

Part 1

The Great Simulator

You Are **NOT** Here



Your Practical Guide To
Recognising The Amazing Illusion
You Are Experiencing

By

David McCready

You
Are
NOT
Here



The Great Part
Simulator 1

McCready

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First recorded discovery of The Great Simulator manuscript

Background To This Book

19 September 2007

Dear Reader

Approximately ten years ago I ceased practicing my formal profession of engineering and building maintenance. I then took up the new, and difficult to precisely define, profession of helping people connect to their higher abilities.

Even to the date of writing this note to you, I still have no traditional definition of how to describe my work. Clients have commented that it appears to incorporate elements of psychology, neural linguistic programming, coaching, and spiritual awareness.

All I can really say about what I do is that it has achieved remarkable results for a great many people.

However, even more remarkable, and unusual, is the technology behind making significant advances in peoples natural ability. The approach taken is not a philosophy, instead it is based on tried and tested imperial observations that have been successfully applied by my clients.

Ultimately, the secret to developing yourself is recognising that the real you is experiencing a magnificent and compelling illusion. In fact, the human being you may be inclined to think you are right now, does not really exist !

I hope you enjoy this book.

David McCready

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Part 1

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1 Introduction

Hello reader.

This book is a manual that is designed to give you an in-depth understanding of how to access your own Free Will.

At this point in your existence you will have noticed that “Life” does not always go the way you wanted it to.

Actually, “Life” is doing precisely what you wanted it to. But as what you wanted will appear to be hidden in your subconscious, you won’t remember your real choices. In fact it is very difficult to remember because you are currently experiencing a most ingenious illusion.

To help you see through the illusion you are experiencing and hence regain access to your Free Will, you first need to recognise that you are in an illusion.

Example

Have you ever tried to repair a piece of mechanical equipment when you have little or no idea how it functions?

You might, for example, have found computers difficult and temperamental to operate. Or you may have been trying to fix a broken-down car.

When you know how something works and a fault arises it is easy to repair. Conversely, when you do not know how something works, it is often impossible to fix or maintain it.

The most complex piece of equipment you own is your human body. As you may have noticed, it was supplied without any operating instructions. Our conventional understanding of how it works is generally very limited, even for members of the medical profession.

The most difficult part of your body to understand is your mind. Even though you use your mind all the time, you will constantly encounter difficulties if you try to improve or change its performance.

How often have you wanted to be more energised, yet actually found yourself underperforming?

How often have you wanted to change your attitude towards something yet found it very difficult?

How many times has your ability to achieve something been limited by the apparent unwillingness of your mind and hence your body to cooperate?

My professional background is engineering but for the last decade I have devoted myself to improving the performance of human beings. In the course of helping people I have made an in-depth study of how we function and why we tend to behave the way we do. You could say that I have been developing a kind of “Human Operating Manual”.

Human Operating Manual

The “Human Operating Manual” that I have been developing is designed to give you a practical understanding of how to get more from yourself and the people around you. So its many practical applications include:

- Your Job
- Your Relationships
- Your Health
- Your Creativity
- Your Happiness

I do not claim to have discovered the answer to everything. That is not what this book is about. This book was written to help you profoundly influence your ability to achieve measurable improvements in these areas.

Everyday Illusions

Now, imagine yourself sitting in a cinema.

Suppose you did not realise it was just a film being projected from a machine at the back of the theatre onto the screen in front of you. Everything you would be watching on the screen would appear to be:

- Very real
- Impossible to change

When you visit a cinema or movie theatre, you know you are watching an illusion. You know that to change the illusion you have to change the reel of film on the projection equipment.

But if no-one ever revealed to you that you were watching a powerful illusion, and you never noticed it for yourself, you might easily think that everything you saw was actually **TOTALLY REAL**.

Consciously influencing what is taking place in an illusion is made infinitely easier when you are not being fooled into taking it seriously. It is much easier to influence what is happening in an illusion when you can consciously recognise it for what it is. Similarly, to change your life, you need to be able to recognise the illusions you are experiencing in your own life.

The Illusion Of Life

The illusion almost every human being is experiencing works because, for a variety of reasons, you take it seriously. The Great Simulator works because you think it is real.

Your rational thought process and its accompanying imagination are key components in making the illusion of human life real. If you want to see the illusion taking place you have to stop contemplating what it “might be”.

However, to start to see the illusion, you have to do something even more challenging and fundamental. You have to begin to recognise that you really did want to experience it in the first place.

Try and imagine everything you are experiencing right now is an illusion. You are not a prisoner of this illusion. You are willingly creating it. Therefore, everything that happens to you happens because you want it to.

You will find it hard to imagine this.

Hard, because you perceive yourself to be experiencing lots of things you cannot imagine yourself wanting to experience.

You perceive yourself to be a very real human entity with things happening to you in a somewhat random fashion. The truth is that this perception is corrupted and distorted. Yet you will tend to believe it to be real because you have little else to relate to. Understanding the way you perceive the world around you can have surprising and profound consequences.

Your human consciousness, which presently acts through the mechanism of your brain, is designed to make this illusion as real as possible. You cannot easily escape the illusion because you simply do not want to. You cannot just step out of the illusion you are in until you start to comprehend why you are in it in the first place.

How This Book Benefits You

The Great Simulator:

- **Part 1** is an outline of the illusion you are experiencing along with insights into how it is created.
- **Part 2** is a set of exercises that help you test the authenticity of what I have written for you. Applying them to the practical challenges you face will give you immediate benefits and life-changing improvements.

You could compare this book to a manual that tells you how to fly. The first part describes how your aeroplane works and describes flying. The second part tells you how to go about flying the plane for yourself. The basic principles are relatively straightforward. The skill is essentially a physical one rather than an intellectual one.

To become a pilot requires a great deal more than simply reading a manual. Pilots have to be trained by other pilots. It's a long, complicated and sometimes dangerous process. Fortunately, in the case of learning to see the illusion you are in, the worst that can happen is that you end up believing it is real. Ironically, that would be what you actually wanted, up to this point in your life anyway, but I'm getting ahead of myself.

There are two reasons why I wrote this book and why you will benefit from reading it:

1. Although you want to be in this illusion you also want to awaken from it.

2. Applying any of the exercises in this book, though they can be challenging, is likely to have a positive impact on your life.

For you to access your Free Will you have to notice what is really going on and that cannot be done until you “wake up”. You are reading this because you want to make positive changes to your life and this book was created to help you succeed in “waking up”.

Over the years I have taught many people how to gradually perceive the same surroundings in a new way. Many of them were people who wanted to do better in business. As these people overcame some of the illusions that limited them, they made rapid advances in both their work and many other areas of their lives.

Writing this book is an exciting experiment designed to give you a practical manual you can apply to everyday challenges. I hope you find it interesting reading, and as soon as you start applying what is written here physically, you will find it life-changing.

You are experiencing a fantastic adventure.

Welcome to The Great Simulator.

PS.

Whilst writing an earlier book I consistently found that I was spelling Earth as Earht. My computer's spell checker was persistently highlighting this error with its disapproving red lines. Yet I just kept on spelling it that way and then having to correct it. So in this book, I decided to let this alternative occur without alteration. This alternative spelling has provoked the wrath of my editors, who disapprove of this perversion of the English language. However, spelling Earth as Earht remains as a reminder to you that you are not really here.

2 All Back-To-Front

The easiest intellectual way to grasp on what is going on is to begin to recognise that virtually everything you are experiencing is..... back-to-front. Your whole existence is to a very large extent the opposite of how it appears to be.

Some books would take you gradually through a series of observations and the evidence behind them. However, with this book, a “fast track” approach has been adopted.

To learn how to see “The Great Simulator” in action for yourself you have to let go of many of your old concepts of what you think you are. Sometimes the process can be exciting, other times it can be frightening as many of your old certainties will have to be abandoned.

Significant Illusions Created By The Great Simulator

To help you make the transition between a “Flat Earth” model of your world to a “Round Earth” actuality, here are some examples of what you are likely to discover as you make your own exploration:

There is only one of us.

Even though there appear to be lots of us. This is an important part of the illusion. You are everyone which includes me. Harming others is harming yourself. Helping others is helping yourself. This book is a message from you, to you.

You are not here.

Whether you see this during your Earht life, or when your physical body dies, you WILL discover that you were never

really alive on Earth. Instead you were just experiencing the strong illusion that you were a living human being. In fact one of the common problems experienced by the recently deceased is coming to terms with the fact that they were never really physically alive in the first place.

It's all pointless..... But there is a point.

Many people find a purpose in life through physical achievement. As you increase your awareness and recognise the illusion of life for what it is, such achievements will start to appear pointless. This recognition can potentially make you apathetic and hence incapacitate you. However, to embrace the real purpose of your human experience, it is a “bridge” you have to cross. To see your real purpose, you must first let go of many old perceptions and notions.

You want to experience this life.

This is one that many people have endless difficulty in accepting. The normal human attitude is that a “better life” of some sort is highly desirable. However, that completely denies any recognition of the fact that you appear to be very firmly locked into this one. So why are you giving yourself a life that appears to contain some “imperfections” ?

You are not your thoughts and emotions.

People tend to define themselves as the sum of the thoughts and emotions they experience. The greater reality is that none of them are the real you. Because these thoughts and emotions are so powerful and overwhelming, it is very difficult for a human being to recognise what it actually is.

The last point is really the heart of the matter. Fundamentally, just about everything you, the human being, perceive yourself to be is not actually you at all. Your experience

of being a living, breathing, human being on Earth is just about as far from the greater reality as it is possible to get.

This is why relating to or recognising what you actually are can be so difficult. Your ongoing experience of living as a “Human Being” makes you tend to dismiss the truth of what you are. It is not even that the greater reality or truth is even hidden from you; you are just choosing not to recognise it. What you really are is so different to your perception of yourself, that you keep dismissing reality and remain in this amazing illusion.

This book is designed to help you notice things you had previously chosen to ignore. To use the cinema analogy, you have been so fixated by the action on the screen in front of you, you never really looked behind you at the projector.

Technical Insight

Not only has the “cinema screen” in front of you been made very interesting and compelling to follow, but the projector behind you has been cloaked in “apathy”.

Your brain makes most of its decisions based on how you “feel” about a subject. When you have too many conflicting feelings your brain selectively ignores them until you are left with one clear and simplified feeling about what you want to think and do. This process is normally described as rationalising.

Your brain will often experience an apathy towards recognising the greater reality. Instead it is influenced by outside forces that make it want to focus on the illusion. You do not recognise the illusion for what it is because you allow yourself to be influenced not to do so.

It is that simple.

Advanced Thinking

Thinking about this is, ironically, creating a continuance of the illusion you are experiencing. Trying to work any of this out in your mind is futile, as your brain is designed to make the illusion you are experiencing very real. To recognise the illusion you need to use your Advanced Thinking ability.

Advanced Thinking is actually the art of not really thinking at all, in the traditional sense. You still use the processing capacity of your brain, but you avoid most of its rationalising function. When you rationalise, you dismiss apparently irrelevant information. When you are being aware, you take in everything. Reality turns out to have been disguised as irrelevance and further camouflaged in apathy.

When you ignore your Advanced Thinking ability, you will experience disinterest and extreme difficulty in recognising what is happening. But you will probably complain, incorrectly, that much of what happens to you is against your will.

People who demonstrate an Advanced Thinking ability are in no way superior to those who rarely do. Everyone is equal. Advanced Thinking is something you will already have experienced. When you follow the exercises in the second part of this book you will experience it more often.

The truth is all around you.

Everyday Illusions

Your brain is pre-programmed to keep making sense of the world it perceives. As it has learnt to willingly dismiss nearly any sense it has of the Greater Reality almost anything becomes believable.

You are largely living in a world of “mental models”. Even what you see with your eyes has been adjusted:

- Example; the lens mechanism in your eye ball sees everything upside down. Your brain has adjusted this to be the right way up.
- Example; your eye balls each have “blind spots”. You do not normally notice this because your brain has “filled in” the gaps in your vision with what it thinks is there.
- Example; your brain only receives electro chemical signals from your eyes. From this it constructs an imaginary image of the physical world. Everything your eyes physically see has to be imagined by your brain.
- Sometimes your brain ignores the electro chemical signals from your eyes altogether and imagines other things. So you literally do not see what is in front of you. This is how, for example, many car crashes occur.

The combined effect of your brain being so busy making sense of things, imagining other things, while ignoring nearly everything, is to create a very dubious sense of reality. As your brain is also normally apathetic towards the greater reality but, conversely, enthusiastic towards perceived excitement, it is very easily fooled.

You gain most of your human sense of identity based on the perceptions of your brain. Hence, you are basing most of your sense of identity on corrupted and incomplete information, plus fantasies about what you perceive yourself to be.

Back-To-Front

Overall, your entire human existence is a fantastically well engineered and convincing illusion that has turned reality “back to front”. As you will discover, nearly everything you are experiencing is not real, but has been constructed in a way that the human brain perceives as real.

Yet from this strange predicament, we do have a useful tool which will help us uncover the truth. Many of the mysteries we face in our lives are insoluble because significant elements such as the purpose of our lives frequently do not “make sense”. This is because the illusion you are experiencing has caused you to arrive at false assumptions.

To overcome the false assumptions you are making, you simply have to use your Advanced Thinking ability. Whenever you use this higher awareness you will be open to recognising the incredible reversal of reality we call Earth.

A simple example of what you will discover is as follows. Whilst reading this book, a typical person will sense himself/herself to be a consciousness looking out through a pair of eyes. The reality is that it would be more accurate to say that you are everything else apart from that consciousness behind the pair of eyes. How back-to-front and initially difficult to grasp is that ?

3 The Help Around You

You Are Not Alone

One impression that most people often have in life is the sense of sometimes being alone.

You, the Earht consciousness, are never alone. Your “spirit friends” are always with you.

Some people will have already recognised this. Some people will relate to these “friends” as guiding spirits, others will see them as deceased relatives come to help. There are a multitude of interpretations you can apply to this. Furthermore, depending on where you are focused, the “local reality” can appear to be different. Meanwhile you, the human consciousness, never were alone and you never will be.

How This Is Achieved

At the risk of confusing you, earlier I pointed out that there is really only one of us. But at the Earht level there will appear to be many of us. So I will appear to be separate from you. This allows for separate consciousnesses to appear to exist. This mechanism makes it possible to create different people. You might say that we are all formed from the same material but in individual ways. It’s a fantastic way to create a really interesting illusion. It also means that you, the human consciousness, are never alone.

What I am about to describe next, most people will try to imagine, and will imagine incorrectly at that. So let this act as a rough guide until you experience it for yourself. You are

guaranteed to experience the greater reality because, at some point, your physical form will die. If you experience it before then, that is even better. Inaccurate imagination is, therefore, in the meantime, temporarily excused. As I just said, when you try to imagine this you will get it “wrong”. But don’t worry, this section is just here to inform you.

The concept to grasp is that you, the human consciousness, actually do not look like a human being at all. More like a ball of energy. A ball of energy with no defined edge. So it is not clear where you start or finish.

Meanwhile you relate to yourself as something with defined boundaries. As this is what you relate to, anything trying to communicate with you will often, helpfully, give itself the appearance of defined boundaries. Therefore a guiding spirit will tend to appear to you as human or angelic, with defined boundaries, in order not to confuse you.

So here is a picture that is not quite accurate, but at least gives you some clue as to what is going on. You look like a ball of energy floating in a dark space. There are other balls of energy around you, who could loosely be called your guiding spirits or Guides. Some of them will be known to you as deceased relatives. Others could simply be considered spirit friends who you will never physically recognise during this Earth life.

As I explained, you tend to see yourself as a human being and your Guides will also tend to appear as human beings, because that is what you relate to. In some cultures people will often see Guides as animals, it does not really matter. Guides like to give you a familiar point of reference. A deceased relative such as a grandmother will normally appear looking old because that is what you relate to. If she were to appear to you as a bouncing

16 year old you would not necessarily relate to her, or recognise her, as being you grandmother.

Meanwhile, to our guiding spirits, you will appear to be more like that ball of light, which is under the impression that it is a human being. If a guiding spirit wanted to communicate with you it would merely be a matter of blending in with your energy. This often has the physical effect of making you feel cold, or experience a chilling shiver. To communicate with you, requires “borrowing” some of your Earht form to some extent, and you may experience this temporary “loss” as a cold sensation.

Mission Control

Guiding spirits are there to help you. If you were an astronaut, they would be your mission control on the ground. They can assist you in a variety of ways if you let them do so.

The big confusion that generally arises is that many people think that their Guides are there to solve all their Earhtly problems. Guides on the other hand see it very differently. You are experiencing the Earht plane of “The Great Simulator” because you wanted to. You wanted to experience various challenges. It would be most unhelpful of your Guides just to intervene to take away all your problems, when you actually wanted those same problems in the first place. Even if, whilst in your human form, you don’t consciously remember this and ask them to solve that “problem” for you.

What Guides do well is to help you raise your awareness. When you raise your awareness you tend to see the solution to your problems. After all, that is ultimately what you wanted to do.

The classic mistake is to complain that your Guides are not helping you enough or even at all. This lowers your awareness and in turn makes it harder for your Guides to assist you. So the more you complain that you are not being helped enough, the less help you are able to receive.

I have frequently encountered clients who have become angry with their Guides. Fortunately, the Guides never appear troubled by such attitudes and peacefully await the return of “common sense”. Clients, on the other hand, do not initially recognise that to be angry at Guides means connecting to “darker forces”. This discovery can often be quite shocking for them.

Practical Help

The great advantage of having guiding spirits is that they can assist you in a very wide variety of ways. They can assist you to exhibit skills you would not otherwise possess. You can “chat” with them. They can help you heal yourself and others. They also help you access the energy and drive to perform great feats or tasks. There are many possibilities.

In my case, I wanted to learn how to connect with the Greater Reality beyond the illusion I was experiencing, though I would have described it to you differently at the time. However, I was, for the most part, lacking suitable human Earthly assistance, so I was instead made aware of the idea that my guiding spirits existed and they could help me develop. They did, and I acquired skills that were not obviously available through other human beings around me.

What I did is not actually that unique, you only have to look around you to see individuals who appear to have developed

skills and acquired knowledge apparently on their own. What was more unusual was that I was aware to some extent of how I was doing it. Your Guides have already and will continue to support you.

What Are Guides

Ultimately, there is only one of us so you are your Guides anyway. But at the Earht level, they will appear to be separate from you.

Guides can also appear to be in two places at once. So two or more people can connect to them in different parts of the world at any time and have different “conversations”.

You also tend to influence how they communicate with you, which is where more confusion can arise. If you want to “hear” something from them, you probably will appear to do so. But you could easily be fooling yourself. You have to be very impartial to get a good “accurate” link.

There are plenty of other spirit forms out there that I would not classify as Guides. In fact some of them appear to exist principally in order to confuse unwary humans. To begin with you will normally experience some difficulty in telling the difference. Your normal thinking rationalising thought process makes you particularly susceptible to their influence. However, the fact that you are reading this means that they have not killed you yet.

Guides are there to give you your more advanced abilities and awareness. To a large extent you could call them “Stage Managers”. What you perceive yourself to be is to a large extent

a restricted combination of their combined consciousnesses plus some other things.

You are not limited to communicating with Guides / spirit friends or relatives, etc. Any of the “prophets” are generally available; Moses, Abraham, Jesus, Mohammed, Buddha, Krishna, etc. But note that there are a great deal of spirit forms out there that masquerade as these prophets, so later on I will give you a few tips on how to tell the difference.

Expand Your Awareness

Meanwhile, there is one important tip that you should be aware of immediately. Whilst this book is for the most part a limited technical description of a magnificent creation, you will benefit from moving your understanding of what is being described beyond the limitations of your intellect. Instead, you need to use the awareness of your Guides.

The reason for doing so is simplicity itself. Your intellect is an active component in the manifestation of the illusion you are experiencing. Hence, you cannot think, intellectualise, or rationalise your way out of it. Your Guides, on the other hand, do not possess intellects, and are therefore not bound by the consequential illusion.

To demonstrate a higher level of consciousness and truly recognise the illusion you are experiencing demands that you must acquire a higher awareness. For you to achieve this at some stage requires you to familiarise yourself with your guiding spirits and share their higher awareness.

When you do recognise the presence of your guiding spirits, you are also in a position to experience a wonderful unconditional love. As humans, we have many fears, so we need to recognise that our Guides, who only have a wonderful unconditional love for you, are not going to harm you. Feeling this unconditional love is one of the means you have of determining that you have indeed connected with the higher awareness of your guiding spirits.

The essential point about life in The Great Simulator is that you are never alone. Someone or something is always watching you. You have no privacy. Everything you do can be, and is always seen. Similarly, you are constantly receiving an enormous degree of “help”.

You may be judgemental and divide your actions into “Good” or “Bad” categories. Your Guides do not do that. They are not under any illusions that gives purpose to being judgemental. So when you communicate with them, remember that you will inevitably have a distorted view of the Earht, whilst your Guides will see it for what it is. This is one reason why their unconditional love does not appear blocked by judgmental attitudes.

Allow them to help you to expand your awareness. For you to have a greater influence on what happens in your life, you need to comprehend what is actually happening right now.

Incidentally, whilst this description of The Great Simulator describes your Guides in terms which suggests them to be separate entities from you, that is a mild inaccuracy. In practice there is only one of us anyway. So if you perceive them to be somehow (perhaps) smarter aspects of yourself that is entirely understandable.

4 Astral World

As long as man has lived on Earth, it has generally been a belief that there is another world of some sort. Many people subscribe to the idea of heaven. Some even have the additional concept of hell, and for a dwindling few there is also a purgatory. However, all religions and, in practice, the majority of people subscribe to the idea that there is probably some sort of “afterlife”.

The confusion arises in that, for most people, there is no obvious access to this other world. Occasionally, people who have died are revived and are returned to life, some of whom retain the memory of what happened on the “other side”. The experience of what happens on the “other side” tends to be similar for people globally, regardless of location or culture. Something appears to happen, but it can be hard to know exactly what is going on “on the other side”. To reduce this confusion, this series of books contain exercises that enable you to explore the “other side” without the need for a “near-death experience”.

Exploring The Astral World

Meanwhile, some people have found methods of getting back to the “other side” or, as it is more commonly referred to by those who have consciously been there, The Astral or The Astral World. Meditation techniques are very effective in this respect and with practice you can experience some of the Astral World without the need to have a near-death experience.

Some professional hypnotists have also found that if you regress patients under hypnosis, you can recover memories of this Astral “other world”. It is similarly possible to recover

memories of previous existences and other things not normally found in your conscious mind.

It is possible to explore the Astral World consciously. However, for the typical reader of this book it is very difficult to do so consciously. The simple reason why you will not is that your desire to believe that the Earth is real is so strong you are afraid to “project” away. You are restrained by a deep subconscious fear of death. Leaving your body is associated with death and that fear prevents you consciously projecting onto the Astral.

Obviously, if you saw this Astral World for yourself, you would instantly understand the basis upon which The Great Simulator was written. However, as you have a strong unconscious desire to believe that The Great Simulator is real and the part you are experiencing is called planet Earth, you will encounter obstacles. Hence it is initially difficult to lose that subconscious fear of death.

Yet you actually do experience parts of the Astral World on a daily basis. This book will help you recognize the parts of it that you are already conscious of, but probably ignoring. Through this approach it is actually easier to explore the Astral World than it may first appear. The next difficulty faced by most people is that it often appears to be so different, that they think they have not found it and have instead made some sort of mistake in trying to get there. So in this chapter, we are looking at some aspects of what the Astral World is like, in order to familiarize you.

Navigating The Simulator

The simulation of life and consciousness you are experiencing is but a small part of something much bigger. Anyone familiar with the subject of Astral Projection will be familiar with the practicalities of projecting your consciousness out of your body so that you can visit other places. The techniques that help you do this are covered later on in Part 2 of this book. Though it is worth noticing that you already perform unconscious Astral Projection every time you sleep.

Anyone who has developed the ability to consciously perform Astral Projection will have discovered that (let's call it) the Earht plane is but one of many dimensions. Dimensions are worlds that essentially overlap. So, the Astral World is comprised of many sub-worlds or planes that essentially all exist in the same place. It is therefore possible to move between one and another almost instantly, once you have remembered how it is done.

Most people experiencing human life will have blocked out their memory of how to navigate within the Astral World simply to make the human experience more compelling and realistic. For example, on Earht there are good reasons for fearing death, yet you would instantly lose that fear if you were to see everyone who had ever died, alive and well in another dimension. For your "own stability" you have probably blocked out most of your understanding of how to navigate the Astral World; completely losing your fear of death could result in you prematurely exiting the Earht plane. So you retain that fear to help keep your physical body alive.

For simplicity you could divide the Astral World into the high vibration/energy levels and the low vibration/energy levels.

High Levels

- Everything is very connected.
- You will experience a oneness.
- Time ceases to exist.
- You have little or no individuality.

Low Levels

- Time starts to exist the lower you go.
- There is a higher degree of separation between things.
- You can experience individuality: i.e. differences between you and other things.
- Physical solidity is becoming possible.

Earht Level

- This is about as low as you can go in the Astral World
- Sometimes confused with Hell, which is truly a figment of our imaginations.
- Time is very real.
- Distances now exist and take time to traverse.
- Everything is very solid.
- The “oneness” is mostly now obscured.
- Welcome back to Earth

The Way It Is

Now another human confusion starts to arise if you choose to believe the concept that “one thing” might be better than “another thing”. For example, you might believe that it is better to live in the High Astral than the Low Astral. This completely ignores the fact that you wanted to experience the Low Astral and in particular the Earht dimension in the first place. This idea that “one thing” might be better than “another

thing” is one of the mechanisms you employ to keep yourself within the Earht plane of the Low Astral, even though you will think that you want to be on the High Astral.

The Astral World is the main part of The Great Simulator you are experiencing. It is a series of different dimensions, and associated sub-worlds or realms where your consciousness can exist. So to keep this simple enough to comprehend, understand that your consciousness is an invention and it only appears to exist in the Astral World. You, the human consciousness, are currently experiencing a sub-world called the Earht plane.

Whilst reading this book your consciousness will appear to mostly exist on the Earht plane and, in particular, inside your head. But your total consciousness also exists throughout the Astral World. The reality is that it is not focused at all. It just appears to be focused, in order to make the illusion, you are in, appear real enough to be convincing.

By increasing your awareness, and losing your subconscious fear of death you can project your consciousness around the Astral world. For example, you wanted to find your deceased human relatives, your yet-to-be-conceived children, or anyone else, just tour the Astral World and you will find them. Though please be aware that they do not necessarily appear in Human form, which might confuse you a little to begin with.

God

Could you find God ?

Yes and No is actually a great answer.

You are a part of God. Everything else on the Astral is part of God. Your difficulty in finding God would be establishing a point, or focused singularity, called God. Put another way, it is difficult to find God, because God is not a single spot (or person) you could call God. The Astral world is infinitely small, yet designed to appear infinitely large to a human consciousness. So you will tend to experience your consciousness as a small entity looking for an enormous entity called God which is in fact all around you and part of you.

So to look for God, you first have to ignore God. Which is why you cannot find God if you are looking for God, because you would be ignoring the obvious presence of God. However, God would not have much difficulty in making its presence known to you if it chose to, which if you pay attention, it does. I hope that is clear and easy to understand.

Heaven & Hell

Heaven is another place people go looking for. There are a number of versions of human heaven on the Astral and because of this there are some conflicting reports as to exactly what Heaven is like.

The types of human heaven you will find broadly fall into two types:

1. There are the heavens for human consciousnesses still under the illusion that they are human. These ones will resemble the traditional concepts of heaven and they have some Earthly features. Typically they have city-like features and many places of rest and worship; being relatively solid, they are also easier for you to recognize.

2. Then there are the heavens for human consciousnesses who recognized that they were never human at all. It is not really fair to define these planes as particularly distinct from the rest of the Astral as they are inherently formless. The consciousnesses there are happy to exist in a state of oneness that eliminates separation and hence any form of distinct boundaries. This part of the Astral is easy to reach, but will be uninteresting to most human consciousnesses as it is somewhat featureless.

Conversely, it is difficult to find Hell. There are some localized “spots” that look “Hell-like”, but on examination they are created by consciousnesses who desire that experience. Furthermore, such “spots” are lacking solid physical form and therefore physical pain. “A good roasting by demons” is not a practicality, as the experience would be no worse than a brief nightmare, with no real pain. What’s more, as you are choosing where you are going, nothing can actually send you anywhere, especially to “Hell”. To experience physical suffering you really need to be experiencing the Earht plane and you already know all about that.

Other Consciousnesses

The Astral World will appear to contain lots of other consciousnesses as part of the great simulation you are experiencing. Many of these consciousnesses are actually forming your human consciousness.

One of the essential features of the illusion you are experiencing is that you will tend to identify yourself as being one unique human consciousness. The reality is the complete

opposite of that. The feeling you experience of being “you” is made up of lots of little feelings that pass through “you” from one moment to the next. On the Astral you can see this happening, whilst on Earht you will normally be wondering “what has happened”.

The point of this book is to help you recognize that the “person” you think you are does not actually exist. You are in fact something completely different. On Earht you are only experiencing being a human being/consciousness. When you start to explore the Astral World you start to see how a human consciousness is actively formed moment by moment. But whilst you are fully absorbed experiencing being a human consciousness on Earht, you do not easily recognize what you are.

What You Are

Ultimately there is only one of us. One of us that will appear to have broken itself into lots of little bits. So you and I (the writer) are actually the same entity. But in the Low Astral I will appear to be completely separate from you. This makes it possible for you to read a book that appears to have been written by someone else.

I say “appears”, because ultimately there has not been a separation. The illusion of a separation is created in The Astral World and particularly, in low regions such as the Earht plane which you currently are experiencing.

You will appear to be constructed from lots of bits, both large and small, of consciousnesses living in the Astral World. Now when it comes time to form a human consciousness, the being you think you are, lots of these elements are assembled.

The result is a bit like a football team thinking that it is one person. All the individual members of the team would still each experience their own personal identity, but the combined team (you) would have a consciousness that sees itself as one (not many) individual.

The Great Simulator makes it possible for an artificial construction (you) to think it has a consciousness. Hence it can believe it exists as something which is actually entirely different from what it really is. For this artificial construction (you) to have Free Will, it has to recognize what it is. Therefore, for you to have Free Will, you need to first recognize what you are NOT. Then you will start to notice what you actually are.

Components & Layers

A human consciousness is constructed from a multitude of components or bits. Some are “high vibration or energy” and some are “low vibration or energy”, with lots of intermediate “vibration or energy” states in between. You could say that these components, or bits, are like layers of an onion.

When your human body physically dies, you will see the “layers” of different spirit / energy forms that compose it stripped away. As the low vibration / energy layers are dispensed with you will experience “floating” up to heaven.

Incidentally, if you tried to prevent this stripping / dispensing process you would find yourself “Earth Bound” as a ghost for a while. You would remain a ghost until the human illusion sufficiently wore off, and thus, eventually, you would let go of some these Earthly characteristics and return to heaven.

Conversely, when you are conceived and finally get born as a human being, you will see all the components necessary to create the impression of human existence being gathered and blended together. Some people liken the experience as similar to being poured down a funnel.

The final part of the birth process comes when your human body emerges from its mother's womb and you get your "amnesia". Some degree of amnesia or loss of awareness is vital, otherwise you would instantly recognize the illusion for what it is. So, writing from personal experience, one of the first thoughts of a new baby is; "What happened?"

Once on Earht your human consciousness then tends to remain in a state of ignorance as to what it actually is. This is, of course, an essential part of the design. However, to demonstrate any Free Will, this ignorance, as to what you actually are, is something that ultimately has to be rectified.

A good reason for learning to navigate the Astral World consciously, as opposed to the unconscious journeys you make every time you sleep, is for you to experience a greater reality. Hence, you will recognize what is actually happening. If you are hoping to make "improvements" to your Earht life, you first need to discover why your life already is the way it is now.

Your human form is actually an advanced machine made of various components and layers. If you really want it to perform differently, then it is essential that you recognize what it actually is and how it functions. Advancing your awareness of what you are experiencing is only really possible if you consciously access the Astral World.

Already On The Astral

It is actually much easier to do “Astral Projection” or “travelling” than you might think. The main difficulty is that you don’t readily recognize what you are. In particular, at this moment, you are actually spending most of your time imagining that you are a living human being. Because you think in terms of “I am a human being”, you tend not to recognize things that do not appear to be human or Earhtly.

Most of the spirit / energy forms that comprise a human consciousness do not look human at all. An analogy would be if you were to dismantle a green apple by placing it in a blender. The result would be a puddle of green slime; all the components of the green apple would be present, but it would no longer appear to be an apple.

Similarly, when experiencing the Astral World, the vast bulk of it is radically different to the Earht plane. So, instead of recognizing where you actually are, you will instead tend to start imagining your human world, and end up back “in your head”.

The greater reality at this very moment is that you are already on the Astral, but you are imagining you are on Earht. You are imagining you are on the Earht because you, the super-consciousness, want to.

The Astral World is actually all around you right now, but you do not recognize it because it is so alien to what you expect it to be. That is why, for example, heaven (well the many heavens) had to be constructed. Human consciousnesses returning from the illusion of the Earht plane tend not to recognize where they actually are and so have a tendency to want to return to the Earht plane or something similar. Hence, the

human heavens were constructed with some Earthly features which are attractive to anything that wishes to continue imagining itself to be a human being.

To some extent, if you remember your nocturnal dreams, you can see the same process happening. When you dream, you will constantly be making sense of things in human terms. You will make everything appear human(ish). Even though much of your dreaming is in many ways “interesting nonsense”, you will actively want to make “human” sense of it.

In many ways dying is like waking up from a nonsense dream. As you awaken you recognize what you were really experiencing. So, this awakening experience is something you should already be familiar with when you get up in the morning. A similar, but more profound experience, awaits you when your physical form dies.

Obviously then, practicing Astral Projection is a good and rather less terminal alternative to the awakening of physical death. But you are not going to allow yourself to discover how easy it is to consciously do “Astral Projection” until you address your greater overriding intention to experience the Earth plane. A more comprehensive explanation of how to do this is in Part 2 of this book.

Meanwhile, if you remember your dreams, you will already have experienced a significant degree of “Astral Projection” in the “Low Astral”. If you have managed to become conscious that you are dreaming whilst asleep you will have noticed that you can “make up the rules” and define or change your dream. Hence in a very limited way, you would experience an early stage of manifesting Free Will.

Recognizing that you are in a nocturnal dream also offers you other interesting possibilities. In particular, you can escape your dream realm and move into the greater part of the Astral World.

One indication that you have moved beyond the “Low Astral Mini-world” of your dreams is that you become aware of other “Local Realities”. You will find that these “Local Realities” or other “Mini-worlds” are created by other consciousnesses and you will be able to influence what you find.

You will also then be in a position to “go up” in the Astral where you will tend to find that these various worlds become larger and progressively less physically defined. Conversely, when you then return to the human “Mini-world” of the Earth plane, it can look surprisingly small when viewed from an Astral perspective.

Summary

These descriptions should help anyone who has not experienced conscious Astral Projection recognize that you really need to do it for yourself to comprehend what is being described here. The Astral World has many dimensions and most people will not currently relate to, or even recognize most of them.

By following the exercises in Part 2 of this book you will experience Astral Projection. Though, the emphasis is on getting you to recognize where you actually are now and hence assist you in manifesting some Free Will. For a fuller explanation into exploring the Astral World in general, you will find it in Part 3.

I have taught many of my clients to see auras, chat with their Guides and human relatives. So if you think you can't, stop fooling yourself; you are already on the Astral and you can do it too.

From now on begin to pay attention to the Astral World all around and within you. By this means you can progressively notice how you imagine yourself to be a human being on Earht.

Our next step in extracting you from this illusion is to deepen your understanding of the components that make up the impression of your human consciousness.

5 Special Effects Team

Not a single thought you have is actually yours. None of the emotions you experience in your human form are you. Yet, you walk around identifying yourself as these same thoughts and emotions.

The design of this is outstandingly clever. Everything you are inclined to think you are, you are not. Even thinking about this, right now, is part of the illusion you are in. You do, however, experience aspects of what you actually are; but as what you are is obscured by an avalanche of other senses and, in particular, thoughts that are driven by Earthly feelings, you will seldom recognise your true self.

To be aware of yourself requires learning the practical skill of Advanced Thinking, which in truth is not really thinking at all in the traditional sense. When you use your Advanced Thinking ability, you are in a position to be aware of how easily the thoughts you are experiencing are manipulated by “outside forces”.

How You Have Negative Emotions

Previously we looked into the subject of Guiding Spirits, the ones who are there to help you be wise, aware of yourself, make good decisions, etc. So how then do you manage to experience:

- Making stupid decisions.
- Getting angry and upset.
- Wishing harm upon others.
- Having sexual thoughts.
- Daydreaming.

- Fear.
- Hope.
- Despair.
- Contemplating plans and ideas.

You are regularly experiencing a wide range of thoughts and emotions that are simply not possible if you were just influenced by your guiding spirits.

When you use your Advanced Thinking ability and practice being aware of yourself, you will start to notice how your human consciousness is influenced by a wide range of “lesser” spirit beings. In a number of philosophies, SOME (not all), of these “lesser” spirit beings are, occasionally, described as “evil spirits”. Actually that is neither an accurate, nor even a fair, description of what they really are. For example, for you to experience sexual thoughts, your consciousness must become dominated by some of these spirit beings. If no one had any sexual thoughts the human race would become rapidly extinct, so they do have some practical purpose.

Lower Spirits

Once people become aware that they are indeed influenced by a range of spirit beings, they usually experience fear and try to somehow block them out. This strategy never works as you have chosen to experience their influence. Anyway, the fear emotion that would be inspiring you try to and block them out could only be supplied by these same spirit beings and, therefore, the whole exercise would be futile from the start.

If you want a quick demonstration of how your human consciousness is completely dominated by them, close your eyes and try to effortlessly:

- Have a clear head.
- Think about nothing.
- Stop imagining pictures.
- Don't talk to yourself with your thoughts.
- Have a relaxed content emotional state.

You can probably do this for a few seconds by concentrating very hard. But once your concentration lapses, which it will, you will soon return to the noisy internal conversation you normally experience. This experiment is designed to help you notice how your head is constantly permeated with thoughts, feelings and images. Thoughts, feelings and images that you appear to have no easy way of “turning off”.

Later on I will give you an approach that allows you to “switch off the noise” by becoming aware of these spirit beings. Whenever you recognise, lovingly, that they are not you, they stop dominating you. What we are doing right now is establishing that your consciousness is dominated by spirit beings who cause you to experience a wide range of thoughts, emotions and images of a very “human” nature.

How we would see the spirit beings that do this depends on our point of view. Some people would see them as energy forms. In other situations they can seem to be small human-like creatures, perhaps with some animal-like characteristics. On top of that, they appear to come in an infinite range of shapes and sizes. You do not see them on the Earth plane as they do not exist here, but they are readily visible in the Astral World.

Addiction & Abilities

During the course of my professional work I have had the opportunity to assist people with addictions. I consistently found that such people always had a particular category of spirit entity influencing their human consciousness. Consequently, when meeting my clients I could determine their level of progress by simply looking at the degree of attachment they had to this category of spirit entity. A highly attached entity would immediately indicate that the addiction was very strong or conversely, when the attachment reduced, so would the addiction.

To give you a visual example, I have personally found addicts to have a particular shade of yellow in their auras. Similarly, the spirit entities influencing them could be likened to talkative parrots or monkeys on their shoulders. You can observe these lower spirit entities were influencing the addictive wants and desires of their human hosts.

Alternatively, if a client wished for a greater sexual drive or passion, they needed to learn how to encourage some “nymph” spirits to ferment the required thoughts and feelings. It is merely a matter of working with the forces needed to achieve a desired outcome.

If you wanted to become “smarter” there are simple techniques that allow you to experience more of a connection with your guiding spirits. However, here is the interesting part, your guiding spirits have to operate through these “lesser” spirits. So there is simply no way of, and actually no point in, getting rid of these spirits. To appear to be “smarter” requires a good link with your guiding spirits and, consciously or unconsciously, working with these “lesser” or “lower” spirits which form the building blocks of your human consciousness.

You Are A Genius

Ultimately, you are a genius. At the Earht level you will not have chosen to display all your ability. To create the genuine impression that you are not a genius is achieved by you “being something different”. By ignoring any sense of what you really are, you can then identify yourself as a human being that is often trying to be “smarter”. The “lesser” or “lower” spirit beings you are reading about make it possible for you to not be a genius by skilfully helping you block yourself.

At this point in a conversation, most people tend to entertain the thought that they are geniuses. However, at the risk of confusing you a little (read this section again if you have to), thinking that you are a genius will never make you a genius. Why? Because the thinking machine you are experiencing being is designed to be very limited. So obviously, a limited thinking machine, thinking it is a genius, has to be a fantasy.

To experience your true genius and display some amazing abilities, you have to stop thinking and fantasising. Instead you have to recognise the greater reality. You need to move beyond your limiting thoughts and emotions. By truly recognising how thoughts and emotions are an illusion, this becomes far easier. It is not enough just to think that they are illusion. If you don't believe me, just notice how thinking that you are a genius has little impact on your ability.

Working With The Team

One of the primary ways in which the “special effects team” of spirits help you experience the illusion you are in is by keeping you attention occupied. People who have acquired the

skill to do deep and stable meditation can transcend this distraction with ease. However, the average person who reads this book will never have developed the capacity for that degree of clarity. This series of books gives you practical techniques that you are capable of applying to succeed in the challenge of seeing through the illusion you are experiencing.

The special effects team skilfully make you believe that you are something you are not. They are so skilful in their work that most human beings have no recollection of where they came from before they were conceived, or where they will be going when their physical bodies die. Some even deny that there could possibly be anywhere else except the physical Earth.

Don't fight the "special effects team" of spirits that make the illusion you are experiencing function. To do so merely makes the illusion stronger. The technique we will look into later involves congratulating them for the truly excellent job they do.

In the meantime, observe the degree to which you are not really in control of yourself. Notice the degree to which you react to situations in a very predictable way. You might be inclined to say that such behaviour is your character or nature. Yet if you want to change what you are and access many of your greater practical abilities, you need to transcend what you previously would have considered to be your character or nature.

By truly recognising that you are not the character you will have previously perceived yourself to be, you can make substantial changes with minimal real effort.

6 Movie Time

Here is a list of three simple means by which you are given the opportunity to fool yourself into believing that the world around you is actually real.

1. **Get lots of people to believe it.**

The degree to which human beings enjoy illusions is incredible. Yet, once everyone is doing it, it appears normal in an “everyday” sense. When everyone around you subscribes to the same illusion, you will tend to subscribe to it, unless you make a conscious effort not to. That is why, for example, most people find the experience of watching a film in a cinema is generally more vivid than doing so at home on your own.

In our human forms, because we are invisibly connected, we tend to experience similar emotions at the same time. For example, notice how when someone in your company is very happy or angry, this emotion is infectious. You cannot see the emotions physically, though you would on the Astral where they appear to be like clouds of energy that affect multiple consciousnesses.

When enough people believe something to be true, it becomes “true”, for a while anyway. Thus, one of the mechanism’s The Great Simulator uses to achieve a believable illusion is to have lots of people subscribing to the belief that the Earth really exists. Our Earth exists to us because we wanted it to.

2. The power of distraction.

The next amazingly effective mechanism that enables this illusion is the power of distraction. Anyone familiar with Illusionist Magic will know that the easiest way to create an illusion is to distract you from the “Real Action”

It is virtually impossible for the average human being to walk down the street just noticing where he or she is without significant distraction:

- You think about and, normally, visualise conversations you have had.
- You think about and, normally, visualise conversations you will have.
- You wonder what other people did, do or will think about you.
- You entertain memories and fantasies.
- Most people also enjoy watching television and relaxing in front of the various visual illusions. They are deliberately not noticing where they are.
- Most people enjoy reading news or stories that inspire new images or fantasies in their heads. Again, they are deliberately not noticing where they are.

A truly unusual sight is to find a human being happily noticing where he or she is, without digressing into a fantasy of some sort.

It is amazing that despite such a high degree of distraction you do not, regularly, collide with lampposts or passing vehicles.

Not only do you have a predisposition towards wanting to experience fantasies, you also appear to want them to be of the highest quality. The annual Hollywood Oscar ceremony is a celebration of making something that never was real almost appear totally real. Actors are given awards for making you believe that they were real characters and not actors. Special effects specialists are rewarded for creating believable computer simulations of things that do not exist. We like illusions.

3. No drama..... No fun.

Then there is your passion for drama. No film would be complete without drama in some form or another. The action and excitement makes you forget your human form and draws you into another world. Remove all the drama, and instead of thinking say... “what a great story”, you might be thinking that the director / producers could have done a better job.

Also notice that you often take pleasure in relating your experiences to other people. Observe the pleasure you get from getting others to relive or fantasise about some experience you have had. We will often call this conversation, but for the most part we are sharing experiences and desires. In the process we get other people to experience our illusions.

What would your life be like if all the excitement were to be removed ?

How dull and boring would that be ?

Just Notice

Just notice your passion for fantasies in whatever form they take.

Then consider if, possibly, on balance, you exhibit any desire to be “different” from what you are ?

How often do you exhibit a desire to experience something other than your present human form ?

This desire to be different is a distorted “echo” of what you really are. Distorted in one crucial way. Both you, and what you think you are right now, enjoy experiencing something different. The real you loves itself with a deep and unconditional passion, while what you think you are has a great difficulty in doing so unconditionally.

As you recognise what you are, so do you recover the ability to love yourself and everyone around you.

Which brings us to one final observation in this section; you wrote the “movie script”. To really enjoy the film, you needed to forget that you wrote it. Giving yourself a massive dose of amnesia or memory loss, therefore, makes perfect sense.

However, there is a twist to what you have created. To make the illusion even more exciting, even though you ultimately created the script, to a limited extent you gave “the action” a degree of free will.

You will experience desires to do things. What you ultimately do is not known.

7 Difficult To Control Thoughts And Emotions

Difficult to control thoughts and emotions are one of the most powerful aspects of the illusion you are experiencing. Take a moment to notice how often your mind has been swamped with a particular thought or recurring conversation you cannot get out of your head.

Thinking Patterns

Your thinking easily gets locked into particular patterns. Once the pattern is established, it is difficult to break. One of the most clever aspects of your brain's ability is its automation of high speed calculations. For example, it converts visual impressions of a ball flying through the air into an accurate hand movement that can catch the ball in a split-second. The skill takes years to learn, but then you have it for life. Similarly, the approach you take to thinking has taken years to learn and is now highly automated.

Neural Linguistic Programming is one approach to changing the pattern and hence outcome of your thinking process. You can reprogramme yourself to react differently to situations. However, one fundamental challenge still remains even if you reprogramme your thinking. You still tend to relate to yourself as your thoughts and emotions. To break out of that illusion you have to do more than "shuffle the cards".

Thinking Is Driven By Emotional Energies

Your thinking is driven by your emotional energies or feelings. Your thinking in turn affects your emotional energies or

feelings. Of the two, your emotional energies or feelings are the dominant force.

Your thinking helps you connect to new emotional energies or feelings so you can to some extent think yourself into a different state. However, as the emotional energies or feelings are dominant, they easily take you right back to the emotional state you were previously in. For example, you could feel depressed, and decide to put a smile on your face. You could then feel happier for a while, but the dominant force will tend to reappear later and you will feel depressed again.

This is where many people make a fundamental mistake in the understanding of how to control their emotions. Your thoughts can bury feelings for a while. But these feelings will tend to resurface later as your thinking does not really control them. Trying to control your emotional energies or feelings with your thoughts actually achieves very little in the long term.

This is one of the reasons why the expression “reverted to type” is used when someone returns to an old behaviour pattern. Even though you can learn new behaviour patterns, you will not easily change the emotional energies or feelings that inspired the old behaviour patterns. So trying to bury your feelings or urges to do something is ultimately a waste of time.

This is essentially why when you find yourself locked in “undesirable” patterns of thoughts and emotions it is very difficult to escape them. You can temporarily distract yourself. But as long as you fail to recognise the illusion you are in, you cannot change them.

Examples of this are so many this book could be filled with them and nothing else, so please understand that the examples listed are only a very small selection:

- Likes or dislikes
- Sexual orientation and desires
- Fear of, flying, failure, conflict, etc, etc.
- Attraction to a person or object.
- Happiness

As you can see, the above list of emotional energies or feelings can easily provide most of the ingredients to create a person's human Earthly identity.

Changing The Pattern

When you believe you are not experiencing an illusion you will have the most extreme difficulty changing your thoughts and emotions, because you will be living in the illusion that you are your thoughts and emotions.

Many people attempt to solve this by imagining that they are in an illusion, as opposed to noticing it. Thinking you are in an illusion, without actually seeing it being created, is a fantasy, hence that is also an illusion, and you still will have extreme difficulty changing anything. In fact, you have probably just made the challenge even harder.

The number one difficulty you face, in changing the emotional energies or feelings you experience, is your lack of awareness that you really did want to feel them, in the first place. This is not easy to recognise if you are feeling upset, angry or depressed. For in such a state, you will happily argue that such

feelings were a mistake and you never wanted to experience them.

Ceasing “the battle” with the thoughts and feelings you experience is an essential step in seeing through the illusion you are experiencing. If you persist with a conflict of this sort you will never be aware enough to see yourself creating your “original problem”.

To retrieve control over your emotional energies or feelings, you need to become aware of yourself at the “level” at which you are creating them. A good indication that your awareness is touching that level is that you recognise how you wanted an “interesting life”. Seeing this with a laugh and a smile is a very good indication that you are succeeding in being more self-aware and change is then easier.

People who are upset about a “problem” are generally not interested in seeing the “funny side”. They instead focus themselves on “seriously” solving their “problem”. Being serious consistently reduces your awareness of how you are creating your “problem”. So you tend not to recognise how you are contributing to the “problem” in the first place.

When you switch to being more aware, you often end up laughing as you recognise that you were complaining about something you were actually creating. At that moment you will be able to change what you are creating and will deal with the “problem” differently and normally far more successfully.

Don’t even bother trying to make yourself laugh if you really do not want to. It does not work. You will only bury the emotions that are causing you trouble.

View From The Astral

Meanwhile, if you felt upset at an Earht level, then from an Astral perspective we would see the “Special Effects Team” hard at work. On the Earht plane you might say “I am upset”. At an Astral level you would say “some lower spirit beings are giving me the experience of feeling upset”.

When, on the Earht plane, you think, or say, “I am upset”, you are correct. You are experiencing being something that is making you feel upset. You are experiencing the product of some lower spirit being. It is they who actually manifest and to a certain extent control your emotions.

The simple reason why you get stuck in difficult-to-control thoughts and emotions is you stop being aware that you wanted to experience them in the first place. Viewed from the Astral, you can start to recognise that this is what you wanted. But on the Earht plane, you can deny this truth by keeping yourself in a low state of awareness. The more you continue to deny this is the experience you wanted, the lower your awareness becomes. Thus with a lower awareness, Free Will and change become even harder.

For example, divorcing couples often have extreme difficulty in finding ways to co-exist, albeit separately. A win-win approach is difficult to adopt when you want the other person to suffer. So agreeing a sensible way forward actually becomes undesirable, and hence very difficult. Even though someone going through a divorce will often claim to want “a happier life”, to a large extent that person is working through a desire to make their ex-partner suffer. Denying this truth makes it very difficult to achieve a win-win solution. On the Earht plane, it is very difficult to recognise such behaviour in yourself.

This is where you can benefit directly from this book. By not identifying yourself as a thought and emotion, you give yourself the freedom to be something different and perhaps “smarter”. You do not have to control these “difficult” thoughts and emotions. You only need recognise that they are not you. You are the creator and free to choose what you experience. It is merely a matter of increasing your awareness.

8 **Everyday Miracle**

“The Great Simulator” you are experiencing affects you in so many different ways you rapidly become overwhelmed and start to believe that what you are perceiving yourself to be is your real identity. This illusion, therefore, imposes many limitations upon what you perceive you are capable of. One of the purposes of this book is to enable you to experience more of your natural ability. To release more of your ability, it is important to release you from some profoundly false impressions.

Fundamentally, most people think that they are the same person, more or less, throughout their lifetime. You will remember being a child, you will remember growing up. You will remember doing things you are proud of. You will remember doing things you are less proud of. You will have the strong impression that you have been experiencing a continuous life.

This sense of you living a continuous life is one of the most powerful illusions you are dominated by. It causes you to develop and maintain a completely false sense of identity based upon what you think you were.

Continuously Different Identity

To understand what your false identity really looks like, here is an analogy that has successfully enlightened many people. Remember how a cinema film is composed of many different slides or frames. When these slides are flashed in front of you at 24 frames per second your brain does not register them as completely separate moments, but instead considers them to be a flow of continuous action.

Furthermore, when you watch a film, notice how the scene or camera position is continuously and abruptly changed. Yet your brain will still knit these completely individual slides or frames together and give you the impression of one continuous action sequence.

Take a moment to notice how much the personality you are being changes. You will no doubt have previously experienced being angry and having to control rage. You will also have experienced being very kind, warm and loving. On other occasions you will have experienced being aloof and detached.

To an outside observer, it could easily appear that you were completely different personalities occupying the same physical body. Yet your brain is designed to give you the impression that you are simply one integrated person. Your human brain is designed to give you the impression that the multiple and hugely different personality slides or frames are all you.

However, the greater reality is that you are simply experiencing being a great variety of different personalities.

Typically, under normal conditions, you, the human consciousness, will not recognise what you actually are. Instead you will experience wanting to be “something”. Thus, you will tend to identify yourself as whatever you perceive yourself to be. Which is a wide variety of different personalities that all appear to be a unified person. It can be, and usually is, a very convincing illusion of oneness despite the wide variety.

Effect Of Other People

Now, if it were just your own misconception of what is happening, that you had to contend with, you might have some chance of recognising what was happening. However, other people are constantly also perceiving you as being the illusion you were experiencing. This means that not only do you perceive yourself to have a fixed human identity, but the other humans you will experience meeting on Earht will constantly reinforce this deception. Take some simple examples:

1. You and others identify you by name. Say that when you are a happy smiling person they called you “A”. If you were a miserable depressed person they do not call you “B”, instead they still call you “A”. So there is a constant reinforcement that two completely different personalities are not “A” and “B”, but just “A”.
2. As your physical appearance is more constant, you will still tend to be identified as “A”. So every time you or someone else sees your physical body, they will tend to identify you as being “A” and not person “B”, “C”, “D”, etc. Even though you might not be manifesting the personality of “A”, but instead being “B”, “C”, or “D”, etc.
3. Then there is the matter of ownership. Everyone experiencing “The Great Simulator” will appear to own something:
 - His house.
 - Her car.
 - His shirt.
 - Her necklace.

All these impressions and conventions reinforce the idea that you are one unified being with memories of having experienced various things. In fact, you are just experiencing being multiple personalities in different situations. None of them are you, yet “good” or “bad”, you and other people will tend to identify you as being all of them. As this process starts from birth, and most people know nothing else, the absence of contrast with experiencing your real self make the illusion highly convincing.

This section is called an “Everyday Miracle”. The miracle is that every morning you wake up and, even though you will be experiencing being a new and unique personality, you will tend to think that you are the sum of all the previous ones.

Use Your Ability To Change

If you are still not sure what I am helping you recognise, then consider the following two alternatives:

- How many people, you included, awake every morning to recognise that it is another day in which you can enjoy being something new, exciting and different ?

Or.....

- How many people, including you, awaken thinking that they are the “same old person” who has to solve “yesterday’s problems” ?

Because you tend to identify yourself as what you previously were, you are less open to the potential of what you could be.

One of the purposes of this book is to help you experience and enjoy many more of your potential abilities. This objective is made much easier when you recognise that you are NOT something that has already “ceased to exist” like a slide, or frame on a film, now past and never to return.

Effect Of Perception

A demonstration I often enjoy doing with people is to get them to experience actually being stronger or weaker depending on how I relate to them. Even when these clients know that I am doing the demonstration on them, the simple power of verbal suggestion is enough to influence their actual physical strength.

For added entertainment, the demonstration still works even if I say nothing to them. I simply look into their eyes and when I perceive them as stronger, they get physically stronger. Similarly, when I perceive them as weaker, even though I have said nothing, they get weaker.

If I were to spend time with you and take you through this demonstration you would recognise how much your perception of yourself is influenced by other people, even when nothing is actually said. The effect is so strong it affects your physical abilities.

This effect works because, ultimately, there is only one of us and emotional energies permeate all human consciousnesses.

Another example of this in action can be seen when two people have developed a strong negative impression of each other. A divorcing couple are often experts in this respect. One of the partners will often find that they get inexplicably

unreasonable when dealing with the other one. This tends to happen because the other one sees the first as unreasonable and the perception becomes a reality. This happens even when the first partner is making a conscious effort to be “nice” to the second partner.

You are migrating from one identity to another. The everyday miracle is that you will tend to believe that they are all you. After reading this, that will happen less often.

9 Birth & Death

The Astral World is your real home and allows you to experience “The Great Simulator”. The Earht plane or dimension is just an aspect of a sub-world that you “visit”. From many perspectives the Earht plane appears not to exist at all, as the illusion it really is makes attributing “solidity” to it appear a completely ridiculous notion.

Depending on where you are focused in the Astral World you may or may not appear to be an individual. In simplistic terms as you go “lower” in the Astral World you will appear to be an individual. Therefore at the lower levels, instead of it being quite obvious that there is really only one of us, there now appears to be many of us. It is really very amusing to recognise this when you see the “joke of it all”.

Living as a human being allows you to experience virtually the complete opposite of what you really are. As mentioned earlier in this book, there are “echoes” of what you really are and these help you recognise your true self. As a human consciousness you will tend not to recognise most of these “echoes” of your true identity, and instead you will remain focused on your Earthly form.

In the Astral World you appear to be a consciousness which is a sort of cloud of energy. The lower you go, the more human attributes your consciousness acquires or, more accurately, borrows. As you get closer to the Earht plane you appear to be a consciousness with a full package of human personalities and forms. In effect you look like all the things you plan to be on Earht simultaneously:

- Foetus
- Baby
- Toddler
- Child
- Etc
- Etc
- Pensioner
- Pensioner about to die

Conversely, when your human form dies, your consciousness refocuses “higher up” in the Astral World and you shed or lose most of the human attributes you had previously borrowed.

In practice you do not really move anywhere in the Astral World, it would be more accurate to say that you appear to focus yourself in different areas of it. Though you don’t actually move anywhere when you do this, you instead have the impression that you have moved around in the Astral World by apparently refocusing yourself.

Getting Born

When you are born onto the Earth plane, from an Astral World perspective it looks like you are consumed by a cloud of Earthly impressions. Your guiding spirits would be right there with you, but you would be under the strong impression that you were alive on Earth and probably alone. When your physical body dies and the human impressions fall away, your guiding spirits are there to greet you, even though you have not really gone anywhere.

It is, of course possible to see right through this illusion and recognise that your guiding spirits are right there with you. But to achieve this you have to address the fact that you wanted to experience a human life and experience this illusion. This CAN NOT be done merely by thinking that you want the illusion to stop. The thoughts you would be having are only a consequence of the illusion and therefore in no position to determine if the illusion should stop.

From the “lower” Astral World perspective, you might say that getting born looks like someone climbing into a “bubble of energy”. To the human consciousness it appears to be more like getting sucked down a funnel. Once sucked in you experience a severe loss of awareness and strong amnesia or memory loss. Ironically, the loss of awareness is so strong that you forget that you have forgotten what you really are. Your human form starts to appear to be all you are.

Going Home

On the “way out” at your physical death, naturally the reverse applies. You get the impression of something like travelling back up a tunnel of light and you “step out of the bubble”. It is easy and straight forward.

Death, does however, often come with one temporary complication. During the transition between thinking you are a human being and remembering that you never were, you can be inclined to retain elements of your human identity. In some cases this causes you to remain close to the Earth plane as a ghost, for a while anyway. But eventually you will get “rescued” either by your guiding spirits, or a human being on the Earth plane who recognises what has happened and helps you on your way.

Another confusion, is not recognising that you have died. Your experience immediately at death is designed to be a combination of what you expect combined with a re-orientation to help you recognise what you really are and where you were. This is normally an individual experience and governed by how quickly you recognise that you are “returning to normal”. However, the matter is complicated if you are resistant to the fact that whilst your physical body may be dead, you are not. Because you perceive yourself to be alive, which you are, you can have difficulty accepting that this is possible without a physical body. Human consciousnesses in this condition are very confused and resistant to “reason”, so they can get stuck for years, but as they are also largely oblivious of Earthly time this is not a problem. They always get “collected” in the end.

I can personally recall a previous incarnation memory of just such a confusion. It was 1945 during the battle of Berlin. That human consciousness experienced death as a result of getting machine-gunned. Four bullets struck diagonally from shoulder to stomach. Death resulted, but the human consciousness was naturally very much alive. I can still recall the confusion that arose from experiencing a fatal wounding, but feeling alive. I then recall making sense of this with the thought that perhaps sub-machinegun wounds were not fatal, whilst rifle ones were. Fortunately I, and as I now recall, a number of other deceased, were rounded up by a Guide posing as a military officer. It was off to heaven for us.

When you die, you generally experience yourself getting separated from your body and can end up in “strange places”. If you are confused, look out for deceased relatives or friends. They are there to help you discard your human form and “ascend” into the light. Even a deceased family pet can be there to greet you. I often tell my soon to be deceased (2007) father; “If you find

yourself walking the dog, you are dead”. At the time of writing this is a fair comment as our deceased dog (appearing as a spirit) is sitting beside my father’s bed waiting to take him for a walk. In the later versions of this series of books I will be in a position to tell you what happened.

It is also normal, and where appropriate or possible, to attend your own funeral. Seeing people mourning your dead human body helps you recognise what has happened, which is useful as you will be feeling “very much alive”. In the absence of your old body which may have got lost (e.g. Blown to pieces in an explosion), a memorial service will usually help. It also helps those left on the Earht plane to “let go”; if they do not, you will experience a curious pull as they try to draw you back.

Reading these words, for example, will cause you to try to imagine what death is like. However, what you imagine will never turn out to be the way it is. So stay relaxed, open-minded and you will be looked after.

Most consciousnesses who have exited “The Great Simulator’s” Earht plane tend to “rest” for a while which allows you to dispense with many of the illusions of human identity you were experiencing. If you don’t “rest”, you tend to find yourself rapidly back on the Earht plane having a continuation of your last human experience.

Most consciousnesses have experienced the Earht plane before and will do so again. This is the subject of reincarnation and is covered next.

10 Reincarnation

Confusing

Some people have recognised that you can “live again”. Some people have recognised that “you do not live again”. Both groups are correct and incorrect.

Personally, to begin with I went along with the “you live again on Earht ” group. However, as the years and practical experience of the subject developed, it became clear that the matter was far from clear-cut. I used to think that we had a linear progression of one life to another. There is evidence for this and you can experience it for yourself. In fact, I recommend you do so, as it is highly enlightening.

Though, as time went on, various anomalies surfaced. For one thing, the simple linear model, of one life followed by another, was confused by the observation that you could be starting a new life before you had finished the last one.

It also became apparent, that I appeared to be (like you too are) at least one guiding spirit in the Astral World. For example, a clairvoyant client said that I would sometimes visit her and radiate healing energies (blue in this case). Now I, the human, had no conscious memory of this, but as there were other independent sightings of me, in the Guide role, the manifestation had to be acknowledged.

Hence, it was around this time that I became aware that both myself, and other people, had what might best be described as “guiding spirit past lives”. It became clear that instead of only having just the memories of being various humans alive on Earht, you can also recall memories of being guiding spirits helping

humans on Earht. Each memory produces a combination of both “watching a film”, whilst also “experiencing being in that film”.

This is where the linear model of one lifetime following another really breaks down. As you are probably now aware, a guiding spirit can be in two places at once. The direct consequence of which is that you, the human being, can possess overlapping previous incarnation memories.

The basic challenge in translating your Earhtly experience of what you tend to think are, into the reality of the situation, is that you are very attached to your human identity. This human identity dictates that you are separate from other humans, guides and everything else. However, a human consciousness, the thing you will tend to believe you are, is made from multiple components. Furthermore, the God / super-consciousness, hence soul component, has no real personality / human identity, and exists everywhere. So the true essence of what you are is actually living every life, be it human, animal, vegetable, mineral or alien. Your independent human identity is but a powerful and compelling illusion.

For this “simple” technical reason, the components that comprise your human consciousness can easily be in two places at once. So the Guides that organise your personality are actually having multiple experiences in different bodies simultaneously.

If you said that the human consciousness was formed from say, 10 guiding spirits (these are not actual figures) working together, then you would not be too far from the truth. Then you could also recognise that say 4 of those guiding spirits were also helping create another life with a different 6 other guiding spirits elsewhere. Multiple existences are suddenly possible.

In very simplistic terms here is what appears to be happening:

1. You, the super-consciousness, want to create a human experience. You manifest your intention through what we can describe as a “soul”.
2. A soul has no personality. So to create one, guiding spirits assemble themselves around that soul to create human consciousnesses. By this method you, the human consciousness, then appear to exist.

However, the mix of what you are not only changes from one life to another, but during that life. Additionally, parts of what creates you will be simultaneously creating other human lives, many times, and this is without even considering the contribution of the lower spirit forms.

If this is your first experience of this subject, I hope you are confused, it's a sign that you are waking up.

The linear “Reincarnation Model” will not explain everything that you will find. Yet you can recover memories of previous existences that do appear to have some impact on the current one. This is because the Guides that comprise you often work to produce what will appear to be one lifetime after another. Hence, there will often appear to be a steady progression of one incarnation after another.

Multiple incarnations are like having one life lesson after another. This means that an accumulation of skill and ability will appear to occur. People who appear to have worked on a subject such as “art” over many lifetimes will appear more and more instantly gifted upon each reincarnation. Then, just to confuse

everyone, they will switch off most of that ability, in subsequent lifetimes, as the mix of Guides changes.

You will also find that the reincarnation “memories” you carry can contain memories of repeating similar experiences several times. Sometimes, instead of containing skills, these memories appear to possess fears and blockages, which you will be trying to resolve in this lifetime.

If you think that this collection of skills and problems is limited to your previous Earth experiences, then there is one last factor to consider. The Astral World comprises a great many realms or other worlds. If you ever wondered what life could be like on other planets, you don’t need a space ship to find out; just take a look at your previous experiences.

In summary:

- Most human consciousness will have some “memory” of previous incarnations.
- These memories contain both abilities and apparent blockages.
- Because, to some extent, the team of Guides keeps altering, it is inaccurate to suggest that you are the same person during one lifetime, let alone over many incarnations.
- Plus there are the parallel and overlapping incarnations to consider.....

OBSERVATION

If you can relate to the idea that you, the human consciousness, are simply a collection of Guides experiencing human existence, then everything starts to make “more sense”. As each of the component Guides will have had a variety of previous human experiences, you, the human consciousness, will have memories buried within you of those various previous existences. They will not be “linear”, but they will affect your current human identity.

How To Access Previous Incarnations

There are basically two approaches to recovering memories of previous incarnations.

METHOD 1

Get hypnotised. Once your brain has stopped worrying about life and gone quiet under a deep relaxation, the hypnotist can start having a “look around”. This works on lots of people and you can find a great many books on the subject. The disadvantage is that you often do not remember what you saw and re-experienced whilst under hypnosis.

METHOD 2

Astral Projection. Often this can require little more than sitting quietly. Once your brain has stopped trying to “solve things” you have immediate access to the Astral World. People make the mistake of trying really hard to do this and that will not help you project. Anyway, the memories of previous incarnations are literally all around you. Ultimately, the challenge is not connecting to them, but making sense of them.

Effects Of Previous Incarnations

This difficult-to-comprehend tangle does have a simple effect you can observe. Most people who try, can recollect previous and even future incarnations. Each life is unique, which is why the “one life” group are correct, but lives are interconnected, which is why the “more than one life” group are also correct.

Overall, experiences of other lives will tend to have some impact upon the one you are experiencing right now. If hypnotised, most people will have memories of something, but until you can go beyond your desire to experience an independent human identity, you will never comprehend what is happening. And that’s the way you wanted it to be (Part 2 will give you a more comprehensive understanding of this).

The memories of previous incarnations are stored in the Astral World. All methods of recovering these memories require consciously accessing the Astral World. Ultimately, the only way to have an intelligent conversation with anyone, on this subject, is for you to both become consciously aware of the Astral World at the same time and compare notes. Otherwise one, or both of you, will be imagining it, and that puts you straight back into the Earht plane illusion. So until you are consciously accessing the Astral World for yourself, it is pointless for you to try and work out the precise truth behind reincarnation. In the meantime, just become aware that this influence exists, and that it is most probably affecting you.

Most people have these memories and they do influence your current behaviour and abilities. In my work with clients I found endless examples of previous behaviour and experiences impacting on the present. Here are some examples:

- A relationship between a man and a woman where the man had a latent inclination to kill the woman. In their last incarnation together, he succeeded. This time round, he is trying not to and she is trying to make sure he does not. They were both still alive the last time I enquired.
- A female client, who had a fear of drowning, turned out to have previously been a sailor who was thrown overboard tied to a heavy rock. Remembering the drowning experience helped reduce the otherwise inexplicable fear.
- A male client who has strong memories of how to be a “Spiritual Master”. In this case, the memory acts as a useful reminder of what is possible. It is also an inspiration to recreate something similar but in the more challenging environment of a 21st century city.

Normally, for behaviour patterns, fears and skills, from a previous lifetime to manifest in this one, some form of recreation must take place. Typically, you will recreate a situation so as to have a second chance to handle it differently. It is worth noting that while there is no actual “right” or “wrong” outcome you have to achieve, many possibilities, normally, exist.

Do You Need To Check Your Previous Incarnations

No, is the simple general answer. To be a little more accurate, if you need to you will and, if you don’t, you won’t. In your normal human state you will not be experiencing much Free Will. As a consequence of that, you don’t have a great deal of freedom to decide what you will, or will not, do. If it supports

your “life path” to remember your previous incarnations, then you will. You will not normally be in a position to make a truly conscious decision to do so or not. If you need to, you will.

Most of the experiences of relevance to us from our previous incarnations concern relationships with other people. You will tend to find that situations often get repeated. Discovering that you have been in the same “ridiculous” situation before often brings a new impetus to act differently in the present.

Investigating your previous incarnations normally reveals a wealth of interesting memories and experiences, not all of them pleasant. The first memory I consciously recovered was of a violent death resulting from a sword, or similar heavy object, smashing into my head. It took me approximately six months to get over the worst of the re-experience. Furthermore, I now still feel frightened when objects travel towards my head at high speed.

However, most memories are more mundane and less troubling. Many are interesting and amusing, but try not to get stuck trying to relive a previous incarnation when you can be enjoying the adventure of this one.

11 Practical Problem Solving

Right now I am going to explain some simple principles of something that has the potential to change your life. However, even though you will intellectually understand them, that will not be enough. You will need to follow the practical exercises in Part 2 of this book to benefit fully. You both need to understand intellectually and then apply practically if you are to succeed.

This section is devoted to mapping out the road that lies ahead of you. Later we will walk down it together.

Fundamental Observation No1

You have abundant energy and enthusiasm to do the things you want to do. When you want to do something you experience a high level of creativity and inventiveness that enables you to succeed.

When you do not want to do something, you will block that same enthusiasm and creativity. Once you block your ability to operate at your full potential you are now in a position to easily fail and under-perform.

You cannot make yourself want to do something you do not want to do.

You can, however, resolve why you did not want to do it, and hence discover why you actually do want to do it with energy and enthusiasm, or you will discover there is a great alternative you want to achieve instead.

When you do not appear capable of doing something, it is very likely that you don't want to do it; so stop trying to fool yourself.

Fundamental Observation No2

You already know the answers to most of the challenges you face at this moment.

I have consistently found that people generally knew exactly what they needed to do next. Yet these same people had, for whatever reason, decided that they were somehow incapable of doing what needed to be done.

It's all down to the perfect but limited functioning of your brain. Your brain calculates whether or not you appear capable of doing something. Say for example, jumping over a wall. If you are fully energised, your brain will do the calculation and tell you..... GO. But if you do not want to do it (see Fundamental Observation No1) you will feel apathetic. Your brain will do the same calculation based on your enthusiasm and tell you..... DON'T DO IT.

Much as your brain helps you fantasise about the past and the future, it only actually operates in the "now". So it will base all action calculations on what you perceive yourself to be, in that moment.

Even if you know how to do something, your brain will tell you that "jumping over the wall" is not an option, if you feel sluggish and de-energised. It does not want you to get hurt, so it will tell you that "jumping over the wall" is not an option. It will start looking for different options. Do you see the illusion ?

Conclusion

We spend a great deal of time talking nonsense, or put more crudely “rubbish”, to ourselves. Now there are some parts of this book that can be initially difficult to check for yourself, such as the reality of the Astral World. However, this section has immediate and easy-to-spot benefits when you are looking.

Believing our own “rubbish” helps to create the illusion of human existence you are experiencing. The more you recognise that you are regularly talking “rubbish” to yourself, the easier it is to recognise the reality of what is actually happening.

Insight

People spend a great amount of time pretending to try and solve problems and challenges. Furthermore, they claim they do not want to have to resolve these problems or challenges.

Note that you frequently do this.

However, you also have the potential to react differently. When it comes to solving practical problems you basically have two options:

OPTION 1: Complain and de-energise.

OPTION 2: Recognise why you have created this challenge and energise yourself into action.

You do not always have to solve the initial problem; there are often alternatives. But ultimately you do need to recognise

why you were creating it. If you don't, it will re-emerge in a new form again and again.

People complain they have problems or challenges to solve. Because we tend to talk “rubbish” to ourselves we do not easily notice how we actually created those problems or challenges in the first place.

Change your approach to resolving problems and challenges, and your whole life will change.

Free Will & Problem Solving

You will generally not experience much Free Will when it comes to problem solving because it was your Free Will that probably created the “problem” in the first place.

Having to sort out “problems” can make human beings highly energised. Solving problems and challenges is a highly creative and enjoyable activity. Puzzles are a classic example.

Alternatively, having to sort out “problems” can lead to making human beings upset. When you are upset you will be experiencing a low level of awareness. At these low levels you have very little access to your Free Will.

People often make the mistake of thinking that Free Will is a thought. Whereas, it would be more accurate to describe Free Will as an Energy that causes thoughts. Hence, thoughts are not a very efficient method of directing your Free Will.

In Part 2 we are going to look at practical approaches to converting irritation at having to “solve problems” into a force

that “solves them”, even though the solution may not always be what you expected.

To help you attain an attitude that will support “problem solving”, there is a very helpful first step you can make. Keep noticing how you can choose your reaction to challenges.

When a “problem” arises you do not have to get annoyed. You could have a wide range of reactions. Recognise that you can start to access your Free Will by choosing your reactions to situations.

Time Saving Tip

A common mistake is to try to be “happy” when you are feeling very “upset”. If something upsets or annoys you, that feeling is the result of an energy or force for change. If you just try to block it out by being “happy”, you block the force for change.

Practice converting the “upset” feeling and its driving energy into something more positive and useful. Then you will be accessing a new creative energy that will help you resolve your original “problem”. This is your path to accessing your Free Will.

12 The Great Simulator

We are now coming to the end of Part 1. In Part 2 we are going to practice some practical exercises that make it much easier for you to fundamentally change the way in which you experience this life. Similarly if you want to make changes, you will find it easier to exercise your Free Will and create those changes.

But before we move forward, let us summarise the amazing illusion you are experiencing:

- You will have a persistent sense of identity that repeatedly convinces you that you are a living breathing human being alive on Earth.
- You will tend to have a poor awareness of what you really are because you are wilfully, but largely unconsciously, blocking it out.
- You block your awareness by constantly imagining things and having conversations in your head.
- You will be experiencing a large degree of distracting thoughts and emotions that “keep you busy”.
- Everyone else appears very separate, even though there is really only one of us.
- It is very difficult to recognise that you actually wanted every problem or challenge you face.
- Your sense of fun and unconditional love will often appear to be absent.

- It will often appear ridiculous that it is your Free Will which has created all the “problems” you face.

Test This For Yourself

You may not believe a single word of what I have written for you. I do, however, most strongly suggest that you test everything for yourself. There is not much point in reading this and trying to imagine what is meant. Similarly if you try to work it out or rationalise these things you will ultimately fail. You need to learn how to be significantly more self-aware. The simple fact of the matter is that because your imagination and rationalisation is a significant part of how the illusion is created in the first place, using it to break out is futile. It's like trying to put out a fire by throwing petrol on it.

When you become more self-aware you will notice the following:

- You are frequently self-sabotaging yourself. Then believing the illusion that you are less capable than you really are.
- Upset emotions will either paralyse you or energise you into action. You should notice when you are paralysing yourself or making good use of them.
- You take yourself seriously. Your attachment to your human identity prevents you from resolving many of the challenges you face.

See The world As It Really Is

This book was written to help you recognise that the solid world around you is not what it appears to be. When you see it for what it really is, you will find it so amusing that you just have to laugh. Sometimes the experience of recognising the truth makes you smile so much it becomes painful. When you connect to your unconditional love you will often want to cry. You cannot imagine or rationalise these experiences, you can only experience them.

People who have learnt to see that they are actively creating their own Earthly experience typically enjoy the following benefits.

- You will feel happier, and able to enjoy your life to a far greater extent.
- You will find that because you are much more alert to the guidance of your natural intuition (Guides); you now make much better decisions.
- You will be more successful at what you do, or change what you do and be more successful at your new venture.

Learn To Break Out Of Everyday Illusions

Cynical people might say that this book is telling you to ignore the Earthly illusion around you and relax into a docile, unproductive life as everything will ultimately be ok.

WRONG..... This book is here to help you recognise that:

1. You are experiencing this amazing illusion because you wanted to, therefore ignoring it is not helpful.
2. The book is to help you live..... not escape.

The exercises in Part 2 will enable you to break out of a variety of illusions. Many of the people I have already helped were trapped in a false perception of themselves. Here are some examples of some of their self-perceptions:

- I am the person who has “X” problem to solve.
- I am not good enough.
- I would be better if.....
- I never had the chance to.....
- I am held back by.....
- I can’t be happy until.....

Thinking this “rubbish” is something you wanted to do to make the illusion real. It makes you take yourself seriously. In fact thinking this “rubbish” turns out to be a very amusing part of what you are experiencing. You will laugh and cry with unconditional love whenever you allow yourself to see the truth.

Living With More Self Awareness

The next part of this book focuses on simple exercises that when implemented will make a significant difference to your life. Sometimes, people suggest it is a dramatic transition from

which you can never go back. Well, that will turn out to be at least half true.

The extraordinary fact is that even though you will see the illusion happening one minute, you can forget everything and start taking yourself seriously the next.

Experience has shown that clients can move from being incredibly insightful and capable one minute, then demonstrate a complete lack of awareness the next, and then go back to being insightful and highly capable.

You could say that following a “higher awareness” approach you can spend more time being “smarter” and less time being “stupid”. However, I have yet to see anyone (including myself) eliminate the “stupid” moments. This is because ultimately we are having a great deal of fun being “stupid”. In many ways “stupid” is more amusing than “smart”.

What makes someone who has developed their self-awareness different is that that person can consciously decide when they want to stop being “stupid” and revert to “smart”, which is actually your natural condition. You no longer get locked in the identity of someone you do not like.

The fact that you are reading this book is clear evidence that at some level you intend to recognise that you are in The Great Simulator. By following the practical exercises in the next part you will gain deep insights into how The Great Simulator functions. People normally have extreme difficulty in changing their lives. The Great Simulator is a machine you need to understand if you want to be in a position to easily make changes that will benefit you.

What are the things you want to change ?

Overview Of The Great Simulator

In this book I don't want to just give you my impression of the purpose of The Great Simulator. If I did, and you did not test the information for yourself, then you would not really know for yourself.

Understanding the purpose of The Great Simulator cannot be done merely by imagining what these words might mean. You have to “see” it for yourself. Therefore please understand that the overview is a simplified “road map” to help you get there. It is not a precise description. You need to discover the precise details for yourself.

Summary of the simulator structure

The Great Simulator is formed from what is often called the Astral World. It is constructed from an Energy supplied by one Super-Consciousness otherwise known as God. In your human form you can experience this Energy as a wonderful Divine Love.

In the high vibration or energy level of the Astral World you can get a sense of what is really happening. That region of the Astral is formless and there is no noticeable separation. At that level you are aware that there is actually only one of us but, in order to create The Great Simulator, it is necessary to give the impression of many overlapping entities.

As you descend the energy levels you can see the separation starting to manifest. The separated bits of the super-consciousness, or God, are now reformed to create individual consciousnesses. At this level you start to find Angelic beings and if you go a little lower, Guides. However, it would be unfair

to see the two groups as that different. Let's call them the Higher Beings.

As you go lower still you find entities that manifest a higher degree of separation. These could be described as Low Vibration Consciousnesses and Elemental Beings. Their variety and multitude renders this description an over-simplification, but let us call them Lower Beings for ease of analysis.

These Lower Beings form the Lower Astral Sub or Mini Worlds. The types of worlds formed are governed by the Higher Beings, who encourage the Lower Beings with an unconditional love energy form. Some of these Sub or Mini Worlds are our human Heavens. Heavens (plural), because there are multiple versions of it.

The whole thing looks like a divine experiment initiated by the super-consciousness or God. Whilst there is a strong intention as to what will happen in The Great Simulator, because it is operated through entities created to manifest independence of sorts, the result is a little unpredictable. Everything is guided, but the details of the outcomes are not predetermined.

The “lower you go”, the stronger the illusion of independent conscious life gets.

At the bottom, more or less, come worlds such as our physical universe and hence Earth. Depending upon where you are in The Great Simulator, our universe and Earth can look enormous or extremely small. It can be confusing to begin with.

Then there are the life forms such as animals and humans. Animal consciousnesses are essentially similar to human consciousnesses, except that you would need a few (typically

three) animals to make one human. Incidentally there are some other life forms that require a few human consciousnesses to construct.

Human consciousnesses are created from Lower Beings guided and energised by Higher Beings. Not one single human being actually exists, nor does the Earth they think they live on. The Great Simulator instead creates the impression or illusion that they do exist.

At this very moment you will have the impression that you are an independent entity. You are, in fact, imagining this. Because you rarely (if ever) see how you are creating that identity you have very little control over what it does, hence you have virtually no Free Will.

This is the “tough” part for a human consciousness to comprehend. Your life appears so real and well defined. Yet it is a machine that normally has little access to the Free Will that created it. You are not a human-consciousness machine, you are a divine, experiencing something fascinating and often highly amusing. It is always possible to recognise this whenever the machine stops taking itself too seriously and instead loves itself more.

This book is a message from you, to you on the Earth plane. It is intended to help you to “wake up”. In the course of “waking up” you start to recognise what you are and actually manifest some Free Will.

Your Next Step

Imagining you are in an illusion you are already imagining changes nothing. You have to make a fundamental shift in your awareness and, hence, human capability.

Following the exercises in Part 2 will help you step through the illusion and recognise what you are creating. That gives you access to your Free Will.

The awareness exercises that follow are based on advanced training techniques that have been practiced for thousands of years. As you are reading this book, the likelihood is that you have previous incarnation connections in which you have already done the ground work for your next step.

Accessing your Free Will revolutionises your human existence.

Do these exercises properly and you will discover this for yourself.

Have fun.

David

The Great Simulator



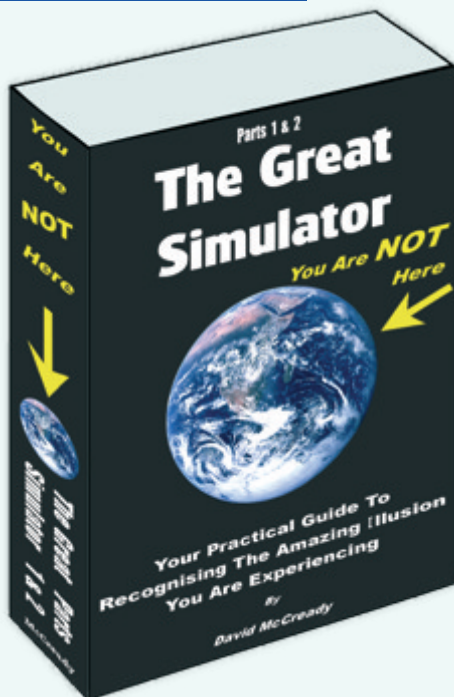
But You Wanted
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