you. No.

# 2021/12/15 - Online Group Channeling Q&A

The First Person

**High Spirit:** You can ask. What's the question?

**Questioner:** My first question is that I want to ask why my reaction to things is in a startled and combative state, as if everything makes me very nervous, like 'What should I do now?' I'm also in a hurry when doing things. What kind of psychology makes me like this? Because I don't like being like this and I can't be calm. I want to know the reason.

**High Spirit:** Wait a moment. First of all, the situation you described is like a collective consciousness of yours. Because it's as if you were in a small village, right? Then if all the people in the village are in a state of high tension or panic and busyness, when you enter that state, you will naturally follow their rhythm and enter that state. So in such an environment, it has a lot to do with your circle, then the collective consciousness, and the environment you are in.

Because you people are an interacting group, unconsciously all of you seem to be operating at the same frequency.

**Questioner:** But it's like this in my work, but I feel that in my life, I also seem to have such a hasty reaction. Has it been brought into my life?

**Higher Spirit:** Because you are still in that village. Just as I said earlier, the state of that village is like this and you still live in this village, do you understand? So you need more... For example, if there is a village with a hundred people, right? Now ninety people are in this anxious state. Then if sixty people can become in a very peaceful state of mind... Do you understand what I mean? Your entire state is like this.

**Questioner:** Oh, is it related to my environment and not to my belief system?

**Higher Spirit:** It's like you are unconsciously following (operating, following) the waves. When the waves rise, you will also rise with them. Unless you yourself change through this environment, that is, you take this as a way to cultivate your own inner stability or an inner state. Because currently, ordinary people, all people are influenced by the collective consciousness.

If the collective environment is in a state of panic, then it is panicky. Like this epidemic, basically everyone has joined this collective consciousness influence. Do you understand? They are all in a state of fear and panic about the epidemic. You are all affected. If you are not affected, then you need a very high state of conscious awareness so that you won't fall into this collective vortex.

**Questioner:**  Oh, I thought I was the only one.

**Higher Spirit:** Then why do you think the whole world has been affected by the epidemic? It's like you come to ask me that the epidemic makes me very panicked. What should I do... Because your consciousness, on a deep level... On the surface, you think you are individuals, right? You are you, I am me. But on a deep level, all of you are connected. That is, your consciousness frequency will affect others, and others will then affect others. And what is the work we are currently doing? It is to bring good influence, positive and active influence. Do you understand? The information we transmit to you will also spread like an epidemic or plague. But what it spreads is not fear, but love. So it will also slowly spread out from among you like a virus.

So you must not think that your power is very small. Because each of you seemingly individual entities, at a deeper level, you are all connected. That is to say, whatever intention you send out, the other party can receive it. Do you understand?

**Questioner:** My second question is about children. In some cases, he is always爱哭 (crying a lot). When he cries, I will be very angry and rather impatient. For example, sometimes when I wake him up in the morning and ask him to get up, he will cry. If his father helps him get dressed, he won't cry. Also, for example, when he is taking online classes and he is a bit slow, I scold him a few words and he cries. Also, sometimes when he is looking at the iPad and I don't let him look, he cries. When he cries, I scold him and he cries even more. My mood is also not good. I don't like this interactive state. I want to know how to change it and why.

**Higher Spirit:** Your child is crying for you. It's as if those symptoms of yours will show up through the child. Do you understand what I mean? Your inner crying, your kind of... towards life and life. He brings it out for you to see. Because you must have a way to see your own inner state, your state of consciousness. If it's not through these events, material things or people reflected in the external material world.

You cannot see what kind of state you are in internally. So the state of crying, sadness, or collapse, or any unhappy state, or a suppressed state is your true state. Because your conscious mind, your brain will suppress these... Because since you were young, you have been taught that you should do the right thing. You are an adult and you should be sensible. So you will not reveal your true inner emotions like a child. Do you understand? So you will suppress a part of your emotions, moods and true feelings.

Then this feeling will be presented to you through the outside. Everything that happens on the outside is just to let you see that you are in... It's like a state when you look in the mirror. It's just to let you see, OK, there is a dirty thing on your face. Let you wipe it clean. So you don't have to look at this dirty thing and say: 'Ah, how so miserable! Why is my face so dirty? Why am I so ugly?' Do you understand what I mean? You don't need to be overly fearful, overly cry, or angry because of that dirty thing. You don't need it because you can choose to wipe the dirty thing clean at the moment. So you don't need to be nervous. When a child cries, you only need to realize, OK, my own internal state may be relatively tense, relatively suppressed, and relatively unpleasant.

So, I choose to live in a state of being happy, cheerful, and joyful from now on. When you choose that state and enter that state, your child will also be brought into that state, do you understand? So your state, everything you look at around you, that's all what you see in your current state. When you change your perspective, what you see will be a different scene.

**Questioner:** There is another question. My parents are quite convinced by the promotion of health care products. They say this thing works well for them and it's given for free. Later, they are willing to spend a lot of money to buy these useful or useless things and keep indulging in this. I want to ask how I should deal with their behavior.

**Higher Spirit:** What you see are all some surface aspects of you humans, like symptoms. Even if they don't (buy health care products), they might have other things. When they see other things, it makes them scared or panicked, do you understand? Because health care products can bring them hope, bring them the feeling that: I will become younger and younger, my skin will become better and better, or my bones will become stronger and stronger. It brings them like this (feeling). Because all of you are currently seeking a way or method from the outside to support your inner selves.

Come to make yourself feel that I am fulfilled, I am powerful, what kind of person I am... Even if your parents don't express their inner feelings through this phenomenon, they will do it in other ways. So you don't need to take away this way of theirs directly, as long as it doesn't affect personal safety, understand? Because for everything, you need to have a beautiful vision and wish.

You can take a broad look at all the money-making projects in your material world. They all take advantage of a human's fear and a human's pursuit of security and other aspects to establish an industry to satisfy your pursuits and make you keep spending money, understand? Then if you don't have this aspect at all... For example, for your medical insurance, you yourself know that you have the healing function when you are sick. If you are fully aware of this, you won't spend a lot of money on medical insurance. There are also those kinds of accident insurance and various insurances. They are to create a false sense of security for you. But no one in this world can give you any security, no matter how good they say, understand?

Because even if you were locked in a place with thousands of security guards surrounding you, keeping you in bed and ensuring no one could put you in danger, you could still suddenly die of a heart attack in bed. Do you understand? So if you look at what security is from this perspective, the true sense of security comes from your understanding of life, your awareness of life, your passion and longing for life. That is to say, if you don't want to die, no one can kill you. Do you understand?

**Questioner:** But what about aging and natural death?

**Higher Spirit:** Well, it's just that when they die, it's only the physical body that dies. The body they have exists and when they die, it might be that they didn't take good care of it. You chose this body and you have the responsibility to take care of it, do you understand? Although your physical body has its own awareness and can take care of itself to some extent, you also have the responsibility to care for it. Just like if you need this car to take you to a destination, if you never maintain it and just let it be exposed to wind and rain or whatever, it will rust, it will age, and it will malfunction. Do you understand? Because you need this tool to take you to your destination, it's your responsibility to keep this tool operating smoothly in order to reach it.

**Questioner:** Okay, then I understand. Thank you, teacher. That's all for my question.

Second person.

**Questioner:** Hello, Higher Spirit. Today I want to explore my relationship with my family. That is, what kind of relationship did I have with my family in past lives or previous lifetimes? And what kind of life lessons are we facing together in this lifetime? The first one I want to ask about is my mother. I think she plays a very important role in my life. Then my name is XXX, and my mother's name is XXX. Thank you.

**Higher Spirit:** You have a misunderstanding about past lives and this life. You think that one life ends and then this life begins. It's like this... so there will be a before and after. But there is no before and after here. It's all simultaneous. We have used a metaphorical way before. It's like you have five fingers on one hand. Then this finger is in cold water, this finger is in ice water, this finger is in warm water, and this finger is in mud. It perceives in different states. And then each finger being in different places is what you call past lives. Do you understand?

**Questioner:** That is, they exist simultaneously.

**Higher Spirit:** Yes.Because you are an individual, this finger of yours can only perceive one thing. But for your body, you know that each of my fingers is in a different situation. Mine is in the mud, this one is in the water. Understand? It's what you call the Higher Self. I can answer your questions. I'm just here to prevent you from thinking that another lifetime has disappeared. Because in your perception, that one is I have passed away, I have died... But that one is not you. Think about it. If your little finger is broken, then it's broken. If it's disabled, then it's disabled. You can't say that my other lifetimes... My index finger is fine. The index finger is the index finger, and the little finger is the little finger. So you need to cherish your life and your body very, very much. Because no matter what, this you, that unique you, is just like your five fingers. The little finger can't replace the thumb. They can't replace each other, understand? Because each of them is connected to different nerves and pathways. So don't think... Some people think that I can choose death, and then I can choose again. But the person who chooses again is no longer you. And then you want to know about the relationship of your other lifetimes. First of all, for example, if you are a liberal arts major and you study English, and then you say that you want to know what the language on Mars is. Does the language on Mars have anything to do with your exploration in this life? Do you understand what I mean? Does it have practical help for your life? Because can you use the language on Mars on Earth? No one speaks that language. So you need to know the purpose of your exploration and how this information supports you. This is the most important thing. For example, if you say that I have a particularly deep affection for my mother, but I particularly dislike her in this life. Then you can find information related to this aspect from this starting point. For example, I particularly dislike her because I once (unclear) exchanged our experiences. So it is best to have a point so that you can extract the real thing... Just like when you are writing an essay or a story, you must first have a goal, a purpose. What is your theme? When you explore your relationship with your mother, what is your theme? What kind of thing do you want to understand? For example, it can help me improve our current relationship or something like that. So you also need a clear search keyword. You tell...

**Questioner:** (The asker was just disconnected.) I'm back.

**Higher Spirit:** What's your keyword?

**Questioner:** I'm back. Sorry, I couldn't hear just now.

**Higher Spirit:** Just now it was said that you went to explore your relationship with your mother. It's like you're searching on Baidu. You need to search for a keyword. For example, "Why am I particularly impatient with my mom?" That's the kind of keyword you need. I want to know if the relationship between past lives affects this life of ours?

**Questioner:** Yes. I want to know what kind of relationship was in the past life that had the greatest impact on this life.

**Higher Spirit:** First of all, the most important influence... No matter which point it is, it all has... It's like when you feel each finger of one of your hands. Can you say which one is the most important? Can you say which one is meaningful and which one is meaningless? It's all just an experience. So in this life of yours, when it comes to the relationship between you and your mother that you want to focus on, for example, how to make it better or how to do something. You need to have a clear theme.

**Questioner:** Okay. Then how about asking this way? How can I communicate with her more smoothly? I want to tell her that I actually love her very much, but there are always some problems in our communication.

**Higher Spirit:** So you want to explore your past life relationship?

Or rather, how to improve the communication between you two

**Questioner:** Can I ask both?

**Higher Spirit:** OK. You ask the first one first.

**Questioner:** That is, our relationship in the past life.

**Higher Spirit:** Please wait a moment. Here I found that in one of your past lives, you were very close sisters. But you always bickered. That is, although you loved each other very much, you especially liked to bicker. But this bickering was not negative. Instead, it means that you were both expanding each other's consciousness. For example, the ideas of all of you would only be within one idea, right? Then when you were bickering, the other person was helping you expand your idea. It's like at the very beginning, you could only view something from your side, right? Then when you were bickering, she pulled you to her side to look at that thing. Both sides of that thing were seen by you. So on the surface, in your so-called bickering, argument, or this point of bickering, you thought you had conflicts. But in fact, it was through this close relationship that you were forced to the other side to perceive. Because all of your souls, it's as if you have many, many tentacles. You want each foot to constantly and constantly feel more. Just as you think about a pool of water. If that pool of water is just at one point, then its perceptual area is very small. If you think about it this way, there is a room. If a water droplet drips to the center, then it can only perceive a very tiny area in the middle, maybe an area as big as a fingertip. Think about it. That water droplet needs to cover the entire room. Understand? Then it continuously extends and extends. This is your soul. Your soul is always continuously extending, always wanting to perceive. Do you know why humans, that is... Because this girl raised a question today about your marriage. Why is it that so many marriages end and encounter many, many... The design of your soul itself is to perceive different things. Think about it. If you enter into the life of another person, whether it's a male or female friend or your significant other, you are looking at the world through his or her life. That is, your perception expands again. If you interact with another person and expand again... And what is this? This is the Creator who is constantly expanding each of you individuals... Each of you individuals is like one of his tentacles. Understand?

Every tentacle is indispensable and irreplaceable. His tentacles extend as much as possible, keep extending and keep sensing, do you understand? So your soul also constantly wants to sense, constantly wants to sense. That's why you constantly choose a physical body to constantly experience. Because when you regain a personality, your perception is different. It's like having a completely new tentacle. After your physical body ages and dies, that is, that tentacle ages. That tentacle has no feeling anymore. It's numb. It sees something or it has already... Look at the new tentacles, then look at your new life. A little baby, just arriving in your world, wants to lick everything with the tongue. He is full of curiosity about everything and wants to sense everything.

He wishes to sense everything in your whole house. Do you understand what I mean? What about the elderly? They have become slow. They think the world is like this and they no longer want to sense. So their aging and then rebirth is a very good thing for perception and also a very good thing for your society, because there is constantly fresh blood coming in.

This is vitality. This is vigor. So if you can look at that period of your relationship, your relationship is good. You love each other very much. It's a sister relationship, but you often bicker. What is bickering? It's that you have agreed among yourselves that you want to use this way to... That is, I must pull you to my side to take a look because our perspectives are completely different. Then you can go back to this life, your relationship with your mother. Do you think there are obstacles in your communication? Where are your obstacles? Because you always stand from your perspective, and she always stands from hers. You two have returned to that kind of mode, do you understand? When you need to stand in her perspective, you need to put aside any memories about yourself, that is, your personal ones. You need to use your mother's growing environment, the way your mother was treated when she was a child, some traumatic events and major events that your mother has experienced. These will all leave marks in her life. That is, every experience gives her a color. Different colors are constantly added and then she looks at the world. Her internal system, that is, some of her fears, beliefs, and her ways of survival. You need to take all of her things with you so that you can see her things from her perspective and understand? You need to completely let go of what you already know. It's just like you are now...

**Questioner:** From her perspective.

**Higher Spirit:** Think about it. When a soul reincarnates and chooses a life again, all your memories will be erased. If they are not erased, think about it. You will still use your old perspective, old memories, and everything old. This is not a good thing for you. You will never see the truth clearly because you are always looking at it through the colors of layer upon layer of traumas and experiences... Do you understand? So you can never expand your perception. Any more questions?

**Questioner:** Also, my grandfather. In the north, he is called grandpa. In the south, he is called grandpa. I didn't catch up when he passed away and didn't see him for the last time. So I miss him very much. I want to know if his soul has anything to say. Any words he wants to say to our family? His name is XXX.

**Higher Spirit:** Now he is a little bit distressed and blaming. And he is angry. It sounds like a dialect: "What are you arguing about? What's there to argue about between the two of you?" (dialect) Then he said that there is nothing to argue about between the two of you. This is the message he gives you.

**Questioner:**  What are you two arguing about?

**Higher Spirit:** Yes.

**Questioner:**  Who are the two of you referring to?

**Higher Spirit:** I don't know. He just said, "What are you arguing about? What's there to argue about?" I don't know what he's talking about.

**Questioner:**  Okay, thank you. I have no more questions.

Third person.

**Questioner:**  I want to connect. I had a boyfriend before. One night, he suddenly died in a car accident. Do I need to say his name?

**Higher Spirit:** You can say it.

**Questioner:**  I just want to connect with him. What does he want to say to me? Because he left so suddenly at that time. Later, I also went to the funeral home to see him. Then I saw a cold body. He left as soon as he said so. At that time, it had a great impact on my emotions and various aspects.

**Higher Spirit:** You want to know if there is any message from your suddenly deceased boyfriend for you.

**Questioner:**  Yes.

**Higher Spirit:** He said that I have been trying to contact you all the time. You seem like a papaya head. No matter how I try to get through to you, you have no reaction. He has tried countless times to contact you. Then it's because you are not sensitive enough. You are not perceptive enough. That is, you are too immersed in external distractions. Then it's very difficult for your heart to calm down. So you haven't noticed the signs of him trying to connect with you.

The night he left, I dreamed about him. The night you left, did you invite me and my family to have a meal? Right? I had a dream. You sent me a message in my dream. Then the next day, a friend said you had left. Is that right?

**Higher Spirit:** The message from him just now told you that he has been trying to contact you all the time, but you are too immersed in your material world. Then you missed those messages. That is, you didn't see the messages he sent to connect with you.

**Questioner:** Then what do you want to say to me when you connect with me?

**Higher Spirit:** Wait a moment. What I want to tell you is that I can watch you anytime and anywhere now without any restrictions and accompany you. There is no obstacle in communication at all. Because I will receive your information as soon as you think in your mind. There is also no physical obstacle. So for me, I feel that our relationship is even closer than before. There were many barriers before, but now there are no barriers at all. So for me, this experience is still a very good one.

**Questioner:** You left suddenly due to a car accident at that time. It was very tragic. Have you figured out everything now? Then I wish you better and better. Is there anything else you want to say to me?

**Higher Spirit:** Only the body can't figure it out. The body will be unable to figure it out. Understand?

The body will be down because there are only these few programs in the body, so it's an obstacle for me. Now without this limitation, without this obstacle, I can experience everything more and more fully. So not everyone needs a physical body to experience.

**Questioner:** But your former parents and sister, you just left like this suddenly. They will be very sad for their entire lives. But you are now very relaxed and have become open-minded. Isn't it? You do that kind of extreme sport, drag racing. You just left as you pleased.

**High Spirit:** First of all, for relatives, they surely find it hard to accept now. But this is a course of life they must face. It's like they have to go through this pain, this loss, this suffering, and then explore more to find out why, to find the reason. And in this process of seeking is a process of their growth. Because you must go through either this kind of growth or another kind of growth. Anyway, it's all growth. Then from a higher level of them, they know they won't lose anyone. Just like I just told you, only the mind will be unable to get over it. But when you leave this mind, that is, after leaving this limitation, you won't have anything to be unable to get over.

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You don't have this restriction. So when they don't have restrictions, they won't have any restrictions. Any questions?

**Questioner:**  I still want to ask. My son is very clingy to me. Every day, it's like "Mom, mom. 'Mom, will you leave me? Mom, will you take me today?' And sometimes it drives me crazy. What is his reaction reminding me of? What is he trying to bring to me? Sometimes I'm particularly angry...

**Higher Spirit:** How old is your child?

**Questioner:**  My child is six years old.

**Higher Spirit:** You are particularly angry.

**Questioner:**  Yes.

**Higher Spirit:** Do you want to know why you are particularly angry about his clinginess?

**Questioner:**  Yes, yes.

**Higher Spirit:** Do you want to know why you are angry about the love your son shows? First of all, in your heart, you haven't defined it as love, understand? You haven't defined it as love. You just think he constantly needs you to... He constantly demands, demands... And constantly needs you to satisfy, satisfy. Because inside you, yourself are still like him. You constantly need to demand, demand... You also need someone to constantly satisfy you, understand? It's like he has his mouth open: "Mom, mom. Eat, eat, eat, eat."

Then you are also opening your mouth to others: "Ah, boss, boss, eat, eat, eat. Or husband, husband, eat, eat, eat." You are also in a state similar to his. Do you understand? Then you will think, "I haven't had it yet. How can I give it to you?" You will have a state like that.

So you just need to take that thing that your son has for you. That is, when he comes to you... You need to know that this is his love for you. You need to redefine it. Because when you redefine it, your body will have a new reaction. Do you understand? For example, all people in the material world like money the most, right? If your son comes to you once: "Mom, here is one million. Mom, here is ten million. Mom, here is one hundred million." Will you be annoyed? Your body won't be annoyed. No matter how many times he comes to you, you will be more and more surprised each time. "Wow, you gave me one million today. Wow, you gave me ten million today. Wow, what did you give me today?" So if you understand it from this perspective, you will know... You need to know that your body generates emotions according to what you believe.

If that's what you think... Because the emotions of your body are controllable. They are false and not real. They are just a concept in your mind. Do you understand? So you see, when I change that concept to that your son looks for you and gives you money, then you are filled with surprise. So you need to rename your son's need for you... Then your body will create another feeling for you. That feeling will then generate another emotion for you.

**Questioner:** But if I ask him to look for me and I spoil him all the time, won't that become overindulgence? If he looks for me, I satisfy him. If he looks for me, I satisfy him.

**Higher Spirit:** That's another wrong concept of yours. Let me make an analogy for you. He comes to me and I give him something to eat. He is already full. But he will still ask for more. When he is full, he won't want more. Only when he is hungry will he want more. Do you understand? Your own body is like this.

**Questioner:** Because my husband said that it's because I spoil him too much that he is like this. Then I will think in my heart, is it because I spoil him too much? Sometimes when he looks for me too much, I will scold him. My husband will also scold him to make him not be like this.For boys, they should be independent. How can they be like this every day, always calling "Mom, Mom" and "Dad, Dad"? So I think, is he being too spoiled?

Gaoling: The more you act in this way, the more he demands. When one day his needs cannot be satisfied by you, he will look for them elsewhere. Because he has never been satisfied and never been fully fed. Do you understand? Think about why in the material world there is always a greedy heart that wants to hoard. It's because you have never been satisfied. If a person is born and you are the emperor and you know that the whole world belongs to you. Just like an emperor, all the money in the world belongs to you. Will you constantly want to ask for money? You won't have such a strong craving because you know that the whole world is yours. The same goes for children. He knows that Mom is always there. Mom is always by his side. Establish a sense of security for him, establish this: Son, as long as you call me, Mom will appear. Mom will always be by your side. No matter what, Mom will accompany you.

As long as you let him develop and establish this kind of feeling in the process of getting along with you: Mom will always appear by my side. When I need her, Mom will always be there. Mom will never disappear.That is to say, when you are driving him away, you are actually strengthening his need for you. That is, when you are making him leave you, you are deepening his need for you. Understand? And when he grows up, this will still exist in the relationship between the two sexes. That is, when he has an intimate relationship, he will always ask: Do you love me? Why do you look so bad at me today? Don't you love me anymore? Are you going to abandon me? Ah, you just talked to that boy. What's going on with you?

**Questioner:** Is it because of this that I have such a mentality? Didn't you just say that I'm like a child? So maybe I haven't been nourished and needed since I was a child, right? That's why I have such a mentality.

**High Spirit:** When you were young, establishing a sense of security with your guardians was very important for you people because it would affect your pattern in relationships later. But if you have missed establishing an intimate relationship when you were young, how can you establish a sense of security when you grow up? Then you may need to experience some insecurity and constantly look for what you need from the other half. You need to go through the process.

Through this process, you can only realize that in fact, your partner cannot give you a sense of security at all. It's not the problem of your partner at all. You can never look for this from the outside. So this is what you need. But through these experiences, it will lead you to a higher level, which is the exploration of life. You will explore why this is so, and then you become a philosopher. You are solving human problems. Keep talking.

**Questioner:** I roughly understand. I still have one last question. I want to know what kind of lesson my husband brings to me. Because including these similar to good knowledge... he is the one who guides me. But on the contrary, his temper is extremely irritable at home. I said, "You listen to so much and learn so much every day. Then you haven't improved at all. How come..."

**Higher Spirit:** You have a misunderstanding about improvement. You think that when a person's consciousness expands, he will have no personality and no emotions. No. In your physical body, you will always have emotional reactions. It's just that the duration of your emotions. For example, you will never get out of a setback. Understand? But for those people with expanded consciousness, if a person can never get out of a setback, he may get out of it in one or two days. Understand?

He doesn't generate what he should have... Only he won't be trapped by this. He won't be trapped by those.

**Questioner:** I think sometimes his temper is indeed too big. At home, then when I say that a person is in contact with such powerful things, wouldn't he become more broad-minded?

**Higher Spirit:** As you have said in all the previous information, your physical body is what limits you. First of all, when you come to this material world, you must be limited. Your physical body will be limited by it. For example, when you lose your temper. Your real temper tantrum lasts only for a very short period of time. After you finish venting, if you continue to cause damage, if you continue to engage in some means, actions or behaviors that cause damage, then that is something you need to deal with. That is a problem of your perception. If a person doesn't continue a series of revenge, destruction and that kind of thing after losing his temper, it means that his level of consciousness is high because he himself will not define his emotions as negative or inappropriate. Do you understand? He just allows this energy to flow past him.

Only you people...

**Questioner:** But he will affect me.

**Higher Spirit:** Yes. I was just about to say that only you people will continue to stay in that energy. Do you understand? It's like a gust of wind blows over and then it's gone. But you are still there blaming that wind. The wind has already gone.

**Questioner:** It's a very evil energy that is released, giving me a very uncomfortable feeling. Instead, it will stimulate me...

**Higher Spirit:** It's your mind that continues to create. That is, you continue to pull yourself and stay in negative energy. It's like someone farts. It's very smelly. But after a while, it's not smelly anymore. But you are still there continuously using other things to smell that stench as if you are enjoying smelling that smell. The stink has dissipated and gone. But you still continuously need to smell that stink. That is something you yourself manufacture, create, and enjoy smelling. Do you understand? You always have the right to choose how you face everything you encounter. You always have the right to choose.

**Questioner:** I want to know why we have to continuously improve our cognition, continuously increase our perspectives, and continuously increase our senses. What is the ultimate purpose?

Spirit: This is the essence of something. In itself, it is constantly expanding and experiencing. This is the essence of life. It's like asking a plant why it constantly sprouts, grows up, grows taller, and branches out. In itself, it is a plant. This is the essence of its life.

**Questioner:** I feel that many people in this world live very confusedly and don't know what they live for. Every day is just all kinds of...

Spirit: That's because you don't know what you live for. When you have this confusion, it will lead you to the path of wisdom. Understand? They will lead you on the path of self-exploration and self-searching. If you don't have this layer, then wouldn't you be missing this exploration? So you don't need to give a negative definition to everything. Just like you just said: Ah, living is meaningless. That is a negative definition for you. When you see it, you think it's bad. But in fact, it's a good thing that you think it's bad. Why? Because it will lead you to the path of wisdom. How is this bad? This is good. So you need to understand every definition in your mind, because you are creating this world for your own experience. What you create and what you define, you will feel accordingly.

Just like I just said that every time your son looks for you, then you get annoyed, right?

So let me redefine it for you. Every time your son looks for you is like giving you a sum of money. Are you annoyed? If you say you're not annoyed, then you can see that all your feelings are created by definitions. Do you understand?

**Questioner:** Understood. My questions are these. You have answered the doubts in my heart. Thank you.

The fourth person.

**Questioner:** Hello, higher spirit. I have a question. What is the root cause of my not loving myself?

**Higher Spirit:** How do you know that you don't love yourself?

**Questioner:** Because no matter what, I can't accept myself. I just want to be responsible for myself but I just can't.

**Higher Spirit:** You love yourself very much. Your feeling that you don't love yourself is just an idea of yours. It's not true.

**Questioner:** OK, I understand.

The fifth person.

**Questioner:** I want to know why I always don't have shoes to wear in my dreams these two days.

**Higher Spirit:** You want to know why you always dream of not having shoes to wear.

**Questioner:** Yes

**Higher Spirit:** Are you in a process of looking for shoes?

**Questioner:** It's just that I feel there are no shoes, but I can still walk. It's just that I feel a bit uncomfortable. It has happened several times in my dreams. Then I want to know if there is any reason?

Spirit: Wait a moment. Do you want to know why you always have repetitive dreams? In the dream, you don't have shoes to wear. Then you want to know what this dream and your information express. This is because there is a sense of deficiency within you. A sense of deficiency within you makes you feel that you need something. Do you understand? Any more questions?

**Questioner:** Then I'll ask another one. Why am I afraid to turn off the light and sleep at night?

Spirit: Why are you afraid to turn off the light and sleep at night? This is because you have a kind of... This is a kind of desire to control everything. You are a little afraid and at a loss. You can't control and you don't understand. It is a kind of fear of the unknown. So you always want to make everything clear before you can fall asleep. Do you understand? It's like you have a kind of compulsion. But this is one of your characteristics. Because it will lead you on a path. For example, in your material world, like Newton, they always want to figure things out in their minds. Do you understand? After figuring out one thing, the complete sense of relaxation and the feeling of relief will make them feel a sense of peace.

So this is one of your characteristics. It likes to make everything crystal clear and then give oneself a feeling of being transparent. So no matter what it is... you say.

**Questioner:** Regarding the sense of deficiency you just mentioned, whether it's the weakness in the legs of the mouse I raised that was mentioned in the previous psychic communication or the fact that I always don't have shoes to wear in my dreams, is it all from the same root? I feel that I still need external help, so is that why I have such feelings presenting themselves to me?

**Higher Spirit:** No. For example, your thirst for knowledge is also a sense of deficiency, understand? You constantly want to understand. You can't allow there to be questions in your mind. As soon as there are questions, you immediately go looking, searching, and checking to figure it all out. Understand? So this is a very good spirit of yours, but you will feel a bit tired. It's just that it will give you a somewhat tired feeling. But it is precisely because people with such a spirit that they have created a lot for this world. Because they always want to figure things out. In the process of figuring things out, you are constantly creating for this world. Just like, for example, you are like gophers. You always like to dig and dig and dig to find out what's underground. Is there any treasure? Is there any gold? Is there anything?

When you keep digging and dig out a copper and throw it out, dig out an iron and throw it out, dig out a diamond and throw it out. Do you understand? Then you will keep throwing things out to the material world. The material world will enjoy this kind of... you know what you're doing.

**Questioner:** I still have two questions. I actually love my parents very much. But I found that when I get more and more in touch with these so-called spiritual knowledge of the material world, on the contrary, when it comes to calling my parents, I will have a kind of impatience sometimes. But I didn't used to be impatient. Sometimes I don't really feel like calling them. But it's not because I don't love them.

**Higher Spirit:** Do you know why?

**Questioner:** Why?

**Higher Spirit:** Because at this stage for you guys, you very much need nourishing things. Do you understand? You feel that making calls like this is like plain boiled water, which seems to be a waste of your time or life. Do you understand what I mean? For you, it's like one is a nutritious soup and the other is plain boiled water. You need something flavorful and nutritious. Think about it. Do you think a philosopher would like to chat casually with people outside?If you talk to him about life, about human life, about all kinds of things. That is, if you throw out a lot of questions, they will be very happy to answer. If you want to say to him: Oh, do you know how is that person from the Zhang family? How is that person from the Li family? Or something like that. They have no interest at all because they are not interested in these "appearances", that is, the superficial "appearances" of trivial matters and what happens here and there. They are not interested in these.

Just like only when something happens to this star or that star will they not be interested in things at this level. So this is your current stage. You need nutritious things. You need something deep that can touch you, that is, something that can throw out questions and let you have something to dig.

**Questioner:** My last question for myself is that I still want to ask if my guiding spirit and my higher spirit have any messages for me. Because every time I like it very much. That is, if they have messages for me, I will be very happy. Thank you.

**Higher Spirit:** Don't make yourself too tired. Because the previous message just said that your personality trait is that you like to keep digging and digging. But you will force yourself and really not give yourself time to rest.Just don't let yourself be too tired, because the most important thing is a matter of balance. And here there is never a time limit issue. There is no requirement that you must dig something within a certain time. You don't have to finish all this within twenty-four hours. There is no time limit issue at all. Because when you are only chasing a deadline and a speed, then you will miss a lot, right? Think about it. If you are building a house and you are building a house. This one tells you that you don't need to rush. Take your step and do it slowly step by step. Another one tells you that you must build this house for me within one day.

When you are only pursuing building a house within one day and... Which house do you think is more solid between these two houses, right?

The sixth person

**Questioner:** Nowadays, more and more people are getting divorced in the material world. Then we want to ask what exactly is marriage in the material world?

**Higher Spirit:** Marriage in your material world is like locking a chain on two ghosts. Do you think it's possible? Because you must know that people themselves are not that physical body. You must remember this point. Your person is not equal to the physical body. If it were equal to the physical body, then all the problems in your material world would be solved.Why is it that your physical body is like a pig? You just eat and sleep when you give it food. Right? But you as a person are not equal to your physical body. Your physical body is just a tool for your soul. And this soul is constantly expanding and expanding. So marriage is just something created in the material world by you people who want a sense of security and stability, to keep society running normally. It's like handcuffs and chains to restrain two physical bodies. But everyone knows that you are not equal to your physical body. It can't be restrained. So if you only want to restrain the soul, the soul is everywhere. How can you restrain it? So then you need to... But you should know that marriage is not equal to love. Marriage is not equal to love. That means it's possible that my physical body is married to this person, but it doesn't mean that my love is the person I marry. Because the chance of finding love from marriage is too small. The chance is very small. So marriage is one thing in your material world, and true love is another thing. So these are two different things. So if you can see clearly from these aspects, you will know why there are so many of your marriages.

If there are many divorces, in fact, it is a phenomenon of the progress of your material world. Why? Because you will not give up your true self for the sake of maintaining some false things. For example, a false family name. Understand? We are a family and we are full of love. A false image. You will not give up your real life and life for the sake of maintaining a false image. That is, what you really want to live. In order to pursue what you really want to live, you abandon everything and tear everything apart. So for you, in a deeper sense, this is a progress for you. Because you know that those so-called appearances are false and you don't need to keep them. In the past, there were very few divorce cases. Then those people might still keep their marriages in order to maintain a superficial image or maintain an image in the eyes of others. So this is a breakthrough. But you can ask, for example, what your society wants. How can you have a good marriage? Or how can love and so on... You can continue to ask questions.

**Questioner:** Then how can we have a good marriage? Or how can we have a good integration and balance between marriage and love?

**Higher Spirit:** First of all, marriage is a relationship. Friday.

A good marriage is a good relationship. A good relationship is not limited to marriage. For example, it's the relationship between a teacher and a student, right? Then in France, the president and his wife have a relationship like that of a teacher and a student, right? When the relationship between a teacher and a student finally leads to marriage. From this relationship, in the eyes of the teacher, for example, for the president of France, the way he lives shows how good he is in the eyes of his wife. It's like a person's belief. In my mind, you are the president, you are the king, you have the greatest power. This is her strong... 'I think so'. Then no matter what happens, no matter how many people around, including her own children and grandchildren, stand up and say, "Oh, you are immoral." She insists on her own idea. She insists and believes. This is what she believes. No matter who comes to refute her, she will not stop believing. Then she manifests this event in your material world. The operation of your material world is particularly simple. It manifests what you firmly believe in. Then no matter what you encounter, if you encounter resistance, in fact, it is energy. Think about it. When there is resistance in your material world, isn't it increasing its energy?For example, when you want to bounce an object very far, you first give it resistance and then it can bounce even farther. So any resistance at these levels is giving you energy and enabling you... The simplest example is like when a person stands in front of you and says, "You definitely can't achieve it. If you can achieve it, I'll cut off my head and give it to you." If he says this, doesn't your motivation increase a hundredfold? At the beginning, your motivation is fifty. With his words, your motivation becomes two hundred. Do you understand? So in a relationship, how you think of the other person determines what kind of the other person you will experience. Do you understand? So now you know why some relationships break down. Because she has a bad expectation of the other person. Isn't the breakdown of the relationship just fulfilling her wish? Isn't this what you expected? Is it wrong? Didn't you always say that he is a playboy? That he will betray you? That he will abandon you? Haven't you always been worried that you think he will abandon you? Now isn't it fulfilling you? Isn't this what you want? So now you can clearly understand what kind of person the other person thinks you are. And then, what kind of person do you think he is?

If the other person's perception of you is different from your own perception of yourself? Then of course you will part ways, right? You always think I am a loser, but deep down I think I am not a loser. I am a genius. So I want to leave you. Because if I leave you, I can become a genius. In front of you, I can only be a loser.

**Questioner:** Can Alzheimer's disease be cured?

**Higher Spirit:** Can Alzheimer's disease be cured? You humans need to have a correct understanding of diseases. That is to say, currently you seem to view diseases as something that needs to be eliminated... Imagine if there were no death in your world, if there were no diseases... You need to recognize that disease is a gift in your life. It is an indispensable gift. Because many people need this gift. But if they don't need this gift, they won't receive it. Nothing will go wrong. For those who need to receive this gift, but if you don't let them receive it, are you hindering them? So disease is a gift in your life. If you can recognize it in this way, you can receive this (gift).

# 2021/12/16 - Trust and Channeling

**Higher Spirit:** Speak up. What's your question? Now you can ask questions.

**Questioner:**  My first question is that there was another energy coming to me again last night. It seemed to have come to me twice. Then I want to know if it is the energy that has been trying to connect with me. If not, who is it? And is there any message he wants to bring to me? Thank you.

**Higher Spirit:** First of all, you need to understand that just like if there is no hole or opening on your side, the water cannot flow out from here. Understand? That is, you yourself are like your own soul theme or what you want to explore in this life. It is closely linked to that energy. So you are not just... You think you are passive, understand? You think you are passive when you are sleeping and others come to find you, but it is not. It is like this girl who is channeling now. You can also enter this state at any time and anywhere. Understand? Here, just like you often watch these science fiction movies on TV. It's like you open a dimension with an energy and then jump directly into it. You can also enter another dimension at any time and anywhere by switching your state of consciousness. So don't always think of them as coming to find you.

Then may I ask how can I open this and connect with it more smoothly?

**Higher Spirit:** The only thing is that you continuously address your inner fears... That is, trust is like when you are swimming. You say, how can I float? If you are still exerting force, if you are still afraid, if you are still desperately trying to hold on for fear of falling into the water, then you can't float. Only by trusting, relaxing, and then naturally you are on that path. So there is no any shortcut or quick way for you to enter. The only thing is complete trust and allowance.

**Questioner:** My next question is that I actually asked this question before, but due to my current situation, I may still have some worries or anxieties about my current material world situation. Then earlier it was told to me to let go of all worries, anxieties, fears, and then trust. So besides these, facing my current situation, is there any other information that can guide me?

**Higher Spirit:** You also need to let go of the thought of wanting to let go. Do you understand? For example, now you feel that you are still a bit worried, but you don't need to get rid of this worried thought. Do you understand what I mean? You don't need to get rid of the feeling of a little fear inside you.

You don't need to go because you are gradually realizing now that everything you experience in your external world is a reflection of your internal state. Then you will think: Wow, I have a very terrifying thought. I don't want to think about this thought, don't think about this thought, don't think, don't think. When you are saying don't think, don't think, you are actually thinking. Do you understand? So you don't even need to have the thought of getting rid of it. Because you will feel that when you realize that your thoughts have powerful energy, that is, it is very powerful.

You will be afraid that there are still some negative thoughts and some involuntary fears remaining in your body. You will be afraid of what it will bring to you. So you want to get rid of it as soon as possible. But you don't even need to have the thought of getting rid of it as soon as possible. Do you understand? Because only when you want to get rid of it and are afraid that it will affect your manifestation, are you actually adding energy to it. Because if you don't add energy to it, it is nothing. It is just like a wisp of smoke passing by. Do you understand? It is nothing. It is just a wisp of smoke passing in front of your eyes, a passing cloud. Then if you think: Ah, this smoke is so terrifying. This smoke must be some shadows within me manifested.What should I do? I need to clear away my inner shadows. Then you got caught up in it, and you were carried away by this puff of smoke.

**Questioner:** My last question for myself is that I don't know if this question can be asked. Does asking like this count as violating someone else's free will? That is, regarding this boy who is in contact with me now, I want to ask if there is any message from his Higher Self that he wants me to pass on to him.

**Higher Spirit:** You need to know that his Higher Self has nothing to do with him. Not all Higher Selves and all individuals are closely linked. Generally, there is no connection at all, so there is no relationship. Because his physical body and his individual have free will. He is influenced by his experiences and the external matter. He is influenced by everything. This has nothing to do with his Higher Self. Do you understand what I mean? Even if that Higher Self has something to say to him, it has no meaning for him at that point. Because for all of you, at a certain point, you need to block all information and only be in your own perception, that is, only in your own world. You need to have that point. Only some people, when they reach the time when they need to break through the soil, then some people still need to be in the soil, like some seeds.

So we don't force that seed. Why are you still inside? Understand?

You keep taking it out and scolding it: Look at others. They are germinating and growing. Look, this one has grown into a big tree. Why haven't you germinated yet?

**Questioner:** Many murderers say they are possessed by the devil when they kill. Is this true?

**Higher Spirit:** Wait a moment. I am the devil. Let me tell you how your so-called devil operates. The devil is created and manufactured by you humans. It's as if you gave birth to me. Whether it's your inner desires, greed, sense of guilt, or your selfishness, any of your possessiveness. Then you send it out and nourish me. Understand? It's as if I am your child. So it's you who gave me life and then gave me energy. You might as well say that you are constantly allowing your possessiveness to possess the whole world. That kind of possessiveness, that kind of darkness. When you allow it and signal it to occupy your body and show itself, you are constantly giving me strength. It's like I am a balloon. If the inner desires, possessiveness, killing, or control become stronger and stronger.

At present, the time is: 18:29:21 on August 30, 2024, Friday.

Your energy is all directed towards mine. It becomes stronger and stronger until it appears in your world for you to see. Do you understand? So when my energy disappears, it means that the desire within you to invade others and occupy everything is decreasing. I am like that balloon. Just like deflating, my balloon becomes smaller and smaller. So you know that I am not a single existence. When there is no such desire and only love, it's as if I will also exist. Do you understand what I mean? I exist, but just like a balloon without any air, it will not bring you any influence on the "appearance" or the material level. Only when you continuously inject air into it, will I appear in your material world for you to see. I am not an object. I am yourselves. Do you understand? But that "me" may appear through an event and seem to be caused by one person. But behind it are each of you and your collective consciousness. Just like a tumor. A tumor chooses a part. Just like cancer, it chooses a part to protrude, but its cancer cells are all over the body. Do you understand what I mean?

Only it will choose the weakest one. That weakest one is you individuals. Some people have very weak minds and are easily controlled and influenced. They are like loopholes, like a weak link. Then they are especially easily influenced. And then this energy is manifested through them. For example, if someone says a word, they immediately flare up. Then he is a person who is especially easily influenced, right? Like those murderers. But this energy belongs to your collective. You all have a share in it. This is the collective consciousness of each of you. What I just said is all cheering him on and making him explode and manifest from this point. So say your question again.

**Questioner:** The previous question is: When many murderers kill people, they all say they are possessed by the devil. Is this true?

**Higher Spirit:** Then through what I said earlier, you will know how it works. Then this energy passes through him, but this energy comes from the collective consciousness of you humans. Understand? It's like a strong flow of water passing through a water pipe and then suddenly bursting and spraying out at a particularly thin place in the middle.

Then you find the pipe for blasting. Then say: Look, you have created such a major malicious event. You are a bad person. Do you understand what I mean? Any questions?

**Questioner:** The next question is what exactly is justice?

**Higher Spirit:** What exactly is justice? Justice is when you stand from your own perspective and think that this is a matter of course. In your own cognition and from your perspective... Each of you is receiving information, right? Then when you receive information, you will classify it as good or bad. So what is justice? Even terrorists as you say are also advocating justice. Understand? Then in the wars between the United States and terrorists and those Middle Eastern countries, for both sides, it is justice. Which one do you think is justice? If you define what is justice from your perspective, using your cognition, your vision, and the information you receive, everyone has their own justice and their own judgment. So what is justice? This needs you to understand and show for yourself.

**Questioner:** The next question is what is goodness and what is evil?

**Higher Spirit:** As we said earlier, what is evil? Evil is the desire generated by each of you individuals and then created.

Then what is goodness? Goodness doesn't need to be created, manufactured, or... It is just goodness, just as it is. Let's say polluted water is evil as it is contaminated a lot. Then goodness means that originally unpolluted water is goodness. Understand? That is, without adding these pollutants and harmful substances, it is goodness. It is like one is clear water or spring water and the other is turbid and polluted water.

**Questioner:** Then why is it said that good and evil are one?

**Higher Spirit:** Good and evil are one. As I said just now, one is polluted water and the other is unpolluted water. But they are both water in essence, understand? So isn't it all one?

**Questioner:** If good and evil are one, then is there no need to punish evil and promote good?

**Higher Spirit:** Punishing evil and promoting good is a concept and cognition of you humans. You think that by punishing and eliminating bad things, they will disappear. This is your cognition. That is, in your concept, for example, a blade of grass. You think that by cutting it off, it will disappear. Understand? But you don't think about the root and seed of that grass, which are invisible underground.

Just what you all focus on is only on the surface. So there is a saying that to uproot weeds one must remove the roots. What you can truly remove the roots is not through punishment or elimination. Understand? Just like darkness. Tell me, how can you eliminate darkness? You only need to bring light into the darkness. So you don't need to punish evil. You only need to promote goodness. Just like you only need to... For example, each of you is like a light now, right? Then you just go into the darkness. You don't need to use your light to attack darkness. When you attack darkness, don't you become evil? You say a light is dancing and saying to darkness: "I will beat you to death. I will eliminate you." Then what's the difference between you and darkness? Because elimination and beating to death are just a means of evil, right? When your means are the same as 'evil', when your thinking mode and your thoughts are the same as 'evil', then are you still good? Darkness is black and unseen. If you yourself are the same as black, how can you still illuminate darkness? How can you still be light? Aren't you just the same as black? Because you yourself have become polluted water, turbid water.

**Questioner:** This psychic girl has a question. Isn't wisdom just doing good deeds?For example, like this.

**Higher Spirit:** Wisdom, let's put it this way. For example, if you have a lot of inner fear of survival, then you feel that you need to protect yourself. And your means of protecting yourself is to eliminate what you think is the enemy, right? Then this becomes evil. This is because of your fear. If you have wisdom later, you will find that your fear is groundless and is influenced by the outside world. Just like what I just said, it's like a puff of smoke passing by. And then you regard that smoke as a devil. That is fear, your inner fear. If you have wisdom, you are enhancing your cognition. That is, through wisdom, you recognize in the way and method I just told you. That is, when you resist or do something again, you are giving it energy. It is just like a cloud of smoke passing by. Then this concept and this cognition are actually wisdom. When you hear this news and then apply it, then you have wisdom. When you have wisdom, you will no longer have inner fear and will not engage in a series of evil behaviors anymore, right? So this is what you call wisdom. Ignorance and lack of knowledge, and limitations mean that your thoughts are restricted. Only then will you generate a series of actions like: I have to snatch it from you so that I can become rich.

I need to keep hoarding and hoarding to get everyone on my side... These are all restrictive concepts, understand? Only by constantly increasing your wisdom and expanding your cognition can you discover the true nature of the world. After that, you will not use such a means. So the most fundamental reason for the occurrence of "evil" is your limited cognition and your fear. Therefore, in your physical world, you still need these experiences, that is, these physical experiences to expand your consciousness and increase your wisdom.

Because once wisdom increases, it will not disappear. Now, although it seems that you are learning, right? In fact, you already know all this information. You are just awakening it. It's like there is a lot of gold buried in the soil. You are just digging it out to let yourself see it. It's already there. Otherwise, you wouldn't be attracted by our information and then we tell you and you wouldn't understand. Understand what I mean? Because it is already something you know. It's like you have a skill. It's like you learned to dance when you were young. Then maybe when you grow up, you don't dance as smoothly. But as you keep getting in touch and continue dancing.

You will quickly pick up on things, so you always have a feeling of sudden realization.

**Questioner:**  Speaking of this, I suddenly thought of a public account that both me and this psychic girl follow. There is another high spirit named Datre in this public account. He said that our greater selves put a small part into this material world to experience. But this kind of experience is easy to come in but difficult to go out. What's your comment on this?

**High Spirit:** I don't quite understand what he means by "coming in" and "going out."

**Questioner:**  "Coming in" may refer to coming to this material world. "Going out" is returning to the great universe and the spiritual realm, going to experience other planets and other dimensions. Maybe that's what it means.

**High Spirit:** You know that no matter what you believe... There is a very crucial concept that you need to understand. That is, everything that everyone in your world believes is true. Each of you is a master, even the most useless person is a master. Why? Because he is creating his reality. He is creating what he wants to experience. Understand? So even if that sentence is not from a psychic message, even if it comes from anyone... Let me tell you. If a street vagrant says a sentence to me, let me see if it's right or not.

What he said is correct. His experience is real. It indeed caused this kind of experience for him. But the most important point is that you choose what you want to believe. Here, the most important point that I keep reminding you of is that you should not believe any authoritative information, even if it comes from us.

If what we say is not what you want to experience, create, or go through, just treat it as nonsense. Understand? No matter who that person is, if he says that I can perceive what the future will be like. I am the creator. I am so and so. The real creator will not give you any restrictions. He will tell you that you can experience anything you want. You are so infinitely endowed and so possessive. It's like you are so being spoiled. That is, you can do whatever you want. If you want to kill all the humans in the world... Understand? Previously, we often mentioned that even Hitler's wish to exterminate a race was supported. Why do you think that what you want to believe, what you want to experience, and what you want to create will not be supported? So no matter which master, no matter who it is, no matter what they say, what they create, or how they think the world is, it is all true.

But all these are not important. Why? Because you choose what you want to experience and create. Do you understand? If you say that I just want to believe in him and create the same as him, you can. You can also experience the same as him. You can also join others. That is, when others have taken a path and you say that his path has been paved and I want to take this path. You can also take it.

**Questioner:** If we go back to that topic just now, then we also want to know, is there anyone who is born a bad person?

**Higher Spirit:** Is there anyone who is born a bad person? Let's put it this way. Are you energy? Is energy born bad? No. Look, through what does this energy, for example, seeds are all the same, right? Then in different soils, different environments, and different climates, it will have different outcomes, right? It is particularly good in some places and completely unable to grow in some places. People are like seeds. But each seed has its own... For example, this seed is a rose, and this seed is barley or wheat. Do you understand what I mean? They are different. But why do some wheat grow particularly well while some don't?

So are people inherently bad? I can say that people are inherently neutral. They can be very bad or very good. And then they will be influenced by various aspects. And this goes back to your collective consciousness again. It goes back to a wish of yours again, that is, it goes back to what each of your seeds wants to experience, such as your soul theme. Because here, as I just said, good and evil are one. Right? So through what you call bad, they can also create good. Do you understand? So how can you distinguish whether this is bad or good? Because you are always in the present moment. At the moment when you are aware, you can always change it. So even if an event seems to be a bad event, you can also make positive use of it and transform it. This is your free will. This requires you to use your own creativity.

**Questioner:** Why do some children seem to have no compassion when they are young? For example, in human society, there are many naughty children who like to hit small animals. I'm just giving an example.

**Higher Spirit:** OK. Why do some children naturally have a strong sense of compassion? Why do some children have no compassion? This is in their genes.He is not influenced by acquired factors or taught and cultivated. For example, some roses you have have thorns while some flowers don't have any thorns at all. Then you will ask why some flowers have thorns and some don't. And then you think that thorns are harming others. First of all, indeed, every individual is unique, right? So some individuals have very strong personal characteristics. That is, they don't have compassion. That is to say, they don't have such a high degree of sensitivity to feel the pain of others or something else of others. This forms that every individual of you is unique. Even if you put two people with compassion together. OK, for example, this girl you mentioned in your question and the psychic girl. You are all people with compassion. But if you put two people with compassion together, there are still great differences between the two of you. There will still be very big differences. And now you ask: These two are both people with compassion. Why is one person so gentle and one person so tough? Why is this so? Do you understand? Even if you put two people with the same characteristics together, they are still different. So here it means that among each of you, there are definitely no two exactly the same people.

Even if two leaves look exactly the same, if you magnify it, magnify it again and again, and then make a detailed comparison, there is nothing exactly the same. So a person without compassion may be very strong in other aspects. For example, if his telepathy and sense of connection are very weak, then he may be in his own world and not be disturbed by society. He can be completely unaffected by your collective consciousness. He only creates and will bring gifts to your world in his field. Do you understand? So you are all unique individuals presenting. But here there is definitely not any... that is, you should not put everything in one category.

**Questioner:** What is forgiveness? Why must there be forgiveness?

**Higher Spirit:** What is forgiveness? Forgiveness means, for example, when others have done some malicious things to you, then you need to forgive him, you need to pardon him, and you need to get out of the influence of this event. Let's put it this way, for example, if others splash a bucket of feces on you, right? They have done this malicious event. Then what is forgiveness? Forgiveness means that you get out of the feces he splashed on you, go home and wash it clean. If you don't forgive, you just let that feces affect you on your body and let it continue to stink.Then you do this. You say you splashed excrement all over me. I will accumulate this excrement in every part of my body to disgust myself and let it continue to affect me. Do you understand what I mean? Then you say that I should not wash it off. I will just walk around every day with a pile of feces on me. Then when I see him, my face is full of feces and I disgust myself.

You are using the evil of others to torture yourself. If you forgive, when you go home, clean all the energy that doesn't belong to you from your body. Then you will be fresh and clean. Because you know this is someone else's feces and you don't want to keep it anymore. If you want to keep his feces, then you are not forgiving. Then you will be carrying a large pile of feces every day. When others splash feces on you again, you will continue to carry it. If you never clean yourself up for a long time, you are a person in a dung heap. Wherever you go, there is feces and a stench. Do you think in such a state, how can you emit beauty? How can you emit your true fragrance? How can you see the real you? How can you let others know the real you?

Understand? You are just a big cesspool.

**Questioner:** Understood. So if I understand correctly, you have answered my second question. Because there were two questions just now. One is what is forgiveness? Why must there be forgiveness?

**Higher Spirit:** Why must there be forgiveness? You don't have to forgive. You can live half your life with a pile of dung. Then suddenly one day: I have had it enough. That is, I have had enough of this stench. If you want to wash it all off, then you will be completely renewed. Understand? You can choose whatever experience and choice you want. You choose what you want to experience. If a person has experienced the feeling of having feces washed clean and carrying feces on top, it is completely different. Then naturally he will not let any feces stay on him. Because there are many people who keep throwing feces at others. Understand?

**Questioner:** The next question is what causes sexual perversion?

**Higher Spirit:** What causes sexual perversion? First of all, you need to look at your human beings... Because your human beings will classify everything. For you, what is sexual perversion?

**Questioner:** Are you asking me?

**Higher Spirit:** Yes. For you, what is sexual perversion?**Questioner:** Making the other person feel pain during sexual activities is abuse, right?

**Higher Spirit:** Abuse is, for example, when you see others in pain and then you yourself feel pleasure. As for abuse, let's not discuss whether (sexual perversion) is abuse first. There is only one extreme. That is, when a person is extremely painful inside. They must have accumulated a lot of pain and gone through a lot of suffering. Only then will they find pleasure in abuse. Why? Where does their pleasure come from? Finally, someone experiences my experience. Their pleasure comes from the fact that I am finally seen. That is, I am not alone. Understand? Because those people who commit many anti-social acts and those who use many tragic means, their pain has not been seen. So they want to create such painful events to let people see. Wow, it's so painful! The more painful (others are), the more a sense of satisfaction they will have in their hearts. There will be a feeling in their hearts: Look, finally someone can understand or see me. The most important thing is fear or inability (to be seen), that is, fear of not being seen. Then their inner pain is also a kind of expression. That is, it is a way for them to express their inner selves or the pain they have experienced since childhood.For example, he has been under extremely great oppression or abuse since childhood, but no one has ever known. It has never been seen by anyone or been taken seriously by anyone.

It's as if people all over the world are very happy, but only I am in great pain. Then he wants to show his side so that you can see it. When everyone sees it, he feels that I am liberated and released. When he is seen, he feels a sense of completion of my character. So he will express himself through this means. Because you should know that the cognition in the mind of every individual is very limited. Your material and physical cognition is very limited. Then he can only find ways and methods that he thinks are effective within his limited cognition. He thinks this method is effective. Then if you can improve his cognition and let him know that there are other ways and methods that are more effective, he will show and create positively.

**Questioner:** What is the direction of the collective development of humanity?

**Higher Spirit:** Although at present it seems that the collective development direction of humanity is experiencing a lot of fear or chaos... But it's as if... For example, if you want to redecorate your house, then you must create chaos. Friday.

Surely you need to take out all things and clean them up again. What seems to be chaotic on the surface is actually moving towards order. So don't be frightened by some appearances you experience. That is to say, you think it's hopeless and getting more and more chaotic. Don't be frightened by these appearances... Because what we have been emphasizing in channeling is that the appearance is just like a mirror image, presenting you with your current state and allowing you to make a new choice. So don't be frightened by any appearance because any appearance is... (unclear). And which direction to go is determined by your current consciousness, which is a state of your current consciousness.

For example, through our information, all your consciousness and cognition have changed. Then you believe that the future of humanity is extremely beautiful. And human beings are all showing positively at a very high level of consciousness. If more and more people hold such a thought and are in such a frequency state, then you are all working together and moving in that direction with strength. It's as if you have now discovered that there is a road here. This road is light, leading us and guiding us. Then all of you are attracted to come over.

Then walk along this road. Then you walk on this road. Then there are more and more people. More and more people. Then there is more and more attention. Then your thoughts? Because you are constantly showing your thoughts, right? Your thoughts have received a lot of recognition. Then more and more people want to join you. Then more and more people have the same thoughts as you.

Do you understand what I mean? Then there will be more and more people on this path. When there are more people, people are energy. When the energy is getting stronger and stronger, then you create the world you want. You are walking in the world you want. Your material world comes in this way. That is, everyone uses his intention or his spirit and then his energy to lead you to walk out a path. Then there are more and more people walking, and the team is getting stronger and stronger.

**Questioner:** There is also a question from a group friend. To what extent can humans change their own destiny with their own free will? That is, the previous soul plan and life theme.

**Higher Spirit:** First of all, it's like when you come here and your theme is this. You definitely don't want to change it. You just want to complete it. Understand? To change it means you still don't know what your task is. It's because you still don't have a comprehensive understanding of it.

When you have a comprehensive understanding, that is, when you know what you are here for, it is impossible for you to want to change it. Do you understand? So only when you are without understanding will you want to change it because you are not the sober person. The decisions made by the sober person when he is awake, he then knows what he wants. So you will not want to change it. But when in this life, which is a theme created by yourself, when you have completed the experience. Generally, when the experience is completed is when your material life ends. But you can continue to extend it. That is, you need to give yourself a very... Just like you are already a sober person. Previously, it was a decision made by a sober person, right? Then when you finally return to that sober identity, you can choose other experiences that you want. Then you are in a sober state.

# 2021/12/20 - Online collective psychic Q&A

First person

**Higher Spirit:** I am here. Ask your questions.

**Questioner:** Okay, I have a question. I want to know what to do about others' disrespectful behavior towards oneself. Because in the past, I was very angry in my heart and wanted the other party to change. If this couldn't be done, I would be very depressed and uncomfortable in my heart.For example, in the morning, my husband poured out the herbal water that I gave to my child to drink. I was very angry. So I asked him why he didn't tell me. He replied, "Why keep overnight water?" Then I was very angry in my heart. I couldn't vent it. I have been in a state of depression and can't get out of it. I wonder what's wrong with me in this state.

**Higher Spirit:** First of all, you have two issues here. The first issue is that others don't respect you. This is one problem. Then you just said that the conflict between you and your husband is not an act of him not respecting you. It is a conflict of concepts. That is, you have your concept and he has his concept. But you classify it as him not respecting you. Do you understand?

**Questioner:** Because in the past, he would always ask me. If he was going to pour out any water, he would ask. Because in the past, I was taking care of the child. This time, he didn't ask me and just poured it out directly.

**Higher Spirit:** So your problem is that when he does something without asking you, you feel that you are not respected. The question you want to ask is how to deal with an offense or lack of respect from others and how to deal with your own feelings in your heart, right?

**Questioner:** Yes.

**Higher Spirit:** First of all, you need to know that your feelings come from your definition of respect, understand? That is to say, it is your definition that gives you the feeling, not that you think he doesn't respect you.Your definition of this matter is that when you do it on your own without asking me, it is a behavior that shows disrespect for me. If you can not see it this way, that is, he poured out that thing without asking me. You don't see it as disrespect for you but rather think of it as: he thinks that thing is useless. He just wants to help clean up the house, which is doing housework. My husband is a very conscientious person. He disposes of the garbage and unused things at home instead of ignoring them. Do you understand? Can you understand these two different layers? You should know that your brain is just a receiving tool, that is, it receives information, then classifies it, and then defines it. Do you understand?

First of all, your emotions and your feelings are just data. If you define a matter as he offended me from the very beginning, then you enter this state. You constantly look for those evidences to support your definition. Just like what I just said, you define this matter as: my husband is very conscientious and he loves our family very much. Then he is constantly cleaning and tidying up. He is really a caring person. Think about it. If your husband really tidies up all the garbage casually and makes the house clean and tidy, don't you think he loves the family very much, right?

Anyone would like such a person. Why? Because he respects your family. He is maintaining an environment where you all live together. He is injecting his bit by bit into your lives. So this is a positive behavior. It's just that you define it as an offense to you on your own. You need to know how your brain operates. First, you define. After defining, it's collecting information.

Teacher JOJO is disconnected. Continue to transmit messages.

**Higher Spirit:** What I just mentioned. You need to understand your body. First of all, you need to regard your body as your tool, right? How a tool operates and works, you need to be very clear, right? If you are not clear, then you will be in a mess. You will regard that tool as yourself. So now I am telling you that with such emotions, you need to recognize the operating mode of this tool. First of all, your brain is just for collecting information. It collects information, then classifies it. Then you will generate some emotions according to the information you collect. So just now I said that if you think of your husband in this way and you have a feeling that he doesn't respect me and I am angry, right? Then this is... You say, go on.

**Questioner:** Because I used to take care of the child.For example, he used to ask me about whatever he wanted to do. But now it seems that he will also take charge a bit. It seems that he just does things directly without asking me. So I seem to feel a bit hurt and unrespected...

**Higher Spirit:** First of all, we need to be clear that your physical feelings, feeling hurt, unrespected, or being angry and furious. All these feelings are based on there being a definition behind yourself. If you don't have any definition, or if your definition is good, then the feeling will be different, right? So what happens externally is not important. What's important is how you define it. Because how you define it determines how you experience it. And how you experience it determines that in this material world, you are not passive. Even if at the very beginning your husband did show behavior that is disrespectful to you, but you can change him, understand? Because if you just superficially say, "Ah, let's set rules. How should you respect me?" Those can only maintain a superficial appearance. And then you can feel it in your heart. He can also feel it in his heart. That's just completing a false pattern. And isn't this the case for most people in your material world?

Your hearts are not there. Your hearts are not.

This way has no infectiousness or energy or anything. It's like the difference between plastic flowers and real flowers, fake flowers and real flowers. Do you understand?

**Questioner:** Then how can I change? Change the definition.

**Higher Spirit:** You first change yourself because you can never change anything from the outside. Only by changing your own definition of things can you generate corresponding feelings, that is, good, positive feelings. Once you have positive feelings, the other party will be attracted by your positive feelings. For example, he is an ice cube, right? You are the sunshine. Then your sunshine is affecting his ice cube and melting it, right? So whether he is an ice cube or water is not important. What's important is that you can always be your sunshine, sun. Instead of saying that he is an ice cube, and you immediately turn into an ice cube too. Do you understand? You always insist that you are the sun. Do you understand? Instead of saying that he shows the appearance of an ice cube, and I also want to be an ice cube for him. Because you are the sun, you will melt him sooner or later... Do you understand?

**Questioner:** Yes, I understand. I need to practice it in reality. Okay, I have finished asking my questions.

The second person.

**Questioner:** This is my first time asking a question. I just want to ask about my life's lesson. Is it okay?

**Higher Spirit:** Yes. What's your name?

**Questioner:** My name is XX.

**Higher Spirit:** Your name is XX.

Do you want to know what the main soul theme is that you have chosen this physical body in this life to experience? Is that right?

**Questioner:** Yes.

**Higher Spirit:** XX, please allow me to connect with your Higher Self, link to your Higher Self information, and then access to see what information can bring you courage at this point. Courage means being strong and powerful. This is what you need to obtain, stimulate, and release in this life... It is mainly centered around this. It's as if you need to stimulate your strength, bring out your strong side, which means having principles, being tough, having boundaries, being able to speak up for yourself, being able to express yourself, and then bravely showing yourself. It will be from all aspects of life. You will need to stimulate this side and integrate it into your...

**Questioner:** Understood. Then is there a past life that is more closely connected to me or that I can have the ability to connect to?

**Higher Spirit:** You want to know if there is a past life in this life that is more closely connected to you... Because in several of your past lives, you were experiencing timidity, cowardice, being afraid, and retreating. You have been in such a state all the time. Then you need to balance, reverse, and transform it.

So you have chosen this life again to continue to challenge yourself. For example, if you were extremely afraid of ghosts before (just for an analogy). Then you want to integrate this fear, this timidity, and this apprehension.

**Questioner:** I think I was extremely afraid of torture before. So in fact, this is also related to the theme of my life, right? That is, I need to have the courage to face these things that I am very afraid of.

**Higher Spirit:** First of all, you need to know that it's like, for example, you are a seed, right? For example, a seed. In essence, you are a towering tree. Once the towering tree grows out, you are powerful and strong. You are a huge tree. When you are just sprouting, when you are just starting to grow a small seedling, you are powerless at that time, right? So you need to go through the process from that small sapling to a towering tree. Do you understand? And in this process, your strength is constantly breaking through. So this is also a process of growth. So remember that at any time when you feel that you are unable to resist, when you feel retreat and fear, that is the best time to receive a gift. Do you understand what I mean? Just like when those burdens are the heaviest, you think: Wow, it's so heavy!That is when you stimulate your inner strength. So you just need to clearly recognize that this is not something to make you shrink back or escape. It is an opportunity for you to face it head-on, accept it and then grow. In this way, you seize every opportunity instead of letting it pass by. Because many of you, although you have a physical body again, in fact, they are always missing opportunities and they do not seize every opportunity in front of them. That is what is called wasting life.

**Questioner:** Does that mean that if I can grow through the challenges in this life, can everyone choose other life themes in this lifetime?

**Higher Spirit:** This is achieved... Just like when you observe a small sapling growing into a big tree. It is constantly breaking through. After your trunk grows out, there are constantly branches and buds. There are small branches on your branches. Each one is breaking through. Do you understand? Imagine a tree... And a tree is not just on the surface, the tree that you can see above the ground is breaking through. It is also breaking through underground. So it's not like: OK, once you get this done, it's fine. Because there is always an endless stream... And every time you will feel that your strength is getting stronger and stronger.

Then it seems that you are becoming more and more smooth and successful. You can feel every breakthrough.

**Questioner:**  My head has been very hot.

**Higher Spirit:** Because you can feel your own body. This energy is in your body.

**Questioner:**  Yes, so strange.

**Higher Spirit:** Then you just need to absorb this kind of energy and let it enter you. For example, you are a seed now. And I am giving you water now because you need water in the soil. It will accelerate your growth, that is, germination and breakthrough. This is an accelerated process.

**Questioner:**  Is it just this hot feeling on the top of the head? Is it just a stream of energy pouring in?

**Higher Spirit:** Everyone is different. Because for yourself, it's like linking. It's as if you open your cells. If some people are unwilling to open their cells to feel it and there is still blockage, they can't feel it. So it has different feelings according to different constitutions of each person.

**Questioner:**  So that's how it is. It's so interesting. I still have such a strong... I used to have a numb feeling on the top of my head, but today it's very strong. It's really interesting.

**Higher Spirit:** Very good. This is a very big breakthrough for you.

You can sense this breakthrough physically.

**Questioner:** That's great! Thank you so much, teacher. I also want to ask, is my Higher Self actually me? Are we always together?

**Higher Spirit:** No. Because first of all, your physical body has an independent consciousness. And before you awaken, that is, before you recall your true identity... It's like when you come to this earth, you need to forget your identity, forget everything, forget the set goals. If you haven't found the purpose of coming here, then you are just an independent physical body operating. It is influenced by the collective consciousness. You are just drifting with the flow. That is, you are in a collective vortex and you have no autonomous consciousness. When you have autonomous consciousness, you will no longer drift with the flow. Understand? Then you can go to the place you need to go. Because, let's say this way. Those who are awakened and can find their own mission, that is, those who can remember their identity, have roots. They are rooted and firmly planted in the ground. When a strong wind blows, they will only sway a little bit, but they will not be blown away.

Those who have no roots are like leaves. Just like leaves on the surface of the earth. When the wind blows, they are carried away. Understand?

**Questioner:**  So do we need to find our roots?

**Higher Spirit:** Yes.

**Questioner:**  Then what role does the Higher Self play in this?

**Higher Spirit:** The Higher Self is just energy. For example, if you are a tree, then your roots need to be planted deep underground so that you can absorb nutrients and grow taller and taller. Right? Then the Higher Self is the place underground that gives you energy and space for you to take root. You have a source. Those who are not connected to the Higher Self, that is, those who are not rooted, are very shallow... Then can't they absorb nutrients? Then can't they grow healthily? They can't contribute their fruits either. They just float around.

**Questioner:**  There is a saying that the Higher Self is the best version I can become in this life.

**Higher Spirit:** Then you are saying, for example, if this tree of yours is planted in the ground, right? Then you are connected to the Higher Self and can grow to... For example, if this seed is originally a towering tree, you can grow into the appearance of a towering tree. Just imagine, if a seed is not rooted, it is just a seed. Understand? Then it can't show its own value and it can't feel the vitality. Then it will feel that life is meaningless. But if you take root and then grow and grow, you can grow however you want.

You can grow as big as you should be. Keep breaking through, keep feeling. Then you are seen by more and more people in the material world: Wow, this tree is so amazing. Look, others haven't sprouted yet or are still small saplings or something. You are the biggest and most influential one growing in the forest. Then all the birds fly towards you. Because your branches can give them a rest. And then all people walk towards you. Why? Because there are fruits here. They can eat your fruits.

**Questioner:** Can I ask again, is magic really existent in this world?

**Higher Spirit:** Is magic really existent? What is magic as you call it? First tell me because your definition and understanding of that word, I need to... What is magic in your eyes?

The person asking the question is disconnected and comes back again.

**Higher Spirit:** Speak. Just now I asked you. What is magic?

**Questioner:** Magic is that by chanting a spell, you can conjure up what you want or...

**Higher Spirit:** First of all, the information I convey to you is like magic to many people, it's incredible. Because I tell you, for example, even if you have cancer, you can cure yourself. Is this magic?

That is to say, you can go... I can't say whether it truly exists or not. That is, no matter what each of you thinks it is like, it is just like that. For example, if you think it is false, then it is false. If you think it is true, then it is true. If you think it is dispensable, that is, you don't care. Then the result is like this. So the most, most, most important thing is what you think it is like rather than whether it really exists or not. Do you understand? Because even if I tell you that it really exists, but if you don't believe it, it can't have any impact on you.

This is why we have always told you that no matter what information others tell you, even if he is a psychic, even if he is a prophet, even if he is a very authoritative person. As long as this is not what you want to experience, don't believe it, or don't have any thoughts like, OK, that's your world. Your world operates like this. But as long as I know how my world operates, that's fine. Because everything is both true and false.

**Questioner:** Can I ask one last question?

**Higher Spirit:** Go ahead.

**Questioner:** I want to ask about the connection between me and my husband.

**Higher Spirit:** You want to know the connection between you and your husband. Wait a moment. Your husband is like an opponent in your martial arts practice.

He will bring out the side you need. So you two are like two martial artists. Then you will have many places to spar.

**Questioner:** Do I and he have any past-life grudges or something like that?

**Higher Spirit:** First of all, you chose to be together in this life. There must be a connection in other places as well. Then I say that for you, he is like an opponent in your martial arts practice. That is, you two need to have a lot of contact, conflict, and for example, there are many opposites. Think about it, right? But this is for you two to help each other and bring out each other's other side. So don't be misled by the surface... Because all of you have a misunderstanding about relationships. You think that relationships must be friendly, harmonious, and loving. Because you have a resistance to conflict, contradiction, or different opinions. You feel as if you and I are not on the same side. We are not people from the same world. If it's like this, all of you are unique. Inside the world, there will never be others in your world. Understand? Because even if it's your own child, you cannot have the same belief or the same pattern.

So each of you is like a puzzle piece.

It's that there is a missing corner here and a protruding corner there. The purpose is to make you harmonious as a whole instead of harmonizing the two of you. Do you understand what I mean? For example, if you are a concave character, then you also need the other party to become a concave character. Only then are we of the same kind and we are together. Because you people like to find those of the same kind. Any questions?

**Questioner:** No more questions. Thank you very much, teacher.

Third person.

**Questioner:** I would like to ask who we are communicating with spiritually today?

**Higher Spirit:** I have said many times that names are only applicable in your material world. Because in your material world, it is an individual, a person, a material. So you name everything. Do you understand what I mean? Because it is convenient for you to recognize and distinguish. But we have no names. Just like now I am a cloud. I am ever-changing. I am rain for a while, and I am a cloud for a while... All are me. What name can you give me? Tell me. I am cloud, I am fog, I am rain, I am ice cube, I am snow, I am thunder, wind, rainstorm... I am everything. What name can you give me? If you say: Ah, you are fog. Then when I come next time in the form of snow or ice cube, won't you recognize me? Do you understand?

**Questioner:** My question is why there is such a huge gap between the rich and the poor in this world.

Some people are extremely wealthy and live a very luxurious life. Then there are some people who are starving. And there is also a group of people who may only be able to barely make ends meet all their lives. So why can't the world be very good, very prosperous and strong, and very friendly and affectionate for everyone?

**Higher Spirit:** That's because you souls need to experience this process. If you don't need to experience this process, you won't come here to experience this. When you need such an experience, you will experience this.

**Questioner:** So whether it is extremely wealthy, extremely poor, starving or extremely painful, are all choices and experiences that we have made before we came?

**Higher Spirit:** First of all, no matter in which aspect, you are judging from an external appearance... That is, on the surface, being starving. To you, you think he is so pitiful. Since he can't get enough to eat. But for his soul, he needs to experience that kind of having one full meal and one hungry meal. For example, if I am hungry for one meal, the next time I eat, I think this taste is so delicious. I have never tasted such delicious food before. Because if you are very full every day and you never lack material things.

You may have lost all taste for food because you think it's all the same and you can't taste its kind anymore. So don't look at everything with your own concept. Because every soul has a unique experience. You don't know his soul plan or his theme. So when you use your view of prosperity or being full and satisfied and then feeling great, that's your own conceptual problem, understand? You are only looking at it from a physical perspective... Therefore, the Creator respects every soul's experience that he wants to have.

**Questioner:** Even an experience that seems bad to us is not really a bad experience at all. It is his unique experience.

Higher being: First of all, whether it's good or bad is just a definition in your mind. If there are no such definitions in your mind, how can you say it's good or bad? Moreover, you have the ability to transform anything. For example, the world you see through these eyes: Why is there such a big gap between the rich and the poor? Why are those people so pitiful? Then you can take some actions according to your own will, understand? Because you are creative. Just like giving you hands, feet, and thoughts. What is it? It gives you the ability to create and build what you think... That is, you are the master. I have given you everything you need.

Create according to your will. Because even if there is a wealth gap, some are very full while others are hungry. That is created by you people. If you don't like what they created, then change it. Do you understand? So you always have the ability.

The appearance of the material world is like you are now molding a clay figurine. You always have the ability to mold it into a look that you think is beautiful and like. The material world has such great malleability. And each of you has a say. That is, each of you is participating in this creative process. Turn it into your motivation.

**Questioner:** OK, my second question is how does the higher dimension view suicide? Is it an ultimate escape?

**Higher Spirit:** How does the higher dimension view suicide? We have been saying that you have the right to choose anything, including wanting to end your physical body. But a person who truly knows who he is, that is, remembers that his life is like, for example, when your roots are firmly planted in the ground, you are impossible to choose suicide. So only when you are ignorant, that is, when you still don't know who you are, are you likely to make such a choice. But we in the higher dimension will not stop you from committing suicide.

Why? Because you can only ever harm the surface appearance. Understand? That is, you can only ever harm... Your material world is like a reflection in water, right? It's like this tree of mine, and then in the reflection in the water. No matter what you want to do in the water... No matter how you move in the water, it's only moving in the water. If you want to cut down that tree in the water, you can cut it any way you want. Understand? Because you won't affect the tree itself.

**Questioner:** Then maybe some people think life is extremely difficult and life is very painful, so they choose this path. Is it also because of ignorance?

**Higher Spirit:** They can choose anything. But you have to know that you humans are a whole. When an individual feels pain and chooses a way to end their life, other individuals may get involved, that is, to wake you up or give you love or give you help. Understand?

**Questioner:** Understood. So that means the higher self will not interfere with an individual's choice. Even if he feels extremely painful and chooses the path of suicide. But a truly awakened person will not choose this path because this path is a relatively ignorant manifestation.

**Higher Spirit:** A person who truly knows who they are and is connected to the higher self is like... First of all, you choose suicide because you can't find a way out.

If you connect with your higher self, that means your roots have reached deep underground. Then you will know that I have so much space. From above the ground, I can have the whole world to grow. And below the ground, there is also the whole world for me to grow. I constantly want to explore, constantly want to explore. Do you understand what I mean? Those who commit suicide are just trying to find a way out. It's just that within their limited cognition in their minds, they can't find... They think that only ending life is my way out. They regard ending life as their way out. They also want to find a way out. Do you understand?

**Questioner:**  Yes. They may think that after ending life, they will feel very relaxed and will no longer experience these painful things.

**Higher Spirit:** Any more questions?

**Questioner:**  That is, facing the challenges of survival, what should be our most correct attitude?

**Higher Spirit:** What you lack the most when facing the challenges of survival is, right?

**Questioner:**  Yes. What is the most correct attitude?

**Higher Spirit:** As for the most correct attitude, let me first say what you lack the most is the truth, the recognition of the truth. But what we are doing now is to tell you the truth. Because your material world has its own set of principles in the material world.

Then the set of principles comes from your ancestors generation after generation, or it has been passed down continuously in your material world, whether it's science or concepts like this. Do you understand? A lot of these are illusions. So if you are in an illusion, think about what concepts, what cognitions, and what operating modes you are using to operate. This is what you most need to find the truth of life. Then what is the most correct attitude? It is to explore, continuously explore. Continuously explore who you really are, what is the real you, what is the truth, and what is life. Because this exploration will bring out what you are looking for.

**Questioner:** Is every kind of experience a kind of exploration? Even if this person has no money and is a homeless person, is it also a kind of exploration?

**Higher Spirit:** First of all, he may just be a tool. For example, a robotic dog. Two programs are implanted in that dog. He is just like that robotic dog: woof woof woof. You set up the program for it. For a while, it walks over here, and for a while, it walks over there. Do you understand? What you see is just a machine. It is only operating with its limited programs. What you see is just that. Do you understand? Any more questions?

**Questioner:** I have no more questions. Thank you.

Fourth person

**Questioner:** Hello, teacher. I would like to ask if there is any message from the spiritual realm for me now?

**High Spirit:** Wait a moment. What's your name?

**Questioner:** My name is XXX.

**High Spirit:** Trust, trust, trust, trust. At present, it seems that you are a bit in a tug-of-war. For example, for your material world, the information of our spiritual realm is an illusion, right? And your material world is the reality. You are torn between reality and illusion. Sometimes you focus on reality, sometimes on illusion. Sometimes you think reality is right, and sometimes you think illusion is right. You are still in this tug-of-war process. That is, you still lack complete trust. So you need to establish trust.

**Questioner:** Yes, it is indeed very difficult for me. I think.

**High Spirit:** Do you mean that establishing trust is very difficult?

**Questioner:** Yes.

**High Spirit:** That's because you believe that trust is a very difficult thing. Do you understand what I mean?

**Questioner:** This is my belief, right?

**High Spirit:** If you believe it is difficult, you will experience difficulty. It's that simple.

**Questioner:** Yes. I think this is my current situation. I am torn quite severely. How can I achieve complete trust?

**High Spirit:** You don't need to force yourself. Do you understand?

Currently, the time is 18:41:56 on August 30, 2024, Friday.

Because first of all you need to know that just like this place is your home, sooner or later you will return home because this is in your genes, in your bones, and it is the direction of your development. So no matter how you go, no matter how long you wander outside, you will always return home. Just like fallen leaves return to their roots. Your leaves will return to their roots sooner or later. So you don't need to force yourself: Ah, I have to go back quickly. You don't need to force yourself, and you don't need to do anything like: Ah, I have to go back earlier. Just have fun outside.

**Questioner:** Having fun outside is enjoying the present moment and living each present moment well.

**Higher Spirit:** That is you. You don't need to let this thing occupy you, consume you or: Ah, what else should I do? You don't need it because when you achieve this, you are already trusting. Do you understand? That is, trusting that you will return sooner or later. Only when you don't trust that you will return will you push, will you give an extra effort. Just like when you let a child go out, if you don't trust him, you will say: Come back quickly, come back quickly. And use various temptations and threats to make him come back. But if you believe that he will come back, you will only say: Baby, have fun outside. Because mom knows that when you have had enough fun, you will come back. Do you understand?**Questioner:** Yes, that is, I should not focus my energy on whether to believe this thing now. What should I do?

**Higher Spirit:** Just have fun outside.

**Questioner:** Or just experience. I really want someone to tell me what I should do now.

**Higher Spirit:** Just have fun, play well, and enjoy well. That's it. Because when you have had enough fun, you will naturally go home. Only when you haven't had enough fun and you are urging yourself to go back in your heart will there be this pulling action. You say that I haven't had enough fun outside yet, and you keep calling me home. If I go home like this, I will also be uneasy. I want to go out again. So just have fun outside.

**Questioner:** Really. It's like I especially want my state to be a kind of complete belief. Then I wholeheartedly believe and do what I believe in. But there is a force that pulls me out and pulls me back. It doesn't let me believe completely. So everything I do seems a bit distracting.

**Higher Spirit:** Yes. First, stop doing this pulling action. Because you only need to trust that you will eventually return to your roots. So you don't need to worry about this aspect.

**Questioner:** The second question is about myself. For example, I have encountered some masters.

My first impression of him is not particularly good. But I think the knowledge he shares is still useful. Then I tried to connect with such a person. However, I am still very纠结 because I still don't like him very much. But the knowledge he shares, I think it is still useful. That's why I am so conflicted. That is, how should I...

**Higher Spirit:** It's still a tug-of-war action.

**Questioner:** Oh, it seems to be really like this.

**Higher Spirit:** You are still in a tug-of-war action. You don't need to worry about this problem because sooner or later you will be attracted by what attracts you. So you don't need to worry about this. It's just a process. It's like an energy. It will pass by. So just allow it. It's like a stream of water. It always wants to flow. Let it flow in and then let it flow away.

**Questioner:** Well, it's me who is blocking it. Instead, it always wants to come in. If I don't let it in, it seems to always be at that point and can't get past.

**Higher Spirit:** Yes.

**Questioner:** I want to ask what kind of lesson is there between me and my husband in this life.

**Higher Spirit:** Wait a moment. What's your husband's name?

**Questioner:** His name is XX.

**Higher Spirit:** Between you two, it's more like being as close as siblings. It's like a relationship like this. Think about the feelings between siblings, then being as close as siblings, and then this... It's like this, for example, between brothers, or between brothers and sisters, or between sisters and brothers, such a relationship.

Understand? So warmth is greater than love, that is, greater than passion. Is there any problem?

**Questioner:** No problem. Thank you.

The fifth person (asking on behalf of someone else).

**Questioner:** Why is it that although I have learned a lot and tried to understand Buddhist scriptures, Christianity, the universe, etc., at the same time, there is also a sense of arrogance inside me? I am dissatisfied with Buddhism and think it's all nonsense. While others respect it very much. Am I wrong? How should I balance this?

**Higher Spirit:** You are right. Because indeed, no matter what others say, they are all talking nonsense. Because it has nothing to do with your world. Understand? Your world and these... Buddhas and you are... It's another world. You are in another world. Even your mother and you are in different worlds. So others are indeed talking nonsense. The important thing is why do you want to respect it just because others respect it? Then aren't you being superstitious? That is, if others believe, I just follow suit. Then aren't you being superstitious? So you don't need to have this kind of inner conflict or confusion. You don't need to question it.

Or it could be: Why am I like this? There is no need because when we are passing on information to you, we always ask you not to listen to any external information. Even our information should not be listened to. If it does not conform to what you want to experience. Then if you think our information can make you operate more harmoniously in this world, that is, it conforms to what you want to experience. You can draw on it. If it doesn't conform to you, it's also nonsense. Do you understand? For external information, whether it's true or false is not important. What's important is what you are willing to choose. Because you are the creator. For example, there are countless, a hundred million tools outside. You say that other people's tools are very good. They play so well. Why am I completely dismissive of it? Because that's not what you want to create by yourself. You extract what you want to create by yourself. That is, if you want to create something, you take whatever tool. All these concepts, these words, and this information are just tools.

The sixth person (asking on behalf of others).

**Questioner:** What is karma? Will the good and evil done by people in the material world form karma?

**Higher Spirit:** Karma is like when you hit a wall and your hand will hurt. This is a consequence and side effect produced by your choice.This is what you call karma. It's like when you put your hand in ice, your hand will feel cold and sense the cold and ice. Isn't that what you call karma? Because all of you... Just like when you throw a stone into water, the water will produce waves. It's that simple. This is karma. Now for your second question.

**Questioner:** Will the good and evil deeds people do in the material world form karma?

**Higher Spirit:** What do you think? Whether it's good or evil, all your actions will form a consequence, right? Just like when you plant a seed, it will definitely (blossom and bear fruit). If you don't plant it, will it blossom and bear fruit? No.

**Questioner:** What are chakras? How can one determine if their chakras are blocked? How can one clear them?

**Higher Spirit:** Chakras are also in your material world... For example, some people have a set of belief systems, right? All these things here mean that what you believe in is what you will experience and create. Some people create all their feelings according to their own... Do you understand? 'Ah, the chakra in my throat, on top of my head, and at my navel.' Then he created according to this.Currently, the time is 18:43:21 on August 30, 2024, Friday. After he created it and felt it was effective, then he went to share. After sharing, others also believed. They walked on one path. You can join the path that others are walking on. Right? If you think the path others are walking on is the one you want to take directly. For those who have chakras, they have created a path. Then many people join this path. After joining this path, if they think what he said is right. Look, here is this flower, there is that tree over there, here is this grass, and there is that experience over there. Because once you believe, you will experience it. If you don't believe, you won't be able to experience it. It's that simple. There is a saying in your material world: If you buy into this, it means you accept this. If you don't buy into this, understand? Because your body is such that what you believe in will give you the same experience. So you think: Ah, my chakras are unblocked. OK, then if your chakras are unblocked, it is your own belief that has created this experience for you. Because as we mentioned before about magic and anything else, manifestation, and everything, what does it concern? It concerns whether you believe in it at all, how much you believe in it, and how long you can believe in it. Because after you believe, there will be corresponding chakras as well. So if you think this set is complicated: Oh, I'll go study.

Then it was connected. So if you think you need to go through this whole process, then you can go and experience it. Because there is no right or wrong.

**Questioner:** What will the Earth be like after ascension? Where will those who cannot ascend go?

**Higher Spirit:** After ascension, the Earth is like this. For example, before ascension, it is like turbid water. If it ascends, it will become clear water. That's the difference. Your Earth can show this very well to you now.

Because of various pollutions you are exposed to, ideological pollution, various pollutions, and some material pollutions, isn't it a turbid state? Understand? You all. Especially those who are learning our spiritual information, they will feel that they are getting lighter and lighter. They will feel that they are not as heavy as before. This is your change. It is a process from heavy to light. So you will have an ascension. The "ascension" here means to rise and fly.

**Questioner:** She also has a question. That is, where will those who have not ascended go?

**Higher Spirit:** What will happen to those who have not ascended? They will continue to experience the heavy, heavy feeling and then slowly...

The seventh person.

**Questioner:** I find that I like being alone more and more.

Then I also think that being alone is extremely important. However, I find that many friends around me are unable to be alone. Then I want to ask why I increasingly like being alone. Then, the importance of being alone for us and how we can be alone better.

**Higher Spirit:** The importance of being alone for you. First, at every stage, at a certain stage. For example, now you feel that you need to be alone at present, and when you also like being alone, then you can be alone. Then some people are still very afraid of being alone. For example, there is still a lot of fear inside them. For example, they still need to establish that sense of connection. Then they need people who can give them strength, or they still need to rely on others. For them, that is the most important thing. This cannot mean that everyone is the same and generalize them all. Every life will have different experiences at different stages. So whether it is important or not also depends on individuals, right? That is, if one person particularly needs it, but he still can't feel his own strength at present. For example, for your little baby. Can you say, "Ah, being alone is very important. You need to be alone." Does it make sense?

So he needs to establish an attachment, that is, dependence. The kind of dependence he has on his mother. Because when you establish that sense of security well, it will be of great help to his growth in the future at every stage. He has his different stages of experience. It varies from person to person. Even for the same person, he will also... Yes. You said.

**Questioner:** I understand. My next question is what is the incarnation that has had the deepest impact on me in this life? Can I ask this question?

**Higher Spirit:** You mean what from your past life has had the deepest impact on this life? Wait a moment. I sense that there is a life that has had a particularly deep impact on this life. He is deeply connected to Buddhism, just like a Buddhist. Because in that life, his whole life was spent learning Buddhist knowledge. So in that life, he accumulated a large amount of Buddhist teachings. Then these pieces of information and knowledge are already known to him. So when you encounter, for example, Buddhist teachings or our spiritual information, it will be very easy for you, as if you understand it immediately. It's very easy for you to pick up. Then, that person's life is very lonely. There is only a process like Buddhist teachings and scriptures. So although in this life his... For example, Buddhist teachings, wisdom and this information are of great help to you.

But similarly, when anything comes along, it has both positive and negative impacts. It also brings about the situation where it's difficult for you to find that sense of connection or tightness in a relationship. How should I put it? That sense of home, that kind of more communal life, family-like. Do you understand? Because he is used to being alone, being connected with Buddhism, wisdom, and these things. And then he doesn't have that foundation. How can one be intimate with another person in an intimate relationship to the extent of getting up together in the morning and going to bed together at night, facing each other every day? Because for him, he will think it's like: How I deal with this. It's as if you've never slept with an animal, a tiger. Do you understand what I mean? Then you need to learn, learn how I can sleep with that tiger, get up together, and do intimate things together, right? So for him... Because people who have always slept with tigers know the habits of tigers. They know this. So for them, it's a very natural thing, right? Then if you've never slept with a tiger, then you will... Intimate relationships, this kind of family intimacy, this kind of extremely intimacy is a lesson that you need to learn again. Do you understand?So, this is the dual influence that this life has brought to you. On the one hand, there is this influence. On the other hand, there is that influence. It has both advantages and disadvantages. But the disadvantage only requires you to be aware of and detect it. Then you need to open yourself up. OK? Then I can just study. Right? It just requires such an attitude from you instead of giving up on it completely just because it's so difficult. Understand?

**Questioner:** As you said earlier, if we die in this life, our personality is retained and then reincarnated. I would like to ask how this works. That is, my soul reincarnates again, and my personality still exists in the spiritual realm. I don't quite understand this relationship.

**Higher Spirit:** Your personality exists because nothing in this world will be destroyed. There is no such thing as destruction. Understand? It just transforms. That is to say, it is no longer projected into a solid to exist. It is just this solid. Because as long as it is a solid thing, it will always disappear one day. And in your material world, there is space. That is, for example, a house occupies a space in this world.But, when we look at it from a higher understanding, it does not exist in space. So, for example, your higher self. As I often gave examples before, each of your fingers experiences in different environments, right? So your question is that when your index finger disappears, how does it turn into another personality experience? Is this your question?

First of all, you need to know that the energy of the higher self chooses another finger to experience in another environment. And when you experience, each of your fingers is like a memory stick, a memory card. It is like a kind of storage device. It can collect all your information. Say your question again. What is your question?

**Questioner:**  My question is, taking the incarnation of that lifetime you just told me as an example. That person is a Buddhist. Then he is the lifetime that has the greatest impact on me in this lifetime. That is to say, that personality still exists in the spiritual realm. But he has incarnated into the current me and has an impact on me.

**Higher Spirit:** No, he has not incarnated into anything. Just say... For example, that lifetime is the thumb, and now you are the index finger. You say the things that the thumb has realized... The thumb is in the mud, and your index finger is in ice water.

Do you think there is a conflict between my index finger and ice water? Understand. They can each experience it on their own. One is mud, and one is experiencing ice water. There is no conflict at all. But you yourself know what mud feels like, right? Because your thumb is stirring in the mud and can't move. And you also know about ice. Ah, that's so cold. Understand? So you have both the experience in the mud and the experience in the ice.

**Questioner:** I understand. My last question still wants to know if my higher self and spirit guides have any messages they want to bring to me?

**Higher Spirit:** Today's messages are all for you. Then let you know not to have fear or feel impatient or give negative definitions to close relationships or family relationships. Understand? Because this is what you lack. You need to feel warmth because this will make your expansion wider. It will enhance your... For example, when you feel the warmth or love of family, many more branches will grow on one of your branches, secondary branches are like your nerves, constantly... For example, you are like a very large seaweed.

This part of yours is within family warmth. Inside it, many, many tentacles will grow out for you, allowing you to... It's like new cells of life, new ones. Just like plants growing many leaves and many roots. Each one is vitality.

The eighth person (asking on behalf).

**Questioner:** How can we better take care of our physical body?

**Higher Spirit:** How can you better take care of your physical body? First of all, you need to realize that your physical body is extremely precious and valuable. After you think it is extremely precious and valuable in your heart, its status is different. Then you definitely won't casually... For example, pour alcohol into it again, right? That is, give it harmful substances. At least you should ensure that it is not invaded by harmful substances. Think this way. How do you take care of your baby? Because in your maternal nature, in your innate nature, as a mother, you will know how to take care of a baby. You will not let it be harmed by any harmful substances, right? Then, just like taking care of your own baby, don't let your physical body be harmed by too many things, right? After you have a baby, you first need to take care of its emotions, right? When the baby cries, you give it a hug. And when the baby wants to play, you play with it, right?

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So when you have such a consciousness, naturally, it's like when you become a mother. After you give birth to a child and come to ask me how to be a good mother. After you have a child, naturally, you will constantly look for information to learn how to take care of a newborn. When you know that your body is so precious, naturally, you will take on this responsibility and then take care of your physical body. First of all, you must have that consciousness, understand?

**Questioner:** How can we be more in harmony with our Higher Self?

**Higher Spirit:** How can you be more in harmony with your Higher Self? Your body will always have a compass-like function. That is, it will let you know which things you do will make you very uncomfortable. But for example, some people do certain things and they feel uncomfortable but they still continue to do them. Why is that? That's because their brains, their minds have been implanted with some information that makes them think that doing these things is beneficial to them. For example, I steal. Actually, I feel uncomfortable, panicked, and don't want to steal. But I still continue to steal. Why? Because there is a fearful thought in me that if I don't steal money, I can't live. I will die.This is his own fearful belief, a wrong belief. So you must know which behaviors are carried out because of some beliefs in your brain. Because when you are no longer dominated by your brain, you are guided by your heart. Then you are on the path of being in harmony with yourself.

This requires a very high level of consciousness. A high level of consciousness means that you know your physical body is not you. Because if you take all the feelings and everything of your physical body as yours, you will not know that there is a higher existence. So this requires high consciousness, awareness, and perception.

**Questioner:** Does desire need to be restrained or satisfied?

**Higher Spirit:** Does desire need to be restrained or satisfied? First of all, desire is energy. Energy cannot be restrained because if you restrain it, it is as if you are creating resistance. When you are creating resistance, you are increasing its energy. It is just like the more you restrain it, the greater its destructive power. So there is no restraint or satisfaction here. Because when you ask this question, whether it is restraint or satisfaction, in fact, you have twisted yourself. You have put yourself in a trap. It is as if you are presented with a multiple-choice **Questioner:** should I satisfy it or restrain it?But neither of these is desire. It is an energy that can lead you to have no self-awareness and self-exploration and lead you onto the path of wisdom. For example, you can continuously engage in self-exploration based on some desires that arise within you. First of all, desire also generates energy. That energy can only be... For example, there is a burst of energy coming from me, right? If it is through a negative belief of mine, then I will explosively release this energy in a destructive way. But if it is through a positive belief, then I will release this energy in a positive way. So when energy is bound to come out anyway, should I... When I change some of my negative beliefs into positive beliefs, then don't I need to worry about this energy anymore? Because it is here to serve, right? Then it is used to serve. If it is used to serve, I don't need to worry about it. It is serving me positively and serving society positively. So this is another aspect from which you can see how important your beliefs are. Because in the process of imparting this knowledge to you now, we are transforming your negative beliefs into positive beliefs. Because each of you has powerful energy.Now, if we transform it from a negative belief into a positive one, just think about how powerful this energy is, right? Then it brings not persecution but positive influence.

**Questioner:** What information can help people who can't find the meaning of life?

**Higher Spirit:** What information can help people who can't find the meaning of life? And then the message we want to give them is that life itself has great significance. It's not that you must do something... Just your existence. The existence itself has extraordinary significance. And here there is no evidence to prove it. There is no evidence to show you what and how. You just need to believe. Believe that existence itself and life itself have extraordinary significance. That's already enough. Why? Because only after you believe, will you discover. Understand? Because just "you just need to believe" itself will lead you to the path where you discover. It's like there are two doors here. One door is belief and the other is disbelief. Then I just say that you only need to push open the door of belief, and you will discover its great significance. Then you just need to push open this door. But if you push open the door that life has no meaning, you will walk on a path where more and more evidence supports that life has no meaning. Understand?So there is no need to bring you any evidence. You just need to believe and then push open that door. Next, life itself will present its great significance to you.

**Questioner:** If everything already exists, is our information new or old?

**Higher Spirit:** Is our information new or old? For you, it will always and forever be new. Because our information is always helping you. For example, in your material world, there is an experiment where you infinitely magnify an object. If our information is said to be old and already exists, it's like there is a leaf, just one leaf, right? You look at that leaf every day. It's the same leaf every day, right? You will think this is an old leaf. But for example, through your knowledge, like a scientist teaching you to discover the mysteries of life. He gives you magnifying glasses and various testing equipment. Then you continuously expand it and expand it to infinity. Every time you expand it, is it new to you? So tell me, is this leaf new or old?

So that's why our information requires you to continuously ask questions.

You keep asking questions as if you were holding a magnifying glass and constantly looking and searching. You will always... Even if you enter the tiniest cell, you can always find a difference.

**Questioner:** I used to be afraid to sleep with the lights off when I was alone. But now I finally dare to sleep with the lights off when I am alone. I want to ask if this will cause a so-called frequency shift. Is this a major frequency upgrade for me?

**Higher Spirit:** First of all, every time each of you asks a question, there will be a lot of "I, I, I. How am I now? What was I like before? What was I like previously? What have I always been like?" That is already wrong. Do you understand? Because at every moment, the moment before you receive this message from me, that is no longer you. Then you will know how infinitely changeable you are. You know there was a girl who asked a question before. She said, "What's your name?" Then I said that only in the material world will people use this superficial appearance to name. Then today, if you see me as a cloud, I am called Cloud. And tomorrow if I am a popsicle and I still say I am Cloud. You will say, "How can you be Cloud? You were like that yesterday."

Today is a popsicle. How are you a cloud? Do you understand what I mean? Now you will know how to define you and how to define me. I am not defined by anything. I am not restricted by anything. Because every second and every moment of mine is constantly changing. It is constantly transforming. This is the essence of life. So you also need to. Because when you can look at yourself with such eyes, you will also look at others with the same eyes. You will not live in the memory of him, in some things he did or some things he did yesterday. You will not be immersed in it.