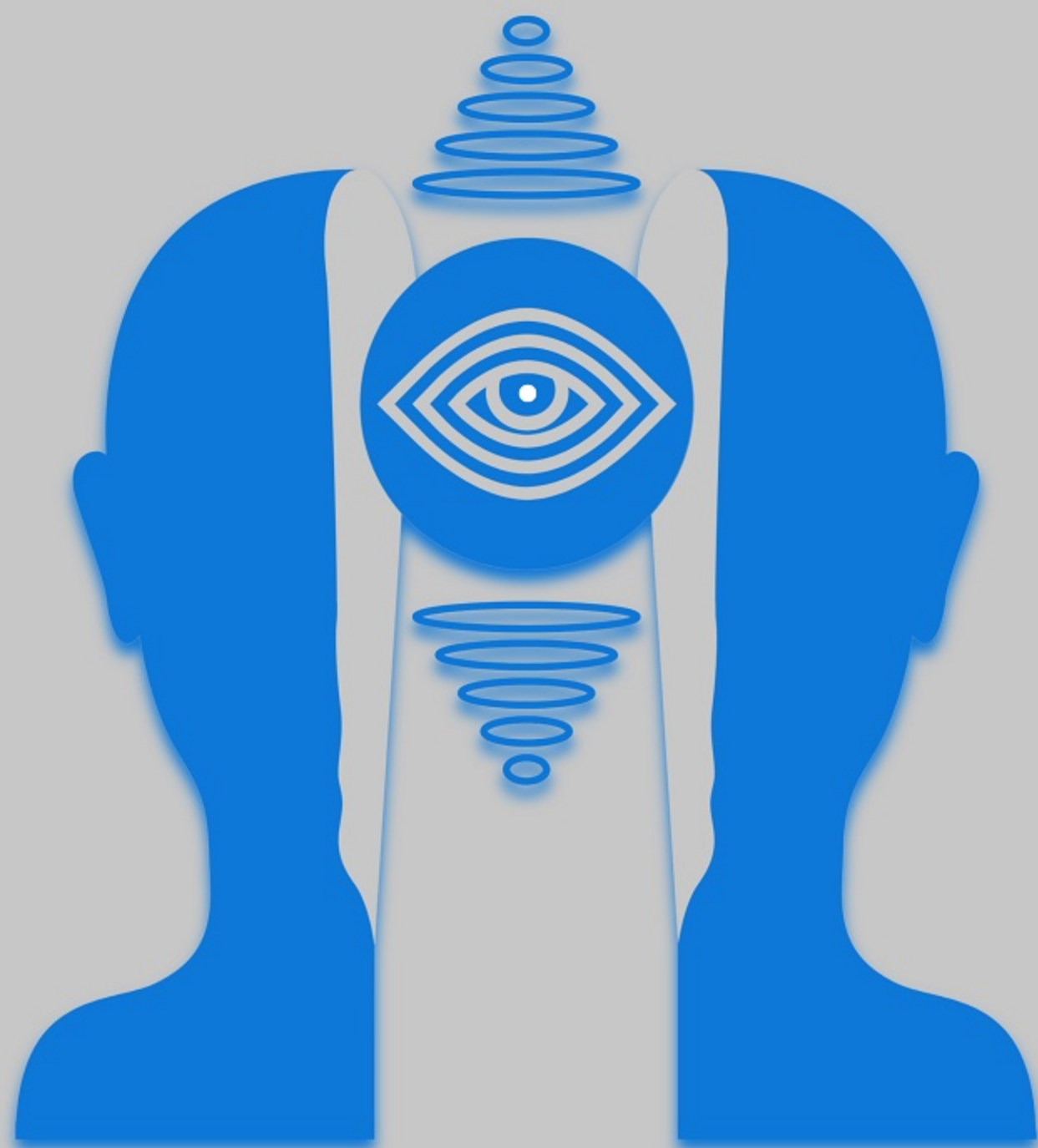


THE ILLUSION OF LIFE



LESSONS ON ESOTERIC EXISTENCE

DICTATION FROM THE
GREAT WHITE BROTHERHOOD

BOB SANDERS

THE ILLUSION OF LIFE

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Dictation from The Great White Brotherhood

Bob Sanders

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CHAPTER 1 - FROM GOD TO DNA

We wish to start another book and to explain yet another topic that affects the 4th dimension and also the plane of incarnation, which is where you are.

Before we start, we would like to honour the people, incarnate, that put so much time and effort into producing these books in a form that you can read.

The Great White Brotherhood has existed for a long time, but it is the first time that we have been able to assemble a team capable of producing book after book in printed form. This is in part due to modern means of communication, but also to the selfless dedication of our earthly scribes receiving the information, preparing the information in book form and ensuring that it is made available for you to read and to grow in knowledge and wisdom.

We don't normally mention what we do and the individuals who helped create what we do, but we feel that we should acknowledge the immense amount of work that our small team, incarnate, put into the production of these books.

We are very grateful.

We are also grateful to you who read our books. It makes all the effort worthwhile. So, we thank you, the readers, also.

This next topic will discuss how the spiritual powers contained in the upper 4th are made available to you.

This is a complex subject and it merits a complete book.

We have, in part, and in various books, talks and essays, mentioned some of this information but we wish, in this book, to bring it all together in one volume, so that the totality of the information is available in one manual. This will avoid people having to scour a number of sources in order to collect the information.

As always, we are faced with the task of deciding where to start.

We could describe the process in a few words but this would not be very helpful.

This book, we hope, will take an in-depth look at the entire process.

This process, in a few words, is what enables you who are incarnate to be in incarnation.

That is what this book will investigate.

So, those of you who have already a mastery of what we have previously explained, we hope will forgive us. We will need to repeat some of what we have already told you, but a book gives us the opportunity to present the information in an expanded form, adding new information when it is appropriate.

If you have followed our teachings thus far, you will be aware that humans were not intended to have, initially, an incarnation in what is called 'physicality'. The earth plane was for plants and animals of various types.

But, once it was obvious that animals would never evolve spiritually to the point that they could repay the energy used to create all of incarnation, the decision was taken to introduce humans into incarnation.

Eventually, volunteers were called for and people from the upper 4th put up their hands and volunteered to have an earthly incarnation.

At this point, God's archangels had to decide how best to introduce humans to Earth.

Mammals (animals) had already been created, that gave birth to the next generation in the manner that we are sure you are familiar with. So, humans were created that followed the same, or similar, course to mammals and life has followed that pattern ever since.

But the question arises as to how the first generation came to be incarnate.

It is all very well that any two creatures, whatever they are, so long, generally, as one is male and the other female, the next generation is created.

But this does not answer the question as to how the very first lot of animals were created? Certainly, they already existed in the spiritual realms, but existing there and being introduced in a physical form on Earth are two different problems.

In the spiritual realms, animals do not eat, drink, or mate. They do not create a next generation.

So, the archangels had to devise a means of introducing animals on to Earth but with the capability of eating, drinking and mating, thus creating an ongoing cycle of reproduction.

We would like to describe how this was accomplished. It was not easy and took a long time to perfect.

We have already mentioned some of these processes.

The first thing that was created, in the 7th dimension, which is where animals were in spiritual form, was the concept of DNA. This DNA is capable of being manipulated and so, close to the 6th dimension, a sort of blueprint of an animal form that was in the 7th dimension was created, and by altering the frequency of this DNA, it was possible to lower it to the frequency of planet Earth.

As this act was performed, the spiritual aspect of certain animals took on a sort of physical form.

We are not saying that all animals that exist today were created at one time, and we are not saying that they resembled the animals that exist today.

You must remember that this was a time of experimentation.

We have been informed that flora (plants) was introduced first, copies of the flora that exist still in the 7th dimension.

This was obviously necessary, because for animals to be introduced, they would need to eat something.

So, as DNA was slowly invented, the prototypes of plants were introduced. Some survived and some did not.

The archangels studied this flora and tried to understand what it was about; the DNA of some flora that enabled them to survive and what was wrong about the other forms of DNA that was incompatible to survival on Earth.

We need to take a step back at this point and state that the archangels realised that certain gases were necessary in order to help plants grow, and so they introduced into the atmosphere - which was largely empty at that time - certain gases that they realised that flora would need.

Equally, the concept of water, which is just two gases combining (hydrogen and oxygen) was also necessary.

We wish to present to you a picture of how planet Earth, once it had been created, became a sort of laboratory, and thanks to being able to manipulate DNA, a vast number

of experiments were conducted, some of which contributed successfully to the creation of flora and some of which were dead ends.

The trick with the whole affair was to create DNA.

DNA contains life and thus contains the God force, which is the only source of life.

These archangels are the only beings entrusted by God to use and manipulate his life force, but the archangels found that the God given life force, although it creates life which passes into the various dimensions, could not directly be manipulated to create physical objects: fauna or flora, but at the same time, unless the life force was present, nothing could be alive.

Thus, they needed to invent a staging post in which the God force could be manipulated and altered to start the creative process leading to physical objects.

What was invented is the miracle we call DNA.

DNA contains the God force, which is invisible to all but God's archangels, but once God's force was associated with DNA, that DNA could be manipulated and have various gases attached to it which, when used correctly in terms of vibration, could produce living objects on Earth. By gases we mean carbon, hydrogen, oxygen, etc.

Can you possibly imagine how complicated this was to achieve?

Let us explain again, because this feat is at the origin of everything that has been, is, or will be physical on Earth.

We have, originally, the desire of God to invent physicality in order to add another aspect of experience for God to be able to grow in wisdom.

At this point, physicality did not exist. The only things that did exist were the kindergarten area then, later, dimensions one to eight, which were empty carrier waves.

God also existed, and from somewhere, special archangels - that we also call the Directors of Life - came into being.

We break off here to admit that we know almost nothing about these archangels. We know that they exist and that without them there would be no life anywhere, neither in physicality, nor in the dimensions or the spirit world.

But, where the archangels came from, who created them, what they look like etc., we have no idea. But we also know that these archangels existed long before anything that we could consider to be alive existed, and long before anything we could consider to be physical existed.

Before the archangels came into being, and before they began their monumental work, there was virtually nothing.

We think that God existed and we think that God invented the eight dimensions.

When we say 'think', let us qualify this by saying that we are pretty certain of what we explain to you, having ourselves, been instructed by extremely well-informed angels, but we can offer, neither to ourselves nor to you, any concrete proof of what happened and how it happened.

So, in fairness, we must say 'think'. But we are virtually certain that all that we tell you is true.

So, to return to our explanation of how physical life was created.

Eventually, as we have explained in various books, the archangels manipulated the DNA of life, to fill what we term the 8th dimension and then the 7th.

We should repeat at this point what we have already said elsewhere. And it is this. None of the dimensions actually have numbers nor names. We, in the heavenly spheres, do not mention numbers or names in regard to dimensions. We know that they exist and the roles that they play in the production of life. That is enough for us. But we give them numbers when communicating with you to make understanding the roles that each dimension plays easier for your comprehension. Some people, either in Sanskrit or in modern language, assign names to each dimension, but these names have been invented by humanity. Some of these names might be helpful in understanding the role each dimension plays or they might cause confusion, so we do not assign names to the dimensions. Especially as some dimensions are multitasking and are the home of a number of discrete elements of life. So, we do not use names. We give numbers to them for your benefit and stop at that. The important aspect, as far as this book is concerned, is that once God had requested of his archangelic helpers to create intelligent life, as opposed to just the concept of life itself, was the absolute genius idea of creating DNA, and further, DNA that could be altered to make whatever was wanted. We need to expand on this idea, because the creation of DNA is far more important than you can imagine.

There was a time when nothing that now exists was invented. Nothing at all.

The only thing that did exist, was this life force that we call God. Even more importantly, this God force is one singularity. Just one force that we call both God and life. We could go even further back to the time when even the life force did not actually exist. There was just God and although God had, and has, the ability to produce life, without the help of the archangels we mentioned, God on his own could produce nothing. So, we start with God and nothing else.

As we mentioned earlier, from somewhere, somehow, a group of archangelic entities, also known as the Directors of Life appeared, and it is they that have the ability to create all that now exists.

We wish with all our hearts that we knew more about these archangels, because we owe so much to them.

It is they that took the idea that God gave them, that he wanted to create life, and it is they that produced every single thing that exists in all the dimensions.

So, you and us were actually created by these archangels, and it is they who put the life force of God in association with you and us. It is thanks to these archangels that you exist and that we exist.

Yet, we have no means of contacting them so that we could express our gratitude.

Perhaps they do not need our gratitude. It is more than possible that these archangels are so advanced, so different from us, that they do their job of creating conditions for life to exist, but have no real connection to our emotions, despite being the creators of these emotions.

Unfortunately, we don't know enough about them to form an opinion.

We know that they exist, that they have created all that exists everywhere, and are still performing this act of creation countless times a second. But the frustrating thing is that we know so little about them, any more than we really know about God.

We know a little about God, and we know what he is not, but no one could really say that he understands God.

It is the same with life.

Once again, we know a certain amount about life but none of us could create life and no one ever will. Only God can create life.

We also know, as we said, God's archangels invented DNA, incorporated God's one, unique life-force with it - a singularity - and from there, manipulated this DNA to create everything that exists in all dimensions and in all areas of life, and is still updating this miracle billions of times a second in order to ensure that all life is operating at peak level at all times.

These archangels alter all life, as this one life evolves all the time.

This is because, without constant monitoring and updating, there would be danger of corruption slipping in and that must be avoided at all costs.

So, believe it or not, the archangels destroy everything and then recreate, from the very beginning, the whole concept, billions of years of creation remade in a microsecond, but each creation slightly altered from a DNA point of view, to take advantage of God's desire for experience and progression. This is done billions, possibly trillions of times a second, which is why you do not notice that you and everything else are being constantly created, destroyed, recreated and destroyed at a fantastic speed.

We do understand that this reality is very difficult to accept, and we do not criticize anyone who rejects this information.

It happens to be the truth, but it does take a stretch of understanding to accept this information.

Even so, there is a problem to comprehension and to exploration.

We might be able to accept, in theory, this idea of creation and destruction as an idea, but if we really think about it, how can we explain the disparities in the story.

For instance, we said that life started with just God.

God, as we said, has the ability to create life. But the concept of life has no meaning without it being manifested in something: a flower, an animal, a human, a planet, a galaxy.

So, God was isolated, unable to transfer his ability to create life, until objects came into being.

This is where the archangels came onto the scene.

We know that we have said this many times, but we must repeat it for the story to make sense.

We want you to imagine God - however you visualise him - just placed in a nothingness, unable to produce life because there was nothing to place the life force in.

So, from somewhere, the archangels (the Directors of Life) appeared.

They could not have been made by God, because God had no ability to create. God is the force that creates life. Life is an invisible, unknowable force, that has no ability to create physicality, no matter in what dimension that physicality exists in.

By physicality, we imply any object - no matter what - that can incorporate the life force. So, these archangels were created as 'physical' beings, despite being of immensely high frequency. To be able to do anything, they have to be alive.

Once they existed in a real form, it might have been possible for God to put his life force in association with them, but how could they be created? At the time, the only thing that existed was God and God cannot create objects.

That is not the function of God. God creates life and leaves to others the making of objects in which to place the life force.

So, we ask you again, where did the archangels - the Directors of Life - come from?

We do not know and we cannot find the answer. And yet they exist. They suddenly appeared.

There is no such thing as magic in this sense. Everything has an origin and is created.

And so, they must have come from somewhere. But we will not waste any more words trying to answer unanswerable questions. We must just accept that first there was God all on his own in a void.

Then, along came the archangels and now God could work with these archangels in creating 'physicality', no matter in what dimension it is found.

So, God entrusted his creative life force into the hands of these archangels.

From there, the archangels created DNA as a manipulative force. They put the God force, which is a single force, into the DNA and started all of creation. This creation continues until this very day - this very microsecond.

Now, the creation from God being all on his own, up to the complex system that exists now, must have taken an immense amount of time.

But here is the thing. It is all being destroyed in a microsecond and then, all that creation is remade, slightly altered, in another microsecond.

How is it that creation that took so long to perfect can now be recreated in a microsecond?

And we have another question. When creation is destroyed, how far back does it go?

Does the destruction end, leaving God, his life force and the archangels still in place, or does it go right back to the point where God is all alone in nothingness?

We will discuss this and many more aspects of life throughout this book.

This particular chapter, which is a sort of introduction, we will end here and explore, piece by piece, the other aspects of life as we proceed through this book.

CHAPTER 2 - GODS AND SUPER GODS

In the last chapter which, as we said, was a sort of introduction, we tried to lay the ground for this new book.

Some of what we told you was new information and some was information that we had previously mentioned.

If you have read the previous information that we have given you, you will know that life in general and life as it touches on humans, particularly if those humans choose to have an incarnation on Earth, is now extremely complex and complicated.

But, once again we ask a question?

Did the archangels who work for God and who created everything, wait until they had thought through every possible facet of life before creating all that now exists, or did they get the basics sorted out and introduced, altered and adapted life as problems arose?

We think that if you were in the place of these archangels, you could answer that question yourselves.

It would be virtually impossible to predict every twist and turn of development, no matter how intelligent and farseeing they might be, so we give it for our opinion that they got the basics in place and altered things as life developed.

That is why they invented the system of this destroying, creating, destroying and recreating life countless times a second. This was a clever idea and gives the archangels the opportunity to alter the structure of life as it moves ever onward.

Of course, destroying, altering and recreating everything is no mean feat to achieve and we must ask how on Earth they managed to invent such a system?

Once again, if you put yourself in the position of these archangels, how would you go about destroying, altering and recreating even a single, simple object, countless times a second, let alone destroying, altering and recreating absolutely everything in the whole of creation?

Well, you may not be able to emulate exactly what the archangels do, but man already knows how to do this.

Let us take the simple example of a TV screen.

A picture on a TV screen consists of a single dot (actually, on a colour TV it is three dots combined, but it is the same idea) and this dot races backwards and forwards across the screen producing an image. This is done in a fraction of a second.

Then the image is blanked out and the dot starts again racing across the screen, producing a second image slightly different from the first.

This goes on and on, the dot making a picture, which is erased and then replaced by another image, each one slightly different from the previous.

Can you now see how similar what the Directors of Life do is to what each and every TV or computer screen in the world does?

The technique might be different but the idea is similar.

So, what does this tell us about life? If the image on a TV screen can look so real, but is just made from a single dot flying across a photosensitive screen, could it be that existence follows a similar concept?

Strange or even impossible as this is, that is exactly - or very similar - to how life is constructed.

Everything is made from a dot of life - a singularity - whizzing about creating what appears to be reality.

Now, once again, we have talked about this in other works, books etc., that we have given you, but we will explain this again in as much detail as we can, so that you can, we hope, comprehend how this miraculous system operates.

We mentioned a singularity.

For those who do not understand what a singularity is, we will explain. Already, a singularity is a marvelous thing and it took sheer genius on behalf of God's archangels to think of it and to construct one.

If you can imagine an atom, you might be under the impression that an atom is the smallest object that exists.

You would be a long way from the truth.

Scientists have, at the time of writing this book, discovered that there are other bits and pieces that are either connected to atoms or in association with them: photons, quarks, bosons and on and on.

Quite why they give such silly names to these bits and pieces they observe, or think exist, is rather a mystery to us, but we leave them to play with their toys.

A singularity is far smaller than any of these objects and has much more importance.

In fact, although, really, there is only one singularity and that singularity we could consider to be God, in another sense, there appears to be a singularity for each and every object everywhere that has existed, exists now or will exist in the future.

We are faced with a problem and it is this.

We have explained at length most of what this section will deal with, but we will have to repeat much of it for this book to make sense.

So, let us jump into the subject and we will do our best to make it a bit different from what we have already told you, and if we can find some new information to share with you, we will.

We want you to imagine that God - the life force - is a singularity.

To be honest, we cannot even confirm that God is a singularity, as the only entities that really know God are the archangels (the Directors of Life) that work with and for God and we cannot contact them.

We know that God exists as a living intelligent... something, so we visualise him as a singularity living outside of anything created.

Outside of creation, there is nothing, so we assume that God is in this nowhere place.

Where the archangels (DOL) live is more problematic, because we believe that they are in constant contact with God, so must have access to this nowhere area, and yet they seem to be in constant contact with all of existence, so they must be in contact with that which exists.

How can they be in two places at once?

This is yet another unanswerable question.

But we do know that the archangels take this one singularity from God - which is God - and manufacture everything that exists in this reality, from the earth plane and all the various galaxies, up to all the dimensions.

We ignore the alternative realities as they have their own individual Gods, and no doubt, their own group of archangels.

Let us just concentrate on our existence, as we have enough to deal with just explaining that without worrying about other realities.

The question is, how do the archangels take one singularity that is God, and from that, create everything else?

Once again, we have spoken about this but let us repeat, in different words, what we have explained.

It is very obvious that to create everything that exists, and it is an enormous amount of different things, from one singularity, even if that singularity is God, there must be a great deal of manipulation, of adjustment and tweaking that goes on.

If the archangels started with everything that exists and just manipulated it somewhat, the matter would be fairly simple, but it is not this at all.

The archangels start, effectively, with just two things. One is God's request to create life in various ways that we might term physical, even if that physicality is in various degrees of spirituality, and the second thing is the one tiny point of life.

Now, we can understand that God's instructions might be helpful in deciding what to do, but in no way can it help the archangels in constructing physical objects.

Let us take a simple example.

For a house to be built, at least two processes must happen.

An architect must draw up the plans for a house. But, these plans on their own cannot provide the materials to build a house.

So, God's instructions to the archangels, on their own, cannot help to create whatever matter is required to construct all of existence.

The second thing follows on from the first.

Just as in house building, from the architect's plans, a whole variety of different material objects; bricks, cement, water, tiles, wood of various sorts and sizes, plumbing equipment etc., must appear before a house can be constructed.

So, in the case under consideration, from God's suggestions, from somewhere, a huge variety of materials must appear, each atom of each piece containing the presence of God.

Yet again, once the materials (objects) appear, we can, perhaps, understand that life may be put in association with each atom of each object and make it all come to life.

But the problem is that, at one point, only God and his life force existed. We had God, who is the creator of life, but even up to and including the moment when the archangels (the DOL) suddenly appeared out of the blue, there was absolutely nothing to make anything from.

We know that we have mentioned this, but for the sake of making things absolutely clear, let us repeat.

We had God - who is the only source of life - and then the archangels. So, at one point there was God and the archangels and nothing else.

We will also concede that the eight carrier waves we call dimensions existed but they were empty. No planets, no galaxies, no universes, no multiverses, no space. Absolutely nothing existed from which to make anything.

We have said time and again that magic does not exist.

Everything is vibration and everything can be explained in physics once we know how to explain.

But we have this conundrum. How, from absolutely nothing, could God's archangels construct everything that now exists?

The answer is that nothing is something! What does this mean?

It is the usual gobbledygook that we often say. But we never say anything unless we can follow it with an explanation that you are free to accept or reject.

Now, no matter to what degree nothing is created - and believe us, in laboratories scientists have gone to great lengths to produce complete nothingness in bell jars - there always remains something and that something is atoms. We could call them dark energy, but a completely empty void created in a bell jar, is actually full of energy.

Not only atoms of dark energy, but as every atom is alive, every atom contains consciousness.

So, when we talk about any area being a 'nowhere' place, it is not really true. Consciousness has always existed, even before anything else was created.

So, you can now possibly understand how, once God existed and once his archangels appeared, and once God had explained to them that he wanted something called creation, it was simply a case of these archangels taking consciousness and manipulating it to produce all that now exists.

We have said 'simply', but can you imagine how complex it was - and is - to take something called consciousness, contained in association with dark atoms, and from that produce what is termed existence?

In this book, we will attempt to explain how this is achieved, so let us start by trying, if it is possible, to explain in simple, understandable words, how the marvelous achievements were accomplished.

It will need to be explained in steps that we will take in chapters.

This chapter will explain the first steps the archangels took to please God in creating existence.

First of all, perhaps we should try to explain how, in a completely void 'nothingness', atoms still remain.

This is where we have to admit that, although we can explain much of creation, the actual origin remains a mystery.

The usual gobbledygook again! Let us explain.

Many of you may know that, for always, life has been created and eventually destroyed and then recreated.

This has been explained in certain Indian books, but is perhaps difficult for Westerners to comprehend, so let us try to explain in plain english.

The fact of the matter is that, apparently, life has always existed.

But here is the point.

This life - the current one - which is maintained for countless trillions of years, progresses to the point that all life on it reaches perfection, and all life, now being at the level of God, returns to God and there is nothing more in existence for God to learn from.

At this moment, everything disappears and God starts all over again, and life is gradually introduced and progresses towards perfection once more, at which point it all disappears and restarts from scratch so that, each time, God can learn from the new experiences of his new creations.

Just how long this has been going on, no one knows for obvious reasons as we are all just inside this latest version of creation.

Everyone, that is to say everyone who regards themselves knowledgeable on this subject, considers that this has been going on forever.

But the point is that there must, we assume, to have been a first time. The problem is that no one knows when that first time was, how it was created and who decided the blueprint for existence.

Obviously, once the last version of creation disappeared, sufficient dark energy remained to act as a base for the new existence.

But, concerning the very first creation of everything, we can offer no explanation.

We should, perhaps, also mention that, countless times a second, a similar process is going on and the recreation is based on the residual memory of the old one, but what we are talking about in long term creation, is not the same as this creation which happens countless times a second.

The type of destruction we are referring to only happens when all life has reached perfection and merges with God.

We think that you will agree that not many of the people alive today are at that perfect, God level.

So, we have two sorts of destruction and creation.

One is happening countless times a second and happens to keep life altering in an ever-altering multiverse.

The other one is when life is perfect, merges with God and there is nothing left for God to gain experience from.

As we said, at this point, everything disappears and instantly restarts from the very beginning.

We posed the question as to how far back towards the beginning it all goes?

Now, we cannot know the answer but, fortunately, there are some very wise angels that still remain in contact with us, but are so advanced that they are almost at the God state. These wonderful beings have helped us and provide answers. So, let us look at the answers they gave us.

We reach the state where life is so perfect, that God prepares to withdraw and start all over again.

As we said, if everything disappears, we have this problem that we - or rather God and his archangels - cannot make something from nothing and so, to start all over again, some things have to remain.

This is where the story gets complicated.

First, our God is just one of many Gods that are in charge of a multitude of galaxies (universes or multiverses, if you wish to view life like that. We do not wish to get bogged down in terminology).

For every emotion that is possible to exist; love, hate, peace, war, fear, quietness, loudness, certainty, uncertainty and on and on, there is a complete galaxy, similar to ours, but the God in charge explores just one of these emotions.

You can imagine, if you create a list of every possible emotion that exists, there must be a vast number of Gods, all operating on different frequencies and so are invisible to us.

It just so happens, fortunately, that our God's theme is love. So, all of existence, in so far as it concerns us, propels us towards love in its purest form.

The other Gods explore other themes of emotion as we mentioned above.

All of these Gods operate quite independently of each other, but nevertheless, they retain a link between them. So, although acting independently, each God is aware of the other Gods and knows how they are progressing.

This means that as our God, when all of existence reaches perfection, destroys everything and starts again, so all the other Gods do the same thing.

But they do this independently from each other. So, if and when our God decides to destroy everything and start again, the other Gods, although they also destroy and restart, not do it at the same time as our God.

They perform the same actions but do so quite independently to each other.

Then this takes us on to what we sometimes term a Master God, by which we mean that there is an even higher being that constructed all the other Gods who, in turn, with the aid of their archangelic helpers, created all of existence in their domain.

Can you understand this?

We have a God, plus a group of archangels, that created all that exists within the theme of love. We will explore why hate etc., is allowed in our life later.

Then there are a huge number of other Gods exploring other emotions.

Outside of, and above all of this, is yet another higher God that created all the Gods we just mentioned, exploring every possible emotion.

This begs the question, of course, are there many of these Master Gods, operating elsewhere rather as our Master God does, and if so, is there yet another master, master God, if you will forgive the awkward language, creating and controlling all the lower Master Gods in a sort of pyramid fashion?

We do not know the answer to this, but it would not surprise us if it were so.

We know that life is so amazing, that it is more than possible that there are endless numbers of Gods, all exploring emotions that we do not know about, each God created by a Master God and yet another higher Master God creating the lower levels of master Gods, endlessly higher and higher.

It was assumed by those that created religions that there was just one God, and as far as our existence is concerned it is so, but we now know that there are many other Gods and a Master God above them.

We should never assume that we have all the answers.

As far as our galaxy is concerned, it is true that there is just one God, whose theme is love, but our God is just one of many and life goes on higher and higher.

Let us go back to the point where our God decides to withdraw existence and start again. We have been informed that when that happens, everything is destroyed to the point that even our God no longer exists. So, there is absolutely nothing as far as our emotion (love) is concerned, not even our God!

But the Master God creates another God and creates these archangels and puts a logos on to a new God for it also to explore the concept of love.

Therefore, this Master God has access to points of life and from that our new God, with the help of his new archangels, has material with which to work. This material is what we call dark energy.

All this is very interesting, but it raises as many questions as it provides solutions.

We have many questions to which we do not have answers.

Let us repeat that we are more or less certain that there are innumerable galaxies, each one separate and each one exploring an emotion. So, there is a God for each one of these emotions.

Next, we are sure that each existence follows the same format of creation, the life forms rising to perfection, at which point the existence ceases and starts again with a new God.

We are also fairly sure that there is a master God controlling all these lesser (to use such a word) Gods.

What we do not know for sure, but feel is probable, is that there are many other creations, each one with Gods being controlled by another master God, and possibly, even higher master Gods controlling the lower master Gods.

Our knowledge of existence suggests to us that life (existence) is truly endless and that there is this vast pyramid of Gods, master Gods and even higher master Gods, going on upwards for virtually ever.

Logically, there would be at the top, one supreme master God in charge of everything.

The problem we have is, even with the help of the angelic beings that inform us, there is a limit to what anyone in our existence knows, so some of what we have told you is speculation. Informed speculation, certainly, but speculation nevertheless.

But just imagine if what we said was true! Can you imagine the import?

Countless galaxies, countless Gods. Countless master Gods all placed in both a vertical and horizontal fashion going on and on until, perhaps, there is, somewhere, one supreme being who created all this pyramid of existences, Gods and master Gods.

It is mind-boggling.

Who amongst us can only honestly say he could visualise such a vast enterprise?

We have enough difficulty in visualising our God being part of a series of Gods, all exploring an aspect of emotion.

But can we imagine this repeated endlessly in ever broader aspects of creation, and each level under the control of ever higher master Gods?

What on earth does the one supreme master God at the top of the pyramid look like, if he could be seen? What knowledge does he have, and last of all, where does he come from?

This is the ultimate unanswerable question.

Once we realise that our God, when he starts again from scratch, is given material to work with by a master God, we can understand where creation comes from, but we always have this one, unanswerable question? Where, when and how did it all start?

No matter how far we are prepared to go back in time. No matter to what degree we accept that higher Gods gave the lower Gods material (in our case dark energy) to kickstart existence, there should be a starting point somewhere.

We can accept that it all started with this supreme super God who created this complex mass of lower Gods, galaxies and life forms, but we cannot help but ask the question as to how it all started in the first place?

We have said countless times, you cannot get something from nothing and magic - in this sense - does not exist, so our sense of logic tells us that this ultimate supreme God, assuming he exists, must have come from somewhere, no matter how long ago that somewhere was.

It is the story of the chicken and the egg all over again.

Where and how did it all exist?

However, we feel that this question is unanswerable for the moment.

But before we end this chapter, we would like to add a point for you to think about.

We know that once life in any galaxy reaches perfection, it all disappears. Now, what happens to the God that has now been replaced by a new one?

Does that God, containing all of the entities of his - or rather his archangels - creation merge with the master God in charge of our section of existence?

Is it possible that this master God absorbs all the power of the other Gods and then melds with other master Gods and all that merges with yet higher master Gods?

Once again, this is pure speculation, but intuition tells us that it is possibly so or we would not have mentioned it.

This implies that all the Gods are eventually replaced with new ones. This, logically, would imply that the master Gods are absorbed into higher master Gods until, eventually, the whole of this vast, incredible creation is absorbed by the unique super God who is busy creating new Gods and master Gods rather like a queen bee or a queen ant endlessly producing eggs to replace the beings in the nest that have expired.

This implies that, one day, you and us will be absorbed into the supreme God at the very top.

If that is true, it is something to think about.

We will stop this rather speculative chapter in which we have allowed our minds to wander into supposition, and return to somewhat more prosaic, feet on the ground, information in the next chapter.

CHAPTER 3 - THE ORIGIN OF SPEECH

Let us turn our attention to another aspect of life that you might have thought about, without really understanding what is going on behind the scenes, so to speak.

To what do we refer?

We wish to discuss how information comes to you.

You may think that you know all the methods that this happens.

Obviously, information comes to you via newspapers, TV, radio and a number of other methods somewhat similar.

Information also arrives in the form of the spoken word from contact with another human.

Then, last but not least, information comes in the form of the five senses: sight, smell, touch, taste and sound.

Now, that just about covers all the different methods that you receive information.

However, if we were to look at what is really going on, all of these methods of receiving information involves quite a complex series of actions taking place in your auras which, once received by the auras, is transferred either to your brain directly or, more frequently, into the mind.

So, in this chapter we would like to investigate exactly how some of the perception organs actually receive information. In this case speech.

Before we get too involved in this chapter, we should say that some information is more important than others.

It may matter little to you about the revelations in the news concerning the goings on of some famous person, but if you try to cross a busy street without taking careful note of the traffic rushing past, you might well find yourself in serious trouble.

So, information about the first example we gave may titillate your curiosity, but in the second case, it is of the utmost importance that you pay close attention to the information being received by your senses.

Therein lies the clue to receiving information.

Everything is vibration, as we have said many times.

Light is vibration.

Sound is vibration.

Even touch is vibration, though you may not realise it.

What happens when you receive information?

It is all transferred through vibration into one or more of your senses.

But it is a lot more complicated than just that.

You may think, for example, that in the case of reading something written, your eyes scan the words and the meaning is transferred to your brain, and in a certain manner it is so.

But the reality is that the words you read were written by someone.

So, the words originated in the mind of someone who committed them to paper, parchment or whatever medium was available at the time.

From the mind of the author, a series of vibrations were sent into the brain, which commanded the hand to right and then words appeared on a page. These words seemed to flow but if one could visualise closely enough what is occurring, the brain is sending a

very fast, very close series of small jerks down the arm of the scribe, into his hand and the words are actually conceived as this series of tiny jerks.

This may not seem to be correct, but it is so.

You may have seen a person with a nerve problem and his hands are constantly shaking.

This is an exaggerated form of what we are describing.

Everybody, if their hands could be examined closely enough would be seen to have a slight tremblement to their hands.

This is because the brain sends electrical signals to the hands as tiny jerks - waves if you prefer.

Normally, these electrical sine waves, or sometimes almost square waves, are so slight that they are not noticeable but they are there.

In a normal, healthy person, these slight waves, as they are transmitted to the hand of the writer, are so slight that the written words do not seem to be affected by these waves.

However, in the case of a person with a problem and whose hands noticeably shake, this can affect his writing to the point that the written text is virtually unreadable.

Of course, what we have described above applies exclusively to someone writing on a medium (paper or whatever) using a pen or pencil.

Even in the case of a person tapping on a keyboard, the fingers move in jerks tapping one after another on the keys, so this vibration concept still applies.

Now, eventually the thoughts of the scribe appear in a written form, either handwritten or typed.

We will just say at this point that even speech is a series of tiny jerks that vibrate the mouth and the tongue etc., to produce speech. If it is recorded onto magnetic tape it is recorded as sine waves. If it is recorded digitally, it is recorded as a series of square waves. Thus, speech is all a series of waves, of vibrations.

Now, what does this imply as regards the origin of thought?

Most scientists and doctors think that thought originates in the brain and present as proof the fact that if someone has brain damage, their speech can be impaired, and in certain cases, their ability to think clearly is also impaired.

In fact, thought originates in the akashic record.

Now, this does not seem very logical, as the akashic record is a storage area for events that occur, have occurred or will occur in every living object; animal, vegetable, mineral or human.

We will repeat that there are different areas of the akashic record for each and every aspect of life, and as we tend to restrict our explanations to just humans, we will consider just the part of the akashic record that concerns humans.

As we just mentioned, the akashic record is a storage area for the experiences of humans, past, present or future - for the future humans already exist. They are just in a different frequency to us.

All is one and one is all. This implies that there is only the 'now' moment and time doesn't really exist. Thus, the past, present and future are all happening now.

However, we digress.

The concept of speech may be transmitted from one source or another to you, but it all has to pass through the akashic record, into the higher self, then the imagination plane and into the mind and the brain.

If one wishes to communicate with another person or groups of people, the thoughts are conceived in the mind, transferred by the reverse of the process we described above and the thoughts, in block form, are placed in the personal file in the 4th dimension and also in the temporary file that we have mentioned elsewhere.

Then they can be recuperated and either spoken or written.

So, the akashic record is very much involved in either contacting people or in receiving information.

In the case of receiving information, the desired communication is recuperated from the akashic record and either spoken, written or typed by the sender.

But in all cases, thoughts are stored, instantly, in the akashic record before being communicated or received.

In future chapters, we will repeat and explain this more fully.

We do not wish to overload you with too much complicated information at one time. We have a whole book before us, so we can take our time and explain slowly.

Let us go back to the akashic record and the information stored there.

Included in the storage file is the complete record of you and with all other humans that have lived or will live.

We have told you that you are a lot older than just your incarnation suggests and when you were in the 7th or the 4th before incarnating, you had many discussions with a variety of people.

This implies that you could speak and understand others speaking. The speech may have been telepathic but telepathy is just another form of speech.

So, long ago, when you were in your infancy, so to speak - if you will forgive the pun - you could speak.

How did you learn to do this?

Let us say straight away that telepathy - thought transference - is the natural way to speak.

Actual physical speech, once again involving vibrations, is a subset of telepathy. Mankind has, generally, lost the use of telepathy, which is unfortunate and man has developed physical speech instead.

There are a number of reasons for this, but it was discovered long ago by evil people that physical speech could hide true motives, whereas contained with telepathy are the true motives of those exchanging thoughts. So evil people encouraged speech and forbade telepathy in order to fool and to control people.

But, once again we digress.

Contained in the akashic record, are the thoughts and experiences of all people going back from many millions of years, long before physical incarnation was invented.

Now, thoughts have to be retained in the akashic record in a form that can be retrieved. It is possible, if one enters the akashic record and one links with the file of someone, to receive a block download of the life and experiences of that person, but there is another aspect of the akashic record that we have mentioned before.

It is possible to copy that person's experiences, transfer it to one's own file and to relate to the experiences of that person, just as if one were taking part in that person's experiences. So, whoever we choose to relate to, a person in the past, present or future (to a certain extent), it is possible, effectively, to participate in the experiences of that person.

We wish to remind you that we are not relating directly to the experiences recorded, or being recorded, in the akashic record. We have made a copy, an exact copy, and can relate to that. The original experiences remain untouched. We have no right or ability to interfere with the original experiences of anyone. Those experiences remain sacred.

But, to relate to someone requires a form of speech - telepathy. So even thought transference (telepathy) requires language.

The copy we made of someone's experiences is able to interact with us and to talk with us.

So, we can exchange thoughts and ideas with someone who may have lived long ago, is living now or is living in the future.

The person with whom we are interacting would not be aware of this, as it is with a copy of the person's file that we are interacting with.

But the important bit is that we can communicate and that requires a form of speech.

So, we wish to explain what speech is and how it came to be.

It is considered that early cavemen did not have speech and merely communicated with animal like grunts and by pointing.

This was not so.

Speech has existed for a long time, and although conversations around the campfire concerned mainly the events that concern them; hunting, mating and shelter, they did have speech.

It is noticeable that many people today limit their conversations to just a few topics of interest to them, so the way early cavemen communicated and the way modern man communicates is not so very different.

But what concerns us is the origin of speech. Can we locate just when and where the origin of speech came from?

This, actually, is an important topic, because without speech and writing - which is speech in another form - life would be very different to what it is today.

So, to discover the origin of speech, we need to trawl back through the ages, long before incarnation existed and go back and back to the point that speech was first considered necessary.

We must qualify speech to include telepathy - thought transference - which is another form of speaking.

For instance, as you may know, these books are produced by telepathy. In the 4th dimension, a trained person links psychically to someone on earth who has also been trained and the words of the books are transmitted from the mind of the reader in the 4th, into the mind of the trained instrument in incarnation in the 6th dimension, who writes down the words transmitted, one by one as he hears them.

So, telepathy we could consider to be the first or prime form of communication.

But telepathy works in two ways.

In our case, we transmit the words we require that our earthly instrument writes down, one at a time, but this earthly instrument is also aware that he is receiving a block download of information about the chapter, or an aspect of that chapter, as he is writing.

This can be a bit confusing for the scribe as he has two sorts of information in his mind.

One is the actual words that we expect him to write and the other is the overall picture of the chapter or aspect of the chapter we are projecting to him.

So, he has been trained to ignore the block download and only to concentrate on the words we are sending.

But the interesting part of what we are explaining is the block download. This does not require words. It is the total message transferred from one person to another as a complete package, that is sent as a parcel of information wrapped in a form of thin gravity.

This may be difficult to understand or appreciate, as you imagine gravity to be some sort of electromagnetic force holding planets together.

Gravity is not that at all. It is a spiritual force, part of life.

However, now is not the moment to describe gravity.

We would like you to imagine the transference of blocks of information as a sort of parcel wrapped in wrapping paper, being given by one person and received by another.

Rather as if you wrap up an object in a box, covered with wrapping paper protecting the contents until the recipient takes off the wrapping paper and observes the contents of the box.

This, obviously, is just an analogy.

The reality is different but the concept is similar.

This form of communication does not require speech as such.

But what it does require is an understanding of meaning.

The block of information encloses a message and this message needs to be understood by the receiver.

However, as we implied, this was the first form of communication and is still in use today by many life forms, including us in the 4th.

We can use words of course, but generally, if we wish to transfer information from one person to another, we use the block download method.

One person decides what he wants to say, forms it into a block of information and sends the block, psychically, to the person he wishes to contact and the recipient receives it as a block of knowledge. He suddenly 'knows' what was sent and he understands.

We believe - although we cannot state for certain - that this was the way that God contacted his archangelic helpers, by sending blocks of information concerning his desire about creation and the angels linked together and worked out how to implement God's wishes.

So, we think that the concept of the exchange of ideas was conceived long, long ago, when there was only God and his archangels.

Of course, assuming that there are master Gods above our God, it is possible that a similar form of communication was also used.

This is speculation on our part, but some form of communication must have been used and this seems the obvious way that it was done.

However, it is obvious that more than just blocks of downloads are required for true communication to occur.

Thus, once again, long ago and in areas remote from us, speech was conceived.

We need to speculate, as we did earlier, and we assume that speech was invented for the archangels to communicate with God and vice versa.

We know that God can speak, because those who have been fortunate to be taken into the presence of God, who is in this strange nowhere place, they hear God speaking to them.

Once again, we do not expect all people to accept this fact, but it is so.

We will say that God communicating with us is a very rare event and out of all of the world's population incarnate at the moment, we do not think that there are more than a handful of people to whom it has occurred.

Thus, we would advise those convinced that God is communicating with them on a daily basis, it is illusion.

Those fortunate few who have been taken into the presence of God receive a short message, lasting no more than a few seconds and the communication ends.

Usually, it occurs just once in the lifetime of a person. So, to those who think that God is talking to them, we ask you to think again.

God is in a strange nowhere place and for the lucky few transported there, they suddenly find themselves in an area where there is absolutely nothing. No air, no lack of air. No light, no lack of light. It is an area outside of anything that we could conceive of.

God gives us a message and then we instantly return to our reality. The whole experience lasts seconds.

But it is an experience quite outside of any other possible experience.

Once again, we digress. Let us return to the subject of the origin of speech.

If it is true that God's archangels invented, either with God's help or without, the subject of actual speech, it is obvious that speech has existed for a very long time indeed.

It is also obvious that speech has grown a lot more complex over time and that complexity depends largely on the type of civilization in which one lives and on the degree of education one receives.

In some less advanced countries or, indeed, in some rural areas in advanced countries, speech tends to be limited to just being able to express the information for people to survive.

In other areas, speech is rather more developed and, in some universities, etc., people take pride in having a vast vocabulary, often incorporating Latin or Greek phrases where normal speech is not expressive enough.

Strangely enough, the Sanskrit language is possibly the most expressive of all languages and it is a pity that it is not used more universally, as it would certainly enable us to explain complex spiritual matters more easily.

However, English has, usually, sufficient words to express at least some of the more simple events in spirituality.

If one learns a variety of languages, some words and phrases express more precisely certain concepts than others.

Back in Victorian times, when classical education was more concentrated on language education than it is today, books often contained sprinklings of French, Latin and Greek words and phrases and it was expected by the writer of his book, readers had sufficient

knowledge of both French, Latin and Greek to follow the threads of whatever thoughts the scribe was writing.

Today, focus is less on classical languages, as computer education has advanced and so many would have a good grasp of the sort of words used to describe computer programming and, indeed, knowledge of the different sorts of computer programs created that would have been complete gobbledygook to Victorian readers, so education is not necessarily less. The focus has shifted from classical education to computer language.

But we who give you these books have to choose our words carefully, so as not to step outside of the boundaries of the words and phrases familiar to you as we explain spiritual matters, which tends to make our explanations rather more lengthy, as there are sometimes words that describe something in rather a shorthand fashion but if the average person is not aware of those words, we need to explain in a rather longer way using words that we hope you are familiar with.

But as we mentioned above, complete and complex as the English language is in its more advanced form, there are still some things that words in English do not explain, which was why writers years ago had to resort to French, Greek, Latin or even German words or phrases to explain some concepts.

If one was to study the English language, one would be surprised, for example, at the number of French words that are contained in everyday speech.

As we said, the most complete language that we know is Sanskrit, although we must admit that although it explains spiritual matters very succinctly, it is totally deficient in computer technological terminology.

What is the point of all this that we are making?

We are suggesting that language was conceived long before any life had been created, when there was only God and his archangels and they needed to communicate, not only among the archangels themselves, but also with God.

We are suggesting that not one language has sufficient words or phrases to cover all events and that, as technology advances, so language advances and adapts to cope with the new technologies coming to the fore.

Old methods of communication - such as Sanskrit - tend to die out (which we consider to be unfortunate) to be replaced by other languages.

We also suggest that not one language can describe all eventualities and so words have to be borrowed from other languages and cultures.

Lastly, a new language is entering our reality; that of computer technology, both in terms of the words used to describe bits of information, but also complete languages used in programming.

Thus, has language progressed from block downloads passed from mind to mind to blocks of information passed from computer to computer.

An interesting turn of the wheel of life.

We have discussed in this chapter how thoughts are either transmitted or received in spoken or written form, so we will end this chapter here and proceed to the next topic for discussion.

CHAPTER 4 - SIGHT

We will now investigate another aspect of how information comes to you. We wish to talk about sight.

As you are aware, sight is a very important aspect of your lives, possibly, if we ignore health problems, the most important attribute that you are given.

We are, of course, aware of the number of blind people that cope with life in an incredibly brave fashion.

We are also aware of how little help blind people receive in practically all aspects of life. It must be very challenging that blind people have so little access to books for example.

There are some books that are spoken, but imagine a blind person living on his or her own. Even if he or she has a computer, imagine the difficulty that person has to find among the plethora of different videos available, how to locate a spoken book on what is called a desktop in computer language, generally, has no spoken introductions to what is available.

We strongly feel that not only most important books, including our own, should be available as spoken books, but also the desktops should be arranged so that blind people can find the information they require more efficaciously.

In our case, we are also at fault, as at the time of this book being published, only have two books in spoken form, but to find people willing to spend the time to read the books is very difficult.

To read a book, so that it is available as a spoken book, is a massive task, as anyone who has attempted such a task will confirm.

So, we apologise to blind people that we have this fault in our communications with you and look forward to one day in the future, all of our books appearing as spoken books.

Blind people have as much right to have access to the wisdom that we, the Great White Brotherhood, receive from wise beings and pass on to you as the sighted. It is only, at the moment, that by having spoken books that blind people can receive this wisdom.

However, there are ways that blind people can see without using eyes and we will explain these ways in this chapter as we discuss how vision actually comes to you.

It is thought that sight comes from the eyes rather as if the eyes were cameras visioning all that the eyes fall upon. This is not actually, completely true.

It is true that most people who have damaged eyes cannot see, but that is because the eyes are considered to be the only access to the outside world.

In fact, vision is an astral effect.

We will try to explain this, but we do not expect everyone to believe us or to accept what we will say.

But our task is to explain life, both in what you call physicality and in all the astral or dimensional worlds.

The truth of the matter is that all is a form of illusion.

As you look around you and as you observe everything that your eyes perceive, it is not actually there quite in the way that you imagine.

Your consciousness, your personality, your ego (which we say, not in the insulting way that it is usually used, but in the sense of identity) feels it needs to have some form of creation and so you create with your imagination, all that you see.

Now, obviously, that short statement does not explain a fraction of how illusion changing into so-called reality works and so, we will slowly and carefully explain, because what we will say in this chapter is of great importance. We will explain wisdom that has seldom been revealed to humanity incarnate before, and we want those who are willing to accept what we will tell you to take a giant leap in progressing out of the bondage of incarnation and into the light of freedom.

What do we mean by this bold and somewhat dramatic statement?

The truth is that you are all alone in what you call your world, your universe, and you are surrounded by nothing. Nothing at all.

There are no people near you. No animals. No plants. No houses. Nothing at all.

Even you do not exist as the person who looks back at you in a mirror.

You are just a point of consciousness, floating in nothing.

Now, that is a very strange thing to say. A very odd statement, because you seem to have a body, you live in a solid world and you are surrounded by a mass of life of various sorts with which you interact on a daily basis.

If you are hungry, thirsty, in pain, your body tells you in no uncertain terms.

You were born on Earth, will grow, have your life and one day will expire. So, life seems very real to you and yet we say that it doesn't exist, it is all a gigantic illusion, like a 3D computer game that you are a participant in.

This is not the first time that we have mentioned this. In the past we have not pushed the point because what we were explaining at the time had other relevancy and we did not wish to get side tracked into long explanations about illusion.

But now, as we are discussing sight, is the moment to expand somewhat, because we hope to explain convincingly how you actually see and how blind people can see, if and when they have mastered the manipulation of illusion.

So, please stick with us if you can and even if you do not wish to accept totally the concepts we explain, if you choose to follow the advice we will give, it will help you to see through the haze of illusion and, we hope, will help blind people to see.

But we warn you that this, although not difficult to explain, will take you out of your comfort zone if you are new to this. Old hands will already have some idea of where we are going but for new recruits, this may all seem unbelievable, until you have the pigeon hole created in your mind in which to place this information.

So, let us try to begin to explain.

There was a time - we almost said 'once upon a time', when what you call physicality did not exist.

It is - or was - not a part of God's original concept for life. God originally created, with the help of his archangelic cohorts (the Directors of Life) everything in non-physical (astral) form.

We can understand this, as God is a spirit force, his archangels are spiritual (non-physical), so it seemed natural that creation also should be non-physical.

Now, by non-physical, we do not imply non-real. What God and his archangels created is totally real. Far more real than the universe in which you currently live.

The archangels, over an immense length of time, created the amazing structures that exist in the non-physical dimensions, created them in what appeared to be solid form in the

various dimensions. Then they created life forms in the various dimensions; minerals (although not alive in the same way as other life forms), fauna, flora, and eventually, humans - God's crowning achievement.

Now, this was all very well and worked fine in the astral or non-physical dimensions. Everything in those astral dimensions appears as real as physicality does to you, so all life settled down to live eternally in the astral realms. All was peaceful.

But eventually, God disturbed this peace by creating the desire for a more expanded version of life in the astral realms, as we have explained in other books.

So, initially, an expanded form of the 4th dimension was created, in order to accommodate troops going into and returning from battle in so-called physicality, because physicality was being created in the 6th dimension.

We have likened this to going into battle because incarnation, as you well know, you who are reading this book and that are in incarnation, is very much like a war zone compared to the peace of non-incarnation.

Eventually, so-called physicality was created in the 6th dimension, which is where you are now.

But, and here is the key element, physicality cannot and never will exist.

The 6th dimension is a spiritual (non-physical) area, exactly like any other dimension, because all the eight dimensions contain and are designed to promote diverse and different aspects of life. But they are all non-physical.

The life forms that inhabit other dimensions seem as real and solid as you do, and the worlds that they live in within these dimensions seem as real and solid as yours does.

But we want you clearly to understand, if you can, that nothing is physical (spiritual, if you like), but everything contained within the various dimensions seems as real and solid to the inhabitants of those dimensions as your so-called reality seems to you.

All the eight dimensions are kept apart by being coated in thick gravity, and within those dimensions are a host of sub dimensions, all kept apart by coatings of thin gravity as we have explained in other works.

But, to each and every one of these dimensions or sub dimensions, all are not only kept apart by thin gravity but all, also, are kept apart by being of different frequencies.

This is very important to understand and if you do not understand we suggest you read previously published documents (books, lessons and essays) until you have a firm grasp of this subject. It is important and without a firm grasp of the subject you will be lost as we proceed.

So, to return to God and his desire to produce more things for him to experience.

As the archangels had created virtually everything that could be created in all the dimensions, except the third, which is kept blank for the moment in case they have to create yet more in the future, the only thing that God's archangels could think of was to create a sort of physical world, place life forms in them and see what happened.

Eventually, after much trial and error - mostly failure - the 6th dimension was chosen, that of imagination.

To cut a long story short, an imaginary 'reality' was constructed in the 6th.

We want you to realise that this planet Earth, all the life forms that you see, the experiences you have are formed in non-physicality in the imagination plane - the 6th dimension.

As you know, humans were finally introduced into this 6th dimensional non-physical world.

Whoever or whatever is in any particular plane, although non-physical because there is no such thing as physicality, it all seems real and solid to the entities in whatever place they find themselves in.

You must understand this.

Nothing exists as solid reality. All is created by non-physical elements of mind, personality, ego and consciousness to make things seem real.

Thus, to us who live in the upper 4th, life seems real and the landscapes appear solid.

If we were to visit, for example, the 1st or 2nd dimensions, where unbelievably horrid creatures live, to those creatures, they seem solid and their bleak and barren worlds seem solid and real.

It is all a question of frequency.

A life form; animal, vegetable, mineral or human, who is contained within an area that vibrates to a certain frequency, vibrates to the same frequency of the area they are within.

This, strangely enough, creates in their minds the illusion that they are in some way connected to the area and this linking creates the concept of solidity. The life forms create a solidity to the area, accept they're one with the area and so it all appears real.

It is all non-physical and is only real in the sense that the life forms accept that it is real.

We live in the upper 4th dimension, which is where you came from and will return to when your incarnation is finished.

Much of the upper 4th consists of beautiful parks.

These parks contain trees.

If I, for instance, went up to a tree and banged my head against it, not only would the tree be a bit offended, wondering why I had done such a stupid thing, for the tree is alive and has consciousness, but my head would hurt just as it would if you did the same thing in your world.

The only difference between your reality and ours is that I could instantly heal myself, because I know that the upper 4th is illusion and so I could change my illusion and take away the pain.

You could do the same if you really knew that planet Earth is an illusion and so could heal yourself by altering your illusion.

Most of you do not know this and do not know how to manipulate the illusion in which you live. So, you would be stuck with a bruise on your forehead and a bad headache.

Most of you in the 6th dimension, where you are passing your incarnation, either refuse to admit that we in the 4th exist, or if you can accept that we do exist, imagine that we live in a sort of diaphanous area of total non-physicality and that we are just some sort of invisible spirit force.

This is both true and not true.

It is true that our world is invisible to you, being of a different frequency, just as your world is invisible to us for the same reason, but it is not true that we only exist as a sort of spirit force.

We live in a real solid world, every bit as solid as your world is.

The main difference is that we live by different rules to you, as has been explained in other works, and we live in peace together. No one would willingly bang his head on a tree. We would not conceive of harming a tree, nor of harming ourselves.

But the important point we wish to make is that, despite all dimensions being invisible to those living in other dimensions, due to different frequencies, to those who live in any dimension, the place seems real and solid.

Your planet Earth and any other planet, should you wish to visit them one day, will also seem real but they are not.

We repeat, physicality does not exist as you imagine it to. All is spirit and it is only your consciousness, aided by other parts of us, that creates the illusion of solid, unchangeable objects.

Let us delve into this matter a little more deeply and try to decode the mystery of solidity versus illusion, for if matter is solid and unchangeable, there would be no point in us putting this chapter in this book, but we can assure you that it is illusion and thus can be manipulated by our will - our desires.

We must raise the question as to why this so-called incarnation, in so-called solid matter was created?

We have already answered that question to a certain extent above, by saying that God expressed his desire to his archangelic workers that he wanted to move beyond non-physicality and create a physical universe in order for life to be placed on it and struggle to cope with this new, previously unexplored way of living, in order for his creations to have new experiences, so that he, God, by drawing those experiences into him, could grow in wisdom.

So, if you are cursing the fact that you are having a hard time in incarnation, blame yourself because, not only did you volunteer to come here by your own free will, but as you are God pretending to be you, you as God, are growing in wisdom!

The archangels picked up God's desire to create a physical world - and by world we imply what you would call a universe - and they scratched their heads to work out how this could be done.

You must remember that there exists only eight dimensions and most of these already have quite a lot going on in them. We want you also to realise that whatever is going on in any of the eight dimensions, is purely non-physical. We have this illusion of solidity in any of the eight dimensions, but is just so that the various life forms can have a base to relate to. There is no physicality as you know it anywhere.

So, no matter how much thought, how much experimentation the archangels put into trying to create physicality, they had to admit that it was not possible. But they did not give up. They hit on the idea of creating illusion. Creating a place that was astral in nature, but by convincing various life forms that it was physical, create an illusionary form of physical reality.

They chose the 6th dimension, that of imagination, because by its very nature of being the dimension of imagination, this emotion (imagination) was the easiest to place a false reality of physicality in and so the place you come to in incarnation was created.

We have already explained all this in other works (books), but this book attempts to bring much of life together in one volume, so we repeat the information for those who are new to the subject of life, in one volume.

Students who seek more detailed information about how this illusionary form of reality was created, may refer to the more detailed explanations given in our other books we have provided you with.

But the important point we wish to hammer home to you is that incarnation, where you who are reading this book are, is an illusion so well created, that it appears and acts to you as if it was solid, immutable reality. It isn't. It is just a spiritual, non-physical world that you accept as physical.

There is no such thing as physicality.

It does not exist anywhere.

Everything is non-physical, no matter what it looks like. Do not forget, reality is what you believe to be real. Where you live is real. We do not deny that, but it is not physical. We do not know how better to explain this.

You accept, we hope, that life in other dimensions is non-physical but you think that the planet you are on - planet Earth - is physical as opposed to the non-physical areas contained in and on the other dimensions.

The point we are trying to make is that planet Earth, all the other planets, you and your sun, all the other galaxies that are studied far out into space, are no more physical than life in the other dimensions.

This was known long ago but is forgotten knowledge and we are trying to re-introduce it to you.

Quantum mechanics is beginning to expose the fact that your reality is not what it seems. Those that experiment with quantum mechanics have a problem in that their mathematical equations push them in the direction of revealing the fact that physicality is not physical, but it flies in the face of common sense that pushes them, and all people, that the reality you live in must be physical.

We tell you that it isn't but it is up to you either to accept what we tell you, or to dismiss it as false information.

In fact, all that you have been taught about reality, all that your senses confirm to you is false information.

You actually live in part of a dimension that deals with imagination and the truth is that what you see and feel is created by your imagination.

If and when you can accept this, it opens the door to be able to alter this so-called reality, which is in fact just imagination, by using your own... not exactly imagination, but a higher form of it to change what you see to what you want to see.

Physicality is hard to alter, to battle with, but non-reality is easy to alter, by just using a higher form of your imagination.

Let us give just one example. An example that will explain what we mean.

Explorers and archaeologists have discovered huge granite blocks, some weighing thousands of tons that have been carved from bedrock, transported long distances and carefully placed, sometimes at considerable heights, in monuments.

These blocks are impossible to create and move today using the most sophisticated machinery available and yet apparently primitive man achieved these remarkable feats all over the world with apparent ease.

Ludicrous explanations have been put forward as to how primitive man achieved these feats, despite modern man being unable to duplicate them.

Well, think about this.

Physically, these feats are impossible today, despite all the tools and machines that man has but if we can enter the realms of non-physicality, in which the laws of physics regarding mass, hardness of stone etc., no longer apply, the barriers disappear.

If we could imagine cutting, transporting and stacking these huge blocks in our imagination and if we could apply that imagination as if it were manipulating reality, it would be easy.

Whatever we imagine to be possible to do becomes reality if we live in an imaginary world.

Well, we tell you that you do live in this imaginary world that you have been taught is physical.

Primitive man knew about illusion, or some of them did, and thus bypassed the limits of physicality by developing their imagination skills (mental or spiritual skills, depending on which words you choose to use) instead of physical skills.

Thus, they were able to create the monumental structures that amaze and dismay experts today.

Modern man realizes that there was some trick that was used to manipulate the blocks of stone we mentioned and some are beginning to realise that if the manipulation of these blocks of stone was not, and is not, possible using any physical tools, some other technique was employed and some of the more courageous and adventurous of these so-called experts are starting to realise that psychic skills were employed.

This is the direction we are trying to push you down.

We repeat. The world you live in, the bodies that you use to walk around with are all Illusions.

When you can master this concept deep in your soul, so to speak, you may start to enter another reality, where it is easy to manipulate both yourself and the matter that surrounds you.

We mentioned, at the beginning of this chapter, that we would discuss sight, and more particularly, how people that cannot use eyes to see with could learn to see by using other faculties.

So far, we have discussed the fact that the world that you and we live in are illusion, so well created, that it all seems real and solid.

We have started to introduce you to the concept that all is a product of imagination but imagination that has been limited by a number of factors, so that you do not see the illusion hidden behind the physical world.

We intend to progress slowly with this chapter because, as we said at the beginning, finding the illusionary reality behind so-called reality takes a real stretch of the imagination and we do not wish to rush things. This is a vitally important concept and

for those who will take the necessary steps to master illusion, it will open an almost magical world where physical limitations, no matter what they are, no longer apply.

Before we proceed much further, you may remember us mentioning early man manipulating vastly heavy and difficult blocks of stone with apparent ease.

We will mention something else that you may well never have considered but that demonstrates the almost magical aspect of life. We will mention food.

Now, all food comes from the earth. Indeed, if you think about it, everything that exists, if you trace it back far enough, comes from the earth.

So, the clothes you wear, the houses you live in, the cars you drive, the airplanes you fly in all come from the earth and were transformed to create all that you need.

If you do not believe this, investigate the origins of metals, plastics, plant fibers and so on and you will find that they all come from the earth and planet Earth.

Minerals, oils, water, gases etc., all originated from earth found in planet Earth.

But let us consider you in a physical sense.

As, no doubt, you know, your parents came together and a fertilized seed was sown in the womb of your mother that became you.

Now, once again, we are going to take a rather long time to discuss the miracle that finally produced you, that are reading these words, and the miracle of the people writing them down for you to read.

That tiny dot of life in your mother's womb needed to grow and to develop to create the incredible being that you have become.

So, your mother may have eaten meat. Meat comes from animals, birds, fish and so on.

They thrive by eating, usually, plants, algae and so on - vegetable matter - which, in turn, comes from the earth. This cold, dank, dark matter that appears so lifeless, provided sufficient energy for plants to flourish and animals eat the plants and people eat the animals.

So, the origin of your growth was dank earth, that if you were to eat now, may not kill you but certainly would not do you any good.

Your mother also ate plants, fruits, grains etc. Once again, all these came from earth.

There was, and is, some magical properties in plants, that they are able to extract from earth all that they need to grow and, if need be, to nourish higher forms of life: animals, birds, fish and humans to name just a few.

This is the point we are making.

From the moment that the tiny embryo came to life in your mother's womb, to the moment that you are now and will continue until you pass on to other dimensions, the whole process was fueled by earth, cold, dank, apparently lifeless dirt.

This earth creates, in conjunction with water, everything that is alive. Everything that exists in physicality.

But if you were to eat earth, it would not help you to live at all.

Water we may drink directly or as it is contained in vegetable matter, but earth we cannot - or should not - eat.

Can you see the almost magical, alchemical process that turns earth into really living, thinking, moving life forms?

What has this to do with the subject of this chapter? Some might think nothing, but if it pushes you to sit down and ponder how simple earth (dirt) is transformed into incredible life forms, it will help you to open and stretch your mind as we start really to investigate how to see without using eyes.

Now, how far have we got with explaining how to see without using eyes?

Not very far in direct terms but what we have done is to explain, and with the help of a couple of examples, we hope to demonstrate that physicality is not at all as physical as science would have us believe.

We, also, had incarnations and were aware of how real physicality seemed. We also had aches and pains and understood just how much pain seemed real.

We remind you that even in the upper 4th, where we now live, life seems as real to us as it does to you and it is only by having developed - some of us - advanced levels of 'spirituality', for want of a more pragmatic word, that we are able to manipulate our reality, just as we hope to demonstrate that you may do the same in your world.

All is one and that which we can do, you also can do if and when you know how and take the trouble to develop.

We will add, at this point, that not all people in the upper fourth know how to manipulate matter. There are a large number of people in our world that take no interest in any form of education and so, to them, life in the upper 4th is as mundane and as blocked as life is in your realm - planet Earth.

If you consider the number of magical effects so called wizards or witches had at their disposition; flight by thought, invisibility, mind reading, transforming objects and so on, these are available to us and are available to you, if and when you develop the skills so to do.

It is the fact that all is illusion that allows these so-called magical things to occur because, if nothing is fixed in stone but is a product of our imagination, that permits us to alter things by altering our perspective on a subject.

As we have often said, magic is impossible in the way that it is described in children's books but altering matter is possible, because matter does not exist. It is the concept that exists, not the reality.

We will repeat, for possibly the last time in this chapter, reality is an illusion.

You live as a singularity of consciousness in a nowhere place - a void.

But, to give you a purpose to live, you create with your imagination and with the help of God's archangels, a form of reality that not only seems real to you, but enables you to mix with others and have the plethora of experiences that life presents to you.

Space and time do not exist, only the product of your imagination.

But the whole illusion seems utterly real and most people do not question it.

Your whole universe is an illusion.

Our universes are illusions that seem real to us.

Everything that we have written in all the works we have given you is a description of an incredibly complicated fabrication.

There is nothing except the one singularity that we call God, but there is a vast amount of wonderfully created illusions that seem real and are important for us to accept as reality in order for the lives we lead to make sense.

It is only when we have advanced spiritually, that we should allow ourselves to investigate and question if reality exists because, if we do so without having a firm grasp of our mental and spiritual faculties, such investigations lead to the mad house.

For most people, it is better to accept life, the past, present and future and all that textbooks describe to us as factual, because to step outside of reality and to see life as it really is, is dangerous.

So, having mentioned, ad nauseam, that physicality is not real, and having warned you to be careful in pushing your investigation too far, we will, at long last, turn to how to see without using eyes.

The method, quite simply, is to manipulate the non-physical aspect of life.

We will explain this short statement as clearly as we can, so that you will be able to understand what we mean.

However, we should warn you that there is a difference between understanding what we say and putting it into practice!

Understanding will not be difficult, but learning how to implement the skill may not be so simple, but it will be perfectly possible to do if you put in the necessary work.

We have explained that you are a singularity of consciousness. In fact, this consciousness is God, although that important fact is not relevant to our explanation.

But what is important is that, surrounding this dot of consciousness, is what is called auras.

Now, we need to be careful what we say here, because the truth is that auras are also part of the great illusion, but for the purposes of explanation let us suppose - be convinced - that they exist.

These auras will stretch out for considerable distances from the dot of consciousness.

We need to take a step backwards somewhat and ask you - not to forget all that we mentioned in this chapter - but to modify your understanding, otherwise any explanation that follows will be very difficult for some people to comprehend.

So, we are going to ask you to imagine that you do have a body, that you do have auras that stretch out from your body, that other people and other things exist and that they, too, all have auras attached to whatever they are and that these auras stretch out for a certain distance.

In fact, you haven't any of those things, but for the sake of being able to simplify explanations, we are asking you to imagine that you have, because, although in reality you may not have a body etc., you have other aspects to you which act in a similar way.

So, please forgive us for creating so much complication. Try to put aside for the moment what we said to you in the above pages and try to re-imagine that you have a body, and auras, that other people and objects exist and then we will draw it all together at the end.

We are going to pretend that all that we told you previously was true, explain how you can use your psychic skills to penetrate the mysteries of altering reality, so that you can become the powerful, spiritual person you actually are.

Then, once we have explained all of this, we will try to link it with the truth that was explained earlier and see if it all makes sense.

Now, for most people, we live in a physical world and that world is almost impossible to manipulate in non-physical ways and yet there are countless examples of man using other skills to manipulate matter to produce remarkable effects, that would be quite impossible in a physical world.

For those who do not really understand what we are talking about we will, quickly and briefly, try to mention a few.

We have already mentioned hugely heavy rocks being beautifully hacked from bedrock, polished like glass, if necessary, carted huge distances up and down mountains and then incorporated in megalithic monuments.

This one example alone should be enough to demonstrate that there is more to life than anything of a purely physical nature should be capable of.

But there are many more examples of different sorts that are impossible today but that so-called early man was able to achieve with apparent ease.

Another example is flying craft, often called UFOs. Man struggles to create them today and yet we see wall paintings in caves created by early man, many thousands of years ago, that depict flying saucers - in some of them, not all.

So, we can see that flying saucers existed long ago and yet, how many scientists can fabricate one today?

We will say at this point, that even if one masters the technique of manipulating matter, it may not be able to construct a UFO, but there will be many things that will be able to be constructed by the simple process of manipulating so-called matter.

Perhaps we can make a short list of some of the more simple achievements that one could expect to master if one follows this chapter and one applies oneself to manipulating so-called reality.

We mentioned sight and, certainly, we will do our best to explain how to see whilst not using one's eyes.

Another is invisibility.

Yet another is ability of transporting oneself or objects instantly from one place to another.

Another is changing dimensions at will.

All of these things and more are possible, due to being able to manipulate so-called matter.

Therefore, whether you imagine that you have a body or are just a singularity, we can say with certainty that you have auras and these auras reach out and touch all life. But just as you are limited to what you can see, smell, touch etc., auras, although not really so limited as the five senses, still find it easier to connect with life forms that are close to a person.

Let us imagine that you are somewhere and have your eyes closed.

Not very far away is another person.

Normally, if that person does not have a strong odour and is not speaking, you have no means of visualizing that person if you have your eyes closed. But, in fact, your auras are in touch with that person as his/her auras reach out and touch yours.

As this is happening, information about that person is being transmitted from that person's auras to your auras and, if you know how, you can get quite a lot of information about that person from this auric contact.

You may learn to see through your auras and there are a number of children who are taught to read books whilst blindfolded and unable to see with their eyes.

This technique would be very useful to teach blind people to see.

The technique is not hard but, like all things, requires that one has the desire to learn and that one puts in the necessary amount of time and effort.

We will, at this point, describe the technique.

What one has to do is either to prepare to shut the eyes or to use a blindfold.

Then one takes an object. It can be anything and one places it on a desk or a table in front of oneself. With the eyes open, one looks intently at the object, gazing at it in the endeavour of putting into one's memory, every detail of the object.

Then one shuts one's eyes and tries to visualise the object with the same clarity, as if one was seeing it with the eyes open.

Surprisingly, this is harder than one might imagine.

One might see the object in the mind's eye clearly for a moment or two and then the object will become less distinct.

At this point, open the eyes and look intently at the object again.

Then close the eyes and try to visualise it with the mind's eye.

One must continue to do this over and over again, until one can hold the image in the mind's eye at will.

That is phase one of the process.

Phase 2 is to place in a box, a number of small objects and with the eyes shut, take one and place it on the table or desk. Do not, with the hands, attempt to guess what the object is. Cheating will not help.

So, handle the object as little as possible.

Then, with the eyes shut or blindfolded, try to visualise in the mind's eye what the object is.

The success of this phase depends largely on how well phase one was accomplished.

Initially, one will fail to see the object in the mind's eye, but if one perfects phase one sufficiently and one perseveres with phase two, one will start to see the unknown object in the mind's eye.

What one is doing, obviously, is reaching out with one's auras and touching the auras of the object, because even inanimate objects have auras and so the shape of the object can be transmitted by the object's auras, into the auras of the person who has his sight obscured and that object can be seen.

One can move on to reading books with the eyes closed, etc.

In the case of a blind person, phase one cannot be accomplished as the blind person cannot actually see with his physical eyes.

So, the person must touch every part of an object placed on the table or desk and try to form in his mind's eye as clear a picture as he can of the object.

This will be the equivalent for a blind person of phase one for a sighted person. Every time the image fades from his mind's eye, he must pick up the object and feel every part of it again until he can hold an image of the object in his mind's eye.

When he has mastered this first part, he moves on to phase two as we have described.

Whether one has normal sight or one is blind, we suggest that one starts with simple objects; a pen or pencil, a glass, a book - anything that has a simple shape, and that one

progresses to more complex shapes gradually. It is a case of not trying to run before one can walk.

Once one has mastered being able to see without using one's eyes, one can move on to other skills.

Using the same technique one can, for instance, learn to visualise a visitor ringing the doorbell, or visualise who is calling when the telephone rings.

Of course, it is easier to recognise who is calling if that person is known to one. Visualizing a complete stranger is more difficult.

One can learn to read a letter without opening the envelope.

One can learn to visualise what sort of vehicle is coming around a corner, but due care must be taken to concentrate on the road ahead, so it is better to practice this if someone else is driving.

One can get a friend to hide objects in a yard or garden and try to locate the objects, rather like children trying to find Easter eggs hidden in the garden. With the eyes closed, of course.

Learning to see via the auras can have a number of distinct advantages, so it is worthwhile putting the effort in to learn this skill.

So, what we have done is to start with physical objects, that we see in physicality using our physical eyes and then we have moved into non-physicality, which is the real state of things and, using our non-physical attributes, have developed a different, more efficient method of observation.

For those who take the trouble to develop what we might call astral sight, it will open the door to moving out of physicality and into non-physicality, which is reality.

This skill can be taken on and on if one wishes, until one is able to operate in what was, and possibly still is, considered to be a magical world.

It is not magic. It is just using advanced imagination to see the truth behind the illusion of physicality.

We will end this chapter on seeing here, as we have given you quite a lot of important information, which we hope has been beneficial to you and we will move on to developing other skills in the next chapter.

CHAPTER 5 - HEARING

The next item for discussion will be hearing.
Now once again, I am sure that you are aware what hearing is.

By the way, the Great White Brotherhood usually speaks in the plural 'we', but as I am writing a few chapters, if I use the personal pronoun 'I', I hope you will forgive me. This chapter, like the last, is being directly communicated from me to the man who is receiving it, and although I am an active member of the Great White Brotherhood, I am somewhat bypassing the usual channels of communication.

Quite often the books given to you were written long ago and so a great deal of modernization or translation is used by quite a large team before the book can be given to you to read.

However, in my case, I belong to a modern generation. I have been trained in telepathy and so am able to transmit some chapters directly to the scribe in incarnation, as he is termed.

Other chapters may be compiled from other works and so other ways of communication may be used.

Thus, you may notice a change of style. I have my own way of writing and so will be using the personal pronoun 'I' when and if I speak of myself.

The information I give you has been approved by the elders of the Great White Brotherhood and so conforms to the desires of everyone as to how what I say will fit into the overall scheme of revealing truth about life to you.

My actual name is of no importance, but I feel honored to share knowledge with you and I try to do so in as organised a way as I can, making sure that what I tell you slots into the overall planning of the work being sent to you.

Let us return to the subject of this chapter, 'hearing'.

The usual method is through the ears, although in the case of infrasound - very low frequencies - it can be sensed in the diaphragm and can actually be used as a weapon. Certain low frequencies, at sufficient volume, can harm people while the ears perceive nothing.

There are other animals that can emit or receive an extraordinary range of sounds: bats, whales, lions and even sasquatch, who can 'freeze' people with sound.

So, we are not all the same and nature has adapted many creatures to emit or receive a variety of sounds and frequencies, usually to assist animals in hunting and/or defense.

Man has a limited range of frequency that he can emit and his hearing is generally considered to be limited to between 20Hz - 20kHz, although it must be said that very few people can hear the extremes of either end of this sound spectrum.

Usually, as people advance in age, due to the change in morphology of the ears, high frequency perception diminishes.

Also, hearing can be damaged through listening to loud sounds for too long.

Many animals can retain the ability to emit or to receive frequencies far lower or higher than that of humans, and can retain the ability for much longer in their lifespan compared to humans.

Still, humans are not directly related to animals and have other attributes, attributes that some animals may or may not share.

As we explained in the chapter on sight, there is more to receiving information. In this case we are considering sound.

As you may know from the various books and messages transmitted from us in the 4th to someone in the 6th, telepathy is another method of receiving 'sound'. We could call it hearing and, in a way, it is because information is passed back and forth between at least two people but not using speech and not using the ears.

So, let us describe how telepathy works.

We all have at least two frequencies inherit in us. The first is the frequency of the dimension and the other is the personal frequency of the individual, either transmitting or receiving the information.

In a way it is remarkably similar to the way the modern telephone system works.

In this case, a person in one country desires to contact someone else in a different country, for example.

So, the first person dials the country code of the person he wishes to contact and then he dials the unique number of that person or telephone. If all goes well, the telephonic system makes the connection and a conversation takes place.

In the case of telepathy, this type of system can be used.

Let us assume that the telepathic communication is to take place between two people living in different dimensions.

The caller, if we may thus call the person desirous of contacting someone, must know the frequency of the dimension in which the recipient of the call lives and he adjusts his frequency to that of the recipient's dimension.

Then he must know the actual frequency of the recipient.

He then adjusts his personal frequency to that of the recipient.

Because he is now of the same frequency as the person he wishes to call, he can reach out and contact the person through his auras. So, the recipient becomes aware that someone is trying to contact him.

In turn, he, the recipient, reaches out with an aura, and when he touches the aura of the caller, he adjusts his frequency to match the frequency of the caller.

We have not explained this very well, so we will try again and make it clearer.

The caller must know the two frequencies of the person he wishes to call. First, he must know the frequency of the dimension of the person he wishes to contact.

Let us suppose that someone from the 4th wishes to contact a person in the 6th dimension (incarnation). All people incarnate resonate to the same frequency, that of planet Earth, which we could liken to the country code in a normal telephone system.

So, he adjusts his frequency and changes it, matching the frequency of the dimension of the receiver of the call; planet Earth.

Then he must know the unique frequency of the person he wishes to contact.

This corresponds to the actual personal number of a telephone.

He reaches out through his aura and tries to make the person he wishes to contact aware that he does, indeed, wish to contact that person. That part would correspond to a telephone starting to ring.

At that point, assuming that the receiver of the call is aware that someone is contacting him, he reaches out with his aura and the two auras (the message sender and the message receiver) combine and the receiver of the call adjusts his frequency to the code or frequency of the message sender's dimension and adjusts his frequency also to the unique frequency of the message sender.

So, in a way, the frequencies are reversed.

The sender adjusts his frequency to that of the receiver, while the receiver adjusts his frequency to that of the sender.

Now, here comes the magical bit in telepathy.

The two sets of frequencies, one from the caller and one from the receiver, meet in the middle so to speak. They blend and that blending creates a third set of frequencies.

This third set of frequencies is neither that of the caller, nor that of the receiver. It is a totally different set of frequencies created by blending the frequencies sent by the caller and the frequencies sent by the receiver.

Although, as we said, both the caller and the receiver exchange frequencies, this third set of frequencies, no longer corresponding to either the frequencies of the caller or the receiver, happens for two reasons.

First, it creates a sort of scrambled frequency that makes it almost impossible for anyone else to eavesdrop on the conversation, and second, it allows both the caller and the receiver to return to their dimension's frequency and their personal frequency.

This third frequency is separate from the sender and the receiver's personal frequencies and is a sort of scrambled, private connection allowing two people to communicate using what is called telepathy.

It sounds complicated, and it is, but if one learns telepathy, it can act fairly automatically.

Let us consider what happens in the case of, eventually, sending or receiving these books. Someone in the Great White Brotherhood locates someone incarnate, studies that person for a long while - through the auspices of the individual incarnate's guide - and selects him as a future helper for the Great White Brotherhood.

Without that individual knowing, he will be pushed to take up meditation and pushed to develop any skill that might be required.

Gradually, again without the student realizing what is going on, telepathy might be introduced to him.

All this goes on slowly, carefully and over a number of years without the student in incarnation having any idea that what he is doing is being suggested from spirit. The student thinks that it is all his own idea.

Now, as you might have guessed, as the student was introduced to a teacher by the student's guide, the teacher will know the personal frequency of the student. Of course, the teacher will already know the quiescent frequency of planet Earth - the first part of the 'telephone number', matching a country code.

Thus, he can touch the students' auras and influence the student, even if the student has no idea of what is going on.

This is all done in secret, so that the student might accept the concepts of spiritual advancement or turn and reject them.

If the student rejects any idea of development of spirituality, the teacher withdraws and seeks someone else.

But, if the student accepts and enjoys spiritual development, the teacher, in conjunction with other teachers, will push the student, using 'one-way telepathy' so to speak, to greater lengths of development.

Eventually, if all goes well and when the time is ripe, the teacher will introduce himself to the student, at which point the student receives automatically the codes or frequencies of the teacher and the beginnings of two-way telepathy can occur.

Then, once again, gradually, the teacher will find a way of fully teaching the student telepathy.

It is rare that any teacher in the spiritual realms will hold formal lessons, as might be done in a classroom in a traditional school in incarnation.

The teacher will find a means of appearing to show the student one thing whilst actually teaching the student what he really wants him to learn.

This might sound a bit sneaky, but we have found it to be the best way of teaching.

So, in this case, the student will learn telepathy.

So far, we have just spoken about one-on-one communication but it is possible to hold conferences using telepathy.

Let us, for the sake of explaining this simply, imagine two people in the upper 4th wishing to communicate with one person incarnate.

We mentioned earlier that in the case of a one-to-one communication a third, independent, frequency was generated that used neither of the participant's original frequencies.

Well, in the case of a conference type communication, two people speaking to one person, the second communicant needs to link to the person in incarnation and yet another third frequency is generated completely independent to the third frequency of the original communicants.

This sounds complicated, so let us explain again.

If one person in the 4th wishes to communicate with a person in incarnation in the 6th, a third frequency was generated that could only be used by those two people.

If a second person wishes to join in, let's say a second person from the 4th who wishes also to talk to the person in incarnation in the 6th, that second person must, separately, contact the person incarnate and another third frequency is generated, exclusive to that person and the person on Earth.

So, the first guide, shall we call him, can talk to the student incarnate but cannot hear what the second guide is saying to the student because each communication is scrambled, private.

This presents a problem because the first guide can hold a two-way communication with the student on Earth and the second guide can hold a two-way communication between himself and the student, but both sets of communications remain private so that neither guide can hear the other's communication with the student.

So, to allow each guide to hear each other, another communication channel must be set up between the two guides which creates yet another third frequency.

So, now we have three sets of communications going on.

1. The first guide talking back and forth to the student.
2. The second guide talking back and forth to the student.

3. Now we have a third communication in which each guide can hear each other talking to the student. It is a sort of triangular form of communication.

But how does each guide hear the student's replies if both sets of communications with the student are private and scrambled?

Well, as you might have guessed, a fourth set of communications is created and this is complicated to describe.

The fourth circuit is also set up between the two guides so that, when the student replies, say, the first guide, that student's voice is sent via another scrambled channel to the mind of the second guide and vice versa.

So, we have this quite complicated sequence of private communications going on that we will explain once again in the hopes of making it clearer.

A guide and a student wish to communicate, and as their own personal frequencies combine but in a reverse sense, as we explained, a third frequency is generated which acts as the actual communication channel.

Then, if a second guide wishes also to join in the conversation, he has to set up his own connection with the student that is private just between the second guide and the student.

At this point, a third connection is set up so that the two guides can hear each other as they talk independently to the student.

Finally, a fourth communication is set up so that the student's voice reaches one guide and is shunted across to the second guide and vice versa.

You can see that conferences are quite complicated and for that reason are seldom used.

Now, we mentioned making calls between the 4th dimension and a person in incarnation in the 6th, but it is perfectly possible for all people incarnate to learn to talk telepathically to each other as if they were using telephones, but how many people do you know that have learnt telepathy on Earth?

Virtually no one!

People use telephones and that suffices, but telepathy is very useful, and as we said, is virtually the only manner in which people on Earth can communicate with us in the upper 4th.

Even then, true telepathy is rare and the vast majority of inhabitants of planet Earth are just using their imaginations and are talking to themselves, while pretending that they are talking to some highfalutin eminence from some remote planet in a remote galaxy.

Then again, there are one or two people who think that they are in communication with a wise guide, but are actually allowing an advanced alien-controlled AI invention installed in the etheric realms to talk through them.

There is also one military 'God like' creature that is also AI that communicates with certain people on Earth.

Telepathy is an excellent means of communication but should be used with great discernment as it is easy to be fooled or to fool oneself.

However, apart from normal speech and hearing as you in incarnation are aware of and that most of you use each day, and telepathy that I have described, there is yet another method of communication that has already been mentioned. It consists of using the akashic record.

Now, the akashic record is a strange and wonderful place, as anyone who has followed the information that we have already given you in other works should know.

The first and strangest thing is that there is nothing to see and nothing to latch on to. It is a place that one can only enter through mental training.

But there are endless levels or areas of it which makes it a bit confusing until one learns to navigate around it.

There are areas for plants, another for animals and yet more for other life forms that you may or may not know about.

There is an area for the so-called fairy folk but there are other areas for other life forms that you do not know about, as they are mostly invisible in your world - planet Earth. Yet these entities exist, and as they are life forms, they have their place in the akashic record.

Then again, even for humans, there are what we might call files for each and every person that has lived, is alive now in incarnation, or that is alive but considered to be in your future.

In fact, just because not everyone who wishes to have an incarnation has not yet descended to the Earth plane, that does not mean that they do not exist. They do and are just awaiting the right time for them to take the plunge into incarnation.

Equally, those that had incarnations years ago on Earth are still alive in various parts of the heavenly spheres and are still sending messages concerning what they are doing now into the akashic record.

The akashic record is a continuous, endless recording system for each and every human going backwards to the very beginning of the introduction of humanity, into at least the 7th dimension when they first received consciousness that they were human and, by the same token, contains the recordings of what you call the future humans, who are every bit as alive as the rest of us but have not yet had an incarnation.

So, the akashic record is being constantly updated by the various sorts of humans, no matter when they lived on Earth or will live on Earth.

Now is not the moment to go into a description of the past, present and future but, no doubt, it will be discussed somewhere in this book, which is intended to be a sort of compendium of all knowledge that we feel we may present to you.

Obviously, some of the information will need to be abridged to keep the book to a reasonable size and quite a lot has been discussed at length in other books. But this book, which we hope will be considered to be a sort of quick reference book for students of spirituality to use as a rough guide, will discuss a number of aspects, some already familiar to you and some new.

Indeed, we have discussed the akashic records somewhat and so this also will just give a brief overview of what it is and how it works.

We have also mentioned that, in fact, you use a different (other) portion of the akashic record every time you think and/or communicate with anyone, as all thoughts pass by the akashic record before being transmitted to other people.

This is the aspect of the akashic record that interests us as far as this discussion of hearing is concerned.

So, I will try to explain what I mean, (back to me again).

It is a bit difficult for people to realise, but the akashic record is a sort of vast library and cross reference for many or most parts of thought and/or communications. Indeed, it is much more than that. It records everything touching any living being, and any life form, and throughout all time.

We should, perhaps, ask the question why and what?

Why does it exist? What is its purpose?

To answer that will lead us down a long road. We imagine that life, if we just focus on humans, is a series of individuals tracing their path through life, but in fact, as you should know by now, the whole thing is created by one singularity that we call God and is split into countless entities by the Directors of Life.

If all these entities were created and just left to roam about eternity in a random fashion, it would all become a bit chaotic. So, the Directors of Life, hit on the idea of keeping track of every living thing. As anything created by God can never die - with one or two exceptions that have been discussed in a previous volume - it meant having some means of registering the birth and of following the maneuvers of whatever entity it was, forever! It is a bit like the system of registering the birth of a child in a modern country, at which point the baby is given a social security number and its date of birth, gender, family name, mother and father and so on, are all recorded and will follow that person as he grows and an eye is kept on the person until his demise from incarnation.

The akashic record is much the same concept although it is pushed, not only to record the birth of every living person, animal, plant and all the other creatures that exist, but makes it all as detailed as possible, every word spoken or received, every thought created in the mind of any entity is recorded, to make sure that nothing of importance is overlooked. And that goes on for all eternity.

We will also say that the system works automatically.

There is no librarian recording new messages etc., but there are some angelic beings that assist those seeking information, rather like library assistants might help people on Earth searching for a particular book or document in a library.

But there is no building associated with the akashic record. It is a frequency and to connect to it requires that one incorporates that frequency into one's being and then it is possible to start to enter it.

The important point, as far as we as individuals are concerned, is that there are two parts to the akashic record.

There is the huge, global area or areas - as there are many parts to the main akashic records - and then there is another, smaller, separate area where our own files of experiences are recorded. This is a sort of temporary file system.

Now, this is where it all gets difficult to explain in simple terms.

In this smaller, personal area, as we are considering anything that we wish to think about, or any conversation we are going to have with any person or group of people, before we express what we wish to say, for example, we connect to the personal aspect of the akashic record and our thoughts are transferred to our file in this part of the akash. Once that is done, the thoughts are transferred to the personal file or files of those with whom we wish to communicate and then that information is transferred to the mind of our correspondent(s).

We can liken it to two people corresponding using the internet, in which one person taps a message into a computer and that message is sent, via the internet, to the computer of the correspondent and that person reads the message that was sent.

Of course, using the internet, one can also record one's voice, which is sent to another person and the recipient of the message hears the voicemail that was sent.

The point to bear in mind, is that direct communication between two people does not occur. There are always two files in the akash that act as buffers or temporary files in between.

Once again, we might ask why this is necessary?

No doubt there are a number of reasons connected to the fact that, in reality, we don't exist, but it also gives the akashic record the chance to transfer the conversation to the permanent recordings of the interactions between two people.

Why did we mention the way that communication actually works?

Well, we want you to be as informed as much as possible about the way life works but there is another reason.

We explained how there is never a direct connection between any two people. There is always this buffer zone of the akashic records, interposing between any two people's minds.

But this also will allow us to speak to someone who lives in another dimension.

We do not necessarily have to learn telepathy.

You, in incarnation, can, if you wish and if you know how, link your thoughts, your questions etc., directly to your file in the akashic record, and by an act of will, send that file out to someone in the 4th for example and touch that person's file in the akashic record which, in turn, will allow conversations to take place, rather as if you were sending emails or voicemails between two people. One in the 6th and one in the 4th.

It is not telepathy.

It is, in fact, a variation of the normal way all people incarnate communicate but it allows two strangers to have a conversation, and more importantly, allows communication between dimensions.

Why it is seldom used is because, to contact someone, we need to know their frequencies that we talked about before. This acts as a bar to prevent communication from happening but it is possible to enter the akashic record, locate the file of the person that interests us, copy his/her personal frequency into our file and thus contact the individual we wish to contact. It is file to file communication and does not use mind at all.

So, we have described several ways in which conversations can take place between individuals, and to a certain extent, groups.

First, we have the traditional manner of sitting down and talking.

Next, we have traditional letter or note writing.

Since the internet has been available, we have emails or voicemails.

We even have systems (Apps), in which the persons conversing can see each other and talk. This is, in our opinion, a very nice method of communication because it usually benefits actually to see the person with whom we are communicating.

However, all the above-mentioned methods of communication are only applicable to people incarnate.

If people wish to speak with or to see someone in a different dimension, it is necessary either to learn telepathy or to use a variant of the traditional way of communicating using the akashic record in order to effect contact.

We will just mention this method again to make sure that you know the difference.

With a traditional conversation between two people incarnate, the first person's thoughts go out to the akashic record of that person and are placed instantly in his personal file.

This message goes instantly into the personal file of the recipient of the conversation and is then transferred into the mind of the receiver.

So, in fact, the voice that we speak aloud is part of the illusion of life.

We have the impression that one person, using his larynx, creates sounds which move through space into the ears of the recipient of the message. And, indeed, this seems to occur because, someone loses his ability to speak... he cannot speak.

Equally, if someone is deaf... he cannot hear.

This seems so obviously true, that we cannot deny it.

But, unfortunately, it is all an illusion. It is part of this great and wonderful illusion that is called life. None of it is real. But how can we explain this in a way that is understandable?

We will try.

Imagine that you go to a Punch and Judy show! We hope that many of you remember them from your childhood. In certain countries it may not be Punch and Judy, but virtually all countries have a variant of this.

May we ask you, for the sake of explaining the illusion of speech, to imagine that you are a child again?

Well, out from the sides of the stage come the characters, little puppets that move around the stage and create a little play, often with some violence of one character beating another over the head with a stick!

Do you remember Punch and Judy shows?

As the little people chase each other around the little stage, their mouths open and shut and they appear to speak.

Sometimes they will talk to the children, getting them involved with the play proceeding on stage. A personage, Punch for example, may pose a question to the children and the children react and shout advice at Punch.

But, behind the scene is one or more people, hidden from view of the children and operating the puppets, opening and shutting their mouths, and at the same time, shouting out the words of the play.

But here is the point. We adults know what is going on and know that the puppets are not really communicating with each other but the children do not.

They are convinced that the characters on stage are really alive and that they are speaking to each other, even when one is beating the head of another shouting, 'That's the way to do it', in a squeaky voice.

If the Punch and Judy show is well performed, the children are convinced that they were looking at a version of life. The little people or animals bouncing about the stage are real, living entities and that the little stage is a small version of some alternative reality.

Certainly, somewhat different from the reality in which they live but reality nevertheless. They do not question it. They watch the play unfolding in fascination. Every time one of the persons asks the children a question, the children shout an answer and the little person on stage takes note of the children's replies.

Obviously, to us adults, a Punch and Judy show is an illusion made for children.

Well, you would be surprised if you could look at life from a higher point of view, how much like incarnation a Punch and Judy show is.

Just as the little people on stage only move because of a skilled person behind the scenes pulling the strings, so your body moves as your spirit operates, through your auras and the silver cord, the various parts of your body.

Just as the little people on stage open and shut their mouths and pretend to communicate, so your spirits, operating through mind and the akashic record communicate.

Children are convinced that Punch is speaking and Judy is listening and answering whereas, in fact, a man behind the scenes is speaking and a lady (usually) is listening and replying.

But in reality, what you say and what you hear is passing from mind to mind via the akashic record. The speech and the hearing are an illusion.

So, we have this manner of speaking which involves the thoughts of one person going out to the akashic record of that person, being transferred to the akashic record of the listener and then the information being transferred to the mind of the listener.

That is the way speech is actually created and heard.

We will briefly mention this last method of communication that we described earlier that is slightly different from normal communication and that is direct contact between the files in the akash.

This is a rare form of communication that is not easy to accomplish and, to be honest, is outside of this chapter because to understand would require a long and detailed explanation of how our files in the akashic record can communicate with us and we have not got around to mentioning that aspect of life yet.

No doubt we will one day, but it is not for now.

We just mentioned it because it is a form of communication, and for the sake of completeness, we felt that we should mention it.

So, we will end this chapter here and move on to discuss another aspect of how life in the 4th and life in the 6th can interact.

We do appreciate that this chapter concerning communication was a bit complicated and, perhaps, strange to some people but we tried to explain things simply, clearly and in a down-to-earth manner which we hope you have understood.

CHAPTER 6 - TOUCH/FEELING

In the last two chapters, we looked at how sight and sound, which we all assumed to be a natural Earth type means of communication, but found, to our surprise - or not - that they were both events happening in the various dimensions and our bodies, which we experience sight and sound in, were actually recipients of these non-physical effects, rather than the instigators.

We will look, in this chapter, at feeling - touch - one of the five main means of communication that you, and to a certain extent us, also use.

The five main senses are; sight, sound, touch (feeling), smell and taste.

There are, of course, other feelings but these tend to be non-physical emotions, happiness, sadness, anger, pride and so on.

So, we will consider touch, which we also call feeling. To be honest, I am not sure what to call this chapter, because touch and feeling are the same thing, the main difference being that we tend to touch people and objects, whereas we feel the effect of someone or something touching us.

So, although they imply using the skin, primarily, to connect to the outside world, outside of us as individuals that is, we tend to think of those two words - touch and feeling - in an opposite sense.

We touch someone or we feel someone touching us. Not all the time though. The words are interchangeable.

I hope that, as this chapter unfolds and as I talk about concepts that we would normally use the word 'feel' to describe, you will forgive me and make the mental jump back and forth from touching to feeling being touched.

Also, I may decide to use the word 'feel' to clarify points as the occasion demands.

Let us jump into the subject.

We hardly need to describe the word touch. We touch things all the time, and indeed, it would be quite impossible to be in any condition or place where we are not touching things.

We have our clothes that touch us. We have planet Earth beneath our feet that we touch.

We touch ourselves, scratching at various parts of the surface of our bodies, as the desire to shed worn-out skin cells prompts us to do.

Indeed, if you meditate, you will remember how difficult it is to ignore the promptings of our skin, as we try to forget so-called reality and let the mind takeover.

So, touch is a very familiar feeling. This, by the way, was one of the examples that I had to use that put into script the two words touch and feeling.

So, let us look at touch in a simple, down-to-earth manner.

We can touch something or allow something to touch us.

This implies that we have feeling.

For those who have ever had any sort of illness that has affected the nervous system, it sometimes happens that one loses the sense of feeling in part of, or the totality of, the physical body.

Doctors have a test in which they stick a pin in a part of the body and ask the patient if he can feel the prick.

If the patient replies 'No', the doctor knows that there is a nerve problem affecting that part of the body. If a person loses feeling in sufficient parts of his body, it may be that he loses the ability to walk, thus demonstrating that feeling is a physical aspect of the body and is very important to helping a person to stand and walk.

In a way, it is related to the subject of the previous two chapters; hearing and sight, as they both seemed physical and were essential to being able, successfully, to communicate with things around that person.

So, we can see that touch - or whatever we wish to call it - it is very important and without feelings being transmitted from the outside world (outside of the person, that is), it is very difficult for the person to be able, fully, to relate to so-called reality.

Just as we tried to demonstrate that there was much more to sight and hearing than just what is taught in medical schools, we can tell you that touch/feeling is also a non-physical aspect of creation, and in this chapter, we will try to explain how it works.

So, let us look into this.

The human body, as you should know, is actually a sort of illusion, by which I mean that its reality is no more real than Punch or Judy is in a Punch and Judy show.

As reality is that which people think is real, in a Punch and Judy show the kids watching the show, or some of them at least, are caught up in the illusion and are convinced that what they are watching is an alternative reality, real but different from the reality in which they, the kids, live.

This is a wonderful thing.

It is magic to watch as the kids are drawn more and more into this alternate reality, reality taking place in a small dimension - the little stage - before their eyes.

Now, very young children would not have the ability to understand a Punch and Judy show and older children, and most adults, would know that it is an illusion with a man pulling the strings (actually using his hands) behind the scene. It is only children of a certain age group who are able to enter into this alternate reality and watch the illusionary magic being performed and who can accept that it is real.

I should say, perhaps, at this point that I am aware that the Punch and Judy show uses glove puppets, but it makes explanations easier if I use the term 'pulling the strings' as that is a much more generally accepted term used for one person or group of people manipulating others for some nefarious reason.

In the case of a Punch and Judy show, it is created and performed so that the person manipulating the puppets earns money by creating a false reality.

Now, we do not criticise the organisers of Punch and Judy shows, as they provide entertainment - albeit of a rather violent kind - and entertain children, and indeed, adults.

I have used Punch and Judy because it is a well-known sort of show and demonstrates very well the illusion of life.

We have the various characters that live in the play, but behind the scene is a higher intelligence making the scene come to life.

We explained this in the last chapter but do so again as touch is also part of the great illusion. Just as a victim of Punch, as he wacks them over the head with his stick, feels pain, but it is an illusionary pain as a puppet cannot feel pain.

It is the imagination of the children that feels the pain in themselves, as they imagine what it would be like if someone was hitting them on the head.

Usually, the children laugh when this happens, as it is done in a comical way and the children are glad that it is one of Punch's victims that is on the receiving end of his stick and not them.

They would not find it funny if reality turned around and it was them - the children - on the receiving end of Punch's stick.

However, that is a different story.

We hope that you have realized and understood the point that we are making that reality is an illusion and that the body you animate is actually an illusion, no more alive than Punch is and that it is your spirit that is the animating force.

Also, just as the stage in which the Punch and Judy show takes place is a created reality, made to allow the Punch and Judy show to unfold, the world you live in is an illusion created for your lives, in the singular and collective sense, to unfold the play of your incarnations.

We must also say that we also live in an illusion that seems real to us. It is different to your reality, but all is illusion created to seem real, so that the plays of life may proceed and unfold as we all progress together.

It is a wonderful creation and if it were not, so there would be nothing for us to live in. Nothing for us to learn from and nothing to help God grow in wisdom.

So, we must thank the creative forces (God's archangels) for having created all this and have placed us in this series of plays, this series of Punch and Judy shows, so that we can act as our personalities push us to do to let us grow in wisdom just as Punch finally, at the end of the play, has to realise that his behaviour has brought him trouble.

Fortunately, we don't have to behave like Punch if we choose not to, but the purpose of life is to allow us to learn through our mistakes, until we realise that the only way forward is through love.

It takes many of us a long time to realise this and many of us receive the wacks on the head (albeit in different ways), until both we and the people delivering the wacks put aside our differences and live in peace together.

However, I have strayed from the topic of this chapter, which is about touch/feeling.

The more this chapter unfolds in my mind and the more I think about touch, the more I realise that touch and feeling are more or less the same thing, so from now on I will call it touch/feeling if I may.

Touch and feeling cannot really be separated.

It is obvious that we sense touch/feeling in our physical body, or seem to.

The feeling of touch - something touching us - can range from a very light, almost tickle type of feeling, for instance if a fly was walking across our skin, to an extremely violent reaction to a savage blow from some source.

It is quite extraordinary the amount of pain that one can feel if the blow on the skin is of sufficient force.

But the strange thing is, that what is actually happening in somewhat medical terms, is that there are nerve cells all over the body and when a blow is received, the nerve cells send an electrical signal to the brain and the brain tells us that we have received a painful blow and advises us to allow the fight/flight aspect of personality to kick in, in order to

escape a further blow. This is a survival aspect, and if the blow is of sufficient force, the body reacts by creating adrenaline, which is there to help the fight/flight aspect.

That is why if someone is injured, he may start to pant and will feel sick to his stomach, as a massive dose of sugar is flooded into his body.

Now, I am not a doctor and I do not want any qualified medical practitioners to point out any flaws in my statement. What I have said is what injured people experience.

But, once again, as in the previous two chapters, if we take a step backwards and look at what is really going on, the scene alters somewhat.

In reality the body is not alive. It is only the spirit that gives the impression of life to a body.

A dead body cannot feel pain.

This implies that if the spirit leaves the body, or rather its connection to the body (the silver cord), the body becomes inanimate and feels no pain.

This, in turn, implies that, in reality, touch/feeling is connected to a spiritual aspect and it is that spiritual (non-physical) aspect that recognises that touch/feeling is taking place and pushes the body to do something about it.

So, we feel the points that we mentioned above, ranging from a slight tickling feeling of a fly on our skin to an unbearable agony caused by some traumatic event.

But we haven't by any means explained the whole event - touch/feeling.

We have to realise that nothing in so-called physicality is actually real. It is all produced through a non-physical effect called imagination.

What does that mean?

In order for you to understand life as it applies to our physical body, we must start at the point where we are informed that nothing exists except the God force.

We are going to mention things that have been explained time and again but I, at least, feel that it is information that I really need to understand deep in my intellect, and if I need to remind myself, may I assume that some of you will benefit from hearing all this again?

So, the basic reality is that nothing exists except the God force, which is just one life force.

On to that God force we need to add a few intellectual aspects: consciousness, curiosity, imagination to name just a few.

I will say, just to add to the melting pot, that there are some attributes of God that are given to us that have not ever been mentioned. But this is not the moment to complicate matters, and to be honest, some of these God-given aspects would be so difficult to describe and so difficult to understand, that we would be taken for imbeciles if we tried.

There is only so much that any of us can comprehend.

So, we have the God spirit (life), plus the various attributes that we have mentioned above, all existing as one singularity in a nothingness.

That is the plain truth.

Nothing exists anywhere, in any dimension, except empty nothingness, in which an almost invisible singularity we call life is.

This is amazingly difficult to understand and to comprehend.

It flies against all logic, because ever since we were first given consciousness, countless years in the past and in what we term the 8th dimension, we are used to having a sort of body and to live in a sort of solid world.

But it is all layers of illusion created for us by these amazing beings we call God's archangels.

It is they that create and maintain all of these incredibly complicated and diverse realities that we describe to you. It is all illusion, just like the Punch and Judy show is illusion.

But the archangels created a number of illusionary realities and to each one, to the creatures (entities of all sorts, including humans), they also created the illusion that that entity was a live, individual 'something' living in a solid reality, in whatever dimension it happened to find itself in.

All this was created by God's archangels and relied on each entity accepting the illusion of independent life.

After all, who amongst us could possibly imagine, deep in his being, that he is just the God force playing a role like an actor on stage or Punch and Judy and the various characters that come and go throughout a Punch and Judy show performance?

Who amongst us could, or would, really want to shed the illusion and just live as a part of life - a singularity - without any other attributes?

Certainly I, who dictate this chapter, would be totally incapable of shedding all of my memories, my personality and moving into the one single God force.

Through the investigations I have noted during my stay after incarnation back home in the 4th dimension, I have been able to accumulate quite a lot of knowledge concerning life and I know that, in reality I don't exist as the person dictating this and other chapters to you, and that in reality I am this God force, nevertheless, I find it quite impossible to connect to that reality.

Although I know that it is the only truth, I had an incarnation just as you are now experiencing it that seemed to me to be totally real and now, I have returned to the upper 4th and I share other experiences which also seem to be totally real to me.

So, we all live in an illusion that seems totally real to us and reality - the fact that we are this God spirit - seems like an illusion.

We accept illusion and reject reality.

All that is important to creating experience.

What has this got to do with touch/feeling?

Well, imagine the life in incarnation that you are living without touch/feeling.

This might be considered to be a good thing, as we could not feel pain either internally or externally.

But the downside is that we will, inevitably, injure ourselves or become ill in some way.

Generally speaking, pain is there to advise us that something is happening to us that might harm us.

If we cut ourselves, or burn our skin for instance, the pain causes us to react to stop the cutting or burning process if we can.

Infection, external or internal, generally causes pain, which advises us to do something about it.

Now, we need to go back to the time when God's archangels first created incarnation with all its planets and with the life forms placed on planet Earth.

As has been mentioned in various works we have given you, God's archangels tried to create physicality and failed.

So, they did the next best thing. They created illusion.

But illusion only works if it seems real.

As we said, there are a certain group of children that accept that Punch and Judy is real. Not their reality, but reality nonetheless.

Virtually all of us except that, whatever dimension we live in, it is real.

In the 4th dimension, we cannot experience physical pain as you can in your reality, because we have a different sort of reality in which touch/feeling plays no part.

In fact, in your reality (physicality - incarnation), pain as in touch/feeling is essential for the so-called physical body to survive.

The physical body can die.

But it was never alive. It only appeared to be alive.

The archangels incorporated into our personalities, which are non-physical, the concept of various degrees of touch/feeling in order for us to care for the so-called physical body.

So, unfortunately, it was giving the concept of creating incredible degrees of pain as anyone who has ever been tortured or has ever suffered a serious illness can tell you.

Of course, as it is an illusion, anyone who has mastered moving into the etheric world can live pain free but not many people have mastered that skill and so anyone who is subjected to serious pain, has to endure it.

So, let us investigate just where the concept of pain is housed.

Although we appear to experience it in our physical bodies, any doctor will tell you that it is your brain accepting electrical signals from the body and sending signals back in the form of pain.

So, even doctors will admit that touch/feeling is not directly connected to skin or organs but to an exchange of electrical signals, and the pain, if that is what we are to experience, is actually generated in the brain as part of the body's fight/flight response to something attacking us.

A number of drugs have been created that alter the brain's response to these signals, and as a last resort, the person can be given drugs that will put that person into an artificial coma.

So, most people do not suffer as much as people did long ago.

But the actual truth is somewhat different.

The physical body - if we ignore the silver cord - is influenced, and is, in turn, influencing a number of auras, which are message systems between the physical body and our true non-physical aspects.

Contained within these non-physical aspects, is an area that helps control the human body in terms of helping it survive.

Of course, animals have the same system, and to a much lesser degree also, plants.

But let us stay just with humans. We don't want to over complicate matters.

The physical body becomes aware - I almost said only too aware - that something is touching us in some way. This may be the gentle tickle of a fly walking on our skin up to some really dramatic event impinging on our reality.

The body sends a signal into one of the auras, and that contacts the aspect of our non-physical body that deals with touch/feeling.

This aspect analyses the degree of pain, if we can call a fly walking on us as pain, and sends us a response down another aura connected to the brain.

At the same time as the brain is being informed just where on the body the interference is occurring, it informs the brain as to the degree of the interference or attack and also informs the fight/flight aspect that it might need to kick in.

So, a number of things occur, flowing up and down the auras between the body and the non-physical reality.

What is the most important of these two aspects; physicality or non-physicality?

We could say that the two aspects work together, and to a certain extent they do.

But, as we said above, if the so-called physical body is not being operated to function by the non-physical aspect, there can be no sensations in the physical body.

So, it seems that it is the connection of the physical body to the non-physical body via the auras that promotes and allows physical sensations in the physical body.

Thus, as we said, as soon as a sensation is recognised in the physical body, a message is sent via an aura attached to that area of the physical body to the non-physical body and an area in the 4th is contacted that deals with sensation and pain, and the message is sent to the brain that the person feels the sensation, small or great, in the part of the body being affected.

This can create a desire to scratch or to scream in pain and do our best to escape further attack depending on the nature of the interference.

You can see from the above explanation that touch/feeling is quite complicated.

As we have mentioned, if the fight/flight aspect is triggered, the heart rate increases, the breath rate increases and adrenaline, which is a type of sugar, is pumped into the muscles in order for the fight/flight effect to be at its maximum.

Of course, our touch/feelings are not always dramatic.

Virtually at every moment, this process that we described above is occurring, and usually, it is only minor inconveniences that are being dealt with: clothes too tight, too much heat or cold, skin cells needing to be flaked off and so on.

But should anything extreme occur, the physical and non-physical bodies remain on alert to take immediate remedial action to preserve the body.

It is unfortunate, in a way, that the system can provoke such extreme pain because we don't need to experience that much pain for us to decide to take remedial action.

But the system works as it does and we must accept that it is so.

I will end this chapter here, which I hope you have understood.

It is quite a complicated subject and was not easy to explain, but I have done my best and I thank you who have read and understood this chapter.

CHAPTER 7 - REFLECTIONS ON ILLUSION

This chapter will deal with another of the five senses, smell, which is also connected to taste. So, we will deal with those two things in one; smell/taste.

Once again, we find that doctors study those aspects and try to discover where in the brain, both smell and taste are located and try to puzzle out how these electrical signals sent from the tongue or the olfactory senses in the nose, can create the sensations of taste/smell.

You probably realize now that it is all connected to aspects in the higher 4th dimension, just as I explained in the other previous chapters.

So, I have a problem.

Either I fill pages explaining more or less the same thing that I have already explained earlier or I leave you to make the link between the five senses that people in incarnation experience and how it is already coming from the upper 4th via the auras and end this chapter here.

If I do the latter, it will be the shortest chapter that I will have ever written!

But, in all honesty, there isn't much more to be explained concerning the link between the five senses; touch/feeling, smell/taste and sight and the way it comes from the appropriate areas in the 4th, through the auras and creates the illusion of smell/taste - in this case - in the illusionary body you manufacture with your imaginations.

But I think that you will agree that it is fascinating how, via the auras we all have, while we are incarnate at least, that we maintain a constant link to the spirit body - our invisible, non-physical aspect - and this physical body.

Rather than explain, endlessly, how taste/smell works, which you can easily work out for yourselves, I think that it would be much more interesting if we looked at the non-physical body and examine what that is all about.

I hope that you will agree with me, so let us think about this non-physical body, how we can link to it and relate to it whilst in incarnation.

Now, as I have already said, I had an incarnation that finished quite recently.

I will be honest with you and say that when I was on Earth I did not think very much about life after death, because I was focused very much on helping young people to achieve their goals.

But I assumed that if there was life after death, one would be in a sort of cloud of spirituality.

So, I was quite surprised to find myself - once I had left my physical body - in a world that was totally real. Every bit as real as incarnation had been. I also had heard about reincarnation, but had not given it much thought.

But I can tell you with certainty, that reincarnation as it is usually accepted to be, is not true. We, all of us, come to Earth just once. However, once I found myself in the next stage of my life, in what is considered to be the Heavenly spheres, it was a sort of reincarnation.

Let me explain this.

I always assumed that either life just ended or we came back to Earth over and over again.

That is what is called reincarnation.

But once the perplexing feeling of life ending happened to me, I found myself in another realm, but I was still very much alive. Much more alive than I had been whilst incarnate on Earth.

So this, to me, equates to a form of reincarnation.

I had a body in the upper 4th that seemed, and seems, alive, just as the body that I had on Earth seemed alive.

It was explained to me that the body I had whilst incarnate was an illusion, that planet Earth and all the other planets are created illusions and that, having shed that illusionary body, I was now in another realm, the higher 4th dimension, and that this new dimension (the upper 4th) plus my new body is another form of illusion and that, over time, I would move from illusion to illusion, from fictive body to fictive body, until one day I would be able to drop all illusion, at which point I would be able to rejoin something - or someone - called God and disappear as I would blend with this God.

So, the point that was made was that every 'body' that I would have over time, which would change and alter over time as I would progress towards God, were all illusions and that every one of these bodies are being manipulated by an invisible version of me that was the puppet master pulling the strings, puppet after puppet.

Whilst I was on Earth, my so-called physical body was being manipulated by a higher invisible body, that was the real me.

Once incarnation finished, I found myself in another realm, with another body, which is not alive and is being manipulated by the higher invisible body, which is the real me.

That is where I am now.

Eventually, a long time in the future, I will shed this body, as a snake sheds its skin, and I will create another fictitious body as I take a step closer to God, and this will go on, virtually endlessly. The main difference in these different bodies, is that they will be of ever higher frequencies and that they will glow ever more brightly as I move towards the starlight emitted by God.

But I am not there yet.

I am very much still as I was on Earth, except that I am in a higher dimension.

This dimension has been explained at length a number of times in a number of books and essays.

Compared to incarnation on Earth, it is not only, for the most part, completely different but also, for the main part, wonderful.

I am in one of those parts generally known as Summerland.

This term is both accurate and also misleading.

It is true that upon arriving here after my incarnation had finished on Earth, and after the formalities had been completed - which consisted of being greeted by a wonderful person who explained to me that my incarnation had finished and now I was back home. Then I had my life review, which is quite a dramatic event, as we see all the good that we had done and all the harm that we had caused. This, in my case and I am sure in many cases, was so traumatic that I needed time, assisted by people who understand how to help in these cases, before I could really start to understand where I was and see that I was now in a beautiful park like area.

But it is like no park that exists on Earth. It is breathtakingly beautiful. I suppose that this is where the name Summerland comes from and it is an apt appellation. It is like the most beautiful place one could imagine at the height of summer. There is no point in me describing it to you because words do not exist to describe it. You will have to wait until you arrive here in order fully to understand. So, the name Summerland is apt, in that sense.

I will quickly add that I met loved ones - relatives, friends and spent quite a long time catching up with them about how their lives had unfolded since their incarnations had finished.

In turn, I was able to tell them some of how life on Earth had unfolded since they had left incarnation.

But then, after a certain time on holiday, so to speak, in Summerland, I was introduced to people who asked me if I would like to continue to learn, not like school kids or even university students learn, but learn the truth about how life was constructed by visiting areas in which life aspects are contained.

Some of these areas have been explained in the book entitled 'Linking with the 4th Dimension'.

So, as I am a person used to both learning and teaching, I thought that I would give this a try.

You may know that in the upper 4th, although there are a large number of very knowledgeable people only too willing to share their knowledge with others, the students are never under any obligation to sign up to a course of instruction.

Everything is done on a totally voluntary basis and the student is free to learn or not as he wishes.

I was introduced to various teachers and was given an education concerning a number of areas and was taught how to enter these areas.

Eventually, I was introduced to a group called The Great White Brotherhood, a group that I had never heard of before.

In talking to these people, I was shown the large number that belong to this group and shown how they try to help people incarnate and have done so for a vast length of time.

I felt that it would interest me if I could join this group and assist people in incarnation.

I will also say at this point, that as my incarnation had only recently finished, although I very much enjoy living in Summerland, the contrast between Summerland and incarnation weighed very greatly on my mind, as I could still remember vividly what incarnation was like and I felt concerned for not being able to assist those struggling through their incarnations, just as I had struggled through mine.

One of the few rules that the Great White Brotherhood have is not to speak about who people like me are and the career that I followed whilst incarnate.

So, I will not talk about myself. Suffice to say, that I often had to battle with ego driven people who opposed many of the ideas that I put forward in attempts to help others.

I could see a connection between the aims and objectives of the Great White Brotherhood and the similar aims and objectives that I had whilst incarnate.

So, I linked with the Great White Brotherhood and offered my services, if the elders thought that I could assist in any way.

I was accepted and because of my personality and the career that I had followed whilst incarnate, and I feel a bit ashamed to admit, due to the fact that I had not risen in frequency very much above most people still in incarnation, it was suggested that I learn telepathy and the other skills required to be able to link with a person incarnate and assist in whatever way was required.

Thus, I acquired these skills and was introduced to the person who is currently accepting my dictation.

The fact that both the scribe and I are on much the same level of spirituality (frequency) came in handy because the psychic link was easily made and we have much in common, so to speak.

I will also say that the words, concepts and ideas that I dictate, are also being monitored by wiser beings than I further up the chain and they guide me in what I should and should not say.

This is not a sort of dictatorship.

It is kind and generous guidance to help me reveal to you information that will help you, whilst not straying off too far into fantasy.

These same beings are also monitoring what the scribe receives and makes sure that he does not let his mind wander and start to write words suggested by his imagination.

This can easily happen if the scribe becomes weary and loses the psychic link between us in the 4th and him in the 6th (incarnation).

There is so much that I could tell you about life after death. It is wonderful.

I noticed that there are a lot of people who do not wish to do anything with their lives except just laze around, content to enjoy the beauty of life here. This is their free will choice and I don't blame them.

Quite what they did whilst incarnate I don't know, because I don't have much to do with these people.

Regarding myself, I keep busy working for the Great White Brotherhood and helping people both incarnate like you and in the higher 4th like me, who wish to progress.

There are endless things to occupy us if we choose to explore the various avenues of life and endless numbers of people more advanced than me willing to teach us.

So, I am never bored. Never alone, as I am always connected to some avenue of education.

Of course, I work with the Earthly scribe, dictating these chapters.

I am also, thanks to this psychic link, able to follow what is going on in his family and the wider world that surrounds him.

I don't butt in his life but I am able to use him as a mirror into incarnation and I am aware of the hardships being suffered on Earth as I write this chapter (March 2020).

I will say that your life in incarnation will change somewhat because of the effects of this virus, but humanity is strong and this dramatic blow will wake humanity up and will act to push ascension forward.

So, despite the negative effect of this viral attack, once it is controlled, life will take a giant leap forward.

This is the timeline that has opened up because of the effects of this virus.

We, in the upper 4th, realise that the idea of introducing this virus was to harm the mentality of humanity and weaken the willpower, so as to better control humanity.

But the evil people behind this attack failed to take into consideration the effects of ascension, which is a positive wave coming from the God source, and, depending on the personalities of humans, has opened this new timeline.

Not everyone will be able to use it as a wake-up call, but huge numbers will.

Also, the baby boom, as it is called, which will be one of the results of the confinement, will enable a large number of advanced, well-trained individuals to incarnate.

These people have been selected and trained for a long time to be ready for an incarnation and have been specially selected and prepared for this moment.

Although they will be born as helpless babies into incarnation, their non-physical spirits are mature humans chosen for this moment and ready to assume their roles as future leaders, not like the old leaders, but a new wave of good, kind, helpful leaders pushing ascension ever more quickly forward.

That is the future that awaits incarnation.

But I really want to talk about the various bodies that we have during our lives because I found this both fascinating and confusing when it was explained to me.

May I say before I begin, in amongst many of the books I read, once I learnt how to enter the akashic record, were some that have been given to you.

You don't know how lucky you are, you who have read and digested all that information. I had to wait until I arrived in the 4th dimension before I had access to them but I would have given a lot to have read them whilst incarnate. I would have found the information very helpful.

What I discovered, once my incarnation had ended, was that we have - or had - more than one body. In fact, depending on how we look at things, we can have many bodies.

I won't complicate matters but I will explain at least some of what I discovered.

When I was incarnate, I had a physical body, exactly as you have a physical body. I thought that this was my only body.

When I thought about life after death or reincarnation, which I seldom did, I had no idea how that might work and to tell you the truth, I was so occupied with life, that I didn't have the time or the energy to explore that aspect of life.

One day, suddenly, I died and I left my physical body and found myself in a different place, with a different body, just as real as my physical body had been.

It was explained to me that my physical body was a sort of puppet operated by higher aspects of me - aspects of which I had absolutely no knowledge about.

I mention this because I am sure that there are many people who have no idea of the higher aspects which operate their physical body, just as Punch or Judy are operated by the man hiding in the Punch and Judy booth.

But, once in Summerland, I found myself with another body, which, I assumed, was the real me.

I was wrong!

The body I now have is also an illusion and is being operated by a higher version of me.

So, I am not out of the woods yet.

I still have higher aspects which are operating the body I have in the 4th dimension (Summerland), and one day this body will disappear as I move on into higher areas of spirituality.

So, this could be considered to be reincarnation but I stress that it does not concern another incarnation on Earth. The changes will take place in the upper 4th, of which there are many levels.

The point that I am making, is that the body that I now have is not the end of the bodies that I will have.

This body, which seems to me to be as real as the body I had on Earth, is once again, a temporary body that corresponds to the frequency of where I am in Summerland.

This, of course, is very confusing because I wonder how many bodies I really have and also where is my final body?

After this, I can only speculate and only report what I have been told by higher beings than myself.

As you may already know, if you have followed the information that has already been given to you, the final body is when we link to God.

But I cannot imagine how this works.

I had a body on Earth, which I have now discarded, and was given another body, so that I could link to the plane of Summerland where I currently am, and apparently, I will discard this body when I am able to rise higher in the Heavenly spheres.

When and how this will happen, I have no idea.

So, I still do not know who the puppet master pulling the strings of all the various bodies that I will have is.

Is it God? Maybe!

But, so I have been told, God is some invisible, unknowable force, so can God be the puppet master? Your guess is as good as mine.

Can you see how confusing this is?

Of course, I have asked and been informed that the puppet master - if you don't mind me using that term - is God, but how an unknowable force can be the real, final me is hard to digest.

So, to a certain extent, I have to believe that no matter what body I will assume as I progress through the spheres - as will all people - I will not become the controlling figure until I merge with God. Now, this seems a bit contradictory, because if I merge with God, I will no longer have a body to relate to anything.

So, it all seems a bit mysterious.

But let us not be dismayed.

We can fathom some of it.

These various bodies that are mentioned, are quite simply created to link with the various frequencies to which I (or you) vibrate at any given time.

Now, when I was incarnate, as you are now, your galaxy was created to vibrate at a certain frequency.

Thus, when I decided to come to Earth, a body was created by my mother that also vibrates to that same frequency.

But there was, apparently, a higher part of me pulling the strings, so to speak, that actually operated my body, my thoughts, hopes and ambitions and this higher force connected to my physical body and made my body seem alive.

When I died, quite simply, this higher force moved to the upper 4th, which vibrates to a higher frequency and created a new body for me in this realm.

But this body is also being operated by this higher force, pulling the strings in a similar way to when I was on Earth.

One day, so I am told, if I play my cards right and follow the spiritual path, I will become ready to move on to a higher frequency, and so my body here will disappear and I will find myself in an area of higher frequency with a body of the same higher frequency.

But I will still have this higher force pulling the strings and creating illusionary bodies in an illusionary world that will seem real to me.

This will go on for a long time and anyone who wishes can move to ever higher frequencies and can become angels or archangels. But, behind the scenes is always this higher force that is pulling the strings.

This implies that the force that was operating me in incarnation, will be the same force that will operate me even if I become an archangel.

So, I assume that the force that operates someone who becomes an archangel is even higher than an archangel.

Who or what can be higher than an archangel?

I can only visualise God - who is the ultimate high power.

This is very confusing because God, so I have been informed, may well be the ultimate force, but God is an invisible, unknowable force, living in a nowhere place.

So, how can such a force operate me and you and every being that ever lived or will live, including animals and plants and also minerals?

Try to imagine that you, as you read this, are only a lifeless puppet being animated by an invisible, unknowable force living in a nowhere land!

And yet, this appears to be the situation.

If this is the case, I can only say... WOW!

This God force must be incredible.

Of course, I understand that God is assisted by special archangels called the Directors of Life, but it is pretty spectacular to sit down and visualise the whole jigsaw puzzle created... for some reason!

I am told that this reason is to allow God to grow through our experiences.

This seems strange. Why would God wish to incorporate my fairly meaningless adventures into him? What benefit would God reap from my life, my struggles, my successes and failures?

There must be a reason, but I cannot understand.

Let us return to this God force.

Apparently, this is the one force that creates life. But to do so, God has to create multiple versions of himself and place this newly created God force in association with all things everywhere.

Anything that is alive, has the totality of the one God force pulling the strings.

If something does not have the God force associated with it; a machine, a robot, AI, for instance, it is not alive.

So, where does this leave us?

We have to be content, apparently, with having artificial bodies that seem real, and live in artificial realities that also seem real, until we advance to the point that we merge with the God force, whatever, wherever it is - and disappear.

This seems strange to me and I can't help thinking that it is all a sort of game. We are all like chess pieces moving around a board.

But I don't want to give the impression that I am against all this wonder created for God by archangels.

I am not.

Incarnation was not very pleasant, but I am glad that once mine had ended, a new and glorious future opened up before me.

Had I really been alive in the sense of being with just one life, when I died, it would all have seemed a bit pointless.

But the reality is that one illusion ended - that seemed real - and a new and marvelous one started in the higher 4th.

So, when one considers it all, we move from one Punch and Judy show to another (a different one) but the puppet master is always there pulling the strings and leading us through performance after performance.

The trick is, I suppose, to forget that all is illusion and try to accept it as real.

Also, to have the greatest respect and admiration for the puppet master (God) and all his archangels, who act like scene designers, creating all the realities in which we live.

So, I think that I will end this chapter here, which I started off talking about taste and smell and moved into reflections on my difficulties with accepting creation.

I did this not only to express how puzzled I was concerning creation, but because I know that many of you puzzle about the same thing.

I don't know if my reflections have helped you at all, but I hope so, as I have tried to wade through the mires of questioning and doubts into the clarity of understanding.

So, I will stop here, and together with my colleagues here in the 4th and with the Great White Brotherhood, discuss something else.

CHAPTER 8 - MIND

We have already explained in other books and other works quite a lot concerning the wonderful and mysterious ways our various God-spirits, in combination with areas in the 4th dimension, combine to create what we refer to as life or incarnations.

We use the word 'incarnation' outside of its original meaning.

The word incarnation originally meant 'in the flesh', referring to life on planet Earth.

However, in the 4th dimension, either before or after an earthly incarnation, we all have what appear to be solid bodies.

I mentioned that I, who am in Summerland, if I was stupid enough to bang my head against a tree, would hurt my head. So, we have solid bodies, physical, even if not of the same vibration as yours.

So, when someone incarnates on Earth, we used that term 'incarnation' correctly.

However, when one quits planet Earth and goes off to the 4th dimension, we don't really have a word that describes changing one solid body for another. So, I have borrowed the word incarnation to fill the gap.

Therefore, I was, at one stage, incarnate on Earth and now I am incarnate in the 4th. I will go so far as to call it reincarnation but not, I repeat again, reincarnation on Earth but reincarnation from Earth to Heaven (the 4th dimension).

I hope that this is abundantly clear but I will repeat it one more time. We come to Earth just once.

It is complicated enough organizing an earthly incarnation the first time and the angels who organize incarnations on Earth have enough to do without organizing a second or supplementary incarnation on Earth for those wishing to return.

To be honest, why anyone would wish to return beats me!

It was tough enough, a big enough challenge, the first time, and I, just speaking personally, would not wish to return.

I, like all of us incarnate, volunteered to come to Earth to have the experience, and it was quite an experience!

But, I have absolutely no desire to repeat the experience.

I think that no right-minded person would wish to come back again.

Any experience desired can be found in the 4th dimension, with the exception of the craziness of an Earthly incarnation.

However, let us get on with this new chapter, which will be about linking with the mind.

Now, we all, whether we are incarnate or not, have a brain, because, as I said, even in the 4th, we have a solid body - or can have if we want - and that implies that we have a brain.

I must qualify this and say that it is not the same brain that one has in incarnation, and it serves a slightly different purpose, but we could call it a brain.

I will say, at this point, for those who do not know, but in the 4th, we do not have to have a body. We can just become a sphere of energy.

All of our personality and all the rest of us can be contained in this sphere, but it serves the purpose of being who we are without having to tote a body about.

Changing from the physical form that we start with in the 4th to just a sphere is a skill that has to be learnt and one has to know that it is possible, so not everyone can change into being a sphere of energy, so many people just retain their physical form.

Equally, there are life energies that do not have physical bodies and they are always spheres of life energy, but us humans, when we transit from Earth to the 4th, start off with a physical body - albeit of astral material - and only develop the capacity to change into a sphere as and when we develop the skill.

Of course, the person can flip backwards and forwards between having a physical body or being a sphere of energy as desired.

But let us just concentrate on people with physical bodies in the 4th.

As they have a physical body, so they need a brain to operate their arms and legs and so on, just as you, incarnate, need your brain to operate your arms and legs.

But beyond that we have a mind.

Now, what is a mind?

The mind is not to be found in a physical body, neither a body incarnate on Earth, nor a body in any of the spheres in the 4th.

It is very much like the brain in some respects but it is to be found outside of the body, connected to the brain of that body via an aura and serves a different purpose to the brain.

How many minds are there?

The answer is just one because, strange as this may seem, we are not countless billions of people, past, present and future and in the many areas in the 4th dimension; hell, Summerland and heaven. We are all just one 'person' and that person is God.

To anyone new to this information it may seem impossible but to those who have followed the books that the Great White Brotherhood have given you, it should be familiar information.

The strange truth is that we are all this point of life that is variously termed 'God' or 'the all that is'.

God's archangels, which appear to be apart from us living creatures, created the concept of individuality in order to make this singularity to be many, and thus, we now have minerals, plants, animals and a variety of human or humanoid beings.

All of these diverse and complex entities seem real - and within their realms they are real - but within the higher concepts of life, merge into one singularity.

I do realise that for newcomers to this information, it is likely to be rejected, but although none of us can present absolute proof of these statements, we should, if we want to proceed to understanding life, accept them either as fact and move on, or at least as matter worthy of consideration.

Let us, for the sake of discussion, accept the one presented as many.

This implies a number of things.

In the physical realms - where you currently are - there are countless grains of minerals that can form into mountains, countless plants, countless animals and a whole variety of entities that are, or were, variations on the human form.

I will mention a few.

We had Neanderthals, also little beings sometimes referred to as Hobbits, also Tall Whites and Sasquatch. Then the reptilians.

There were others that have been more or less lost to archaeology and science.

Lastly, in this brief explanation, we have the various nature spirits, sometimes referred to as fairies, elves, gnomes and so on.

There are also a certain number of etheric entities that there is no need to mention. A complete description of all the non-physical beings that exist would require a complete book in its own right.

Some talented people have written about them and anyone interested in the subject of non-physical beings can explore that avenue for themselves.

I want to strike a balance between giving information and not becoming sidetracked from the subject of this chapter, which is the mind.

The point I wish to make, is that this plethora of different and diverse life forms are all aspects of one life form and thus tend to share some, at least, of the non-physical aspects that all life needs in order to be able to live, to think, and to a certain extent, act.

Thus, all things need mind.

It may be difficult to imagine that a grain of sand has a mind but it is so. All is one and so that which the most advanced human archangel has, a humble grain of sand has.

However, having access to an aspect of life is one thing. Being able fully to use that aspect is another. Therefore, it is safe to assume that a human archangel uses mind more intensely than would a grain of sand.

So, there are at least two aspects to mind.

1. The fact that it exists.
2. Our ability to tap into and to use mind.

Let us first investigate where mind is contained.

As you may know, there are a number of aspects to non-physicality and they have been examined at length in the various books that we have put at your disposition.

We will not mention them all here but we need to mention higher self, imagination and DNA. We will also mention will - the desire to accomplish something.

If you have studied the information contained in the book, you will have learnt that some aspects are closely connected to the God force, some are connected to the higher 4th, others, like DNA are spread all over the non-physical body and of course the physical body.

But mind is connected to higher self.

So, let us not consider for the moment, the part of the mind that is connected to the physical brain, despite it being non-physical.

There is another sort of mind which is closely connected to higher self.

This sort of mind, there is only one of, whilst the first sort I mentioned, each and every life form has.

So, we have just one higher self and we have just one of this sort of mind.

Its job is to act as an intelligence source, to try to direct the total knowledge contained in the higher self out through all the individual life forms - or rather their versions of individual mind - in order to help all these life forms develop and react according to the type of life forms they are.

I think that you can see that sand, plants, animals and all sorts of humans all need completely varying reactions to their life plans.

We could hardly imagine comparing the reactions of a grain of sand to a highly intelligent human but they all will have information being sent from this one higher self, via this one mind, into their individual higher selves and minds.

So, we hope that you can see that you live in two worlds at once. One being the physical dimension that you see and experience around you and the other is this universal mind that is connected to higher spheres and pours knowledge and wisdom into you via your auras. However, having access to this universal mind and universal higher self is not given lightly.

It happens in the degree that we can contact universal mind. This can only be done through correct meditation.

If we meditate, and this applies to us in the fourth dimension, just as it does to you in the sixth (so called physicality).

If we do not meditate, we cannot open ourselves to contacting universal mind.

Now, what difference does this make to our lives?

Well, universal mind connecting to universal higher self opens the door to wisdom.

Wisdom is not to be found in books, nor by attending courses in schools and universities.

Wisdom is found by linking your life experiences to universal life experiences.

What are universal life experiences?

They are, of course, what is going on with each and every person on Earth today, plus the experiences people had in the past.

In other words, universal mind opens the door to areas within the akashic record, that vast storehouse of all memories.

The storehouse - the akashic record - is always available for inspection but access to it, in the sense that we are discussing, requires having universal mind and universal higher self available to us.

As I said, this is achieved primarily through meditation.

We have explained meditation many times, how to do it, and what its purpose is.

I will not explain again how to do it but I will remind you of its purpose.

Through meditation, we try to forget the physical body and link, via our auras, to our mind and higher self. Not mind as in the link to the brain but the other mind, which is linked to our personal higher self.

As we do this, gradually, once again via the auras, we can start to link to universal mind and universal higher self. When that occurs, we can link to the universal akashic record and the whole of all knowledge dating back through human experiences in the past, into the present, and to a certain extent, the future.

We can link with all these life experiences created by countless humans and which are all stored in the akashic record.

This is the beginning of wisdom. Indeed, it takes us a long way down the path of wisdom.

I will state at this time for those who expect that once your incarnation ends and you return home to the 4th, that you will be full of knowledge and wisdom. It is not so.

You will arrive in the 4th exactly as you are now, only minus your physical body.

That is why the Great White Brotherhood encourages you all to meditate.

That which you can achieve in the 4th, you can achieve now in incarnation.

It will also open the door in conjunction with visualization, to being able to accomplish the skills that are usually attributed to witches and wizards in children's books, about the esoteric attributes of witches and wizards.

Now, I will add a caveat here. In some, indeed most, of these children's stories, there is or are an evil witch or wizard.

Certainly, all esoteric skills can be used for good or for bad, but we strongly advise anyone desirous of developing such skills, only to use them for good and only for the benefit of other humans, animals, plants, and when the occasion presents itself, for the fairy folk.

The price anyone will pay if they develop the skills we mention and then use them for personal gain or to harm anything is great.

So please be warned!

I will also say that it takes a great deal of time, dedication and application to develop these skills, and although anyone can start to develop them, to have full command of universal mind and universal higher self would take one almost to angel level, so do not be too ambitious. However, every step taken is a step taken towards the throne of God and any person who takes the trouble to develop, through meditation, contact with his personal version of higher mind, his higher self and then, eventually, universal mind and universal higher self will see his life change radically.

As has often been stated, most people - either in the 4th or the 6th - are like rudderless ships being swept across a sea of troubles but once mastery, even to a small extent, of the above-mentioned aspects of esotericism are achieved, that will put the ship back under control and life will proceed much more smoothly.

I wish that when I was incarnate, I had received this knowledge.

It would certainly have helped me sail smoothly through life. As it was, I struggled like most people and wondered why life was so difficult.

You are lucky.

We of the Great White Brotherhood have explained the reason and the importance of meditation and leave it in your hands to develop the skills that come with meditation or the skill of meditation itself... or not!

However, as I said, every step you take you will be grateful for, not only during your incarnation but also when you return to the 4th.

So, to recapitulate this chapter about mind.

We have, ultimately, access to three types of mind.

1. The mind that works in conjunction with the physical brain, which although not physical itself, limits itself to acting in conjunction with physicality.
2. The personal higher mind that acts in conjunction with your personal higher self and thus acts to enable you to gain access through your auras to much knowledge and also to find answers to questions that might be bothering you.
3. Universal mind, of which there is only one, and that via our personal higher mind will enable us, passing through the universal higher self, to enter the universal akashic record and have access to all that mass of knowledge stored there.

It sounds a bit complicated, but from your point of view it is simple. All you need to do is to meditate with patience and with diligence and all the rest will fall into place automatically.

So, I will end this chapter here and move on to the next topic.

CHAPTER 9 - LIFE AS IT IS LIVED

The next chapter will discuss the effects on incarnation of the life force. You are surely aware that you and virtually all things are alive and this life force is created by God and distributed to you by the archangels that work for God. We have mentioned this force and how it operates countless times in the various books that we have given you, but as this book is intended to draw many aspects of creation together in one publication, it is fitting that we mention it again and explain, more or less from scratch, how it finishes up in you and in all entities.

So, let us go back more or less to the beginning of the story. Before there was anything either in your incarnation plane or in any of the other dimensions, there was and is this force we call God. Now, God as we know it, is only the latest of a number of Gods that have come and gone over the vast eons of time. We will need to repeat in this chapter and indeed in this book, information that we have mentioned elsewhere in previous books, but we hope that if what we say is familiar to you, you will forgive us because, as we said, this book is intended to draw together a lot of disparate elements, so that they may be easily found in one compendium. We hope to create an easy to find reference book, bringing together a good deal of information already mentioned elsewhere.

So, we would like you to know that life is created, develops for countless years, until all the lifeforms reach perfection, at which point they all merge with God. When that happens, there is nothing left in any dimension from which life (God) can benefit and so God, now full of all the knowledge and wisdom of his creations, disappears. In fact, this God rises to a higher level and blends with the master God above him. So, for a brief instance, there is a complete void. Not only no life forms but not even God. Then the master God, that has just absorbed our God, creates a new God and the whole system starts again. This new system follows very much in the footsteps of the previous one that just disappeared. One way of imagining this would be to think of a teacher in a school that taught a group of pupils for a year. At the end of the school year, the pupils and the teacher move on and the new group of students are put in the care of a new teacher. We do recognise that this is a poor example but if it helps you to imagine that life, one day, will end and a new life under a new God will appear, it will have served its purpose.

This extraordinary state of affairs has existed forever, as far as we can work out. The strange thing is, that our new God will be charged with developing the same theme - love - as was the previous God and the ones before that. God not only develops the same theme as previous Gods, but goes through exactly the same motions of creating eight dimensions. Then archangels appear and create a new life concept virtually exactly as before - a carbon copy of the previous creations.

Now, we are going to say something that you might find incredible and difficult to accept and it is this. Not only will all the complexities of creation that we now have, some of

which we have tried to explain to you in our various publications, but all the people, animals, plants and minerals that exist now, will be recreated.

This implies that we and you that are alive now, will be recreated and will go through another round of existence starting from a spark of life in the 8th dimension and growing until we finally merge with God once again.

I don't know if you can understand this?

Strange as it seems, apparently, when a new God and a new life is created, it is a repeat of the previous one and so the life forces that exist now are recreated and go through the same motions and have very similar experiences, until they all reach perfection and blend with that God.

Then that God disappears and a new God is created and it all starts again, rather like playing a record over and over again.

I am going to enforce this concept, because I want you to have a clear picture of what I am trying to describe to you.

At one point, a long, long time ago, God was created and then the archangels that work with and for God appeared and they created all that exists in all the eight dimensions.

You were a spark of God at that point.

Then you were chosen to be a human.

The long process of you developing was put in motion and you will go on for millions and millions of years until you eventually reach perfection and merge with God.

One day, all things will merge with God and God shuts everything down, moves up to merge with the master God above him and a new God is created and the whole system reboots, including you, and everything repeats as before.

You must understand that this process takes countless millions - perhaps billions - of years to complete but the point is that all that exists now, including you, is recreated and it all repeats time and time again.

We don't know for how long all this has been going on. We are told by angelic beings far in advance than us, that it has been going on for a very long time.

We are told that this strange process has been going on forever, but logically, there must have been a first time. If there was, even the archangels do not know when that first time was.

It may be that there is something that none of us understand and that this creation might be the first time, if you see what I mean.

But we have been presented with the concept of life appearing, developing for an extremely long time and then coming to a halt. Then it starts all over again and develops exactly as before, with exactly the same life elements, including you, me and everyone and everything, over and over again.

If this is true, and apparently it is, it seems a bit pointless, but as I have implied, none of us have all the answers, so perhaps there is a reason behind all this that none of us can comprehend.

However, I will say this.

Even though the life forms make a reappearance over and over again, we don't have to repeat our lives as we are living them now. We can choose different life plans and, for instance, decide not to have an incarnation on Earth, as we chose this time.

We have a certain amount of free will, as to how we allow life to unfold. So, although the life forms come back again, in the case of humans, we don't have to go through a carbon copy each time. We will be free to choose different life plans and take a different path through life.

Now, one can't help but wonder what is going on here?

If we had the choice, how many of us would wish to be tied to a wheel of creation going endlessly round and around like the sails of a windmill, even though one rotation takes countless eons of time to complete?

But, deep down, I who am dictating this information to you, can feel a certain logic.

I wish at this point, to take the information about this wheel of life on a bit and push it in yet another direction. I mentioned that, apparently, once all life merges with God, God shuts it all down and moves himself, plus all the life forces that he has absorbed, up to a higher God and merges with that God.

This implies that you, I and every living thing in any and all of the dimensions, move up with God into the 'body' of the higher God.

So, we no longer exist. We have moved up to and into this higher God.

But this higher God, apparently, produces a new God for us plus, in some way we don't understand, some archangels and this new God starts to produce more life spirits that are placed in the 8th dimension.

But here is the problem.

We will all have just disappeared with our God into this higher God and yet, so we have all been told, this new God created by this higher God, in conjunction with a new set of Archangels, will go about reproducing everything exactly as it was before, which implies that you, I, and everything and everyone will be reproduced as we were before. You will be you again. I will be me again.

This seems strange, almost as if there was a limit to what could be produced.

Could you imagine spending your life producing paintings but each painting was an exact carbon copy of the very first one? Thousands of paintings all identical. It would seem a bit pointless.

And yet this, apparently, is what God does. God after God all created over unimaginable lengths of time, all these Gods pursuing the theme of love and all these Gods producing carbon copies of all the life forms that were created at the beginning - if there was a beginning.

This, of course, implies that we (you and I) have been around for countless eons of time, being created, rising to perfection, moving with God up to a higher God level and then being recreated again and again and again.

Of course, we can be tempted to compare this scenario to what we see in ant nests or bee hives where the queen ant or bee, or rather *a* queen ant or bee, if she survives, starts to reproduce a new, next generation of worker ants or bees.

Of course, it is not an exact correlation, but it is interesting that these creatures follow, to a certain extent, what we are told in relation to our God's development.

In a previous work, the concept of how all these Gods, higher Gods and super Gods perform was described, but in this volume, I have said enough as to how it affects you to whet your appetite for more investigation.

I suppose, to calm the fears of the inevitable few who start to panic and think that they are going to disappear more or less instantly, you are not.

Your incarnation will end at some point and you will return home to the higher 4th (heaven) where you will live and develop for countless millions of years.

Nothing dramatic and life ending is foreseen for a very long time, so there is no need to worry.

I mentioned all the above just to let you know this extraordinary manner in which life progresses.

We have also mentioned the way life is connected from you, by you, to certain areas in the 4th dimension.

I described to you that your various emotions actually come from these areas in the 4th which are contained in pure form and each person allows just a certain amount into his mind via his auras. This avoids violent swings of emotion.

But there is another aspect to this that we did not mention and that I wish to explain at this point.

It is not hard to accept that we all have emotions of a number of types that we accept or allow to influence us according to our main personality types.

We can recognise these emotions in ourselves and we can see them in other people, which makes communication or forming friendships either easy or difficult.

It is difficult to form a relationship with people who have totally divergent views on how life should be led to us.

But who is right and who is wrong?

We often see this in politics, where we have people from different parties presenting solutions to problems, as they see these solutions, but that are poles apart.

We also see it in different religions.

So, if there is something that people feel important enough to discuss but these people come up with totally opposite theoretical solutions to that problem, who can be right?

Can any of them be right?

Logically, if there is a problem there must be a solution.

Also, logically, there must be one correct solution.

We must ask ourselves why this should be?

If we were able to see into the minds of politicians, church leaders or even ordinary people discussing a topic over a coffee in a cafe or a pint of beer in a pub, we would see that it is their connections to various emotion centers in the 4th that are guiding their thoughts and thus their opinions.

These emotion centers have been created to influence people who can accept into their personalities, whatever of them they feel attracted to.

The more, in pure form, that a person accepts any particular emotion into his personality, the more certain he feels that his opinion is the correct one.

We see this in politicians who are convinced that they are wise enough to act as leaders of countries and do all they can to rise to power.

This form of arrogance has been created by them accepting into their personalities, large degrees of certain emotions.

Now, it must be obvious that anyone who is under the influence of emotions could hardly be considered wise and these people should be the last striving to lead countries down the roads created by their emotions.

But that is how politics works in most countries.

The resulting chaos is plain for all to see, including the politicians who created the chaos and strive, desperately, to correct the errors by making yet more wrong decisions.

And yet, for every problem there is a correct solution.

The question is how do we find that correct solution?

The answer is by linking to our higher selves, which is where all solutions are to be found.

Everyone's higher self is linked to the God force and contains the correct answer to any and all problems.

The trouble is that the only way to connect to this higher self, is through meditation. How many politicians do you know that meditate? The number, I suggest, is close to zero.

By meditating and by contacting our higher self, we can bypass all these emotional swings and allow, not only correct answers to come forth, but also to fill us with the power of God, which is love.

So, someone filled with the power of God, has no need for a plethora of emotions that swing the person about like a ship in a storm. He is filled with love for all and he has the ability to make the right decisions.

If politicians meditated regularly, countries would be run for the betterment of all, but as politicians seldom meditate, their personalities are dominated by emotions that contain no wisdom and can often be harmful.

Some leaders also, it is sad to say, open themselves to influence by harmful entities; Archons, evil reptilians and even devils from the lower 4th.

Not all, of course, but it is not unknown for some powerful leaders from the past and stretching up to the present, to be influenced by evil beings.

So, once again, we suggest to you who are reading this book, to take up meditation.

Gradually, you will see your life change as the power of God floods your personality, driving out unwanted emotions. You become a more loving, calm and helpful person and you will be able to make wise decisions.

Wisdom has been described as holiness, combined with life experience.

Without holiness, wisdom can never be achieved and without wisdom you cannot direct your life in a correct manner.

CHAPTER 10 - THE HOLY SPIRIT

This chapter will be about the Holy Spirit and how it impinges on us as we go through our incarnation on Earth.

As I have already said, what I am going to tell you in this book has already been mentioned in other books but it has been decided to bring quite a lot of information together in this one volume. So, it will largely be a repeat taken from other books, but if we get the chance to add new, previously undisclosed information, we will insert it into this book.

I should also say that we will somewhat abridge some of the information. If anyone is interested in making a deeper study of what we mention in these chapters, we refer them to the other books we have given you, where much that we mention in these chapters is discussed in greater detail.

We hope that you can appreciate that in one volume that attempts to discuss a variety of topics, if they were all examined in great depth, the book would be huge.

So, we give you as much information as we feel that you need, in order to grasp the essence of any topic and leave you to study in greater depth in other books, any subject that piques your interest. So, let us proceed to examine the Holy Spirit.

You are probably aware of the expression, 'the Father, the Son and the Holy Spirit.'

It is usually accepted that 'the Father' refers to God.

The Son is usually taken to refer to Jesus although, in fact, it could also refer to all of us, both male and female, as we are all the children of God, as God put his life force into us, without which we would not exist.

Not wishing to get into an argument over the meaning of the Son, we leave you to accept that it either refers to Jesus, or to each and every human, depending on how you see that phrase.

But the question is, what is the meaning of the Holy Spirit?

You might say that God is the Holy Spirit and that would be true.

We might also say that Jesus or all people are the Holy Spirit, as Jesus contains the essence of God and we also, all of us, contain the essence of God.

So, to paraphrase the expression, 'the Father, the Son and the Holy Spirit,' we could rephrase it, the Holy Spirit, the Holy Spirit and the Holy Spirit. However, that would be a bit pointless and clearly the Holy Spirit mentioned in the phrase 'the Father, the Son and the Holy Spirit' refers to a third thing connected to, but separate from, the Father and the Son.

I should mention that the Holy Spirit is sometimes referred to as the Holy Ghost.

Once again, it must be obvious that the word Ghost does not refer to the imprint on Earth of a departed soul, but at the same time, we might be able to show, as this chapter unfolds, that the word Ghost is not that far from the truth.

So, let us try to demystify the expression, which is the subject of this chapter and try to understand what the Holy Spirit is and how it is attached to us.

We have mentioned God many times and have explained as carefully and as fully as we can, that God is the creative force that is at the base of everything that has life. God is

outside of all creation but God is the force that enables all living things, no matter in what dimension they are to be found and no matter what form they take, to exist.

Thus, we have to accept that every grain of mineral, every molecule, every atom, every virus, every bacteria is alive, as everything is made of atoms and every atom contains the life force.

We could take this concept on and say that all aliens, all demons are alive.

The only things that are not alive are machines, artificial intelligence and anything that God's archangels decide not to put the life force in.

Thus, you are alive (as I am sure you are aware), because God's archangels put the God force in association with you at the moment of your conception, at the point when this version of God was created by the God above him. So, we assume that God is alive, as we also assume that when the previous God merged into this higher God and this higher God created the current God, in order for this God to be able to create life he had, himself, to be alive and have this God force associated with him.

This may sound a bit like blaspheme, but we mean no offence to anyone. We are trying to make a sensible analysis of life at this time.

So, we must assume that the higher God, being alive, not only created something we call God - our current God - but also put his, the higher God's life force, in association with our current God.

Indeed, it is possible that the God that is around now, is nothing but life. This is highly possible, indeed probable. The trouble is that as we cannot see God or contact him - with the exception of the lucky few to whom their version of God has spoken - much of what we speculate about God is just that... pure speculation.

We know that God exists.

We know that God exists outside of creation, in a nowhere place, and that is about all we can say for certain.

We know that this life force is put in association with all, or most, things, (and thus they live), by God's archangels who actually create living things.

And so, we have living objects of various types created by archangels and we have the life force (God) placed in association with these creations. They live because they all have the one life force (God) associated with them but this life force can never be discovered. It always remains hidden from us despite it being of vital importance, for without it, things would not be alive.

So, anything created by the archangels, in its very basic description, contains two parts: one we could call its body, despite some things being invisible and the second is the life force (God).

Without this life force, as I said, it would not be alive and so its body would serve no purpose.

Now, we on our side of the veil have searched for many long years to try to discover just what and where this mysterious life force is.

We know that it exists but the question is where is it contained in relation to a living something?

If we look at some object that works by electricity we might, if we looked at just the object, at first glance see nothing that animates it.

If, for example, we look at a child's electric train, a copy of the wonderful steam engines that once chugged around on rails, we see the wheels turning, maybe hear the whistle blowing and even, in very expensive models, see steam gushing from it as it clickety clacks around a track, with the children loving what they see and the proud father, perhaps with a guard's cap on his head, working a transformer, controlling the speed of the train and working the points on the track.

At one time it was every boy child's dream of owning a toy steam engine or two and most father's dream of being able to construct the biggest rail system he could afford. No doubt there are still many of these miniature rail systems in operation.

But if we look at the train, we see the beautiful and complicated system of construction, but once in our hand, it remains static.

It is only when we place it back on the rails, that it can come to life, so to speak.

We can trace the wire connections back to the transformer which controls its speed and from there back to a power socket in the wall which provides the electricity, which makes it work.

From there, we could if we wished, trace the wires back to the power station that is generating the electricity.

Now, we are so used to having electricity in our homes, that we seldom consider what electricity is and yet it is an invisible force that exists, can be measured and used in a variety of ways, but is an invisible force.

We can see the effects of electricity; lighting and heating our homes, making all sorts of household gadgets work. We can even see sparks when things go wrong but the electricity itself, we can never see. It is an invisible force, just as the power of God is.

The difference is that electricity can be traced back to its source in a power station, whereas the power of God is, so we are told, generated by God but where and what is God?

If we can trace the electricity that enables a toy steam engine to travel around a track back to a power station, logic would dictate or suggest that we should be able to trace the invisible life force that enables us to be alive, back to its source and, at last, discover God.

People have tried for many long years on our side of the veil in the 4th dimension and have even asked angels or archangels where this God force is, but no one seems to know. All of us, from the newest arrival to the most advanced archangel that can be contacted by us, readily admit that a force we call life exists but no one can tell us what and where God is.

We know that God exists outside of time/space and anything that we are aware of, but the frustrating thing is that we all have the totality of the God force associated with us, but that force is untraceable back to its origin.

Believe me, it is frustrating a lot of clever and dedicated people in our 4th dimension, who have dedicated long years to tracing life back to its source, but at the end of the road, they draw a blank.

The investigations have revealed a lot of information about life and we are grateful for their discoveries that they kindly share with us, but their goal - the discovery of God - remains always aloof from discovery.

This is perhaps not surprising. If God exists outside of space/time as you know it and outside of any means we have of contacting life outside of any frequencies we can tap into, it is hardly surprising if it remains impossible to jump from any of our realities, and any alternate reality as far as we are aware, into the arms of God, if we may use such a term.

And yet here is the strange thing. We are aware that it will be the destiny of all life to make that jump from whatever reality we can live in and merge with God. This will happen to all of us, a bit at a time, and is happening now as extremely advanced humans - often who have taken the steps to become angels and archangels - make that final move and merge with God. At which point they disappear from any reality connected to us. This, of course, implies that the very advanced beings know where God is to be found and how to link with him.

What we have been able to find out is this.

Everything, as you should know by now, is a question of frequency.

The higher the frequency one can tune oneself to, the higher in terms of spirituality one rises to.

This also implies that the staging post in terms of higher and higher, or lower and lower, frequencies are already there (somewhere), and as we raise our levels of holiness, we land, so to speak, on these frequency platforms.

This goes on virtually endlessly, as people move ever higher in frequency, rather like climbing an endless staircase, until one reaches a level where the person can go no higher. The next level would be the level of God - the final level.

We assume that the beings that have reached that point would be aware that the next step would be to blend with God. But can we assume that?

It may be that these people know that they still have a bit more perfection to achieve, one more rung of the ladder to climb, and when they finally climb that last rung, surprise, surprise, they merge with God and the journey is over.

The truth is that we just do not know what information about God these people may or may not have.

We can make some comparisons however.

When you were in the 4th, prior to your incarnation, you were of a certain frequency. Then you linked with your body in what is termed incarnation, which has the effect of somewhat lowering your frequency, with most people at least, and then, one day, your incarnation will end and you will rise in frequency to the 4th again, and from there you will start the long journey towards God.

The point being, that frequencies can alter quite regularly without one necessarily knowing that there is a next step or what that next step is.

There are large numbers of people who have no idea of what will happen when their incarnation ends and it is only when they find themselves back in the 4th, that they realise that there is another level continuing after incarnation.

So, it would not surprise us that, just as we jump from one level to another at the end of that incarnation so, perhaps, people make that jump from the penultimate rung of the spiritual ladder, to the top rung, which is God, and merge with God.

But we are speculating.

We know that God exists but we cannot see into that level of frequency, and one assumes never will, until it is our turn to take that final step in terms of frequency and merge with God.

But we need at this point to return to the subject of this chapter, which is the Holy Spirit. I spent so much time explaining about God, because it is important for you to have as clear a picture of God as a single life force as possible.

But, as I'm sure you are now aware, there are countless entities, humans, animals, minerals etc., and countless other entities living in other dimensions, all thinking that they are unique beings existing in their own right.

If you consider just you, I am sure that you consider yourself as an independent living person, even if you can accept that you have the one unique God force animating you.

So, we have quite a complicated picture to unravel.

On one hand I, and many others, have stated that all is actually an aspect of the one unique God's spirit and on the other hand it is obvious that you are you, unique and separate from any other person, animal, plant or mineral.

Your unique personality is termed your ID by us.

Now, this is where the Holy Spirit comes in.

If it is true that on one hand, we have God as a unique singularity and that we are actually all parts of this singularity, and on the other hand there are countless billions of life forms all thinking that they exist as unique entities, we are drawn to the conclusion that there must be some force that takes the one singularity called God - which is also us - and converts it into the illusion that we are all separate entities.

This force that converts from oneness to many individuals, is the Holy Spirit.

The Holy Spirit is placed between the God spirit and the higher self.

It is a sort of transformer as used in electrical circuits.

This analogy with electricity was clearly explained in book 7 (Personalities), in the chapter called the Holy Spirit.

As its function was clearly explained there, I do not wish to labor in any great detail the function of the transformer aspect of the Holy Spirit. You can easily read the relevant chapter on the internet if you wish.

So, I am simply going to say that the function of the Holy Spirit is to accept in one side of it the single God force and then project out of the other side countless trillions of aspects of the God force, which can be taken by archangels that work for God and can thus create all that exists.

Now, if I was to go deeply into how the Holy Spirit does what it does and its connection to DNA and so on, we would fill many pages.

As I said, you may find a much greater explanation for this important topic in the book called Personalities, so I will keep this explanation brief.

In a nutshell, the Holy Spirit, which is one unique object, is connected to the one, unique, God force on one side of it and then creates a version of God for every object anywhere in any aspect of life, which is sent out to every higher self, which all objects have.

No matter what an object is and no matter in what dimension it exists, it has a higher self, which is created (in part) by the Holy Spirit. In fairness, we must say that DNA, the akashic record and so on are also connected to this one Holy Spirit, but as I said, I do not wish to get into too confusing an explanation of matters which have already been well explained elsewhere.

It suffices, for this simple explanation, to realise that we have one God force, one Holy Spirit, which accepts the one God force and transforms it into an enormous number of God forces, which end up in the higher self of all that exists.

So, at this point we will leave the subject of the Holy Spirit and move on to the next chapter.

I regret, somewhat, that this chapter is a bit thin in information, but I feel justified in directing you to the information contained in the book (Personalities) and the chapter 'the Holy Spirit' where it is all explained in greater detail.

CHAPTER 11 - THE WAY THAT LIFE IS CONNECTED TO YOU

So, in this chapter, I will attempt to explain how the life spirit (God) is connected to you and to all living things, for without that life spirit, nothing could live.

It may be surprising to you but even the most negative of creatures have this life spirit associated with them.

Everything is alive, with the exception of AI and some machines.

Before I get into the details of the life spirit and its association with you I should, perhaps, mention that even grains of sand are alive and have the life spirit associated with every grain of sand. By extension, every rock, every mountain, every molecule of earth, and indeed, every virus or bacteria are alive, despite many people suggesting that viruses and bacteria are not alive.

Now, we have talked about all this before but we will recapitulate much of what we have already said, as we wish this book to be a brief compendium of life as it affects you, all contained in this one book, so that it can be perused in an easy to find manner. Those wishing to have things explained in greater detail can always refer to the books we have already given you, many of which were devoted to explaining one aspect of life.

So, let us dive into the subject matter of this chapter... life.

There is only one life force and that life force we call God.

However, as we briefly explained in the last chapter, there is one other thing that is called the Holy Spirit or Holy Ghost.

That is a sort of transformer, as we explained, that takes the one life force (God) and transforms it into countless other life forces.

If you can realise that all is alive, there are a staggering number of life forms all connected to each and every object that is alive. The number of these life forms is beyond imagination.

Now, this life force is actually in two parts. Every atom contains the life-force, so every atom is alive. But atoms on their own cannot achieve much, so they are made into something.

That something can be a grain of sand, which contains a huge number of atoms, up to stones, rocks, mountains, planets, moons, whole galaxies, suns and so on.

Then there are plants of all types and animals of all types, and finally, humans.

All are made of atoms coming together to form all that exists, anywhere in your physical universe and all that exists in our and other dimensions.

These other dimensions might be invisible to you, as they are of different frequencies to your quiescent frequency, but the atoms that these dimensions contain and the beings that live on them are all made from living atoms that vibrate to the quiescent frequency of those dimensions.

Now, that is the first form of life - living atoms.

But there is another form of life.

As atoms come together, they form objects or beings.

The individual atoms might form a grain of sand or a galaxy.

They might form an animal of some kind, or a plant or a human.

The list of objects created by atoms coming together to form something is endless. But, once formed into an object, that object is given a life force of its own. So, a grain of sand, for example, will contain a number of atoms, each one alive, but once formed into that grain of sand, it will be given another life force that is different from the atoms that form it and gives it a unique personality, making it apart from any other grain of sand. The same applies to every plant, every animal and every human. They are all made of living atoms that are given a unique sense of identity which, in the case of humans, make you, you. Distinct and separate from any other human and from any other life form for that matter. Let us consider why atoms, which are alive and have a sort of personality, are different from the creature they help construct.

Atoms, in their basic form, contain a number of elements, some of which are known to scientists and some of which are not. Scientists will not find the deep elements that constitute atoms, until they drag their eyes away from their electron microscopes and start to learn to reach into their higher selves, via their auras, at which time the esoteric elements will become clear to them. But it is fair to say, as we have explained in other books, there is more to atoms than merely peering into electron microscopes can reveal. Indeed, the visible part is the least important. It is the life plan of an atom that contains the most important elements, because this life plan tells each and every atom what its function is.

Science has, for a long time, known that atoms combine to create something. The most famous one being water; H₂O. Two atoms of hydrogen combining with one of oxygen create water, without which nothing can live in physicality. Of course, no one wonders why the coming together of these two elements should create water. Nor do they question why only some atoms of hydrogen or oxygen come together in that fashion, while other atoms of the same things combine to produce other substances. It all seems to happen by chance, but this is not so.

Each and every atom, at the moment of its creation, is given a life plan that tells it exactly what its destiny is. In the case of certain atoms of oxygen, the life plan tells certain atoms that they are destined to create water. The same with certain atoms of hydrogen. So, these atoms of oxygen, once created, wander about looking for atoms of hydrogen that have the same life plan. When they meet, by the law of mutual attraction, they are drawn to each other, and once two atoms of hydrogen bond with one atom of oxygen, a tiny droplet of water is formed.

Now, here is the strange thing. This tiny droplet of water is given a life plan, and that life plan will be to combine with other minuscule droplets of water and so, by the law of mutual attraction, bond together and form one life plan, whose destiny is to blend with other minuscule droplets.

This goes on, blending and blending and forming larger life plans until a recognisable drop of rain is formed.

This drop of rain is also informed that its destiny is to blend with countless other drops of rain until lakes, rivers and seas are formed. Each lake, river or sea have come together by the law of mutual attraction and by having a life plan.

It may be difficult to accept that every lake, river or sea has a life plan but it has and it does its best to fulfill that life plan.

But, not every atom of oxygen or hydrogen is used to create water.

We are going to say something here that we have already said but we need to repeat in order to complete the story about atoms.

You exist as an individual. Each and every human exists as individuals. Each and every animal exists as a unique creature, separate from any other animal.

Each and every plant does the same.

So, we have countless things that require oxygen, just to concentrate on oxygen for this explanation.

So, every human requires oxygen.

Virtually all animals require oxygen.

Even most plants require oxygen.

This next bit is important to understand, so I hope that you will forgive me if I cite *you* in this explanation. It is to arouse your curiosity, and hopefully to get your full attention.

Here we go!

You do not know this but, at the moment of your creation in your mother's womb, apart from all the other esoteric parts we have mentioned; higher self, curiosity, personality, ID and so on, you are given a sort of code. I cannot actually explain how this code is created but throughout all of your incarnation, you will be broadcasting this code out to the world.

Now, here is the hard part.

Floating about in the atmosphere are countless atoms of oxygen, ignoring all the other atoms you need and just concentrating on oxygen.

Select atoms of oxygen are given the same code as each person, animal or plant who are also broadcasting their unique codes into the ether.

The implications of this are staggering.

It means that, floating about in the atmosphere, are a large number of atoms, some of which contain your code and some of which contain the code of other humans, other animals and other plants.

This means that when you draw a breath, the only atoms of oxygen that you will draw into your lungs, are those atoms that have the same code as you. All other atoms of oxygen will ignore you as they are seeking some other person, animal or plant that has the same code as them.

This is an amazing statement, assuming you have understood.

The same code system is, of course, applied to all the other atoms that exist but only the ones with your code will be drawn to you by the law of mutual attraction.

But now it gets more complicated.

These atoms of oxygen - to return to just them - not only have a code corresponding to your code but contain other parts to their code.

You consist of many things: blood, heart, liver, spleen, lungs and so on.

Many of these parts require oxygen (plus other atoms that we will not mention here) in order to function correctly.

So, contained in your code are a number of subcodes. Each one of these subcodes corresponds to your various organs that need oxygen.

It is even yet more complicated.

Your various organs not only need oxygen (some of them, not all of them), but need it in various amounts depending on your health.

So, when you draw oxygen into your lungs, not only are you drawing oxygen that has your unique code but you draw oxygen atoms that recognise that not only do you need to breathe but also that your organs need special atoms of oxygen that will be distributed to your various organs.

Can you understand this?

Oxygen atoms are floating about in the air, some of which have your code attached to them. But they will also have subcodes that tell them that they will be drawn into your lungs to provide air for you to breathe but others have subcodes that correspond to the needs of your various organs.

So, in this case, you will draw into your lungs, not only oxygen for you to breathe but also oxygen atoms that will be distributed around your body, to help your organs to be in balance.

This is an amazing and complicated system, especially when one expands the idea to realise that it applies to all humans, animals and plants.

Countless atoms of all types, each one encoded to work with one person, animal or plant and further, each atom containing a subcode, telling the atoms to help maintain the health of the objects to which it has the code and subcode.

This is very important information that we share exclusively with you to help you understand the marvelous complexities of life.

No scientists and no one outside of the group that follows Great White Brotherhood teachings know this. It is very advanced wisdom and we are pleased to share it with you.

Treat this information with respect.

Having explained all that marvelous manipulation of atoms, which was created long ago by the archangels (sometimes referred to as the Directors of Life), I would like to explain another connection to the life spirit that you have.

Once again, this has been explained in detail in other books but as it falls under the heading of this chapter, I would like to give a resume.

There are, in the astral realms, certain forces that create connections between the human body - once again, just focusing on humans - and the astral planes, that require the life force (God), in order to function.

I refer to the way we draw into ourselves the various powers of experience, contained in the higher realms, into the human psyche.

This sounds like gobbledygook, so let me explain more clearly.

In the higher realms, there are a large number of experiences that are created in various planets remote from Earth's quiescent frequency and that can become part of our personalities.

What that means is that on Earth we - or rather you - have a God and the life plan of that God is to promote love.

So, you have a planet, and indeed a whole Galaxy, that is under the control of a God and it just so happens that the life plan, the modus operandi, of that God is true love in all its diverse attributes.

For every human (just concentrating on humans once again) that has lived in the past, present and future, the personality that has been given to you as you automatically link with that God force is love.

Now, we have explained that it was a bit more complicated than that, in that there has to be a swing of the pendulum of life, over large amounts of time, from absolute love, to a large degree, the opposite of love. The idea being that love uses energy whereas the opposite of that allows the battery of God to be recharged, so to speak.

We explained this but just repeat it for those who do not know, that there has to be this swing back and forth.

Fortunately, for us all, we are entering the positive swing of the pendulum and so life will improve over time as love floods in. Love is light. Hate (evil) is in darkness and light chases dark, so love will fill the personalities of all people incarnate, gradually.

But planet Earth is only one planet of a large number, all invisible to you, as they are of different frequencies to you.

These planets are not alternative realities, although they certainly are to a certain extent.

Each one of these other planets has a God in charge and the life plan of each of these Gods is to explore and promote another aspect of personality.

So, if you could make a list of all the aspects of personality there are - and it is a large number - there exists a planet and a God promoting that aspect of personality.

However, it would not be good if you could draw the aspects of personality at full strength into you.

Imagine, for example, if you could draw into you the full strength of both love and hate, generosity and meanness, politeness and rudeness, each one influencing you in a total manner.

You would be battered in all directions like a ship in a hurricane, and in all probability, it would destroy your mental balance.

So, these aspects of personality are channeled into areas in the 4th dimension, and from there you may reach out into your auras, make contact with the various personality areas and draw back into you just the required amount, depending on how you decide to react to life.

Thus, for instance, you may draw into you a certain amount of love or hate, generosity or meanness, etc., depending on your life plan and the experiences it presents to you.

You will almost never require any personality aspect in full strength, at least until you are a very advanced being, in which case you will reject virtually all personality trends, except pure love.

As you advance, and I am talking about a long time into the future in the 4th dimension, gradually you will reject all unwanted and unnecessary aspects of personality, leaving just the one aspect, which is the modus operandi of your galaxy... love.

That is why people who have near death experiences and meet a spiritual person, are almost overwhelmed by the sense of love emanating from that person.

But we have explained enough to give you an overview of your permanent connection to the 4th dimension.

So, we will end this chapter here and move on to the next topic.

CHAPTER 12 - HEALTH & LIFE

This chapter will deal with health.

Now, you may wonder what on Earth the 4th dimension (which we just go back to calling the 4th) has to do with health?

You would be surprised to learn that actually there are quite a lot of areas in the 4th that are connected to health.

The first thing is to realise that humans were never intended to incarnate on Earth. We have explained this many times and you should know this by now, but for those who don't, for whatever reason, I will explain again.

Planet Earth was created for animals, not man.

Until a few million years ago, man did not incarnate. He stayed in the 4th.

By the way, I include women in this explanation although, in the 4th, we did not have gender differences at that time. We just had humans.

Even now we don't really have a difference, because we don't really have bodies as you do. If necessary, we can assume a human form, but as we don't need or use human sex organs, we don't produce them. If you were to visit the 4th you would 'see' us in one of three ways. We can be quite invisible to a visitor, as we can live just as pure energy or we can assume the state of an orb, which contains all our life energies; personality, God spirit, ID, and so on, or we can appear to a visitor as a human, very much like you.

But we would wear clothes of various sorts, robes generally, which hide the fact that we don't have sex organs. Men would look like men and women like women but we do not mate in the 4th, so we don't need to manufacture sex organs.

Therefore, for those who think or have been promised that if they blow themselves up and kill a number of 'infidels' and as a reward, would be given a harem of a large number of virgins, I am sorry to say that it doesn't happen. All that happens is that the person who committed the crime of killing others has to go to hell to repay for the crimes he has committed.

Sin is not rewarded in heaven. It might be rewarded on Earth and there are a large number of people on Earth who are rewarded for a life of sin, but I am sorry to say that in heaven, sin causes people to go to hell.

So, it could hardly be called a reward!

But to return to the subject of this chapter, which is about health.

As we said, planet Earth was not originally designed to have humans incarnate. In terms of the long years that life has been on Earth, human arrivals are recent apparitions.

Now, this is where the story gets a bit complicated, for if we go back in time to the point that so-called physicality was created, at first it was barren - a bit like the moon.

Planet Earth was created before any of the other planets, etc., were created. They were created much later, as we have already explained earlier in other books, and perhaps we will explain again.

The sun was actually created first, because the sun emits light - not heat - and that light is so bright, that it is sometimes called starlight, which is the only real and obvious physical manifestation of God. So, we could, in a way, say that sunlight is starlight, which is the God force shining on us. That is why sunlight, in reasonable doses, makes us warm and

fills us with energy. So, ignoring the sun, at one time, the only physical object that existed was planet Earth. All else was created later to clothe the night sky.

Planet Earth, we repeat, was just a barren ball of earth, rock, etc., with no lakes, no seas and no atmosphere.

A full explanation of how things unfolded would fill a book, so please accept that, eventually, an atmosphere was created, water was created, grass and other plants (flora) were created and a more recognisable form of planet Earth came into being.

I will just break off here to explain to those who do not know how the sun creates heat.

The sun is not hot, but it is a source of light of amazing brightness - starlight.

Space is empty from the point of view of any sort of atmosphere.

It is true that it is full of so-called dark matter but that is a form of antimatter and does not concern this explanation.

Heat cannot traverse a vacuum. Space would make the most perfect vacuum flask imaginable!

But light can traverse a vacuum. Light is a form of vibration of very high frequency. It is also a mixture of many high frequencies.

Before there was an atmosphere surrounding Earth, sunlight bathed the Earth in its glow but provided no heat, so Earth was cold, as cold as the moon is when the sun is not shining on it.

By the way, if the sun created warmth, the moon would be warmed by the sun bathing it for a number of hours a day. Therefore, that residual warmth would gradually heat the moon to quite a high temperature, as it is considered that there is no atmosphere to stop the sunlight controlling the heat hitting the surface of the moon.

As this heat is considered to be considerable and has been shining on the moon for a long time, and as the moon is relatively small compared to Earth, one would expect it to be like a hot potato by now but it is not so at all.

You have all seen pictures of astronauts walking on the moon and they are not hopping about as if their feet were on fire

As soon as the sun stops shining on the moon, it instantly plunges, apparently, to a frigid condition. Actually, it is frigid all the time but if an astronaut walked on the moon, the rays of sun hitting his suit would warm up the atmosphere in his space suit and unless he had a cooling system, he would feel very uncomfortable indeed.

Of course, as we have explained, only a few men have actually walked on the moon and only for a few minutes to pick up rocks before returning to the UFO that took them there and back.

We have explained all this hoax in a video.

Anyway, to return to planet Earth, before the atmosphere was created, it was as cold as the moon, with just the light from the sun shining on it. Light is not heat.

However, before water could be placed on Earth, an atmosphere needed to be created because the surface of the Earth, being so cold, water would have instantly froze.

So, an atmosphere was created.

This had the effect of following the vibration of light and start to vibrate in sympathy with that light.

Any of you who have watched a microwave oven in action, will understand that if you cause atoms to vibrate, heat is created.

This heat is what is felt on a summer's day and is the key to life being created.

Go outside of the atmosphere surrounding planet Earth and space is a terribly cold place, proof that light is not heat.

If sunlight was hot, space would heat up like the inside of an oven. But it does not. Space is cold because light is cold. It is only the atmosphere surrounding planet Earth that vibrates to the frequency of sunlight and creates warmth.

There has been a huge amount of false information disseminated by science concerning space and sunlight.

Science has calculated that the sun has an amazing heat based, we understand, on the calculation that if the heat at the equator of Earth is of so many degrees, the heat of the sun must be incredibly more so.

But, of course, man has no means of measuring the heat of the sun, so it is all pure speculation. On top of which, despite science knowing that heat cannot traverse a vacuum which, they admit, is the case between the sun and planet Earth, they still try to estimate the heat of the sun from the calculation of the heat of the atmosphere on planet Earth. It is as if heat could traverse a vacuum, which the scientists know perfectly well is not true.

So, we need to be careful of what scientists talk about as fact.

The strange thing is, if we investigate what scientists, mathematicians, chemists, philosophers and so on in the past spouted as obvious truth, modern discoveries have revealed much of what they declared as nonsense. And we use the word non - sense advisedly.

If someone does not know for sure what he is talking about, it would be better for him to say nothing, than to declare imagination as fact.

However, we must not be too harsh on them, as they had to base their discoveries on past information, which was even more bizarre, and they did not have the means that modern people have to investigate.

But we must also say that modern science, etc., (all the disciplines) are still in their infancy and the people involved with noting discoveries in massive tomes and/or lecturing to others their knowledge, would do well to realise that people in the future, studying the same subjects, will look back at the wisdom that people today are disseminating and laugh, just as modern academics look back to ancient wisdom and laugh.

All the disciplines have a long way to go yet.

So, let us ignore all - or most of - the collective wisdom, much of which will be seen in the fullness of time to be not correct, and return to the subject of this chapter.

We got to the point that planet Earth created an atmosphere, and water was placed on Earth, which allowed living things to be introduced. You will see where we are heading soon.

So, flora of various types were introduced, once DNA had been invented, as we have explained elsewhere.

Once flora had been introduced and the plants that could survive flourished, the scene was set for the next stage of life to be introduced.

These were not animals. It was bacteria and viruses.

These tiny organisms were introduced in order to control the four phases of existence in physicality; birth, growth, decline and death.

Had that concept not been introduced, life would have continued forever and planet Earth would be entirely covered with mountains of plants of various kinds which are called flora. So, the concept of death was introduced.

In order to accomplish this last bit - death - various viruses and bacteria were needed to help kill plants and dispose of their 'bodies', so to speak.

So, now we have planet Earth, an atmosphere, water, flora and various viruses and bacteria.

The next stage was to introduce various small creatures, some of which lived in seas and lakes, rivers and ponds and some of which explored dry land.

Once again, they needed to die and have their bodies disposed of. This is where the viruses and bacteria came in useful, keeping both the fauna and flora in balance.

Perhaps I should explain that I am giving the big picture here and I'm not becoming involved with all the periods of life that archaeologists probe in the history of life on Earth.

I am not concerned with these periods of time and the events that caused change from time to time.

I am explaining the various stages and the various ways that life was introduced and controlled throughout the long history of Earth.

The real point that I am making is that we had, right at the beginning of life - and death - on Earth, these viruses and bacteria all beavering away, helping to kill off ailing matter (fauna and flora) because these viruses and bacteria are still with us and still are hard at work controlling life.

They mutate, of course, because they are alive and intelligent and they evolve as life evolves. So, I have to say they will never be eliminated, as they are part of the birth, growth, decline and death process that was invented by God's archangels and are essential to controlling the balance of existence.

Now, eventually animals of various types were introduced. It started with what was necessary to help keep life in balance; earthworms, small beetles and all the creepy crawlies that you might see in a forest. You will excuse me for not using the correct names for these little creatures. Their names are not important as they are just man's inventions, so I prefer to use a term which I hope most of you will be familiar with - creepy crawlies. You may use your imagination to visualise them.

Once again, these little creatures did sterling work in helping keep the balance of flora in check but were themselves kept in check by the viruses and bacteria that they picked up as they went about their business.

So, the viruses and bacteria were able to survive by feeding off the little creepy crawlies, and in some cases the flora also.

The next step was to introduce animals.

Once again, I am not going to attempt to describe how this was done, over which periods of time it was done, nor which came first, nor in what order.

It suffices to state that animals came to Earth.

Some survived and flourished and some could not cut it on Earth and died out - excuse the modern expression.

But animal life generally flourished, at least until man came along with his unfortunate desire to kill all that moves!

But long before man was introduced, animals filled the planet and the seas, but our old friends the bacteria and viruses were hard at work killing off and disposing of the aged, infirm and unwell in the animal population.

So, and here is the interesting bit, as far as humans are concerned.

Some animals developed immunity to these bacteria and viruses which they had picked up, either by eating flora that contain them, or by eating small animals - the creepy crawlies I mentioned - that had also been infected by them.

Therefore, some animals could be infected by viruses and bacteria that were deadly to many but that which a number of them were not infected by. These animals that died, obviously, could not reproduce effectively but those animals that could contain the viruses and bacteria but were immune to them, could breed and pass the protective DNA on to their offspring.

So, we have the interesting perspective now of some animals that do not have the viruses nor the bacteria, some of which do and are ill and others that can have them but that are immune to the destructive effects of these tiny entities.

This is the situation man finds himself in now.

We can have three types of reactions by man, through having come into contact with viruses and/or bacteria.

1. He can become very ill and possibly die.
2. He can be immune to the negative effects of these viruses and bacteria.
3. He can become ill, be cured and obtain, at least for a while, a degree of immunity.

Let us go back and remind ourselves that everything was created by God's Archangels - the Directors of Life - for the benefit of God primarily. But it is obvious that for God to develop wisdom through the life experiences of various creatures and objects, these creatures and objects must be alive in order to have any experiences. Dead things cannot experience.

So, the concept of life was created and placed in association with virtually everything that exists.

As we have often stated, planets, moons, suns, galaxies and on and on are alive - very much so.

Then, on planet Earth, for example, there are grains of sand, rocks, mountains, raindrops, rivers, lakes, seas, atmosphere, etc, all alive, whether they appear so or not.

Then, approaching the last but not least, we have creatures of all types. Starting with the smallest (smallest known to man), we have viruses, then bacteria, then going up in size, we have a huge number of creepy crawlies that inhabit the forest floor.

Then we rise to mammals, lizards, fish and so on. And to finish with, we have God's crowning glory... man!

Please don't think that this is a precise zoological account of life.
I am just pointing out, briefly, the types of entities that live on Earth.

But, as anyone who has followed the teachings we have tried to give you over the years, you can be sure that there is an area in the 4th that takes an interest in the health of all life on Earth.

As we have said, there is only life on Earth, so we do not have to consider life anywhere else, because there is none.

So, let us explore the area in the 4th that is connected to promoting what we call the four phases of existence; birth, growth, decline and death and see how this affects all living objects.

First, let me say that these four phases of existence are not time-dependent, by which I mean that a Mayfly might live for only a few hours, whereas some trees can live for a thousand or more years. Minerals can live for much longer.

The important point is that in the life plan, from a Mayfly to a giant Redwood tree, the same pattern of birth, growth, decline and death is preset in the life plan before anything is created on the Earth plane.

So, in the 4th is this area which overlooks everything - and I mean everything. Once a decision is taken to create something, a number of forces are brought into play to ensure - or try to ensure - that the life of everything follows its life plan which includes, among other things, birth, growth, decline and death.

As I said, these four factors might come to a conclusion in a few hours or a few (or many) thousands of years. Time is an illusion. It is sequence of events that counts.

Thus, we have this area in the 4th that deals with that process for every living entity, no matter what it is, from the tiniest to the largest. From the shortest lived, to the longest. Time and size are of no importance.

Therefore, we have on Earth, this sort of battle that goes on between the elements that promote life and the elements that can promote death.

Generally speaking - and we have explained this before - what happens is that forces play on young and developing things and help to promote health, growth and harmony within the body and then other forces come into play once that entity passes the tipping point between birth and growth and enter the latter phases of decline and death.

We have these two forces; the growth ones and the decline ones.

The speed they change depends on the entity, so being affected by these rays constantly playing on the entity.

It might be difficult to imagine that, in incarnation, you constantly have rays influencing you, first helping you to grow and mature physically and then other rays bombarding you to help you decline and die.

Now, as you have free will, you may protect yourself, as regards this tipping point, for a while but ultimately you must start to decline and die. That is inevitable. But I can assure you that you have nothing to fear from death.

It is just a release from one reality to another, brighter one.

Of course, those who have engaged in negative activities might well find themselves in negative areas after death, but in all reality, it is their own fault, as they should have followed positivity instead of negativity. They only have themselves to blame.

Then there are those who reach the tipping point quicker than their life plan expected them to by bad living, wrong food, wrong drink and a generally unhealthy lifestyle. Lastly, we have those who decline and die through illness and/or accidents. In the case of accidents, the decline part may be skipped and a person, perfectly healthy may suddenly die through an unfortunate accident. I suppose that I should mention murder but, fortunately, murders are relatively rare.

So, each and every person, every animal, and indeed, every mineral has a life expectancy and the forces I mentioned above follow the life plan that everything has and does its best to allow the entity to live its life according to its life plan.

When you consider this, it is an amazing concept. It implies, for instance, that before you were born, the length of your incarnation was already decided, partly by you but also with the guides, angels and helpers that were with you prior to your appearance on Earth. This applies to all things, no matter what they are.

There is more to this than just forces playing on you from the 4th. It is true that these forces are entering your auras but they are only accepted by you to the degree that your life plan has decided that they should be accepted.

It is your life plan that permits each of these four above-mentioned forces to act upon your body, either helping it to grow or helping it to decline and, finally, die.

It is a two-way operation. One part is that the four forces governing birth, growth, decline and death are constantly being sent to you, all four of them, but the second factor is that your life plan is only allowing one of these forces at a time to be accepted into your body.

Thus, you are either being born, are growing, are declining or finally dying.

This is happening all over the planet, to everything as we described earlier.

The Mayfly might complete its cycle in a few hours, but a Galaxy would take an incalculable amount of time to complete its cycle of birth, growth, decline and death.

But please remember that all is one and what happens to a Mayfly must happen to you and to everyone and even to a Galaxy. All is one. The time taken is irrelevant.

It is the sequence of events that is important.

While we are talking about this four-fold action, I would like to break off and say that this only applies to the physical body. Behind the scenes is the spirit, which is the real you and once incarnation finished, can assume its place in the 4th again. In fact, it never left the 4th.

So, I would like to address what happens to babies that die at birth or before.

The little baby is a physical entity and is animated by the spirit - the true person pulling the strings, so to speak.

That baby may die at birth or before birth. But it is important to realise that the spiritual being that was going to incarnate with that baby, is a grown man or woman.

The spiritual force that has volunteered to oversee the physical baby and watch it grow to adulthood is, himself or herself a grown, adult person.

Therefore, when babies or young people die in physicality, the spirit that returns to the 4th is not a baby or young boy or girl, it is an adult.

Before I continue, I had better clarify something. The spiritual force (the real you) that animates the physical body is, in a way, in two places at once. He, by and large, remains

in the 4th but at the same time he needs to be connected to physicality in order to deal with all that goes on in the physical world. So, he is linked to two dimensions at the same time, which incidentally is one of the reasons why telepathy between someone in the 4th and someone in the sixth works.

The point is, however, that when a physical body dies, the person is liberated to return all his attention back to the 4th.

Let us return to how the area we mentioned connected to health in the 4th aids people in the sixth.

We mentioned, and it is important to take note of this, there are four phases to physical life; birth, growth, decline and death.

We also mentioned that the length of the incarnation was determined before birth.

This might sound a bit scary, to know that you are condemned to death even before your life begins but there are a number of ways of looking at this. Most people live as if they are going to live forever and are terrified by the thoughts of death. It is the unknown that frightens them and we hope for those who follow our teachings and realise that the afterlife is, generally, much better than incarnation, death has no sting. One should look forward to liberation from incarnation.

Also, everyone should realise that physical life must and will, end one day. Few people know exactly when, because they are not advanced spiritually enough to link with that point of their higher self that contains that information.

But another way of looking at incarnation is a prison sentence, or a period in the military - which is perhaps a better analogy.

The point is that if one is connected to a period of imprisonment, or if one signs up for military service, it is for a fixed period of time and from the moment of entering that lifestyle, the clock ticks down to the day of liberation. Most people have a fixed term attached to whatever alternative lifestyle they become involved with; military or prison, and most people are glad to be liberated.

Heaven, or the 4th dimension, compared to incarnation, can well be likened to freedom from a prison sentence or a military term.

The vast majority of people, once they realise that their incarnation has finished, are glad to be back home in the heavenly spheres. There are, of course, a few people who are concerned about their loved ones that they left behind, but are soon reassured that they will meet them again when their incarnations finish.

Then, unfortunately, there are the few who led lives of sin and have to repay for their sins by time in the correctional areas that you call hell. These dark areas are, unfortunately, necessary until the person repents for the harm he/she caused, because they do not have the spiritual light to enter the higher realms of light where all good people live: Summerland for example. However, all is not lost, because the sin filled person can repent what he did and then start to incorporate the light of the higher frequencies into his being and gradually leave the dark areas and ascend to the light filled areas, where we all live. It is up to the person to regret what he did and wish that he hadn't. Then he forgives himself and draws spiritual light towards him.

That is the way life works in the 4th.

But the point of this chapter was to point out that in incarnation you have permanently four rays shining on you that assist in birth, growth, decline and death.

Your body automatically accepts or rejects one of these rays as you grow.

The only thing that can interrupt this process is illness, accident, suicide or murder.

In which case, if it is terminal, the 'death' ray is accepted and the person decides to die and allow his spirit to rise to heaven.

I hope that you have understood this chapter and realise that your body is being constantly monitored by an area in the 4th that is sending you these rays, and watching you as you accept them, one after another, until, finally, you reach the point where you accept the fourth ray into you and your body ceases to function as your spirit leaves it.

It is all a natural process and applies to all living things - which is virtually everything; minerals, flora, fauna and humans.

This process has been in operation ever since the world was made and will continue until incarnation is no longer necessary.

CHAPTER 13 - THE CAUSE OF AGGRESSION

You may have noticed that some people are aggressive and some people are not. That is not to say that non-aggressive people can't get angry, they can. But there are a number of people who are constantly on the border between peace and aggressivity and the slightest thing can upset them and cause them to react violently, either verbally or physically.

Science has studied this phenomenon for quite a long time, using experiments on rats in laboratories and also on humans.

Often the rats are killed and their brains dissected - an act to which we are vehemently opposed for obvious reasons.

Fortunately, experiments on humans stop short of killing them, although we will say that this has occurred in the past and is still performed, in secret, in certain countries and on certain classes of people: prisoners of war, prisoners in concentration camps, and in more modern times, inmates in prisons.

We will also add, as we hope this chapter will reveal, it is still being carried out on a vast scale on huge populations, without harming the victims of the experiments.

Science has revealed, that aggressiveness can be linked to the food people eat.

Basically, it has been revealed that, according to one's diet, brain functions alter and one's reactions to stimuli can be modified.

It has been revealed that those who eat so-called junk food, containing too much sugar and too much harmful oils, can have an effect on the level of aggressiveness of a person and modifies the degree of stimulus it takes for a person to become angry.

Then it has been noticed that people eating a vegetarian diet, containing mostly fresh vegetables, fresh fruit, nuts and legumes, tend to be naturally more peaceful and it takes much greater stimuli for them to become angry and even more stimulus to make them become aggressive.

Now, it doesn't take much of a stretch of thinking to link this to the fight/flight process.

So, one type of diet can lead to an increase in the fight symptoms, another diet might lead to an increase in the flight syndrome - to avoid conflict as much as possible.

But there is a third syndrome that we would like to introduce and that is the refusal to fight, the refusal to flee and a decision to stand and allow the actions of those being aggressive to unfold as the aggressive person desires, almost as if he was a spectator to the scene unfolding rather than a participant.

We might call this 'passivity'

So now we have three options; fight, flight and passivity.

We must say that in the animal kingdoms, passivity is somewhat rare. It does exist, but generally, when animals are faced with a situation fight or flight kicks in.

We will also say that most humans when faced with the same situation, would resort to fight or flight. But there are an increasing number who are adopting passivity.

The most well-known person who demonstrated this was the figure known as Jesus.

No matter what the truth was concerning his death, the Biblical representation is of a man who refused fight/flight and resorted to passivity, no matter what his body went through, as if he and his body were remote objects.

Now, we are going to examine this threefold reaction, if one may thus put it, to a problem, an attack either verbal or physical.

But we are going to examine it from the perspective of the 4th dimension because, as you may have surmised, whatever happens on Earth, has its mirror in the 4th.

The 4th is closely connected to so-called physicality and we will now explain this connection.

Although you may think that you are firmly entrenched in physicality, in fact, as you should know by now, your physical body is only a puppet operated by your spirit, like a puppeteer in a Punch and Judy show, as we have explained in another chapter.

Now, the thing is, where is this spirit which is the real you?

It is not contained in your body, as we have explained using the example of slicing an onion and failing to find the spirit contained within the onion.

Therefore, the spirit is an invisible force, associated with the physical body and not only able to make one's arms and legs move but also operate the brain to talk.

All the rest, including largely the operation of the eyes and ears, is contained in something we call your spirit.

The question is, where is the spirit? It cannot be in dimensions one and two. Dimension three is blank. Dimension six is physicality. Dimensions seven and eight are where we all came from.

So that leaves dimensions four and five.

Dimension five, we have explained elsewhere, is connected to higher self and the bits and pieces that make a complete human. We ignore the animal and plant kingdoms in this discussion.

So that only leaves the 4th dimension.

You were in the 4th before you incarnated and you will return to the 4th when your incarnation ends. But, for the moment, you are in the 6th dimension but your spirit has to be in the 4th because that is the only dimension that it can be in.

However, your spirit, from the 4th dimension, is overseeing your body in the 6th.

Your body needs to eat, drink, have all of its bodily functions, move, talk and so on.

All that, is controlled by you - and for all life - from the 4th, by sending information from the 4th to your body in the 6th.

Actually, if we were perfectly honest, it is not quite as simple as that, as your body and all you see in your dimension is illusion but this is not the moment to discuss this. We will explain all that another time.

So, let us imagine that you have a physical body, on a physical planet and that you are having physical experiences and interactions with other physical people.

Let us imagine that this is all real.

But the fact that you are connected to the 4th dimension somewhat alters the picture.

The fact of the matter is that, from the 4th, you direct your body in the 6th. There is a direct connection by a cord, if we may call it that, that allows information to pass in a two-way flow between your spiritual body that is in the 4th and your physical body that is in the 6th.

This cord connects, shortly before or at the moment of your birth, and remains connected until your physical body dies, at which point the cord withdraws and you are released from incarnation.

This cord carries your Earthly segment of spirit down what is called the tunnel of light into the 6th and joins with your spirit in the 4th.

Now, this is interesting because, although the real you is in the 4th, a part of you is connected to your physicality, and the cord I mentioned is not directly connected to your physical body, but is connected to the spirit part of you that is in the sixth.

However, I have got off the subject of aggressivity which is the subject of this chapter.

I do this deliberately, so as to give you information that you probably do not know.

So, I will repeat once more to make it perfectly clear. You remain in the 4th, but at the moment of your birth, a cord is created. This cord is connected at one end to you in the 4th but, and this is the bit of new information, is connected to a part of your spirit, which reaches down from the 4th to your body in the 6th

So, all the time that you are in incarnation, the major part of you is in the 4th but at the physical end of the cord, it is attached to a part of your spirit which itself is connected to your body. It enables information from you in the 4th to animate your body in the 6th.

Now let us return to aggressivity.

As we stated earlier, people tend to follow one of three paths through life: fight/flight or passivity.

Passivity was a somewhat rare phenomenon until fairly recently but as more people are incarnating with that aspect dominant in them, this will become more and more noticeable in the future, as the fight/flight people's incarnations end and they are replaced with passive people.

So, we have given a clue here to why aggressive people exist at the moment.

There are in the 4th, all sorts of people.

Please don't think that all is peace and light in the 4th. It isn't.

Everyone has free will and there are a large number of people with diverse views.

So, in the 4th, there are a considerable number of people who are aggressive.

They are kept apart from peaceful people, due to a difference in vibrational frequency, so we peaceful people don't mix with them, but they are there in their own area.

When it comes to incarnation, all sorts of people volunteer.

They might be kind, gentle people, they might be psychopaths or they might be what we call aggressive people.

These aggressive people can be a nuisance, as they tend to be drawn either to the military or to be prison guards or the police forces.

Once in uniform and protected by a badge, they can exercise their aggressivity without being challenged.

Now, the interesting thing is that there is fight/flight.

Animals tend to display this according to their species. A fox might appear aggressive as it hunts but a rabbit would tend to exhibit the flight aspect and only use fight if trying to defend its life.

But with aggressive people, the two aspects come together.

Aggressive people tend to be cowards, by which I imply that flight is the predominant aspect of their personalities.

However, if they are protected by a uniform, a badge, a gun and a hierarchy of people higher than them protecting them, the fight aspect comes to the fore and only dissipates into flight if they overstep the mark of their authority and are exposed. Then flight kicks in and they try to hide behind their badge and hope that those higher up will protect them. So, you will find that aggressive people, particularly those in positions of authority, are basically cowards, who chose to incarnate in order to be able to boss people around and exercise power.

In the past and up to the present, there are huge numbers of people who incarnated and still incarnate, in order to give free rein to their aggressive natures.

Not only the uniform wearing individuals I mentioned earlier, but politicians and judges also.

I should say that not all people who are in positions of authority are aggressive by nature, but many are.

So, just to repeat and explain once more this chapter in which I chose to explain why so many people are harassed by these bullies.

In the 4th there are a number of people who choose to follow the path of aggressivity.

A large number of these are eager to incarnate to Earth, in order to give free rein to their aggressivity.

Incarnation is the only plane where they can fully express this attitude.

So, once in incarnation, they tend to isolate themselves from the general public, either by joining one of the uniformed services as I explained earlier, or to become a politician or a judge.

Any occupation that allows them to be in a position to dictate to others what to do, whilst being protected by some authority, attracts them because, basically, they are cowards and to hide from attack by the public, they use their badge of authority to justify their actions. Now, we may sound a bit harsh, constantly saying that they are cowards and bullies, because not all figures of authority are like that, but it is fair to say that the vast majority of authority figures fall into that category.

Obviously, these people - policemen, soldiers, judges and all the others in authority - are necessary to a certain degree to protect the public, but that does not alter the fact that their basic personality are cowards, bullies and aggressive people.

We look forward to the day that all people are passive and crime will stop. Then these people will have no excuse to incarnate and they can stay in their own portion of the 4th.

We would like, before we end this chapter, to expand on something that we mentioned at the beginning of this chapter.

We mentioned that experiments are being conducted on a huge scale all over the world, without the majority of the population being aware.

What are we referring to?

Well, long ago, life went through a terrible phase.

African people were captured in large numbers and transported into slavery.

Slavery came in a number of facets.

It was common, if there was a war, for prisoners of war to be turned into slaves. This started long ago in many countries, both European and Eastern.

Forced labor was the normal fate for any prisoner of war.

At the same time, forced labor was the fate of anyone convicted of a crime.

In some countries, forced labor is still the fate of convicts.

The point we are making, is that for various reasons, people's rights to freedom were and are being eroded. Freedom is the right of all people. Yet, how many people today could honestly say that they are free? Totally free.

In virtually all countries, anywhere in the world, the vast majority of people have only a limited freedom. Most people have to comply with being forced to respect a plethora of laws, rules and regulations and anyone who deviates from these laws is subject to arrest and possibly incarceration.

The sad thing is that people's freedoms are being eroded on a daily basis.

The strange thing is that people become used to having their rights eroded and don't even realise that it is happening.

This, of course, is fuel for all the aggressive people who incarnate and join the 'bully brigade', if you will excuse me for using such a childish phrase. It is childish but apt, because that is exactly what it is.

Before I continue, I feel that I should mention one more thing.

Those who study the dreadful and repulsive slavery issue, are sometimes under the impression that when slavery first started, the average European was free. This was not the case at all.

Generally, the average person was a serf. Serfdom was just another form of slavery. A serf was anyone born in a village that was owned by a squire. The serf was the property of the lord of the manor and had virtually no rights. Women were treated the same as men and the squire could do what he desired with and to them.

Serfdom continued for a long time, depending on the country and was only brought to a close worldwide at the end of the 19th century.

So, it is safe to say that serfdom, as it would be recognized generally, started at least as early as slavery, was as cruel and heartless as slavery and actually ended at least at the same time as slavery and possibly even later in some countries.

Freedom has never been a general state... ever!

Enforcing serfdom and slavery were the same types of people who, today, become policemen, soldiers, judges and all the dictatorial sorts of people who exercise power and authority over ordinary people.

Now we come to modern times. At the time of writing this chapter, there is an illness, a pandemic, sweeping across the world.

This has provided an ideal scenario for politicians to restrict people's freedoms even more.

Once again, we are not complaining, because some of these rules have been introduced in an attempt to stop the disease from spreading, although we will say that if one were to link the loss of freedom to the number of lives saved, there would be a poor correlation.

What will be interesting to see, will be whether, once the virus withdraws, freedoms will be reinstated again or if freedom remains more restricted than before.

So, I think that I have said enough to explain that there is, in the 4th, a group of people who are basically cowards and who have, over a fairly long period of Earth's history, incarnated in order to exercise their fight/flight powers over gentle people. These people we call aggressive. We could also call them cowards, bullies and not very nice people.

Finally, we will say, that as more and more people incarnate with passivity upmost in their personality and as crimes are eradicated, so there will be no need for these bullies and so they will no longer incarnate.

Then will all people live in peace together.

That is the end of this chapter that was somewhat strange, but I felt it was necessary to include in order for people to understand where slavery, serfdom and all other control systems came from.

CHAPTER 14 - THE WAY WE MOVE ALONG THE PATH

If one considers life in incarnation, apart from those who have their lives foreshortened, life is intended to follow the four phases that we have already discussed: birth, growth, decline and death.

So, depending on your physical age, you will be influenced by one of two rays that are shining on you, either growth or decline, depending on your physical age.

We mentioned elsewhere that there are, permanently, four rays shining on you corresponding to the four rays of birth, growth, decline and death.

But two of the rays, birth and death, do not have much power attached to them because (a) the birth ray, as you have already been born, obviously and (b) and the death ray, because if you were dying you would not be reading this chapter.

So, it is the middle two rays that interest us and we can say with reasonable certitude, that the changeover point between the end of growth and the start of decline occurs at about the age of 49 or possibly 50 years old.

This is a generalization, but many people start to notice a difference as they move into their 50's. At first the decline is not noticeable but as the years pass, so the downward slope becomes more marked. Eventually, of course, each one of us passes from decline into the death ray. This phase can last for many years, because some people die relatively young and some cling to life until a very advanced age.

Perhaps I should mention that, in the Bible it is noted that certain people lived for many hundreds of years. I can tell you that this is fabrication. I have never heard of anyone living for a great number of years in incarnation.

However, there have been cases of individuals living to well over 100 years, but if we consider that the changeover point occurs at between 49 and 50 years of age, one would reasonably expect the last phase lasts no more than a further 50 years, at a maximum.

So, maximum life duration in incarnation would not last beyond 100 years.

As you may know, the average person throws in the towel long before that age.

But let us return to the subject of this chapter, which is about the path that life takes and how we move along it.

Now, we said at the beginning of this book that we would be drawing various subjects together. Subjects that we have mentioned in other books but that we wanted to bring together in this book so that people (students) could easily find, without having to scour book after book, in order to obtain the relevant information.

Therefore, logically, we would start at the point where we are embryo spirits, in what we call the kindergarten phase, through the long cycle that takes us through incarnation (if we have one) and on until we join with the Godhead, which is actually where we started.

But those who have studied all this would find such a repetitive chapter rather boring, so what I want to do is look at all that from a different angle.

The wonderful thing about life, is that there are a multitude of diverse functions to life, rather like the spokes of a wheel and each spoke is as valid as the others.

So, as we have mentioned before, we can start at any point and eventually we will turn full circle, until we join the point we left. So, we will choose a point that we have not talked about before and see where it leads us.

We are going to ask you to imagine that you had no body.

Now, the physical plane, which is where you currently are, is full of physical things, including you.

At the risk of overstating the subject, everything you can see and even many things that you cannot see, such as air, has a physical component, otherwise air would not blow things about. Also, I may add, air is quite heavy. You can demonstrate this by picking up a relatively large object such as an air-filled boat or a tractor tire, when they are empty of air and you will be able to lift them without too much effort. But once filled with air, there is a considerable difference. So, air has mass (weight) which is why a hurricane can cause enormous damage.

The point is, that everything in your physicality seems not only physical, in that you can see it, touch it and so on, but usually has mass of some sort.

Now, we know that many people are confused about the term mass, but generally speaking, mass and weight are close enough together, that they mean the same thing.

So, for non-scientific people, we prefer to use the word weight.

For the more scientific among you, you can work out the relationship between weight and mass in any object we describe, for yourselves. We like to keep things simple and if a sledgehammer drops on your toes, whether it has mass or weight, you will hop about clutching your bruised toes just the same. Pain doesn't care about the mass/weight argument. A bruised foot hurts and that, perhaps, is the important point.

Now, as usual, we got sidetracked, or rather I did, as it is me that is writing this chapter and I do tend to allow my mind to wander from the strict description of the subject we are discussing. Sometimes it is helpful to describe things that might be new to you and sometimes it is to lighten the tone of our discussion.

Although these are textbooks containing lots of spiritual information, I prefer to keep them light, with moving subjects, rather than just writing the dry textbooks that you may remember from your school days, books that few people would have read for pleasure.

Before my demise, I spent virtually all my entire life educating young people and I quickly learnt that education does not have to be as dry as dust.

Education should be fun and so I try to make the chapters I write interesting, if I can.

The image of someone hopping about on one leg, clutching his other foot with a swollen big toe crossed my mind, and although if it actually happened it would not be funny, nevertheless, the image is comical.

So please visualise it as drawn in a comic book, rather than an actual event.

But once again, I digress.

Physicality seems very physical.

But supposing you did not have a body. Supposing nothing that you think existed in physical form, in fact, did exist in physical form.

Would that imply that it did not exist?

Let us go back to the Punch and Judy show that we have mentioned before.

We have described the little glove puppets that delight children.

As you should know by now, Punch and Judy are glove puppets and are animated by the hand(s) and of the puppet master. It is his/her hands animating the puppets that make them come to life. But once the puppet master withdraws his hands from the gloves, they

become lifeless but the hands still live. The hands can go on to perform other acts quite independent from the puppets.

In physical life, imagine that all plants, animals and humans, could lay down their bodies and just use their spirits. Would they be able to operate, to create, to achieve anything?

This also implies that planets, suns, and so on would not exist. Atoms would not exist, but could life in pure spirit form exist in the sixth dimension without there being any form of physicality?

What do you think the answer would be?

Could there be any form of interaction between people, animals, plants? Could there be any concept of life in the 6th without there being physicality?

This is a question that has exercised the minds of numerous people, both incarnate and discarnate, for a long time.

To some people, it is obvious that life without physicality, at least in the 6th plane, which is supposed to be physical, would be meaningless and thus could not be. In other words, take away the physical part of physicality and there would be nothing left. So, in that scenario, physical life must have physical objects for it all to work, and I think we could all see the merit of that argument.

Then there are others who think that, provided we have imagination, it would be possible to be inanimate and yet imagine physicality.

After all, when we dream, it all seems real, so why could we not use a similar process to dreams and imagine a reality?

We have here two diametrically opposed points of view.

Either physicality has to be physical or we can imagine a sort of physicality. But we can't have both. It must be one or the other.

So, let us look at this question and see if we can find an answer that seems reasonable.

In other works we have given you, we have mentioned that God's archangels were tasked by God to create physicality and they failed. But not wishing to give up, they finally settled on creating in the 6th, which is the plane of the imagination, an area to place life in which we term incarnation and which seems totally real to all of us.

We defy anyone – anyone, who is not non compos mentis that is - to say that physicality is not physical. The hammer dropping on someone's foot proves that.

But, equally, the example of the Punch and Judy puppets and the puppet master's hand proves the opposite.

So, where are we?

I stated that we could not have two ways of life going on at the same time; physicality and non-physicality and yet I gave two examples, both of which seem correct, but which are both diametrically opposed.

The hammer hits the foot and the unfortunate victim hops in pain, and the puppet master withdrawing his hand from the Punch and Judy gloves.

But the strange thing is that in the 6th dimension, that of the imagination, which you refer to as incarnation, it is possible to have both aspects going on at the same time.

The truth of the matter is that incarnation is an illusion but it seems so real that everyone incarnate is convinced that physicality is real.

Before you incarnated, you went through a sort of training, designed for you to accept that physicality was real and at the moment of your birth this training kicked in, and at the same time, your knowledge of where you came from (the 4th) was tucked away in your higher self, so that you only have the concept of physicality left. So, you find yourself alive and convinced that physical life is real.

I will say at this point, that it is important to accept physicality as real or you could create a lot of difficulties for yourself. So, while incarnate, even if you learn that physicality is an illusion, please treat it as real.

But here is the thing. This so-called physicality, complete with your body, your family and friends, your house or apartment and all that makes up your life, is actually an illusion, so well produced that it seems real.

How can this be?

It seems totally illogical to live in a fake reality.

There have been a number of books, films and stories that have explored this theme. In recent times, even quantum mechanics has started to realise that physicality is not real at all, but is an illusion. However, realizing that physicality is an illusion is one thing. What nobody seems to explore is, if physicality is not real, what is going on that creates the illusion?

Let me give an example.

Imagine, as Shakespeare said, 'All the world's a stage.'

Or imagine that the illusionary world is explored in a book.

If we stick with the theatrical example that Shakespeare wrote about, stating that we are all actors just playing roles is all well and good but in the larger picture - physicality as it actually exists - who created it, and more important, what is the reality behind the theatrics?

If we walk off stage as actors do at the end of a performance, where do we find ourselves?

What is the reality or the alternate reality once we are off stage?

As far as I know, no one seems to have an answer to that with the exception of us, if you will excuse us for making such a bold statement.

If physicality is an illusion, what is reality? Is there an area that we can go to if we can shake off this illusion?

We could say that we are just spirits and that we really live in a spirit world in the 4th but somehow that seems a bit weak. There must be more to life than just this illusion created by spirits.

Even if we say that the illusion creator is God and we are aspects of God (which we are), it seems to be a bit of an easy escape and we are missing something.

Let me explain.

If we go back to our concept of, 'All the world's a stage', and if we are actors, once the performance is over, we return to the Green Room, remove our make-up, remove our stage costume, put on our normal clothes and leave the theatre. Then we find ourselves in another world which seems to be totally real - indeed more real - than the theatre we just left.

In our case, if we can move from this so-called incarnation, where is the world we must find, exactly like actors leaving a theatre?

As an actor leaves the theatre and walks out onto the street, he leaves the imaginary world he was involved in on stage, leaves the theatre and he finds himself in a totally different world, which is considered to be real, compared to the imaginary world he was involved with on stage in the theatre.

I should perhaps mention once again that I use the word 'he', but I include women in this investigation.

Also, I am not just referring to actors. I include all those involved with the theatrical production, no matter what role they play; stagehands, set designers, light and sound technicians and the host of behind the scene people that contribute to the performance.

And last but not least I include the audience.

So, within the walls of the theatre, one type of existence is being portrayed, whereas outside of that theatre, a totally different type of world is going on.

Let us explore whether what I have described above has any relevance to reality in our existence.

The first part, the theatrical part, is fairly obvious or at least it is to anyone who has studied the fact that life is an illusion. Such people would readily admit that we live in an illusionary world created by our imaginations and none of it is actually real, above and beyond the fact that as we are involved with this illusion, we must go along with it until our incarnation ends or we can find some method of leaving the illusion.

But the problem is that we cannot leave the illusion, until and unless, we know how and that we know where we are going.

Leaving the illusion, at least for a short while each day, can be achieved through meditation, as we have often explained, but that does not enable us to find the outside world because we don't know where that is or what it looks like.

If I can return for a moment to the theatrical example I gave, it is almost as if we can take off the clothes and makeup we wore on stage, put on some street clothes but cannot find the exit from the theatre and so we just wander round the back stairs and passages of the theatre without ever finding the street exit.

Now we come to the confusing part.

Anyone who has done any amount of serious meditation will know that, sometimes, he can enter Summerland of the 4th dimension and even meet with guides and be allowed to visit the heavenly spheres somewhat.

We are told that this is where we came from and to where we will return after our incarnation ends.

So, is the 4th dimension the equivalent of where we find ourselves after we leave a theatre in the example we used? Is Summerland the equivalent of the street level outside of the theatre?

Those who have spoken to knowledgeable people in the 4th, will have been told that the 4th is also an illusion.

Now, this may seem strange, because we have told you that you will spend all of your time in the 4th, no matter to what heights you rise to, until you finally merge with the God spirit.

So, this implies that all people, even those who reach great heights of spirituality, are living in an illusionary world.

One would think this illogical.

If a person reaches the height that he becomes ready to be an angel, it would seem that the person would be living in a real world but I tell you that the 4th dimension - all of it - is not real. It is as fake as the world that you live in.

This is not to say that one cannot reach high levels of spirituality. One can. But the 4th is based on fiction, not fact.

So where, if anywhere, is reality?

Where is the street level that we mentioned in the example of living in a sort of theatre and leaving it to go out into the street, which is reality?

The unfortunate fact of the matter, is that there is no reality.

Everything is an endless series of fictions, placed one after another.

The only reality comes when one blends with God. God is reality, but what it feels like to merge with God is impossible to say, because until one takes that final step, it is not possible to touch reality.

If I may use the example of a theatre once more, it is as if one moves from theatre to theatre (all the theatres being joined up so to speak) and one can only open the door and leave the final theatre and move into the street, at the instant one takes the final step and one merges with God.

So, just to make the point clear, the only reality is found at the moment when one merges with God.

Then the door between the final theatre and God opens and one leaves the theatre.

But no one could tell you what it is like to merge with God, because the rest of us are still living in illusionary worlds and, once someone leaves illusions and merges with God, he disappears from our illusions. The door closes, so to speak, behind that person and we lose track of the person that merges with God.

The question we might ask is, why should we all be living in illusion?

This is somewhat difficult to explain but it has to do with the fact that we need to grow in spiritual education. Even the most advanced person is still growing in spirituality. So, we are constantly in a school, learning.

Now, if we compare school to real life, I hope that you can see the difference.

I know that not everybody goes to school during their incarnation, but to explain how life works, we have to imagine that one spends all of one's time, millions of years, being educated about spirituality.

This education goes on and on, until one is ready to go to work.

Then, at that moment, one merges with God, and if we can compare this merging with leaving school, one does so and one starts to act as God himself. So, we could call that our job, our work.

I have not explained this very well and I apologise. The point I am trying to make, is that life is an endless series of phases of education. This education lasts for millions of years. Now, I hope that you can realise that school is not the workplace. School prepares us for going to work, but it is not the work area.

So, school is a kind of illusionary place that we go to in order to prepare us to read, write, calculate and learn higher and higher aspects of what the work forums might require of us. But they only ape the work situations. They are an illusion compared to truly going to work.

This is what all of life is about.

We spend a huge amount of time in school, learning about spirituality and it is only when there is nothing more to learn, that we leave school and merge with God.

However, generally speaking, school types of education require of us that we sit at a desk and a teacher instructs us.

Life is not like that.

Life is organised so that we perform theatrical plays. But we do not read a script. We make the words and actions up as we go and the play that we create deals with situations and commentaries by numerous people, all interacting together to create the play.

But, as we create the play, and as we interact with various people, this teaches us how to interact and how to react to the commentaries and actions of others.

Can you understand this?

It is not easy to explain, that all of our long existence is levels of education, but education created by performing theatrical plays. We have no script, no directions or anything that a normal play might have. We create the play together as we react to one another and this reaction becomes our education.

This goes on until we have no more to learn, at which point, we leave the theatre and disappear into reality, leaving the rest of us to continue creating more plays.

So, I will end this chapter here.

I have had to mix education and theatrics together and I have had to mix illusion and reality together in order to create this chapter.

It was not easy to create and I am not convinced that I have done a very good job of explaining. But I have done my best and I can do no more.

I hope that you have understood that education is done by performing endless plays in illusionary theatres, which are also schools and it is only when one merges with God, that we leave these theatres, which are also education establishments.

The purpose of it all is to help us rise to the level of God and thus to merge with God.

CHAPTER 15 - WHICH WAY FORWARD?

In the last chapter I did my best to explain to you that we all live in illusionary worlds. I realise that many of you will find this difficult to accept for a variety of reasons. The first and most obvious reason, is that the physical world that you all live in seems so real, that it is almost inconceivable that it could be an illusion. I used the childish but real example of a hammer falling on the foot of someone and just how painful that experience would be. I would like to remind you all that each and every member of the Great White Brotherhood had an incarnation at one time or another and so experienced the reality of incarnation. Not only did each member experience physical pain occasionally but also experienced the mental or emotional discomfort that physical life can present. So, at the time of their particular incarnation, most of the members thought that incarnation was real, just as many of you think that incarnation is real. This is perfectly understandable. The person who is creating this chapter (me) had an incarnation and I can tell you that I totally believed that physicality was real and I was quite surprised when it was explained to me that it was not real but was a figment of my imagination. I will add that now that I am in Summerland in the 4th dimension, it all seems totally real and came, once more, as a surprise to learn that it is, again, a figment of my imagination. I will add that in the 4th, there are large numbers of people to this day that think that their physical incarnation was real and that now that they are in the 4th, that dimension is real. So, if you believe that life is real, in the sense that physical or emotional experiences are real, you are in good company. Those who cannot accept that all experience is part of an illusion, are not alone and I will not try to convince you otherwise. I did my best in the last chapter to explain that all is illusion until we enter the Godhead but if it fell on stony ground, I have no arguments left to try to convince you differently.

The subject of this chapter is to try to explain the path we take, if and when we can accept that all of life is an illusion, as opposed to the path taken by those who think that life is real, because, depending on what we believe, we follow different paths. Let me try to explain this. Depending on what we believe, we create slightly different realities. The truth is that we do not have any form of physicality, neither in the 6th nor in the 4th. But we do have a sort of reality. It is actually just a point of life. A dot of consciousness, floating in a void of nothingness. How can I explain this so that it makes sense? Can you imagine that all that any of us are, are just tiny singularities of consciousness, floating in an empty void of nothingness. This seems to be pure imagination. However, it is reality. All that you or any of us are, are points of life, whizzing about in nothingness. But there is more to this. Each and every person who is incarnate, is a singularity.

Each person, no matter where he is - and once again I include the feminine - in the 4th is a singularity, whizzing about in nothingness.

So, I would like you to imagine countless millions of singularities, whizzing about in this huge void.

Can you visualise that?

If you can, you are on one path and if you cannot you take another path.

It is starting to get a bit complicated. If I were fully to expand on this notion of singularities and the paths they take, it would get ridiculously complicated, so I will ignore much of it and just keep it simple.

After all, although we like to treat you as mature students of mysticism, we do realise that to some of you this may be new, so we need to introduce topics slowly and carefully. So let us just imagine that you and all people, either incarnate or in the 4th, and in the past, present or future, are just countless singularities in a world of nothingness, many would agree that that is enough to start with.

The statement about singularities in a void whizzing about raises three questions.

1. What is a singularity and what has it to do with you (that is a 4th question, let's call it 1a)?
2. What do we mean by a void?
3. What do we mean by whizzing?

Let us try to answer question 1 and 1a together.

1. A singularity is the smallest particle of life that exists. It is so small, that if looked at under an electron microscope, it would be invisible, as it is smaller than any known and measurable particle.
 - 1a. However, it is of paramount importance, as it contains the life particle (God) and it contains all of the personality, individuality and DNA of any person. Any aspect of any person is contained within this singularity. One singularity for each person.
2. A void. Outside of what you can imagine, nothing exists. Things only become real to you when you learn about them.

Now, this is the hard bit.

One might imagine that as there are countless books, videos, pamphlets and essays explaining a whole variety of topics, whether a person knows about any topic or not, the topic exists. It suffices that one educates oneself about a previously unknown topic and it will be revealed to the person, and this would be true.

However, whilst that topic is unknown to a person, it doesn't exist for that person.

So let us look at the phrase 'doesn't exist'. An open minded person might accept that there are topics that he knows nothing about but would be willing to accept that might exist. But there are huge numbers of people who do not wish to receive new knowledge.

The point I am making, is that everyone has a limit to their knowledge. There is a limit to the number of topics about which he has heard mention. Outside of that knowledge, there is a blank, a void.

In fact, any and all information that each person has, is incorporated within his singularity and outside of that is a void.

This void is not simply a blank in our knowledge, as one might imagine it. It is, in a way, a physical thing. Although singularities are difficult to imagine, they do exist and you -

and I - are singularities. We are whizzing about in this void I mentioned. So, if you exist as a singularity, the place that you exist in, although empty, exists also as a non-existent area. This is a bit difficult to visualise.

We are not used to voids, areas that absolutely nothing exists in. It is not a vacuum. It is a place in which nothing at all exists.

A vacuum exists because it has a name. I will add that a vacuum is not empty. It is full of dark energy. As science knows very little about dark energy, it is usually thought that a vacuum is empty. The void that I am talking about is not that.

The void that I mentioned is a place in which nothing exists.

Everything visual that you think exists, including a vacuum, is just a construct of your imagination, which is part of your singularity. Outside of your singularity, nothing exists... nothing at all.

Words do not exist, at least in any modern language, that describes nothingness. So, we use the word void which, we admit, is a poor description of nothingness.

But let us agree that we all are singularities and that we exist in this void.

I do not wish to labor the point but I have to say that in this void, space and time do not exist. Gravity does not exist.

These words; space, time, gravity, have no meaning in this void, so there are no forces to interact with you as a singularity to prevent you from whizzing about - or not - at unbelievable speeds, travelling, effectively, vast distances instantly.

So, if you are moving or not, there is no means of calculating.

Nothing that you could imagine would have any meaning in a void.

So why do I say that you - and I - are whizzing about?

This is in order to create the world you or I live in.

Because you can move at incredible speed, several times the speed of light, if it could be measured, you can, effectively, be in many places at once.

Now, I have a slight problem here, because to explain what I am going to say next would actually take many pages, so I hope you will forgive me if I just jump to the result of being in several places at once.

Please let me use an analogy.

If you wished to draw something - a cat, a dog, a person - you would need to take a pencil or a crayon, and using a number of strokes, gradually form the image of what you wanted to draw.

Let me use another example.

If you wanted to create the image of something on a computer; a cat, a dog or a human, you would need to create a huge number of pixels and as the dots that make images on a computer screen fly across the screen, gradually the image would build up.

Now, in the case of you, me or anyone who wants to create an image of something; a cat, a dog or a human, our singularity, going so fast, crosses and re-crosses itself and leaves a trace behind.

As the traces build up, they form an image of whatever you want to see; a cat, a dog, a human or anything else.

Anyone who is familiar with creating computer graphics will understand how still or moving images are built up using pixels next to each other in static form or creating moving images.

Your singularity does this in a similar fashion.

But let us think about the computer graphic example, or indeed, drawing something. The image starts in your mind and then appears either on paper or on a computer screen, the image being saved in the hard disk of the computer.

But it starts in your mind, actually, in your imagination.

In a similar fashion, as you whizz about this void, and as you trace images in the void, they start in your imagination.

Now, here is a difficult bit.

Although you may appear to be filling the void with images that you draw with your singularity, in fact the void remains a void and it is your imagination that is creating the pictures.

Thus, in your imagination, you create the world that you see around you. But, you only create what you can see, smell or hear. Anything - anything at all - that you cannot visualise, is not created. Your energy, if I may put it like that, does not waste energy creating images that you don't immediately need. Conservation of energy is paramount.

So if, for example, you are sitting in a room in a house with the door shut, the blinds of the windows drawn, all that you actually create is the room, the furniture and anything else that is part of that room. If there are any smells or noises coming from other areas of the house, you create that also but nothing else exists. Not the rest of the house, not the outside world... nothing! It only gets created if you open the door, open the curtains and look.

This may seem strange but it is so and has been explained at length in other books and at least one video.

I will not explain the strange phenomenon at great length, as I can only really give an overview, an outline in this book.

I mentioned earlier that, depending on what you can accept, you take one of two paths.

So far, all that I have mentioned, applies to all people, regardless of direction.

But we are fast approaching the point where we create a split.

So, we have this singularity whizzing about in a void.

This applies to all people but according to one's ability to accept things or not, our imagination creates images that are definite or not.

By this I mean that, the ability to link with one's imagination, depends on one's ability to create images.

You may think that all people would have the same ability to create images, and to a certain extent this is true. But also, depending on the sort of person we are, if presented with previously unknown concepts, one is able to accept and thus visualise the image to a greater extent, than someone who might have only a limited ability to create new images.

This is a topic that is a bit difficult to describe, so I will try to create a few images that might help.

Let me start by talking about the 'R' word - reincarnation.

We have told you almost ad nauseam that reincarnation has never happened. We come to Earth just once and some people can accept this. We have explained just how the concept came to be and why it is perpetrated and some people can accept these explanations and

thus create the image - if we may describe accepting or rejecting concepts - that reincarnation doesn't happen.

Then, there are those that may listen to our explanations but have already made up their minds to reject them. For those people, reincarnation is a fact and nothing will change it.

Then, if I may give one more example and choosing it out of the blue, there is the question of ancient Egypt and how the magnificent pyramids were constructed and also the beautiful statues and various stone objects that were made - things that modern man, with all his technology, would be hard pushed to replicate today.

We have explained just how all this was done using technology that was available long ago but which has been lost today.

Once again, some people, when they have our explanations before them, can see the logic of it and can thus create the images in their imagination.

Then, of course, there are those - even highly qualified professors of Egyptology - that are convinced that all these marvels were created using primitive bronze chisels and stone balls for hammers.

Despite being shown that ancient Egyptian wonders could not be produced with bronze chisels and slaves pulling blocks of stone about, these people go to their graves convinced that they are right.

So, the images they paint into their imaginations are very different to the images that the first group construct.

We could go on, but we have made the point.

What is important in the examples we gave you, is the effect in the imagination of the different examples.

Now, how does what we have told you all link up?

We have said that we all are points of consciousness - singularities - whizzing about in a void.

This is true but it doesn't really describe what is going on.

The void we mentioned is actually part of our make-up.

Whilst it is true that we are singularities and whilst it is true that, as we whizz around, we create all that we see and all that exists in our world, this void is actually part and totality of what our imagination can create.

Our imagination is locked into this void, rather as a person might be locked in a room.

We cannot go outside of this void.

Now, it is very difficult for me to describe all of this but I will try.

We are tiny life forces, which we call singularities. Within that life force, that singularity, is all that makes us what we are.

In other books we have examined at length what goes on to creating us: our life force, our personality, all of our DNA, both physical and non-physical, our higher self and on and on.

All of that and more is contained within this minuscule point of life we call a singularity.

Outside of that nothing exists. This nothingness we call a void.

But our singularity is not static. It flies at enormous speed around in this void.

Why does it do this?

The reason is that all is vibration and our singularity is subject to this vibration. Vibration by its very concept has to be moving. A vibration cannot be static. So, our singularity, as it vibrates, has to be moving.

Why should our singularity vibrate?

The concept of God is light. Light is made up of vibrations. Light is not static and cannot be. If ever light stopped vibrating and stood still, it would cease to be light. It would be darkness.

But God is not darkness. God is the opposite. God is this light, moving at incredible speed.

So, as our God connection is, in fact, the totality of God, so our God connection is vibrating at the same speed as God.

However, not only are we God vibrating at tremendous speed - far quicker than the speed of light as measured in physicality - but this God force, plus all its other parts, is trying to make sense of the world it finds itself in.

God is perfection. So God may well be vibrating, but it is content to vibrate in its own void, without seeking anything.

It is true that all our experiences are sent to God but God can absorb these experiences without being disturbed.

But we, although we are God, are seeking experiences.

That is why we were created.

So, to find these experiences, we need to seek. That is why we whizz around in this void.

As we do so, we touch areas that cause us to reflect, if I may thus put it.

This next bit will be almost impossible to describe but I will try and leave it up to you to accept or reject.

As we whizz around at breakneck speed, we create images as I explained earlier in this chapter.

These images have a form of life to them so these images impinge on our consciousness, and as they have a life force connected to them and as they, too, are formed by connecting from time to time, so we question what they are, where they come from and what purpose they serve?

This is very difficult to describe because, although I said that we have these images that impinge on our consciousness, at the same time it is our consciousness that creates the images.

I hope that you can see that this is very difficult to explain but I will try to do so by using a very simple example.

Imagine a mirror hanging on a wall. Imagine that the mirror is in an area where there is nothing. Imagine that it is pitch darkness around the mirror. The mirror would reflect nothing.

But now imagine that a light appears and that you stand in front of the mirror. Now the mirror is reflecting you.

If someone else stands in front of the mirror it will reflect that person.

The same thing would apply to anything that the mirror captures.

In a way, what I am trying to explain, is a bit like that mirror.

The mirror only captures what is in front of it. Nothing else that is outside of its field of view is captured. So, as far as the mirror is concerned, nothing outside of its field of view exists.

Your consciousness is a bit like the mirror. We might use the example of a camera. It would be exactly the same.

The point being, that one's consciousness captures what it thinks it is seeing, smelling or hearing and nothing else exists.

With all that explanation, which was short and not completely explained, we have got a bit off topic.

The point of this chapter was to explain the difference between those that can imagine easily and those who cannot.

I left this bit 'til last, because it is the easiest to explain.

As I said at the beginning of this chapter, there are some who will accept that unknown facts might have some relevance and those who will only accept what is obviously true to them.

Now, as our consciousness shines into the dark, so to speak, and illuminates things that might exist, those subjects start to glow and can be recognized by the consciousness.

But for the second group, the light of consciousness does not illuminate the possibility of something existing and so it remains hidden in darkness.

Thus, such people cannot accept what their consciousness cannot see.

This causes a certain amount of turmoil, as the ability to illuminate and to visualise unknown facts is also a measure of intelligence. The more our consciousness can illuminate unknown facts, the higher the degree of intelligence one has.

Conversely, of course, the less one can illuminate these dark corners, the lower one's intelligence.

It is interesting to note that qualifications, fame and honors, has little to do with intelligence.

Most examinations are formulated by people who are not themselves very intelligent and have simply risen through the spheres of fame by learning by rote what others wrote before them and pose their exam questions on what they had learnt.

This information may be true or it may be false. It matters not.

What is important, is that it is accepted as wisdom and thus is taught to the next generation of students.

These students, providing they have a retentive memory, just need to trot out the answers posed in any examination and they will pass with honors, that examination.

I used the examples of professors of Egyptology, who teach that pyramids and statues were all created by people using stone hammers and bronze chisels.

If a student, was asked about how these things were constructed, answered that the pyramids and statues were created using primitive tools, his answer is accepted.

If, however, he had the knowledge that we give you concerning the advanced technology that was used, anti-gravity and so on, he would receive zero marks, despite his answer being the right one.

Equally, a student doctor, if he wrote the things we tell you concerning atoms or molecules of oxygen, hydrogen and so on, would be laughed off the campus despite, once again, presenting the truth.

Perhaps, one day these truths will become accepted, but for the moment falsehoods are accepted and truth is considered to be false knowledge.

So, I hope that you can see that we have two clear parts to any knowledge.

We have a clear demarcation line. One either believes old information, whether it be true or false and ignores or rejects any new, previously unknown knowledge or one has an open mind and one at least is willing to consider new information.

However, it is fair to say that information - all information, both old and new - should be carefully considered for that grain of truth that makes it acceptable.

To quote an old saying, 'We should have an open mind but not so open that our brains fall out!'

We have been charged with revealing truth to you and every one of the tens of thousands of words we have written, every one of the concepts we have explained is true, as far as us in the Great White Brotherhood and all our highly intelligent and highly knowledgeable members, plus angels and archangels, are concerned.

But we will also say this, and this is the point that this chapter is making. For all people who read our books, much of it is new and strange.

There are those who may be at first a bit confused by what we say but are willing to read, assimilate and mull over this new information.

Then there are those who reject out of hand any new information and that is the end of that.

Many careers have been ruined by this latter group, who did not want to let into their sacred temples, so to speak, any black sheep or certainly no one who questioned the old paradigms.

I will say, that even in the 4th, there are those who refuse to accept new information and they are kept apart from those who are willing because, at the end of the day, people vibrate at different frequencies.

So, in the 4th, we have two distinct groups.

1. Those who can accept, at least in theory, new and strange information and concepts.
2. Those who just refuse to consider new and strange information and concepts.

They are kept apart by vibrating at different frequencies.

Now, incarnation is a melting pot and both sorts are mixed together. But this difference of frequency still applies, which is why one group - usually the people least willing to accept truth - are so often in power, having assimilated old and false information and will do all they can to eliminate those speaking truth.

This happens in most fields, whether it be religion, the arts, the sciences, the military, politics and any discipline one cares to think about.

Free thinking people have been persecuted for centuries and still are to this day.

This is quite simply because of difference of frequency.

Closed minded people vibrate at one frequency and open minded people vibrate at a different, slightly higher frequency.

In the 4th, one group is invisible to the other.

In incarnation, if the two groups are kept apart, they would be invisible - unknown - to each other but if they tried to share the same space, one group would do its best to eliminate the other.

In modern times, it is done by ridicule, banning the open minded group, withdrawing funding for projects, etc.

In olden times, it was not unknown for the first group to assassinate the second group.

The story of the crucifixion of Jesus for spreading Buddhist teachings is a classic example.

The stories of the Crusaders killing Muslims is another and the stories of Muslims destroying Christians is yet another.

Then, of course, we have the terrible acts caused by catholics and protestants, or vice versa, in the days of Henry VIII, Mary Tudor and Elizabeth the first.

We could go on and on and although, sometimes, other factors come into play, it all boils down to one group who are unwilling to accept new facts, destroying those who can accept them.

It is this difference in frequency that causes an unenfranchiseable barrier.

However, ascension is coming into play. This implies that there are more people with open minds already incarnate and there will be more people incarnating with open minds. Equally, the closed-minded group will die off, so the net result will be that truth will be accepted.

This will be a good thing, as obvious truth will appear in library books and in curricula.

Eventually, people will look back and laugh at the times we are currently going through, where highly qualified professors' degrees were obtained in accepting and teaching nonsense, but we are not there yet.

This raises problems for students who are in schools and universities being taught lies and yet follow our teachings and thus know the truth.

What advice can we give you?

It would be wrong to advise you to answer examination questions with the knowledge we give you and yet it is difficult for us to tell you to answer examination questions with false information.

But, in all honesty, I must advise you to pass your examinations with whatever means you have at your disposition. You follow education to pass examinations.

That is what schools and universities exist for - to enable you to pass examinations.

I spent most of my life in education, first as a student and later as a teacher, so I know what I am talking about.

Fortunately, the disciplines I was involved with, first English and, later, acting, did not involve false teaching very much, so I was not involved in teaching falsehoods.

But many disciplines, especially history and archeology are steeped in untruth.

For such students, my advice is to trot out in examinations the stuff you are taught, whether it be true or false. That way you will pass your examinations.

Secretly, if you want to learn what we teach you, although much of it differs from accepted education, please do so but keep it to yourself.

Only share your true knowledge with people you trust and who want to learn the truth.

'Do not cast pearls before swine, as they will surely turn and bite you', as the master Jesus said - and he knew what he was talking about, as the priests of his area turned on him and did their best to destroy him. His teachings are still being denied to this day in the name of religion.

I wanted to explain in this chapter why open or closed minded people follow separate paths and I hope that I have succeeded.

It is basically because of having one frequency or another.

This results in following one path or another and is up to each one of us to choose which path we wish to follow.

I will stop this chapter here as I have explained enough.

CHAPTER 16 - THE PROGRESS OF MAN?

This chapter will be a bit of a change because we are going to discuss the way that life on Earth has progressed over the years.

We will ignore the very early days when God's archangels experimented with the elements of earth; water, rocks, plants, animals and so on, and finally hit on the idea of flesh and blood humans.

This took a surprisingly long time as it was not easy to invent systems based on flesh/blood and DNA.

Animals were eventually based on flesh and blood but were, at first, simple creatures and then worked up to lizards (dinosaurs) and various other creatures. Then the bright idea of inventing mammals was thought of, the lizards were allowed to die out and life really kicked off.

Inventing mammals was the key to success as, from that concept, man could incarnate.

So, after an extremely long period of time in Earth years, man was introduced.

I know that incarnation of man to Earth has been mentioned many times but there is an aspect of this that I would like to explore, that I don't think has been mentioned before.

What I would like to explain is how the various dimensions or auras cling to man.

What does this mean?

You know, or should do, that you have a number of auras attached to chakra points and these chakra points feed information from various areas in the 4th, 5th and 6th dimensions into your body.

The question is why should this be? What purpose do they serve, and more importantly, how do they get manipulated by humans as they are accepted into the body and life plan of an individual.

Let us look at the way the different auras come to man.

All life is the same, which means that all is one.

There is only one life force and only one God. God, being the creator of life, created only one life and he gave that life - which we can imagine as a singularity - into the hands of his trusted archangels.

From there, the archangels constructed the concept of creating multiple objects; rocks and stones, plants, animals and humans.

They were all made from this one life force, this singularity that God gave them.

It was obvious to these archangels that in order to create all the life forms that I mentioned above, a number of aspects of personality, ego, survival instinct (in incarnation) and so on were necessary.

But the problem was how to install all these various and diverse aspects into all life and especially man.

So, in a select number of auras or dimensions - noticeably the 5th and 6th dimensions - the archangels created all the concepts that were told to you in a previous book, 'Linking with the 4th Dimension'. All the various aspects that you can call upon to modify your personalities.

But they need to have the means of allowing you to contact these personality aspects and so a series of connecting points were attributed to bodies. We call these connecting points chakras and all life has exactly the same number - eight in all.

It may be difficult to imagine that a grain of sand has eight chakra points or that a plant or indeed a mouse has them, but it is so. All is one.

Now, these chakra points vibrate and this vibration transmits out to the non-physical cosmos and, under the will of the person or object reaching out, can connect to an aspect of personality that corresponds to the vibrational frequency of that chakra.

The lowest chakra vibrates to a fairly low-frequency and draws - if the owner of the chakra so desires - an emotion of low-quality to him.

Gradually, each chakra point is of a higher frequency and draws more noble emotions to the person, animal, plant or stone, as the person or object requires.

Finally, the 8th chakra draws noble thoughts to, mainly, humans.

Now, it must be obvious that stones, rocks, mountains, plants and even animals do not make much use of these chakras, but they have them and could use them if they wanted to.

In reality it is mainly man that uses the majority of the chakras and draws (and sends) emotions, by vibrations, to and from the emotion centers contained in either the 5th or the 6th dimension.

The information travels back and forth in a manner similar to a telephone system.

So, it is in this manner that information which comes in the form of emotions, are transmitted back and forth from a dimension to a person.

The person sends out a request for an emotion and the emotion centre sends that particular emotion down to the chakra corresponding to that emotion.

Now, let us go back to the concept of a singularity whizzing about in a void that activates your imagination and through that you create all that you see, feel and smell around you.

You have the five senses for that and yet you have more, because you also have discernment.

For instance, if you smell a rose, most people would agree that it smells pleasant.

If you smell garbage, you might agree that it smells unpleasant.

If you see something nice, a rose garden for instance, you will find it pleasant but if you see a rotting corpse, it would look unpleasant.

That is what I mean by discernment.

If all you are is a singularity, a point of life just whizzing aimlessly around in nothingness, where on earth do all the feelings, pleasure and pain, nice feelings and nasty ones, where do they come from and why should they be experienced as nice or nasty?

After all, if the singularity, which is both you and God, create all these emotions, why should you react to them with pleasure or disgust? God creates all things so even a rotting corpse is God taking the form of a rotting corpse, so that, too, must be holy.

Should not all holy things be nice? Does God care what form he takes, a rose garden or a garbage dump? It is all God, so why should we like one and abhor another, especially when flies, for instance, which are God pretending to be a fly, seem to love rotting things?

It is this concept of discernment that I wish to explain, to the best of my abilities.

We are all God and don't all God made things - that have the totality of God associated with them - by their very nature, appear holy and thus, logically, pleasant?

You may have seen a cat or a dog come across the droppings of another animal and they will stop and smell it with interest. They obviously gain knowledge about the animal that made the droppings but the smell doesn't disgust them. Far from it!

They seem to ignore the sight and smell of these droppings and concentrate on the information they hope to glean from them.

Yet how many normal humans would stop to examine droppings?

Most people would carefully avoid any such droppings - especially trying not to walk in them.

Again, have you seen a dog eat horse droppings? If you live in a city where there are few horses perhaps not but those who live close to horses and have dogs will be aware that dogs will sometimes eat horse droppings.

So there seems to be a large difference between humans and some animals as far as discernment is concerned.

When one considers how sensitive a dog's olfactory sense is compared to a human's, this makes this difference even more remarkable.

So, discernment seems largely to be a human thing.

Now, what has all this got to do with the way human life has progressed over time?

In simple terms, we could say that we spend more time now washing ourselves than cavemen did and we are more finicky as to the things we eat and the quality of the water we drink, but one feels that there has to be more to man's progress than just that.

What, if I may ask such a stupid question, are the differences between modern man and cave people?

I would like, please, for you to think about this as a serious question and try to come up with a few differences before reading the rest of this chapter.

I won't straight away reveal my list of differences because I want you to think carefully first.

Let us try to make this a serious project.

I would like you to try to make a list of the main differences between cave people and modern man. I include cave and modern women in this assessment obviously.

Let us at least try to look back in time and follow the life of a typical caveman, which we can do by linking to the akashic record.

I mentioned caveman because even long ago, cave women were protected by their men folk and remained, as far as possible, in the caves or shelters that were chosen as home, so to speak.

Since the very beginning, when human life forms were placed in incarnation, shelter was important. Shelter from inclement weather. Shelter, especially at night, from predatory animals and from war faring tribes.

When you think about it, many animals find or construct shelters.

It is only large and/or herd animals that do not hide away during their sleep periods, day or night, depending on the species.

But before we consider the life of a caveman incarnate on Earth, may we see the life they led in the 4th before incarnation.

This is interesting because, one might have difficulty in visualizing primitive people wandering about in the Heavenly spheres, having no language except grunts and having very little intelligence. In fact, a sort of copy of the image of a typically primitive man of long ago.

But primitive man in the 4th was not primitive at all.

He was remarkably mature and not very dissimilar to modern man in the 4th.

The reason for this is that all people spend a long time in the 7th dimension and during that time they receive an education from angels. There were some human teachers at that time but angels were also involved in educating and pushing along humanity.

So, these cave people were very much like you and quite as knowledgeable as any of you are.

Once again, just like you, they were given the choice of either incarnating to Earth or staying in the 4th.

Some chose incarnation and some chose to stay in the 4th and many of these have now progressed to become human angels.

So, you can see that early man was not primitive at all while in the 4th.

But once the decision to incarnate was taken, a problem arose, because there was no infrastructure on Earth at that time.

There were no towns or cities. No roads, no shops... nothing.

Planet Earth was very much like remote areas of earth are today, whether it be remote parts of Africa, Australia or even the polar regions.

Imagine those areas before any form of civilization was introduced and imagine how the inhabitants of those areas lived.

That, obviously, was how all of planet Earth was.

By the way, as an aside, may I say that the stories told by historians, archaeologists and so on as to the origins of man, how he was mysteriously created in Africa and spread to the rest of the world, is pure speculation.

Various small groups of early humans were introduced into various parts of the planet and left to survive or not.

God's archangels - the Directors of Life - we're responsible for placing these groups.

Let me also explain how this was done.

All things found on Earth were created and placed there by archangels. Indeed, planet earth herself was a creation by these archangels.

The way it was done is as follows.

Into the carrier waves 8 and then 7, the archangels constructed, in astral form, planets. This was done by them using their imaginations and visualizing what sorts of planets they wanted, first in the 8th dimension and then in the 7th (which was a carbon copy of that found in the 8th). It was done using a sort of copy/paste as you might do in a computer.

When it came to doing the same in the 6th, they used the copy/paste process once more and created, in astral form, a copy that originated in the 8th.

We have told you before that planet Earth is not really physical. It is astral and just seems physical to you, because you accept that it is physical.

In the 8th and 7th dimensions (or carrier waves), humans and animals were created in astral form by these archangels - the Directors of Life - and once the decision was taken to place them in the 6th, they were moved, in astral form, from the 7th to the 6th. It is all astral.

Your so-called physical body is astral. It just seems physical to you because you have agreed to think that it is physical.

In fact, it is not even that. It is an illusion that you think is real.

But don't let us get too confusing.

The point is that the archangels placed in various parts of this planet we call Earth, a number of groups of humans. They were able to do this because it is all astral and astral things can be manipulated, rather as you might move blocks of pixels around on a computer screen and then save them into your hard drive.

Primitive man was constructed by the Directors of Life and placed all over planet Earth. To give them a chance to survive, they were given tough, muscular bodies, the skeletons of which are sometimes discovered.

The reason that these skeletons are discovered more often in Africa than in temperate climates is quite simply because the climate in Africa permits the skeletons to remain close to the surface and in relatively preserved states.

In temperate climates, the bodies are quite deep in the soil that has grown over them and the wet earth has destroyed many of them.

It is this that has pushed archaeologists to imagine that life began in Africa, whereas the truth is that primitive or early man was placed at roughly the same time all over the world.

Now we come to the question of intelligence and development.

As we said, the spiritual aspect of caveman that remains in the 4th - the part that is at the 4th dimension aspect of the cord we mentioned - was quite as developed as you are. His ability to think, to speak and to communicate with his fellow man was just as developed as your abilities are.

However, as you can imagine, all that long time ago, there was not much point in someone incarnating in a world where nothing intellectual existed, being born with an ability to discuss metaphysics with his fellow caveman.

Survival was more important, so all that knowledge was tucked away in his higher self and he found himself with only basic language and basic skills to harvest food, prepare it and eat it.

I think you can understand that.

To return to the quiz that I set you in which I asked you to compare caveman and modern man and note the differences.

I don't know what you wrote down but here is my list of the differences and similarities.

I would have to answer that it depends in what dimension one looks.

First and foremost, planet earth is an illusion, so it is all constructed by and through imagination.

Second, as time is an illusion, comparing the past, present and even the future is a misleading thing to do, as the past is happening now and now is just a microscopic

moment - a flash, a postcard as we have explained it - and is actually repeated over and over again.

But sequence of events does matter so the post cards, although all identical, have different pictures printed on them.

Next, early man and modern man were at the same degree of intelligence, wisdom, knowledge and intellectual capacity as the best of modern man.

Obviously, some were brighter than others, just as some modern people are brighter, but if you were to meet a caveman in the 4th, he would have been quite as capable of discussing sophisticated matters as you.

So, how does my list compare to yours so far?

Let me go on and say that I am not trying to trick you.

The reason that I asked you to note your impressions, was to see how far you could stretch from Earth reality, into the metaphysical realities that, actually, are far more real than Earth's so-called realities.

I will also say that when I was incarnate, I would have been totally incapable of discussing metaphysics, as I thought that planet Earth was real and that the history of Earth and its habitants was factual.

It is only since I have been in the 4th, that I have been educated to regard history and its progress through a different lens.

The object of this chapter was to compare the progress of humanity from its beginnings up until now.

As you can see, it is not a simple history lesson.

Man has developed from a technological point of view and has covered much of planet Earth with concrete.

He has also manufactured devastating weapons of war and has made great strides in reducing people's freedoms: freedom of speech, freedom of movement and of civil rights.

This is called progress!

He has also destroyed huge forests and large numbers of life's creatures, both on earth and in its seas.

This is called civilization!

So, has man really progressed over all these millennia?

One might suggest, not really.

It is a different form of caveman that we find incarnate to early man but the level of intellectual advancement - perhaps spiritual advancement would be a better term - hasn't really changed.

However, we must not blame man too harshly, as he was under the influence of Archons for much of this time.

As you know, we are moving into ascension and the spiritual aspect will come to the fore and things will improve.

So, I don't know what you made of this chapter which was a bit of a trick one in a way, although I did not mean it to be.

I wanted to point out that physical development does not equate to spiritual development and the same primitive man that incarnated long ago is still incarnating today. Different people but the same attitude.

I was not without fault, far from it, but I hope that you can see that we all need to stop worrying about technology and spend more time on spirituality.

That way man will develop and the link between his higher self and his physical aspects will close, until higher self is in control.

Then will man develop.

CHAPTER 17 - A VISIT FROM AN ANGEL

This next chapter will look at the way the angels, when they decide to interact with us lower beings in 4th, do so.

As you should be aware, all humans, whether they are in 7th or in the 4th, either pre or post incarnation (assuming that some people choose an incarnation) are offered the choice to educate themselves.

Not all accept education and no one will force them but humans, by and large, are an inquisitive people and so they will accept to ask questions and receive answers about a variety of topics.

These topics can cover any subject imaginable. Anything that you could learn about on Earth, and more, is available for study with one or two exceptions.

Nothing connected with violence, sex, terrorism or pornography is available, because none of that exists in Summerland or the higher realms.

These subjects might be discussed by the denizens of hell, but education is not available to those people.

Only when one reaches Summerland, does education start to become available.

Now, there are a number of teachers. Some of them would be guides, that are not very much more advanced than the volunteer students.

I, for instance, who spent virtually all my professional career on Earth teaching acting, still give acting classes to students in the 4th and we have fun producing plays of various sorts and the students learn how to act, just as students on Earth might.

We have methods of recording these performances and we have fun performing plays and fun watching replays of our performances.

Although I take acting seriously, nevertheless, we all perform these plays in a light-hearted manner and enjoy ourselves immensely.

The same would apply to any discipline imaginable and everyone who follows any educational discipline, no matter how serious it might be, does so in a light-hearted manner.

No one is forced and no one is obliged to continue any course he loses interest in.

It is all voluntary.

It is in this manner, that when someone has an Earthly incarnation, he might shine at a subject, having previously studied it before incarnation.

Despite the fact that all that knowledge is kept in his higher self, nevertheless, if and when he starts to study, in incarnation, a subject that he had previously studied in heaven, his memory is jogged by his higher self and so he finds the subject easy-to-follow in the classroom.

We are not talking about geniuses here - which has a different source - we are just talking about those who shine at a subject, no matter what it is.

However, I want to talk about the occasional visits we have from angels who descend to whatever plane of the 4th dimension they choose, in order to impart some of their wisdom.

Before we begin, let us describe the sorts of angels that are in heaven.

There are archangels, as opposed to just angels.

Archangels have extremely high intelligence and most of them are so advanced compared to us ordinary mortals, that they are invisible to us.

They have their own agendas and tasks they perform, many of them connected to controlling the way life works and have very serious tasks, without which life would quickly turn to chaos.

There is little point in trying to describe these archangels and the tasks they perform, because no ordinary person in the 4th would ever directly come into contact with one.

Just how many archangels there are, I have no idea but there is a sufficient number to keep life in balance.

There are, so I understand, archangels that work in alternative realities and are tasked with keeping those alternative realities in balance, just as those connected to our reality do.

Are they human? Who can say? We know very little about them, other than the important roles they play in regulating all life, no matter in what dimension they are found.

Below them we have angels.

These angels, although not as important as archangels, nevertheless, play important roles in working directly with life forms, animal and human mainly, although there are a number that will work with plants, nature spirits and other life forms, that you would not be aware of.

There is a whole plethora of life energy forms that exist in many domains; the etheric, the lower 4th, the upper 4th and in the 6th that you would not be aware of but all of them need to be controlled, helped and guided, so that all life pulls together according to the masterplan that was created by the archangels - the Directors of Life - that keep life in balance.

This masterplan was set up eons ago, and although it is being constantly modified as life progresses and alters, nevertheless must remain within the boundaries set up in this masterplan.

You may not realise that there is this masterplan but if you think about it, if it didn't exist and everything was free to act quite independently, chaos would ensue.

Life is complicated, far more complicated than any of us could imagine and there has to be archangels tweaking the knobs of the master computer (this is just an image, not reality) or the whole picture would collapse.

Thinking about the way a computer works, is a good example of how life works.

We have a person tapping on a keyboard and on his screen the images he hopes to create appear, but behind the scenes there is a lot going on that enables the computer to work properly, creating whatever the operator of the computer desires.

In a similar fashion, we have all life thinking and producing images in their minds, but behind the scenes we have these archangels, tweaking the background and keeping the images flowing.

Think about this and you will see that what goes on in the deep programs of a computer and what the archangels do on a much more massive scale, have a correspondence.

However, let us return to the subject of this chapter, angels.

As I mentioned, there are basically two sorts of angels.

1. Non-human angels that never interact with man but work to help all life move in accordance with the master plan, and

2. Human angels.

The reason for this chapter is to discuss human angels, how they are formed and how and why they interact with man.

So, let us look at how a human angel is created.

Human angels, at one stage, were people just like you and me. They possibly had an incarnation at one stage and might even have been a caveman.

Obviously, although angels have no sex identity, when they were mere humans, they might have been men, women or other, although I will say that in the days of cave people, 'other' was non-existent. Life was too primitive for these people to explore the nuances of sexual identity. They were either male or female.

Once their incarnations had finished, they returned to the 4th dimension, as do we all, and remained there, progressing in a more spiritual sense.

Not all early man incarnated but it makes little difference. They all - if they so choose - progressed spiritually, as all people can.

Perhaps, before continuing, I had better mention life reviews that all people go through.

As you can imagine, life for a caveman was short and often brutal.

He killed what animals he could and shared that food with his small group, with whom he lived.

He mated and produced children but fidelity to one partner was rare. People mated as and when they could and children were cared for to the best of their abilities.

Also, as you can imagine, infant mortality was common and so people didn't have time to mourn. The deceased were buried if the terrain permitted and that was that.

Life reviews were a simple affair, as cave people lived as they could, sometimes killing others, sometimes stealing their simple possessions or their women, but once they returned to the 4th, their true advanced personalities came to the fore again and so they were able to look back at what they did whilst in incarnation.

No doubt many of them regretted the negative actions they had performed but as they had little understanding of right and wrong whilst in incarnation, they could not really blame themselves and so their life reviews were simple affairs.

Now, to return to angels.

It takes the average person a long time to rise to the level that he can consider taking the steps of becoming an angel.

There is more to becoming an angel than mere spiritual development.

Those who reach that dizzying height of spirituality, have to go through a long and arduous apprenticeship of service. This is more difficult than one imagines.

Many people think that they can lock themselves away in a cave or a temple or a religious order, pray constantly and develop spirituality, and to a certain extent they can.

But true development comes through service.

One has to go out into the world and work with all life forms; humans, animals, flora and even the nature spirits for long ages, before one becomes spiritually mature enough to be considered ready to take the final step of becoming an angel.

However, there is yet more to this than just prayer, meditation and service.

There is a final step, which is the hardest of all.

You may not realise this but you are never alone, nor will you ever be - with one exception.

Ever since you were created as a human, you have been in the hands of guides of various sorts. These guides have educated you, loved and cherished you as if you were the son or daughter of the most devoted parents.

Then, as you chose an incarnation, you had parents, aunts and uncles, grandparents and possibly brothers or sisters.

So, you have never been alone.

You belong to an oversoul that has also been with you - or rather you with it - for countless ages.

Depending on your level of psychic awareness, you may or may not be aware of all the helpers that are with you, but they are there - constantly.

Now, as a person rises spiritually, he/she (I will just call it he) moves from oversoul group to oversoul group and as he does so, he relinquishes his individual identity and joins the glorious reality of group or oversoul identity, in which large numbers of people join and think and act as one.

For those who have no idea what this entails, it may be difficult to appreciate just what a comforting feeling it is to be part of a group.

If you have met people who are depressed, they will often say how alone they feel.

But turn this around and imagine what it feels like to be totally embraced in the arms - so to speak - of a group.

Individuality no longer exists. One is part of and totally of this group identity.

Now, oversouls rise upwards and as the person perfects himself, so he rises into higher and higher oversouls and the feeling of group identity grows stronger and stronger.

Eventually, with much hard work, the person may rise to the point that he could be considered ready to take this final step of becoming an angel.

One is never forced to become an angel and it is far from automatic.

The majority of people who are at that stage decided not to become angels, because the test that transforms a highly advanced person into an angel is so frightening.

So, the majority of people stay safely in the folds of an oversoul. They will still serve and help in any way they can but they remain as people.

But, from time to time, courageous people decide to try to become angels.

They send their thoughts out and these thoughts are picked up by other angels and they approach the person and discuss with him the steps that need to be taken to become an angel and the duties and responsibilities of the angelic host.

Let us now describe what is entailed in becoming an angel.

Please remember, that ever since you were first created as a human, you have never been alone for one instant.

As a person rises through the ranks of spirituality, so the sensation of belonging to group souls grows stronger and stronger.

Eventually, one gets to the top of the tree and there are no more oversouls to which one can progress.

It is at this point that one has to make the decision either to stay within this ultimate oversoul or to attempt to become an angel.

Let us assume that a person wishes to try to become an angel.

This person, at this point - indeed, long before this point - would no longer have any form of individuality.

He is not a he nor a she nor an 'other'. He is an integral part of the highest oversoul.

Angels approach this person and begin a long discussion to find out if the person has the strength of character to become an angel. Many don't and are dissuaded from progressing further.

Those who do have the necessary attributes, are accepted and they are led into a special area.

I must say that angels have described this area to us but I have no personal experience of it.

In essence, the candidate is stripped of any connection to anyone else and finds himself totally alone, devoid of any help from any other person.

Quite why this test exists I don't really know but I will say this. After the equivalent of millions of years of being loved, nurtured, protected and cared for by groups of others, it is apparently an extremely frightening experience to find oneself totally alone.

How long this goes on for I cannot say but the angels who describe this experience say that it is the most terrifying thing that can happen and seems to go on indefinitely.

The problem of trying to explain this experience is that none of us can imagine it, because none of us have ever been alone.

It rather reminds me of the tale of Jesus wandering in a desert for 40 days although, so I understand, the experience is far worse than just wandering in a desert for 40 days.

For some reason, it creates total dread and fear and goes on and on.

Any person who cannot face this test, sends out a thought and he is quickly rescued and returned either to his oversoul or to a hospital if he is traumatized.

But for the brave few who can see this test through to its bitter end, they come out the other side and become angels.

So that, strange as it may seem, is how angels are created and they are the highest degree that a human can rise to.

Having explained how angels are created, let us return to when we are visited by one.

As I have said before, no one is obliged or forced to do anything in the upper 4th. Everything is done by consent and there are a surprising number of people who just wander about chatting to their friends or relatives and making no progress at all. That is their free will choice.

Then there are those that volunteer to learn some skill, and finally, there are those that decide to try to learn about spirituality.

Apart from the acting that I do and a few other things, including in helping create the books that we give you, I attend lectures about the spiritual path, which are given by knowledgeable guides.

However, from time to time, we are advised that we are about to be visited by an angel, who will help us with a particular spiritual aspect.

When this happens, those who wish to attend this lecture gather and we are given an introduction by a guide.

Then we wait for a few moments, and suddenly, a bright light appears in the place chosen to receive the angelic visit.

Within this bright light, we can perceive a person.

This person would be dressed in a white gown - or what appears to be a white gown - and the person is glowing brightly.

Over a few seconds this brightness fades as the angel adjusts his frequency to ours and then we see him, still in this white gown but no longer glowing. I call him 'he', but in fact, angels have no gender. They just are.

This angel stands quietly until he is fully with our vibrational field.

We can see him clearly and he can now see us clearly, as he is vibrating at our frequency. You should know that all groups of people, depending on their degree of spirituality, vibrate to a certain frequency.

The more holy someone is, the brighter he glows.

Angels would normally be invisible to us, as their frequency is so much higher than ours, so even though he might be standing in front of us, he would be invisible to us and we to him.

As he reduces his frequency, we start to see him as white light glowing brightly. He continues to reduce his frequency until he is at our level, so that we can see him clearly and he can see us clearly.

He will politely greet us and we can feel immense power and love radiating from him. This raises us, as we are enfolded by his power and love.

This is a difficult emotion to describe, as no one who has not been in the presence of an angel could possibly imagine so much power, spiritual power, which actually is the only power that exists, reaching out to us and enfolding us in his huge auras.

Anyway, he greets us and starts to tell us the reason for his visit, which would be to describe some spiritual aspect. This would be a fairly advanced topic but it would be well thought out and carefully explained.

There is no point in mentioning a typical lecture, because they are all different but once he has finished, there would be a question and answer session, at which point he would take his farewell.

He would thank us for listening to him and we would thank him for sharing his wisdom with us. As he leaves, he raises his frequency, starts to glow again and finally disappears - the reverse of his arrival. Once the angel has departed, the guide in charge of our group would speak for a few moments, ask us what we thought of the visit and then we would all go our separate ways.

So, that is what I wanted to say about angels.

CHAPTER 18 - WHERE ARE WE?

This chapter is to investigate the notion of how life continues in the 4th dimension after incarnation is over.

It is to prepare you for what you can expect to experience as incarnation fades and you move into the eternal realms of afterlife.

However, I am not going to describe the dying process, your arrival in Summerland, your life review and where you land up in the 4th, which is determined by your reactions to how you led your life on Earth.

All that has been described many times.

I want to look at all this from a rather more complex level, a level that has not been discussed before.

So, what do I mean? What am I going to describe?

From all the information that we give you describing not only the dying process and your arrival in Summerland, you may have the impression that it is all fairly easy, fairly automatic, and as so, many people have had an incarnation and have entered Summerland at the end of their incarnation, that it must be fairly routine by now. This is not the case at all.

Each and every demise promotes complex actions to be taken by angels who have volunteered to oversee and organize this transfer from incarnation to immortality in the 4th.

You may not know, but when you are born, a similar process in the opposite sense occurs but we will discuss this in another chapter, either in this book or another. But we will explain this process.

So, let us look first and foremost at how and why people die.

There are a number of reasons and we could say that it doesn't matter how, why and at what age someone dies, because it is all the same and always follows the same patterns. This is true to a certain extent and I don't want to complicate matters by suggesting otherwise.

But let us examine the major reasons for death, as it is called, although, as you know it is only the body that dies as the spirit leaves it.

First, there are a number of babies that die at birth, shortly before or shortly after it.

This is usually a sad moment for the parents, although there have been cases where it came as a relief to the parents not to have this child. That is their affair and we will not discuss it further.

Then there are people who die of illnesses. This can happen at any moment and at any age.

Close to that are people who die of old age. There are two aspects to this. One can be a body worn out by too much hard work and the second is that the stress of life eventually causes fatigue in the body and the link between the spirit in the 4th and the spirit in the body breaks down. In any case, even among the rich and powerful, the body does not last forever. Death of the body is inevitable.

Lastly, we will mention accidents. These can happen to the young, the middle-aged or the elderly. Everyone is vulnerable to accidents.

We will not discuss suicides in this chapter. Not that it is a taboo subject. It is just that it does not fit into this chapter.

So, once we reach that point in which death occurs, we approach the subject of this chapter, which is to discuss the how and why of the process that takes us to the 4th dimension.

No matter what the cause of death is, one of two things can happen.

Either we are greeted by a relative or a friend and led off to heaven, or we go down the tunnel of light as it is called.

This raises the question(s) of how and why this should happen?

I will ignore the unhappy few that end up in limbo, as this has been discussed elsewhere.

What signal is sent out that instigates these actions?

We will discuss the two processes separately, as they occur in different manners.

So, first we will examine how someone in the 4th is alerted to the fact that a loved one incarnate is expiring.

This usually occurs to elderly people, who are gradually slipping away from incarnation.

As I have mentioned before, a part of your spirit always remains in the 4th and another part remains associated with the so-called physical body.

To understand this connection, which occurs via a so-called silver cord that maintains the link between the two aspects, it is necessary to go back to the concept of the singularity we have previously mentioned.

I will quickly explain again.

You are not the person you think you are, living where you think you live and doing what you think that you are doing.

You are a point of consciousness, a singularity, and you create all that you think is real through imagination. If you do not understand this, please go back to the previous chapters of this book where it is all explained.

So, where is this point of life that is called 'you'?

It is in the 6th dimension, as you should know and there is a permanent link to another part of you that remains in the 4th.

I will need to explain this very carefully for it to make sense but this is going to be hard to explain and hard to understand.

I said that part of you is in the 4th and part in the 6th.

We are all under the impression that if we do not have an incarnation, we remain in the 4th and it is only those who do have an incarnation that transfer their consciousness to the 6th, until their incarnation ends and then they return to the 4th.

We have said this time and again and we never lie. So, that is what happens.

However, we may well have told you the truth but we may not have told you all the truth.

We do not wish to deceive you, but nor do we wish to confuse you by pouring too much information on to you until we are sure that you have absorbed the first part.

So, we have said that one part of you stays in the 4th while another part is in the 6th. This is true.

But what we have not told you is that this applies not only to those experiencing an incarnation but applies to all people. The 6th plane is the plane of imagination. There is

only one plane of imagination for all people and so no matter how advanced or lowly one might be, for all people, they are in the 4th but connected to the 6th every time they use their imagination, which is actually all the time.

There is never a moment, alive or 'dead', awake or asleep, that your imagination is not working sending you images.

The one exception to this is when you are unconscious, either through a blow on the head or through drugs of some kind that breaks the connection between you in the 4th and your imagination in the 6th. In those cases, because you are not using imagination, you remember nothing. It is a blank.

Therefore, all the time your mind is active, you are getting information from the 6th plane or dimension - the plane of imagination.

As I said, this applies to all people.

I cannot truthfully confirm that this applies while one is in the kindergarten stage, nor in the 8th before one (in our case) was chosen to be a human, but I can affirm that from the moment you and I were in the 7th dimension, we linked to the imagination in the 6th and have never stopped using that plane since.

So, what does this mean?

We are, apparently, a singularity, a point of consciousness whizzing about in a void, but through our connection to the imagination plane, we construct whatever reality seems appropriate to us.

I warned you that this was going to be complicated!

Now, where is this singularity?

It is in the 6th, but that statement, whilst not false, is not true either, because this singularity is God and God is in a nowhere place.

It is also in the 4th.

How come it can be in three places at once: nowhere, in the 4th and in the 6th?

The answer is that it depends on where our focus is.

You, who are in incarnation, your focus is in the 6th.

Me, who is in the spirit world, my focus is in the 4th.

The focus of an angel would be more towards God and someone who has merged with God, his focus, presumably, would be on God.

How does this occur?

I can't explain in this book the entire process, as it is very complex and involves DNA and a lot of other things all pulling together to give you, via the imagination plane, the concept of where you are.

The truth of the matter is that, as you are God, you are nowhere - which is where God is. Even this is not entirely true because although we say that God is nowhere, what we really mean is that God (and all life) is in a place that we cannot ever locate. It is outside of all space, time or knowledge. We do not know where God is, so we do not know where you, me and all life is. It is all God and God lives in this (to us) nowhere place. Or nowhere that we can locate.

We do know that all life is singularities. One for anything or anyone who has ever lived, is living or will live. One singularity for every individual grain of sand, drop of water, plant, animal of any kind and human. Countless singularities. Each singularity being God.

But it would be pointless if singularities were just God. God doing nothing but being God, twiddling his thumbs so to speak. So, God's archangels link us all to the imagination plane and allow us to create images, which we see as our reality.

How come you are in the part of the imagination plane that you see as incarnation, while I am in the same imagination plane that I see as heaven?

It is because we choose to visualise that which we want to accept as our reality. We make it up as we go along.

There was a time that you chose to think that you were in the 4th plane or dimension and you chose to visualise your life there.

Then you chose to have a change and you volunteered to have your memory wiped so you could have another form of reality implanted. This reality we call incarnation.

Once that ends, we regain our first memory and choose to visualise ourselves, once again, in the 4th - heaven.

But it is all illusion.

You are actually creating everything from imagination.

Let us go back to the subject of this chapter, which is to describe how we go back to the 4th after incarnation.

I was describing, or trying to describe, how a friend or relation in the 4th becomes aware that someone in the 6th is coming to the end of their incarnation, so that the friend or loved one can escort the spirit of the newly deceased person back to Heaven.

One would imagine, that as each and every person is a singularity, totally alone and merely creating illusion, it would be impossible for a loved one in the 4th to become aware of the state of the person in incarnation in the 6th.

In fact, there is a process and I will explain it.

We have two people, one in the 6th that is coming to the end of the incarnation and a friend or relation in the 4th that desires to help the first person back to Heaven.

We must remember a few things.

We are all singularities, living alone in our realm of imagination.

But we also have part of us in the 6th and part of us in the 4th. Both parts are elements of the singularity that we all are and both parts are creating images.

So, although the person in incarnation may not be aware of it, he has the major part of him in the 4th and just enough of him in the 6th to enable him to operate his body and conduct the things applicable to incarnation.

As I said, the connection between the two parts is maintained by a cord, also referred to as a silver cord, which acts a bit like a telephone connection passing information back and forth between the part in the 4th and the part in the 6th.

Now, as the person incarnate senses that his life is coming to an end in the 6th, he or she - which we will refer to as 'he' to make things simple - sends a signal down this cord that his incarnation will soon be over.

You may remember that we said that all is one and we also said that what we experience is where our focus is.

The person in the 4th that has decided to recuperate the loved one in the 6th is able to link with that person for two reasons.

1. All is one.

2. The law of mutual attraction.

As all is one, it would normally be possible to find out what is going on with anyone else, but due to different frequencies, a degree of privacy is maintained.

However, where there is love, there can be no separation.

The law of mutual attraction permits one person who loves another to link with that other person, and so the person in the 4th can become aware that his loved one in incarnation is coming to the end of his incarnation.

The person in the 4th surveys the messages the person incarnate is sending from the 6th into the 4th and when he realizes that it is reaching a critical point, he will link with that person's spirit in the 4th and make contact. Thus, the person incarnate can sense the presence of the loved one in the 4th

This link is maintained until the body dies, the cord breaks and the person is now free from incarnation.

In principle, the newly deceased is only connected to his spirit, part of which is still in the 4th and part of which was connected to his physical body in the 6th.

As that link is no longer in place but there still remains a part close to incarnation, the individual finds himself floating above his body in either the etheric or in an aura.

Often, he can see his body lying on a bed or whatever and feels a bit surprised and lost.

But at this point his friend or loved one from the 4th links fully to the newly deceased one floating above his body and will start the process of lifting him to Heaven.

This is done in the following manner.

In effect, an angel or a very advanced guide will also link, often invisibly, with the pair - the newly deceased and the visitor - and he influences the auras of both of them and lifts them into Heaven.

This is not easy to explain but it is very similar to what happens when a person is meditating and a guide lifts the person into Summerland.

So, there are three people involved; the deceased person, the friend or relation and an advanced person - either an angel or a guide.

Once the deceased person reaches Heaven, he is greeted by a fourth person, placed there to welcome the new arrival, who then explains that the deceased person is back home in Heaven.

That, in a nutshell, is one way that a dying person reaches Heaven.

The second method is the tunnel of light.

Many of you will have heard about this tunnel and some of you who have had a near death experience (NDE) may even have travelled along it for a certain distance. Some may even have reached the end and have entered Summerland.

But few know how and why this tunnel of light can appear. I would like to explain how this happens.

First, let me say that in opposition to the first way of passing that I described above, which usually happens to those slowly passing as their incarnation ends, the tunnel of light is usually associated with a sudden passing, as might occur in a sudden failure of the heart or of an accident or even murder.

It happens if and when the passing occurs in a manner that does not allow a loved one time to organize a collection of the dying person and the escort to Heaven.

So, let us describe what happens. It is quite simple.

As I said above, we, when we are in incarnation, have a part of us that is in the 4th and a part that is associated with the so-called physical body in so-called incarnation.

You should be familiar with this concept by now.

The connection is maintained by what is called the silver cord, which acts like a telephone wire connecting the two aspects - the spirit in the 4th and the spirit in the 6th - passing information back and forth.

What I have to say about the tunnel of light concerns this silver cord.

Now, this cord is connected to the person's spirit in the 4th and in the 6th but it has to have its terminals in a particular point, just as an old-fashioned telephone has a wire connecting two telephone terminals together.

In the case of spirit, the terminals are the higher self.

This implies that we have a higher self in the 4th and a higher self in the 6th. In fact, they are both aspects of the one higher self that all share but because a person's spirit is divided into two parts while in incarnation, the individual divides, so to speak, his access to the higher self into two parts - one part being in the 4th and the other in the 6th. But because there is really only one connection to the higher self for any one person, the silver cord is there to maintain the link. It is that cord that permits the higher self to appear to be cut in half and for each half to be either in the 4th or in the 6th.

Can you visualise this? It is important to understand this point so I will just repeat.

For all people, there is, in the fifth dimension, one higher self that all life has access to, no matter what that life force is. Not only humans but every living thing in any dimension.

There is just one higher self and all people have access to it.

Now, when someone chooses to have what is called an incarnation which, I remind you, is just an illusion created through imagination, one part of a person's singularity appears to stay in the 4th dimension and maintains a connection to higher self, which is in the 5th dimension, while another part of imagination creates the impression that a part of the spirit controls a body in the 6th dimension and thus requires access to the higher self, which is still in the 5th dimension.

Now, all this is illusion created by us who are singularities but creates focus points through imagination.

The effect of this is to appear to have part of our spirit in the 4th and another part in the 6th controlling our physical body.

The important thing to understand is that we accept that we have a connection to higher self, both in the 4th and in the 6th.

As higher self is one, indivisible force, and as we are trying to divide it into two parts, we need this telephone wire - the silver cord - to maintain the link, as it is really just one higher self.

I had better explain that this silver cord does not only maintain the connection to the two aspects of higher self that a person feels he is in, in the 4th and the 6th, but there is also a large amount of other information, DNA and countless other aspects of living things, flowing back and forth, up and down this cord. This is because all is imagination but to

maintain this illusion, we need to create the impression that life is divided while in incarnation.

The part that interests us, is the higher self aspect.

Now, let us assume that the body dies suddenly for some reason.

No one is coming to collect us but we need to return to Heaven.

This is where the silver cord comes in useful.

It is connected at both ends to higher self.

As the person dies, all that was in the 6th collapses.

The physical body ceases to work but all the invisible spirit parts must return to the 4th.

It goes down (or up, if you wish to think of it in this manner) the silver cord. The part that was in the 6th but connected to higher self, returns to higher self and all the rest goes off to Summerland.

I have said this rather quickly, so please let me state it again.

When a person suddenly dies, his incarnation ends. His body no longer functions, because the spirit part that made it function no longer has any connection to physicality.

The silver cord is always there, sending information back and forth between the 4th and the 6th but once incarnation ends, the silver cord ceases to work. At this point, everything that was connected between the 4th and the 6th needs to go back to the 4th.

As we (our ID, etc) are no longer focused on incarnation, we can now see this cord. We see it from the inside.

Much to our amazement, we see it as a sort of tube, a multi-colored tube.

Now, why do we see it as multi-colored? It is because at the Summerland exit point it is white light and light is a mixture of all the colours of the rainbow.

When we first enter it, we are still very close to incarnation, so we see the light in its raw colours, rather as if we were looking at white light through a prism.

As we proceed along this tube or tunnel so, gradually, we approach the white light of heaven and so the colours would gradually fade to be replaced by white light.

When we get to the end, we are in Summerland.

I hope that you have understood these two methods of returning to Summerland; being collected by someone or going down the tunnel of light, and at last I can talk about what happens after we reach Summerland.

So, we reach Summerland and are greeted by someone who informs the newly deceased person that he is effectively 'dead' but still very much alive and has returned home.

I have been reminded that we have explained a number of times what happens when a person's incarnation comes to an end and the person returns to Summerland, has his life review and makes contact with his soul group again, although he never left it.

This being the case, I won't repeat it but I would like to explain a few things that we may not have mentioned before.

I said that the tunnel of light was the connection - the silver cord - from the part of the higher self in the 4th and the part of the higher self in the 6th.

Once we are safely back in the 4th, the higher self becomes whole again and so the silver cord has no further use and thus disappears.

Indeed, the silver cord was actually part of the great illusion that life presents to us, and although it seemed real and we did seem to travel along it, it was actually all part of the program that archangels put into us when we volunteered to have an incarnation.

In fact, and this will be new information for you, you never really have an incarnation.

You remain in the 7th dimension and all the teaching that was given to you prior to incarnation when you thought that you were in the 4th, plus all the incarnation you are going through at the moment, is just an illusion. We said that it was and is imagination hard at work, but it is not even that really.

You remain as a singularity, a point of life and it is archangels who program your imagination to give you the impression that you are experiencing life.

You never went to the 4th dimension.

You never received teaching in that dimension.

You never came to the 6th dimension for your incarnation.

You remain in the 7th dimension and you imagine the whole thing.

This is staggering news. If you do not think so, it is because you have not understood.

If you could look back at your life from the very beginning, you think that you started in the kindergarten realm, moved to the 8th, were chosen to be who you are, moved to the 7th and then to the 4th where you received a lot of information, and finally, as far as you are concerned, you think that you are in the 6th dimension, having an incarnation.

But although it is true concerning the kindergarten area and the 8th dimension, once you were selected to be who you are, you moved to the 7th and there you remain at least until the end of your incarnation.

All that you experienced and learned before and during your incarnation is programmed into you by archangels.

Why should this be?

The simple answer is that you are God and God is one indivisible force.

God told his archangels to create illusion, so that he could gain wisdom through your - and everyone's - experiences, so these archangels created the whole of your life, from beginning to end, as a sort of play.

None of it is real, although it appears so.

This is, of course, very disturbing information but I will try to dampen fires of fear by continuing to explain.

I said that archangels created and controlled your experiences and this is true but they don't control everything. In effect, they create your life plan and oversee its unfolding. They survey you and everyone to ensure that the life plan is followed.

You decided on your life plan a long time ago. You decided this yourself with the help of Archangels, and once you accepted your life plan, it became a sort of contract. You have to follow that life plan and the archangels ensure that you do.

However, they do not control every aspect of your life.

You have a lot of freedom within that life plan, so long as you follow it.

As you do not know what your life plan is, you need these archangels to guide you.

So please do not look on them as prison guards.

They are more like loving parents, who guide a child through his childhood.

What was a bit shocking to me anyway, when I first learnt about this, is the fact that it all takes place in the 7th dimension and that it is all just imagination.

I, like you, no doubt, thought that my incarnation was real and that now that I am deceased from Earth, I am in the 4th dimension in Summerland, which is part of Heaven.

So, where, in fact, am I?

Where will you go once your incarnation finishes?

Well, apparently, I am still in the 7th and I'm still imagining Summerland and all that I see and contact all the time. It is all imagination and it is all being guided by these archangels.

This implies that heaven, hell and all the bits and pieces everywhere, are created by my imagination, as is everyone else's lives.

I would be the first to admit that it all sounds crazy, fantastic, unbelievable and I would not criticize anyone who rejects these concepts. Perhaps rejection is all part of some people's life plan!

But if I can accept that I am created as a singularity by God and his archangels, but at the same time, I have experienced an incarnation and are now experiencing another life, these experiences come from somewhere.

So, if I am just a singularity and I'm actually an aspect of God, I can only assume that all that I experience is imagination.

But the thing is that although I am a fairly imaginative person, I have no idea that I am creating everything from my imagination.

Does this imply that there is a level of imagination that I am not aware of, that can be manipulated by external forces - archangels?

Let's look at this and see if we can find out.

What I am going to explain comes from angels who kindly explain things to us.

Apparently, as you may know, we all have a personal aspect of higher self. There is only one higher self but we all have attached to us a personal frequency that enables us to appear to be separate from anyone else.

We also are closely connected to the akashic records. We have personal files in the akashic record and every thought, every action is recorded there.

Now, here comes the explanation.

We have, within our files in the akashic record, an area which creates the play that we experience as reality.

What happens, is that our life plan is recorded in the akashic record and from that we have the means of creating the play (the film if you wish) that unfolds as our reality.

This file in the akashic record, has a sort of life to it and from our personal life plan, it creates the film that we see as our reality.

Normally, we do not know about this file, although very advanced people can contact that file and see how their life has and will unfold.

This file not only has a sort of life to it but it is under the control of special archangels, who can manipulate this file according to our life plan.

So, what we have going on in the akashic records, is that a complete record of everything that has happened to us from the moment of our creation long ago, is stored there, but

based on these records, our file, with the help of archangels, create a sort of film of our future and we live that future.

It is made from a number of things.

It is based on our life plan and based on the life we chose to create in our minds; good, kind thoughts, which we experience as good actions (life) or less good thoughts that we would experience as bad actions.

Then, the archangels who work in the akashic records, create a scenario that unfolds as our future.

However, there is more to this.

We have our own thoughts and desires and this modifies the film that is being created in the akashic records.

So, we finish up with quite a complicated event. We have the film that the akashic record creates, based on our past experiences, we have the modifications created by the archangels, who supervise our film and then we have the modifications that we contribute ourselves from our desires.

All this creates a film that unfolds in our imagination, because the akashic record is connected to our higher selves and higher self is connected to imagination.

This implies that we have a basic reality that we see as our life but it is modified by our desires.

I know all this sounds complicated, and it is, but the good news is that we are not obliged to follow that film, as if it was all pre-recorded.

We can modify it by our will, our desire. This gives us the freedom to do what we want, providing we do not stray from our life plan.

Now, this means that we do have a certain amount of freedom to create the world that we want - or hope - to live in.

But the important point is that, from the 7th dimension, we can believe that we either live in the Heavenly spheres or what is known as incarnation. Although our actual singularity is in the 7th, depending where our focus is, we can imagine that we are in one realm or the other.

We are limited to the 4th or the 6th because they are the only two realms that we know about and so our imagination can only link to those two forms of reality.

Had we any different knowledge, we could link to other realities, as do other entities. Aliens, for instance.

It should be obvious that we can only create imaginary films about places or areas of which we have knowledge. For most people, they either only know about the 4th, or as in your case the 6th, because when you decided to have an incarnation, your mind was wiped clean of any knowledge of the 4th and filled with information about the 6th, the plane of incarnation.

Therefore, for the vast majority of people incarnate, all they know about is incarnation and so their focus is totally concentrated on the incarnation plane, despite it being all created by our imagination and is not real at all, as we are imagining it from the position in the 7th, in which our singularity is.

So, this chapter may seem a bit confusing, as we spent time describing how we are transported from incarnation into the afterlife but then went on to explain that we remain in the 7th and all that I said previously was just imagination.

However, the important points are two in number.

1. No matter what you learn by reading this chapter, you are focused in incarnation and you will experience what I wrote above - the dying process.
2. It is important, or will be one day, I hope, for you to know that your whole existence has been created by focused imagination and that really you - and everyone - are points of intelligence (a singularity) and that, because you have a life plan and with the help of archangels that are constantly guiding you, your imagination is creating a story, a film, that seems totally real to you and that you are the main character in your film and everyone else that you know are supporting characters in your film.

You create the film microsecond by microsecond, as these angels help you create the film of your life. You will see that film one day when you have your life review and your film is recuperated (or a copy of it is) from the akashic records.

Life is complicated and we are trying to reveal it to you bit by bit as we progress through these books.

You may think, in our quest to find reality, knowing that you are a singularity (God) in the 7th and all else is imagination, that we have found reality. This reality would be that you are God in the 7th dimension.

Although it is true that you are God and, in the 7th, unfortunately that is not the end of the road.

We have not yet found reality.

And so, the story continues into the next chapter.

CHAPTER 19 - IS LIFE REAL?

In the last chapter, we discussed the fact that our existence seems to be in two parts.

1. The fact that we have been, for a long time, in the 7th dimension and are singularities.
2. Thanks to a number of archangels and the akashic records, we create the imaginary world that we seem to live in.

Now, there is not much that we can do about point 1. We are in the 7th dimension and there we remain as points of consciousness, singularities.

But the second part is actually the part that we perceive as reality, although it is focused imagination.

I wish we had a different word than imagination, as that word does not really describe the degree of focus that is required to create the world's we live in.

Imagination tends to imply someone thinking about a subject, no matter what it is, or someone living a sort of Walter Mitty life of dreams.

The degree of focused attention I am describing, is way beyond that.

To create an illusion that seems 100% real in every aspect, such as you are living at the moment or that I am living where I am, is a different order of magnitude altogether.

Perhaps we can look at this and see what is going on.

In the last chapter, I explained that the akashic record was heavily involved with illusion and that a number of archangels were also involved in creating and maintaining this illusion.

But can we possibly imagine the degree that this illusion operates?

We have, so far, given you eight books and a large amount of other information, explaining in great detail how this illusionary life works.

We mentioned nature spirits, aliens, and many other subjects, reptilians, archons, alternate realities, and at no time was it necessary to mention that none of it is real because, as far as we are all concerned, it is real. We experience it. All other life forms experience it.

Each and every person that has ever lived and who are in other dimensions experience it and it is only now that I just happened to mention that none of it actually happens. We imagine it all as do all living things, no matter what or who they are.

It also raises the question as to why we fall for going along with this hoax?

When we first have the logos (the God spirit) placed with us, why don't we turn to these archangels who are coaxing us to get involved with a lifetime (millions of years) of illusions and tell them that we are not going to play ball with them?

After all, we have free will and are not obliged to go along with their ideas.

The answer is quite simple. We are God. Each and every one of us is God and God decided to ask his archangels to create all these illusions, so that he (God) could grow in wisdom.

So, when you were created and became God, automatically you had the desire to grow through your experiences. So, you had already decided what you wanted to do.

Therefore, you were the instigator, being God, of this great illusion. We all were and are. We deliberately chose to ask the archangels to create all the conditions that enable this illusion to work. This illusion is actually very useful, because it gives us all the

opportunity to experience things that would not even exist if this illusion had not been created.

As I said in the last chapter, it is only this amazing fictional film that seems so real, that prevents you or I (being God) from just sitting twiddling our thumbs!

But there is more to this.

I stated in the last chapter, that we all are singularities living in and on the 7th dimension. This is true in the illusion. But it is an illusion. It appears that in reality, we are not even singularities. We are God and therefore we are living as God in this nowhere place, wherever God is.

We do not actually have any form of creation, not even as a singularity. God has no form, no shape, as far as we know.

God is a force and we, as God, actually are this force. That is all.

But I will take this on further - and here we will be getting into murky waters.

As we are able to think about God and feel, deep in our hearts, that God is the prime creator, it is possible that God is also part of this great illusion created by the archangels.

Let's take it even further.

It is possible that the creator archangels are also part of the great illusion.

We can take another step and say that even this huge illusion is just an illusion and doesn't really exist.

Now, where does this take us?

If we are illusions and everything we experience is just created by our imagination, and we don't exist as we are God, but God doesn't exist and even the creator archangels don't exist, what is left?

We might say illusion.

But perhaps illusion doesn't exist either.

If this is true - and I have a horrible suspicion it is - what is going on?

There appears to be nothing that exists... nothing at all.

No God. No archangels. No creation. No you and me. No illusion. Complete nothingness.

This is all very well but it is obviously complete nonsense as, clearly, much exists. We have written several books about existence and many of you have read them. Therefore, we exist, and you exist, but I just said that nothing at all exists.

So, unless I am completely lost in illusion, there has to be an answer somewhere.

I will justify what I said above by saying that it was given to us by angels and they seem to know the truth.

They are not lost in illusion. So please let me go on and try to resolve this conundrum.

On one hand, there is, apparently, nothing and on the other hand, there is everything, even if a lot of it is an illusion created by focused imagination.

So, from nothing, there must be something.

That something, it seems, is called collective or universal consciousness. What is that?

This is difficult to explain but it appears that universal consciousness is a strange force that has to exist. It is the only force that exists.

Before there was anything, there was this universal or collective consciousness. Let us call it collective consciousness, because that is how it is usually referred to.

But if collective consciousness exists, where did it come from? Who created it and why?

Can we find where it came from?

The answer is no. We do not know where it came from, nor who created it, nor why.

We know very little about it, except that it exists.

It is bizarre because, obviously, collective consciousness is a poor description of it, as it is the only and thus the most important force to exist.

So, have we any means of deciphering where it came from?

The only means we have is to ask angels, which is what we have done and, so I understand, these angels themselves asked human archangels, and I will be happy to tell you that which we have been told.

There was a time in which nothing at all existed.

This, obviously, was an extremely long time ago indeed. It is difficult for us to imagine that there was a time when nothing at all existed.

What does this mean 'nothing at all existed'? Can we visualize this?

Personally, I struggle to imagine 'nothing at all'.

There has always been something, as far as I am concerned.

But not only before the so-called big bang, which was a fairly recent event in the time terms we are considering here, but long, long before that, there was nothing. No space, no time, no galaxies... nothing at all.

So, logically, as something - all that we now have - cannot be made from nothing, we should still be in a state where nothing exists.

This, apparently, is still the state. Nothing that we can conceive of exists.

But clearly, there is a lot and it is all around us and we fill books explaining it. You live it. The vast multiverse is full of it. It is multi-dimensional, multifaceted, and extremely complex.

But it is not only not an illusion, it doesn't exist at all, even in an illusionary sense.

So, what is going on?

From somewhere, collective consciousness appeared.

What is collective consciousness and how does it work?

Many books have been written about collective consciousness and many, so-called experts and authorities, have given lectures about it.

But what does the term collective consciousness mean?

Conscious means to be awake and aware.

Collective implies all people and things (objects); people, animals, dimensions, etc.

So, the term collective consciousness, seems to mean all life being aware.

So far so good.

But there is a problem. If there is nothing, there is nothing and no one who can be awake or aware. Something can only be awake or aware if that something exists. If nothing exists, it cannot be awake or aware.

Once again, we come to a dead end.

If there is absolutely nothing, how can there be something we refer to as a collective consciousness?

This is where very advanced and knowledgeable human archangels have come to our rescue with their explanations, for which we are all very grateful.

Apparently, even collective consciousness does not exist, as there is nothing that can be aware.

But there is something. The problem is that we are looking at life the wrong way around. According to these archangels, there has always been everything that we explain to you and much more.

I won't repeat how much life exists, because we have already told you quite a lot, even if what we have told you so far is not all that exists by a long chalk.

But try to realize that there is a huge amount of life and man will ultimately advance to the point that he will know about most of it.

So, instead of having nothing, we have always had everything.

That answers one question about life and collective consciousness, but of course, it raises many questions as to how and why this should be and where does all this come from? Why should we think that there might be nothing?

I made the bold statement that we have always had everything to get your attention, as I often do.

So please give me the chance to explain.

What I am going to say may sound a bit complicated, because it is going to fly in the face of collective wisdom. But what I am going to explain will be the truth, and hopefully, will draw the concept of how apparently illusionary ideas and actual facts come together. So, let us look at what is going on.

All life, as you may know, is created by archangels, sometimes referred to as directors of life and it is they who through their collective wisdom, knowledge, and energy, create life as we see it unfold, either in our actual lives or in the past or the future and in all the dimensions.

They have created, for the pleasure of God, absolutely everything that exists or we think exists, throughout all time and in all dimensions. This is an amazing achievement. We now have the job of linking that statement to how it is all constructed and how it unfolds.

Before we begin, we must remind you of a number of things.

First and foremost, if we ignore the statement that nothing at all exists - to which we will return soon - and mention that, if there is any life, as we have gone to great lengths to explain in all the works we have given you, there is DNA. Then there is the concept that life is created and destroyed, then recreated billions of times a second and last but not least by any means, the concept that we are all singularities whizzing about in the bubble of our imagination, individually creating our own realities - the film of our life.

Now, we have explained all this many times and I do not intend to do so again, only insofar as I need in order to explain the next part of this chapter.

You should know that you are God but to give you a sense of life and purpose you, via imagination, create your own little world. You live entirely alone in this bubble of consciousness that you create and it all comes together in something called collective consciousness. That is why you have the impression that you are surrounded by friends, family, work, houses, and on and on.

That is the collective consciousness effect.

Next, and very importantly, as far as this explanation is concerned, we have the concept that life is created and destroyed countless times a second - a phenomenon that we've referred to as postcards.

Closely connected to that, is the idea that at each destruction point, the DNA of everything is slightly modified, if necessary, as life alters as it moves on.

We need to understand this for what I am going to say to make sense and it goes back to what I said earlier, which was that we were looking at life the wrong way around.

So, let us imagine that we could pause time for long enough to take a look at it and at life. We stop the march of time, of progress, and what do we see?

We have planet Earth, a solid - or nearly so - body of rock, earth, magma, and so on. We have many life forms on Earth, plants of various kinds known, collectively, as flora. We have animals - fauna.

We have nature spirits of a huge variety. Far more than you could know about.

We have humans.

We have all the thoughts and emotions of all these creatures and then, outside of Earth, we have an incredible number of planets, moons, suns (including our own), and on and on as far as any telescope can see.

As we move into higher vibrations, we have our eight dimensions, all of which contain or contribute to life, with the exception of dimension three, which is empty but does exist as a carrier wave.

Then we have a large number of alternative realities that repeat, to a certain degree, what I mentioned above - our existence.

But now let us slowly make time move forward. We need to do this very slowly indeed. But what happens?

I said that everything is created and destroyed billions of times a second. You may have the impression that a single snapshot of everything is taken, as a single snapshot, then a pause as the next film is loaded into the camera, taking the snapshot and then the next snapshot is taken, this one virtually the same as the last.

But this is not what happens. Short as several billionths of a second are, we actually take a moving picture.

I would like you to pay close attention, if you will, to this next part of the explanation, as it will be new information never before revealed to man. And it is quite revolutionary.

This moving film, short as it is, traces the history of everything from this moment, the moment when we stopped time, back to the moment where nothing existed. The nothing that we mentioned earlier in this chapter.

Let me explain this again to clarify what I am saying.

We pretend that we stop time at this microsecond of existence. Let us imagine that we have stopped the clock at the precise moment when a new snapshot appears. The beginning of a new frame.

Now, I said that this apparent snapshot is actually a very short movie, but the camera does not film a microsecond of the same scene.

It films time moving backward from now to the moment where nothing at all exists.

It films life going back and back from this moment, back through the ages, back to the moment of the so-called big bang, back before the Earth or any of the planets including our sun existed, back to before God existed, and then, finally, back to the moment where there was absolutely nothing.

At that point, this imaginary time-traveling camera stops filming.

The fact that there is nothing gives the directors of life the chance to do something. They hold in their collective memories, the image of how all life was at the beginning of the film they have just shot.

Perhaps I should stress for those who do not have much imagination, that the camera and the film I am talking about is not a real camera. It is a sort of virtual one, but nevertheless, something does capture an image of life moving backward in time, from now until the moment when nothing exists.

Then, during the short pause between that nothing moment and the start of the next microfilm, the directors of life alter slightly the DNA of any and all things that need their DNA tweaked in order to be at their top level to survive. This tweaking of DNA is done in the minds of the directors of life.

Then, in this virtual reality, this illusionary movie that is being created by the directors of life, the next micro movie appears and once again starts to trace back history until the point of nothingness. Then it stops, pauses while the directors of life alter the DNA of things, and then a new moving picture appears.

The important point to note, is that each time a new picture appears, it is a new 'now' moment, slightly different from the last 'now' moment. Then each frame traces life back to the moment when there was nothing.

This creates two effects.

1. It gives all life the chance to be at the most advantageous aspect or performance level.
2. It creates what you call time. Time has always been a mystery, but in effect, it is quite simply the result of movie after movie being created by the directors of life and stored in the akashic records.

However, the amazing part is that each tiny microsecond long film is created as a new 'now' moment, traces all of existence back to the nothing part, and then starts again as a new 'now' moment, all of it as it appears at *this* moment of time.

So, as far as the record of life is concerned, it does not start at nothing and moves forward to today. It starts from today and moves backward in time to the moment before there was anything.

The obvious question that arises from this phenomenon, is why should each microfilm start from the latest 'now' moment and move back to zero, so to speak? What is the purpose of that? Why is it not just a series of still photographs recording endless 'now' moments?

I will tell you the answer and it appears that life cannot be just still photos. There has to be, each time life is eliminated and then recreated, even if it is virtual in nature, a continuity of events and these events must go back to the very beginning for it to make sense in the akashic record.

Please let me explain this more carefully.

There is, in reality, only one film of life. Life has only ever appeared once.

Now, that is a strange statement and needs some explanation.

The first thing to realize is that, as was said, life is created, modified as regards its DNA, and then eliminated. So that life that just ceased to be, that creation, once it was erased, no longer exists. It never existed, never was because it has been erased, the slate wiped clean, so to speak.

Even though a microsecond before and a microsecond before that there was a moment of time and of space and for that instance, it created or recorded life, the moment that it was erased, it no longer had any importance, as it has been replaced with a new microsecond of life. It is this new microsecond of life that contains the important elements of life. The previous ones, even though they were important at that moment of time, no longer exist. It is not only that they no longer physically exist, they never existed. The only moment that exists, is the one currently existing.

But and here is the reason that time works backward in this series of films, is that the latest one also contains a record of the previous microseconds of life. So, although they no longer exist, a record of their existence is contained in the latest 'now' moment that is on the screen of life.

This creates an endless series of very short audio and video recordings of every facet of life from every person, animal, plant, or mineral, recording all that they did, all that happened to them from all over the world: the seas, the sky, the land and further, each short film contains a recording of everything that happened, microsecond by microsecond, going back to the moment when there was nothing.

These recordings go on over and over again, microsecond by microsecond, each previous recording being erased, so there is only one recording. That recording we call the 'now' moment.

So, if you can understand this, and I realize that it is a bit counterintuitive, until you get used to the idea, in fact, there is only one 'now' and that 'now' moment lasts a tiny fraction of a second.

However, that micro recording also contains a record of everything of the previous recordings - previous to this one, this 'now' moment - so nothing is lost. The history is retained in the recording.

But it is a bit more complicated than that as the future, to a certain extent, is happening now also.

The reason that the future exists, is quite simply that, as there is only one 'now' moment, but that 'now' moment also contains a recording going backward to the moment where nothing existed, this moment also has to contain the 'now' moment of the future, as life is one long stream of information, of experiences, and these experiences never end. So, although it is difficult to explain, the future is part of the 'now' moment. As this imaginary camera is recording and eliminating from now back to the past, it also records somewhat into the future, as time does not really exist, so 'now' is only relevant to what we consider 'now' to be.

I have not explained this very well, so I will try to expand.

'Now' from the point of view of all life, depends on what and where that life is. You, as an individual, are experiencing life microsecond by microsecond. But before you came into existence, there were other people, animals, plants, and minerals that experienced a long series of 'now' moments. And this series of 'now' moments were being experienced by all life, going backward in time, until the point where nothing existed.

But for those life forms, whatever and wherever they were, they were experiencing life as 'now'. For them it was not the past, it was 'now'.

It is just a question of point of view.

If someone lived in our past, say one million years ago, they were experiencing their 'now'. That was their lives. That was their reality.

Perhaps they could not imagine life in their future but for us, one million years later, it is our 'now'. We have no difficulty with it, because we are living it, wherever we are, on Earth or in its dimensions. For us, it is just our 'now' moment.

So, if from the perspective of someone long ago, he could not have accepted that we are here now, long into his future, in a similar way, from our 'now' moment, the future seems remote and impossible. But from the point of view of people in our future, it is just their reality, their 'now' moment.

Let us move on to the next bit that I would like to explain.

This recording, the imaginary camera recording endless 'now' moments, there is only one of.

How is it that one camera can record everything all over planet Earth, every life form, and every planet, sun, moon throughout the entire galaxy - including all the alternative realities? What sort of camera could possibly do this?

The answer is that all life is one and that one is just imagination.

None of this really exists. None of it is real. It is all an illusion created by this mysterious collective consciousness.

Once again, this is very counter-intuitive, as it all seems real and we experience it as reality.

As I said, if you drop a hammer on your foot, you shout, "Ouch", and hop about holding your painful and bruised toes.

So, it is difficult to imagine that it is not real.

I cannot force you to accept that it is not real and that this imaginary camera is recording billions of imaginary short films every second from the future back to the beginning of existence, but it is so.

It is a concept that you have to live with until it starts to make sense.

What I have told you in this chapter is probably the most important and the most difficult information we have ever told you.

It was my unhappy task to reveal it to you, although we have mentioned bits of it before.

I have done my best to explain that something we call collective consciousness has created all this fantastic and complicated illusion. It is an illusion that we have to accept as reality because, for us, it is reality.

There needs to be further explanation of all of this, because I have just given you the bare bones of the topic but, please, if you are interested in this great and wonderful illusion, read this chapter, take from it what you can, and allow yourself time to digest it, until it starts to ring the bell of truth to you.

For some of you, it will never make sense and I understand that. If you can't accept this information, that is OK.

For those who already know quite a lot about this subject, you may understand and I thank you for that.

Others will need time for this to sink in. I wish you luck.

So, I will stop this chapter here and see what else we can reveal to you.

CHAPTER 20 - THE ILLUSION OF TIME

This next chapter will link to the previous two and, I hope, will expand on these strange topics.

Now, I do realize that what I said in the last chapter was new and therefore a bit confusing but if and when you have absorbed this knowledge, you will have learned some things that most people could not even dream of.

It has been mentioned by particle physicists, that the atom - the basis of everything - will never be explained in physical terms but only in mathematics. This may be true for those versed in Greek symbology, representing abstract thoughts but for the layman (of which I am one) when it is the moment, we will explain what atoms are without insulting the public by trying to reserve comprehending God's creation to the few who understand complicated mathematics.

Now, before we really dive into this chapter, I was asked to explain more about the future.

The question was if future people already exist, where are they?

It is a good question and I will try to answer it but it will be difficult, as we need to look into an area that we have not really dealt with before.

We only have the 'now' moment. That is all that exists, as far as we are concerned. We may well have memories going back to our past; a few minutes ago, a few hours, days, weeks, months, or years but they are just memories retrieved from our personal file in the akashic record.

But we just live in our reality, a 'now' moment, despite it being a very short moment of time - if time exists.

For us, we can project our thoughts into the future but we cannot actually live the future as a 'now' moment. It can only be a projection, a thought, a hope.

I mentioned in the last chapter the case of people, one million years ago, living their 'now' moment and having difficulty in imagining our 'now' moment and yet here we are one million years into their future!

So, if we can understand this, we may be able to understand people in our future and where they are.

This is where we are going to have to make a jump of understanding.

I said that there is only one 'now' moment. That implies that people living in our past and us living now are all experiencing 'now' moments. I wrote *moments* in the plural but I should have used the singular (*moment*), as we are all one and the fact that we seem to have independent lives and independent experiences, are part of this illusion.

The problem I have, is that to explain about the future, in order to answer this question, takes me into areas that I have not had the chance to explain previously.

This creates a problem, because I am required to reveal knowledge about how this illusionary life works in a certain order. I am not really allowed by those overseeing what I tell you and who also assist me, to jump around too much.

I hope that you can understand this, as we all work (the GWB) as a team and although there are no fixed rules or orders as such, we do all agree to work together in assisting

mankind in a logical way. And this is the problem. In order to explain the future, I will need to skip several pages of explanations of how time operates. However, I like to help people and so I will explain as best I can where future people are and then when it is appropriate, I will return to the convention we have established.

The simple fact of the matter is that time doesn't exist, only as an illusion connected to fight/flight.

So, whether you live in the past, present, or future, everyone is living their 'now' moment. Thus, people in the future are living now.

At that point I will stop, having answered this question and return to the subject of this chapter.

I will answer the point *where they are* a bit later.

So, this chapter will, in fact, deal with time, although I would like to explain slowly how it works, as it is a greatly misunderstood subject.

What is time?

How do we decide where to start in order to explain and understand this imaginary concept, which seems so real to you incarnate.

Let me at once state that time only concerns you in incarnation. It has no relevance to others, some of whom live in the astral worlds, alternative realities - or most of them - and even those life forms that you share planet Earth with. Plants, animals, nature spirits, and so on have no concept of time. It is only man incarnate that concerns himself with time and that only in more recent times - excuse the pun!

Caveman was aware of day and night but he had no idea of time. He might have been aware of seasons, in that sometimes it was hot and sometimes it was cold but he had no thoughts about summer and winter.

So, if out of all the immense number of beings, of entities of all sorts in all the dimensions and realities, it is only man incarnate, and this only in more recent times, that is so concerned about time, why should we be so connected to it? Scarcely an hour goes by that people check what time it is. People in bed, if they wake up in the middle of the night, immediately look at the clock. Why? What does it matter what time it is, what day, week, month or year? Why is time so important to you few incarnate?

I am sorry to say that we go back to the fight/flight syndrome.

Although many of you may not realize it, you are constantly on edge, constantly watching and waiting for things to go wrong. We get these ideas, these worries, from animals. Animals, no matter what they are, large or small, are all constantly in a state of watchfulness. This watchfulness may be to see if there's something to eat or in the other case, if they are going to be attacked.

Generally speaking, the majority of the public only see lions, for example, in zoos or safari parks. These lions may have been there for some years and have got used to the idea that they have nothing to fear. They know that they are going to be regularly fed and that they are not going to be attacked. So, they look quite relaxed.

But in the wild, it is a different story.

There, they have to fend for themselves and need constantly to be on the watch for some creature attacking them. This may be another lion. It doesn't matter.

All animals are constantly looking out for food and/or attack.

Now, what has this got to do with us constantly looking at the time? Nothing, you may think!

In fact, it does. It is just that man is not used to looking at life that way.

But let us look at life that way and see what we can make of it.

Man has got used to looking at clocks, because he has filled his life with things to do, that if he doesn't do them on time, his life can be chaotic. And this chaos is actually connected in his mind to fight/flight.

Some people work and, in that case, they have to go to bed at a certain time in order to get enough sleep, so that they can wake up at a certain time sufficiently refreshed, so that they can cope with their working day.

Then, as I am sure that you are aware, they need to prepare themselves which takes time, and then they need to leave their lodgings in time to get to their employment on time.

I will go back to the singular, he instead of them.

His day will be filled with whatever he needs to do, including stopping at certain times to take breaks and on and on.

Even those who do not work need to keep an eye on the clock, because everyone has duties they need to perform, places they must go to, and so on.

If a person does not do things on time, his life can be made very difficult, either by employers or by those he was supposed to meet, and all that, if you think about it, it is connected to fight/flight.

People live in constant worry concerning if they have their lives correctly organized and that is connected to time, which is connected to fight/flight.

This causes an amazing amount of stress, which is why people are in the habit of checking the time every few minutes. And yet, the strange thing is that time is an illusion, just as space is an illusion.

But, as we all live in an illusion that seems real to us, particularly if we are in incarnation, I suppose that it makes sense that space and time seem real and we are bound up in it.

Indeed, in incarnation, it is not really possible to escape from living in space/time and a number of other illusions.

But what can we say about time?

It has been suggested that time and space are interdependent and are referred to as space/time. It is quite easy mathematically to write a simple equation connecting space and time. Now, if we ignore the fact that it is all an illusion and treat life as if it were real, it seems that space and time are interconnected, due to the simple fact that if one travels a certain distance, it takes a certain time. That is easy to comprehend.

However, at the speed of light things alter.

Has anyone ever questioned why this should be?

The speed of light is considered to be constant and scientists have measured the speed with extreme accuracy, although one questions why so many figures after the decimal point are of such importance. Is it connected to a scientist's ego to be able to demonstrate that he is able to calculate the speed of light so accurately?

Indeed, what is light? Why does it travel so fast and why is it stuck at that speed and can go no faster?

Who has ever explained what light is?

Why should light be connected to time?

We have spoken about space/time before but must do so again as we try to explain time.

We must go back to illusion, not in the sense of things not being real, but from the point of view of how imagination alters reality.

Science has conducted a number of experiments; the double-slit experiment, the spinning coins experiment and so on that have demonstrated a number of things.

Science has postulated that light can sometimes act like waves and sometimes as particles.

It has demonstrated communication at a distance, in which one coin spins one way and another coin, a long way away, spins in the opposite direction. It is sometimes referred to as the head/tails experiment or the up/down experiment. The point being made is that two objects far apart can seem to communicate, but in order to keep things in balance, if one spins in one sense, the other spins in the opposite sense.

Are all these things connected with light and is light connected to space/time and, eventually, to the subject of this chapter which is time?

We have the impression that regarding the double-slit experiment and a number of similar ones, light can change what it does depending on someone looking at it, watching the experiment.

This seems strange. Why should light alter according to whether someone is watching the experiment or not?

How does light know if someone is watching the experiment?

Does this imply that if you go out into the daylight and see the landscape lit up by the light of the sun, it immediately alters from being a wave to change into being particles?

What if you go indoors but your neighbor goes out a minute later? Does the light change back into becoming a wave when you go indoors but then changes back into being particles when your neighbor comes out?

Can you see with all these questions I have asked how ridiculous it all is?

I get the impression that there is something missing.

For instance, if it is true that sunlight alters depending on whether someone is in the light or not, let us look at this more closely.

If a person stands in the sunlight, it becomes a particle. Does that imply that if the person walks into the shade, the sun changes back into a wave?

If this is so, how long does it take to change?

What I mean, is that it is claimed that light from the sun takes about eight minutes to reach us. So, at what point does it change from being a wave to become a particle?

If a person walks from a place of non-direct sunlight into a place of sunlight, is it only the last second or so of sunlight coming to us that changes, or does the process have to start from the sun itself, in which case it would remain a wave for about 8 minutes until the time that the sunlight from the sun reaches us and then becomes a particle?

But we could go on and ask if this change only applies to individuals? If there are two people, one standing in the sun and one standing in the shade, does one person experience that as particles and the other as waves?

What happens if clouds pass between us and the sun? Does it rapidly change from particles to waves?

Now, I have raised a number of ridiculous questions in order to get you to think about light because light - due to the fact that it can only travel at a fixed speed - is connected to time, which is the subject of this chapter.

I hope to demonstrate, that if we have wrongly calculated light, we might have made the same error with time.

I do not want, at this time, to go into a long explanation about light - which I will happily do on another occasion - because I want to explain time.

Before I leave light, just in case anyone questions what I have said about sunlight in relation to the double-slit experiment, let me say that the questions would apply exactly as if we were looking at sunlight.

Scientists have never raised these questions, not only because they have no answer but also because the laser used in the experiment is so close to the target, that the changes seem instantaneous. If sunlight was used in the experiment, these questions that I raised would also become apparent.

But, to get on with this chapter about time, can we agree that we have misdiagnosed what light is, how fast it moves, and whether it is a wave or a particle? Can we agree that we have not understood light at all and just make assumptions?

Don't forget, that the definition of truth with regard to any scientific statement, is that it has to be true in all occasions. If it can be demonstrated, even once, that it is not true, the claim is rejected.

I won't go into details but I could reject claims concerning light - and I will do so eventually - so let us agree that our understanding of how light behaves is false.

This being so, our understanding of space and time is false also.

This also raises the question as to whether the equation $E=mc^2$ is also correct or not?

But we will not worry about that in this chapter, although I will say that those probing quantum mechanics, also question the validity of that equation.

Anyway, to return to time, we have postulated that our understanding of time has some holes in it.

As far as people incarnate are concerned, time is very important, even though, so as I said, a statement is only true if it is true for all events. At the speed of light, space and time cease to be valid, so even for scientists and mathematicians, time is not a fixed effect.

We are not really concerned about what science and mathematics tell us. We are concerned with truth - cosmic truth.

So, at long last let us explain time. I do apologize for taking so long to get around to explaining time but it was necessary to prepare the ground first.

Let me state the conclusion first and then I will reveal my arguments to justify my statement.

My statement is this.

Time does not exist.

Even within the illusionary realities we all experience, time is an illusion.

So, let me try to justify this explanation.

I will repeat once again, that all is an illusion. But I will treat this illusion as reality, because that is what you experience.

In fact, time does not exist but the sequence of events does.

What does this mean?

Logically, it implies one thing after another, which could be construed as just another way of expressing time. But in reality, it doesn't. Of course, we all experience things occurring in sequence but that does not mean that these events occur in the same way as time does.

For instance, everyone incarnate experiences time in virtually an identical manner. But we don't all experience events happening in an identical manner.

An obvious example would be someone in prison, in which most days evolve in a very similar fashion, following the rules laid down by the prison authorities.

But free people might follow a very different progression to the unfolding of their days, depending on who they are, where they live and the type of life they lead.

Indeed, if we ignore the unhappy case of people in prison, or perhaps in military organizations, most people, as individuals, have quite different 'one thing after another' progressions to their lives.

As I said, if one works, one has to follow a certain sequence of actions, in order to comply with the rules and regulations of the employment organization. But if one doesn't work, then generally, one can follow a quite different sequence of events to one's day.

We say that time is connected to the sun, in that it rises in the East and sets in the West. This appears true but the time that the sun rises and sets alters all the time as planet Earth moves through the heavens and tilts on its axis.

I could give a huge number of examples demonstrating that the sequence of events is not always followed in quite the manner the expression 'one thing after another' would indicate.

So, with regard to time, we have two ways of looking at it at the moment.

We could look at a clock and insist that time is measured by the passage of the hands of a clock.

But there is another way of looking at time and that is how we experience it in our lives.

For a start, when we are asleep, we cannot experience time, which is why, when we wake up, we tend to look at the clock to find out what time it is.

But more importantly, our measure of time is experienced with regard to what we are doing.

If we are enjoying ourselves, time seems to pass quickly but if we are not happy or if we are in pain, time seems to pass slowly.

People that have had severe accidents, often have the impression that time is standing still while the accident is occurring.

Therefore, we have the impression that time is not quite as fixed as we might imagine. So far, I have mentioned three ways of looking at time.

1. A clock of some kind.
2. Sequence of events.
3. The impression of time passing.

Which of these three ways of looking at time is correct?

Certainly, I will admit that 1 is very important. Without clocks of some kind to guide our movements, life would be very different.

Imagine that you need to catch a train for some reason.

If the train did not follow a timetable, no one would know when the train would arrive at the station.

There are many examples of where time contributes to society and without many people respecting time, life as you know it would be chaotic. So, time contributes to an organized society.

But then we have sequence of events.

Sometimes events follow on in a sequence and sometimes they don't. The days of the week, for example, follow on sequentially and that is useful for many people.

One needs to know if one has to go to work on any particular day or not.

One might need to know if a church service is being conducted on a certain day but not on others, and so on.

Lastly, in this short and incomplete list, we have the impression of time passing. There is no real need to explain this, because we have all experienced how time seems to alter, depending on what we are doing, what we are experiencing.

Depending on how open-minded we are, we might question which of the three ways of experiencing time is correct?

I suppose that most people would agree that we experience all three, not necessarily at once, but depending on what is occurring in our lives.

If that is so, and I postulate that it is, it demonstrates that our understanding of time is not fixed in stone.

Certainly, no one would deny that time, as projected by clocks, is correct and is essential to many events from turning on the TV at a certain time, to watch something or sending rockets into space.

However, the other two examples, sequence of events and the subjectiveness of time are equally valid.

We may not be able to measure the last two but we certainly experience them.

So, where does this take us with regard to time?

What actually is time?

The truth of the matter is that time, as I said, does not exist.

A proposition is only true if it is true on all occasions.

If it can be demonstrated, even once, that there is a flaw in the proposition, it is unfounded.

We could say that examples two and three are purely subjective and I would agree with that statement, even though example three can appear totally real.

There is an old expression, 'A watched pot never boils.' This rather comical saying has some truth in it. If we heat water but the time it takes is of no importance, the water seems to come to the boil fairly rapidly. But if we are waiting on tenterhooks for water to boil for some important reason, it seems to take forever, figuratively speaking, before it reaches boiling point.

The most dramatic examples concern pain.

If, for example, we have had an operation, where some part of us was removed surgically, the pain that we feel before healing is complete is not only severe but seems to go on forever.

However, for the same period of time, if we are on holiday, for example, and pursuing our favorite pastimes, lazing on a sunny beach, walking, cliff climbing - whatever - time seems to fly by.

Lastly, I will say that it has been demonstrated that time is relevant to speed.

The faster a clock travels, the slower the hands turn.

Apparently, at the speed of light, time would stop.

That statement alone is enough to demonstrate that time is not a fixed quantity.

I set out to try to explain in this chapter what time is.

I said that it doesn't exist and I think that, within reason, I have demonstrated that, although there appears to be time, and I explained it in the last chapter talking about 'now' moments, it is relative to a number of things, which I have outlined above.

However, what I have explained is all rather academic and was explained in order to expand your minds.

If you carefully read this chapter, I hope that you will agree that time is not a fixed quantity.

But, from an everyday point of view, we have to accept that clock time is the only one that matters, even though it is only one of several ways of considering time.

CHAPTER 21 - THE ILLUSION OF SPACE

We have tried to explain how time is an illusion.

It has been suggested that both space and time are connected and most people have heard of space/time, even if they have no idea of what it means.

It matters not in a way, because if time is an illusion, space must also be an illusion and both have been linked by us to fight/flight.

However, we have suggested that while you are in incarnation, you accept both of them as real, as to you, they are real.

You have time, which you can verify by just looking at a clock and you have space, which you can also measure.

Both are part of the great illusion but both seem real.

Our job is two-fold.

We often remind you to accept incarnation as real but we also explain true reality to you in order to give you a head's start when you return to the afterlife.

Anyway, let us look at the illusion of space.

This is a little complicated, because space is not a stand-alone subject and to explain the reality of space, we need to involve time and light.

We have explained time in the last two chapters and we mentioned light also.

Light is a fascinating subject and we will examine that in the next chapter. For the moment, let us debunk space.

There are two sorts of space known to man.

1. The distance between two points.
2. Space as in space/time is a different topic, connected to the speed of light and to gravity.

There is little point in talking about 1, as we are sure that you can measure the distance in a straight line between two points but space as in space/time is a different subject involving curves caused by gravity.

But, of course, if it is all illusion, we need to separate fact from fiction and see what's left. Gravity, which seems to be an important element of space, is not understood either. This creates a problem. Time doesn't seem to exist in reality. Speed of light we need to discuss, because we have reservations about that and gravity is not understood.

As all these subjects are connected to space, it makes it difficult to speak about space without giving a long monologue about the other parts.

But we want to concentrate on space, so we will do our best to describe space without going down the maze of other topics.

If we look up into the night sky, we see planets, our moon, and in the daytime, our sun and they all seem a long way away. But are they?

Certainly, if someone shoots a rocket to the moon, it takes a few days to get there. This, straight away, implies both speed and time. But if time doesn't exist and there is only the 'now' moment, where does that leave us?

We need to realize that we imagine the moon from the point of view of us as singularities, looking at imagination from our bubble.

So, no two people see the moon in exactly the same manner.

Come to that, no two people see or experience anything from the same point of view.

But our interest is space and we must concentrate on that.

So, if we gather a group of people together and ask them to look at the moon, they would all see it from their own perspective.

Depending on their eyesight, some people would see it clearly and to others, it would be blurred.

Some might find the moon beautiful and feel affection for it, while others might find it eerie or frightening. It all depends on the state of mind of the individuals gazing at the moon.

But, does this imply a problem concerning the moon? If no two people can agree about it, does this mean that it is not real and only exists as an illusion?

We could say yes to that, but deep in our hearts, we know that it is real and is a certain distance from Earth.

So, we are back to space again.

If someone sends a rocket to the moon, they know that it would take a certain time from the moment it left Earth, to the moment it divebombed, nose first, into the dust of the moon.

But what does this mean in terms of distance - space if you wish? Is the moon about a quarter of a million miles away, or is it not?

All we can say is that it depends on one's point of view.

Certainly, measurements have been taken for a comparatively long time by a variety of scientific people and have narrowed the distance to a metre or so.

Excuse me for mixing miles and metres up.

This, of course, depends on where you start measuring from on Earth. Sea level or the top of a high mountain and which part of the moon you take as your destination, because the moon is far from flat.

However, we won't quibble over a few metres. Scientists have demonstrated that they are capable of measuring the distance from Earth to the moon or vice versa.

Measuring in a straight line, as we have mentioned in example 1 above, is all well and good but it has been demonstrated that space is not flat. It is curved by gravity and so any rocket trying to fly in a straight line from Earth to the moon, would find that it would miss its target, unless it took into account the curvature of space, which would add a bit more to the distance the rocket would need to travel.

This, or these, curvatures, would be created by the gravity of the Earth and of the moon, and to a certain extent, the gravity of the sun.

So, the actual distance it would need to travel is quite complicated to calculate.

But can we look at this in a different fashion?

Can we suggest that, as time is an illusion and can be demonstrated as such to any normal person's satisfaction, so by the same token, space must be an illusion?

Now we need to ask another question. Are space and distance the same thing?

It could be answered that space is a three-dimensional construction, whereas distance is a two-dimensional creation.

If you doubt this, try to measure the distance between two doorknobs on opposite sides of a corridor by tying a piece of string tautly between the two doorknobs. You can measure the distance with a tape measure without problem. But try making the string curve as if it was slack and then try to measure it with a tape measure. It is much more difficult. And yet the bow in the string is caused by gravity.

So, we have space, which is a 3D concept, gravity, which no one understands, time, which people really don't understand more than telling the time on a watch and it is all connected to the speed of light and light is not really understood.

Further, we have the strange concept of information being able to be transmitted instantly between two bodies, no matter how far apart they might be, in which case, time, distance, speed of light, and so on have absolutely no meaning.

We do not want to confuse our study, by including things that are not relevant in our discussion but we do need to examine carefully all things in order to decide what to keep and what to discard as irrelevant to our examination of space.

We must discard time, as it has been demonstrated that time varies according to speed.

We must also discard speed, as somethings travel slowly and can be measured but other things can travel instantly.

We must discard space itself, as that depends on whether gravity is altering it or not.

We must discard gravity, as that varies according to the size of the bodies creating the gravity. Not to mention that gravity is a misunderstood phenomenon.

Lastly, we must discard light, because that also is misunderstood and we will demonstrate in another chapter that the speed of light is not constant.

So, we come to the conclusion that space does not exist.

What does this mean?

Once again, we have this conundrum. We can measure the distance between any two bodies or objects but, equally, we have demonstrated that time is an illusion, as there is only the 'now' moment, so space must also be here and now.

Space as we understand it, is an illusion.

And yet who amongst us, standing on Earth, could reach out and touch the moon or Mars or Venus or any other solar body.

The strange truth is that space does not exist. It is an illusion.

But why should space exist, if it is an illusion? After all, if it seems to exist to us, there must be a reason.

I will try to tell you why.

Long ago, before humans incarnated to Earth, space and the planets in the night sky did not exist. There was no need for them.

Minerals, plants, and animals did not need a solar system.

They needed planet Earth. They needed gravity to hold everything in place on Earth.

They needed gases in the sky for them to breathe and they needed the firmament to keep the gases in place.

But that was all that was needed.

God's archangels do not waste precious energy creating things that are not needed.

I am sure that if one could communicate with minerals, plants, and animals today, they would have no conception that above them there are countless trillions of solar bodies. I feel sure that even the most intelligent of animals have no concept of what is above them in the night skies.

However, things altered when man appeared. Not primitive man, who was not far off the animal kingdom in curiosity.

But once intelligent man appeared, he wondered what might be above his head.

It was at that moment that these people, in their bubbles of singularities, started to create in their imaginations, the night sky. Man invented the concept of the stars of the zodiac.

He invented the concept of gods, sitting on these planets, surveying man on Earth.

Along with that came the question of how near or far these various bodies were.

It was obvious to man that the gods must be far above them, keeping a watchful eye on them but out of sight.

So man, in his bubble of imagination, created distance - space.

As man developed and as curiosity prodded him to create more and more powerful telescopes, so he was able, through his imagination, to invent galaxies further and further away.

This was done in two ways.

First, it was man who imagined planets, stars, and galaxies but also the Directors of Life helped by placing in this imaginary sky (space) a number of planets.

The whole thing is just imagination, but just like planet Earth seems real and solid, so these other planets seem real and solid.

The moon is an exception to a certain point. It is imaginary but was not constructed by man's imagination.

The Moon was imagined into construction by the Directors of Life, because it plays an important role in helping to control life through the machine on the far side, that we have often mentioned.

A moment's thought should have brought to the attention of man, that the moon is special, in that it does not behave like other planets. It does not revolve on its axis, as do other solar bodies but always remains with one side facing Earth. That is so that all that is happening on the far side is hidden from man.

The goings-on on the far side are waves of energy, crucial to the development - or rather controlling the development - of man, as he slowly evolves.

The moon will play a crucial role as ascension advances.

But to return to space.

I hope that you can see from what I have explained above, that space is all part of this great illusion.

The problem I have is that, as it is all imagination that looks convincing and real, I have no means of bursting the bubble of Illusion and of convincing you that what I tell you is fact.

I have told you that you all agreed, as did I when I was incarnate, to accept this illusion as reality and so, no matter what we experience, no matter what we see, feel, smell or create, it all seems totally real.

Thus, space seems real.

Could we measure with a long tape measure the distance from Earth to Mars or Venus, for example?

Although this is a ridiculous thing to say, I suppose that it would be possible, although due to the rotation of the Earth on its axis and its rotation around the sun, the tape might get tangled up in the various planets and moons as we stretch it out, but the point is that the illusion that we live in appears so real, that we could undertake such an exercise if we knew how.

Of course, in reality, none of it exists. It is all illusion. But we must accept that whilst we are incarnate, we must accept it as reality.

I will mention one other thing about space.

All the various planets, suns and moons, are created from matter. Matter is formed from atoms combining to form all that we see. I will not include alternative realities here.

So, if we see photographs of some of the many galaxies that modern telescopes can capture in distance space, we must admit that there is a lot of matter in the sky.

But everything must be kept in balance.

So, for every gram of matter, there must be an equal number of grams of antimatter.

The problem is that matter and antimatter must be kept apart, for if they were to collide and annihilate each other, an enormous explosion would take place.

So, each planet, moon, sun, or whatever, has a coating of gravity around it, enclosing the object rather as an eggshell contains the egg within.

Planet Earth has a coating of gravity outside of its atmosphere, not only containing the atmosphere but keeping planet Earth safe from contact with any antimatter floating by.

Space is full of atoms of antimatter and acts rather like treacle, slowing the progression of planets, as they revolve around their axes and around their suns.

If planet Earth was not slowed by antimatter, it would speed up until, in spite of gravity holding us all on its surface, we would all be flung to the edge of the gravity field surrounding Earth like an eggshell.

Planet Earth - and every other planet - would spin at great speed, both on its axis but also around the sun.

So, antimatter plays an important role in keeping planets in order.

Yet antimatter is invisible to the eye. However, for each and every atom of matter, for each and every molecule within an atom, there is an equal and opposite version of it in space, floating about at random, and fortunately, slowing planets down.

I said 'at random' but nothing in God's creation is random. Everything is organized to the Nth degree.

Life would not work, if any degree of haphazardness was allowed to slip in.

The problem that we have with antimatter, is that we have no means of analyzing it. It remains outside of our knowledge.

Our main source of knowledge gathering, outside of what the wonderful angelic beings tell us, is from the akashic record.

With ordinary matter, minerals, plants, animals, and humans are very much involved. The akashic record only stores information about living things, such as I have just mentioned but as atoms are very much involved with life forms, it is not too difficult to piece together how atoms, etc., work in creating matter.

But with antimatter, as far as we know, there are no life forms, such as anti-minerals, anti-plants, anti-animals, or anti-humans which antimatter could make.

Perhaps, in retrospect, this might seem a little strange.

After all, if we have minerals, plants, animals, and humans, in our world and those things require matter in order to make them and matter requires atoms of various kinds to construct it, is it such a stretch to expect antimatter to do the same in the opposite sense?

But we have not yet discovered an anti-tulip, an anti-elephant, or an anti-human.

To be honest, we do not really know what antimatter consists of. We know that it exists and we know that it is essential in keeping all life in balance but our knowledge ends there.

It would be rather pleasant, I believe, if the worlds we have were also created in an opposite manner out of antimatter but I cannot confirm this.

In any case, we could never meet such creations.

If there was an opposite of you or me created from antimatter and we tried to shake hands, the resulting explosion would send us all to kingdom come.

So, we cannot say much more at the moment concerning antimatter. We know that it exists and its purpose is to keep a balance between matter and... something.

Equilibrium in all aspects of life is of primeval importance.

Should any part of God's Kingdom be out of kilter, all life would end.

Thus, for all the matter that exists in all the cosmos, in all the dimensions, an equal and opposite force must exist to maintain balance. We call this balancing force antimatter.

But we still haven't explained very well space. All we can say in our defense is that space is connected to time (which doesn't exist) and with energy and with the speed of light, which we have not yet explained. We have also said that space is not empty as it is full of antimatter.

And that is about all we can say about space.

Before we shut down this chapter, can we say anything about distance?

How far away is the moon?

How far away are any other planets or the sun?

Many sophisticated measurements have been taken to determine precisely how far from planet Earth these various bodies are. But the only problem is that they are fictitious.

As I said earlier, before intelligent man came on the scene, the night sky was empty.

It was only when man in his bubble of imagination wondered why only planet Earth existed, that he, in conjunction with God's archangels, started to imagine a number of planets in the night sky.

As telescopes were developed, so man, as he peered into the cosmos, expected to see more and more planets, galaxies, and ever more distant stars.

That what man imagines, comes to pass.

Therefore, as man peers further and further to the far horizons of space, so he imagines it being created endlessly, on and on.

But it is imagination.

Space does not really exist. The various planets do not really exist, although we do draw the line at the moon and will say that it may not exist quite as you visualize it, but nevertheless, there is a force that controls psychic development that you visualize as the moon.

I suppose that I should say that antimatter is also an illusion but for those in incarnation that see planets (and planet Earth) as solid objects, and in the case of planet Earth, covered with plants, animals, and humans - matter - we need antimatter somewhere to keep life in balance, so we imagine space to be the best place to visualize it to be.

Thus, we placed antimatter there.

I feel that I have done a rather poor job of explaining space. The problem is that it does not exist, only as a figment of the imaginations of those incarnate.

Before incarnation and after incarnation, space ceases to have any relevance, because it was just a figment of imagination.

Yet, for those incarnate, it appears real. Cosmologists are peering into telescopes, imagining galaxies further and further away. Rocket scientists are figuring out how to send missiles to explore planets like Mars, Venus, Pluto, etc.

It all seems real but isn't.

So, I have been torn between just repeating the fiction that exists today concerning space and explaining the truth, which is that it is all illusion.

I feel that I have fallen between two stools.

But I have done my best and can only ask for your forgiveness if I have failed to describe space.

I will end this chapter here.

CHAPTER 22 - GRAVITY

In the last chapter, I mentioned that in this chapter, I would speak about light but I have decided to try to describe gravity first, as light is very much involved with gravity and so an understanding of gravity will help when I describe light.
So, this chapter will deal with gravity.

As you must realize by now, all these topics are, in fact, illusions created by God's archangels, in conjunction with the Directors of Life, to give some meaning to those incarnate. As all the topics I have mentioned in the last few chapters only have any relevance to those incarnate, it must be obvious that they are not real. They are imagination constructed to enable those having an incarnation to have apparent physicality.

Therefore, although it is all illusion, we must accept them to be real for an incarnation to make sense.

So, we will imagine that gravity is real and I will try to describe it.

Gravity has been described as a sort of electromagnet, holding various things; planets, rocks, plants, animals, and humans in their correct positions relative to the life plans of all things, for all things are alive and have life plans.

It may be difficult for some people to accept that suns, planets, minerals, and apparently inanimate objects are alive and have life plans but it is so.

Therefore, if we consider that all is alive, has a life plan, and is required to occupy a certain place in relation to all life, it must be obvious that there is more to gravity than it just being an electromagnetic force.

Of course, the effect as observed from its lowest concept, that of observing it just from a physical point of view, may seem to be a sort of magnet but I hope to demonstrate in this chapter, that there is much more to gravity than the effect observed from physicality. I hope to demonstrate that gravity is actually a spiritual force and its origin is in the auras. As planet Earth is a living body, it also has auras and so gravity, as far as planet Earth is concerned, starts in its auras. Of course, the same concept applies to all things, no matter what they are and where ever they are in the entire galaxy and in all galaxies.

Gravity affects all things and without it, all life would fall apart.

What do I mean by that statement?

I mean that each and every atom has gravity in its auras and this gravity is programmed to operate in a certain fashion, according to the life plan of each atom.

For instance, there are a huge number of atoms that have been programmed in their life plans to form planet Earth. These atoms that constitute planet Earth do not do so haphazardly. They have been carefully designed to form planet Earth.

Other things are programmed to form each and every object found on Earth.

If it was not for this programming, atoms would just float about in space and planet Earth would not exist. Nor would any object found on Earth. The whole system would collapse and nothing physical would exist.

That is what I mean by all life falling apart.

So, this is our first glimpse of what gravity is and why it exists.
Obviously, there is more to gravity than just this programming and I will try to look at all aspects of it as we progress.
But let us look in greater depth at this programming.
For it to create gravity, it must have been created somewhere.

Gravity is, in a general sense, created in the 4th dimension.
For all things that do not have a physical incarnation, gravity is not really necessary.
We have spoken about the fact that God's archangels created, at God's behest, 8 dimensions, and each dimension is kept apart from others by being wrapped, individually, in gravity.
We also mentioned that within each dimension (or carrier wave) there are - or can be - countless smaller areas, each one kept safe by being wrapped in gravity.
We also mentioned that there is thick, or powerful gravity and thin, or weak gravity.
From the very dawns of time, gravity existed.
So, gravity is a force that was deemed necessary and thus created, at the very beginning of creation. Long before man, or indeed, long before the creation of galaxies, gravity existed.
It holds a vital and primordial place in creation.

Now, all of creation vibrates and each one of the eight carrier waves or dimensions vibrates to a different frequency to any other carrier wave or dimension.
Within each dimension, the sub-dimensions are created and they are all kept apart by being of different frequencies.
This gives us a clue to what gravity consists of.
I mentioned vibration, frequency.

If something vibrates, at some point that vibration will finish, and very possibly, link to something else that is vibrating at a different frequency. Let me give an example to demonstrate what I mean.
Let us picture an object. This object could be anything. A mineral, a plant, an animal, a human, a planet, absolutely anything.
But what we visualize has a definite shape, a definite boundary to it.
If I may, I will select a flower - a daffodil. I am visualizing this completely at random.
We all know, I hope, what a daffodil looks like. It has a trumpet-like shape and is usually of yellow color although some can be white. The majority are yellow.
If we look at this daffodil, we see that it has a definite shape.
If we look at the boundaries (the edges) of this daffodil, we see that it has a definite shape and that its shape ends somewhere.
We can see a definite outline to this daffodil. That is the limit to its shape and also to its vibration. The daffodil vibrates within its shape but the vibrations cease at the outer edge of the outline of the flower.
It is actually this edge, this boundary to the flower that contains the gravitational force.
The interior of the flower vibrates but does not contain gravity. It is the outer edge of the flower that contains the gravity force.

This is very similar to the gravity that limits the boundaries of the dimensions I mentioned above.

All is one. That which a dimension has, a daffodil must have.

Just as the outer edges of a dimension contain a gravity force to keep one dimension separate from another, so the outer edges of a daffodil contain a gravity force that keeps a daffodil separate from any other object, whatever that object might be.

I hope that you can understand this.

No matter what the object might be - not just a daffodil - its outer edge contains the gravity that keeps it separate and unique from any other object, no matter what that other object might be.

Here I must describe an aspect of gravity that, as far as I am aware, has never been understood.

Let us look at planet Earth rotating around the sun. It has always been assumed that if gravity did not attract planet Earth towards the sun it would fly off into space.

In fact, this is not so. If planet Earth did not have a force that repelled it from being attracted to the sun and if the sun did not have a force that repelled Earth, it would eventually crash into the sun.

That is the natural way that objects tend to behave. Any object whizzing around another would gradually slow and be drawn to the other object.

The result would be that Earth would crash into the sun.

But the truth of the matter is that planet Earth and the sun project a force that repels each other. That repelling force we call gravity. Planet Earth is attempting to slow down as it pushes its way through antimatter, which acts rather as treacle and is attempting to slow down and would be drawn, if gravity was an attractive force, towards the sun, and the result would be that planet Earth and all the other planets; Mars, Venus and so on would all crash into the sun.

But, in fact, due to the repellent force of both Earth and the sun, planet Earth is trying (if I may use that word) to escape into space away from the sun. But it can't due to the reducing effect of having to plow its way through antimatter which acts rather like treacle.

The fortunate result for us, is that a sort of equilibrium has been reached, not only for planet Earth but for all planets. Thus, they remain in their orbits.

I repeat, however, the gravitational force is only present in the outer edge of any object.

Perhaps we can understand this and accept this at least as a hypothesis.

But what about all objects on the surface of planet Earth? Why do they not fly off into space if all objects repel each other?

The answer is simple but it is difficult to explain. But I will try.

Let us take the case of a human, you for example, or me when I was incarnate.

If the outer edges of our body contain the gravity force and that force is repellent and the same applies to the outer edges of planet Earth, why don't we fly off into space?

The answer is that we have mass - weight - and that mass is contained within our body. That mass has no gravity but it does have mass - weight.

This mass is more powerful than the repellent force of gravity and so all things stay close to the Earth.

I hear you saying that mass is the gravitational force and what I wrote above is nonsense. But it is not.

It is the fact that generations of so-called educated men and women have accepted, without question, that gravity is an attractive force that has clouded the issue.

I am telling you that everything concerning mass (weight), gravity, and so-on, has been completely misunderstood.

I am telling you that the gravity of any object is only contained in its outer limits.

I am saying that the repellent force is very weak and I am telling you that mass (weight) exists as an independent force, not connected to gravity and mass actually keeps things trapped on Earth.

I am saying that it is the actual weight of any object that keeps things on Earth.

Now, what is the force that acts as weight (mass)?

Believe it or not, it is a subset of love. It is the law of mutual attraction.

All things that love each other, are drawn to each other. If two things love each other, there can never be separation.

As planet Earth, generally speaking, loves all of God's creation and as virtually all things love planet Earth, even if they have not considered it in those terms, the power of mutual attraction operates.

After all, all minerals, plants, animals, and most humans cling to physical life for as long as possible and as physical life takes place on Earth, it follows that most living things love planet Earth. If they did not, they would attempt to escape as rapidly as possible. But they don't.

But the law of mutual attraction is not gravity although, generally, gravity and the law of mutual attraction have been confused and have been combined to create the concept of gravity. But, I repeat, gravity and the law of mutual attraction are two separate forces and act in opposition to each other. The law of mutual attraction tries to draw life towards Earth, while gravity tries to repel all things.

So, when it all comes together, we have quite a complex picture.

On one hand, we have the force of gravity, that we could consider to be a negative force. Not in a spiritual sense but negative in the sense of polarity of a magnet: positive and negative poles.

Gravity is a repelling force.

Then we have the law of mutual attraction, that tries to draw all life that loves, together.

After that, we have the situation of having to plow through antimatter, which acts as a glue-like matter, slowing planets down.

The result of all this is a cleverly worked out situation that allows life to balance in the manner that we see.

All of this was and is generated by God's archangels, working in conjunction with the Directors of Life and the result is the equilibrium that enables life to exist in a perfect manner.

Even though none of it is real, for those incarnate it seems real and we can now see how it all works.

Scientists admit that they do not understand what gravity is and how it functions in concordance with a small variety of other forces.

We cannot really isolate and understand gravity, until and unless we link it to the other forces I mentioned.

I have stated that gravity is a repelling force but that description would make no sense just stated on its own.

We have to balance the negative force of gravity with the positive force of the law of mutual attraction, and in the case of planets circling around the sun, we have the braking effect of antimatter, which plays a vital role in slowing planets down to exactly the correct speed, to ensure that total equilibrium is maintained.

Now, we have not explained the role that the sun plays, being at the center, so to speak, of our galaxy.

As the sun is a generator of light, we will discuss this in the next chapter, which will be about light.

The task I set myself in this chapter was to explain gravity.

As gravity is easily explained, I feel that I have fulfilled the mission I set myself, which was to explain gravity.

So, I will stop here and allow you to digest this information, which flies in the face of anything that science has told you concerning gravity.

Science has always assumed that gravity is a positive force, in the sense of electromagnets whereas, in fact, it is a negative force if we regard it once again from the point of view of a magnet.

So, we stop this chapter and move on to the next one.

CHAPTER 23 - THE MIRACLE OF LIGHT

As promised, in this chapter I will discuss light. I could say *the illusion of light* because what I want to discuss will not always concord with the way science explains it. However, in the illusionary world that you who are reading this book - the 6th dimension - live, light seems real and is, possibly, the most important aspect of all the subjects for discussion. Without light and the heat created from it, there would be no life as you experience it.

Light originates at the sun.

Therefore, before we can address light, we need to understand what the sun is and how it creates light.

We have two methods of considering the sun.

1. The way that science considers it, and
2. The way that we in the higher spheres consider it.

Let us first look at the way science considers the sun to be.

As far as science is concerned, the sun is a gigantic ball of fire, incredibly hot and capable of sending, from time to time, waves of electromagnetic force towards Earth, which could cause considerable harm to the various electronic machines there are: satellites, telephone communication systems, and power stations.

It is also about 93 million miles from Earth.

It is thanks to this incredible heat that we have life on planet Earth. But there is a fault with this theory and it is this. There is a huge vacuum in space between the sun and earth and heat cannot traverse a vacuum. That is why vacuum flasks work. So, no matter how hot the sun might be, none of that heat could reach earth.

I will also mention one other thing.

The gravity of the sun, in conjunction with the gravity of the other planets, keeps everything, including planet earth, in orbit around the sun. Gravity being, in the eyes of scientists, an attractive force.

That, in a nutshell, is how science considers the sun.

In this chapter, we will explain what we know about the sun and allow you to decide which theory seems to be the most plausible.

Now, we must try to blank from our minds all that science informs us concerning the sun and start again from scratch, as we explain our knowledge concerning the sun.

So, please allow us to explain what the sun is and how it works, and that will take us on to light, which is the subject of this chapter.

Space, as we have said, is an illusion. An illusion created first by animals as part of the fight/flight syndrome and further developed by man, as he tried to create order in his mind concerning the universe.

Each one of us lives alone in his little bubble of imagination.

I have explained this previously but I feel I need to remind you of this fact, so that we can shake loose the illusion created by science, concerning space, which we were taught at school and which we have accepted as fact ever since.

Although we live alone, we can reach out and contact others in their bubble of imagination and exchange ideas and desires.

It is in this fashion that we create the world we appear to live in. But, in fact, we live alone in our bubble of imagination and all that we experience through interaction with others is caused by us, imagining what is going on.

It is through this exchange of information that we think we know what we know! But no two people think alike and no two people visualize things in their imagination alike. So, we all have slightly different views on what is and what is not.

But does the same apply to us in the 4th dimension? We, too, are contained within our bubbles of imagination just as you are. But there is a large difference. Although it is somewhat difficult to explain and I don't want to waste time and energy explaining the difference at this point, we are a lot freer than you are and we have more access, via the akashic record and information provided by wise members of our team and other groups, plus information provided by the angelic powers, so we are able to explore other and higher aspects of creation than you.

If you have read the books, essays, and other information we provide to you, and if you are able to accept what we say as being true, it must be obvious that we have access to information quite different from that with which life in incarnation provides you with.

So, we will describe exactly what the sun is, its function and its powers, and leave you to accept what we say, or reject the information.

There is, somewhere, a force called God. We do not know where that force is but we know that it exists and we know a bit about it.

This force, God, creates life. That is all it does. This may seem a bit restrictive, as we generally think of God as being the creator of all that is. The Bible and other books on religion explain that God is everything. We would not argue with that statement, because everything is alive and as God is the creator of all life, God created everything.

But, as we have explained, God does not work alone. God creates life but life on its own is not much use. Life needs to be encased in things in order for that life to express itself.

It is a bit like electricity. On its own, electricity is not much use. It needs to be attached to electric motors, electric light bulbs, computers, telephones, and on and on before bare electricity has any use.

Life is like that. It needs to be encased within plants, animals, humans, aliens, and so on for life to be manifest.

Just as electricity requires people to create the various objects that use electricity, so God, the creator of life, has a team of Archangels that link the lifeforce to all they invent.

Now, let us return to the sun. The sun is a star and it is connected at one end to the God force and at the other end to all the dimensions. It is in this fashion that the God force animates everything in all the dimensions.

But let us keep things simple and just talk about the sun as you see it in your 6th dimension - the plane of incarnation.

Depending on where you live in the world, you see the sun shining on you - if we ignore cloudy days - with greater or lesser intensity.

As I have tried to say, without explaining why, the sun does not give heat but gives light.

If it gave heat, that heat could not cross the space from the sun to Earth, due to the fact that between the Sun and Earth is approximately 93 million miles of nearly perfect vacuum, and heat cannot cross a vacuum.

We will ignore the fact that space is full of negative or dark energy (antimatter), because that energy plays no role in our positive, if I may use that term, energy fields.

But the sun gives off a form of energy that heats up planet Earth. It is also supposed that it creates enormous heat when it shines on the moon.

One supposes, that as the sun shines on other planets, Venus, Mars, Jupiter, etc., those planets would also heat up.

So, that, from a standard scientific point of view, gives a rough indication of how the sun is considered.

But, of course, that is not how the sun acts at all. Let us start again and allow us to explain the miracle that the sun is.

As I mentioned above, there is this force called God.

We do not know where God is, but wherever God is, God manifests himself as vibration. We call this vibration 'starlight'.

Light is vibration.

Although light is considered to be a large range of frequencies - and this is true - starlight is considered to be the purest, most powerful light there is.

So, if we could go to the place where God is, we would see God, not as an old man with a long white beard, but as pure starlight, the brightest form of light imaginable. But light is vibration.

Now, in the world that has been created, that we call incarnation, there is a need for light in order to create, not only light to see with, but heat to keep us all warm.

The heat part is easy to explain. It works like a microwave oven. Planet Earth is surrounded by gases - an atmosphere. Light is vibration, so as light leaves the sun and crosses space, it eventually shines on Earth and that light causes the molecules of gas (atmosphere) to vibrate in sympathy with some of the light and that causes heat.

It is as simple as that.

Now let us look at what is really happening.

Once again, I will say that I will explain what the sun actually is and leave you either to accept, or reject my explanation.

The sun is a sort of portal.

The part that we see is connected to our universe in the 6th dimension and provides us with all the energy that we need to maintain life in this illusionary universe. Perhaps I should say *multiverse*, as it shines on us in the 4th dimension also.

But, like all portals, it is a sort of tube, so it has two entries or, depending on how you think about it, an entry and an exit.

The exit, as I said, is connected to our reality but where is the entry?

This is where I need you to take a jump of faith, because the entry is connected directly to the God force.

I have already explained that God is vibration (light) and the God force is pure starlight.

So, the entry into this portal connects directly into the starlight of God, and that light blasts out into a number of dimensions, including your incarnation area in the 6th dimension. You see it slightly modified by the atmosphere and where you are on the planet. But, if you could approach the sun, you would observe it to be pure, white light. There would be no heat, just light.

Sunlight is 100% pure efficient. Generally, waste or unused light energy manifests itself as heat, which is why standard light bulbs are hot.

But the sun does not waste light energy. It is pure light and is quite cold.

There have been observed, from time to time, a strange spacecraft standing or hovering close to the sun, apparently drawing energy from the sun, refueling itself, and scientists have wondered how it could be so close to the sun without burning up.

Ignoring what the craft is actually doing, whether it is drawing energy from the sun to refuel itself or not, from what I have explained above, heat is not a problem. The sun is quite cool.

Having explained that the sun is pure starlight, doesn't really help explain why it exists.

It is all very well stating that the sun is a portal, a tube, almost like a trumpet we could say, blasting pure sunlight from the God force into our dimension in the 4th, and even more importantly, from the point of view of the books we give you, into your dimension - the 6th - but surely there must be more than pure starlight to the God force?

Therefore, no discussion of light would be complete, unless we touched on some of the powers contained within that light.

We have mentioned this at great length in a number of the books we have given you and I do not wish to fill page after page with a repeat of that information.

But I will mention a few aspects relative to gravity and the theory of the law of mutual attraction.

So, we have this amazing trumpet-like object that is called the sun. One end is connected directly to the God force, wherever that is and the other end is blasting light energy into our realities, wherever we are.

Before I continue, let's take a moment to consider this marvel, without which life would not exist.

As far as I am aware, no scientific body has ever looked at the sun in the way I am describing.

It has always been assumed that the sun is just a ball of fire blasting heat into the vacuum of space.

But, in fact, the sun is a force, shooting towards us all that we need to keep life going. It contains every power that is necessary to keep planets in orbit and to keep all life viable.

How is it that the sun, which is generally considered to be no more than a ball of burning material, can, in fact, be so necessary to the maintenance of life on Earth?

Of course, I have already answered that question, as I have stated that the sun is a portal sending vital forces to us, not only in physical terms but also, and more importantly, in terms of its effect in and on the eight dimensions that constitute life.

If you could see into the dimensions, you would become aware that in each one of the eight dimensions, the sun would be either visible or its effect felt.

In some of the dimensions, the sun is visible as a portal of energy, just as you see it in the 6th dimension (incarnation).

In other dimensions, it is not actually visible but its light is.

This is the case in the upper 4th, which is where we humans all live.

But the interesting thing is, that light varies in intensity, according to the spiritual awareness of the people who live there. Let me explain this.

The upper 4th is where all humans spend the majority of their lives.

However, some people are quite holy in nature and some are not. By the law of mutual attraction which, by the way, was not really known about until relatively recently, despite it having existed since life began, it draws people to certain areas.

The less than holy people are drawn to low areas, the normal people are drawn to slightly higher areas while the truly holy people are drawn to even higher areas. It is all a question of frequency, of vibration.

At the same time, by this same law of mutual attraction, certain frequencies within the sun's light are drawn to those same areas.

This means, in simple terms, that those without much - or any - holiness, draw a very few bands of light and of power towards them.

I should have mentioned that light from the sun, as it applies to the 4th dimension, is not only split into bands of different frequencies but of different force or intensity also.

This implies that for those who live without love, for holiness is love, the band of frequency from the sun that is attracted to that area contains very little illuminating force, and in addition, that small amount of light is delivered with very little intensity. The effect of that is that those who live without love, live in a dark and dismal world.

As people rise in frequency, which translates to increased love or holiness, so by the law of mutual attraction, higher bands of frequency of that light shine on those people with increasing intensity.

This goes on as people of ever-higher frequency draw ever-increasingly higher frequencies of light and intensity until, finally, the very advanced archangels, who are almost at the same frequency as God himself, receive the highest frequencies of sunlight and at full power.

This implies that, depending on who we are and the degree of holiness (of love) that we have, so we draw to us just certain frequencies of sunlight and at a certain intensity.

This, I re-mention, applies to those living in the upper 4th dimension.

But what about those who choose to have an incarnation in the 6th dimension?

We have the impression that the sun shines on all with equal intensity. But does it?

As I am sure you are aware, the plane of incarnation was created as a melting pot, an area where all sorts of people, holy or not, are thrown together, to live in whatever sort of harmony they can.

While this is true and while it is true that the sun seems to shine with equal power and frequency on all of you incarnate, as all is one, that which applies to the upper 4th dimension must also apply to those living in the 6th.

So, what happens is this.

The sun shines with equal force on all but not all people are the same.

Some live with love for all life in their hearts, so to speak, while some live without love. Of course, there are many levels between the two extremes.

Although the sun shines equally upon all, by the law of mutual attraction, some people accept certain frequencies of sunlight, while others accept different frequencies.

I hope you can understand this. Those who live with love in their makeup draw certain, similar, frequencies from the sun, while those that live without love draw other, lower, frequencies.

So that covers one aspect of sunlight, but what about gravity and so on?

The portal between God and the dimensions is what we refer to as sunlight.

We mentioned above, one aspect of how the God force is used by man to influence him, or rather how he accepts certain frequencies of sunlight, in accordance with the law of mutual attraction, to create the personality he has chosen.

But there is much more to this portal than what we have so far mentioned. Indeed, there are aspects to life that we have, so far, not talked about and would be beyond your levels of comprehension.

But you know about gravity. We have already mentioned this and have told you that gravity is a repulsive force.

Let us examine this in greater detail.

The big question is, why should gravity be a repulsive force, when so much of life operates according to the law of mutual attraction which, as the name suggests, is an attractive force?

The answer is that life needs to be kept separate.

We have mentioned before that dimensions are encased in gravity and that sub-dimensions, the small dimensions or frequencies within dimensions, are also surrounded by gravity.

The whole of planet Earth is covered by a coating of gravity, and if we could reach out far enough, we would see that our galaxy is encased in gravity.

By its very nature, gravity is designed to keep things apart.

One dimension must be kept apart from any other dimension.

One planet must be kept apart from any other planet.

If gravity was an attractive force, things (objects) would be drawn to each other until they finally mixed and became one.

Let us take a simple example. On earth, we have a huge variety of objects and goods that we use. Just look around you in the room or open space where you are at the moment. If you are in a room, you would, I presume, have a table or desk, a chair, a computer, a screen, a pen, paper, and so on.

If you are outside, you might have grass, trees, flowers, etc.

I have already explained that each and every object, every atom, has on its outer edge, a layer of gravity and this gravity keeps each and every object apart from its neighboring objects.

Place one thing next to another and they do not combine. It takes energy; heat, acid, or some other force to make objects combine.

On their own, they remain apart.

This is because of the layer of gravity each object has and that gravity is a repulsive force, a negative force if you wish. Gravity keeps things apart.

This gravitational force comes from the sun and shines on all things in all dimensions.

But not all things except this force equally. Some things accept gravity more than others.

Minerals, for example, accept the law of mutual attraction without question because of their affinity with Mother Earth.

Thus, they can ignore the repulsive force of gravity, which gives them the weight with which you are all familiar.

Plants and animals tend to be less attracted to earth, which is why animals can move easily over the surface of the earth and even plants can get blown about by the winds. Nature takes advantage of this effect in helping spread the next-generation of many plants.

Birds, butterflies, and so on, only project a tenuous hold on the attractive forces, which enables them to incorporate the negative effects of gravity, and thus can fly with ease.

Now, these effects are projected into the various occupants of Earth by their life plans and the power of the sun causes the atoms that constitute the make-up of rocks, plants, animals, and birds to form, more or less, attractive power to planet Earth.

This very clever effect was created by God's archangels.

So, we have a playoff with the positive effect of the law of mutual attraction opposing the law of rejection of gravity.

You will notice that in what I mentioned above, I talked about most of the occupants of the earth but I didn't mention humans. There was a reason for this and I will explain.

As I have mentioned before, humans were not intended to come to Earth and it was only when God's archangels realized that animals (the most intelligent and advanced of the creatures originally intended to incarnate to Earth) would not develop up to the point that they could pay back the energy used to create all that constitutes planet Earth, that human volunteers were called for to help out.

Now, humans are not animals, any more than they are plants, minerals, and so on. Humans are a different sort of creation and were originally intended to be astral beings, in the various astral dimensions.

So, when they volunteered to incarnate on Earth - which, I remind you once again is an illusionary place - the 'physical' bodies that were created were as close to mammalian creatures as possible, but in fact, finished up with a mixture of animal and the astral aspects that they had before incarnation

Let me, briefly, mention this again.

Animals are mammals (or the ones that interest us are) and their place on Earth is close to Mother Earth.

Obviously, as all is one, mammals have both a physical and a non-physical aspect to them but they are designed to live and to survive on planet Earth, which is something that humans would be hard pushed to do.

There are exceptions but humans are clearly different from animals and are much more at home in the astral planes, than they are in physicality.

The net result of this is that humans, if they had been allowed to develop their natural astral abilities, would be able to act in ways that no animal could.

This, or those, different ways of acting, we call the 'gifts of the spirit' and include telepathy, clairvoyance, clairsentience, and the ability to move instantly from one place to another and also to be able to change dimensions at will.

These are the natural gifts that all humans are born with, but unfortunately, evil people have discouraged humans from developing these gifts, by accusing those who have developed them of witchcraft and of acting in cohorts with the devil.

But the truth is that humans have these powers and these powers are contained in the energies coming to earth from the Sun.

The light from the sun not only permits life to live, by providing both light and warmth but in the case of humans, it projects the frequencies that enable the gifts of the spirit to traverse the 4th dimension and appear in the 6th dimension. These powers will manifest themselves more and more as we move into ascension and it is thanks to these energies projected by the sun (God), that it occurs.

You may remember at the beginning of this book, that I stated that we would be linking powers that come from or through the 4th dimension into the 6th (incarnation) and this is one of the most important.

The power of God has some difficulty in arriving directly into the 6th due to all the etheric effects, by which I mean the barrier surrounding human and animal bodies - particularly human.

The etheric bodies are very closely linked to fight/flight, fear, anxiety, and a whole mass of less than positive effects. There are also a large number of etheric entities - fairies, gnomes, and all sorts of creatures, and together all this energy fills the space between the true astral planes and the physical bodies of animals and humans.

Thus, it is that the light of, and from, God shines into the 4th and is directed from there into the 6th, where it can be picked up by people's astral planes (auras) and transferred, via the chakras, into the various organs of the body.

So, we must accept that this wonderful power enters this portal we call the sun and from there it is projected into the 4th and from there it is made available in the 6th (incarnation).

When you look into the sky on a sunny day, do you see the sun directly shining on you or do you see it only as it is projected towards you from the 4th?

The answer is both.

When you look up on a sunny day, you see what looks like an orb of bright light in the sky.

But there is more to the sun than that.

Let me give you a simple example.

Imagine that you go on holiday in summer, particularly to one of the Mediterranean coasts, which I have chosen from personal experience. You may lie on a sandy beach, listening to the calm waves of the Mediterranean Sea gently washing the beach. You allow the warmth and light of the sun to gently fill your body with its effulgence and life seems wonderful. Then compare that to wandering, lost, across miles of desert somewhere in Africa, for example, with nothing to drink.

Very soon, that same sun that seems so pleasurable on a Mediterranean beach, becomes infernal when one is lost in a desert, not knowing which way to go to find salvation. And yet it is the same sun.

The thing that has changed is our attitude.

How is it that we can be both blissfully happy and extremely miserable under the same sun?

Obviously, it depends on the circumstances. But, where do our emotions concerning these circumstances come from?

Let us imagine, for example, that we are a small creature that lives in desolate areas; a lizard for example.

Whether they are wandering on a Mediterranean beach or wandering about in an Egyptian desert, they would be equally at home, as nature has adopted them to survive without problem in either environment.

But humans are not so adapted. Survival in extreme climates is very difficult for us.

This is because, in this case, we find it difficult to live under the influence of a burning sun in physicality.

At this point, I wish to say something that may seem strange.

Sunlight, as I have mentioned, comes from the starlight of God, through this portal we call the sun and shines with varying degrees of brightness into the auras or dimensions.

If one is an evil person, very little sunlight is drawn to that person but if one is very holy, an enormous amount of sunlight would be drawn to that person.

I mentioned this before but I would like to expand on the point.

In the 4th dimension, the difference in holiness is easily remarked, because people are kept apart by the varying degrees of the frequency the people emit and the varying degrees of sunlight that people can absorb. Holy people in the 4th shine with sunlight. Evil people 'shine', if I may use that word, with darkness. It is almost as if they have a black cloak that covers every part of them.

In incarnation, the same thing applies, but unfortunately, due to the fact that most people do not see with psychic vision, they do not notice this difference.

Those who have developed psychic vision, can quite clearly denote a person shining with sun (or star) light, from those who emit little light.

As people draw higher degrees of light towards them, so they incorporate or reflect that light, which is why portraits of holy men were often pictured with halos, the halos being the light that the holy man reflected and the artist, providing he had developed a degree of psychic power, could see.

That light - or lack of it - is still reflected by people today, but unfortunately, not everyone has developed the gifts of the spirit, so not everyone can see the light.

But it is possible to feel this holy power, or the lack of holy power, as two people meet.

A good person can instantly feel the holiness emitted by a good person, just as he feels repulsed by the evil waves emitted by a bad person.

In this respect, incarnation is a wonderful training ground, and students of spirituality can learn a lot by observing both good and evil people.

Therefore, I hope that you can see that the light from the sun is not just a warming and brightening effect that enables life to exist in incarnation, but it is actually prime God source, so contains lots of clues concerning people's personalities.

This is obvious once one realizes that the sun is a portal blasting, not only all that we need to give us life but is the power that reveals people's personalities. It is the source of life and is the source of all that creates what we observe around us, both in incarnation and in the non-physical realms.

Without the God force, nothing would exist but thanks to this force, all life everywhere is able to be and to develop according to what we are; mineral, flora, fauna, human, alien, all nature spirits, all sprites and other creatures, and enables each and every one of these entities to develop their personalities, no matter how simple or complex they turn out to be.

Sunlight is the most important of all the forces that act throughout the multiverse and is the prime cause of absolutely everything.

Sunlight is prime God force but it shines first in the astral spheres and is then passed down the auras of all living things and allows all to animate whatever they are and to allow all things to develop their personalities.

These, as I said, may be simple, as in the case of minerals or plants, or may be complex as in the case of humans and other life forms.

Without sunlight - the God force - there would be nothing for God's archangels to work with and nothing for created life forms to use to become who or what they are.

So, when you look towards the sun, try to realize that you are not looking directly at a bright and burning star but you are looking at the God-power, both shining on you in physicality and also filling your chakras, as it comes to you through your auras.

These two powers, direct sunlight and the light in your auras, create both you and all you see in incarnation. Further, it will follow you through your incarnation and forever after in the non-physical planes. Indeed, it was with you in the kindergarten area and has never left you in all the long years that you have been alive.

The God force that we refer to as sunlight, is the prime creator of life and without it, nothing would exist.

This light, which contains all the power of God, is the most wonderful thing that exists everywhere.

God is life. God Is love and sunlight creates life, love - with all its connotations of freedom, to develop whatever personalities we desire - and God is truly our father, as Jesus described him.

When you look towards sunlight, you have the privilege of looking at God himself.

CHAPTER 24 - ALIENS

We have told you quite a lot in this book and have added new information where appropriate.

The aim of this book is to bring much of what we have told you in other books together, so that you would have in one volume, access to information that you would normally have to scour the other books to learn about.

But we can't cover all the topics, because some of them are rather complicated and we can't, in just one chapter overview, explain that which took us a complete volume to explain.

However, we know that most of you are interested in aliens, so we thought, despite already having given you an entire book entitled *ALIENS*, where we explained what an alien was, that we would repeat, briefly, the subject, so that you would have at least an idea of who and what aliens are and the modes of transport that they use.

The first thing is to say that there is not just one group of what you call aliens.

I need to clarify something from the start for those who have not read the book about aliens.

I wish to state this.

There is only physical life on planet Earth. There are no beings on any other planet, other than reptilians, who guard the moon and Mars, which I will mention later.

So, if there are no beings on any other planets, the stories of aliens coming from the moon, Mars, Zeta Reticuli, the Pleiades, or any other distant clusters of planets, is false.

It is imagination created by those who claim to have contact with so-called aliens but it is not true.

This does not mean, however, that what you call aliens do not exist... they do! But they either come from Earth or from the auras of people living either on Earth or in the 4th dimension, which is where we live, and they are closely connected to you in incarnation.

I repeat. All aliens are closely connected to humanity and either come from Earth or from the astral regions connected to humanity.

There are no lifeforms anywhere else in the galaxy.

We have already explained that the archangels and the Directors of Life decided to keep all life in one spot, as it was easier to manage the development of living creatures, if they were all together.

Had life been spread all over the Galaxy, it would have been very difficult for God's servants to manage it.

So, let us dive into the subject and start to describe aliens.

As you can see from what I stated above, the word alien is not very accurate, as that word implies life coming from outside our known world whereas, in fact, they either come from Earth or from one or more of the auras close to Earth. However, you are all familiar with the term alien, so we will stick with that.

Now, as we start to describe aliens, we need to understand a bit about the life forms that inhabit Earth.

There is no need to mention humanity as you know it on planet Earth. By which I mean, the people that live on the various landmasses and are similar to you.

There are a surprising number of beings, or entities, that share the Earth with us and about which little is known.

But we are interested in aliens, which implies fairly advanced beings, usually having mastered anti-gravity and interstellar flight, in what you term UFOs of various shapes and sizes. The latest catch phrase at the time of writing this book is UAP (unidentified aerial phenomena) but we will stick with UFO.

So, just to clear the board, I discount Bigfoot, fairies, sprites, and the huge number of etheric or nearly etheric entities that are occasionally seen.

But there are a few groups of beings that come into the alien category and who have these UFOs.

The first I will mention is the reptilians.

These are an offshoot of humanity, that chose to live underground long ago and thus have avoided the Extinction Level Events (ELE's) that have devastated humanity many times. Having been able to avoid extinction, has enabled the reptilians to develop their own society, lifestyle, and has also enabled them to develop flying craft, using technology much different to that used by us.

These beings who, I repeat, are a close relative to us, have not only developed a different lifestyle to us but by living underground for so long, has given many of them a somewhat reptilian look. Hence the name.

This is not the name that they use to describe themselves. This is the rather insulting name that we have ascribed to them. They are not at all related to the actual lizard family. They are in many ways, in advance, technologically, to us, and have also developed some of the gifts of the spirit; telepathy, teleportation, and being able to move into the etheric realms at will.

As they are close relatives to us, unfortunately, their personalities are similar to ours, by which I mean that, there are good, kind, reptilians, evil ones, and the group in between.

The good ones cause us no problems but the less than good ones can cause us problems, as they seem to enjoy overshadowing rich and powerful people, causing them to act in a very antisocial manner.

But what interests us are those, whom we would call evil or at least anti-social, and who we sometimes see flying about in their UFOs.

Generally, they keep themselves to themselves and don't cause the general population any harm, other than the ones whom I have described above, who influence the powerful humans to the detriment of all.

So, they fly about in the skies, following their own agenda and we are blissfully ignorant of whatever they are doing.

I must say this, however.

Following battles with advanced humans, who no longer exist, having been exterminated by an ELE, they have captured both the moon and Mars. These two bodies they guard jealously and allow no one to encroach on them.

Therefore, stories of man setting up bases on the moon and Mars are just wishful thinking by us humans.

Regardless of the stories of man's trips to the moon, some humans were taken to the moon and have reported seeing aliens closely watching them.

These aliens were reptilians, who told the human visitors to the moon that they must leave and under no circumstances to return.

That is why the Apollo flights came to a sudden end and man has not attempted to return to the moon since.

Quite apart from the difficulties of deep space flight, the leaders of space flight development know, that if they attempt to return to the moon or try to go to Mars, they will meet violent resistance from the reptilians, who guard both the moon and Mars.

Therefore, I must say that the stories going the rounds in alien conferences, videos, and so on about bases on both the moon and Mars, are fictitious.

The only beings on those two planets (if we can call the moon a planet) are the reptilians, who guard both the physical surfaces and also the etheric realms surrounding both the moon and Mars.

These reptilians have flying craft, which we would call UFOs and they have weapons far in advance of ours and would instantly eliminate anyone who attempted to set up bases, either on the moon or on Mars.

That is a brief description of one group we call aliens - the reptilians - who you now know came from Earth and are closely related to us humans.

As I said, some are good, kind, beings. The majority are just normal, like most humans are normal.

It is the last group, that we might call a warrior class, that we would consider to be aliens. They are somewhat in advance from a technological standpoint than us, have developed the ability to communicate using telepathy, and can move in and out of the physical/etheric planes at will, and have flying craft.

We will not describe the shape of these craft, as they have more than one, just as we have more than one shape of airplane.

You may see these craft in the sky from time to time, although they can become invisible to us, using cloaking techniques. They also use programmed life forms (PLFs), the little robots that you may be aware of. Generally, the public has nothing to fear from this group as, like many aliens, they keep themselves to themselves.

The next group we wish to describe are the Nordics or Tall Whites.

This group also come from Earth and have followed a similar path to the reptilians, in that they have avoided the catastrophes that have struck the Earth, by the expedient of living underground.

They have recently started to make contact with some military groups, because of their concern about the atomic weapons we have developed and that we keep ready, should any major world war be started, which is always a possibility.

If any decision was taken to release nuclear weapons upon an invading country, the result could be the elimination of life on planet Earth. Thus, the Nordics/Tall Whites (it is the same group) are deeply concerned for their own safety and warn military groups against considering using such weapons.

The Nordics/Tall Whites, which I will just call the Tall Whites, are a race vaguely connected to humanity, although I am not sure that they could interbreed with humanity, if they chose to do so.

I really do not know their origins and they won't tell us, so the mystery remains.

They are a strange group but very advanced compared to humanity.

They, as their name suggests, are very tall compared to us and their skin color is pale, due to living underground.

Just how tall they grow is a matter for debate, as they tend to keep apart from humanity and we don't spy on them - that would be impolite.

They are a proud group, very attached to their families, and very protective of their children, which are produced in typical mammalian fashion, just as we reproduce.

They are very advanced technically, have flying craft we would call UFOs and also, they have a variety of weapons to protect themselves, should it become necessary.

However, they are a peaceful group and have never been known to aggress humans, except in self-defense.

But they are shy and distrustful of humans, whom they consider primitive and aggressive. In recent years, they have been allotted land in remote areas and they generally keep within the boundaries of that land.

They are willing to work with and educate senior military people but they do not trust the military mind.

Once again, they have developed the gifts of the spirit; telepathy, teleportation, clairvoyance, etc., and can read people's minds, so they know instantly if the human military people are trying to fool them.

It may be that they have created and use little PLFs but they seem to have no need of them.

They conduct all their affairs and communications with us, humans, directly.

Before we leave this group, we will say that there are a small number of similar groups but as these have not yet allowed themselves to be known to humanity, we will not mention them.

The last group we will mention is the most unpleasant.

As you should know, the 4th dimension is divided, through frequency, into two parts, generally known as the upper and lower 4th.

The upper 4th is where we humans live, while the lower 4th is reserved for demonic forces, of which there are many types.

Once again, frequency plays a pivotal role in dividing the demons into different groups. The majority of demonic entities are not really harmful to us and their job is to act as waste disposal beings, clearing up and disposing of dead and dying things of all types; flora, fauna, humans, and any other lifeforms whose life has ended. They play an important role in keeping order in incarnation and without them, life would be submerged in dead objects. But they are not harmful to us.

Our attention is drawn to the most important, powerful, and intelligent group that we might term real demons.

They exist and are the equivalent of humans, and as they rise up in power, become angels.

All must be kept in balance and so these demons exist to control all the lesser demonic forces.

However, as they are alive and as they, too, have personality bundles just like us humans, they are able to allow these personality bundles to explore the astral realms.

We explained previously about the personality bundles of us humans and explained how some of them could if they wished, create what we call aliens. We also said that these personality bundles came from the upper 4th dimension, grew flying craft and grew PLFs, and with a great deal of effort, could lower their vibration to appear, momentarily, in the 6th dimension.

These crafts, and sometimes the occupants, were seen in the night sky as glowing craft and somewhat human-shaped forms. However, they are primarily astral in nature and cannot remain in our - or rather your - frequency for very long.

Well, this group of demonic forces is very similar in that they have one main form, which is in the lower 4th dimension and seven spare personalities. So, just like us, these spare personality bundles can become curious and have the desire to explore the 6th dimension, that of incarnation, where you currently are.

But the story of how they create UFOs and PLFs is different from the story of our personality bundles, and the way they grow what they need to explore existence.

To understand how demons create flying craft and PLFs, we have to go back in history a long way. Many thousands of years ago, there was a group of humans that no longer exist, having been eradicated by an Extermination Level Event, that I will refer to as an ELE.

At that time, planet Earth was in the grip of the negative swing of life, that we remind you, slowly swings into negativity, then into positivity and back and forth over vast expanses of time.

At that period of Earth's history, life was in the grip of the negative forces, so the group of humans I am mentioning, were not only very advanced but very much in the grip of negativity.

So, the demonic forces had no difficulty in contacting some scientists and persuading them to build flying craft and PLFs to the demon's plans.

Thus, all those long years ago, this group of scientists constructed UFOs and constructed PLFs. Some of those original crafts exist and are repaired by PLFs working under the psychic control of the demons. Also, new crafts are constructed by PLFs following the directions of demons and these are the craft that is most often seen and filmed in the skies.

There are a number of bases around the world, some set up by those scientists long ago and some more recently set up by humans (military), that have been contacted by these demonic forces and persuaded to create huge underground bases (DUMBS), after making empty promises to the military to exchange technology.

The demons cannot directly appear in physical form but their personality bundles that chose to become aliens, use PLFs to contact the human military and offer help.

A moment's thought should indicate that demons are negative in nature and would never offer positive assistance of any kind, but unfortunately, senior military officials might have arrogance and ego very developed but intelligence is not required of a soldier.

Thus, huge amounts of money are spent in creating conditions, in which PLFs, under the control of demons, can flourish, but the exchange falls far short of anything expected in the trade to the military by the demons.

So, what we can say about this demonic group, is that the demons themselves always remain in astral form, remote from physicality.

But some of their personality bundles, long, long ago, contacted very advanced but easily corrupted scientists to create flying craft (UFOs), using the technology of that time, which was far in advance of anything known today.

They also created PLFs - the little bulbous headed, almond-shaped eyed creatures, that you are all familiar with and these PLFs operate under the control of the demons in the lower 4th.

In a way, it is very similar to us. We have a physical body, which is a sort of robot and it is the controlling force in the upper 4th that animates it.

The PLFs are much the same. The little PLFs are constructed and are animated by a being in the lower 4th that tells it what to do.

Quite what the agenda of these demonic personality bundles is, is somewhat of a mystery. Perhaps they have no real agenda!

It has been suggested that they are trying to create artificial life to invade earth and this may be so.

However, these personality bundles have contacted Earth via the PLFs for many thousands of years and have so far failed to create any life forms.

One would have thought by now, that even the dimmest of these personality bundles would have understood that there was more to creating a living being than just reproducing humans or animals. It is the life spirit that creates life and that is only given by God's archangelic servants.

These archangels refuse to put the God spirit into any created being, so they never succeed in creating a living, breathing creature.

But they still seem to carry on and they are helped by military groups but it is all a waste of time, effort, money, and resources. They will never create robotic, living creatures.

There is more to this story than that but what I have given you is a quick overview of the demonic created UFOs, the little PLFs, and why they seem to fly around our skies.

I have been reminded that I have not mentioned human personality bundles, although I have mentioned them elsewhere.

However, while we are talking about aliens, it would be appropriate to mention human personality bundles although, to be honest, they are rarely seen and certainly do not cause any harm to humans incarnate.

Let us describe them.

All humans, whether they be incarnate or in the 4th or even the 7th dimensions, are the same, in that they have eight bodies, only one of which they concentrate on.

This implies that, in your case, you are concentrated on the life you are leading in incarnation and you disregard the remaining seven, that stay in the 4th dimension completely ignored by you. Indeed, the vast majority of you have no idea that you have eight personality aspects and imagine that you only have one - the one you see life through at the moment.

The same applies to us in the astral realms of course.

We have only one body that we observed life through and seven more that we do not use.

But just as we explained in relation to the unused personality bundles of demons, all people, regardless of where they are in incarnation or in one of the astral realms, have a total of eight bodies, and they concentrate on only one and leave the other seven to fend for themselves.

Depending on the personalities that these bundles develop and depending to a certain extent on intelligence, some of them might develop the desire to become what we call aliens and explore incarnation from that point of view.

When we refer to 'some' of them, we do not mean several from the same family group.

Generally, only one personality bundle from any one of the eight personality bundles that a person has will try to become an alien and even this is not widespread. So, by some, we mean that each person - whether incarnate or not - has eight personality bundles, and occasionally, just one of these will make the effort to become an alien.

This is not an easy thing to do, as the personality bundle has to develop a number of the gifts of the spirit, including being able to lower himself into the 6th dimension, that of physicality. As each personality bundle can act independently to any other, he may train himself as if he was a separate, unique, person.

Now we must describe what you would see if one of these personality bundles appeared in incarnation.

First, I wish to say that any UFO or PLF created by scientists, under the control of demons long ago, or more recent copies created by PLFs in underground bases, are solid physical objects created from materials available on Earth or on the various planets in our solar system.

Thus, they are physical objects, as are the PLFs. If they crash, which they do occasionally, or are gifted to Earth's military, they can be recuperated and studied. Not that science can glean much from them, the technology being too advanced for modern man.

But the UFOs created by human personality bundles and any PLF that are created are all astral in nature.

They are grown in the 4th dimension by combining astral matter, which is basically light. Thus, if you could see a UFO or a PLF in the 4th dimension, you would see it made from light.

Now, unlike demon designed UFOs, which are made of solid materials, astral UFOs are always shining with light. Even when their frequency is reduced, so that they can appear in the 6th dimension, incarnation, they still glow with light and are largely transparent.

They are invisible in daylight, so it is only in the night sky that they can be seen as glowing orbs.

The PLFs are also seen as beings of light, and should a personality bundle choose to be seen, he would also be a brilliant, transparent form in the night sky.

The stretch from the 4th to the 6th is too much for these personality bundles to appear in true physical form and even in vaguely visible form in the night sky, they cannot retain that form for long before having to return to the 4th, at which point they disappear from our view.

These personality bundles are never armed and never mean to harm us. Nor could they be shot down by us.

At the first sign of aggression by us, they would instantly return to the 4th dimension and thus disappear from our sight.

We say 'us' but we mean you in incarnation of course.

Now I will move on to abductions.

Once again, abductions and mutilations have been explained in detail in the book *ALIENS* but I will give the main points again.

As many of you are aware, there are a number of people who claim to have been abducted, experimented on, often in very painful investigations, and some, ladies usually, claim to have hybrid children, the result of one of their eggs having been fertilized by the sperm either of another human or a male alien.

These abductions - all the people to whom they happen - are also called experiences.

A typical abduction either takes place in a bedroom or in a car. I will not go into great detail, as you can get all the gory details by listening to an experiencer talking in a lecture given at a UFO convention or by reading the book *ALIENS* that we gave you.

The main points I wish to mention, are to verify if these abductions really happen or if they are the result of an overactive imagination by the experiencer.

I do not wish to decry what people experience (or say that they experience), as I am sure that many who claim to have been abducted are telling the truth or think they are.

No doubt, there are some people who fabricate an experience and know that they are making it up but many also are convinced that what they recount is the truth.

Now, from what I have explained earlier concerning Personality Bundles, the Tall Whites, Reptilians, and those Demonic forces from the lower 4th dimension, I feel sure that neither the Personality Bundles nor the Tall Whites would capture humans and experiment on them, so we can only point the finger at either the reptilians or the demons. From what I know about the reptilians, they are so far advanced to us and also so arrogant when comparing themselves to us, that they would not abduct us mere humans, whom they consider inferior to them, so if abductions are really taking place, the finger must point at the demonic forces.

It always pays, when one is investigating any strange or unusual phenomena, to keep one's feet firmly on the ground and to try to eliminate any obvious reasons for what is occurring. Then, if we discount any and all obvious nonsense, that which remains is very likely to be the truth.

Let us assume that the most likely candidates for abducting people are the demonic forces.

We know that these beings have flying craft that we term UFOs and they have the little almond-eyed robots that we call Grays, so the demons are in a position to be the likely culprits.

It has even been suggested that one captured craft, presumably a demon created UFO, upon investigation, was found to have some human body parts in it. If this is true, it does seem to point the finger at the lengths they will go to in their investigations of humanity.

But we have one major problem when trying to investigate people's stories of what occurred to them and it is related to bodily functions. In fact, I said one major problem but there is more than one problem to consider.

The first thing, perhaps, if we consider people abducted from their beds in the middle of the night is that, before going off with the little grey robots, the abducted person never seems to want to visit the bathroom to answer a call of nature. In other words, an abducted person never seems to want to urinate, if I may crudely put it.

One moment they are fast asleep and the next they are floating off out of their house.

If we are honest, once we reach a certain age, we find that we need to urinate fairly frequently, and the older we get, the more often we wake up at night having to visit the toilet. Yet I have never heard of an abductee asking if he can visit the bathroom before being abducted.

This must surely raise a red flag!

The next point is that, quite often, the abducted person is taken out of the house by the expedient of going through the roof, a wall, or a closed window. How often has anyone been able to leave home in such a manner?

And yet abducted people frequently leave home in that way.

This may cause us to raise another red flag.

Now, we have to realize that humans - or even many animals - have more to their makeup than just the physical part.

There are a number of people who, by design or accident, leave the focus of their consciousness on their physical body and find themselves in an etheric world, which is just at the exterior of physicality.

Once one is in the etheric realms, the laws of physics change, and one is no longer bound by the laws that we all accept as applying to us.

Just to name a few differences, gravity (or what we call gravity) no longer applies and one can move by thought from where one is to any other place, not by physically moving but just by projecting the desire to move.

The concept of day and night no longer applies. One is in a greyish world that never changes, as it does in physicality.

More importantly, physical barriers, walls for example, no longer stop us and we can move through any barrier as if it was not there.

We do not eat in the etheric world. Nor do we drink. Nor do we have to visit bathrooms.

What is actually happening, is that the physical body remains where it is - in bed, sitting on a chair or whatever - and our attention, our focus, leaves physicality and moves out to the etheric world surrounding our physical body.

When this happens, we forget (if I may use that word) that we have a physical body and our attention moves into the etheric body, which is just outside our physical body.

At that point, we find ourselves in a different world, which is governed by different rules to those in physicality.

I should also mention that there are different beings in the etheric realms to those in physicality.

Some of these beings are harmless and some are harmful, so it is important for those desirous of visiting the etheric realms - there is more than one area to the etheric planes - that he learns to become protected or he could be in trouble.

However, from what I described above, does that information in any way shed some light on abductions?

Once one is in the etheric worlds, as I said, the laws of physics change, and apart from what I described, if one were to find oneself naked, it would not be a cause for embarrassment as it would in physicality.

I will also say that speech is not like in physicality. We exchange thoughts by thought - pun not intended. We could call that thought exchange, telepathy. However, not all people can communicate like that, so some people in the etheric planes find themselves in a silent world.

From what I described above, I think it would be fair to say that many, or most, so-called abductions are carried out by inducing those being abducted to move into their etheric body, leaving their physical body in bed or in their car or wherever the abduction is taking place.

If this is so, it would account for how people can move through solid walls and how, once in a UFO or in a hangar somewhere, they are not embarrassed by being surrounded by naked people, just as they are naked and why there are no kitchens or bathrooms in these areas. The etheric realms do not respond to any physical desires of the physical body.

So, from what I described, it seems that abductions do take place but it is the etheric body that is abducted.

This, of course, raises the question of why the etheric bodies of experiencers are abducted? What information can aliens glean by examining the etheric bodies of people, as opposed to examining the true physical bodies?

If we delve into what is really going on, we cannot help but come to the conclusion that nothing physical can be harvested by the aliens, as people's etheric bodies are not in any way a true representation of the physical body. It is a sort of duplicate but in a different dimension, and in fact, contains almost no physical information. All that can be observed by the aliens, is the emotional reactions that can occur in the etheric realms to concepts suggested by aliens.

Let me expand and explain this a bit better.

The etheric body is connected both to the auras and the physical body and actually acts as a sort of filter, sorting the powers and influences coming from the 4th, and other dimensions, into the auras, then the chakras, and into the etheric body, which balances these forces, before passing them into the physical body.

So, the etheric body is full of emotions coming to us via our auras from the eight dimensions and the mass of sub-dimensions.

Therefore, it seems that all these aliens can really study are our various emotions.

I will also stress, that nothing physical can ever take place, so actual sexual intercourse cannot occur. Babies cannot be conceived or born and absolutely nothing that might occur in physicality can happen to the etheric body.

But the etheric body responds very well to emotions.

Thus, if it is suggested to people that they are having sexual intercourse or if the lady thinks she might be pregnant, all those thoughts can seem absolutely real while one is in one's etheric body.

That is why when under hypnotic suggestion, these memories or concepts can come back and the person concerned relives the suggestions that were implanted in the mind of the etheric body during an abduction. Thus, it would seem to us, that the aliens that abduct people, are actually studying people's reactions to suggestions.

Now, we need to try to dispel some of these suggestions as presented to us by experiencers during conferences, where people describe what they went through during an abduction.

If, during an abduction, the aliens or more probably the robotic PLFs under the control of alien's, project concepts into the abductee's mind, that person will live that experience as if it were absolutely real.

One experience that we need to examine in detail is that of a lady being pregnant. The experience of having sexual intercourse we have explained and both parties to the event will live it as if it were real, including imagining ejaculation and so on.

Of course, it is all imagination but seems real.

But now we come to the tricky bit.

The lady thinks she is really pregnant and goes to a clinic where tests confirm that she is pregnant. A few months later, the lady is abducted again and the fetus is removed from her womb and placed in a tank that acts as an artificial womb. Eventually, the baby is born and the abductee is asked to breastfeed the baby.

Of course, if it is true that it is all a fictitious theatrical type event created by suggestions by the aliens, it is all done in order to study the ladies' reactions to these suggestions to what is going on.

None of it actually happens but the lady, and indeed the man concerned, are convinced that it is or was 100-percent real.

Such is the etheric body's reaction to emotional suggestions.

But there are cases where a lady goes to a clinic and her pregnancy is confirmed by a doctor.

What is going on here?

Obviously, there are cases where the lady is just making up the story of her abductions and the succeeding events and none of it is true. So, we can dismiss these stories.

However, there are cases where the lady is convinced that the ultrasound scan confirms her pregnancy. But it is rare that the lady produces a photo of that scan, complete with the date, to prove to her audience that she really had a scan.

Let us imagine, however, that she does have an ultrasound scan, and both she and the doctor notice a fetus. How is that produced if she is not really pregnant?

Believe it or not, all things are created from astral matter before appearing in physicality, and so it is possible for a powerful mind to create objects, documents, photos, and so on through imagination and so either the lady, if her imagination is strong enough or an alien, can influence the ultrasound machine to produce a photo of a fetus. This can happen and when it does, both she and the doctor are convinced she is pregnant.

Of course, a few weeks later, during an abduction, she has impressed on her mind that the fetus has been removed, in which case the next ultrasound scan shows that she is not pregnant.

This may seem like fantasy to you but can happen. It is a case of mind over matter.

Eventually, the lady is persuaded that she has a baby and her etheric body can appear to produce milk. It is all imagination of course but can appear totally real to the lady in her etheric body.

This is a brief overview of abductions.

We will say that abductions can occur in physicality, but from the aliens' point of view, it is much easier to abduct the etheric body of a person, especially when it is emotions that are being studied.

The experiencers are convinced that the aliens are examining physical events, but in reality, they are studying emotive reactions to suggestions.

CHAPTER 25 - THE LINK TO THE 4TH DIMENSION THROUGH MEDITATION

We have given you a book, that explained in much detail, the 4th dimension but for those who have not read that book, we thought that we would give an overview of the 4th, what goes on there and how to contact the 4th from your home in the 6th, incarnation.

Before I start to explain anything about the 4th, I think that I had better explain more about the connection we all have to the 7th.

Actually, the story starts before that, so I will go right back to the beginning, because it is a fascinating story and I hope that it will both interest and enlighten you.

The first thing to explain is that life (existence) goes around in long, slow circles.

What do I mean by that?

The strange truth is that all existence, not just human but all of existence, was created countless millions of years ago and continues for countless more millions of years until, one day, this force we call God, decides that it has learned enough, at which point it decides to end it all and life just stops. Then, for a microsecond, there is nothing before it all starts again.

Then it - life - will go through another long cycle, until God ends it all again. But just like before, God reboots the creation system and it all starts again.

Apparently, this cycle of creation, development and then just stopping, only to restart again, has been going on forever, if you can understand what the term 'forever' means.

None of us could possibly comprehend what one cycle implies. Countless millions or billions of years between a creation start and an end of that creation.

To make it more difficult to understand, these cycles of creation, development, and then coming to a halt (destruction hardly seems to be the correct word to use), have been going on forever.

So, we have this immense length of time during which one cycle of creation - of existence - lasts, but each time one cycle ends, so another one starts. This has been going on forever - whatever 'forever' means.

This is not easy to comprehend but there are other twists to the story that are even more difficult to accept.

I want you to understand, that at the moment God and his archangels, who seem to be immortal, no matter what happens to life, create a new cycle, there is one life force created for every object that existed, exists, or will exist in any cycle of existence.

That is a bit of a mouthful to comprehend but what I mean is at the moment of creation, long before the so-called big bang happened, God created a life force for every single grain of sand, plant, animal, human, demon, fairy, and etheric being that were going to play a role on the stage of life.

Can you imagine the huge number of life forces that were created, because every grain of sand, every drop of water is alive. Everything is alive (except machines and robots), so there is a life force for, effectively, every atom that has been, is, or will be, so we can say that all is alive. We can say that even the atoms that go to creating a machine are alive, even though the actual machine is not alive.

All of these life forces are placed in an area we call the kindergarten (nursery) area of life and slowly develop as a baby might develop.

Then, all these countless life forces are placed in the 8th dimension and finally move down to the 7th dimension.

I have explained this in a rather hurried fashion and for those who wish to understand more, I suggest that you read the book 'Linking with the 4th Dimension' and even some of the other books we have given you, in which the complexities of all this are better explained.

You may be wondering why God and his archangels created such an impossibly complicated structure.

The answer is simple and I will mention how it works, although I am not sure that everyone will understand.

I said that, effectively, there is one life force for each and every atom that has existed, exists now or will exist in this long cycle of creation and that is true.

But also, you have heard us mention many times that all is one.

So, what do I mean by those, apparently, contradictory statements?

Let me use a simple example to try to explain.

Imagine an artist paints a blue sky, just using one color of blue.

We have two ways of looking at this blue sky.

1. If we look at the sky under an electron microscope, we can see that this blue sky is made up of a huge number of atoms of blue paint. A stupendous number of atoms.
2. But, if we just look at the sky in this painting with our naked eye, all we see is a blue sky.

So, effectively, we have many and one.

Now, life is like that.

If we consider every grain of sand (mineral), including all that goes in to making rocks, mountains, and planets, etc., plus every flora, every fauna, and all the rest that, together, make what we call creation, we have this impossibly huge number of life forms.

But, in fact, another way of considering all this is just to call it life, creation, existence, in which case, we can consider it to be just one creation. This also is true.

So, depending on how we look at creation, we have this enormous number of things that have been created by God and his archangels and, at the same time, it is all one thing - life.

Both statements are true.

Depending on how we visualize life, it is either many or one.

That statement is true for both ways of looking at life, so it is both impossibly complicated and at the same time, very simple.

I will state one other thing that concerns life.

I said that life is created, develops and finally comes to a close, only to burst into life again.

This is true but the strange thing is that at every re-creation of life it is a repeat, a carbon copy of what was before.

So, all that is alive now, each and every life form, the next time it is recreated, will be the same life forms as before, and before that and before that.

This implies that you, I, and everyone and all that now exists, has always existed and we come to a close and are recreated endlessly.

This does not mean that you will live the same life that you are currently living.

You might be a man or a woman next time but it will still be you and you will have a different personality next time - or to last time - to that which you have now but you will still be you.

All life is recreated, much as it was before.

You could call it reincarnation but it is not at all reincarnation as it is generally considered.

The time span is immense.

Having said all that, I can add one more confusing aspect to what existence is by reminding you that you, and all things, are actually points of consciousness, living in a bubble of your imagination and all you think exists, is actually created by your imagination.

When you think about it, even grains of sand are the same as you and are points of life living in a bubble created by their (or its) imagination. It may be difficult to accept that a grain of sand can have imagination, but by accepting that all is one, if you have imagination and the world or existence that you live as reality is actually the product of imagination, a grain of sand must have imagination.

This is just as well, because if minerals stopped imagining that they are minerals, all planets, including planet earth, would disappear and you would have no planet to exist on. Thus, imagination, which is closely connected to consciousness, is of vital importance in creating the illusion that you, in incarnation, live in and on.

But it is all created by imagination and by everything accepting that this imagined creation is real solid matter.

As I said, imagination has to be accepted as reality, otherwise all of creation would fall apart and we all would return to being this one point of life, of consciousness, and God would have none of our experiences to learn from.

But, enough of that.

We got to the place where all the little points of life came from the kindergarten area into the 8th dimension, were giving a destiny - in your case to be a human, in other cases minerals, water, living creatures of all sorts - and at that moment, those points of life that had been chosen moved to the 7th dimension. Those points of life that have not been given a destiny, which are referred to as a logos, remain in the 8th dimension, awaiting their turn to be called on to the stage of life as a 'something', whatever that something might be.

Now, all life is basically the same, as all life is one. So, whether one is a mineral, a plant, an animal, a human, or anything else, once it has been told what its destiny is, it moves to the 7th dimension.

But all things are multi dimensioned creations. One part is the God spirit and another is the destiny (the logos) that has been assigned to it and many other parts.

Each one of these many parts correspond in vibrations (in frequency) to each one of the eight dimensions that were created to house all of existence.

This is complicated and merits a long explanation, which this chapter cannot be comprehensive enough to fully explain.

Those who have read the books we have given you will know that the higher self, for instance, is housed in the fifth dimension.

So please accept if you can, for the sake of discussion, that you are a multidimensional being and bits of you are placed in the various dimensions.

But you, as a total being, left the 8th dimension and no longer have any contact with that dimension, so we should say that you only have bits of you in seven of the dimensions or auras.

You must also remember that all of the dimensions are multitasking and not only contain bits of you but also contain the elements vital to the creation of existence.

What concerns us is you, where you are and how you exist.

First, I will say that a part of you remains in the 7th dimension, no matter how many other parts are sent off to other dimensions.

What remains in the 7th dimension is your logos, which is the stamp that tells all life what it is going to be.

I must admit that we don't know everything about life, although we know quite a lot, mainly thanks to human angels and archangels, who instruct us from time to time, but even they do not have all the answers.

So, the one great thing that we don't have the answer to is, where the God spirit is in the many aspects that go into creating a living 'something'.

We know that everything that is living, which is virtually everything that exists, with the exception of created objects - machines, robots and so on - only has life because it contains the God spirit, but we have to admit that we do not know where that God spirit is.

It could be in one or all of the dimensions or it could be outside somewhere. We just do not know.

But what we do know is that the logos, which is closely connected or related to the God spirit, remains in the 7th dimension so, in a way, we could say that no matter what other parts of you are placed in other dimensions, the most important - the basic construction of you and of all things - remains in the 7th.

This may seem strange as you are at the moment in the 6th, and before that you moved to the 4th from the 7th, and once your incarnation finished, you will return to the 4th and soldier on virtually forever in the 4th. Yet an important part of you always remains in the 7th. Why should this be?

The answer is simple, although it may be difficult to comprehend.

You are a creature of many parts and those parts are spread over and throughout the various dimensions.

However, we could ignore some of these aspects or parts and just concentrate on two of them.

If we just consider the logos and then the personality aspect that creates who you think you are, it is obvious that one part is closely connected to your fundamental spirit aspects; the God spirit, your logos (which we could consider to be your passport to be alive), and one or two prime considerations connected to your spiritual creation.

Then you have your personality, which incorporates ego, passions, desires, and all that go into making you the person you are, with all your positive points and your faults.

So, these are two completely independent parts of you and of all life.

The first, the part that remains in the 7th dimension, is not only your basic spiritual aspect but is also connected to the basic spiritual aspects of all life. In other words, the part of you that remains in the 7th does so, because all life is one and the spiritual aspects you have, all life has.

Can you understand this?

The bit of you that stays in the 7th is exactly the same, one, unique part that all life has. There is only one and that one is both you and everything else, no matter what it is.

So, from that point, we can consider that you and everything else, from the dawn of time until the final whistle, have only one spiritual aspect that we and you all share. There is only one and that one is placed in the 7th dimension.

But, as you realize, you do not feel totally connected to all other life aspects. You feel very strongly that you are you, a unique individual, separate from any other person, mineral, plant, animal or spirit force (fairies for instance). You are you, independent from anything else.

That is your personality, your ego, creating this aspect of individuality and it is that part of you that breaks off from the totality of you and moves to the 4th, while the first part we mentioned remains in the 7th.

Let us move to the 4th and discuss what happens there, because it is from this moment onwards, that you really become you until, little by little, you can remove your sense of individuality and start to combine with all life, at which point, long into the future for all of us, we can rejoin with the part that is in the 7th and become a complete living object, with no separation from any other living thing and we can choose to become either an archangel and remain in the highest regions of the 4th dimension or take the final step and disappear into the Godhead. All that is millions of years into the future for all of us.

For the rest of us - we and you - our journey is just beginning.

We pick up the story at the point where our personality aspects leave the 7th and move to the 4th.

It is worth noting that at that point we (or you) would be just an embryo - if I may use that word - person with no idea of who or what he wants to be.

At this point also, we are placed in the care of one or more guides, who will remain with us for a long time, part loving parent, part teacher. This, or those, guides remain with us for a long time and their job is to take us around the first part of the higher 4th dimension and to allow us to choose which parts interest us and which parts don't.

So, we are shown around the totality of this part of the 4th dimension and are allowed to mingle with and to experience every aspect of all the many personality forms that are placed throughout the 4th dimension.

All this has been explained in detail in the book called Personalities that we gave you, and I suggest, if you wish to know all the details, you should read that book.

But briefly, we can say that in this part of the 4th dimension, there are areas in which every possible aspect of life is contained in pure form and we can choose whether we feel attracted to, or repulsed by any of these personality aspects.

Gradually, these experiences help us form our personalities.

We like some of what we experience during our travels around the 4th and we feel repulsed by others.

There are those, of course, who feel attracted to the very personality areas that repulse others.

It is in this way that all people create their personalities, no two people being identical.

There is another part to this apprenticeship.

Some people can accept spirituality into their make-up and thus are not drawn to incarnation, while others have difficulty accepting that we are spiritual beings, in which case it is suggested to the student that he might choose to have an incarnation in the 6th plane, so that he can experience what it is like mixing with all sorts of people with widely differing personalities, the object being that the person, mixing with nasty people, might learn to reject their negative ideas and, hopefully, be drawn to a more spiritual way of looking at life.

So, shortly after we all arrive in the 4th dimension, we break into two groups: those who feel that they might benefit from an incarnation and those that feel that they do not need that experience.

Each of these groups receive different education and are placed in the hands of different guides.

Those students who feel that an incarnation is not for them are received by guides or teachers who, themselves, have not had an incarnation and who have followed a spiritual path.

Thus, they have an extensive knowledge of the spiritual path but have no knowledge of what an incarnation entails.

Then we consider the second group, those who are to be prepared for an incarnation.

The guides or teachers of this group know that they are to teach this group of students as much about the different personality aspects that anyone going through an incarnation might be confronted with, but the strange thing is, that none of these teachers have actually had an incarnation themselves.

You might think this bizarre but when you think of it, how many teachers in incarnation have ever worked in the real world?

Obviously, some of them have but there are huge numbers of teachers, lecturers and professors, who have spent their entire careers in academia and, although they might well teach practical subjects, have never actually 'gone to work' and earned a living using the skills they teach.

So, we have two groups of students, one group preparing for an incarnation and the second group who intend to remain in the spiritual realms.

Both groups receive a very different education but the teachers themselves, none of them have ever had an incarnation.

The education of both groups advances, until the day comes when it is time to leave the classroom, so to speak, and move on to the next phase of life.

The group that does not intend to have an incarnation say farewell to the teachers that they are leaving behind and move on to the next phase of their lives, and are greeted by a new set of teachers or guides.

One could compare it leaving school and moving on to university.

The second group also say farewell to their teachers and prepare for an incarnation.

We can liken this to students leaving school and going to work.

So, we come to you. You are the group who decided to have an incarnation. The object of this, is to mix with all sorts of people.

These people, when they were in the 4th, were shown around the different areas, some of which they liked and some of which they did not. From those experiences, they formed their personalities.

All those that chose to have an incarnation, just as you did, are prepared to face the difficulties of mixing with people who formed different personalities to you.

As you know only too well, the result of mixing with people with different personalities to you causes much turbulence in your life, just as you cause turbulence in theirs.

This is the whole object of an incarnation. By mixing, and sometimes battling, with people who think in a totally different way to you, causes you to question yourself and your beliefs.

Incarnation is a very turbulent experience for all who experience it.

It is sometimes referred to as the school of hard knocks and for virtually all of us, it is.

Some get a harder path through incarnation than others.

A point I wish to explain is, that while we are in the higher 4th, before incarnation, some people are naturally more intelligent, or more of a spiritual nature than others.

Had we remained in the 4th, by the law of mutual attraction, we would have only mixed with people similar to us. That is to say calm, loving, understanding, and friendly people, but by choosing an incarnation, we are confronted by people with a virtually opposite point of view: brutish, arrogant, cruel, thoughtless people that horrify us.

This is the result of the different personalities people absorb.

No doubt, we question why we have to mix with such obnoxious people but it is so that, through our reactions to mixing with such negative people, we can grow in stature.

Initially, no doubt, many of us lose our tempers with negative people, but hopefully we can learn to accept these horrible people and even feel sorry for them.

They are primitive people but can't help being as they are.

Don't forget that they are following their life plans and are doing the best they can.

Jesus, who knew what he was talking about, suggested that we forgive our enemies, 'Because they know not what they are doing'. He also suggested that we 'Love our neighbours as ourselves'. So we need, first, to love ourselves, which implies being as

good and kind as we can and then love others in the same degree, which I admit from personal experience, is not always easy.

I, too, had an incarnation, so I know what you are going through.

Eventually, of course, our incarnation comes to an end and we return to the 4th dimension.

We are put in the hands of guides once again.

I should have mentioned that during your incarnation, you have guides trying to help you. You are never alone.

Now, the guides that you left when you moved from the 4th into incarnation in the 6th (because those guides in that part of the 4th have no practical experience in helping you in incarnation), so new guides come close to you once you arrive in incarnation and they stay with you at least until your incarnation is finished and you return to the 4th. Indeed, they may stay with you in the 4th or you may have a new set of guides that take over once you arrive in the 4th.

This sounds a bit complicated but it isn't.

You have one set of guides that teach you when you leave the 7th dimension and move to the 4th.

Then you have your incarnation and will be helped by another set of guides and, finally, you return to the 4th, where you will be helped either by the guides that you had in incarnation or by yet another set of guides.

So, if we count the stages of your life, it unfolds like this.

1. The kindergarten phase.
2. Your move to the 8th dimension.
3. Once you have been chosen to be a 'something', in your case a human, you move to the 7th.
4. Then a part of you moves to the 4th, leaving a part of you in the 7th.
5. Incarnation. I will tell you that even in incarnation, a part of you remains in the 4th.
6. Incarnation ends and you return, or should I say you move to a different part of the 4th to your first visit, and you rejoin the part you left behind in the 4th. Then your movement stops and you remain for virtually ever in the 4th.
7. There is one final step, which is when you are nearly perfect, the part that remained in the 7th joins you and you become a more or less perfect person.
8. I should mention that the final step is to merge with God and that is the end of the journey.

You come from God and you return to God, the difference being the amount of spiritual power you generated during your journey.

I will also say that at no time, from kindergarten to the moment that you merge with God, are you alone. You always have guides with you helping, teaching and guiding you along this long road, from creation to the moment you merge with God.

At the moment, you are in the incarnation part, so you have a long road to travel until you become perfect and merge with God. For that matter, so have I. I may be slightly ahead of you but only a slight bit. I, too, have a long road to travel.

But please don't think that because my incarnation is finished and I am back home in the 4th that I am ahead of you spiritually.

I am not.

I was not a particularly spiritual person while in incarnation but I am doing my best to catch up now. However, it is a long road and with hindsight I regret that I did not pay more attention to spirituality during my incarnation. But it is a bit late now.

However, it is never too late and I'm doing what I can to become a better person.

I should say that, in a way, it is more difficult to advance in the 4th, because we are not faced with the same temptations that we have during an incarnation.

With all the difficulties and problems that we face during an incarnation, it gives us the chance to refuse to succumb to those temptations and thus to advance more spiritually while incarnate.

Before we end this chapter, let us describe how to contact the 4th.

It is called meditation.

You need to choose a room where you are alone. Any room will do.

Shut all the doors and windows. Sit on a chair and relax. Shut your eyes.

Thank God for sending his angels to stand guard over your meditation.

Make, with your hands, a sort of egg-shaped movement, starting at the top of your head and moving down to your feet, imagining that you are creating an egg shell around your body. You may do this three times if you wish.

Then try to relax again and try also to blank your mind.

Sit like this for a few minutes. Fifteen minutes is sufficient.

Then send your love out to all the sick people, the homeless, the hungry and the needy, trying to project your love out from you.

Thank God and your guides for the protection they gave.

Make this egg shape again, this time imagining the protection going away and your meditation is now finished.

Do this once a day if you can, always at the same time and in the same room.

That is all.

Meditation is very easy but will change your life, because you gradually create a link with the 4th dimension.

In this chapter I have done my best to describe the link we have while in incarnation to the 4th and to the 7th.

So, I will stop here and move on.

CHAPTER 26 - THE 4TH BODY

We can find yet another link that you, who are experiencing a so-called incarnation in the 6th dimension, maintain to your part that remains in the 4th.

The part of you that stays in the 4th is not just a sort of machine, if you will, that gathers information and sends it to you. It is an active, aware, entity, every bit as conscious as you are. It can think for itself and make decisions, just as you can.

The reason that this is so, is each and every atom of all that constitutes you is alive, and as such, has all the auras and connections to higher self, etc., that you have.

It may be difficult to imagine that an atom is as alive and conscious as you are but it is so. That, by the way, is why, when the police investigate a crime, the smallest drop of blood, sweat, or tears, can be tested for DNA and be linked to a person.

Every atom of everything has a unique vibration, a unique identity.

So, the part of you that remains in the 4th has your vibration, your identity, and that identity is alive. All that is alive has to be identical to that living person, plant, animal, or whatever. All is one.

So, we must accept that as identical atoms come together to form 'something', these atoms form a gestalt and create a larger version of what the atoms are.

I have not explained this very well but the point I want to get across to you, is that the part of you that remains in the 4th dimension is as alive as you are, and contains all the many and diverse elements that make you who you are.

It has access to higher self. It has an ID and even has a personality that may follow yours, but could act on its own behalf and gather a slightly different personality to yours.

However, it remains your servant, so to speak, and sends you all the information that you request.

The next part that I want to describe to you concerning your part that remains in the 4th, is that it has guides.

No one and nothing is ever alone.

You, who are in incarnation, have guides trying to help you as you stumble through your incarnation, but the part that remains behind in the 4th, which unfortunately doesn't have a name, is alive, thinking, creative and curious, and as such, has guides trying to help it, just as guides try to help you.

These guides may, from time to time, work with your guides but their primary role is to help this part in the 4th.

They advise it as to the actions they think it should take and the information it should gather to make itself more informed. They would advise this part in the 4th as to what personality aspects it should gather to itself, for example.

It would not do for an aspect in the 4th to take an interest in negative activities, while the person in incarnation is attempting to become more spiritual.

Equally, if someone incarnate is pursuing a life of negativity, it would not do for the part remaining in the 4th to want to learn positivity.

The guides are there for that, attempting to keep the part in the 4th in line with the personality and interests of the person incarnate

The guides allow the part in the 4th total freedom, in a way, just as your guides allow you total freedom, but at the end of the day, will direct the part back in line with you so that it

sends you the information you request, and doesn't get sidetracked into sending you any information that it had been investigating itself.

You see a similar process in a business. The boss tells the hired staff what he wants from them and the staff, despite any personal interests, have to drop them and work on what the boss desires.

But this part that remains in the 4th is curious because, although it is part of you, it is totally independent from you and can act as an independent entity.

Obviously, once your incarnation ends and you return to the 4th, this part of you rejoins you and becomes just a part of you. All its independence goes. All that it hoped for and desired, its interests and investigations are shelved and it becomes you again.

This may seem a bit pointless, but that is how it works.

Actually, when you think about it, that is how you will work. As and when you start to develop spirituality sufficiently, you will drop your personal identity and join into a group identity.

These group identities, as they advance, form with more group identities in a sort of pyramid fashion until, one day, you all become one. That one is God.

So, what your part in the 4th does is a reflection of the path that awaits you and all of us.

Now, this part that remains in the 4th has personality bundles, just as all living things have.

As has been explained in the book we gave you about aliens, these personality bundles are living, thinking, objects in their own right.

They can remain connected to the part in the 4th, or they can decide to act in an independent fashion.

Some might choose to become aliens, which was what we discussed in the book I just mentioned.

So, this part that remains in the 4th - and there is one for every person, plant, animal, or mineral - are actually quite important parts of life and are worth examining.

But I must say that we cannot communicate with them.

We cannot even see them as they are at a different frequency to us, but we know about them and wish to talk to you about them.

I must also say that the guides that work with these parts have been specially trained to alter their vibrations, so that they are of the same vibrations as these parts we are discussing.

For those who know about changing vibrations, or rather for those who do not, I will describe what happens.

What I'm going to say applies to all things, particularly humans, who desire to change frequencies.

Each and every person has a unique frequency that manifests itself in DNA in criminal investigations, and that frequency never changes.

So you, for example, have a unique frequency, a bio identification I believe it is called, that will identify you while incarnate, and stays with you in the 4th until you blend with a group identity, as I have described above.

This bio identity will become the standard way of identifying a person incarnate.

We also have a code attached to us that identifies where we are.

You, in incarnation, have the code of planet Earth attached to your personal code and we in the 4th also have the code of which part of the 4th dimension we are in, which is also attached to our personal code.

This code never changes, so no matter what you do, you are always linked to your personal code, so you who are incarnate will always be connected to planet Earth and your personal frequency, until your incarnation ends.

This means that if you attempt to change frequencies and investigate another dimension while in physicality, you cannot. You are stuck on earth and who you are.

But what you can do is to create a copy of yourself that does not have any code attached.

So, the secret of changing dimensions is to create a copy of oneself and link that copy to the frequency of the chosen dimension.

This implies that one is able to find the frequency of the required dimension, of course.

This can be done through meditation.

To go back to the guides who help the parts of us that remain in the 4th.

By the way, I mentioned that even plants, animals, and minerals have guides. Do not think that all guides are human. They are not!

Each life group has guides of the same species as them. It may be difficult to imagine that a grain of sand has a guide, but it has.

These guides may not resemble human guides, but because all is one, that which humans have, all life has in its own degree.

But I stray from what I was saying.

The guides that want to help the parts of us remaining in the 4th are human, and they know that they have to learn to change frequency to match the frequency of the parts of us in the 4th.

So, through meditation, they link with that frequency.

Again, through meditation, they create a second body and this body will vibrate to the frequency of the place in the 4th where these parts reside.

So, the guides can now see these parts and interact with them.

Each part has at least one guide helping it.

It is the same for flora, fauna, and minerals - and no doubt - all the nature spirits.

All have parts that remain in the 4th and all have guides assisting them.

All is one, remember.

This part of you, and of all of us, that remains in the 4th dimension, has more to it than just a bit of you, as if you had cut off a lump of your body and had left it behind as we moved on to our temporary home in the 6th dimension.

It is actually a sort of carbon copy of the totality of you, me and/or of whatever creature it is linked to.

So, it is as if, before we moved to the 6th, we created another version of ourselves, exactly like us, that we asked to remain behind and reserve us a place in the 4th.

Obviously, I am being humorous here, but what I am saying is the truth.

As and when those of us that are going to have an incarnation prepare to do so, we 'grow' another version of ourselves which, at the moment we move to the 6th, separates from us and allows us to move on to the 6th, while it stays behind.

But, at the same time, it is not totally separated from us. It remains connected by the auras that we incarnate with and that stay connected to this part, this new body so to speak, that remains in the 4th, while we go to the 6th, taking the other end of the auras with us.

Before we get too involved with this topic, I wish to say something that is not generally known. Indeed, as far as I am aware, no one knows about this and so it may be new information for you all.

What I want to say is this.

Those of you who have studied esoteric matters for any length of time, may have heard of the eight auras (seven of them are actually used by us, the eighth we have no use for once we have our logos) and how they attach to us in physicality, their origins being in the spirit world, in various dimensions.

Then you may well have heard of the silver cord that is always with us and is the link of life between our physical body in the 6th and the life spirit which, we assume, is in the 7th dimension.

It has been said that when our incarnation ends, this silver cord breaks and we are freed from incarnation and free, also, to return to Heaven in the 4th.

All this is true, but as is so often the case, it is not the whole truth. There is more to reveal to you.

The part of you that remains in the 7th - dare I say that it is yet another copy of you - does not directly link to you in the 6th.

The essence (life spirit) passes from the 'body', if I may call it that, that remains in the 7th, into the body that you created that remains in the 4th.

So, this body that you created and that remains in the 4th, acts, amongst other things that do not concern us in this chapter, as a collection point up and down from this body - or part as I previously described it - and your physical body in incarnation in the 6th.

Just to make sure that you have understood this rather confusing information, please allow me to repeat it in other words.

In the 7th dimension you have your life spirit - your God spirit, the logos that gives you permission to be alive.

For you, you in incarnation, to be alive, you have to have that life spirit connecting to your physical body in incarnation but it does not directly connect to you but connects first to the body or part that remains in the 4th.

I should say that it does not ever directly connect to your physical body, which is never really alive, but connects to the spiritual aspect - may I call it a body - that comes into incarnation with you and is you.

The body, or part that remains in the 4th, also creates, once again I use the word 'creates' slightly loosely, the auras that connect from it to your spiritual part that incarnates.

It doesn't really create them but uses the already existing auras or dimensions, and exercises an exclusive right over them, so that they become exclusively yours.

All other beings are also exercising their exclusive rights to use these auas/dimensions, as if they were the only thing in creation.

Now, your body or part that remains in the 4th, makes the link to your spiritual body that is in the 6th and passes, not only your life spirit, but all the personality trends that you ask for, up and down a sort of tube that, together, the life spirit and the seven auras make as they link together.

So, you have a link, like a telephone wire, that your life spirit uses to pass that life force from the part in the 4th to the part of you in the 6th. At the same time, you have the equivalent of 7 more telephone wires passing all the rest that you need, up and down between you (your spiritual body in the 6th) and your part or body that remains in the 4th.

I apologise for making this sound so complicated and for taking so long to explain, because what I actually wanted to say was that these telephone wires actually all link together and become a sort of tube.

This tube we call the silver cord.

That is the link from your body in the 4th and your spiritual aspect or body in the 6th. It is one connection, and when seen by psychic people, it is called the silver cord.

But there is yet more to this silver cord.

It not only comes from the 4th into your spiritual body in the 6th, but it continues into your physical body also.

But it does not continue exactly as it was when it came from the 4th into your spiritual body in the 6th.

The life spirit stops with your spiritual body.

The rest of it goes on - the other auras or dimensions - and they link to the chakra points in your physical body, but the life spirit stops with the spiritual body that animates the physical body.

Therefore, what I wanted to say in this rather long and complicated explanation, is that the silver cord actually contains all the information that you need to make you who you are.

It is all contained in this tube.

As always, due to things being of different frequencies, they are kept apart, and as always, each element has gravity around it to ensure that they stay apart.

But the point I wanted to make is that the silver cord is a sort of tube that carries your life essence, plus all the auras from your body in the 4th into your spiritual body in the 6th, and then goes on, minus your life spirit, into your physical body. The parts that go on into your physical body are the auras that link to the chakra points in your physical body.

That is what I wanted to explain in this section.

The silver cord is not a piece of string, it is a tube full of the energies I have described above, and as I said, I believe this might be new information for you.

Before I leave the subject of the silver cord, I would like to repeat that for those who come to the end of their incarnation, and find themselves going down the tunnel of light, it is actually this tube that we travel down.

At the end of our incarnation, this silver cord severs from our physical body and our spiritual body links to it, and as it gradually folds up as it moves back to the body that remained in the 4th, so we travel with it until we reach the light of Heaven.

Now, I wish to explain who the almost angelic being is that is waiting to greet us when we arrive in Heaven.

It is not some person, an angel or a guide that rushes to greet us.

The silver cord, as I said, is connected, during our incarnation, to a body that we left behind in the 4th and during our incarnation it passed the God spirit and all the personality and other questions, queries and demands we had in incarnation, up and down the auras from and into the chakra points and into this entity that remained behind in the 4th.

Well, believe it or not, it is this body, this part, this person, that remained behind in the 4th that greets us.

I mentioned that it was a created version of you, so when the silver cord reaches its destination in the 4th, as its start point in the 4th was this created person, naturally it ends up with this person.

So, as the deceased person arrives in heaven and steps from the end of the silver cord into the light of Heaven, it is faced by the creator of the silver cord, which is a version of you. It is the very person that you created to stay behind in the 4th when you moved to your incarnation in the 6th.

This person is very much like you - because it is you - but it is infinitely more holy, because it only ever was surrounded by holy thoughts.

I must qualify that statement, by saying that on the rare occasions that an evil person has an incarnation, the body (person) he left behind in the 4th would also appear evil, as it had been programmed by the constant stream of negative thoughts, ideas, actions and desires that the incarnated person had requested from the personality areas, all of which were gathered together by the created person in the 4th and sent down the silver cord into the spirit and physical body of the person incarnate.

This causes the person that remains in the 4th to be a reflection of all that evilness, and so the person who arrives in heaven would be greeted by an evil spirit.

However, truly evil people are few and far between. The vast majority of us want to be reasonable, kind people and so this person that greets us appears to be holy and loving.

He is loving, because he is an aspect of you. He is you because you created him as a copy of you.

This also, is new information, I believe.

You see and experience him or her as loving because, not only is it you, but it is going to blend with you and that blending itself manifests as love. By the law of mutual attraction, the 'you' that was incarnate and the 'you' that served you that remained in the 4th, now join together and that blending is a positive force. That positive force is love.

Even evil people, when they rejoin with the version of them that remained in the 4th, feel that sensation as love. It must be a strange sensation for an evil person, who has only known hate, to feel, for perhaps the first time in their lives, love.

So, I hope that you can understand that the person you created when you decided to have an incarnation, that you left behind when you incarnated and who spent your lifespan

sending you, not only the God spirit but also all that you requested and needed, that came up and down your auras, is the very same person that now greets you as you step from your silver cord (the tunnel of light) and informs you that you are now 'dead', or rather that your incarnation has ended and you are now back home in heaven.

It also demonstrates that you are able to manufacture more than one body.

You could consider your holy spirit to be a body, as it is certainly a living, thinking object.

Then you have the person you create that remains in the 4th.

You also have the spiritual part that connects to the person in the 4th, and finally, you have your physical body.

So, that, by my reckoning, is four bodies, all aspects of you.

Perhaps, let me say, that even for those who don't go down the tunnel of light (the silver cord), but are greeted by a loved one at the end of their incarnation, they are taken before this person who remains in the 4th, and they receive the same loving care and attention.

Obviously, this person who remained in the 4th is no longer needed once we return to the 4th and so he fades away, rather as if one of us had created a body to be able to explore the 4th dimension, while we are in the 6th, and decided that we no longer wanted to explore the 4th.

That body would fade through lack of use.

Well, this body that remained in the 4th while we have our incarnation in the 6th, once we return to the 4th, fades as it no longer serves any purpose.

In a way, it rejoins us, because it has to go somewhere. It cannot just be left to wander about Heaven, so it incorporates itself back with us and disappears.

I wanted, in this chapter, to explain about this very important body that we create in the 4th when we have an incarnation in the 6th, and I feel that I have explained this topic satisfactorily. I hope you have all understood.

So, I will end this chapter here and explain another topic of moment and pith in the next chapter.

CHAPTER 27 - THE GIFTS OF THE SPIRIT

We need to find yet another topic that links the 4th dimension to you in incarnation in the 6th.

Perhaps I should say, that there are countless areas in the 4th that I could mention because, truth to say, you are always connected to the 4th, so every area in the 4th is always connected to you in incarnation.

However, some areas would be difficult to explain. I think that many, indeed most of you that have read this book so far, would agree that many of the topics that I have discussed are difficult to digest.

It is a question of becoming used to them.

I will say that I, too, have difficulty in understanding some of the topics and so I live with them until they make sense to me. I suggest that you do the same.

You will not regret it.

This information will stand you in good stead when your incarnation ends and you return home to the 4th. You will have a head start.

So let us start discussing the next topic.

We are going to talk about how information from the 4th is constantly linking to you, even if the person that you created in the 4th, and that links to you via the silver cord - as I explained in the last chapter - is not actually seeking to connect to those areas.

You might think that the only information that you receive is that which you requested and that went up the tube into the 4th, was received by the person in the 4th to whom the other end of the tube is connected, and sends you that information.

By tube, of course, I refer to the silver cord which, I remind you, contains your life spirit, plus seven auras, all contained within the tube that is known as the silver cord.

One end is connected to the person that you created that remains in the 4th, while the other end connects to your spiritual (or non-physical) body. Your life spirit remains in your non-physical body, but the rest of the information that you requested is sent on to your physical body and enters that body via the etheric double and your chakra points.

I hope that you will excuse me for mentioning all this again, but it is worth reminding you of this rather complicated sequence of events to jog your memory.

However, that is not the only way that you can receive information.

The next part will be difficult to digest, even more so than what was previously mentioned.

So let us dive into the topic of this chapter and I will try to explain that which I wish to communicate to you.

We have talked, in the last chapter, about how information is sent to you via the silver cord.

It is important to remember that it is all done in an astral or non-physical sense.

The 4th is non-physical - or spiritual if you wish thus to describe it - and your non-physical aspect in incarnation in the 6th, is also astral.

We will ignore the fact that even your so-called physical body is actually non-physical, and pretend that it is physical because, after all, it does feel real and physical to you.

The fact that everything is happening in a non-physical way (astral), opens the door to life being able to manipulate things to connect your non-physical body that is in the 6th (which is a dimension or aura), to every other dimension or aura.

Some dimensions or auras do not concern us at this point.

Dimensions 1 and 2 are outside of our interest, containing life forms different from us.

Dimension 3 is empty, so does not concern us.

Dimension 8 no longer concerns us.

So, we have left dimensions 4, 5, 6, and 7.

Four dimensions out of eight might not seem much, but believe me, what is going on in these four remaining dimensions is more than enough to fill your life with wonder, should you choose to investigate them.

But I wish to explain how these four dimensions can link to us in a totally different way to that which the silver cord provides.

The problem that I have is to explain just how non-physical you are.

The difficult part is because, for long years, we on Earth have been programmed to think that we are physical beings and physicality is remote from - totally detached from - the non-physical planes (usually referred to as Heaven) and the only link we have to this non-physical plane, is to pass by the good graces of intermediaries variously known as priests, imams, rabbis, and so on.

I am not criticizing these people. They do a necessary job helping to bring comfort and solace to many people around the world and throughout time.

The problem is that these religions present a distorted view of life.

The day that we can accept that physicality does not exist, and further and more importantly, that God is not some remote figure in a dimension far away, waiting to pour Hellfire and Damnation on us, so that if we do not go on our knees and beg forgiveness for our supposed sins or faults, we would be condemned to eternal hell!

We need to understand that each and every one of us is God.

Throughout all time and in all species; minerals, fauna, flora, human, nature spirits, etc, all is God. That is all that exists... God. Just one aspect called God. All else is imagination.

How can that be explained to those who are convinced that God is a remote figure from us, an evil, vindictive entity, constantly judging and condemning us for the slightest faults, unless we prostrate ourselves before him and beg his pardon?

This belief effectively blocks us in so-called physicality.

But once we can expand our vision and realize that we are all one and that one is God, a different form of existence opens itself to us.

As we are God, and God knows everything, and indeed, with the help of his trusted allies, the archangels, created virtually all of it, there is no reason why we cannot know everything.

But it is not as easy as that.

A lot of information is placed in areas that we need to train ourselves (or be trained by others) to connect to.

Why should this be?

After all, if we are God and thus created everything, logic would dictate that we would know everything.

Actually, this is true, and in theory, we do know everything but what blocks us are the personalities that we have developed, that tend to cause us to concentrate on physicality. Many of us know very little about the non-physical planes or dimensions and what is going on within them.

Many think that it is total blasphemy to compare oneself to God, and in the past, and even today in certain countries, one could be put to death for insinuating that one was God.

How many people, even today, proudly proclaim that they are, 'God-fearing'? This is ridiculous. Even if God was a separate entity from us, we should never fear God. God is the very essence of love.

However, as we are all God, it makes it even more ridiculous to fear oneself.

But I stray from the topic of this chapter.

The point I was making is that, mixed up with our personality, is a certain amount of ego. Now, the ego is part of the survival instinct and actually comes to us from the 7th dimension, where our personal aspect of God is housed. So, we could say that it is this very God spirit that is putting up a barrier between us and access to all that knowledge.

There is a reason for this and it is a sound reason.

Man, incarnate, is still, if I may use these words, fairly primitive in his knowledge of true spirituality, compassion, and all the positive attributes that will enable us, one day, far into the future, to align ourselves with God.

Our ego creates a necessary barrier between us at the moment and the immense power that being full of God would allow us to demonstrate.

For instance, anyone who had all the knowledge that God has could, if he lost his temper with someone, be able to kill that person with just a thought. Or create great pain in a person with a thought.

Obviously, no God-filled person would do such a thing, but primitive man - us, today -, if we lost our temper with someone, would possibly commit such acts.

For that reason alone, ego creates a barrier.

You may remember me mentioning that as we rise in spirituality, usually in the 4th dimension after our incarnation is finished, we can if we wish, join with other groups and gradually rid ourselves of ego as we move closer and closer to God.

But, in incarnation, which is the only area in which we can inflict harm on others, the ego is usually strong enough to act as a barrier to manifesting great powers.

Only a very few trusted people throughout time have incarnated with ego sufficiently reduced to be able to harvest God's powers.

But, once again, I stray from the subject somewhat.

The fact of the matter is that ego is, in a way, the opposite of God. But as I said, the ego is a necessary brake that reduces the amount of God power that exists, if only we could link to it.

The question is, of course, where is this God power stored and what is it exactly? We could also ask how to contact it but we have, to a certain extent, answered that question by stating that as we reduce the ego, so the power comes to us.

But that power must be stored somewhere.

Now, we could say that as we are God, we have that power automatically with us, as it is an integral part of God, but if it is true that we can block it, it presupposes that, in fact, the power is actually remote from God.

You will, I hope, excuse me for being so long-winded about actually talking about this power, but I want to make sure that you understand some, at least, of the complexities of how life is constructed.

It is seldom simple and straightforward and this is a typical example.

For those anxious to obtain these powers, it must be frustrating to read me waffling on and saying that we cannot obtain them while ego is at the forefront of personality but it is so.

This, or these, powers are released in the degree that one can reduce ego.

So, let us describe some of these powers.

1. Telepathy
2. Clairaudience, which is linked to telepathy.
3. Clairvoyance, which can manifest itself in several ways.
4. Clairsentience, which manifests itself as 'knowing' things intuitively.
5. Teleportation, the ability to move objects or oneself.
6. Cloaking, giving the appearance of being invisible.
7. Mind reading, which is knowing what someone is thinking.
8. Changing one's appearance.
9. Levitation, which is similar to, but different from teleportation.
10. Producing objects out of thin air, food, for example.
11. Producing more than one body - to be in two places at once.
12. Changing dimensions, linked to number 11.

There are many other, more subtle gifts (as they are called), but the above list is enough to get on with.

I suppose that I had better explain what the God-given 'gifts of the spirit', as they are known, are all about.

But first I wish to say that they exist because all is one and, at the same time, we are many.

Therefore, those gifts that link one person to another, as in telepathy, clairaudience, clairvoyance, etc., can exist because, we are all one.

The other gifts exist as we are able to manipulate astral matter, as all is astral, not physical.

Let us explain what these gifts actually do and then I will say where they are stored.

1. **Telepathy:** this, quite simply, is the ability of two people to be able to link their minds - astral minds - together, by mixing their vibrations which creates a third, unique frequency, and thus they are able to converse, mentally. It has been explained, in detail, elsewhere.

2. **Clairaudience:** this is the ability to exchange thoughts, or for someone to listen to another's conversation via the akashic record, as has been explained elsewhere. In effect, a person links to his personal file in the akashic record and from there, links to the personal file of another person. As all thoughts, before being spoken, are sent to the akashic record, if a person can link to someone else's file in the akashic record, he can listen to what is being said. It is a bit like eavesdropping, in a way, and should be used with discernment.

3. **Clairvoyance:** this means 'to see clearly' and is actually the ability for one person to link auras with another person and draw, through that contact, images of what the second person is seeing. So, a person looks at something (actually through his auras), and a remote person links with the auras of that person and sees what he is seeing. As all things are alive - or the atoms that constitute them are, and thus have auras -, almost everything can be seen by someone, even if they are blind. This is a very useful gift and should be taught to most people, especially the blind.

4. **Clairsentience:** implies 'feeling clearly'. Many of these are French words.

In reality, it means that we can feel in our body, that which the subject of our investigation is feeling.

It is a skill often used by healers, as it allows them to hone in on problem areas without having to ask the subject where he has discomfort.

More than that, it enables a person to feel the mood, the worries, the problems, and also the joys that the subject is feeling.

So, it is a useful skill to acquire, as a healer can concentrate directly on the discomfort zones of the subject or patient and one can discuss the problems that the patient has and possibly offer advice. If one is able to link to a guide by telepathy at the same time, one can let the guide offer advice.

The way this works is by linking auras with the patient.

We can do this in two ways.

1. If we wish to find the aches and pains or illnesses of someone, we ask the patient to sit on a chair. Then we stand behind him, and starting at the head, we slowly move our hands down the body of the patient to the feet, and at the same time, with our imagination, we try to feel in our body the feelings that are in the body of the patient. It is a skill that improves with practice.
2. If we wish to learn the emotional problems someone might have, it is a different technique.
 - a. The patient sits on the chair and the medium sits in front of him.
 - b. Then the medium relaxes and tries to blank his mind. At the same time, he deliberately attempts to forget his own problems and allows the problems of the patient to fill his mind.

It is a skill that can be learned but not all people can do it.

The better one can blank one's mind and the better one can fill it with the woes of the patient, the more impressive the information we can receive becomes.

In fact, what is happening, is that we are allowing the auras of the visitor to blend with our auras and replace the information that our auras normally give us, with the information from the patient's auras.

With a very good medium, he or she can virtually become one with the visitor, and it is surprising how much information can be gleaned by the medium.

Obviously, this should only ever be used in an attempt to help a person.

5. **Teleportation:** this, as the name suggests, is the ability to move instantly oneself or an object, from one place to another, without occupying the intermediate place.

This is possible because, not only is all astral but every spot in the entire universe has a unique frequency. Once again, all this has been explained in detail in other works.

Moving oneself. The method to achieve this act is to sit somewhere and concentrate calmly but with focus on a nearby spot. Eventually, one day, one finds that one has suddenly moved from the original spot to the desired destination.

While it is a useful skill to acquire, there are limits to it.

In terms of the distance one can move, it is only limited by how sharply one can focus on a distant, and thus an out-of-sight target. The limitations are that it is difficult to take objects with one.

For instance, if we imagine that one might visit a shop in order to buy some provisions, it is possible to teleport to that shop, but would be virtually impossible to return home with the purchased goods.

The reason for this has to do with vibrations.

We all have unique vibrations or frequencies, as has often been mentioned.

The spot where we are currently sitting or standing has a unique frequency, as has the destination spot.

The point where we currently are, effectively becomes a mixture of two frequencies, our personal frequency and the frequency of the place we are currently at.

As we concentrate on the destination point, we incorporate that destination spot's frequency into our auras.

As we cannot have two frequencies with us at the same time (two destination frequencies, that is) we go to whichever one becomes stronger in our mind.

Normally, wherever you are currently, is uppermost in your mind, but if you can visualize the hoped-for destination strongly enough, that one becomes uppermost in your mind and automatically you have to move to that new spot.

The problem is that, as I said, you have a unique frequency which blends with the destination point.

Let us imagine that you wish to visit a shop to purchase provisions.

One teleports to the shop and one purchases the required provisions.

But each and everything, the atoms of which are alive, has a unique frequency, which is not your frequency. The result is that if you teleport to a new destination, (home), you can only take yourself, which blends with the new destination point, home.

The goods you have purchased, complete with the sacks or bags they were put in, as they are of a different frequency to you, remain behind when you teleport.

So, one moment you would be outside the shop holding sacks with goods in them, and the next moment you are back home, empty-handed, while your goods remain behind.

I will say that clothes that we wear, once we have worn them for a while, would incorporate our frequency and thus would teleport with us, but teleporting with objects; children, animals, comestibles, etc., is virtually impossible

As a last thought, I will mention, that if we dress up to go to a festivity in brand new clothes, that our frequency has not had time to incorporate, we might find, if we teleport to the festivity, that we leave the clothes behind and thus we arrive in our underwear. If the underwear is new also, we might arrive naked!

So, teleportation is useful but limited in daily use.

Moving objects. Let us take a small object and place it on a table or desk. For a start, let us imagine a pencil.

We place a pencil on the desk, and immediately the frequency of the pencil blends with the frequency of the spot on the desk, and the two frequencies combine.

If we wish to move the pencil by teleportation, we imagine a spot further along the desk.

So, we visualize the pencil further along the desk and we concentrate our attention on imagining the pencil at the spot further along the desk.

As nothing is physical, but astral, if we can visualize the pencil at the new spot on the desk strongly enough, the pencil will disappear from its original spot and will reappear at the chosen destination.

In effect, we overpower the original spot's frequency and force the pencil to incorporate the different, chosen spot's frequency, and the pencil has to move to that chosen spot.

If we could see what happens, the pencil will change from being physical - in our sense of that word - and becomes etheric.

With our mind, the etheric pencil now can easily be moved anywhere, but as we are visualizing it going to a chosen spot, the pencil, in its etheric state, goes to that spot and then reappears in what we call physicality, in that new spot.

We chose a pencil, because it is a familiar object but we could have chosen any object and the process would be the same.

I will say that heavy objects are rather more difficult to teleport until one has mastered the technique, but, in principle, we can teleport any object if we wish.

One should limit moving objects to inanimate things and not try to teleport live creatures.

Should anything go wrong, the object might remain in its etheric state and to leave a rabbit or a mouse, for instance, in limbo, would be unkind.

So, only practice with inanimate objects.

As a last thought on the subject of teleportation, experts have often wondered how huge and heavy stones were transported long distances and raised to impressive heights.

Although there are different techniques for transporting huge stones, teleportation was used long ago to move huge stones and raise them to required places in monuments.

It was a skill well known many years ago but has been forgotten by modern man.

If I might suggest, if you wish to learn the skill of teleportation, it might be better, easier, and safer, to start practicing teleporting objects, before trying to teleport oneself.

If you lose control of a pencil and it disappears and reappears in an unwanted place, it is not very problematic but if one would make a mistake with teleporting oneself, disappear and reappear in a dangerous place, a busy road, or on top of someone, it would create a problem.

So, I suggest you start with learning to teleport objects and only start teleporting oneself once the skill has been thoroughly mastered.

6. **Cloaking:** this is the ability to appear to be invisible.

There are a couple of ways of doing this.

The first is actually to disappear physically and the second is to confuse the person observing, so that he or she does not see the person. We will go back to calling the person 'he' although we refer to 'she' equally.

So, let us examine the first method, which is to disappear.

Now, as we have explained previously, one way of disappearing is to teleport to another destination. It presupposes that one has learned this skill, of course.

The second method is a little more difficult to explain, and to be honest, it is rather unkind, as it involves confounding the person, so that he confuses the one he is looking at with the background.

This, incidentally, is a method used by some military organizations to make a soldier appear to be invisible.

In the case of the military, the soldier wears clothes that will blend in with many backgrounds and thus he cannot be seen as he just blends with the background scenery. Obviously, there are limits to the number of backgrounds the soldier can blend with and so this technique is not foolproof.

Another method is to wear clothes made of small, reflecting plates, rather like little mirrors. If made correctly, these reflective plates can seem to be part of the scenery and thus, the soldier will seem to be invisible.

I will say that a similar technique is used by some UFOs and thus, a craft in the sky just reflects the type of sky that is there; a blue sky, a cloudy sky, etc.

However, there is another technique, in which the person who wishes to become invisible wears ordinary clothes.

This method of becoming invisible is to project to someone the thought, the idea of turning away at a given moment, and as the person turns away and either looks at something else or talks to a person nearby, obviously, he does not notice the person projecting the thought.

So, a person projecting such thoughts can just walk by a second person, without this second person seeing him.

There is yet another, more complicated method of appearing to be invisible, and that is for the first person to project the thought that he is not there. It takes a strong and well-trained mind to achieve this.

The person wishing to appear invisible projects a powerful thought to someone that he is not there and, in effect, this someone has his mind taken over by the first person, and he

can be looking straight at the individual projecting the thought and the mind refuses to accept what his eyes are informing him he is seeing.
He does not notice the person, even if his eyes are looking straight at him.

All of these techniques, whilst not exactly negative, are rather unkind and should only be used with circumspection. They should never be used for self-advantage but there are circumstances where being invisible is necessary and it is a skill that can be practiced and learned.

7. **Mind reading:** this, as the title suggests, is the ability to read someone's mind.

The technique is simple to explain although, in practice, it takes a large amount of skill to perform.

As all thoughts, before being spoken - if the person intends to speak his thoughts - are sent to the akashic record, they travel along a person's auras.

It suffices, for the medium (a term I will use sometimes to separate the person intending to read someone's thoughts, as opposed to the person who is sending out thoughts) to link to the second person's auras and draw into his own mind, via his auras, the thoughts of the second person.

It sounds easy, and once someone can do it, it is easy, but it takes a considerable amount of practice to be able to accomplish it successfully.

The medium has to blank his mind and allow his auras to link with the auras of the second person. Then he allows his own auras to send to his mind the information that he has picked up from the second person. Once again, it is a rather invasive technique and should be used with discernment and only with the object of helping someone.

8. **Changing one's appearance:** this is a technique that is seldom used, as it has few occasions to be used.

It is a mind operation, where the medium visualizes himself or herself looking physically different or wearing different clothes.

Thus, a tall man might wish to appear short. He might change his skin color or sex. He might change the type of color of the clothes he is wearing.

Obviously, he changes nothing, but through a trained mind, he projects into his auras a new appearance and sends that new appearance down his auras to a second person.

He links with the auras of the second person and the person's auras send an image into the chakras and then the mind of this second person.

So, the second person actually sees someone with a totally different appearance to the person who is actually standing before him.

As I said, it is a skill that is seldom used, as it serves little purpose in honest people.

9. **Levitation:** this, once again, as the name suggests, is the ability to raise objects or people - including oneself - into the air, to defy what is called gravity, but is actually the force of mutual attraction, which has been explained elsewhere in this book.

One might ask why a person would learn to do this?

Well, apart from raising a dropped article without taking the trouble to bend down to pick it up, there are a few good uses for this skill.

For instance, it happens sometimes that a person might be trapped beneath a heavy object, a car, for instance, that has had an accident and has trapped someone beneath it. A person who has learned this skill could easily raise the car sufficiently to release the trapped person.

One could use it to rescue a drowning individual, by keeping him on the surface of the water, so that he does not drown until he can be rescued.

There are a number of instances where this skill comes in handy.

Let us now describe what happens when we use this technique.

All is astral - accepting that it actually exists - and just appears solid and physical due to the grand illusion that all people incarnated are subject to.

But, as it appears to be solid, it has mass (weight), caused by the effect of mutual attraction.

So, what we need to do, is to use our superior mental force to overcome the apparent weight of the object.

The first step is to work on visualization. We need to learn how, with our eyes shut, for instance, to visualize in our mind an object. This can be anything. A flower for example. I will quickly, for those who do not know about this skill, say how it is done. It is simple but is difficult to perfect.

This skill is so important and is the basis of developing most, if not all of the gifts that I am describing in this chapter.

I cannot overstress just how important it is to develop this skill. And it is simple.

Take a small object, it can be anything, and hold it in your hand and examine it closely.

Let us take, for example, a pen or a pencil, although I stress that you can use anything.

We will concentrate on a pen, which most people have.

Hold it in your hand and examine it from all angles. Really look hard at the pen until you have fixed what it looks like in your mind.

Then close your eyes and imagine the pen.

You will find that for a few seconds you can visualize it but after a few seconds, the image fades.

Don't worry, it happens to all of us.

Then open your eyes and examine the pen again and then close your eyes and visualize it.

Once again, the image will be clear in your mind but fades after a few seconds.

Do not give up.

Keep trying this visualization exercise for about 10 minutes and then stop until the next day.

Keep repeating this exercise, day after day, until one glorious day, you can hold the image of the pen in your mind without effort.

In your mind, rotate the pen and examine it as easily as if you were looking at it with your eyes open.

Then take another object, it can be anything, and repeat the exercise. It will be difficult at first, but thanks to the work you have already put in, you will quickly be able to hold the image of this new object in your mind.

Next, try to imagine an object that you have not actually got.

Let us imagine a flower, any flower.

Decide on the flower that you want to visualize and close your eyes and try to visualize this imaginary flower.

At first, it will be difficult, but once again you will quickly learn to do this.

Rotate the imaginary flower in your mind's eye until you can clearly see it from all angles.

Make sure that you regularly practice this skill. It is of great importance for anyone who wishes to master the so-called gifts of the spirit.

To return to levitation.

Place a small object in front of you. Let us use a pen, as you are now familiar with visualizing it.

Look at the pen, and with your imagination, try to see it rising.

So, you will have two images of pens.

1. The pen on the desk that you want to rise.
2. The pen in your imagination that you are visualizing rising.

Once again, at first, nothing will happen.

But, if you have truly mastered visualizing objects as I described above, eventually, as you visualize, in your mind the pen rising, the pen on the table or desk will do so also.

I will repeat this.

Look at the pen that is in front of you, and at the same time, in your imagination, visualize it rising.

If the pen doesn't move, stop the exercise and go back to seeing in your imagination - your mind's eye - a pen rising. This must be crystal clear.

First, in your imagination, you must be able to see the pen rising.

If you cannot see this, go back to the visualization exercise I mentioned earlier and perfect that visualization technique.

Being able to visualize something in your mind as clearly as if it were in front of you, is the key to success.

Then go back to the pen in front of you on the desk or table, look at it, and at the same time, in your mind's eye, see it rising.

If you can see the pen in your mind's eye rising as clearly as if the pen in front of you was rising, the pen will rise, because you are incorporating the pen in front of you with the powerful image that you have in your imagination.

So, the pen in front of you and the pen in your mind's eye become one, and as your mind is now so powerful, you can overshadow the pen's attraction to the desk or table it is placed on and the pen will rise.

Just how far the pen rises depends on your ability to visualize it rising.

Once you have learned to make a pen rise, take another object, place it in front of you and try to visualize it in your mind's eye.

Your skill at visualizing should be so perfect by now, that you can instantly see this new object in your mind's eye - your imagination.

Imagine it rising and then concentrate on the new object and with your imagination raise the object (the imaginary one, not the real one) in the air.

If you can see the imaginary object rising, the new object, being the same as the imaginary one will also rise.

You overpower it with your imagination.

To levitate oneself, it is necessary to try to visualize yourself, which is not an easy thing to do.

I suggest you sit in front of a mirror and look closely at your reflection. Then close your eyes and try to see yourself in your imagination - the mind's eye.

This is hard and you will need to practice long and hard until you can visualize yourself. Eventually, you will succeed.

The next part is the same as visualizing an object.

In your mind's eye, visualize yourself rising from the chair.

If you succeed, do not raise yourself too high, because if you fall you will hurt yourself.

Once you have raised yourself, picture yourself returning to the chair and you will be safe. You will return to the chair.

What actually is happening, is that nothing is really solid matter.

It is all astral matter (that seems solid) and in your imagination, you are manipulating astral matter also.

When you concentrate on the real object in front of you, which is actually an astral object, if you visualize it rising, it must do so, because the object in your mind's eye and the object in front of you are not only the same object, but also are both astral, and planet earth has no command over it.

This is not only a useful skill to acquire but visualization is the base and the heart of manipulating anything or anyone on Earth.

Visualization is the first and the most important active skill that you should acquire. I cannot stress how important it is.

So, not only have I explained how levitation works but I have stressed with all the force I possess, just how important learning visualization is and I urge anyone who wishes to develop the gifts of the spirit, first to learn both meditation (blanking the mind) and visualization.

They may appear to be opposites.

1. Blanking the mind.
2. Visualizing objects in the mind.

But, in reality, the two come together.

In the degree that you can still, and thus blank your mind, the easier it is to project into that blank mind, the images we wish to visualize.

So, please start with meditation and then start to incorporate visualization.

It is a long, hard, road, learning to blank the mind and then projecting into that blank mind, the images we wish to visualize, and great determination and patience are required.

But it is well worth the effort and you will not regret:

1. Learning to blank the mind in meditation, and
2. Learning visualization.

These two skills, if properly learned, will change your life forever and for the better.

10. Producing objects out of thin air: You may have heard of Jesus being able to feed a large number of people with just a few fishes and a few loaves of bread? We question how this can be possible, but it is possible, and I will explain how it is done.

All is astral, not physical. I have said this over and over again, but to understand how the gifts of the spirit work, it is important that you fully understand that the world you live in, that appears physical, is not so. It is an imaginary world, produced as part of the 6th dimension, in the imagination part of that dimension (or aura), and is thus not physical. But it has to be constructed of something. So, it is a kind of virtual world, as might be constructed in a computer.

This, a computer, in a way, is a good analogy.

There are millions of people of all ages around the world who purchase programs of various sorts that create a virtual reality, and people get lost in whatever challenges the program creates for them to battle with. If the program is well enough constructed, people are more or less convinced that they are living in this virtual reality - at least until the program comes to an end.

We could say the same about some TV programs or films.

People can become totally (or nearly totally) absorbed by the plot of the program or film and watch it as a virtual or alternative reality, as real (for the duration of the film) as life itself, until it ends and then the viewer returns to earthly reality.

So, these people, while they are involved with these alternative realities, are living, in a way, in two worlds at once.

1. The physical world that is all around them, and
2. The virtual reality that comes from a computer screen, a TV screen, or a cinema screen.

I do not wish to push this analogy too far, but I wish you to understand that everyone lives in two realities.

1. Life with all its trials and tribulations, and
2. An astral world, that some people can contact, rather like some people contacting virtual realities in computers, TVs, or cinemas.

The big difference is that so-called reality is an illusion, a bit like the virtual reality people get involved with, while the astral world, which is connected to the God force, is much closer to reality. You actually live in an astral world, within the great illusion that we all live in.

So, please let me repeat this, because it is important to understand.

The world that you actually live in, ignoring the grand illusion that we all live in, is an astral one and astral matter can be manipulated at will by a trained mind.

However, to allow us to have the experiences that incarnation gives us, the strange existence that we call incarnation, or reality, was created for us to live in for a while and that is of a fairly low vibration and is very difficult to manipulate by the mind.

So, life is actually topsy turvy.

Physicality on planet Earth is an illusion, that we have been brainwashed by archangels to accept as totally real, while the astral world(s), that are invisible to most people, are actually where you live and are your reality.

But here is the rub!

All the while anyone is living on planet Earth, living a 'normal' life, he will be stuck in this illusion that seems so real. Such a person could never look outside of this prison, because he does not know he is in prison.

He chose to come here for the experience and chose which family he would be born in, which country, which skin color, and so on, and then he had his mind wiped and he appeared in incarnation, thinking it was real and never questioning if there was anything outside of the prison walls of incarnation.

That is what applies to the physical body.

But, as we said, the physical body is not actually alive. It is manipulated by a non-physical force (you), that lives in the astral realms. It is like a glove puppet that appears alive to children but is actually an object manipulated by the hands of a living person.

So, which world do you want to live in?

The vast majority of people live in this physical illusion - playing the role of the puppet - while a select few take the trouble to connect with the puppet master, which is a real version of you, and can live in a world in which it is easy to manipulate things, because the mind can create objects or situations in the astral realms.

I have described in an earlier section of this chapter (Levitation), the two techniques required for breaking out of the prison in which you now live, into the freedom of the real world that you can live in.

The techniques are meditation and visualization.

Neither technique is easy, but at the same time, far from impossible.

Through meditation and visualization, you can break the chains fastening you to physicality and you can live in two worlds at once; physicality and the astral planes.

Having said all that, let us, at last, describe the technique that Jesus used to feed many people with just a few fish and a few loaves of bread.

I will say that this story is an analogy. It was not factual but was described so that anyone who understands what is being described could use it in his daily life.

The technique comes automatically in the degree that one has mastered meditation and visualization.

If you are in a situation where you have to feed a larger group of people than you provided for, by the simple act of visualizing the food as astral, you can produce as much of it as you need.

Astral matter is simple to manipulate.

If you can see, deep in your soul, so to speak, that all is astral, by using your imagination, you can produce more and more. This really works, as the person to whom I am dictating this message can affirm. He was in a situation where he and his wife had to feed many

more people than they had expected and they both produced enough to feed all the guests and there was plenty left over.

It is a technique that really works.

Before I end this section, I will repeat one more time how to manipulate matter.

First, meditation, in which you attempt to still the mind. This is far from easy, as your mind constantly, ever since you were first created long, long ago, has chatted to you and does not appreciate you trying to shut it up. So, it will battle with you all the way.

But with patience and hard work, so to speak, you can master your mind and it will obey you.

Then you can learn visualization, as I described in a previous section.

Once you have mastered these two techniques, the gifts of the spirit are yours to command. In this case, producing things out of thin air. Actually, you are producing things from the astral planes and lowering the frequency, so that whatever you have chosen to produce appears in physicality.

We have mentioned producing food, but you can produce almost anything.

A word of warning.

Never produce money, neither for yourself nor for anyone else. That would not be acceptable.

Second, never produce anything that will alter your or someone else's life plan. That would not be acceptable either.

Thirdly, produce only things that would help others. Never produce anything for yourself. Having said that, producing things from the astral planes can help others, and thus, God will help you.

11. Producing more than one body. To be in two places at once: this may seem to be a strange or even impossible statement. A statement strange to say and impossible to justify.

In fact, we, the Great White Brotherhood, would never make such statements if we could not back them up with evidence. On the rare occasions, when we cannot produce evidence, such as where God is, we admit that we do not know.

In the case of the statement about producing more than one body at a time, we know that it is perfectly possible and a number of reliable people have proved this.

So, let us jump in and tell you how it is done.

This is not for beginners, as it is only achievable by very advanced students - or chelas would be a better word - who have demonstratable command of the two processes; meditation and visualization.

When one reaches an advanced state of meditation and visualization, doors open to a number of complicated events, and producing more than one body at a time is one of the most complicated.

What happens, is that a call comes into the spiritual planes that an emergency has occurred that needs help. This would not be an ordinary accident, but an event that could affect the world, possibly.

If this event happens in a remote area where no human help is possible, people like us are called into service, and although we remain in the 4th dimension, we project a version of us into physicality to help save the day. I will explain the actual technique once I have recounted a real event and how a second body was sent to an accident to help.

I recount this story, as the person involved is known to me and I can attest to it being a true event.

These people that help are not angels, but ordinary people like us, or in this case, a lady who was incarnate and still is at the moment of writing this story.

The lady in question was and is a very advanced and fully trained psychic, although that word has been debased in recent times by fraudulent mediums.

However, the lady in question was driving along some country roads in a fairly remote part of France.

She was just quietly driving along these country roads, minding her own business, when a call came to us concerning a private plane that had crashed with a number of very important people and documents on board that on no account should fall into unauthorized hands.

Once one has reached a certain advanced level of being able to do telepathy and clairvoyance, the person in question would always have his/her non-physical or spiritual body consciously connected to the 4th dimension, just as your guides in the 4th remain in constant contact with you in the 6th.

So, this lady was, effectively, already in two places at once. Her physical body was driving along country roads - while her non-physical body was partly and sufficiently controlling her body - and another aspect of her was always in contact with us of the Great White Brotherhood.

Don't forget, that in the astral realms, the Newtonian laws of physics no longer apply and it is our mental capability that controls the limitations of what is possible.

As this lady learned about the plane crash at the same time as we did, because she was linked to us, being an integral member of the Great White Brotherhood, she immediately put into action the creation of a second, etheric body, and shot off to the crash site, which was at the foot of a mountain, the private plane having crashed into the mountain. I should say that this accident occurred in another country, not France where the lady lived and was driving in at the time. But distance is nothing in the astral realms and so her astral body promptly arrived at the crash site.

She reduced the frequency of her astral body down to physicality and was able to drag, and thus save, several people from the wreck, help them medically as best she could, and more importantly, save a briefcase with very sensitive documents in it and hand them to an important diplomat that had been injured in the crash, but survived, and was able to take charge of the documents.

Her job done, she returned to her vehicle, which was still driving peacefully along the country roads under the command of her physical body and the spirit that remained to control it.

I have recounted that story, as both the lady in question is alive at the time I am recounting this, as is her husband, who is also closely connected to the Great White Brotherhood and can verify what his wife, shortly after the event took place, told him. She is scrupulously honest and would not lie. We can also verify what occurred as we were also present at the scene of the crash in physical form helping the injured.

What is interesting, is that spirit forms have no human-looking construction, being just orbs of human energy, but when they take human form, not only do they appear at the scene - in this case - of the crashed airplane, but also appear fully clothed.

So, as the person is transforming him/her self from astral to physical, at the same time is able to produce clothing.

Further, the person is able to use whatever other gifts of the spirit are needed. For example, the ability, in this case, for the lady to lift and transport heavy people effortlessly from the crashed plane to safety on the grass, many yards away from the crash.

She would do all this automatically, as her skills just clicked into place.

Having said all that and having recounted an actual event that I know to be true, because I have personally checked it in the akashic record, at last I will reveal the technique for creating more than one body.

The technique is actually quite simple, once one has developed the necessary skill to manipulate astral matter.

When a person suitably qualified to be able to produce a second body desires to do so, a mental process comes into action.

The person, quite simply, creates in his/her mind, a second non-physical body. This body, at this stage, is just an astral orb but has all the capabilities of the first person.

How do they create a second body?

The answer is simple, although may be difficult for me to explain.

We are all astral entities. It is possible, using imagination, to create almost anything in astral form.

If a living entity requires to be created, however, the process is rather more complicated.

Certainly, a trained medium, as is the lady in the story, can visualize a second version of herself, but unfortunately, that second version would not be alive. It would just be a mass of non-physical (astral) energy.

So, a call has to go out to the Directors of Life to put a human logos onto that orb of energy, to make it come to life.

This was instantly done and now the orb of energy became an independent, living, being.

As it was made by the lady in question, it had all the qualities that she had, including a total mastery of the gifts of the spirit.

So, now there were two living versions of the lady. Both in the astral worlds.

One, a permanent one that was driving - via her physical body - the vehicle on the country roads in France, and a second, identical, but independent version with a temporary logos giving it life, that was ready to shoot off to the crash scene and perform the rescue.

The technique is exactly the same as all life is created.

If a 'something' is created, that something would not be alive until an archangel came and put a God spirit (a logos) with it, and then it becomes alive.

Now, in ordinary creation, a human who wishes to have an incarnation, has to grow a foetus in the mother's womb for 9 months, and at the moment of birth, the astral form links with the baby as it springs to life.

In this case, we have an orb of astral matter and a call goes out to God's archangels to come and give it a human logos, which is what happens.

Further, a request is sent out for it to have an incarnation.

This all happens instantly, as time does not exist.

So, from the moment that a call was sent out that help was needed, to the moment that the lady arrived at the scene of the crash, fully ready to help, no time passed. It all happened in the astral realms, in which time does not exist.

But sequence of events does.

Let us recount them.

1. An emergency call is sent out that help is needed at a certain place.
2. This call was picked up by the lady driving her vehicle, and as I might mention, we also, because we too sent help.
3. The lady knows she cannot drive to an airport, buy a ticket to go to the country of the crash, and then hire a car to go to the crash site. Many hours would be lost. So, being a skilled medium, she visualized a body in the astral plane, which became a lifeless orb of energy. A carbon copy of the astral version of the lady in question but without life.
4. A call goes out to the Directors of Life and a life-spirit and information that the orb of energy is to be a human female - a sort of twin of the lady driving in France - is put in association with the orb of energy, which is a carbon copy of the lady herself.
5. So now the orb is alive but is still in the astral realms. The lady's double, in orb form, flies off to the scene of the crash, which is easily located in the astral realms, due to the vibrations sent out by the victims of the crash.
6. Upon arrival at the scene, the lady effectively is born into physicality. In fact, she just lowers her vibration until she is at the same frequency as planet Earth, at which point she will be visible as a person - a female. She would appear to be the double, the identical twin of the lady still driving along the country roads in France.
7. As she appears in physicality, she would be naked, just as a baby is born naked. Now, it might be acceptable for a baby to appear naked but a fully grown lady, beautiful as she might be, would be reluctant to appear unclad.
Thus, as she is transferring - or in fact, creating, a physical body - she quickly clads it in clothes she draws from her imagination. They would be clothes from her imagination but might be clothes with which she is familiar in her physical wardrobe. She visualizes and creates them through powerful visualization, done instantly, and so she would appear in physicality, fully dressed and ready for action.
8. She then performs the tasks that she knows she must do and then prepares to return back to nothing. So, she raises her frequency until she returns to astral form, at which point a Director of Life appears and removes her logos so that she is no longer alive, and the lady driving her vehicle dismisses the orb from her mind and so nothing

remains, except the physical body of the lady driving along the country roads, controlled and directed by the lady herself in astral form.

It is this astral form that contains all the energy and wisdom, not the physical body, which could never perform such a complicated act.

I have explained how a second body is created and I hope that you have understood, as it is a bit complicated.

12. **Changing dimensions**, linked to number 11: all dimensions are astral in nature. The word *astral* is not chosen by hazard. It is used because the word *astral* is connected to the word *star*.

This implies that the dimensions, being astral, are connected to stars.

As we have already said, stars are portals connecting the God force to us.

Our sun is a star and it is the God force that beams from that sun to us.

That is why they are called astral.

Now, you have a physical body that is actually astral - but that we will accept for the sake of argument (discussion would be a better term) to be physical.

Your physical body only lasts the length of your one, unique, incarnation. For all the rest of your existence, you will be in true astral form.

But, as I have explained, your physical body is animated by an astral or non-physical aspect of you - a sort of body - that not only animates your physical body but maintains a link to all the aspects of the 4th dimension.

Now, the task we set ourselves in this section of the 'gifts of the spirit', is to leave our physical body and wander about in the 4th dimension that we call Heaven, but that also includes the doleful areas you call hell.

The question is, how do we do this?

Obviously, we can't take our physical bodies to Heaven!

Heaven is an astral plane and of a higher dimension, and physical bodies just could not rise to that frequency.

So, we need to go to heaven using the non-physical part of us - the puppet master, so to speak - that is already connected to the 4th dimension.

But there is a problem.

How many of you can, at will, visit the Heavenly spheres?

A few, but not many compared to the population of the earth.

And yet, we are all already connected to the Heavenly spheres via the silver cord that comes from the person we created and that remains in the 4th when we incarnate and comes down to us on Earth. This silver cord will ultimately guide many of us back to Heaven, but it does not seem to help us while we are alive.

So, basically, what we need to do is somehow create a link between what is incarnate and what is in the Heavenly spheres, for us to visit Heaven.

This link can be made through quiet meditation.

As I mentioned in another section, visualization is key to being able to manipulate the spiritual or non-physical planes, but meditation is equally important.

The two go together.

Visualization without meditation would get you nowhere.

Meditation on its own would create great peace, but would not open the doors to Heaven.

So, I strongly urge you, if you are interested in being able to use the gifts of the spirit in any meaningful way, to develop both meditation and visualization. Then and only then will the doors to the real world open to you.

So, having said all that, let us return to this topic which is about exploring Heaven.

In the last part of this chapter, we mentioned a lady who was able to create a physical body in another country to hers and was able to travel quite a long distance instantly in order to help people in an air crash.

We might imagine that we could use the first part of her creation in order to create a second body in the astral realms. Unfortunately, this is not what we want.

What is required in order to visit Heaven, is to use the non-physical body that we all have - the puppet master - and move that body back up to heaven, leaving just enough of it still attached to Earth to control the physical body.

Of course, we question how we can achieve this act?

It is quite impossible under ordinary circumstances, but if we have a command of meditation and visualization, it all changes and the impossible becomes possible.

I must stress, however, this act of moving to heaven is only possible with a relative mastery of the key elements, dividing the barrier between so-called physicality and the astral planes - the 4th dimension, notably.

The required acts are meditation and visualization, as I just mentioned.

So, to make it perfectly clear, unless a person is willing to spend the time and effort to master meditation and visualization, the astral planes will remain barricaded behind frequency changes. Changing frequencies, which is what is the required action, can only be achieved through meditation and visualization.

Let us assume that the student, or chela, as the student of mysteries of the esoteric is called, has developed the skills of meditation and visualization sufficiently so as to be able to connect with the dimensions.

He must not attempt to contact the 4th dimension on his own.

He must have, connected to him, guides or helpers especially assigned to him and placed at his disposition to guide him through this part of his development.

So, this is a third essential. The chela must have a mastery of meditation and visualization and he also must have an active and close connection with guides who are placed at his disposition, not only as guides but as protectors also, shielding him from attack by any unwanted entity. Without this protection and direction, he would very quickly, not only be lost in the maze of diverse areas within the 4th, (should he reach that point), but will be attacked by evil spirits as he crosses the lower 4th, which is placed between Earth and the higher 4th. Guides will protect him from any such interference.

Once again, I use the words he, him, etc., but I include ladies in this discussion. All is one.

If the chela can also develop telepathy, so as to be able to speak to his guides, that will be a distinct advantage.

So, we could include this skill in our list of required elements for entering the 4th dimension

We need a mastery of meditation, visualization, guides attached, and telepathy to be able to speak with the guides.

Once all that is in place, the rest is in the hands of the guides. It is they who decide when a chela is ready to transition from Earth to Heaven, and who decide when this should happen. On his own, the chela must not attempt to raise himself to the 4th.

What actually happens, is that the chela should meditate for a few minutes each day, if he can.

Then, one day, he will feel himself being lifted up and he will feel as if he is rising upwards from his chair - his physical body remaining on his chair - and his spirit enters Heaven.

Sufficient of his spirit, which is the puppet master, remains connected to his physical body to ensure that the heart, lungs, etc., are working normally, but a sort of second body is created, which can rise with the guides to Heaven. In fact, no change of place occurs. It is a change of frequency that is happening.

I will not describe a tour of the Heavenly zones, as this has been done elsewhere.

It is how one gets to Heaven, that is the subject of this section.

This, I have described, so I will stop here with these descriptions and move on to where the gifts of the spirit are stored and how we draw them to us.

It is not a difficult topic, because if you have read our works, you will know that there are many areas in the 4th where all sorts of information are kept, and the gifts of the spirit are just another series of elements stored there.

Now, there is absolutely nothing to see, should one visit the area where the gifts of the spirit are stored, as they are all non-physical in nature. So, if we visit that area, and if we were to blend with any one gift, we would just be flooded with that gift. We have mentioned very similar feelings when we described visiting the areas where love, hate, desire, art, etc., are housed.

Virtually all emotions, whatever they are, are stored as basic (pure) feelings in this part of the 4th and the gifts of the spirit are also housed in this area.

Just as feelings are drawn into us after sending out a subconscious call for them to be sent to us, in a somewhat similar fashion, the gifts of the spirit come to us.

The difference is that we need to develop an advanced method of calling and of receiving them, as opposed to the basic feelings that we can all receive.

As was mentioned, the advanced call can be perfected through meditation and visualization.

Once we have developed meditation and visualization, the gifts of the spirit can come to us and we become Masters of incarnation instead of slaves.

So, I think that I have covered this topic on the gifts of the spirit, and so I will end this chapter here.

CHAPTER 28 - THE PLANETS

This next chapter will deal with the orientation of the planets.

What do we mean by that strange statement?

What I wish to discuss is where the planets are placed in space and why they have been placed at precise distances from each other and from the sun.

This will be new information never before discussed.

You will, of course, be aware that, though you may not be able to see the main planets; Mars, Venus, Uranus, and so on, with the naked eye, even with a small telescope you can. You may also be aware that we have told you that long ago the night sky was empty. It was only when reasonably intelligent man incarnated, that he wondered why the night sky was empty and he visualized it clothed with planets, suns, and all that we now see. That which man visualizes or imagines to be, comes to pass and so, eventually, the night sky was clothed, as you see it today.

However, the night sky was not actually clothed with planets and stars in a haphazard fashion. Just by pure, unbridled, imagination.

When man started to visualize objects in the night sky, the Directors of Life stepped in and placed them in particular areas that were not haphazard but placed, with precision, in specific areas of the night sky.

Before we go on to explain why these planets; Mars, Venus, and so on were thus placed, I had better just remind you that nothing is real - as I have previously explained - and all is created by our imaginations.

"But". I hear you saying, "How can they be imaginary, if they were created by the Directors of Life"? The Directors of Life are also God's archangelic helpers. It is just another name for the same group.

These planets have been placed with care into specific areas of the Cosmos.

The answer to that question lies in the fact that, although all are imaginary, man incarnate, has been programmed by these Directors of Life (archangels) to accept that all that the five senses bring to our awareness, is real. The planets that he has seen or has been informed about seem real, because he lives in a world of Illusions.

So, the planets in question and where they are placed in the sky is not haphazard but placed with care.

Let me name the planets that we will be investigating.

First, we have the sun. Then we have planet Earth. Next, we have Mars, Venus, Jupiter, Uranus, Neptune, Saturn, and Mercury.

Traditionally, one does not mention the sun, but as I hope you will see, the sun, whilst not a planet, plays an integral part in our explanation and thus should be mentioned.

You will also notice that I have just named each planet without regard to its position in the night sky. I have just named the eight planets, plus the sun, so that we all know what we will be talking about.

You have the right to question, why I am mentioning these planets at all? Does this subject merit a complete chapter?

We will see by the end of this chapter if these planets have any relevance in creation or not.

We must all agree, that despite all being an illusion, as far as one's relevance in incarnation is concerned, the eight planets do exist and some of them have been briefly visited, if not by man, at least by rocket ships, that have either landed on some of the planets or have overflown them.

There have been still or moving photos or film taken of some of the planets, but by and large, although startling landscapes might have been filmed, there has been no sign of life.

In fairness, I will say, that if one boards a plane and the plane takes off, very soon one can see no movement on the surface of planet Earth. We might see evidence of houses etc., but after the plane is climbing in the sky for even a relatively short distance, we can no longer see any kind of movement.

By the same token, we might assume that just because we cannot see anything moving on the surface of any of the planets, this does not mean that there is not life on some of them. That is a fair argument.

Any reasonable person would agree that above a certain distance from the planet, movement is impossible to detect, just as it is on planet Earth, despite it being densely populated.

Of those planets that have had their surface gases analyzed, it has been noticed that most of them seem to be inimical to life as it is on Earth, due to the nature of the gases and the temperatures of the planets; too hot or too cold.

But our knowledge of life on Earth has revealed that there seems to be life pretty near everywhere. Some areas breathe out the most noxious gases and yet life has developed, capable of breathing those gases. Equally, temperature does not seem to be much of a barrier. Simple creatures have been discovered living in areas of violent heat without problems. I think it's fair to say that the only areas that prohibit life to develop are those of extreme cold, although it would not surprise us if, one day, life would be found surviving in such areas.

The point that I am making, is the fact that the various planets I mentioned have surface gases that would be inimical to us on earth and the fact that the temperatures of these planets might be outside of the range that we could endure, does not rule out life existing. It might be life that we would not recognize, but life is life. These planets, individually and collectively, either harbor life or they do not.

To cut a long story short, I will tell you that they do not contain or support any form of life.

The only planet that harbors life, is planet Earth.

This, by the way, applies not only to the eight planets I mentioned (seven if you exclude Earth which does harbor life) but applies to all our galaxy.

There is no life, neither on the surface, nor in the atmosphere of any solar bodies throughout the entire galaxy.

There may well be life in the dimensions that surround and interplay with all planets, but actual, physical life, can only be found on or around planet Earth.

The reason for this, as has been explained elsewhere, is that the Directors of Life - the archangels who control life in the galaxy - deemed, in their wisdom, that it would be easier to control life if it was contained in one area.

We see examples of this in many areas on Earth. In zoos for animals, in prisons, in military encampments, and so on.

Thus, the only area where there is physical life, is planet Earth.

Scientists, experts, and astronomers search the skies and the planets for life but they are wasting their time. There is no life on any other planet.

Now, having said all that, which is a repeat of information already given, let us turn to the subject of this chapter, which is why the planets I mentioned, are placed where they are.

Before explaining, I will mention, once again, that these planets; Mars, Jupiter, Uranus, etc., are not found by hazard where they are in our galaxy. They have been precisely placed for a very good reason.

It is my job in this chapter to explain that reason and I hope to succeed in so doing.

It is a bit complicated to explain, especially as this will be new information, but it is not that difficult to comprehend, once certain facts about life are understood.

There is one thing that is of paramount importance to comprehend when trying to understand planet Earth and the galaxy and it is this.

There is God. That is all there is.

Even though we do not, and will never know until the day we join with that being, who or what God is, nor where he lives (assuming that he is alive in any meaningful way to us), we know that God is the mastermind, although he needs archangels to construct all that he desires to be constructed.

Everything that exists anywhere is the Masterplan of God and it comes into reality through the immense amount of genius work done by the archangels - the Directors of Life.

So, God equals life. God, being alive, is the creating force behind all that exists and as God decided that all should be alive, life is everywhere.

There is no corner of the galaxy - and no doubt all of the multiverse - which does not contain life in one way, shape, or form.

I repeat.

God exists and God creates life. As everything was and is the brainchild of God, everything is alive.

Now, what does this mean in regard to the planets I mentioned and said would be the subject of this chapter?

It implies that all the planets that are of interest to us in this chapter are alive as is the galaxy in which they are placed.

They may not contain life in any meaningful fashion that we could examine, but life can take many forms.

So, the planets are alive, as is every spot in the universe.

Further, in order to keep track of all this life, each individual life entity, whether it be mineral, flora, fauna, or human, as found on Earth, and every planet, moon or sun, or

indeed, empty space, all have unique frequencies attached to them, which acts, in a way, like identity cards.

There is nowhere in this gigantic universe (indeed, multiverse), that has not got an identity frequency.

This, incidentally, is very useful if one wishes to navigate around the universe. I have explained this in this book and my colleagues have explained it in other books.

Everything is alive. Everything has an identity.

But there is much more to this story than that.

If it is true that the whole galaxy is alive, is it alive in any meaningful way? By which I mean, that you and I are obviously alive and can demonstrate that life in a number of ways.

If I may just consider you, for example.

You are alive.

You can grow in stature and in knowledge and wisdom.

You can think, speak, act, and generally, by your movements, demonstrate that you are alive, as can your fellow man and women.

However, there are a number of life forms that demonstrate life in different ways from you.

Let us consider Flora, for example, which is the plant family.

This is a vast family but they generally cannot move as you do.

They are, generally, stuck with their feet in the ground, drawing up life elements through those feet (roots).

But we can see that they are alive, from tiny mosses to giant trees and they all do this by growing. Actually, like all life, they follow the four phases of life - birth, growth, decline, and death.

But during the growing phase, not only do they grow but most of them reproduce.

Could we consider, in truth, that minerals - sand, rocks, mountains, and so on - are alive in the sense that you are?

Could we consider that water is alive?

Could we consider that air is alive?

And yet, all are made of atoms very much as you, animals of all sorts and plants, are made.

Indeed, many of the atoms of gases such as oxygen, hydrogen, and so on, and many of the elements that are found in you, are found in most things, thus demonstrating the link between you and all life.

Water contains (is made from) oxygen and hydrogen, two gases essential to you and to most if not all fauna and all flora.

Without water, nothing can live.

We have suggested, that going back to the creative force, God, he created life.

Everything that he created is alive, and as everything was and is the brainchild of God, even if his archangelic servants brought it into being, everything is alive.

We have stated this almost ad nauseam but it must be hammered home.

All is alive and further, all is one.

We have done our best to explain this in various books, many times.

To understand life, you must start with this basic understanding. All is alive and all is one.

Difficult although this is to understand, there is nothing in existence but God pretending to be all that exists.

You are God pretending to be you.

Flora and fauna are God pretending to be plants and animals.

Minerals are God pretending to be grains of sand, stones, and even planets.

There is nothing, anywhere, that is not God taking the form of these things in order to gain experience and wisdom.

This takes us on to the planets that are the subject of this chapter and I apologize for the long prelude to this matter, but I felt that it was necessary to remind you of all this for the actual explanation of this chapter to be more comprehensible to you.

All is God and all is one, because there is only one God in our Multiverse.

Therefore, it follows that the planets and the space that they occupy in the night sky, must all be God taking the form of those planets and that space.

Now, if all is alive, does it follow that that life should have a form of some kind?

What do I mean by this?

Well, you are alive and have the form - the shape - that you have.

All plants and all animals have specific shapes.

Even minerals, although they may look like lifeless lumps of rock, each rock has a shape of some kind.

If we go out into space and look at the planets; Mars, Venus, Jupiter, and so on, they all have a shape - generally spherical, or nearly so.

If we could step back and look at our galaxy from a distance, we would see that it, too, is a sphere, a cloud of gases held together in a huge sphere by gravity.

So, where are we going with all this?

What I am suggesting is that, as all is alive and it is all God taking the form of whatever it might be, planets and all space is alive.

As such, the planets have a shape - a form.

I also said that the entire galaxy has a shape (an enormous sphere).

Therefore, as all is God, as all is alive and all is one, is there a connection between you and the galaxy?

If it is true that all is alive and all is one, if we consider the body of any being or creature, can we expand that thought to suggest that the galaxy has a body?

Now, I need to be careful with this next step.

I am tempted to suggest that as many or most mammals, birds, or even insects have similar organs; heart, spleen, kidneys, liver, etc., that the galaxy has organs also.

But I am aware that the botanists amongst you will quickly point out that flora does not have organs, as so-called sentient creatures have. Equally, people with knowledge of minerals will be quick to point out that minerals do not have organs.

This is true and I cannot deny this.

But what I can point out is that just because all things are alive, it doesn't follow that all things follow the same pattern of construction.

There is, obviously, a vast difference in the construction of a mammal or a plant and yet both are alive and both are God.

Both follow the pattern of birth, growth, decline, and death.

Both do their best to reproduce before they die.

So, it is fair to say that there may well be vast differences in the construction of the shape of living objects but, regardless of the shape and of the organs that something might, or might not have, each object is not only alive but follows similar patterns to its life.

Perhaps I should also say that time is part of the illusion in which we all live and if something lives for a very short time - a matter of hours as in the case of a Mayfly - or lives for millions of years, everything has to follow the same pattern of being alive and of being born, growing, declining and dying.

However, can we apply this pattern to all things?

Was a planet born?

Does it grow?

Does it decline and finally die?

We can all accept, I hope, the last two - decline and death - because we see Supernova in the night sky doing just that, but can a planet be born, and can it grow?

I need you to expand your vision somewhat to accept that planets are born and can grow.

There was a time when there was nothing and we explained that the Directors of Life created planet Earth. If this is true, it was born, in a manner of speaking.

But, does planet Earth grow? Actually, it does.

Earthworms are constantly ingesting dead floral matter and they eject that waste matter, as do all incarnate creatures.

This waste matter - these ejections from worms - build up at a surprising rate. That is why archaeologists, desirous of finding relics from the past civilizations have to dig.

The further back in time they wish to go, the deeper they need to dig. This implies that planet Earth is larger now than it was in the past.

So, planet Earth, at least, grows and that growth can be demonstrated.

As all is one, that which applies to one, must apply to all.

We may not have the means of measuring the growth of planets such as Mars, Venus, etc., but we may safely assume that they are larger now than they were in the past.

We know that they will die one day, as does all things and we may assume that they were born as planet Earth was by the Directors of Life, placing them in the night sky.

Now let us get to the heart of the subject.

Why are the planets in question which, I remind you, are planets Earth, Mars, Venus, Jupiter, Saturn, Neptune, Mercury, and Uranus, to which we might include our sun, although it is a star and not a planet, so placed in the galaxy?

As I said, it is not haphazard but they have been placed with precision to serve a purpose.

It is our task in this chapter to decipher why they are so placed and for what purpose.

Let us go back to a time when only animals and primitive man inhabited Earth.

None of these creatures or beings took the slightest interest in the night sky and so it was an empty void.

There might have been dark matter but as that could not be seen by the naked eye, as far as early life was concerned, the sky was empty.

Obviously, if someone could have stepped back and seen the galaxy from the outside, it would have been the gigantic sphere that I mentioned earlier but it was empty of planets.

We could consider this as the galaxy being born and growing somewhat under the curiosity of man.

So, there is a direct link between man's development and the galaxy's development.

It has to be.

If man questioned why the night sky was empty and wondered about gods and where they lived, albeit in a simple manner, not like the Greeks, Romans, etc., who viewed gods in a very sophisticated manner, planets needed to appear to house the gods of imagination (man's imagination).

So, little by little, early man examined what emotions people had and attributed them to god's promoting them.

This happened, one by one, starting with the sun, which was attributed with the power of human intelligence, ego, personality, and so on.

Then they considered the emotion of war, which was always present in the mind of early man. The name that he attributed to it is of no importance. It is the fact that early man thought about war, aggressivity, bloodshed, and so on, and thought that there was a god somewhere that lived to control these negative emotions, that brought the planet we know as Mars into being.

So, it went on with Venus connected to love, Mercury transmitting information, and so on.

I won't describe all the planets and their attributes. If you are really interested, you can find the links on the Internet.

The important points to note, are that they came into being to house the gods who controlled and housed the various emotions that man and women are subject to.

So, there is a direct link between actual, physical planets in the galaxy and man's emotions.

I think that I have explained to any reasonable person how the planets came to be in the night sky. They were created by the Directors of Life to satisfy man's curiosity about emotions and how he considered them to be connected to gods who needed 'houses' in the sky in which to live.

The fact that the emotions actually come from areas within the 4th was beyond the thinking capabilities of early man, just as it is beyond the thinking capabilities of most people today. It makes one wonder just how much man has developed over all these years!

However, that is not our problem.

Man has emotions and the planets, which are the subject of this chapter, were produced by the Directors of Life to satisfy man's curiosity about where emotions came from.

But we still have not addressed the question as to why they were placed in specific places? This will be our next challenge. I used the word challenge, because this part will

be rather counterintuitive, and to explain it in an understandable manner will be something of a challenge.

Now, where do I start?

One might think that the planets would have been placed just anywhere in the sky, but that would not be true.

A lot of thought went into their placement by the Directors of Life.

Why? Why does it matter where they are?

Now, it was the aim of the Directors of Life to answer man's questions as to where the gods that could control emotions lived, which is why the planets in question were produced.

However, there is something that I need to mention, that has never really been thought about before.

You may have heard of ley lines that criss-cross planet Earth and create energy points on Earth.

These ley lines were known to early man and he built many of his churches and temples on points where ley lines crossed, thus forming a node of energy.

This energy might be positive or it might be negative.

The reasons why and how ley line nodes or crossing points might be positive or negative is outside of this chapter.

Please accept that it is so and churches or temples were built on positive nodes and black magic rituals conducted on negative nodes.

These nodes or crossing points of ley lines emit energy that flows out into the exterior of planet Earth and into the sky.

Now, as all is one, that which planet Earth has everything must have and so the entire galaxy is crisscrossed with the astral equivalent of ley lines. So, space is crisscrossed with ley lines.

Some of these are positive, some of them are negative and the rest is a sort of watered-down version of positive or negative, just as they are on Earth.

Obviously, the positive or negative one's blast energy out into the void of space, causing strong emotional feelings, if I may use that word, whereas the watered-down versions, whilst they too blast energy out into space have less influence in and on the cosmos.

So, our interest is drawn to the strong emotions caused by the crossing of astral (or spacial if you prefer) ley lines.

The Directors of Life, who no doubt constructed these ley lines for some reason best known to themselves, obviously were and are aware of these ley lines, both on earth and in space.

As I said of the strongest ones, some are positive and some are negative.

This brings us to the positioning of the planets.

Those connected to negativity were placed on the nearest negative ley lines to Earth. In the case of Mars, it is placed on the nearest negative ley line to Earth.

In the case of positive ley lines, Venus was placed on the nearest positive ley line to us.

They may seem a long way from us but space is an illusion and has no significance.

There are other ley lines closer to us but they only have weak energy. Both Mars and Venus were placed on the strongest and nearest positive and/or negative ley lines to us, to try to answer the call of primitive man to understand where the gods of war or love were housed.

Primitive man was sensitive to the effects of ley lines and could not only feel them on Earth but could feel the effects in the night sky.

Just as temples/churches were built on positive ley line nodes and black magic temples built on negative ley line nodes on Earth, man was aware that he could feel the negative vibes coming from the planet Mars, which became known as the god of war, whereas he could feel the calming influence coming to him from the node where Venus had been placed, and Venus became known as the god of love.

The other planets, with their various emotions, were placed on the nearest ley lines that more or less corresponded to the emotions man sought to understand.

It is for this reason that the planets we are discussing are placed exactly where they are.

There is a question that has not been addressed, and it is this.

Why should these ley lines exist either on Earth or in the sky (space)?

Also, do all the other planets in space have ley lines?

These, I am afraid, are questions to which we have no answers.

Our information and knowledge come to us from two sources.

1. The akashic record.
2. Advanced angels.

1. The akashic record is a good source of finding information but it has to have a human connection to be stored in the akashic record.

The ley lines were not constructed by humans, having been constructed by the Directors of Life long before man came to Earth and so the akashic record contains no record of their construction.

2. Similarly, the angels who are very advanced humans, had not come into incarnation when these ley lines were constructed and so can offer no advice.

So, the truth of the matter is that we know that ley lines exist, both on earth and in space, but we have no idea why they were constructed. We just cannot answer those questions.

I have done my best to answer the questions as to why the planets associated with our galaxy are there and why they are in those precise locations. It is all a question of ley lines.

The one subject we have not answered is why the sun is where it is?

Is it just at the center of all the planets, to enable them to rotate around the sun or is there another reason?

The answer to that is that the sun needed to be (to exist) as it blasts the God force out into the cosmos, as has been described elsewhere, and it was placed in a neutral node, which just happened to coincide with the center of our galaxy.

A neutral node was chosen, so that the energy of that node did not interfere with the sun's mission, which has been described in detail in other pages or works and I won't repeat.

Suffice to say that the sun acts, among many other things, as a controlling influence on all life, whatever that life might be.

So, I will close this chapter here. It was rather complex, as it contained a lot of information, some of it new to man today.

I hope that you have understood this chapter.

CHAPTER 29 - IS THERE SENTIENT LIFE ON OTHER PLANETS?

So, where do we turn next?

This book is dedicated to information that comes to us from the 4th dimension, although I have deviated somewhat from that in the last chapter, where I discussed and explained why the planets that are in the night sky are there.

This may not seem to be connected to the 4th, as the planets seem physical and thus, we would associate them more with the 6th dimension, that of incarnation.

In fact, everything contains some connection to the 4th.

The 4th is a sort of melting pot of all that exists, not only in the 4th but also the 6th.

Now, we must also include the 5th dimension when we discuss anything, because the 5th contains Higher Self, which all things have. All is one.

It may be difficult to realize that a stone has a Higher Self or even a lifeless planet in the distance of our galaxy has a Higher Self, but it is so. That which you have, all must have. You have a Higher Self and so all must have a Higher Self and that Higher Self is found in the 5th dimension.

Now, let us look at the subject of this chapter.

We will examine why life, as we call it, should be found everywhere in our galaxy, when I said that the only sentient life is found on planet Earth?

Once again, what do I mean by that statement?

The key to the subject lies in the word sentient. Now, sentience implies awake, aware, to have feelings. It can be applied to things that move; insects, animals, humans. But can something be sentient if it cannot move?

Equally, if something can move, as we humans move, but cannot feel pain or be killed as nature spirits are, can we say that they are sentient?

We are raising a lot of questions that I hope to address in this chapter.

Once again, where do we start? Once I explain something to you, it may seem fairly obvious what we are talking about, but for us in the 4th dimension, once we can link to all that is going on in that and the other dimensions, we finish up with a sort of mare's nest of intertwining information and we have to unpick the specific information we wish to talk about, from the interconnecting mass of threads of life that exist.

It can be a rather complex task as, in reality, all things are connected, and we have to choose the start and end points of any subject because, in reality, as all life is one, all the information on any subject is intertwined with all the rest of the information about life, it all makes one story, so to speak.

We present to you, chapter by chapter, topic by topic, the various things that we wish to discuss and you may have the impression that all is neatly arranged and we just have to explain what the topic is. This is not so.

We have a variety of books written by our colleagues and stored in the akashic record to which we can refer, but other than that, before we talk about any subject, a complex discussion with many of the members of the Great White Brotherhood takes place to discuss which parts of this mass of information we wish to untwine and where we should start and finish. A lot of thought goes into each and every subject we discuss with you.

Please do not think that I am complaining. I am not.

We, collectively, are happy to untwine and discuss the various topics that we have addressed so far, because these books, essays, and various statements that we have given you, are also stored in the akashic records for all time, and so, in the future, no one will have to unthread these topics. They will be able to refer to the work we have done and the information archived in the akashic record.

So, we are happy to give you all this information. Knowledge that has been kept secret from man for virtually ever. So, we are revealing all this for the first time to man incarnate. This is a good thing, as far as we are concerned, although the evil ones might not be so happy.

But by keeping man remote from his true origins, he has been easier to control and manipulate. Knowledge brings freedom.

However, I stray from the topic of this chapter.

We wish to discuss that if planet Earth is the only one with sentient life on it, how can there be life in the far-distant corners of the galaxy? We mention the word sentient, meaning having the ability to think, feel, and move - amongst other meanings.

It is true that sentient life, as in the sense of physicality, is only found on planet Earth, but sentience can alter, as the dimensions we live in alter.

For instance, I live in what is called the 4th dimension (Heaven), and to you, it seems a ghostly, non-physical area, and thus anyone who lives there is not sentient in the way you are in your physical domain.

However, as far as we are concerned, where we live is as real and physical as where you live and we certainly feel sentient.

We can have a body if we choose to. We can discuss things. We are not limited either in our movements, nor in our communication abilities. We are every bit as sentient as you are, despite being in a different dimension.

The point that I am making, is that sentience is relative to the dimension in which one lives.

You think that you are in the 6th dimension. It is true that you do feel that you are in the 6th, that of physicality, but in fact, as we have told you, you are a multidimensional being, and part of you is in the 6th, which actually is imagination, whereas another part of you is in the 4th, another in the 5th, and yet more of you is in the 7th.

It is the same for all of us.

We may no longer be living in the 6th, as in physicality, but we still have a connection to it and to all the other dimensions that I mentioned.

Life is extremely complicated and there is no game plan written down for us to follow. We have to piece everything together, just by talking to beings wiser than us and then, from all that information, picking out the topics we would like to discuss with you.

To be perfectly honest with you, I have neither the skill nor the wisdom to do this, but fortunately, the Great White Brotherhood is a vast organization and some of the members have been so for thousands of years. It is they, in conjunction with the angelic forces, that can untwine the different aspects of life and it is they who share their wisdom with the rest of us.

So, we are all brought up to speed, as it were, by these wise and kind people and we are at last able to share that wisdom with you. So, everyone benefits from the wisdom and knowledge of the few.

But we are not talking about the subject of this chapter, although I hope that you found that introduction interesting.

What life can we expect to find in the far-flung corners of the galaxy?

Perhaps I can create a little quiz and ask you to respond to that question?

"If the only sentient life is found on planet Earth - as far as physicality is concerned - what sort of life would you expect to find far away, in a distant corner of the galaxy?"

I am only joking about the quiz.

I do not expect very many of you to be able to answer the question, any more than I would have been able when I was incarnate. Even now, without the help of my knowledgeable colleagues, I would draw a blank.

So, let us in our minds travel to the edge of the galaxy and see what there is to see.

The wonderful thing about thought and imagination, is that it takes no time at all. We visualize a planet at the edge of our galaxy and we arrive.

Now, look around, what can you see?

Actually, I can help you, because I already have the answer, which was given to us beginners in the Great White Brotherhood. We were told what to expect by wise and wonderful master members who, through investigation, have accumulated so much knowledge.

What you see is what you expect to see. What does that mean?

I told you that incarnation is a place of illusion. It is not real. It has all been created, initially by archangels, as a false physicality. We have explained this so many times that I'm sure that you know what I'm talking about.

By the way, I occasionally say 'talking' when, in fact, you are reading my words.

But please remember that, by telepathy, I am talking, albeit silently, to the scribe and it is he that writes down my thoughts. So, I am actually talking to the scribe.

Let us go back to the planet at the edge of the galaxy that we were trying to visualize.

Now, I can't and won't speak for you. I can only speak for myself. Personally, I would visualize a very dark world. We are so far from our sun, that almost no light reaches this far into the depths of space. In that gloom, I would imagine a sphere, as most planets are spherical - or nearly so.

As almost no light reaches this planet on the outer edge of our galaxy, I would expect no plants of any kind to grow. No grass, no flowers, no trees, only bare rock.

I would expect it to be very cold, as the light from the sun cannot cause the atmosphere to vibrate and create heat, assuming that there is an atmosphere, of course.

That is, or would be, my idea of a planet on the edge of our galaxy.

Does your idea roughly correspond to mine?

Now let me tell you what the wise people tell us.

They tell us that we see a planet very much like earth, because it is earth!

What lunacy is this?

How can planet Earth be in two places at once? It isn't.

According to what the wise members of the Great White Brotherhood have told us, planet Earth is the only one that exists. All the rest is imagination and no other planet exists, except our moon and our sun.

Apparently, we need both the moon and the sun but all else is just imagination and doesn't exist.

So, what about the planets that I wrote about in the last chapter?

What I said is true and Mars, Venus, etc., are in the sky, in space, but we have imagined them to be real and so the Directors of Life, to satisfy our curiosity, created imaginary planets and placed them in the imaginary spots in an imaginary space.

Although even planet Earth is imaginary, because you live on it, it seems more real than other planets.

Does this make sense? Of course it doesn't. It sounds like we are all losing our minds.

But, think about it.

1. We have told you over and over again that physicality is an illusion, placed in the 6th dimension, that of imagination.
2. That which you imagine, the Directors of Life create in an imaginary form that seems real to you, to satisfy your curiosity.
3. All that actually exists is one singularity, (which is actually you and everyone else) and that singularity is a bubble of imagination and as you imagine things, so you clad your bubble with what you have imagined into existence.

As all things - humans, at least - share the same bubble, we all seem to clad our version of it with what we imagine, but in fact, we are all sharing one bubble of imagination.

This has startling consequences. Each and every one of us thinks he is alone in this bubble of imagination, but because we all share this one, unique, bubble, we can exchange thoughts and ideas and it is this in this way we can create the world that we live in.

Can you see this?

Although in reality, you are alone in this bubble, as am I and all people, past, present, and - to a certain extent - future, the fact that we are all together in this one bubble, gives us the opportunity to create the imaginary world that we live in and that is all around us.

Those who think, for example, that they live in a certain family, in a certain town or city, in a certain county, create with certain other people, that reality.

Those that live in England, America, Europe, Africa, China, Japan, and so on, all group together to create imaginary lives within those imaginary countries and think that it is all real - because it does seem real - despite it all being just imagination.

Until one can accept this truth, it does seem counterintuitive.

More than that, it seems like madness.

However, it is the truth, and students of esotericism must learn to accept it as truth.

Now, what I have said is true, but as is often the case, it may not be all the truth.

It is true as far as my knowledge goes.

When I said that it may not be all the truth, I was just guessing. My somewhat limited knowledge often receives a shock, as every time I think I have got to the bottom of a subject, I learn that there is a next other layer to the story of life. So, what I have told you above is the truth and can be accepted as such, but don't be surprised if, at some point in the future, another level appears. Naturally, if that happens, we will inform you. Our aim is for you to have the same knowledge and wisdom as we have available.

So, where are we with this chapter, in which I stated that we would try to investigate whether planet Earth was the only one with sentient life on it and whether there was any life in/on any other planet?

As you can see from my explanation, because all is an illusion created through imagination, in fact, there are no other planets, only imaginary ones, so there can be no life anywhere else but on planet Earth.

This was a complicated chapter to explain and I hope that you have all understood. I would not blame anyone for not believing this chapter but I assure you it is the truth.

CHAPTER 30 - ORIGINAL DNA

Let us now turn to another part of the 4th dimension that houses information that blends with us both, while we are in incarnation and before and after our incarnation, supposing we choose to have one.

For those who may not be aware, not all people need to have an incarnation. No one is obliged to do anything, not in the esoteric realms, anyway.

So, what are we going to talk about?

In this chapter, I wish to describe how we all come together to create one life.

This may seem as if I am putting the cart before the horse, as I have said that we are all God and God is a sort of singularity. I have said that this one God force, which we all have, but through our personalities and ego, we create the illusion that we are all individuals and that we only join together to become one at the moment when we join with God at the end of our long journey towards perfection.

But now I am suggesting the opposite.

I do appreciate that virtually all the books that we give you, all the information, seems to fly, not only in the face of common sense but also, we say one thing in one book and then, in the next book, we sometimes say the complete opposite.

Why do we do this?

It is because we need to explain things slowly and carefully. If you have read the books we give you in chronological order, you will, we hope, - and by *we*, I mean the Great White Brotherhood collectively - have noticed, that not only does the information join together, book after book, as if it was all one huge tome but, and perhaps more importantly, we started off explaining esoteric wisdom from a simple point of view and we have gradually introduced more and more complex and sometimes contradictory information, as the lessons have got harder, so to speak.

Thus, it is, as we progress through these lessons - for the books are lessons on the esoteric life - not only does each subject get harder to understand but also involves us using a certain amount of contradictory information, to try to be more accurate in our descriptions of the spiritual life. We hope that you will excuse us for treating you as children, in a way, but I think that you would agree that had we just launched ourselves into the most difficult topics, without giving you any introduction, the subjects that we discuss would have been incomprehensible to many of you.

But we have got over the introductory stages and can now really get down to brass tacks - if you know that expression.

The subject of this chapter is how we all come together to create one life.

As usual, where do we start?

The king in Lewis Carroll's book *Alice in Wonderland* said, 'Start at the beginning, go on to the end and then stop.' That might seem the sensible way to tell anything, but as you might guess, deciphering anything from the maze of information about life is no easy thing to do.

However, with the help of my colleagues we have, collectively, decided on start and end points and so I will try to put the pieces together in a logical manner.

As you may well know, provided that we do not go too far back in our understanding about life, to the point where we have to admit that nothing at all exists, but travel a certain distance back, we get to the point where we find that all that exists is the God force, and that force can be viewed as one, unique, singularity.

As far as that part goes, it answers the question that is the subject of this chapter and so we could stop there.

However, the story does not stop there. It goes on.

So, if we fast forward somewhat, we get to the part where our personalities and ego create the impression that each living thing, whether it be mineral, flora, fauna, nature spirit, demon, or human, has the distinct impression of being an individual.

And that, we might assume, brings us up to date and we need delve no further. We have reached today.

This may well be true and I would not deny it. But we must realize that there are two parts to us; the physical, or Earthly being that you are all familiar with, and the non-physical being, sometimes called Spiritual (but not in any sense of holy, necessarily). More in the sense of non-corporeal. This part of you, some might be more familiar with than others.

As you should also know, the non-corporeal part of you is the puppet master, and the corporeal, or physical body, is merely a puppet animated by you, who is the puppet master.

As such, your personality and ego are housed in your non-corporeal part, so it doesn't make much sense to know that, despite your personality and ego being associated with the non-corporeal part of you, it actually affects your physical body and your interactions with your fellow man.

This, on its own, seems strange and doesn't really make much sense.

If you use your physical body in interactions with your fellow man to express your personality and ego, one would think that these two aspects of you would be housed in the brain of your physical body. But they are not. They are housed in the dimensions and Akashic record, actually, then fed down an aura into the 5th dimension, pass through the imagination part of the 6th dimension, and eventually finish up in your brain, to enable you to feel that you are a unique person with a personality.

So, we, at this stage of our - or rather, your - development, feel very much that we are individuals. Not one of us could honestly say that we feel any real connection to anyone else.

Obviously, those of you who have families and close relatives feel some connection to others but deep down, we all feel sure that we are unique beings, separate from anyone else.

I will also say that the majority of us in the Heavenly spheres, the higher 4th dimension, feel exactly like you.

It is not until we rise to considerable heights of spiritual development, that we can shake off the feeling of isolation and assume the mantle of being all connected.

I will also add that at the moment, it would be unwise to feel too close to others, as we would open ourselves to abuse and attack by others of less than good intent, and so the

emotion of feeling separate from any other mortal, animal, plant or nature spirit is a defense mechanism.

But the point of this chapter is to explain how and why, in fact, we are all joined as one person.

Now, you should know by now, that as we are all God, obviously we are all one person despite, through our personalities and ego, we all feel separate.

But there is another level to this that I hope to explain and I apologize for taking so long to get to the topic. We can now explain this next level, which is why we are all one.

This is going to be a bit difficult to put into simple words but I will try.

If we can expand our consciousness somewhat, we can move on beyond the feeling of being separate because, in effect, if we ignore the fact that we are all one, as we are all God, we can start to examine the DNA that helps construct us all.

This DNA, which everyone and everything has, is used to identify us as unique individuals. This is what the law enforcement authorities use to incriminate those who have committed a crime and have left DNA evidence behind.

However, there is more to DNA than just the level used to identify individuals.

There is a level of DNA, sometimes called junk DNA, that is not used by crime investigators, and that is not understood by science at all.

But this so-called junk DNA is very important.

It is used by the body, both physical and non-physical, to create a number of connections, some more important than others.

As far as this chapter is concerned, there is a level of DNA that links all things together.

Now, we said that each and every person has a unique DNA that enables criminals to be identified, or that can inform various branches of science whether a sample of blood or sap, in the case of a plant, just what person, animal, or plant is being investigated. But if we were to delve deeper, we would reach a level where are all DNA - no matter what the being or object examined is - the DNA is all the same.

This DNA would not necessarily be physical, as we reach a point in this investigation of DNA, where the physical and non-physical bodies of all things combine and it is this type of DNA that combines in the two bodies.

To repeat in different words.

All life, no matter what it is; mineral, flora, fauna, human, nature spirit, demon, and so on, is basically similar, in that everything that appears in the physical plane - the 6th dimension - has two parts to it.

Some things do not have a physical form and so do not concern us in this chapter but a surprising number of life forms do, and it is they that have both a physical and a non-physical form.

I had better say for the sake of clarity that all things, whether they have a physical form or not, are still all linked to all life via DNA, but I do not wish to become too involved with these beings, or the subject will become too complicated. Therefore, we will limit ourselves to just those entities that do have both physical and non-physical bodies.

They all have this DNA that we are interested in.

There is a sort of DNA - which, I remind you, is one of the prime and most important aspects that the archangels (the Directors of Life) use to create life, whatever it might be - that is not at all known to science.

But this DNA is rather like the God spirit itself, of which there is only one.

There are other sorts of DNA that are individual to everything but of this particular DNA, there is only one of, and all life shares that one DNA.

The reason for this is that, without this DNA, life could not be constructed. It is the basic building block of producing a body for anything. It is found in the 7th dimension initially. As soon as the Directors of Life put a God spirit into something - which is the one, unique, God spirit that all living things are given - at the same time this one, unique DNA is also placed in association with the God spirit, to give that life form a body, if you can understand. Without this DNA, in all living things (and most things are alive in one way, shape or form), just placing this God spirit with something would make no sense. It would be, in fact, just a series of God spirits connected to singularities.

Therefore, once something has been chosen by the Directors of Life to have a God spirit associated with it, it also needs to have a sort of form to give it an identity. Thus, immediately after something is chosen, it is given the life spirit and then this DNA. Both are unique aspects. There is only one God spirit and there is only one form of this DNA. So, even before a decision is taken as to whether something should be a person, a raindrop, a grain of sand, a horse, a planet, or any one of the millions of things that exist, the DNA is placed in conjunction with the one God spirit.

Later, a decision is taken as to what these two things should become, at which point other forms of DNA are placed with the two original elements, and a recognizable form of life is born into the 7th dimension.

All this is rather complicated to explain and difficult to understand, but basically, we start with a sort of singularity, which is without life and without form.

There is one singularity for each and every life form - an atom, one might almost say - that will ever be created throughout the lifetime of this Galaxy.

These singularities remain in suspension in the 8th dimension.

Once something has been chosen at random to be part of life, it moves to the 7th and is given the life force and this first DNA.

This DNA does not have any sort of denomination to it that tells it that it is going to be a 'something'. It is just the foundation upon which living forms can be imposed.

Once we have the God spirit and this DNA connected to a singularity, the archangels (the Directors of Life) can then start to create recognizable forms of life, as I mentioned above.

The important point to remember, is that creation, effectively, starts with three things.

First, a countless number of singularities. Just points of energy, would be one way of describing them. At some point, the Directors of Life take some of these energy singularities and to each one place the one, unique, God spirit in association with it and it now becomes alive and has form.

But it is still just a singularity and has no use in this state.

So, the Directors of Life also put some special DNA with these singularities.

Just like the God spirit, there is only one piece of this DNA and all things that have been chosen to be born are given this DNA.

Please notice that they do not receive a tiny portion of this DNA, like cutting a cake into many parts. Each singularity receives the totality of this DNA, the whole cake, so to speak.

The object is to give everything that has been chosen to form part of life, to have a basic building block, on which the rest of its selected form can be built.

This would result in all the minerals, flora, fauna, and on and on being created.

At the back of all that exists, are a singularity, a God spirit, and some special DNA.

From those three things, all other DNA building blocks are added to create whatever is needed.

This, then, is the answer to the question we posed at the beginning of this chapter, which was how and why everything is actually connected and is one.

Everything is one, not only because all things have the totality of God associated with them, but also, and in a way, just as importantly, everything has this one, original, DNA associated with it, creating a oneness to all life.

Obviously, as things progress and given separate identities, so other DNA is added and creates all that exists. But everything starts off with the one God spirit and the one DNA, making all things one at their foundation.

I hope that you have been able to understand this chapter. I have done my best to explain about this first DNA and how it is shared, in its totality, by all life. From the tiniest grain of sand, up to the Galaxy itself.

One DNA, given in its totality to all life.

This is yet another of the marvels created by the directors of life.

Now, I mentioned that it was connected to the 4th dimension and yet I said that it was given to all life in the 7th dimension.

Although this is true, like so many things, as they come into physicality in the 6th dimension, this DNA is first transferred to the 4th and is sent down the silver cord into both the non-physical and the physical creation on Earth (the 6th dimension).

So, this DNA is created, if I may thus describe it, and then it is stored in the 4th, which is the collecting place of many things, and as something comes into physicality, it is sent to the now both non-physical and physical entity or object.

Of all those things that do not intend to have a physical experience, most of them are to be found in the 4th dimension. So, once again, the DNA in question is sent from the 7th to the 4th, where it joins the entity spending its life in the 4th.

For those having an incarnation in 6th, the same thing applies. The DNA is sent from the 7th into the 4th and then joins the bodies in incarnation in the 6th.

In fairness, I will say that there are other aspects that join all life together, but what I have described above is enough to be getting on with.

So, I will end this chapter here.

CHAPTER 31 - THE 7TH TO THE 4TH AND 6TH

This book has taken many twists and turns and we have discussed many topics from which, we hope, you have learned something.

The theme of this book, is to explain some of the links that all life, and particularly humans in incarnation, have between the 4th dimension and the 6th, where you are at the moment, living your imaginary lives, in an imaginary world. A world that seems totally real to you, just as our lives in the 4th seem totally real to us.

You may think that we in the 4th must be surrounded by all the events that we explain, but that would not be true. We live in a very pleasant world, that we have often described to you, and all the places where the emotions and topics that we discuss and have included in this book, are invisible to us, due to all being of different frequencies. The 4th dimension is a vast area and there is enough room for a huge variety of events to live or to be stored, depending on what they are.

Are there any boundaries to the 4th dimension? Logic would dictate that there must be but we have never come across any barriers. The 4th seems to go on and on.

Now, we have discussed a variety of diverse topics so far in this book, and we don't want to outstay our welcome to you readers of this book, by going on too much.

But equally, we have been asked by a number of people to make these books as large and as complete as is possible.

That is why we are continuing to discuss links between the 4th and the 6th dimensions.

If you find this book - or any of the others that we give you - too long and/or too tiring to concentrate on, we do not ask you to continue to read.

You may stop when you will. The books will still be here in your dimension, we hope, so you can pick them up again at any time.

Even once your incarnation ends, you will be able to read them when you return home to the 4th. They will still have relevance.

You will find them in the akashic records and they can be read at your convenience.

This chapter will discuss the relevance of your existence to the existence of any and all other life forms, whatever they may be.

After all, if all is one, because all are connected to the oneness concepts we discussed in the last chapter, there must be a link between you and all other life forms, whatever they may be.

We will discuss this link.

Now, as we mentioned in the last chapter that all life was connected, via the God spirit and this first type of DNA, you may think that there will be nothing more to discuss, but because of personality and ego, all things think that they are separate, so we need to find out what other steps are taken by God's archangels to circumnavigate personality and ego and try to create an active, understandable link between all things.

The archangels would like you to realize your oneness to all things and so they have put in place a system that you can, if you wish, link to, that discloses this connection, this oneness, that bypasses personality and ego.

It is our task in this chapter to talk to you about this alternative link, so that you can understand this link.

Where to start?

I don't want to repeat what I mentioned in the last few chapters, so if I may, I will dive straight into this chapter which, I repeat, is a different method of creating an alternative link, to describe how all life is connected.

We have mentioned DNA and have said that DNA in general and some DNA in particular, is very important. I will say that without DNA in all its variations, there would be no life anywhere.

Obviously, we need the God spirit, which gives all things life, but without DNA that life would just take the form of singularities floating in space, with no concept of what life form they belong to; flora, fauna, human, and so on. It is DNA that creates, or permits to be created, this identification. So, we can safely say that after the God spirit, DNA comes a close second. In fact, the two - God spirit and DNA - work hand in glove, creating all that exists in any area of the multiverse.

But we need to explain this alternative method of creating the link between all things that does not use DNA in their creation.

The one thing that we can't do without is the God spirit. If that did not exist, nothing would be alive and as everything - or nearly everything - is alive, it is obvious that the one, unique, God spirit is the base, the cornerstone, to creation.

In this alternative method of linking all life together, it starts with the basic fact that all things contain this God spirit.

Before I go on to explain this alternative method of linking all living things together, I would like to spend a few minutes explaining why we need an alternative method.

After all, we have the God spirit/DNA system that works perfectly well and has done so for a long time, so why do we need plan B?

The answer is that the Directors of Life are very cautious beings. They never leave anything to chance. They work for, and under the instructions of God and God has asked the Directors of Life to take his life form and from it, create everlasting life.

So, the Directors of Life never take chances. They never take risks. They may well experiment with new concepts, new ideas, but they never take a chance of life becoming extinct through making some careless error.

Everything is carefully calculated and thought about before being put into practice. They verify one step at a time and ensure that the previous steps are on firm ground, before moving on to the next step.

Equally, they create backup systems if they can and where appropriate, which is what they have done in this case.

So, they carefully put into place the first system, which was the idea of linking life - God's force - to DNA to create the link between all things.

I hope that it won't be confusing if we go on to think about why it is important that all life should be linked as if it were one concept.

The answer is surprisingly simple.

If you have read other information, in our works to this, you may have come across the part where we discussed alternative realities. In that section, we stated that the alternative realities were created as backups in case any one life creation failed.

We may have mentioned that if planet Earth, for example, failed and everything died out, there would be other realities to take over to ensure that life continued.

Equally, if any one of the alternative realities should fail, planet Earth would be there to fill the gap.

So careful are the Directors of Life, that they didn't just create two life systems - Earth and all the multiverse surrounding it, and also a similar copy in what we call an alternative reality, but created many alternative realities, to make doubly sure that no matter what happened, life would continue somewhere. It doesn't particularly matter that life should be like what is found in our multiverse. Life is life, so if our system failed, another system would be ready to take over, even if that life system was different from ours.

As I just said, life is life and that is all that matters.

God can gain experience from an alternative system, just as easily as he can from our system.

To return to the subject of this chapter. The Directors of Life created the first system - God's life-force plus DNA - and then they created Plan B, a backup system that I hope to explain and I apologize for taking so long to get to this subject but I hope that by explaining what I have put above, it will help you to understand a bit more about these incredible beings, the Directors of Life.

The Directors of Life do not like complexity. If all life forms; minerals, flora, fauna, humans, demons, nature spirits, and so on were all different, life would be impossibly complicated to organize and to control. Therefore, by making everything basically the same, it simplifies enormously how life can be controlled.

At last, let us explain this alternative method of linking all life together.

We start, as always, with God creating life and the Directors of Life putting that life with everything - all the countless singularities that are in the 8th dimension - which then move to the 7th and they then remain there, although certain aspects of them move to the 4th. As you know, from the 4th, many of you also move part of yourselves into the 6th, incarnation, before returning to the 4th for the rest of your lives.

So, until the moment that you rejoin God, your creator, you are always split into two parts. One part of you, the major part of you, actually remains in the 7th, while the other part is always linked to the 4th, even when you have an incarnation in the 6th.

In terms of the totality of your long existence - millions of years in Earth time - the incarnation that you are experiencing now is so short, that it pales into insignificance compared to the totality of your existence in the 4th.

But you will have noticed that the major part of you is to be found in the 7th dimension. This applies to you and to all things, no matter what they are. Even nature spirits, aliens, and demons have the same amount of their lives in the 7th as you have.

In that area, there is no such thing as good and bad as we might find if comparing demons to positive beings. The life forms in the 7th know nothing about positivity and

negativity. They are life forms without any personality. It is personality plus ego that creates positive and negative entities.

As we said to you, we need demons, because they, in their prime form, act as trashmen - known in some countries as dustmen - and they clear up all the detritus left behind when some life form expires. They only become evil when used by negative people.

Now, the Directors of Life, also called God's archangels, once they had created the first system of existence (God plus DNA), looked around to find plan B.

They noticed that in the 7th dimension, there was this vast number of life forms that had no DNA connected to them - as they had not been given any denomination at that point and no personality and ego. But there were this immense number of life forms, really just God spirits attached to singularities in the 7th, that could be put to use to create the plan B that the Directors of Life wanted to create.

So, what they did was, quite simply, to get these basic life forms which, I remind you, were singularities plus the God spirit, which gives life to these singularities, and by linking them all together, created, effectively, just one life form.

This, like many events, is difficult to explain, although it is quite simple once we understand.

A singularity is just a point of consciousness.

The God spirit, there is only one of, so that part of the problem was and is already solved.

Singularities are quite simple forms. If we forget for a moment that they are nearly always linked with and to the God spirit, which complicates matters, and just look at a singularity, it is a fairly basic concept. It is just a point of consciousness. It is not even that really, as it is barely conscious.

A singularity is far smaller than the tiniest of atoms and anything that it does contain is only as a potential. Without the life spirit being added and without a large amount of help being given by both the Directors of Life and by a number of highly evolved angelic and archangelic beings, singularities are just a dot of... something.

This simplified matters greatly for the Directors of Life, because they did not have to battle to join together evolved entities.

They were dealing with simple dots of material, although that material was in a non-physical form.

Unfortunately, there is no word in the English language to describe accurately and succinctly what a basic singularity is. It is non-corporeal. It is not alive. It exists as a potential, a form of vibration, although each and every singularity vibrates to its own, unique, frequency.

Therefore, what the Directors of Life did, was to take all these countless singularities - which I remind you there is one of for every life form in the entire multiverse, no matter what form that singularity will eventually evolve into - and created a sort of global vibration, which they surrounded them all with and put a coating of gravity around this grouping to hold it all together as one unit.

This is a bit difficult, so let me explain again.

There are an enormous number of singularities, one for everything that will ever live, no matter what form these singularities will eventually evolve into. But they exist as frequencies, as vibrations. That is all that they are. These vibrations were all collected together.

You could imagine this if we think of creating music.

Think of a large orchestra playing a piece of music.

Imagine in front of each musician, a microphone and the musical signal from each microphone is connected, individually, to a computer that creates a musical recording program.

Some of you will be better able to imagine this than others.

The sound from each instrument is recorded into the computer's hard disk. On the monitor screen, countless lines of musical recordings can be displayed, each line of music corresponding to the music being played by each instrument.

So, on the monitor screen would be countless lines of music, one after another, one line below the next.

In the hard disk, the music from each instrument is recorded as individual channels, each channel recording the music created by each musician playing each instrument and all of it being created and recorded as vibrations, as musical frequencies, albeit in digital form.

Now, all of these instruments can be mixed together to create the piece of music that the composer created in his mind and when all of these instruments are recorded and mixed together correctly, that would create one piece of music. All the individual musical parts come together to create one piece of music.

So, to return to the subject of linking all singularities together, we can consider each singularity just as we described the musical instruments above.

Each and every singularity was taken - as individual elements - and then linked together to create a whole. Rather as we mentioned the individual instrumental recordings coming together to create one piece of music.

As all are vibrations, whether it is musical instrument vibrations or the individual frequencies of singularities, they can - as the frequencies have a link to them that joins them together, just as the sounds coming from many musical instruments can be joined or linked together to create one orchestral whole - be linked together, in the case of all these singularities, to create one block. As these frequencies come together, a gestalt is created, which is a sort of master frequency that joins all the frequencies of the singularities, just as the frequency of all the individual instruments join together to create a musical gestalt.

Therefore, at this point, all the individual singularities join together to create one huge block of frequencies with a 'master' frequency keeping them together.

This coming together under a gestalt - a master frequency - automatically creates a ball of gravity surrounding the gestalt and keeping it all locked together.

This ball, if I may thus call it, of frequencies is now represented by the master frequency - the gestalt - just as the orchestral piece coming together creates one piece of music.

That is how all the diverse singularities can be grouped together, so that one master frequency represents them all.

This ball of frequencies remains in the 7th dimension until anyone singularity is required. It is picked out from the 7th and moved to the 4th where it starts its long journey towards perfection.

Although I said that I would be talking about the connection of the 4th to the 6th, you will have noticed that this ball of singularities is actually in the 7th. I thought that despite it not being in the 4th, I would describe it anyway, as it is interesting - or I hope that it is.

CHAPTER 32 - GUIDES, GUIDES AND MORE GUIDES

What shall we discuss next?

There are so many areas in the 4th that are connected to you in the 6th, either by your auras or by the silver cord, that they must be humming like overloaded telephone wires! I am joking, of course. Your auras and your silver cord could contain an infinite number of signals, especially as the information that travels up and down them are all astral, non-physical in nature and so take no space really.

It is only on Earth that there are any limitations as to what can travel up and down lines. Our main problem is that all life - and thus all life interrelations - are connected in a fashion, so as to create, not one huge telephone exchange, but one file of information, one cord, if you will, and all the information is programmed to be of separate frequencies but also to be connected as one program or line of information.

So, to talk to you about any subject, unless we take what advanced beings (highly evolved guides and/or angels and/or archangels) tell us, we have to try to trace through from beginning to end, the information concerning any subject.

Now, we do not wish to appear to be lazy or indolent, so we only consult these advanced beings if we are stuck and can't unravel a path on any subject.

Those who read these books are lucky, because you are reading what has been unraveled. What you read is the result of a lot of thread unpicking either by us or by our so very advanced friends and colleagues. A lot of work and a lot of thought goes into creating these books so that you may read them as we unravel the complexities and we make each topic as understandable as possible.

But, as I think I said before, we do not complain. We are happy to help by what we do. Once unraveled and put into book form, we give them to you and they are also stored in the akashic record. So, they will never be lost but will always be available either on Earth or in the 4th dimension.

Having said all that, what is the next subject we can reveal to you that might interest you? Let us choose what happens when guides decide to link to someone who is in incarnation, in order to provide guidance and protection.

This is not exactly complicated but is interesting for the simple reason, that although each and every person always, whatever dimension he might be in, has a guide looking after him, in certain cases there might well be more than his personal guide linking with the individual in order to provide, not only protection but to help smooth his path through incarnation.

The same might well apply in the 4th dimension, either before or after incarnation - if the individual has an incarnation.

Before we continue with this chapter, which I hope you will find interesting, because it concerns you in an active sense, not just a behind-the-scenes activity, we need to state something that we have already explained elsewhere.

You should be aware that no-one is ever alone. All people have at least one guide associated with him, no matter who he is or where he is.

This implies, of course, that no matter how developed a person might be, there are still more individuals who are more developed than him.

Perhaps we could just look at this first tier of guides, although we have mentioned them before.

You have a guide with you and have done since you were first given your logos, which told you what you were going to be; in your case and mine, humans.

A logos is basically the God spirit, although we could also link to that God spirit the first or prime form of DNA and also put in place the first forms of personality and ego, thus creating the concept of a first human, independent of and from any other human or anything else. I used the word 'first'. Please do not think that I employed 'first' in the sense of the original archetype of human (the first one ever to be created). I meant you, in your prime or first form, because your sense of humanity will alter and develop as you alter and develop over time. Thus, I meant you in your first stage of humanity.

Also, perhaps to the short list of parts that I referred to as your logos; the God spirit, DNA, personality, and ego, we could add a guide, because from the moment when you were given that logos, you will always have at least one guide with you.

So, we could almost call the guide an essential part of you because, although a guide in no way helps create you, you will always have one with you, and you certainly need one as you pass through your long life, from the moment of your creation, in the sense of having the logos placed in association with you, until you finally merge with God at the end of your journey.

This applies to all humans and to all other things, no matter what they might be or what they might become.

It may be difficult to imagine that a grain of sand or a plant or a galaxy has guides but they have.

The guide of a grain of sand or of a galaxy may not look or act like the guide of a human, but as all is one, so life has to unfold in a similar fashion, no matter what it is. Therefore, every living thing has a guide and most things are alive.

What does this mean?

Let us just stick to considering humans, although, I stress that all life - and virtually everything, including sand, planets, animals, and galaxies - is alive. But it suffices that, if we can consider humans, you can, by extrapolation, work out that what I say about humans, applies to all life.

However, the only people who do not become guides, or have the offer of becoming guides themselves, are people like you and me, who are not sufficiently advanced to become guides to others. There are exceptions. Jesus, for example, was obviously a case where he was sufficiently advanced to act as a guide, as he did to a number of people. But the average person, such as I am, is not in a position to be a guide. I might offer help and advice from time to time but that does not make me a guide.

A guide is a person who is asked to become a mentor to someone less spiritually and worldly-wise to himself and who accepts that role.

Not everyone who is asked accepts that onerous task, because it requires much commitment to guide another for long ages.

Assuming that someone does accept to become a guide to a lesser person, what is the role of that guide? What function does he fulfill?

May I first say that a guide does not take over running the life of his charge, although many of us wish that he would!

The prime function of a guide is to ensure that the person he is placed with does not stray too far from his life plan.

Why?

That is because, prior to moving on to when a person is in the 4th dimension and will already have a guide in the background, that person chooses his life plan. Although that life plan is selected by the individual himself, he is advised as to the most suitable possibilities by very advanced mentors and/or even angels. Once the life plan is selected from a long list and adapted to the individual's specific needs and requirements, it is important that he remains, by and large, within its confines, otherwise chaos would ensue.

So, once that life plan is assumed, the guide would be made aware of it and tries to ensure that his charge does not stray too far from it, until the charge matures sufficiently to accept it, even if he is not actually aware that he has a life plan. He just realizes that his life runs more smoothly if he remains within certain bounds.

At that point, the guide can relax somewhat, although he still keeps a close eye on his charge, to ensure that the limits are maintained.

Should a charge stray from the life plan, it is up to the guide, with the help of others, if necessary, to ease the person back to following his life plan.

So, the first function - and the prime one - is to ensure that his charge not only follows his life plan but should that person stray from it, eases him back to it.

It is crucial, should his charge have an incarnation and that the person requires a long incarnation for any reason and should that person get into any life-threatening situation, he - the guide - will take whatever steps he can, if he can, to extract that person from such danger.

This may include involving advanced beings or angels and all sorts of shenanigans to effect a rescue. You would be surprised the lengths guides go to in a very short space of time to extricate their charges from danger.

If, on the other hand, the length of the incarnation is not important and if the guide feels that his charge has experienced sufficient of life in incarnation, he might not act and so the person might die. Keeping our incarnation going for as long as possible might seem important for someone in incarnation, but in reality, for most of us it isn't - something that we may only appreciate once incarnation ends and then we wonder why we clung to it so assiduously.

Incarnation is only a drop in the ocean of time, the ocean representing the total length of anyone's life. We are talking about millions of years.

If it is true, and it is, you can see that an incarnation of even 100 years is a very short interlude, compared to millions of years of existence.

However, incarnation plays a very important role in helping a person to make decisions, as to how he wants his life to unfold. It enables all of us that have an incarnation to meet others that think in terms similar to where the individual wishes to proceed, as well as meeting those who think in opposite terms.

Incarnation is a sort of melting pot, as I have said before. When we have an incarnation, we are all thrown into the arena of life and we have to make the most of it. That is why life seems so difficult for most of us.

We are pulling one way, while vast numbers of people are pulling in different directions. Making any headway is very difficult indeed. We seem to be swamped by all the people pulling in different directions to us.

Of course, all those people we consider to be opposing us are struggling also, exactly like us. They feel alone, pulling in one direction, while others are pulling in different directions to them.

This, as you may have guessed, is all due to us trying to follow our individual life plans. We all have individual life plans, carefully tailored to suit our specific desires and we all have a guide who ensures that we stay within the bounds set by our life plans.

It is the reason why we all feel alone, battling to maintain our space in life.

It is an uphill struggle to maintain what we consider to be our rightful place in existence.

Why should we require to feel that we have the right to express our individuality?

Obviously, the answer is that we all have our life plans that drive us to project our right to be who we are, while all the rest of humanity are doing exactly the same, trying to establish their personal space according to the drive of their own life plans.

This can cause much confusion, because most of us incarnate have no idea that we have a life plan that we must follow. We only know that we want to act in a certain way and find it difficult to understand that others think and act so differently from us.

It seems so obvious that we should think, speak, and act in a certain way and cannot understand why others should not agree.

Once we know that everyone has a life plan and that life plan may be very different from ours, we can understand why others think and act so differently from us.

When that happens, we can start to relax and smile when we meet someone who thinks totally differently to us and starts to splutter out his theories of how life should be led, because he doesn't know that his own individual life plan, made exclusively for him but that only applies to him. He is making a fool of himself but it is not really his fault, as he doesn't know that he has a life plan and what he is shouting from the rooftops is only the result of his expressing what his life plan is telling him to say.

Once we know that we have a life plan that is exclusive to us, we learn to keep our mouths shut, as what we say will only apply to us.

Politicians and world leaders often make this mistake.

They gather somewhat like-minded people around them and express their cobbled together thoughts and ideas to the public, feeling somewhat surprised that not all people think like them.

If they knew that they all had life plans and that they are only expressing what their life plans are saying, perhaps they would not say those things.

Perhaps they would not become politicians.

I think that we can all agree that as we look at the results of politician's actions, they might benefit themselves but rarely benefit the population they are supposed to be serving.

It is the inevitable result of them expressing their own life plans that do not concern us.

Let us now return to our guides.

They have a difficult task, because they also have their life plans, but to link with us they have to suppress their own life plans to a certain extent and concentrate on accepting our life plans, as if they were their own. This is no easy thing to do and they go through a lot of training before being allowed to become a guide.

Once being accepted as future guides, a pupil is selected for them and they are allotted the task of helping that person along his life plan. So, the individual blunders along somewhat blindly, never guessing that he has a life plan that he should be following, while his guide is trying to influence him, telepathically, to go back to his life plan and stay within its bounds.

Until the individual learns to stay within the bounds set by his life plan, the guide has an uphill struggle to limit any drifting out of bounds.

So, this is the main duty of a personal guide. He or she, which we will go back to the convention of referring to as *he*, watches carefully over his charge, to prevent him from straying from his chosen path, his life plan, which also includes trying to prevent any serious accident, illness, or life-threatening situation where applicable.

I hope that you can see that your guide plays an important role in shaping your life and you would be lost without him.

He tends to remain in the background, and although he is with you day and night, at all times, you will probably never meet him.

It has been found better that one's guide remains anonymous.

If you met him and got to know him, you might interfere with his function. His job is to help and guide you but not to become your friend. He is your friend in the sense that he cares very much about you but has no desire to become known to you. His friendship is platonic.

Now, I said that we all have guides.

You may not have thought about this, but it implies that your guides have guides helping them in a similar way that your guides are helping you.

This may come as a bit of a shock to those who have not come across this concept before, because it was mentioned in one of our books that we gave you.

Every guide has a guide.

This means that no one is ever alone.

Your guide has a guide and that guide has a guide and on and on.

Just where it stops, we do not know.

It seems to go on forever.

Logic would dictate that there must come a point where beings are so advanced that they would not need a guide, but so we have been informed by angels, the concept of everyone having a guide is a fundamental construct of life and so it goes on indefinitely into the realms.

Everyone has a guide.

There must be a reason for this.

It may be difficult to accept that angels and archangels have life plans and guides, but as all is one, if you or I have a life plan and a guide, everything must have them.

Let's think about this for a moment.

You and I are fairly basic people compared to the angelic forces.

I hope that you don't feel insulted by that statement but I think that you can see that there is a vast difference between people like us and those in the angelic realms.

So, if everyone has a guide, can we visualize this and why should it be? Where do all these guides come from and how far up the chain of life does it extend?

I have partly answered this by saying that, in truth, we know that everyone has a guide but we have found no limit to this. I hope as I explain this amazing concept, to show you just why it all exists.

I said that the prime function of a guide is to try to keep his charge following his life plan. This implies that everyone has a life plan, from the least of us, up to those just one step away from merging with God at the end of their journey.

It is this last part - those just one step away from merging with God - that is the key (the explanation) to all this.

Once I have explained this penultimate step, I hope you will see why we all have and need a guide. Always bear in mind that all is one, so that which applies to those amazing beings at the end of their journey, must also apply to us who are at the beginning, and for everyone in between.

The answer to the question as to why we have guides is, quite simply, that those who are just one step away from God have God as their guide.

We, who are much lower down the ladder of life might imagine God, but in reality, none of us could truly grasp who and what God is.

Some see him as a being of love and some as a dictatorial tyrant doing his utmost to cast us into hell.

We have described him as the creator of life.

Others use the expression 'the all that is', whatever that enigmatic phrase means.

But none of us, at this stage of our lives, has any idea of the true nature of God.

Certainly, he is the creator of life, and certainly, he is ultimate love, but apparently, there is much more to God than that.

Over vast eons of time, God - just the one in our Multiverse - has recorded into his memory, every act by every life form: mineral, flora, fauna, human, nature spirits, beings from alternative realities, every demon and negative spirit, every being in every dimension and so on.

He is able to incorporate into his memory, every single thought, act, or movement of every single entity, throughout all time.

Can you imagine being able to hold all that information in your memory and have it all coalesce into one wisdom?

Certainly, I think it's fair to say that people like us would be totally unable to do this, and yet God can.

So, God becomes the ultimate wise being, because knowledge itself - the knowledge of all the thoughts, and actions taken by every living object throughout all time does not, itself, create wisdom.

But God is not only the most knowledgeable entity in creation, but because he is the most spiritual, loving, understanding, entity also, combines knowledge with spirituality and this creates wisdom.

So, God is the wisest being in all of creation and wisdom is what we all aspire to.

To become wise is considered to be the most advanced attribute in life.

Knowledge without spirituality is no more than being a walking encyclopedia.
Spirituality without knowledge is just an empty shell.
So, wisdom is considered to be spirituality combined with worldly - or in this case multidimensional - knowledge.
Assuming that this is so, I think that we can all agree that God is the wisest of all beings.
What has this got to do with guides?
Once again, the answer is simple.

Once a person, or any other entity for that matter, reaches the point that he is ready to link with God, he only has God ahead of him. But we all must have guides.
So, who does a very advanced being turn to for guidance?
There is only one entity left and that is God.
So, a person at the end of his journey accepts God as his guide.
I would like you to keep in mind these two things, please: worldly knowledge and spirituality, as I try to explain the functions of guides.

It all starts from the end in a way. The fact that a person at the end of his journey towards perfection is so advanced, that the only entity left to guide him, is God himself.
Obviously, this raises some questions from our point of view.
I have said that we are all God, pretending to be us and that we all have individual life plans.

Let us consider the first part - that we are all God pretending to be us.
If this is true, and it is, it would imply that we all have all of the vast knowledge and spirituality that God has - wisdom.
In principle, I must agree that as God we must have all of that wisdom at our disposition. I cannot deny this, but what I must also say is that at our level of comprehension, none of us could incorporate all that knowledge and wisdom into us. We will do one day, when we reach the end of our journey towards perfection, but we, at the moment, are like first-year students in the school of life and we have millions of years of education to go before we can ascend to the dizzy heights of being at one with the God that we are.

It is within us as a principle but not yet as a fact.
Over time we will advance but each and every step towards perfection is a hard-won battle. We must eliminate every defect in our characters before the God force can truly shine forth.

However, do not be depressed. Do not give up. Each step taken, each milestone passed is a great victory, and as we peel away the layers of imperfections, rather like peeling an onion, although it reveals yet another layer beneath, that must, one day, be eradicated, our God spirit shines forth a little more brightly, rewarding us with happiness until, one day, the God spirit will reward us by us feeling utter bliss, which I understand, is the most wonderful feeling.

I stress that I am not there yet but I am aware of that goal and I work hard every day to remove my layers of imperfections.
I suggest that you try to do the same. You will be rewarded, I assure you.

Now let us consider why we have life plans.

As I have said, we all have life plans, which we create and accept when we are in the 4th dimension, before moving on, in our case, to incarnation, although mine, as you should know, is finished.

I have mentioned life plans and I have said how important they are.

I wish now to try to explain what the ultimate reason for a life plan is and then work back to how yours and mine functions at the moment.

It must be obvious, that for those advanced beings who have God as their guide, their life plan includes accepting knowledge and spirituality into their lives, so that they can link with at least some of the immense wisdom that God has.

Now, by interpolation, I think that we might agree that it would be a good idea if our life plan also contained an element of gaining both knowledge and spirituality, so that we, too, could obtain the beginnings of wisdom.

However, gaining knowledge is one thing but gaining spirituality is another ball game altogether.

It is important, depending on where you live, to gain knowledge.

For an Indian living deep in a jungle; he might not need knowledge of Shakespeare's portfolio, nor of the great poets. But he would need knowledge of his area where he lives; hunting areas, drinking places, safe areas to move in, and so on.

But those living in cities would need a totally different sort of knowledge, that I don't need to explain to you, as you probably live that sort of life.

No-one incarnate could possibly be knowledgeable about all areas of life.

Knowledge would and must be selective for all groups of people.

However, spirituality is the same for everyone. It can only be gained by meditation, prayer - thanking God for all that you have - and by serving your fellow man, as best you can.

But how many people are aware of these three simple acts and how to practice them?

Most people think that meditation is just a fringe culture, practiced by people who have left sanity behind and have been lost in illusion.

Many also think that life is there just so that one can create as much self-interest as possible, ignoring the wants and needs of others and concentrating solely on self-benefit.

Prayer, of course, is, once again, left to marginals, who have left life behind and are just looking for a savior to come at some remote time in the future to take them to paradise.

The way to lead life is to be as selfish as possible and gather together as much riches as one can, even at the expense of others. A dog-eat-dog life.

This attitude, unfortunately, is a totally wrong way of conducting one's life and will only lead to dismay when one gets to the 4th dimension.

Enough said about that.

Let us go back to the reasons that we all have guides.

Each and every person that has a life plan, no matter what it is, must conform to their life plan. They must not deviate from it.

Now, there are countless life plans but the object of each and every one of them is to enable the person concerned to gain experience.

These experiences will enrich the person and these experiences, some of them, push the individual concerned in one direction. That is to reject the negative experiences and to

cling on to and incorporate into his personality the positive experiences. When this happens, the frequency of the individual rises and he becomes a slightly better, more positive person.

The ultimate purpose of a life plan is to help the individual concerned to rise towards perfection.

There is only one path to God and that is never to do anything harmful to any person or animal.

The individual has to suppress his ego and incorporate generosity and love for all life into his personality.

That is why guides are so emphatic about keeping their charges on track to follow their life plans.

When this happens, pre-planned experiences are drawn to the individual, that enables him to make choices.

He either accepts to improve himself by being more God-like, or he rejects this and acts in a negative fashion.

According to the choice he makes, he effectively goes down one of two paths.

He either follows the path to spiritual richness or he follows the path to catastrophe.

Negative actions always reap negative responses from life.

So, to sum up.

We all have guides.

We all have life plans and the function of a guide is to ensure that we follow our life plan.

The life plan will bring us experiences that we must face.

According to our responses, we either follow the path towards God or we follow the path towards the devil, so to speak.

The path towards God will bring us greater riches - spiritual ones - whereas the path towards evil will bring us misfortune, which is designed to push us back, not only to our life plan but to the positive aspect of it.

Then the door opens to ever-increasing joy, happiness, and generosity of spirit.

I have explained the purpose of guides, which is actually a more complicated subject than one would at first imagine.

I don't know if I have explained the subject well. That is for you to decide.

We will go on in this book a bit longer and explain yet more aspects that concern you in incarnation with your connection to the 4th dimension.

CHAPTER 33 - THE 9TH DIMENSION

This next chapter will deal with the link we have to life in another dimension.

What do I mean by this?

What dimension are we considering in this chapter?

We have discussed how we all maintain a link to both the 7th and the 4th dimensions.

We have stated that the incarnation plane (the 6th) is actually the plane of imagination, which makes the task of creating the fictitious concept of incarnation somewhat easier for the archangelic beings who oversee incarnation.

So, what other plane of creation can we describe that has not been mentioned?

You may not be aware that there is a plane that is seldom mentioned because, generally speaking, the human population has no concern with it, nor it with the population.

However, this plane exists and I have been asked to explain it to you who are reading this book.

I have reserved this chapter until now, because it only concerns you who have got this far down this lengthy book.

Those who gave up earlier, are not students of esoterism that we want to educate. You who have followed this book to this point are the students that interest us.

I believe that, with the possible exception of the students of the mystery schools of long ago, this plane has been forgotten about, so this will be new information.

Now, outside of the eight dimensions that God created and that are stocked with life by the Directors of Life, and outside of any alternative realities, there is one extra plane.

Why am I introducing it to you when I said that since the times of the mystery schools, no one has dealt with this plane?

The reason is that, in the future, man will develop once again to the point that he might come across this plane and the Directors of Life would like to ensure that you students dedicated to developing your esoteric abilities through meditation, prayer, and service to God, will understand what is going on if you do. It will not come as a shock to you as it did to me, when I discovered the existence of this extra plane.

When I was incarnate, I was what you might call a very ordinary person. Spirituality did not interest me at all. I knew nothing of the afterlife. I knew nothing of all the marvels created by the Directors of Life. I expect that this rings a bell with many of you!

It is only since I have returned home to the 4th that I realized all that I had missed during my incarnation, and then I picked up the reins of service and spiritual education. I am doing my best to recover lost time, the time I lost during my incarnation following earthly pursuits, when I could have spent it following the path to God. There is nothing more important than following the path to God, as Jesus tried to explain during his incarnation, by his words of wisdom and by his actions. So let us return to the subject of this chapter and describe this extra dimension.

It is a plane - a dimension - that is outside of the ones that we have already described. We said that there are eight dimensions created by God and that were stocked with life by the Directors of Life. I should have mentioned that the third is empty.

So, could we describe this extra dimension as a 9th one? Was it created by God and is it stocked with life by the Directors of Life?

We could assume that and I think that it would be true.

The problem is that on our side of the veil, we do not give numbers to dimensions and we do not see the stocking of them in quite the same way that you do. So, we are reluctant to call it a ninth dimension, although, if those of you who like to collect ideas in an orderly fashion wish to do so, you may refer to it as a ninth dimension.

But we insist to point out that it has no connection whatsoever to the eight that we previously mentioned. It is apart, separate, remote, from the eight dimensions we usually deal with and describe to you. It is an extra one, outside of and remote from the previous eight.

I hope that you can understand this?

The reason that I am somewhat laboring this information, is so that you do not think that it could become part of the auric system that you have surrounding you and feeding vital information in and out of your bodies; the physical one and the non-physical one.

This plane is not connected to you by any means. That is one of the reasons that it is unknown to most (if not all) of you.

I feel that we are now ready to jump in and describe this place to you.

It is a real place, just as real as incarnation feels to you.

I have said before, that all planes or dimensions, once one focuses one's attention on one, seem absolutely real, although all the other planes seem invisible. It is all a question of where our attention is.

Your attention is on the area of the 6th, where incarnation takes place, whereas my attention is now on the 4th, the plane that you call Heaven.

What can we call this 9th plane or dimension? Can we give it a name?

I will describe it to you and allow you to think of a name if you wish. We just call it the 9th plane - or those of us who know about it do, because not everyone in the upper 4th knows of this place.

It is no use me trying to describe where it is in relation to the other planes, because they, planes or dimensions 1 to 8, act together in a sort of glissando of energy, whereas the 9th plane is quite apart from any of them.

If I can use a silly example to demonstrate.

Imagine that you had a piano and you ran your fingers up the white keys from middle C to D, E, F, G, A, B, and C again. Then run your fingers down that series of notes. You would have a glissando.

Then take any other Eastern instrument, such as a sitar.

Play a note at random. In all probability, it would sound very different from the notes that you played on a piano.

That is what I am trying to explain.

It is a plane different from any other.

I apologize for getting distracted from describing this place once again but I am hammering home that this plane is completely apart from any other that we have talked about before.

I will not get distracted again but will concentrate my energies on describing this place to you.

First; how do you get in touch with this place?

The answer, as always, is through prayer to God, meditation, and service to all life.

Most people stop once they have developed the gifts of the spirit; telepathy, telekinesis, clairvoyance, clairsentience, clairaudience, and so on, and concentrate on honing those gifts.

There is nothing wrong with this and is actually about as far as people incarnate are supposed to go.

People in the future, more advanced, will go further and may contact this 9th dimension.

Even you, now, if you wished, could progress to touching that dimension but it would take a great deal of development to reach it.

It exists outside of and beyond all that we teach you.

We tell you about it, so that you are prepared, forewarned.

Let us approach this planet. What do we see?

We see a great landscape, the color of which depends on how one's imagination works.

Some see a huge field, so to speak, of blue - like a smooth ocean. Others see different colors. It depends on one's imagination.

Others see buildings of all sorts, quite unlike any buildings they have ever seen before.

We scratch our heads and wonder why, if two of us visit this place together and look at what is revealed before us, we see it so differently?

We walk over the area we see before us and try to focus on where we are, because it can change as we look at it, which is rather disturbing.

We look around for signs of life. Life forms appear before us. But these are life forms, the likes of which we have never seen. Some might bear some resemblance to animals we see on earth but the similarity is really us trying to make sense of what we see. In reality, these animals have no resemblance to any fauna that exists on Earth.

Further, as we look at any animal, if we can call them animals, their appearance changes. Or they might just disappear! Some might appear solid for a while and then morph into a diaphanous form or even ghost like.

The only thing any two people observing can agree on, is that all is changing all the time.

The area under our feet, the sky above, the animals, all change color and form all the time.

It is a very strange place.

We have visited some bizarre places in the 4th dimension and have had some bizarre experiences but this is in the top drawer of strange experiences.

However, like all events and places, there must be a reason for them, and no doubt we will find an answer somewhere.

We said that land, sky, animals, and although we didn't mention it, flora, is all strange and constantly moving and altering, but we see no signs of any human forms. Even more strange, as humans are so ubiquitous on earth and in the Heavenly spheres. But not in this place.

So, to keep this chapter as short as we can, let us tell you what our angelic friends and colleagues have told us.

Quite simply, this is the place that the Directors of Life use when they want to create new or different life forms.

We have told you that the Directors of Life create, destroy and then recreate again, all life countless times a second, and with each new creation, it is all slightly modified, so that life in general and life, in particular, can keep up with the ever-changing course of events, as all life evolves. Nothing stands still or else stagnation would set in. To ensure that this does not happen, with each destruction of all life, it is not the existing life forms that are modified. Once all life is destroyed, it is totally erased.

However, if all life was erased and nothing else was created, I think that you can see that life would quite simply stop - cease to be.

So, new life has to be created from somewhere.

This is where the 9th dimension comes in.

What I am going to say will sound improbable, but so we have been told by angels (who surely know), is that in the microsecond when nothing exists, the Directors of Life reach into this dimension and take the life forms that are found there and modify them to be almost carbon copies of what existed in the universe before.

I said almost carbon copies. That is true. What they create is virtually the same as was in the last postcard of existence but not quite the same.

Everything - and I mean everything - is a new, slightly modified version of what was in the previous postcard. It is modified according to the ever-changing, ever ongoing march of time (if I may use the word *time*).

What I am referring to here, is everything that you consider to be physical; planets, galaxies, suns, flora, and fauna.

Humans are not included in these particular modifications, as humans are not indigenous to physicality and although they too are modified, they do not come into this particular event.

Now, I have stated what happens in a rather bare-bones way. Obviously, the actual process is quite complicated and a full explanation is outside of the scope of this chapter.

However, I will explain in a little more detail.

When all is eradicated, obviously nothing remains. But this 9th dimension does. That is why it is un-connected to the other dimensions. Also, of course, God and the Directors of Life remain.

So, in this brief instant, when nothing physical exists, the Directors of Life reach into this 9th dimension, and from the ever-changing parts that are there, they take what they need to recreate everything again and modify it with their powers, dare I say their imaginations, and they mould what they take, so that it almost resembles life in physicality, that existed in the last postcard.

But they take into account the fact that everything needs to be slightly modified for all to be in line with the ever-changing changes of life.

Then they recreate life once again. Then destroy it. Then recreate it and so on. All this countless times a second.

So, if you hold, for example, a flower in your hand, with each microsecond, you are looking at a brand-new, modified flower. The same applies to all things.

If you look into the night sky, with each microsecond, you are observing a new night sky. The same if you look at a landscape on Earth. A new vista appears before your eyes, billions of times a second.

I stress that it is not the previous existence that is modified, and recreated. It is a completely new vista.

All of it is created by the Directors of Life, who reach into this 9th dimension, take all that they require, mould it into the form that almost matches what existed before, and recreate a new existence from the material in the 9th dimension.

You may ask the question as to why, if the Directors of life are taking material from the 9th to create all of existence, the 9th does not run out of material that can be used and modified?

The answer is that, as material is used, it is instantly replaced and replenished from the cosmos, so that the 9th dimension is always full of material waiting to be taken and modified.

Of course, you may wonder where, if all physical life is exterminated, where does the eliminated material go?

It returns to the 9th dimension and replenishes that dimension as I mentioned above.

All life continues forever. Nothing ever dies or can be exhausted. It all goes around in a circle.

You may find this information hard to accept but it is true.

I mentioned that humans were not included in this physical creation, elimination, and recreation process.

In fact, the same concept applies to humans, but as they are not of the Earth, their creation, elimination, and recreation process take place in yet another dimension, that we might term the 10th.

I will not bother to explain this, as it is the same concept as I am describing here and it would serve no purpose to describe it to you again.

Suffice to say that humans are created, destroyed, and recreated again, but it all happens in yet another dimension.

So, there are, in fact, 10 dimensions that we describe.

The eight that give us our auras and all the complex events that we describe to you, then a 9th - the object of this chapter - and then a 10th, where humans are modified. But I insist to impress on you, that as far as we all are concerned, dimensions 9 and 10 do not really have to do with us.

I talked about dimension 9, just to inform you that it exists and to explain why it exists. The same applies to dimension 10.

So, I will end this chapter here. I have not gone into much detail, as you can live your entire existence without ever being concerned in a practical sense, either with dimensions 9 or 10.

I have explained about it just for your information and to complete this book.

CHAPTER 34 - THE GREAT ORDEAL

I hope that you have, so far, found this book both interesting and informative.

But there is another topic that I want to address. It concerns how life is correlated into a whole, in an area that, once again, none of you may have heard of.

I wish to talk about a plane, a dimension, where all life is grouped into one.

This may seem impossible, because 'all life' covers an immense area. There are minerals, plants, animals, humans, nature spirits, a great variety of entities that you would not know about and that we have not discussed. Then alternative realities and, finally, atoms of sea, sky, planets, suns, and galaxies.

I should also say that there are other areas that contain life that we have not yet mentioned, that we hope to address one day.

Finally, there are places that contain life from the past and the future.

As you can see, this is indeed a huge number of different and diverse life sources that are spread throughout the multiverse, and that all have a sense of identity that creates independent personalities and egos.

A grain of sand knows that it is a grain of sand, totally independent from, not only any other grain of sand but of any other life form.

It is the same with all things. All is one and the sense of oneness that you feel, all things feel.

But the Directors of Life, who create and control all life, like to make their job easy, so they have created a place where all things can come together to rid themselves of ego and personality and live in this oneness.

I am not talking about the kindergarten area, nor am I talking about when we merge with the Godhead.

I am talking about a distinctly separate area.

This area exists as a sort of mirror of life. Please let me explain.

If we step back from life and try to observe it in a more academic fashion, we can quite easily comprehend that, due to our various personalities, we all feel separate, one from another.

We have discussed this many times and we hope to have made clear that the reason that we all feel separate from each other, is to allow us to explore life.

We have also stated that, in reality, we are all aspects of God and for God to grow in wisdom, a system was created that gave everything a distinct personality and ego. Thus, as all things pass along the road to perfection, the experiences that we all have and our reaction to those experiences enable us all, collectively and individually, to grow in wisdom. That information is passed to God and God grows in wisdom.

So, we have this double system.

We, thanks to our life plan, draw events to us as individuals, and at the same time, as all that exists is God, so we collectively grow in wisdom.

But there is a place that is quite distinct from either of these experiences.

Let me state this again.

In our normal lives, we all - and by 'all', I refer to all things - have our distinct sense of separateness.

That is why there are so many different elements to life.
But at the same time, we are all God and in the sense that we are God, so we are one.
But enough of that. We have explained how life works in a normal sense but the object of this chapter is to explain this extra place that enables us to think and to react differently.
Like most areas that exist, this place or area is in the 4th dimension.
But it is unconnected to any of the areas that we have already discussed.
Generally speaking, everything is connected to God, including our life plan.
But this area exists in a way that is totally unconnected to God.
Let us try to explain this area, why it exists and how we can react to it.

First, I must say, that it exists in an abstract manner and if we can contact it, we see nothing. However, despite the fact that there is nothing to see, it exists in a very real sense, and it is unique in that it is the only place of all of existence in which, not only are we remote from God, but also, and for the first time in our long lives, we are alone. No guides, no friends, no advisors. We are alone with just our thoughts.
Now, some people live on their own and shun any relationships with others.
But normally, we are never alone.
We all have guides and we all belong to a group soul. Even if, during our incarnation, we reject any family relations, in fact, we are never alone and deep down in our memories, we are aware that we do belong to a group soul and we do all have at least one guide.
We may not be aware of this consciously but in our higher selves, we know that we are connected to others.
But in this one place, we lose contact with our higher self and we lose contact with our group soul and with our guides.
The effect of being cut off from contact with others is profound.
Until you contact this place, you cannot imagine the trauma it causes to be totally alone.
Why does this place exist? There must be a reason.
After all, up until we contact this area, we know, instinctively, that life makes sense, but once we enter this strange area, nothing can prepare us to experience it. It does not seem to make sense.

Can you imagine how it would feel if, all of a sudden, you found yourself somewhere where no other person exists? No animals, no birds, no flowers, no trees, or any other life forms exist!
Can you imagine if, out of the blue, you found yourself in an area where you are the only entity in existence? It would be quite impossible to imagine this way of living.
Even if you were in a prison, in solitary confinement, you would be aware that there are other prisoners, that there are prison guards and a whole infrastructure. You would be aware that outside of the prison, people are living their lives. So even if you were in solitary confinement, you would be aware that other people exist, fauna and flora exist.
But in this place, you are not in a prison but you are alone, wondering about in a barren area, with no fauna or flora, no humans... nothing at all.
Does this ring a bell?
Have you heard of the story in the Bible of Jesus wandering alone in a desert?

The story in the Bible accurately describes this place and when we are ready, we have to go through this experience of being alone in a desert, just as the story about Jesus describes.

This gives us a clue as to why this place exists.

In the Bible, it is noted that Jesus was tempted by the devil and finally vanquished him. In fact, what happens in this strange area, is that we are totally alone with just our thoughts. We need to examine the thoughts that we have - the hopes, desires, wishes, and so on and learn to reject any negative thoughts.

It is a purification process.

As you can imagine, this process of elimination of all negative personality parts of us is not for beginners. It happens to very advanced people, just on the point of transforming into angels - human angels.

It is a necessary process that we take on the road to perfection, to enable us to shed the few remaining personality and ego trends, after which we become so pure at heart, that we transform into angelic beings.

However, not all advanced people have the courage to take this step. It is truly terrifying, although it seems, when writing about it to be banal.

The reality is that the courageous souls who are advanced enough to face this ordeal, find it terrifying and it seems to drag on indefinitely, until we are able to shed all negative thoughts and become a being of true love. A being of light.

That is why angels, if seen, emit a blinding light. They become beings of light, because they are close to God and God is light - starlight.

It has been stated, that we came from the stars and our destiny, is to return to the stars. God is starlight and these people, once they have passed this ordeal, become like God, pure starlight.

What about the people who do not have the courage to face this process? Well, they remain and still serve but they still retain some type of personality and personality implies separateness.

You cannot be perfect while you feel separate from God.

But that is their choice, not to face this ultimate test.

We only hope that when our turn comes, far into the future, we have the courage to face this test and become angels

What about those who start the ordeal and then find it too much for them?

Although I said that the candidate who enters this ordeal is totally alone, in reality, he's being watched over by other angels, who have already passed the test and if anyone finds it too much, these angels come to the rescue and return the person to his over soul group.

He has failed the test but angels are not cruel. They would never abandon anyone, so they keep a close eye on the candidate and if his suffering is too great, he is saved.

But, from what I have been told, once a person decides that he is ready to face the test, most of them pass and become angels.

So, people like me know that this ordeal is far into the future for us, never the less, we are aware of this process of eliminating faults and of becoming angels.

We look forward to the day that we are advanced enough to take this test and yet, at the same time, we dread it somewhat.

But the reward of passing this purification process enables us to become angels and that is a wondrous goal to achieve.

But it is far into the future for us, so we don't have to worry about it at the moment.

Another question one might ask is, how does a person know that he is ready to take this test?

It is a fairly natural process.

Once our incarnation - if we have one - is finished, we returned home to the 4th dimension.

Some just laze about but others seek the path to perfection. These people advance through long years of prayer, meditation, and service and, one day, they just know that they are ready to face this ordeal.

Obviously, they consult with others who have taken the test and are told what to expect.

Some shy away from it, as I said, but others feel ready to take this test.

Then, automatically, they link with this lonely, barren world, there to remain until they have eliminated all personality and ego thoughts and become one with God and with all life. At that point, the ordeal ends and they come forth clad in a body of light. Another angel is created.

I have explained this place and the reason for it, so that you also may be aware of why it exists.

Having said that, I will also say that you do not need to worry about it.

The mere fact that you are having an incarnation, indicates that you are full of, and guided by, personality and ego. This is vital while you are incarnate. Once your incarnation ends and you return home to the 4th dimension, your true spiritual journey can begin - if you wish it to.

Even so, many, many, years will pass before you will be ready to face the ordeal I have described.

But at least you will know that it is there for the noble souls who desire to become an angel.

To be an angel implies that one no longer thinks as an individual but the angel is at one with all life.

Life is God and an angel is very close to God.

So, I will close this chapter here.

CHAPTER 35 - THE TWELVE RAYS

We have spoken about a number of diverse and sometimes bizarre and strange things that occur in the 4th dimension, but we have barely scratched the surface.

What goes on in that dimension will fill many tomes and not all of them can we discuss with you.

Some would be so bizarre that you would not understand. Also, we have to consider our hard-working team incarnate that write our words down and publish our books for you. We do not wish to put a too heavy load on them.

However, they are keen for us to disclose as much as we can for your edification and so we will continue for a while.

This chapter will discuss a subject that was requested and it concerns the disciples that Jesus was purported to have during his incarnation and who followed him around as he went from place to place, delivering wisdom to the people of his time and of his place in the Middle East.

It is true, that upon his return from Tibet and India (the part in the Bible where he is missing), he had a number of followers who helped him and who enabled him to be free to lecture, while they arranged food and accommodation for the master. But it is not true that the disciples that are mentioned in the Bible were actually in contact with Jesus during his time in the Middle East - Israel.

Many, indeed, most of these so-called disciples were writing about the life of Jesus long after he had left the Middle East, and in some cases, long after the demise of Jesus at the end of his incarnation.

We will further say that some of the so-called disciples never existed at all and are fictitious creations invented by the creators of Christianity.

We realize that this information will inflame many who believe that every word written in the Bible is factual, historical truth.

In fact, we have to say that the Bible is not a history book but is a cleverly encoded book of spirituality, as relevant today to you as it was at the time when it was written. All the information, written as apparently historical tales, actually contains a hidden message, that can only be understood by those who can see beyond the written words and discover the true meaning behind the words.

If what we just wrote is true, and if it were not, we would not have said it, it must be obvious that we must question who these disciples were and what parts they play in revealing the words and acts of the master Jesus.

Perhaps we should start by naming the so-called disciples, so that we know of whom we are talking.

Obviously, we start with Matthew, Mark, Luke, and John. These, however, were invented names - the first clue that all is not right.

So, we have Peter, Andrew, James, John, Philip, Bartholomew, Thomas, Matthew (the inventor of the name's Mark and Luke), Jude, Simon, and Judas.

But we also find included, Mary Magdalene and eventually Paul (the twelfth disciple), although it is claimed that Paul actually started Christianity.

What proof can we find that any of these people actually existed?

In order to check, we have scoured the akashic record where every event in the lives of every person that ever lived is recorded.

We can state quite categorically, that we have only been able to locate one person who was actually closely connected to Jesus and that is the lady named as Mary Magdalene, who was, and still is, the wife of Jesus. They are still together in the Heavenly spheres and are still very much in love. We have seen them.

They had two children, a girl named Sarah and a boy whose name is written as Judah, but that name is rather difficult to trace in the akashic record. However, we have followed the births of the children of Mary and Jesus and it is certain that they had two children.

Names are not important to us in the Heavenly spheres and it would be impolite to enquire as to the real name of the son of Mary and Jesus. It suffices that they had two children.

Thus, out of all the so-called disciples of Jesus, the only close person we can find is Mary Magdalene and as they were a couple, we can hardly call her a disciple.

Where does this leave us?

We have located Paul through the akashic record but as he lived approximately 100 years after the birth of Jesus, we can hardly call him a disciple either.

It is noted in some Bibles, the names of over 70 so-called disciples. We are willing to admit that there were a number of people who followed Jesus as he roamed about but a follower is not really a disciple.

So, apart from Mary, we can discover no hard evidence that Jesus had any disciples.

Is there any other motive for creating twelve disciples for Jesus?

There is and we have talked about this a while ago.

There are twelve signs of the zodiac.

There are actually twelve rays and virtually all life travels along one of these twelve rays. These rays were created by the Directors of Life eons ago and it is a means of splitting life up to make it easier to manage.

Thus, it is fair to say that all mineral, flora, fauna, human and virtually every life form is linked to one of these rays. It is also interesting to note, that there are twelve astrological signs in the cosmos and people claim to be linked to at least one of the signs of the zodiac.

People that study these things have created extremely complex and convoluted combinations of the signs in an attempt to chart planetary maps for themselves and for their clients.

We are not so much interested in following these signs, as in trying to understand the actual rays and why they might be attributed to Jesus and his disciples.

What I am going to do is to state the conclusion first and then work back to the origin of all these rays. By working backward from the conclusion to the origin, I hope to be able to make the subject clearer.

So let me state the conclusion and although it will be difficult to understand for many, once we can grasp the concept, it is not that hard to follow.

The basic concept of the signs of the Zodiac is linked to personalities.

What happens is, that when we first peruse the Heavenly spheres and come across the areas that contain aspects of personality, we naturally feel drawn to one aspect more than any other.

What this implies is that we are attracted to just one particular type of personality. This can, of course, be modified as we study other minor or sub-aspects of any personality type, but these sub-aspects would be just modifications of the dominant personality that we felt drawn towards.

We might think that there are a huge number of personality types, but if we really study the subject, we will find that there are, in fact, just twelve basic personality types. These twelve basic types may be mixed up with a number of sub-aspects, thus giving each person and each lifeform the chance to create his/her own unique personality, but if we ignore all the myriad sub-aspects, we are forced to conclude that there are only twelve basic, clearly defined personality types.

All the others are modifications to the basic types.

I will go on to add that anything that is alive, has no more than one basic personality type. So, everything that is living has only one of possibly twelve personality aspects.

That which gives all living things its unique personality, are the various sub-personalities. These can quite easily be seen if one studies a person's star chart, where from the exact moment of birth, it is supposed that a particular personality is attributed, but after that, a whole mass of sub-aspects are added, sometimes referred to as planetary rulership's, houses, dignity, detriment, exaltation and so on.

Even people that do not study astrology would admit to having a more complex personality than just one of twelve possible personality types.

If I may describe the twelve personality types in an astrological way, they would be; Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius, and Pisces.

As I said, each one of these basic personality types is modified by a large number of sub-aspects, thus enabling all living things to become unique from a personality point of view.

Now, what has this got to do with Jesus's disciples?

You might think nothing!

However, there is a connection and I will explain.

It is considered, if we study the Bible, that Jesus was a perfect person. He is often referred to as the son of God and is attributed to having twelve disciples.

Now, it is not up to us to say whether Jesus, when incarnate, was a perfect person or not, but we can state as a fact, that we cannot trace a clear lineage of disciples.

But we must also state that the Bible is a book about spirituality and is not a history book. We tend to ignore the Old Testament, as that often depicts God as some bloodthirsty tyrant and we do not accord with that appellation at all. God is the epitome of love. So, we seldom mention the Old Testament.

The New Testament is a different matter. It depicts God as a being of love - which is our understanding of what God is - and it often mentions Jesus, whom we know was and is a real person.

We also find it fairly easy to link the stories in the New Testament to the spiritual acts to which they refer.

Let us return to Jesus and the twelve disciples.

If we accept that Jesus is depicted as a perfect person, what does that mean?

If Jesus had been a normal man, he would have had a particular personality, just as you and I have.

But Jesus is depicted in the Bible as a perfect man.

So, clearly, if we can accept that you and I are not perfect but Jesus was, there must be a difference between him and us.

People like us can only accept one aspect of personality into us at a time. We find it virtually impossible to have more than one type of personality developed within us at a time.

But supposing we were perfect? What would that imply?

Let me cut a long story short and give you the spiritual answer as written in the Bible concerning Jesus and the twelve disciples.

Jesus is depicted as a perfect human. What that implies, in biblical terms, is a person who is able to incorporate all twelve of the personality aspects into him at the same time.

Whether this is actually possible or not in the case of Jesus is not the point. The Bible depicts a perfect person who can accept all twelve aspects of personality into him at the same time. If and when this should happen, a strange event occurs that is termed a gestalt, meaning that the whole is greater than the sum of the parts.

Any person who accepts all twelve aspects into himself at the same time and thus develops a gestalt, the result is the person becomes more than just an accumulation of the twelve aspects. He develops a thirteenth aspect, which is considered to be perfection. Thus, Jesus, in Biblical terms was and is considered to be perfect, although this term would apply to anyone able to incorporate all twelve aspects of personality at once.

This is where the twelve disciples come in. Whether they actually existed or not historically, is not the point. It is a spiritual story and, in this story, each disciple represents one aspect of personality. As there were twelve disciples mentioned, it implies all twelve aspects of personality.

In the biblical story, it implies, not twelve people with one of twelve aspects of personality, but Jesus incorporating all twelve aspects of personality into himself, as I mentioned above.

Thus, the twelve disciples do not represent twelve students of Jesus. The twelve disciples represent Jesus incorporating all twelve aspects of personality into him, creating a 13th personality - that of a perfect person.

As you can imagine, this is a very rare event. Apart from the few very advanced people that inhabit the Heavenly spheres, it is very uncommon to meet someone able to reach the stage of becoming this thirteenth person.

Before we go on, perhaps we could look at the change a person would experience if and when he or she was able to incorporate all twelve personality types and thus become the 13th type of personality that we have described above.

First, let us imagine how hard it would be to incorporate just two, but diametrically opposed types of personalities. We have all met people who are calm, peace-loving people and equally, we have met those who are naturally very forceful, loud spoken, and very self-opinionated.

If we might consider just those two extremes of personality, can you imagine what trauma you would go through, if you suddenly found yourself both calm and peace-loving, and at the same time a loud, self-opinionated bigot?

It might be enough to unbalance you.

Now, if we examine all the twelve personality types, we would find that they are all unique, but basically, for each personality, there is an equal but opposite type.

This means, that if we are able to incorporate all twelve personalities, we would find six pulling in one of six directions and another six pulling in an exactly opposite direction.

Can you possibly imagine, if that happened to you, the trauma it would cause in your emotional stability?

Obviously, this would never happen to people like you and I, because our life plans would be so designed as to prevent this. We might find it more than we could bear.

But, of course, for very advanced people, this is possible. In fact, incorporating all twelve aspects of personality is a necessary step before entering the wilderness that was mentioned in a previous chapter.

An advanced person can, if he wishes (and I returned to the tradition of speaking in the masculine), incorporate all twelve aspects of personality prior to this traumatizing event of casting off all personality, at which point the person becomes an angel.

But we still haven't mentioned this thirteenth person, that the individual who incorporates all twelve personalities becomes. This will be easy to explain but may be difficult to comprehend.

Quite simply, the person who incorporates all twelve personality types becomes understanding of all people, why they act as they do, and does not judge anyone, because he can understand everyone.

If we have a particular personality, we can understand anyone who has a similar personality to ours. It has been called 'birds of a feather, flock together.'

If this is true, if someone can incorporate all twelve aspects of personality, he can understand and link with all people, no matter what personality they have because, he too, has their personality.

Such a person no longer has just one personality but has all personalities and so feels at one with all people.

This feeling at one with all people, is what this thirteenth person becomes. It is very rare, as I said, and only happens to people prior to taking the further step of shedding all personalities, and then he becomes an angel.

An angel has passed beyond the need of personalities.

Let us return to the subject of this chapter.

It is simple. I stated that virtually all life travels along one of twelve possible rays and these rays follow one all the long years of one's life, until one reaches the point of incorporating all twelve rays or personality types into one's psyche.

As I mentioned earlier, life was divided into twelve by the Directors of Life in order to make it easier for people to progress to perfection. Personality is important from the point of view of progressing in life and just having one of a possible twelve personalities enables people and other elements of life to handle that progression.

Why there are twelve possible personality types, as opposed to any other number, is outside of the scope of this chapter, as is a discussion of the few life forms that do not fit into this pattern.

It suffices to say, that from the moment you were sentient enough to choose whatever personality you felt drawn towards, up until you reach the point of being able to incorporate all twelve personality types, you will follow the selected ray.

Not only you will travel along one ray but virtually all life does the same. The implication of this is phenomenal.

It may be difficult to imagine that a grain of sand or a mountain or, indeed, a planet has a personality but it has.

It suffices to sit on a sunny beach in order to feel the collective power of the personality of that beach, made up of countless grains of sand, all happy and contented with their peaceful personality.

Equally, should you wander over a barren, rocky mountain, you will notice a completely different personality.

Venus has been described as the planet of love, whereas Mars is the god of war - totally different personalities.

Should you meet nature spirits, you will find some to be kind, helpful, and generous entities, while others are much more aggressive and dangerous beings - the result, once again, of personalities.

The aforementioned lifeforms may not necessarily have individual personalities but due to the way they are made, tend to have collective personalities, but they still have personalities.

It is the same or similar with all fauna or flora. Everything has a personality, either collective or individual.

In the case of humans, which are considered to be the pinnacle of God's achievement, we travel along one of twelve rays. Those of us who intend to have an incarnation, gradually descend, over many years, down the spheres as we approach incarnation.

Shortly before incarnating, we arrive at one of twelve resting places.

These are invisible planets but are described in the signs of the Zodiac as Taurus, Gemini, Sagittarius, etc. Twelve in all.

At this point, we rest and prepare for incarnation.

As you can imagine, each one of these twelve invisible planets deals with just one of the possible twelve personality types, and all people who have one of these personalities, find themselves in association with the planet that corresponds to his personality.

While the person is resting there, he is not idle. Guides and angels who have followed his descent through the spheres link with the individual, help him choose his family into which he will be born, and ensures that all the aspects and sub-aspects of his personality are in place, in order for him to be able to follow his life plan throughout his incarnation.

Whilst we are dealing with this part of the subject, let me clarify a couple of points. The first thing is to state, once again, that we only have one incarnation on Earth. The concept of multiple incarnations is just not true.

The second point, is to state that although a helpless baby will be born into incarnation, the spirit behind it is a fully grown adult. He or she is as adult as any one of you are now. It is the fact that the infant is a helpless baby, that leads people to think that the spirit operating the baby is also an infant.

This is not so. The personality waiting to take control of the infant as he grows is fully adult.

This is difficult for many people to accept. It is perfectly understandable of course, as any parent who looks at a helpless, newborn baby will confirm.

However, if you have followed our various teachings concerning how the spiritual or non-physical aspect of a person develops over many years, it should be obvious that by the time that incarnation comes around, the spirit is fully mature, even if the baby in its cot is still helpless.

Perhaps we should say, that even for those that do not choose an incarnation, the spirit form is fully mature by the time that it is ready to pursue its path towards perfection.

I think that I have explained enough in this chapter, to allow any reasonable person to accept that there are twelve possible paths to follow and each normal person follows just one of those paths. The exceptions are, of course, those very advanced beings that can incorporate all twelve aspects into themselves.

These paths are the paths of personality.

Thus, I hope that you can see that you have a particular personality that you selected yourself and that put you on one of these twelve paths or rays, and you will follow that path for many long years, until you become a perfect person.

So, I will stop this chapter here and move on to something else.

CHAPTER 36 - YOUR PASSAGE THROUGH LIFE

Let us look at another subject that touches both the 4th dimension and also the part of the 6th that deals with incarnation.

What we are going to examine, is the relationship between the life you lived in the 4th and the life you lead in the 6th, while you are experiencing what you call incarnation.

Now, we have talked about this to a certain extent before and I don't intend just to repeat what we have already discussed.

I want to examine another facet of this relationship.

You may remember me telling you that incarnation is not real. It is focused imagination. For those who have not come across this concept before, I will explain a bit and I beg forgiveness of those who already know what I am going to say.

Incarnation, where it came from is as follows.

The so-called physical universe, and especially planet earth, was designed and created by the Directors of Life.

There was a reason for this, and the reason is that, before anything physical existed, all life was solely in spiritual or non-physical form in the various dimensions.

But, apparently, God, who is on a constant quest to grow in wisdom through absorbing the experience of the various life forms, that up until the moment of creating physicality, only existed in the non-physical auras, made it known to the Directors of Life, that he could obtain more wisdom by having some lifeforms having a physical experience.

So, the Directors of Life tried to create physicality, but they failed.

Thus, to cut a long story short, they created in the 6th dimension, that of imagination, an imaginary universe. They created, as its focal point, the planet that we call Earth and they persuaded all sorts of life forms to descend from higher dimensions, down to this planet Earth.

But we must understand that everything created and that inhabits this planet Earth, is just imaginary.

That is why we humans are in two parts.

We have a non-physical body, which for the sake of this explanation, we will consider to be real, and then we have what we call a physical body - the person who looks back at us in a mirror.

But this person is not real. It appears so and it feels so, but it is just focused imagination.

The same applies to all things that live on Earth.

Whether they are minerals, flora, fauna, humans, atoms of water or of air, nature spirits, and on and on. Nothing is real. There is the non-physical part and from that, by focused imagination, all things that appear on earth or under it or in the skies above, create their physical form through focused imagination.

Of course, for many people, it is impossible for them to accept what I wrote above. It takes quite a lot of spiritual - for want of a better word - development to accept this strange concept, but it seems to be true.

I have no means of proving to you that your physical body is only a figment of your imagination, so you either accept what I said or you reject it.

I would not blame anyone for rejecting this strange tale, because I when I was going through my incarnation, would not have believed it.

I was totally convinced that incarnation was real.

It is only since my incarnation finished and I returned home to the 4th dimension, that I have been able to accept that incarnation is only focused imagination.

Having said that, I would like now, if I may; to return to the subject of this chapter.

Let me tell you what this chapter is about.

It is quite simply, that once we know that our physical parts are not real, we can to a greater or lesser degree, control our lives, instead of being victims of life. We have mentioned this before but I want to examine the possibility of controlling life from a different perspective, to what we have mentioned before.

In other books, and even in this book, we have mentioned that we have life plans, and providing we stay within the boundaries set by our life plan, we have free will to alter our life in order to make it more agreeable.

The question, of course, is how can we do this?

If you look around you, you get the impression that most people are victims of their life plans, even if they don't know that they have one. They feel that life is sweeping them around as if they are in a perpetual storm, and to a certain extent they are.

Life, generally, is stacked against most people and these people are convinced that life is a constant battle, that most of the time they are losing.

This is because, those in charge, who are people that have been educated to win at any cost, use the rest of the population as pawns in a game that they know about but the rest of the people do not know exists.

Life has been like this for many hundreds of thousands of years.

The reason is that the ruling classes, who are relatively few in number, have been taught to create and implement laws, that are designed to keep them in power at the expense of the rest of the population.

All this was created by Archons, who are a strange force.

Archons are an invisible - to us - group of entities, that come from a planet that's modus operandi is hate.

The modus operandi of our planet, instigated by our God, is love. We have mentioned this fact many times.

However, love, by its very nature is gentle, kind, and non-violent. In the face of hate, brutality, and violence, gentle love finds it hard to win in a confrontation - at least in the short term.

Now, the Archons discovered planet Earth a long time ago and installed themselves in the etheric planes close to incarnation.

Equally, we must mention the swing of the emotional pendulum which, once again, we have mentioned and explained many times. Please let me explain this pendulum, briefly, once again for those who do not know about it.

In simple terms, life swings backward and forwards between evil and godliness over long periods of time. The actual swing of this pendulum, to describe a full cycle, takes about

600,000 years. For half of this time, life swings into evil and back again and for the other half, it swings into holiness or goodness and back again.

It is difficult to find an exact word that describes the opposite of evil. So, we use words like holiness, goodness, kindness, and so on.

From the null point (the bottom of the swing of the pendulum) for about 150,000 years, life swings into evil. Then for another 150,000 years its swings back again to the null point. Then for about 150,000 years, it swings into holiness and for another 150,000 years, it swings back again the null point. This has been going on for a long, long time.

It so happens that life as you live it, has been swinging back from evil to the null point. It reached the null point in the year 2012, at which point it started to swing towards positivity.

However, even though for the next 300,000 years we will be in the positive, holy swing of the pendulum, the change from evil to goodness happens very slowly.

The change is barely noticeable at first.

But, to go back to the time when the inhabitants of planet Earth were being influenced by negative rays flooding the planet, this suited the Archons very well, as they are, by nature, naturally negative. They came from a planet whose modus operandi was negativity and that is all that the Archons know. They have no concept of positivity at all.

However, the Archons, from their position close to you in incarnation, decided to explore humanity and see if they could influence anyone in order to expand their power. Evilness needs power in order to express itself and the Archons, isolated in their etheric bubble, felt powerless.

So, the Archons tried to overshadow people to try to influence them to their will.

Generally, they failed, as most people are good, kind, and gentle souls - the opposite of the Archon mentality.

But they did discover one group who thought like them and whom they could influence to produce more evil.

This group of people, we call psychopaths.

Now, we are not saying that all psychopaths are being influenced by the Archons, they are not. There are different degrees of psychopathic people and many of these lesser psychopaths might terrorize their wives, husbands, children, and work colleagues, but it stops at that.

Money often plays a role in this and the amount of influence anyone can have over others is often limited by the financial situation of the psychopath.

Rich people, who might have psychopathic tendencies, find the scope for their dictatorship greatly facilitated by their wealth.

Equally, there are those who rise to positions of power in industries, banks, military establishments, politics, and trades unions, who are able to give free rein to their psychopathic tendencies.

Once again, we are not saying that all such people are under the influence of Archons, but the more such people strive for power, and the more they join certain secret organizations, the more chance they have of being influenced, from the etheric, by Archons.

The desire for absolute power opens the door to creating evil against innocent, kind, people and this opens the door to influence by Archons.

Now, I need to be careful here, because I do not wish to point the finger at any person. That would be unkind. However, we have all met people who are bullies and small level tyrants. These people would almost certainly not be under the influence of Archons.

Although we may never have met high-level people, we have heard of the evil exploits of some of them and these are the ones that might open themselves to the influence of Archons.

Why have I mentioned Archons?

The reason is that, as I said, with effect from the year 2012, the pendulum of life swung from evil, through the null point and started its slow but relentless swing into positivity.

This is known to black magicians and to those of so-called high status or position and it is seriously scaring them. They know that their time of dominance is basically over.

The full effect is not fully observed yet but will become more and more apparent as the years pass.

Along with the loss of power, your so-called leaders are also frightened of the public turning on them and wreaking the harm on them that they inflicted on the public for so long. We hope that this never happens, of course. We should forgive our enemies and pray for them as Jesus commanded us to do. They will pay for their crimes, inevitably, when their incarnations are over and they have to go off to hell for a long time.

The Archons are also aware that ascension is occurring and they, too, are worried about losing their influence over certain psychopaths and of losing power to hurt people of Earth, which brings them pleasure at the moment and has done for the last 300000 years.

What has all this got to do with controlling life plans and making life more pleasurable?

To explain, let me use an analogy that we, the Great White Brotherhood, have often used in the past.

Let us compare two ships setting forth from one port and sailing across an ocean in the hopes of birthing in a port on the other side of the sea.

If the ocean is big enough, and depending on the time of year, it is almost certain that at some point the ships will encounter storms.

Let us suppose that one ship is fully seaworthy but the repairs to the second ship have been neglected, such that the steering mechanism is fragile.

A storm arrives.

The first ship, the one in good repair, is able to negotiate the storm without too much trouble.

But what about the second ship, that in poor repair? Let us suppose that the steering mechanism fails. What then? How does the ship safely navigate the storm?

I think that you can easily imagine that this second ship, its passengers and crew, would be in peril.

Depending on the intensity of the storm and its duration, this damaged ship would be tossed around like a cork.

Indeed, it might sink with all hands lost.

I think that you can see where I am going with this in comparison to human life and our life plans, or rather, how to manipulate our life plans to provide us with a smooth passage between birth and death.

Just as one ship, the one in good repair, was able, without too much difficulty, to cross the ocean from port to port and birth safely in the port of its destination, equally, the ship in bad repair, that lost its steering mechanism, had a horrible experience and was lucky if it ended up at its destination at all.

It is the same with life.

Just as two ships set out from the same port, crossed an ocean, and ended up in a second port sometime later, so any two people might have very different life experiences, despite having not dissimilar life plans.

One has a smooth passage through life from birth to death, while the second person might have all sorts of difficulties experiencing, as Shakespeare said, 'the slings and arrows of outrageous fortune'.

So, we need to find how we can turn our life plans around, so that life runs relatively smoothly.

We have answered this question many times but I will repeat it once more.

The simple answer is, that no problem can be resolved from the level of the problem. We need to rise above the level of any problem and then we can solve it in an almost magical, alchemical, way, although we need only to use our minds.

Before I reveal, once again, the techniques we can use to smooth our path through life, let us examine why it is possible.

We need to return to the fact that all life including us humans, is in two parts.

We have the physical body - the one that looks back at us from a mirror - but, and more importantly, from the point of view of this discussion, we have a spiritual or non-corporal version of us, that is in touch with all sorts of areas of the 4th, 5th, 6th, and 7th dimensions.

The physical body is just a lifeless puppet, as we have explained elsewhere, whereas the non-physical body may be considered to be the puppet master, manipulating the physical body.

It is more than that.

The physical body is not even real. It is imagination brought into reality by focused imagination.

At the risk of repeating myself, I will state that all of creation, all that you see around you including other humans, minerals that create planets, flora, fauna, and all that exists in physicality is just your, or more my when I was incarnate, imagination.

So strong is this imagination, that it is virtually impossible to 'imagine' that it does not exist.

Our five senses reinforce this belief at every moment.

This imaginary physical body is the one that you chose when you decided to have an incarnation and it is this body that gives you all the good and bad experiences as you travel through your incarnation.

However, as it is not real, it does not have any control over its passage through incarnation.

It is a bit like a piece of paper or a balloon being tossed around in a wind.

Let us use the example of a balloon, as this would be more apt.

So, imagine you had a balloon and you released it somewhere. Imagine also that the material that the balloon was made from was strong enough to last the length of an incarnation, which might be from just a few minutes, if you met with an accident, up to 80 or 100 years, as some people's incarnations last.

Imagine that you could follow the progress of that balloon for the length of an incarnation.

You would see it blown about all over the place. It would be totally at the mercy of the wind and the obstacles that it met, as it was blown about.

The point that I am trying to make, is that the balloon has no control over its progress, nor of its destiny.

It is just a victim of circumstances.

This balloon represents the way that most people's physical bodies are swirled about by the storms of destiny.

So let us imagine that all of this is real, because it certainly seems so.

Why is it that we seem to have so little control over events?

Have you noticed that most events, especially negative or frightening information, comes from other people?

You are living your life quietly and then you receive disturbing information.

This might be a bill that you would have difficulty paying that has been created by someone. This someone might be a bank or a provider of electricity or water that someone decides you have to pay.

It might come from the police that decides that you have, in some way, broken the law.

It might come from a neighbor, who decides to hate you and attacks you on some trumped-up felony.

The attacks are many and varied but most of them involve a third party who targets you.

Why is this?

What pleasure do people get from attacking you?

Of course, sometimes we become ill and that comes from us, although it is not surprising that we become ill when we consider the constant stress that we are all under while we are incarnate on planet Earth.

So let us look at the reason for these constant and seemingly never-ending attacks on our peace of mind.

Believe it or not, it is part - a major part - of your reason for being here in incarnation.

The attacks are designed by the archangels who supervise incarnations, to push you to seek how to overcome these attacks, or at least to create a force field around you that will fend off any attack.

Many of these attacks hit you at your weakest point.

The weakest point of most humans is financial. So, you are constantly having your finances attacked.

With rich people, it changes. There is no point attacking the finances of the wealthy, so the attacks become aimed at other weaknesses.

It might be that the rich person has a problem related to his or her sexual relations. So, the attacks are aimed at revealing these to a public eager for scandal.

Or it might be a drug addiction or dubious business relationships.
Whatever the weak point, someone will find it out and reveal it either to a court of law or to the public.

These attacks never end, until one finds the method of rising above them.

Of course, I am not condoning illicit behavior but I am questioning why others, who might not live guilt-free lives themselves, feel obliged to attack others, despite Jesus clearly stating that we should not judge others if we are not sin-free - and no one incarnate is sin-free.

Failing to live a perfect, sin-free life, is part and parcel of incarnation. That is the way life in incarnation works.

So, it might be strange that people who are not sin-free, feel obliged to attack others, whilst hoping and praying that their sins never come to light.

Having said all that, and I am sure that many of you can relate to what I have said above, let us, at last, get to how we can rise above these attacks and fend them off.

It is simple.

You came into incarnation to discover something, that once you were born here and had your memory wiped, you need to re-discover.

You are not this weak human, subject to attacks by others.

Nor are you the person who attacks others.

All this is coming from your physical body.

At the risk of repeating myself, I will, once again, explain how all this works.

You should know by now that your so-called physical body, although not real, exists in this imaginary world that has been created by God's archangels for us to live in and gain experience.

At the same time, this physical body is constantly being irradiated (for want of a better word) by rays coming from the Heavenly spheres.

We have talked about these rays - or auras - many times and have tried to impress upon you that they are multitasking. So, each ray or aura, not only has different parts of the spiritual human body attached to them, not only do some of these auras have life forms within them, but in pure, basic form, these rays influence your physical body and influence you to the way life unfolds within and around you.

The point that I wish to emphasize, is that these rays have unique and different powers and properties to them, and depending on where your focus is, you accept more of one ray into you than another.

The effect of these rays either pushes you to be a weak human being, in a spiritual sense, or a much more noble soul, depending, as I said, on where your focus is.

The reason that you came into incarnation, is to discover these rays and the effects that they have on you, reject the ones that promote base thoughts, and concentrate on the higher frequency rays that enable you to become a better, more peace-loving person.

So, what we need to do is to learn to reject the lower frequency rays and accept the higher frequency ones. Once we can do this, we start to rise above the problems caused by accepting the low-frequency rays and become a higher-order being, at which point, we can block attacks.

I will repeat this a bit to make it perfectly clear.

Every moment of every day you are being bombarded with seven rays coming from the dimensions created by God's archangels. I said seven and not eight because one ray, the sixth, is where you are now, so you are living in and on this ray.

The rest are outside you and are bombarding your body, your brain, your mind, and your personality and ego.

The vast majority of people are concentrating on the lower two or three rays. The effect of these low rays is to create fear, confusion, and all the negative emotions.

That is why all that I described above occurs and why you feel powerless to fend off any attack.

It is also the reason why people feel obliged to attack you. It is all fear-based. People attack you, because they are frightened to be attacked themselves and they hope by striking first, they will ward off any attacks on them. But life doesn't work like that. All the time that they are operating under the influence of low rays, they will be open to attack.

But there is another aspect that we come here to learn.

It is the fact that there are two of us.

There is the physical body, which is visible but imaginary, and there is the non-physical or spiritual body. This body is invisible but is real. It is the real you.

The vast majority of the human race is totally unaware that they have this spiritual body and so they stumble through life, going from catastrophe to catastrophe, worry after worry until, one day, their incarnation ends and they find themselves liberated from that cycle of fear.

I will just mention, that those who caused you so much worry, have to visit hell to repay the harm that they have caused you, but as most people do not know this, they carry on causing harm.

But, at long last, let us turn to the techniques for rising above all this chaos.

As I said, it is simple.

1. Try to lead a sin-free life. Never cause any harm to any human or animal. This will include becoming vegan eventually. Animals are sensitive beings, just as aware of being alive as you are, and to eat one, is just the same as eating a human. So, do not eat animals. There are some people who need animal flesh and so they are excused from this rule but for the rest of us, do not eat our friends and neighbors, animals. Certainly, do not harm them in any way. We should love animals, as we love ourselves.

In an ideal world, we would not eat plants but incarnation is not an ideal world, so we must eat something. Plants are all that most people need.

2. Meditation. This is the key to escaping the confines of incarnation. We have explained how to meditate many times, so I will not repeat it here.
3. Help others when you can. If someone needs your help, offer it freely. If you see a homeless person begging for money, give him money. You will not regret it. As you give, so you receive and God's angels, who are always with you, will see that you are repaid for anything that you give to the needy.

4. Prayer. Do not pray to God asking for something. God already knows what you need, because you are God pretending to be you.
So, thank God in advance for supplying all that you need and you will see that God will provide.

These simple acts, if followed assiduously will, in time, stop the low rays from affecting you and you will start to rise in frequency, under the influence of the higher rays.

At that point, your spiritual body can take control of your life and you will find that your problems will be resolved in your favor.

You will create a force-field of God's power around you and your family, that no attack can harm.

You may still be attacked from time to time, but the answer to those attacks will appear like magic, in the degree that your faith in God's protection holds strong.

Never be fearful again.

Go through life doing the best that you can and the power of God will protect you from harm.

Try the above four guidelines and you will see that it works.

Never become angry. Never become fearful. As you rise in frequency through meditation, faith in God, and by helping others, your barrier or forcefield will grow stronger and stronger and God's angels will stand guard over you each and every day.

I have written this chapter from the 4th dimension, where I now live. I had an incarnation and knew nothing of this chapter, so my life was full of ups and downs.

I only wish that I had known about all this when I was incarnate. I could not only have smoothed my life's passage, but I could have helped so many more people.

I am happy to pass this important information to you and I implore you to implement it. It really works.

I have told you all you need to know in this chapter about how to smooth your passage through incarnation and I leave it in your hands to implement it.

I cannot do it for you. You now have the knowledge you need. The rest is up to you.

CHAPTER 37 - THE STONES OF YESTERDAY

I have been asked to investigate how the wonderful statues and carvings of all sorts were created, that one finds in Egypt and many other countries, clearly depicting levels of skill and technology that could not have been available to the simple people that lived on Earth at the time, that is ascribed to them.

This chapter is not really part of this book, but as I have been asked to talk about this fascinating subject, I thought that I would oblige, as a huge number of people are puzzled to find the answer.

This subject has never been explained before but I hope, in this chapter, to clarify what went on, when, and how it was all done and explain at least some of the tools that were used.

So let us work backward somewhat and clarify what mainstream archeology (as you call it) has clearly got wrong.

If one studies the Archaeological history of any of the countries that contain what appears to be almost miraculous works created in the hardest of stones, most experts agree that it was all created using primitive tools. They point to the flint axes, copper chisels, and balls of granite - which is all they have found - and tell us that these works of art must have been created using these simple tools. The proof that this must be so, is because they are the only tools that Archeologists have discovered. Case closed as far as the experts are concerned.

We must forgive Archeologists for this error in appreciation. It is because the majority of them have only used book learning and visualization of the objects on which to base their conclusions.

Virtually none of them have ever tried to carve a statue, or any other object for that matter, out of extremely hard stone. Some of these stones from which flawless works were created, approach diamond in hardness.

We have said before, when talking about critics, that unless one can demonstrate how to do something, one cannot call oneself an expert.

We have cited art critics, ballet and dance critics, cookery critics, and so on.

Criticizing the work of others is easy while sitting in an armchair, but the reality is that one can only really be considered to be an expert, if one can rise from the comfort of one's seat and demonstrate, perfectly, how to do something.

But how many art or cookery critics or self-proclaimed experts can dance or cook in a perfect fashion?

How many Archeological experts can take a copper chisel and a stone ball and produce, out of granite, a flawless work of art?

Thus, we have the right to ignore experts who tell us that the wonders found around the world were produced by primitive man, using primitive tools.

Clearly, something else was going on and in this chapter, I hope to lay bare at least the basics of what went on.

So let us start to examine this subject.

We have stated before, that on a fairly regular basis, there have been extinction level events (ELE's) on Earth. When that happens, whatever human life was on Earth at the

time of the event, was virtually wiped out and life went back to the Stone Age for the survivors.

Between any two extinction level events, life would develop. Sometimes life didn't develop very much and the people remained fairly primitive, and other times life developed to a high degree.

We will examine the period before being wiped out by the latest ELE, that occurred about 13,000 years ago.

At that time, there had been a civilization that had developed a great deal of technology but also a great respect for mother Earth.

For that reason, the people that lived and worked, tended to use stone, rather than chopping down trees or creating concrete or plastics, as our civilization has done.

Oil, which is part of the body of mother Earth, was not exploited and so, as stone is both plentiful and using it doesn't harm the Earth, was the material of preference.

This was the situation taken by this civilization, that was, unfortunately, wiped out by a comet hitting the Earth and causing the latest of several ELE's that have devastated planet earth from time to time.

These ELE's are rare, but they have happened several times, causing massive destruction and causing the few survivors to go back to the Stone Age and start again.

This was the situation we found ourselves in after the latest the ELE 13,000 years ago, and archaeologists have assumed that this was the start of our civilization and have further assumed that this is the only civilization ever to inhabit Earth and have ignored the possibility that there might have been other civilizations on Earth before this one.

One can understand this, because these ELE's and the time it takes to recover from one, enable everything not made of stone to disappear back into the Earth, as she, mother Earth herself, struggled to recover.

13,000 years is a fairly long time in terms of anything not made of stone being recycled by mother Earth. So, anything not made of stone has long since disappeared.

But the sad point of accepting that our civilization is the only one causes confusion, as and when artifacts from a previous, advanced civilization, turn up.

The answer given, is that these beautiful and staggering works of art in stone were made by primitive people, using simple tools despite, as I said, all the evidence pointing to very advanced technology being used to move extremely heavy blocks of stone over vast distances and raising them to impressive heights, or flawless statues and other works of art that would be impossible to produce today.

In order not to upset modern theory about the origins of man and his development from what is called, strangely enough, 'the Stone Age', has led them down false paths to make false proclamations.

If they would admit that primitive man was incapable of producing the wonders we see, and of admitting that there is a gap in their knowledge that they can't explain, that would be acceptable.

But, unfortunately, claiming that everything that exists from the past was made by using lots of manpower, flint and copper tools, and granite balls, makes them look ridiculous.

Perhaps that is why some of them at least are reluctant to try to produce beautiful, flawless works of art using these primitive tools, themselves. They already know that

what they are saying is nonsense, but are frightened of disturbing the theories created by lost, in terms of real wisdom, experts.

It is, once again, a case of the blind leading the blind.

However, if we put ourselves in the position of these so-called experts, working in universities, having diplomas based on the teachings they themselves received, not willing to face criticism from the directors of the university, if they strayed from the curriculum set out by the university, we would feel obliged to close our eyes to greater possibilities and merely trot out the nonsense that earned them their diplomas.

That way, they keep their jobs and earn respect as experts in archaeology.

I think we can all see, if we were in their position, we would possibly do like them and ignore the evidence staring them in their faces of an advanced civilization that no longer exists.

It is unfortunate that this situation pertains, but we can understand why it happens and we have no right to criticize them.

They are just doing the job required of them and doing the best they can to explain wondrous works being made by primitive man, using primitive tools, and shutting their eyes to any other possibilities.

However, we have no restrictions placed on us, so we are free to remove our blinkers and to investigate, with open minds, the truth that is before us.

Let us return, for the rest of this chapter, to a true investigation of these works, by whom they were made and the tools they had to create these marvels.

The first thing we must investigate is when this civilization started after the previous (the one before the latest) ELE. Once again, the akashic record comes to our rescue and many of our friends and colleagues have carefully sifted through the records and have located when the previous ELE hit the Earth and wiped out the civilization that was there at that time.

I will explain how the akashic record works and the difficulties we face when doing investigations, but first I will answer the question of when the last civilization we are investigating started.

It was about a million Earth years ago and was wiped out about 13,000 years ago.

This was quite a long time and gave the people enough time to develop their civilization and to become truly civilized. In comparison, we are barely civilized yet.

Now I will explain how the akashic record works and why it is difficult to give precise dates, etc.

The akashic record records, permanently, all events that occur to all people, no matter when or where they lived on Earth.

But it does not record anything non-human.

So, it doesn't actually record an ELE in terms of exactly when and how it occurred, nor of its effect on the planet.

We can only investigate the effects on people of any event. Of course, if we can locate anyone in the 4th dimension that lived at that time, we can ask them, but you can imagine that anyone who was born on Earth a million years ago might be difficult to locate in the 4th dimension.

They might well have become angels, in which case they would not be interested in what happened to their physical bodies all that time ago. Angels have other, more important priorities.

But, by careful investigation, we have discovered a huge number of people being exterminated, some suddenly and some of a lingering death, about one million years ago, and we take it that this was caused by an ELE.

So, one million years ago, a previous civilization was wiped out, leaving a few survivors with absolutely nothing remaining to help to sustain them.

Many of these survivors died from either thirst, starvation, shock, or injuries, but life is tenuous! There are always a few that survive, as did a few animals, plants, and water sources.

Those humans that did survive were, generally, those that lived on the margins of civilization. They were already living a sort of hunter/gatherer existence, just as there are people today that live in similar circumstances and would be better prepared to survive if a catastrophe should occur today.

So, a few people around the world survived and were able to feed themselves. Eventually, through natural events, the population grew.

We will also say that the Directors of Life helped by sending into incarnation, when a baby was born, souls able to cope with the conditions prevailing on Earth.

Over a vast amount of time, the population grew and became what we would call 'civilized'.

This civilization was not like ours.

Due to prevailing conditions, in terms of the swing of the pendulum of life, they were peaceful people, respectful of all life, including the life of mother Earth, as they called her.

This is a good term and true in many respects.

So, these people were largely vegans. This is your term, not ours. We just call people that don't exploit animal's, 'vegetarians'.

Anyway, this civilization used a minimum of wood, refused to chop down trees, refused to exploit animals, and refused to exploit the Earth.

They grew and ate plants of all sorts.

As you can see, that is the definition of civilization, as far as we are concerned.

Over time, they developed the skills to cut and polish very hard stones, and I will try my best to describe the tools that were used.

But before this, I hope you won't mind if I describe why they created what they did.

First and foremost, we must not confuse the building of the pyramids with what was created by this previous and now lost civilization.

Nor can we put a name to this civilization, any more than we could put a name to the civilization in which you live and that currently inhabits Earth.

Individual countries might have names, and individual organizations might have names, such as Atlantis or Lemuria, that lived throughout this period and were eliminated by the same ELE some 13,000 years ago, that wiped out most life everywhere on planet earth.

But the civilization itself did not have a name.

As far as the pyramids, and indeed, the carving of the Sphinx is concerned, they cannot be attributed to this civilization as, although they were created and constructed during the period that this civilization existed, were made by different people, for different purposes. We must describe all this carefully, or it will be totally confusing.

We will say that similar tools were used, but there was more than one group of people incarnate at that time and so, before I actually describe the tools used, perhaps it would make things clearer if I first described something about the different groups that were designing and constructing stone edifices and carvings throughout the long period that the civilization that we are describing lived.

This may already sound confusing, but stop and think of all the different groups of people from different countries that, using similar tools, construct works very different from each other.

For instance, European people construct roads and buildings in one fashion. Americans have distinctly different roads and buildings, as do people from India, China, Japan, and so on.

Quite often, if you see photographs, you can tell instantly which country the photograph depicts.

The only things that are virtually the same, are aircraft and helicopters.

So, I would like you to understand, that during the almost one million years that this civilization existed, many groups from many areas developed the technologies to craft stone into a whole variety of shapes for the purposes that interested them.

The situation is further complicated by the fact that the ELE that happened almost 13,000 years ago which, by the way, was a comet that hit the earth, unfortunately in the area occupied by what you call Lemuria, caused the planet to rotate somewhat. It is this rotation that caused the actual ELE. Had it been just a comet hitting the earth, that would have been bad enough and would have shaken the earth, no doubt causing massive tsunamis. But it was the sudden and partial rotation of the planet that caused the real damage.

We do not know exactly by how many degrees the planet earth rotated - the akashic record does not record facts like that - but it was sufficient to cause an ELE.

One can cite the Sphinx as evidence of this rotation. Before this ELE, which occurred some 13,000 years ago, the Sphinx was in a semi-tropical area, as were the pyramids of Giza, which was subject to heavy rainfall.

Archaeologists are still scratching their heads to try to figure out how the Sphinx itself and the enclosure walls that surrounded it, can show such massive signs of rain weathering, when they claim that the Sphinx was carved just a few thousand years ago, in a hot, dry, area - Egypt.

They solve the problem as they usually do in cases like this, either by ignoring it and/or claiming that the erosion was caused by wind and sand.

We will also say that the pyramids of Giza, which were also built in this semi-tropical area, suffered somewhat by having most of the limestone casing blocks, as they are called, falling off the pyramid's outer shell, which have been recycled by the local population that developed once again. At least these stones were put to good use to help build much-needed housing, as mankind struggled to rebuild their lives.

There is further evidence all over the world, where masonry work was going on, and it all came to a sudden halt when the comet struck, and there is much evidence of blocks of stone, in various stages of finish, being scattered about.

Many of these blocks of stone are so heavy, that they are still in place where they fell and will lie there for many more years yet.

However, we must say that the pyramids of Giza, which were actually commissioned by the *builder race* (ETs), although actually constructed by man, were so well built, that they resisted the catastrophe, as did many of the magnificent temples found in India. We must also mention the constructions that went on in South America, attributed to the Incas, but made by this previous civilization. Many walls and temples were cleverly created using interlocking stones, that proved resistant to all the shaking and rotation. Other stones were simply so massive, that their sheer weight enabled them to resist.

Therefore, we are in a position where we had a large number of advanced civilizations working on totally different projects, for totally different reasons. The only common denominators between these groups being that they used stones whenever they could and they used the same tools and techniques for carving and moving massive stones just as, today, different types of constructions are built around the world using similar techniques and similar tools.

This wonderful civilization had flying craft that were not really flying saucers, (UFOs), nor did they resemble aircraft that we use.

They were very similar to the flying craft described in Indian texts - the Vedic texts - and known to us as Vimanas.

Just as we have many different types of flying craft, this civilization also had a variety of flying craft. Vimanas were just one type.

We will come to where and why they disappeared, as did the tools used by these people, a bit later.

The point that I am trying to make with what I wrote above is, although we might consider it to be one civilization, it was, nevertheless, divided into many types of cultures, many types of religions - if we can call their beliefs religions - and many types of constructions based on their beliefs, but using similar tools.

If you have studied archaeology at all, you will have noticed one common feature that has survived the latest ELE. That is the construction of pyramids of many sizes and shapes. These are found all over the world and are, quite often, described as tombs of various leaders of various groups, that have grown up in our latest civilization (that commenced some 13,000 years ago).

We can state quite categorically, that although a few pyramids were constructed out of small blocks of stone or of mud and did house defunct chiefs, the true pyramids, constructed from massive blocks of stone, were the work of an ET race called the *builder race*, who went all over planet Earth, and indeed, all over the Galaxy, constructing pyramids and monuments of various types, that were used as direction indicators, to enable space-faring people to find their way, first to planet Earth, if they wished to visit us, and second, once on Earth, to find their way around the planet.

Some of these monumental pyramids were later used by the new civilization - the one we are all in - for various religious purposes.

We particularly note the pyramids used by an Inca culture that sacrificed humans and animals in the vain attempt to overpower the population into submission and also in the vain hopes of appeasing the gods, whom the priests feared.

Once again, we are faced with the fact that so-called experts claim that these giant pyramids were created by Incas, and we are talking not only about the complicated pyramids, but also the monumental wall-like structures created of stones that the Incas openly admitted that they did not build, but that was already there when the Incas arrived in the area.

We cannot really move on without mentioning huge blocks of stone cut from bedrock and abandoned before being quite finished. These massive blocks of stone were left on-site when the latest ELE struck and caused all work to cease.

Once again, experts try to tell us that they were carved from the bedrock by workers using copper chisels and stone balls. Quite apart from the fact that it would have been utterly impossible to cut and shape these massive stone blocks with primitive tools, they do not even attempt to explain how these workers intended to raise the finished blocks - some weighing over 1,000 tons - with simple rope and pulley tools that they had.

I could go on.

One of the last things I will mention, are the magnificently carved and polished statues and the so-called boxes and vases, all carved and polished to perfection and found in Egypt.

All made with simple tools and using sand to polish them, according to modern experts.

I will also mention the tubes cut into hard rock. Once again, made with simple tools, according to experts. It is sad, really, to think that intelligent and well-schooled men and women are so blind to the fact that virtually none of these objects could have been made by races of people, who were barely out of the stone age themselves.

Indeed, the vast majority of these objects could not be made today, at the time that I am writing this book.

Now, where we get our clues as to the tools used by this wonderful civilization, is to examine the mistakes that were sometimes made. The French have a term for these mistakes: *Les repentis*.

People that examine beautiful 18th Century furniture tend, not only to look at the visible, finished carvings, but in order to date furniture, look at the parts that are not seen. Once a piece of Mahogany is carved, smoothed, and covered with shellac, it is very difficult to know if it is ancient or a modern forgery. But the parts that were not seen - the underneath of chairs and tables and the backs of wardrobes - tended to be left unfinished and so one can date the age of any such creation by seeing the types of tools used to cut the wood. One looks at the saw marks.

In a similar fashion, although it is difficult to date stone, it is both interesting and possible to learn about the tools used by examining unfinished stones, or where errors were made.

We can see that saws of some kind were used, tube drills used to make holes in stone and even see, in some cases, how the polishing was done.

Of course, our very skilled colleagues can, by going into the akashic record and linking with the recordings of the workers of that time, see how they did what they did.

Now, although the akashic record does not record tools themselves, it does record the memories of those that created and used the tools, which comes to the same thing.

We have a clear picture of the techniques used to carve, polish and transport massive stone elements.

The difficulty we have, as I mentioned earlier, is that planet Earth is huge and people develop in different ways. Although the tools used were similar, they were put to vastly different uses, according to the desires of the population of any particular country and culture.

But we can list the main techniques that had been invented over the long history of this civilization, and we will.

First and foremost, we must mention a technique used to make stone carving easier, that our modern civilization has not yet discovered. This previous civilization discovered that by bombarding hard stone with microwaves, they could either soften it or make it liquid.

This may seem like a fantasy to us, but was a technique used all over the planet.

By softening stone to the texture of putty, it could be molded into virtually any shape required.

By making it liquid, it could be poured into molds and left to set.

If you can accept that this technique for modeling stone is true, it immediately opens the door to understanding how seemingly impossible objects were made.

If you think of how we, today, can create beautiful things from clay or liquid plastics or even glass poured into molds, I hope that you can appreciate that if you can soften or liquify stone, similarly beautiful and intricate objects can be made.

Of course, making things from stone is all well and good, but it doesn't explain why certain things were made.

I think that we can understand that the beautiful stone vases that were discovered in tombs and are now in museums, were quite simply created to satisfy the needs of that population (civilization), just as we use vases today: as decorative items, to display flowers, to store food, etc.

The technique used, was to take a block of stone, soften it and mold it on a potter's wheel, just as we would do today.

Or they would liquify the stone and pour it into a mold, as we also do today. It was quite simple.

We, of course, as we look at the finished works, now in extremely hard stone, cannot imagine how they were made. The trick was being able, using microwaves, to soften the stone.

There is something that puzzles us, however. In a site called the Serapeum, in Egypt, there are a number of huge stone boxes, mostly with a perfect finish and some with lids and some without.

The question is, what were they used for?

We have to admit that we do not know for certain.

We know how these boxes were made, but we do not know why.

Obviously, as such a lot of work went into making them, they must have been important. I will describe the technique used to make them a bit later in this chapter, but I wish, first, to describe the rest of the techniques and tools used by this civilization and then we will discuss what the elements created were used for.

After the comparatively simple - to that civilization - task of softening and/or and melting granite and other hard stones, we must describe how they were moved.

Once again, modern archaeologists either ignore how they were removed and raised into elevated positions, or if they do mention the subject, they suggest that the stones were moved using lots of manpower and round logs (tree trunks). They have no credible answer to describe how the blocks of stone were raised, sometimes, to impressive heights, nor how they were fitted precisely into position.

The truth of the matter is that, as everything is made by frequencies, or vibrations if you prefer, stone is created by atoms coming together and being held together by gravity, which is another form of frequency. We have discussed this topic elsewhere, so I won't repeat the subject.

It suffices to accept that everything in so-called physicality is matter coming together by vibrations.

This being the case, this previous civilization discovered that by using suitable frequencies blasted at the stone, its weight could be negated and the stones moved by gentle pushing with the hands.

So, these enormous and potentially unmovable blocks of stone, once quarried, were blasted by frequency generators and when the correct frequency was obtained, the blocks would be weightless, at which point they could be lifted from the quarry site, transported to where they were needed and placed in position. Then the frequency generators would be switched off and the stone resumed its original weight.

So, lifting and transporting extremely heavy stones was simple for this race of people.

This technique was known about and used all over the world where stone monuments were required.

Now, let us go on for a moment and discuss how stone was quarried, sawn, or drilled.

Archaeologists and various scientists have puzzled over this and have, quite rightly, dismissed the idea that it was all done using copper chisels and stone balls.

They have also come to the conclusion that the work was achieved using diamond-tipped tools and very advanced machines - this also is not correct.

Certainly, this civilization had very advanced lathes and other tools, but in fact, the trick with cutting or forming the work in stone, was to soften the stone using microwaves, at which point the stone could be cut using simple saws, tube drills, and other tools, much as we use today.

There was no need to use diamond-tipped saws or tube drills. As the stones were soft as putty, they could be cut with simple hand tools.

Next, let us look at the huge stones found half quarried, found in Baalbek, Lebanon.

These clearly show scoop marks and were carved from the bedrock, first by softening the stone, and then scooping the excess stone away using scoop-shaped shovels, rather resembling huge spoons.

Imagine taking a block of ice cream, allowing it to soften somewhat, and then scooping the outside of the ice cream away using spoons.

If you can visualize this, and then enlarge the vision to a 1,000-ton block of granite, the same technique was used.

Now we go on to look at the statues in museums attributed to Ramses. These beautiful statues, and others, often repeated - meaning that there is more than one of them, sometimes large numbers, all identical. These were achieved by making molds from stone, just as we would today when creating many identical objects. Then liquid rock was poured into them, allowed to set, and the molds pulled apart.

Any rough edges would be smoothed while the rock was still malleable, until it was perfectly smooth. At this point, the rock would be left to harden.

Let us now turn to how the shiny finish was applied.

Scientists assume that rock was polished by sand until it shone, but this is not the case.

In fact, this civilization managed to make - we don't know how - a form of plastic sheeting and the objects that needed to have a shiny finish were wrapped in this material that eventually hardened and stuck to the rock, forming a rock-hard surface to the stone.

The only parallels we can suggest to clarify the technique used, is to think of French polish applied to wood. This hardens and forms a shiny surface. Or, perhaps, imagine how people today might wrap a car or any other object with shiny plastic.

But we must say that the 'plastic' that was used did not come from oil. We do not know how the wrapping material was made, but we do know that it could be made into sheets and applied to the surface of stones, as some people, today, wrap cars and other items, or it could be made liquid and applied as people today apply French polish to wooden furniture.

Once it hardened, it became as hard as the rock itself.

What happened to the tools and why are none found today?

You must realize that when the ELE occurred, the devastation was immense and the tools were flung far and wide away from the sites where they were being used.

Some were flung into oceans, others ended up in jungles.

You must remember that the vast majority of these tools were simple, hand-held tools. Quite what they were made from, we do not know, because the akashic record does not record the making of the materials that were used.

We must assume that they were made of a form of steel.

We must also add to the mystery the fact that, although the ELE occurred about 13,000 years ago, the creative process had been going on for hundreds of thousands of years, so many simple tools had been created, worn out, and recycled by this civilization.

As, at the time of the catastrophe, there was not a great deal of work going on and as the tools were flung far from the sites where they were being used - as were the people of that civilization as the planet rotated - and we add to the mix that even 13,000 years is a long time, and time has helped recycle the metals used, it is not surprising that no tools are found.

Always bear in mind that large, complicated machines, such as we use today, were not necessary.

The fact that stone could be softened or liquified, enabled simple tools to be used, certainly no more complex than any carpenter, motor mechanic, or house builder would have in his toolbox.

So, at the risk of disappointing some people who might have hoped that we would describe huge and very advanced tools, we have to say that our investigations have revealed that stone could be softened or liquified, and once that was achieved, it could be worked much as clay is used today.

Add to that the fact that even the heaviest of rocks could be made weightless using vibrations - think of, in the Bible, the walls of Jericho tumbling down under the vibrations caused by trumpets - and you can start to realize that this previous civilization, although very advanced, did not need exotic tools to cut or mold rock.

Just before we end this chapter, let us think about what happened to their flying machines.

Once again, due to the fact that the akashic record does not contain the memories of anything non-human, it is difficult for us to be certain of the fate of these machines.

Certainly, a lot of them have been destroyed and time has recycled the materials used, but we think that some, at least, were able to fly to places like the moon where, certainly, they would have to battle with the reptilians that guard the moon, but as far as we are concerned, they are lost to us.

So, we apologize, but we can offer no information on the fate of these flying objects.

Therefore, I will bring this chapter to a close. I have only given a brief overview of this civilization. A more complete description is outside of the scope of this book.

I have told you what we know of this civilization and of the tools they used to cut stone.

I have also been honest and told you what we don't know.

I hope that I have said enough to help you understand where many of the stone monuments found on Earth come from and how they were made.

CHAPTER 38 - THE UNIQUENESS OF ATOMS

Where shall we go next?

This book, basically, is about how you, having your incarnation in the 6th dimension, nevertheless, retain a number of links in the 4th.

We got off that subject in the last chapter when I explained about the stone cutting techniques used by a previous civilization. But we will return to the main purpose of this book in this chapter.

I will mention another link that you in the 6th have and maintain with your other body in the 4th.

For those who are new to this subject, it may seem strange that you can have more than one body but in fact, for those who have read and understood not only what we have told you in this book, but have also explained at some length in all the other books we have given you, all life is multidimensional and multifaceted. There is not one thing that exists solely in incarnation.

At the same time, there are many things that exist solely in other dimensions that do not have an incarnation in the 6th.

So, what are we going to talk about in this chapter?

We are going to talk about how atoms, which seem physical to those who study them, actually are astral events and the physical part is an illusion.

This may seem impossible, because those who examine atoms, either using the most powerful electron microscopes, or by bombarding them against each other in the Hadron Collider, seem to find real, visible, and solid (to a certain extent at least) objects that they observe.

However, just as if we examine electricity - which is made of atoms - we only see the effects. We never actually see electricity itself. This is because atoms of electricity are found in the 4th dimension, not the 6th. The effects are seen or felt in the 6th, but the atoms remain in the 4th.

I have no doubt that there will be physicists that will hotly deny this, but I am not here to battle with such people.

Those who live in our dimension, the 4th, and have studied this subject, state that atoms are an astral creation, and I, for one, have sufficient respect for such people, not to argue with them.

Many wise people in my dimension have studied the subject of atoms for many, many years and have come to the conclusion that all atoms - not just those of electricity, but all atoms that eventually create all life everywhere - are astral and the things we see in the 6th dimension (incarnation), are but the end result of astral atoms creating objects in the 4th dimension.

Some of you may already be aware of this, but as this book is designed to bring many subjects together in one volume, I hope you won't mind if I explain the subject again. Who knows, perhaps I may be able to introduce topics that were not previously mentioned.

Perhaps, to kick the subject off, I may be allowed to explain why there are atoms at all, whatever dimensions they might be in. After all, if it is true that all life came, originally,

from the kindergarten areas and was then transferred to the 8th dimension and after that to the 7th and so on, why were they not created as solid objects: humans, cats, dogs, lions, tigers, and so on.

Everything that we find on Earth has its origins in the higher dimensions and follows a plan in terms of its shape and what it is meant to be. A dog is a dog and always will be. A cat is also, forever - until it is recycled after its demise from Earth - a cat.

Everything is given a shape, a form, and everything knows what it is going to be, including you and me.

This being the case, why is everything made of atoms coming together to form whatever it is meant to be?

Why is it that you, for instance, once it was decided that you were going to be you, were not just given the shape that you have (or think you have) and stop at that?

We could answer this quite simply, by saying that the form that you see looking back at you in a mirror is only imagination, and in reality, you don't have that shape at all.

We have discussed this many times and I hope that some of you have accepted this rather startling fact.

So, to try to see why everything is made of atoms, we need to understand what your true shape really is.

First, I must repeat, that your true home is in the 4th dimension.

Even this is not totally true, as a part of us remains in the 7th dimension. But we go to where ever our focus is and once our incarnation ends, we tend, most of us, to refocus our attention back on where we came from. This tends to be the 4th dimension for most people.

We, generally, do not focus on the 7th, because that dimension is more remote.

Before we come into incarnation - for those of us who choose an incarnation - we spend a long time in the 4th linked to our oversoul group and so we see that place as home.

At the end of our journey, that we call incarnation, we return home to the 4th.

That place is non-physical, although it certainly feels physical once we arrive home to the 4th.

Perhaps it would be better to say that it is non- incarnational (if such a word exists), the point being, that it is in a higher dimension and lives by different physical rules to those that you who are experiencing your incarnation, are subject to.

For a start, although we can create a sort of physical body if required to do so, our natural form is pure energy, pure consciousness.

Before I continue, let me explain why we sometimes create bodies. There are people living in the 4th dimension that do not realize that they are dead, from an incarnational point of view. This may seem strange, but it is so.

Such people create, with their imaginations, bodies similar to those that they had during their incarnations. It is only by groups of such people, creating what looks like a body, that enables them to talk to each other and to react with each other.

So, we, if we wish to interact with these people, need also to create a sort of physical body, otherwise they would not see us.

But for the majority of us, our natural state is a singularity of consciousness.

Consciousness has no shape or form. A singularity of consciousness can be considered to be a very small atom that, nevertheless, contains every part of our make-up, including the

God essence. So, our natural shape is an atom. Of course, this is not really true, as a singularity of consciousness is far smaller than an atom but also contains the totality of who we are, including our God spirit, our life plan, our personality, and every other part that goes to make you who you are and every other life element who they are.

So, our natural shape could be considered to be only a spiritual force - consciousness -, if that makes sense, but even consciousness has to have some sort of form, so it has a singularity as its shape.

To repeat, a singularity is a tiny dot, containing the totality of who we are. There is one singularity for every life form, no matter what dimension it is in.

Every grain of sand, every plant, animal, human and nature spirit, etc., everything that is alive, is actually an individual singularity. Not one singularity for all life, but all life has a unique singularity, no matter what it is, or where it is.

This is an immense number of singularities, but they are so small, that the whole lot of them if put together, would take almost no space.

I should also say that these singularities are actually in the 7th dimension, even though, due to the fact of where our focus is, we create an illusion of form in the 4th.

Now, I need to be careful and not get sidetracked, as I really wish to talk about atoms. The problem is that all things are connected and so, to explain one thing often means that I also have to explain something else first, in order to make the point I am trying to explain clearer.

I like to make complicated things clear but I need to balance clarity with confusion, as it all can start going around in circles.

I will say that our singularities are in the 7th dimension and remain there. We could consider our singularity to be the true us, so if I were to describe who we really look like, I would have to say a singularity and that we are in the 7th.

But we came from the 4th and we return to the 4th, barring a brief sojourn in the 6th (incarnation).

I said that incarnation was and is an illusion. This implies that we actually are elsewhere. So, we tend to say we actually came from the 4th, but if we are in the 7th, how can we be in the 4th at the same time?

To cut a long story short, I have to admit that life in the 4th dimension is also an illusion, just as incarnation in the 6th is an illusion.

If we are anywhere, we must be these singularities in the 7th.

I won't go down this road much longer, except to say that cleverer people than I have studied this topic in-depth and question if even the singularity in the 7th is an illusion.

But, fascinating as this study is, I won't explain further and stick to the point that we are singularities in the 7th.

Singularities are very much like small atoms.

Now, what has all this got to do with everything being made of atoms?

You, me, and all things being created - possibly - from individual singularities may give us a clue, but if we were frankly honest, we would have to say that this is speculation. The only thing we are sure of is that we are, individually and collectively, pure consciousness.

What does that statement mean?

Studies by our colleagues in the 4th dimension have suggested that each individual life form has consciousness. This implies that every grain of sand and everything else is not only alive but has a life plan, awareness of what it is plus the God spirit, and on and on. All these as single, individual forms of consciousness.

Let me explain this again, simply and briefly.

Ever since life began, an immense time ago, every single thing that has ever been created by God's archangels and given life, was also given its own form of consciousness.

It may be difficult to imagine that a grain of sand is alive, has a life plan, a personality, and so on, but it is so.

Just try to imagine how many individual types of consciousness there are, or have been or will be, starting at the creation point in the kindergarten of creation and going on until our creation ends, billions of years into the future, at which point it will all start again.

No one would be able even to imagine such a vast number of individual consciousnesses.

And yet, the strange thing is that, at the same time, there is only one.

How can we reconcile this conundrum? Countless individual singularities, assuming that singularities exist, and yet, at the same time, there is only one universal consciousness, that some people call God.

I say, some people, because there are many who do not accept the concept of God - the creator of all that is - but they do accept the concept of universal consciousness.

We are not particularly interested in those who do not, themselves, take the trouble to think about God or universal consciousness. We do not imply by that statement that people that do interest us are passionate about either God or universal consciousness. We simply mean that some people have thought about both subjects, God and/or universal consciousness, to the point that they have formed some opinion as to whether either or both exist.

There are many people that never seem to consider these matters and that is, of course, fine by us. But we address our comments, primarily, to those who have thought about either God or universal consciousness. We are content to let those who have not puzzled themselves as to whether God and/or universal consciousness exists, go on their way. They have all eternity before them to start to question these important matters and so we let them sleep in the arms of Morpheus for the moment, until they wake up and start to take an interest in these matters.

But let us return to the subject of atoms.

By discussing singularities and universal consciousness and the fact that we live in the mixture of the 7th, the 4th, and while in incarnation, the 6th, I feel I have somewhat clouded the water, but I did it, in part at least, to explain that if we are non-physical and not even one-piece creations, it must be obvious that we do not have a specific form (shape) until we appear in incarnation, in the 6th dimension.

What we see looking back at us from a mirror is considered by many people to be our shape, our form, who we are, and in that case, we don't really need atoms to define us. The person who looks back at us from a mirror is, or appears to be, a solid block of flesh and blood.

Of course, even to the most obtuse person, they would have to admit that this shape is not set in stone, so to speak.

Over time, we grow or diminish somewhat - from childhood to old age. Equally, we might become fatter or thinner.

So, the image that looks back at us from a mirror is not a fixed, unchangeable block, as a statue might be.

Our morphology changes over time. That alone would demonstrate why we cannot just be made from a block of flesh.

This, of course, brings us back to atoms.

Now, there is much more to the story of why atoms exist and why everything is made of atoms than just the fact that they combine to create everything, including you and me.

We have already discussed most of this in various books, but as this particular book is meant to be a collection of a number of subjects, and as this chapter is a discussion of why atoms exist and the role they play in creating us, let us go over the subject again.

First, we must say that when atoms are examined by scientists, they only see a part of what an atom is and what it contains. Scientists only see the part that is visible in the 6th dimension - that of physicality - and have no means of observing what is going on attached to each atom which is, quite simply, the auras that are of different frequencies than that of physicality.

Scientists are aware that atoms contain the physical DNA of what they make up, such as animals, plants, and humans, and can even relate the DNA of a human to any particular human, but it stops at that.

The truth is a bit more complex than that. I won't go into too much detail as to exactly what atoms are and how they combine to create all that is, but I will give you sufficient information so that you can understand how marvelous and necessary atoms are in creating all that exists.

First, I had better say that everything, no matter what dimension it is found in, is made of atoms coming together, under the law of mutual attraction, to form whatever is required.

Further, all things, once again, no matter what dimension they are found in, start off with a thought. By this I mean, people have to use their imaginations, in conjunction with their desires, to want something to appear.

You should, really, already be aware of this. If something is not desired and no one thinks about how it can be made, it would not exist. But, if someone thinks that it is a good idea to create something, they start to visualize the object and in a high dimension, astral atoms come together to create what we might call a model or a blueprint of the object.

Over time, assuming that the person with the initial idea continues - either on his own or aided by others - the model is perfected, until a final form is decided upon. This model may be modified quite simply because, being made of atoms in an astral plane, atoms can be added, subtracted, or moved around, until a final version is decided upon.

If what was thought into existence only concerns life in the higher spheres, it will remain in non-physicality. If, however, it is something that might concern physicality, for better or for worse, the concept will be placed in the mind of someone incarnate and that person will, either on his own or with the aid of others, seem to have a bright idea and will, in all probability, construct the object.

Once again, if from a physical point of view, the object contains imperfections, other complementary thoughts will occur in the higher dimensions, which will be placed in the minds of interested parties in incarnation, and improvements or modifications will be made.

But it all starts in the higher spheres as atoms combining, subtracted, or being modified as to their position in the object, until a final form is decided upon.

This also applies to you who are in incarnation, and to me who is in the upper 4th dimension now. Also, I should say to all life everywhere, no matter what it is, from a grain of sand up to and including archangels and everything in between, either positive or negative.

Absolutely everything, in all the dimensions, is created of atoms.

In the case of sentient life, these atoms come together under the influence of DNA.

By this, I mean that anyone who decides to have an incarnation, is influenced partly by themselves, what they choose to look and act like, and partly by their parent's genes. Obviously, these atoms are also affected by life plans, the chosen personality, and a number of other things.

All these considerations affect the types of atoms that come together to form that person.

But it does not only concern people in incarnation. All life, in any dimension, is shaped and formed by atoms - this time astral atoms - that come together to create whatever is required, in whatever dimension.

This may be difficult to appreciate at first and is a concept that has to be lived with until it starts to make sense.

What the above statement suggests is, that there are atoms and atoms. Not all atoms are the same.

This should be obvious to those who have followed our various teachings, but surprisingly few people are actually aware of this. So, please let me explain.

Each and every atom contains the life spirit (God). But and here is the important bit, each and every atom contains a life plan that is linked to whatever purpose it is designed to serve.

By this, I mean, that all atoms are created - by the Directors of Life - to serve some specific purpose.

An atom that is designed to create a sky, for instance, will only create a sky.

An atom that is designed to create water, will only create water.

Similarly, an atom that is designed to form part of a specific flower, or a specific animal or human, or a specific nature spirit, will only ever help create that specific object.

This is important to understand. So, I will repeat and expand on this.

For every flower, animal, human, nature spirit, demon, either physical or in the astral realms, that exists, there are specific atoms that will only ever create that specific object.

Is this clear?

I do not mean that there are atoms that create flowers as opposed to trees, shrubs, grasses, etc. I mean that for every flower that has been, is, or will be created, there are atoms that will only ever create that specific flower.

So, if you look at a field of flowers, either wild or cultivated, each and every one of them has specific atoms designed and manufactured by the Directors of Life, that will only

ever come together to create each and every specific flower. All other atoms will be used for other purposes to create whatever exists, but each atom has a specific life plan and that life plan draws it, by the law of mutual attraction, to link with and to create a specific 'something' and will remain in suspension, until that something is created.

This is an amazing concept and is largely unknown outside of the group of people who follow our teachings.

If we return to humanity, the story is as follows.

When you and I were first created, we were just singularities. This implies that the point of life that we call God was selected from the 8th dimension to be human and was given to us. So, we were given a stamp, a logos, that told each singularity, in our case, that it was going to be a human, as opposed to being anything else.

In the 8th dimension, vast numbers of singularities were, and are, given a logos that inform each singularity that it is alive (the God spirit) and that singularity's destination is to be something specific. In your case and mine, it was to be a human. Other singularities were given a God spirit and a logos that gave those singularities the information that they were going to be something else. Each singularity was informed that it was going to be something, but in an individual sense.

At that point, the chosen singularities move to the 7th dimension.

Now, all singularities follow a similar path (all life being one), but some will be specific humans, some specific flowers, trees, shrubs, and so on. Some will be specific animals and on and on, creating all that exists, in all the dimensions.

But, and once again I repeat, each singularity will be a specific something. A specific human. A specific animal. A specific flower, tree, shrub, or whatever is required.

At the same time, for each something that has just been informed that it is alive and that it is going to be a something, the required number of atoms is also created that it will need while in the astral planes or in incarnation, if that something is destined to have an incarnation.

These atoms are stored in the specific files of the objects in the akashic records.

Can you understand this? It is difficult, so I will repeat it in different words, just talking about you, although what I will say applies to all things.

As you reach the 7th dimension, the Directors of Life create all the atoms that you will ever need and they are placed in your file in the amazing akashic record.

So, by implication, it presupposes that you already have a basic life plan and all the atoms that you will ever require, right up until the moment that you will join back to the Godhead, millions of years into the future, including also all the atoms that you will require if you have an incarnation in the 6th dimension - where you are now.

This, of course, seems impossible and it probably would be, if life was as complicated as what we describe in our various books and lessons.

However, once one realizes that the vast majority of what we experience is just imagination and doesn't really happen at all, the number of atoms required is actually very small.

But, to complete the story, as if it were all true, which is how we experience life, let us go on as if life in the astral realms and life in incarnation was real.

So, I don't know if I should apologize in advance, by telling you about what could be discovered about atoms, as I just said the reality is that most of it is an illusion.

In fact, as I have explained in another chapter, it is all illusion, and in fact, it is all created by our imaginations.

But, at the same time, until humanity advances enough to realize that none of it is real, it will, one day, pass through the phase that I mentioned earlier, which is for every object, astral or physical, each thing has its unique set of atoms that it draws from the akashic record to assist its development, as it progresses through life.

Therefore, as you can see, we have, once again, a conundrum.

On one hand, we have this hugely complicated system of everything being created of atoms, of which each atom serves a specific purpose.

On the other hand, we have the proposal that all is imagination - illusion - and the only thing that is possibly real, is that we are all singularities stuck in the 7th dimension.

As I mentioned earlier in this book, even that may not be true and the only thing that actually exists is a force known as universal consciousness - whatever that is. And I can tell you that as far as I am aware, people agree that universal consciousness exists, but exactly what it is and where it is, no one knows.

So, we have this problem.

If I were to say that the only thing that exists is universal consciousness and that all the rest of life is imagination, there would be no point in writing these books. There would be no point in scientists of various kinds incarnate investigating life and there would be no point in very advanced beings in the astral realms also studying life.

Can you imagine the consequences of just accepting universal consciousness as all that exists?

There would be no God. No Directors of Life. No dimensions. No galaxies. No aliens. No demons. No nature spirits. No you, no me.

The only thing that would exist, would be universal consciousness.

Now, this may well be true - although it is hard for me, at least, to accept.

I, like you, am aware that I am living a life. I, like you, see all that surrounds me and seems so real.

I have a past, a present and, I hope, a future.

I have emotions and a personality. No doubt, you are the same.

So, where does all this take us? Wherein lies the truth?

Well, although I accept, in theory, at least, that universal consciousness might well exist and that all the rest is imagination, I also believe that, even if it is imagination, I have to exist to be able to imagine all this illusion.

Excuse me for mentioning me. I also include you in this thought exercise.

For you to imagine all that is around you, you have to exist.

I am going to leave universal consciousness for more advanced souls, far into the future to worry about. What conclusion they might come to is not my concern. Certainly, universal consciousness seems to be a remote concept, when compared with all that the Directors of Life have created for God's benefit and for all of us to experience.

Life as we live it seems real to me, as I am sure that it does to you. At least to those of you who have your feet on the ground, metaphorically speaking.

What we talk about to you is wild enough, without trying to describe that none of it exists, except universal consciousness.

Therefore, I think that I can bring this chapter to a close. I wanted to describe what I have been taught, which is that for every object, no matter what it is nor where it is, each object has a unique set of atoms that will only ever be used to create or sustain any object.

The subject was more fully explained in one of the books that we gave you.

It is an interesting concept, because it links to DNA - why all life forms have unique DNA (DNA being made of atoms) - and we can take it on into other areas.

For instance, there have been some captured UFOs that very clever scientists have tried to back-engineer. Although they have made some progress, it has been an uphill struggle, for the simple reason that the materials from which the craft is constructed are made from atoms unique to any one craft.

These atoms may or may not closely resemble atoms found in alloys on earth, but the differences have perplexed scientists for many years. I could go on but, I hope that I have said sufficient about atoms to inform you of how complex and wonderful the system is.

So, I will stop here.

CHAPTER 39 - HISTORY – TRUE OR FALSE

Off we go again.

I have been asked to make this book as complete a work as possible, so that it stands in its own right as a comprehensive treatise on the exchange between your world and mine. Obviously, I can't put in one book all that goes on in the dimensions outside of yours, but with a bit of luck, by the end of this book, you will have more knowledge on the after-life than anyone else incarnate has ever had.

So, what shall we talk about now?

Let's look at history.

The history that you are given about the country you live in and the world in general comes, mainly, from books. Some written long ago and some more recent. Some are based on speculation, hearsay, and old wives' tales, and some are based on archeological discoveries.

As you can imagine, it would be difficult to obtain a true picture of any event, unless you were present throughout history, as it happened, wherever it happened.

This, of course, from your point of view in incarnation, would be quite impossible.

Time-travel for you has not yet been discovered and even if it were, you could not be everywhere on the planet at the same time, observing all that was going on with every person as their lives unfolded.

So, from your point of view, a true, accurate study of history is quite impossible.

But I must say, that most people's lives, years ago, unfolded in a manner that is of no interest.

There would be little point in watching a shepherd just looking after his flock of sheep, or goats, unless something exciting happened.

We have an example of this when one or more shepherds, following a lost goat into a cave, found a number of scrolls dating from a previous century in history.

Once again, we have no means of verifying whether this story is true or not.

The important point is that these Dead Sea Scrolls were found and are being studied by expert translators.

We have no means of knowing if their translations are accurate or contain errors. We have no means of knowing if their analyses of the stories contained in the Scrolls are accurate, verbatim translations, or if what the scholars write is not colored by their religious beliefs.

So, we are reliant, not on the events as lived by this group of monks, long years ago as they actually lived and experienced events, but by other priests or scholars who wrote the Scrolls, perhaps long years after the events and wrote what they thought happened. Already, there is a distance between the people who experienced certain things and later scholars who wrote what they thought might have happened.

Then we go on to when the Scrolls were discovered. Some were destroyed. But of those that remain, as I mentioned, we count on modern scholars giving us an accurate translation of the words written on the Scrolls.

This is no easy thing to do and we can forgive scholars for any mistranslations. Lastly, we have the possibility, that if a translation by a scholar does not conform to his religious

beliefs, he might falsify the translation and write something that does conform to his beliefs.

So, you can see from that example, historical events as we are told happened, may be a long way from the events as actually were lived by the people involved.

Errors and mistranslations creep in, either intentionally or accidentally, and alter our understanding of life as lived by previous civilizations.

What can we do about this?

The truth of the matter is that ordinary people incarnate can do nothing to verify what actually happened.

The problem is further exacerbated by other writers and scholars writing books based on half-baked information that was already written. This increases the confusion to the point that it becomes impossible for anyone seeking the truth to do so.

We can read endless tomes written about Jesus, but none of them are based on what Jesus really did. They are all based on biblical stories, often created centuries after the life of Jesus, and they just repeat the tales in the Bible about Jesus

Those of us who have actually studied how Jesus lived, by linking to his file in the akashic records, are amazed how different his actual life was to what is reported in the Bible and by any subsequent volumes produced, all based on the tales reported in the Bible.

This can be said about all historical figures, whether it be Moses, Hannibal, the kings and queens of ancient times, the Egyptian Pharaohs, and on and on.

They are all based on hearsay and romanticized versions of what people thought might have happened.

The problem is then made more complicated by so-called experts vehemently defending their works, telling us that what they write is the truth, because it is based on accepted theories. No other contradictory evidence is available, so what they and previous authors write must be the truth!

We have the same with all historical events.

So-called experts look at the pyramids of Egypt and around the world. They look at the Sphinx in Egypt. They look at Stone Henge and various standing stones elsewhere in the world.

They look at crop-circles.

They see films of flying saucers and on and on.

With very few exceptions, the conclusions that they come to and the books they write expressing their convictions, often are a long way from the truth, but they defend their theories with the greatest vigor.

You may have noticed, however, that opinions on any historical subject change somewhat as the years pass and new evidence comes to light. This is a clear indication that very few people have the truth on any historical subject.

Truth does not alter with time. If a subject is true, it remains true. Yet how many subjects have remained unaltered over time? As new evidence on any subject comes to light, so the story alters.

And yet, these so-called experts seldom apologize for having given us false information. They just continue as if they have the right to have said what they said at the time and just incorporate new information as if it is perfectly normal. This bothers us somewhat. We understand, of course, that they reported what facts they had at the time and modify their reporting's as new evidence comes to light, but they seldom stop to think that what they said previously was not true and misled people. It seems an odd way to proceed. In our opinion, if someone is not sure of his evidence, it would be better not to report it and stay quiet until he is sure of his facts.

However, it is not up to us to criticize such people.

We note that these experts are not really experts and leave it at that.

So, the question is, how is it possible to verify any historical event, so that the truth is expressed?

The only and obvious way, would be to visit the scene and watch the event unfold. However, as time travel is not possible, we would have to use another method.

As we have said many times, all human events are recorded in the akashic records.

I need to clarify a few points.

Imagine a cine film, where a great battle is taking place, or an event like Moses crossing the Dead Sea. The film would show close-ups of the main characters in hand-to-hand combat but it would also show aerial shots of the great armies, or the entire group of escaping slaves crossing the Dead Sea led by Moses.

But when we go into the akashic records to investigate any event, we can only link to one person at a time.

The problem is further exacerbated by our having to locate individuals who were involved in any event. If you can imagine the billions of people whose lives are recorded in the akashic record, going back from today into the distant past, it is very difficult to locate any one person who was involved in any event.

If by chance the event we wish to study was created by someone whose name is linked to any event, like Jesus, Hannibal, Louis XIV, or any other famous person, we can quite easily link to that file and follow the life of that person and thus obtain the information we seek.

But if we are trying to locate nameless (to us) individuals, who were involved in any event that history has noted, it is almost impossible to locate any individual.

We need a key - a name or a personality - for us to be able to find that individual and look at his life, until we come across the part that interests us.

If we can do this, we can see the event unfold, as if we were looking through the eyes of that individual.

This obviously needs clarification.

Let us take the life of, perhaps, the most famous person ever to have had an incarnation, Jesus.

Now, it is fairly easy to link with the akashic record version of Jesus, although, of course, he is still with us in the 4th dimension and, of course, is constantly adding to his file in the akashic record as do we all. But our interest would generally be what he did during his incarnation some 2000 years ago.

It is fairly easy to locate that part of Jesus's personal file in the akashic record and we can examine a copy of the part that we are interested in. We never see the actual file. We always see a copy. This, by the way, applies to all people. No matter whose file we examine, we always see a copy. The original remains sacred for all people.

But we can locate a copy of the life of Jesus quite easily.

However, we do not see Jesus as if he was being filmed from a distance. We see the life of Jesus through his own eyes, looking at people. We can hear him talk, but we have to use some telepathic skill, as Jesus actually spoke Aramaic, so we need to link to his thoughts in a telepathic manner, so that we can receive his thoughts directly and understandably to us.

The somewhat annoying factor, is that we do not see Jesus as if someone was looking at him. We see through the eyes of Jesus looking at other people.

However, we can follow Jesus as he moved around and we can see exactly what he did, with whom he communicated, and how he lived in a general sense.

Now, this chapter is not about Jesus. It is about how we can find the truth about historical events.

I will just say that the life of Jesus during his incarnation bears very little resemblance to the life that people think he led.

So, we have this rather strange picture, that if we link to any person, we only see and hear what that person saw, heard, and said. We never see the person him/her self, as we are looking through the eyes and ears of that person rather as if we, ourselves, were looking at someone.

The only way we can ever see an important person, is if we can link to someone looking at the person we wish to see and then, of course, we can see through the eyes of this second individual and actually see the person that interests us.

We can only do this if we can link to someone else, which is not an easy thing to do.

But there is one way of seeing the individual that interests us and that is by manipulating the images we are receiving, so that we appear to be taking part in an event.

For instance, mentioning Jesus once again. We can link to an event where Jesus is talking to some people, giving a message.

Normally, as I said, we would be looking through the eyes of Jesus and could see his audience and hear his voice in our heads, so to speak.

However, as we are looking at a copy of an event and not the original, we can manipulate this copy, so that we appear to be part of the audience and then we can see Jesus from the crowd's point of view and hear what Jesus was saying, as if we were in the crowd.

This is a fascinating way of looking at any historical event, as we can see it unfold as if we were present at the time the event took place.

Being able to manipulate the copy in the akashic record of any event involving any person with whom we can link is a very educative way of studying any historical event and enables us to follow the event as if we were present.

This applies to any event. The only limiting factor is being able to link with someone's record in the akashic record. This is not easy and implies that we can, indeed, link to someone.

But that is the only way of getting a true view of any historical event.

The problem is, of course, that if we were to go into the akashic record and describe historical events that involved important or well-known people, writing what actually occurred, instead of what history books have noted, our story would probably differ greatly from what history books describe.

So, who would believe us?

If, for example, we saw that Jesus was not crucified as described in the Bible, this would outrage followers of the Christian Faith, so it would be rather unkind of us to describe how Jesus acted when he was at the point of being arrested.

We are prepared to reveal the truth about how Jesus acted, to our followers, but we prefer to let the rest of society believe what is written in the Bible.

There is no point in causing a rift in the belief systems, carefully put into place to fool the public.

So, we have this conundrum.

We have history books telling us an enormous number of things about how history was created and we have the truth that we can find out by visiting the akashic records.

Sometimes the actual events follow closely what is described in history books and sometimes the truth differs widely.

But, as I said, it is better, generally, to say nothing. Let sleeping dogs lie, as the saying goes.

Most people are not interested in truth and are quite happy to accept the stories as described in history books.

But for those of you who are interested in finding the truth about any person or event, it suffices to learn to enter the akashic record, and there the truth will be revealed to you.

CHAPTER 40 - BURIAL TOMBS OF PHARAOHS

This book should be exclusively about the link between the 4th dimension and the 6th (incarnation).

However, I have, from time to time, allowed myself to stray from that path to discuss other areas that interest people, such as massive rocks that were hewn from bedrock and transported vast distances to construct various monuments and statues in Egypt and other places.

Related to this, I have been asked if I could mention how fantastic, long, and complicated shafts were tunneled in mountains in Egypt to create burial chambers for various pharaohs, including the beautiful wall paintings that still grace these burial chambers.

So, I will, once again, stray from the true nature of this book and I will describe how these burial chambers were constructed, as I know that many of our students are interested in the mysteries of Egyptology.

In order to describe what happened, I need to tread on a few expert's toes, metaphorically speaking, because experts in Egyptology tell us these tunnels were created fairly recently in Earth's history.

In fact, the history of Earth is a lot older than imagined by so-called experts, and as I have mentioned before, there have been from time to time extinction level events (ELE's), that virtually wiped out previous civilizations, obliging life to start again.

The latest one was about 13,000 years ago and is mentioned in the Bible and other historical and mythical stories as the great flood - Noah's Ark - etc.

At the risk of repeating myself, in chapter 37, it was mentioned that the previous civilization to ours began about 1,000,000 years ago and was wiped out about 13,000 years ago.

That was a considerable length of time and enabled many advances to form.

Actually, these so-called tombs, the majority of them at any rate, were created by this previous civilization and were simply re-used by priests and pharaohs as burial chambers.

This being so, the story links to chapter 37, in that this civilization had developed the technique for softening rock, which made gouging out huge tunnels going vast distances into the mountains and going down considerable depths into the bedrock of the area, known as the 'Valley of the Kings', not difficult.

There are also areas such as Osirion, where massive blocks of stone were cut in order to create extraordinary structures.

Once again, it was all done thanks to softening rock with microwaves, which enabled these impressive works to be accomplished quite simply.

We should, perhaps, consider why these underground tunnels were made by this previous race.

We have investigated this in the akashic records and we think that we are sure of our facts.

The first thing we must mention, is that these constructions were made before the ELE, which was caused by a meteor striking the planet in an area that was occupied by a group

known to you as the Lemurians which, unfortunately, had a massive super-volcano, or Caldera, rather like the one in Yellowstone Park in America.

The effect of this meteor hitting such a volcanically active area, created an enormous explosion, which caused the planet to rotate somewhat. It was the partial rotation of the planet that caused the ELE and all life, or most of it, was eliminated.

What was left, is the evidence of stone constructions around the world that puzzles man today.

But what interests us in this chapter, are the tunnels dug by this previous race.

As we said, the technique of softening rock with microwaves was well known, as was the technique for eliminating the weight of rocks, enabling them to be transported long distances and raised into the required position.

At the time, prior to the ELE we have just described, the area we know now as Egypt was in a hot, steamy, area roughly where we find Java today.

Therefore, to escape from the rain and the rather unpleasant weather, a decision was taken to build shelters underground.

This race had a great respect for all living things and did not construct houses from wood. Nor did they rob planet earth of oils. So, plastics were not created.

The only way that this group could escape the inclement weather, was to create underground dwellings. Thus, they tunneled into the mountains of the area in which they lived and created a large number of underground dwellings.

Once the ELE hit, there was a long period in which human life was devastated and it took a long time to recover any semblance of civilization again

Eventually, the survivors of this previous civilization bred and created a society far in advance of most of the rest of the world.

Memories of what these people had before the ELE were handed down in folklore and in early scripts and the society that Egyptologists study came into being.

Most of the tunnels that were dug as housing by this previous civilization, had their entrances concealed by falling rock and the people trapped inside obviously died from lack of food, water, or by being flung about as the earth rotated.

Inevitably, however, many of these tunnels were discovered by the new civilization. The rubble was cleared out from the entrances and the skeletal remains removed.

Eventually, of course, folklore gave a mystical reason for their creation and it became the custom for Pharaohs to be buried in them after their deaths, thinking that these almost magical underground constructions would create a link between the Pharaohs and the afterlife. The Pharaohs already considered themselves to be gods and so it seems logical that they should be buried in magical - to them - underground places.

At this point, I must mention the workforces that were hired to work on these underground constructions.

Modern archaeologists have discovered the remains of buildings constructed to house workers and it is considered that these workers, using copper chisels and stone balls, constructed the underground housing.

This, obviously, is ridiculous. It would be quite impossible for workers using primitive tools to construct magnificent underground dwellings, some going hundreds of metres into the bedrock and going many metres down.

In fact, these workers were hired to clear the rubble from the entrances of these places, clear any fallen rock inside caused by the earth shifting and clear any skeletons and other remains of the previous civilization.

The rubble cleared out was conserved, and once the ceremony of the Pharaoh's burial completed, they used the stones to conceal the entrance to the tomb.

I will also say, that although many of these underground dwellings have been discovered and used as burial chambers, there still remain some dwellings that have not been discovered.

If the day comes that modern archeologists discover one or more of these underground dwellings, they will find skeletons and cooking implements but they will find no evidence of a buried Pharaoh.

Let us look at the beautiful wall paintings.

These are interesting because, they are, in fact, a mixture of Egyptian paintings and of those created by this previous civilization.

It is difficult to decide which is which, as this previous civilization only used natural pigments, as did more modern Egyptian artists.

Also, the styles of painting are very similar.

Obviously, pictures containing the name of the Pharaoh were created by Egyptian artists - the name is written in a cartouche - but you will notice from time to time, pictures depicting strange creatures, half-man, half-beast, or bird.

Now, the paintings are a bit more complicated than just two different races painting on walls.

We have the first race - the one that went extinct - painting specific types of people and half people and we have the second race - the more modern one - that felt obliged to paint in a similar fashion, as the already existing paintings on the walls.

So, using similar pigments and painting in a style that was close to the original paintings, the more modern artists painted the history - either true or fictitious - of the glorious exploits of the now-defunct Pharaoh. Thus, we have a rather confusing blend of two different groups recording the exploits of their races, all painted on the walls of the now Pharaonic tombs, that were just homes of the previous race.

So, it is difficult to tell one lot from the other.

However, the first race, that which was exterminated, was very much into genetic experiments and had created people (if I can use that word) that were mixtures of man and beast.

Thus, over time, they created a variety of people, or creatures, part man and part beast.

They created the creatures we know as minotaur's, sphynx, centaur, griffin, merpeople, etc.

These were real, living creatures. They were not used much, as their intelligence did not lend them to blend in with this previous society.

But they were created and usually placed in zoos that people could visit and laugh at.

Obviously, when the ELE hit, most of these creatures died out but, as always, a few survived.

Many of these species were incapable of reproducing, so even the survivors died out but a few survived and reproduced and now live either in remote mountainous areas or deep in primal forests or even seas.

So, we find today, from time to time, creatures we call dogman, bigfoot, merpeople, usually called mermaids, chupacabra, and so on. These are the living ancestors of the now-extinct race, or rather their created entities.

On the other hand, the artists of the later race, that were called in to decorate the walls of these caves that were destined to become tombs, for Pharaohs used to take drugs like Ayahuasca, that caused them to have strange visions. The hallucinations enabled them to paint all manner of creatures they saw when under the influence of drugs.

The creatures they drew and painted - taken from their drug-induced visions - were not quite the same as those painted by the previous race, but were close enough to cause confusion among experts today.

The artists from this new civilization deliberately copied the style of the first (extinct) race, not only to maintain continuity, but also because they thought that the paintings made by the first group were depictions of gods. Remember that the feeling was that the caves or tunnels they discovered were made by gods, so the paintings must represent gods.

We do the same today, or used to, getting artists to paint either on canvas or directly on walls of churches and sanctuaries, pictures of the exploits of those whom we consider to be gods. And if you look at these paintings created in the 16th, 17th, and 18th century, are all very similar in style.

So, you can see the correlation between what early artists in Egypt created, to those made by the first group before the ELE. They all look rather similar.

The difference, of course, is that the first group painted reality while Egyptian artists painted the images they perceived whilst under the influence of drugs.

We must now look at how the tunnels were illuminated, as obviously, they were pitch black inside.

The now extinct race had invented a form of electricity, that was used to illuminate the tunnels, rather as we illuminate our homes today. The electrical devices did not resemble the electricity we use today, but they had electrical illumination.

When the ELE struck, these electrical systems were trapped inside the tunnels, along with the unfortunate people trapped in the tunnels.

Eventually, when the tunnels were discovered and as people began to clear them out, they came across these devices. At first, the Egyptians had no idea what they had discovered and many of these electrical lighting systems were discarded. However, a few were saved and people began tinkering with them.

After a while, they managed to make at least one of them work, and much to the amazement of these modern Egyptians, they created light.

Once again, the Egyptians thought that this was magic, but they also saw that they could illuminate the tunnels, so that they could see clearly enough to paint the pictures they had been instructed to paint.

These devices were only used in the tunnels, as the Egyptian population thought they were the invention of the gods that had inhabited these tunnels.

So, they were not duplicated to illuminate people's homes. The Egyptians were scared of them as, especially if they were tampered with, they could harm or kill.

So, the Egyptians treated them exclusively as god inventions and they were only used in the tunnels - the homes of the gods - as they considered this previous race to be.

It was unfortunate that this ELE happened to this remarkable race, but the upside is that most of the entrances to the tunnels were blocked by falling rock, which helped preserve the remarkable paintings that were merely done by this previous race as embellishment, rather as we would hang pictures on the walls of our homes to provide decoration.

When the Egyptians removed the rubble from the front of the tunnels - the entrances - they found the paintings remarkably well-preserved. That was, of course, because the previous race lived in a hot, humid area, which would have destroyed the artwork with fungi, but once the ELE spun the earth to where it is now, Egypt, the hot, dry, climate was perfect for preserving these works of art. The modern Egyptians discovered walls covered with paintings in pristine condition, as if they had been painted yesterday, figuratively speaking.

Of course, now that these tunnels have been exposed to the atmosphere, the breath, and bodily perspiration of millions of visitors, the colors are beginning to fade, but they still remain as a tribute to the skill of the artists spanning many thousands of years.

I think that I have said enough about the origins of these tunnels to give you an acceptable overview of how they were made by this previous race - by softening the rock - and how they were re-used by the Egyptians to bury Pharaohs

What I haven't talked about is how and why huge, heavy, stone boxes were placed in alcoves in Saqqara, but we discussed this in chapter 37.

Therefore, in a way, chapter 37 and this one go together and could be considered to be one chapter.

So, I will stop here and move on to the next chapter.

CHAPTER 41 - INCARNATION AND ITS LINK TO HELL

We now turn to a subject which, once again, is seldom mentioned.

I wish to discuss how, as we move from non-incarnation into incarnation, our attitude alters.

What do I mean by this?

Quite simply, I refer to the fact that we move from the peace, quiet, love, and tranquility of the dimensions we might find ourselves in and are thrust into the rough and tumble of incarnation.

Have you ever considered why there should be such a stark contrast between the two states?

After all, one moment, if we ignore our so-called physical bodies and just consider our non-physical part, for many, many years we have been going through a process of training from the 7th dimension to the 4th, and at no time in those dimensions is there any hint of violence and yet, all of a sudden, we move to the 6th dimension - assuming that we opt to have an incarnation - and we can be subject to all sorts of violent, physical, and/or emotional and mental traumas, that can cause the greatest turbulence.

This can result in mental and emotional trauma or can result in physical trauma resulting in death of the physical body, in some cases.

Why does this happen? What is so different about the 7th and 4th dimensions compared to the 6th that seems to allow and encourage such a change?

This seems even more bizarre when we consider that the 6th dimension is that of imagination.

Why don't we imagine a time of peace, love, and tranquility?

Who in their right mind would wish to move from calm into storm, especially as the stormy area is created from and by our imaginations.

Indeed, logic would dictate the opposite. One, I think, could easily imagine, that if the 7th and the 4th were seeded with violence and trouble, that to move to the 6th and try to create, with our imaginations, a plane of peace would make much more sense. And yet the opposite obtains.

We move from relatively real calm, into imaginary conflict. Clearly, there is something amiss here!

This, as you may be aware, is the 9th book in this long series.

Although, throughout these many pages we have written, we have discussed many things, we also talked at length about incarnation and have broached the subject of mental and physical violence in and on the incarnation planes. We have explained what occurs when we move into incarnation, but we have not really discussed the reason why incarnation should be such a traumatic event, although we have discussed at some length the swing of the pendulum of life back and forth from calm to violence and back again and have mentioned Archons, psychopaths, and how we are all thrown together to meet and battle. I would suggest, however, that there might be more to the story than what we have previously discussed.

We have mentioned that once our incarnations are finished, depending on how we spent our incarnation, we will be separated into different areas that we call heaven or hell.

By this, we imply that during our incarnation, we have a certain amount of free will and can act in a positive or a negative manner. Of course, once our incarnation is finished and we return home to what we might term the 2nd part of the 4th dimension, depending on how we acted during our incarnation, by the law of mutual attraction we would be drawn to an area that corresponds to the mental, emotional, or physical state we constructed or created during our incarnation.

This was not very well explained, so please let me describe it again.

Now, before any incarnation, if we decide we would benefit from one, we spend a long time, partly in the 7th dimension and partly in the 4th.

The purpose of spending so much time in either or both of these dimensions is, among other reasons, to form our personality. This takes quite a long time.

At the end of this long process of what we might call education, although it is more than just education, we hope to be ready to face our incarnation.

We would have been taught and made aware of the fact that incarnation would throw us, for the first and last time, into the melting pot of having to mix with all sorts of people, some very different to us.

Before our incarnation, we would only, in any meaningful sense, have mixed with our own sort of people, but once we are incarnate, the sky is the limit in terms of the people we might encounter, good, bad, and indifferent.

So, we need to be well prepared. It is not easy to switch from one type of life, to mixing with all sorts of people.

There must be a reason for incarnation.

If you have read our other books, you may be aware that God, in some long distant past, charged his trusted servants, the archangels, to construct physicality, so that he could benefit from learning about the experiences people went through by having an incarnation.

I must, once again, for those who are gender-sensitive, remind you that literary tradition tends to refer to individuals like God by the appellation 'he', but as we don't know if God has a gender, you may think of God as he, she or it. We will continue to refer to God as he.

We also told you that the archangels failed to create a genuine physical plane, so they created an imaginary one in the 6th dimension - that of imagination - and persuaded those who thought that they might benefit from this imaginary form of incarnation, to do so.

But it is imagination that seems utterly real to those who experience it.

You who are reading this book and everyone else that is around you, are experiencing this imaginary incarnation.

But what is the point of it?

More importantly, why does it seem so unpleasant?

Of those who experience this incarnation, it comes as a great relief, once it ends, to find themselves back home in the peace and love of the 4th dimension.

Even those who have a near-death experience (NDE), almost invariably speak about the pure love they feel as they touch the heavenly planes.

Does this not seem a bit strange?

Before incarnation, we feel nothing but love and once we return home to the 4th, once our incarnation ends, we feel nothing but love, but during this imaginary incarnation we, generally speaking, feel a great deal of hate.

Perhaps hate is a too strong word, but I am sure that you would agree that incarnation is far from a peaceful experience and once it is over, once again, generally speaking, we are glad that it is over and we wonder why on Earth we volunteered to undergo it.

We could say that it is all good experience, but that doesn't seem quite a good enough reason to have to undergo long years of comparative torture, just to gain experience.

There is a strange logic to the whole event that escapes us.

We might appreciate that God might benefit from our experiences, but our God is a God of love, in which case, why does incarnation seem so unpleasant?

If I were God, I think that I might try and make incarnation a pleasant experience, instead of the living hell that many of us go through.

Assuming that God and his archangels are reasonable, kind, loving, and intelligent beings, if they have created incarnation to be so unpleasant for most of us, there might well be a reason.

If that is so, perhaps for the duration of this chapter, we might explore the rationale behind it and see if we can puzzle out why it is so.

It is not going to be easy, so bear with me while I try to unravel this puzzle.

We have been informed by various religions that God is love and yet these same religions have been responsible for the most heinous crimes imaginable.

The clue lies in the word 'imaginable'.

People use their imaginations to direct their actions.

Love for all sentient beings (animal or human) would seem to be the Modus Operandi of all and yet from the moment of our birth into incarnation until its end, most or many people either create or suffer misery. They create misery for others or they suffer misery at the hands of others.

I am going to reveal something about incarnation that has seldom or never been mentioned.

It was decided by God's archangels, when they created this imaginary physical plane, to link it to the hellish planes.

This startling statement requires some explanation to justify it.

God's archangels, although linked to God, who is the embodiment of total love are not, themselves, denoted of any emotion. They are just creators.

Indeed, in a sense, we could say that God, himself, has only one emotion, and that is love. God does not think in terms of love and hate, right and wrong. God - our God - was created to promote love and that is what he does. He has no other thought than the promotion of love.

But his archangels have greater liberty. They create most of the 8th, 7th, 5th, and (upper/higher) 4th dimensions full of love (as you should know by now, the upper 4th dimension includes - the so-called - heaven and hell as well as Summerland), but when it came to creating incarnation in the 6th dimension, they decided, to keep things in balance, to create it with the opposite of love.

It is not easy to find a word that describes the opposite of love. It is not really hate, as that is a very strong word. Nor is it really dislike. That might be closer but we ask you to imagine a state containing, as its prime cause, emotions that are the opposite of love.

I feel that you who are having an incarnation understand what I mean. So, what shall we call it?

Let's call it hate, but it really is not total hate.

We will just call the Modus Operandi of incarnation hate, but we just use that word to mean the opposite of love.

So, we who choose, chose, or, indeed, will choose to have an incarnation, receive education to prepare us to enter a battle arena. It takes a certain amount of courage to face an incarnation, knowing just how tough life is going to be.

As you may know, before incarnating, our minds are wiped by the archangels and so, for most of us, we are born not knowing that we have a life plan and not knowing that we are entering a battle arena. So, it comes as a surprise to most of us to find that virtually our whole lives we are fighting a battle against a foe that also doesn't know why life is so controversial.

If we could enter the negative areas of the heavenly spheres known as hell, we would find it very sad, very unnecessary in a way, that people in hell are constantly hurting each other or, in turn, being hurt.

It all seems so pointless to watch these poor, misguided wretches battling with each other, hoping against hope to win the battle in some way, yet knowing also that they can never win. As they slay one dragon, one enemy, so another appears and the battle continues.

Well, incarnation is based on the same format. No matter what we do in incarnation, we can never win.

The archangels designed incarnation to be like that.

We have described why. It is intended to keep life in balance.

It is intended to balance negativity with positivity to enable life to keep a form of equilibrium.

However, it does seem unfair because, although we learned about this before incarnation, the fact that we all have our memories erased puts us at a deep disadvantage.

We are forced to go into battle, not knowing who the enemy is, nor why they are our enemy.

And yet these archangels are very wise and one can be sure that there is a logical reason for what they have created.

Is it possible for us to puzzle out the reason why the archangel's created incarnation based on hell?

Let us look at any possible, logical reason for this.

We have told you in other works that not everyone has to choose an incarnation.

There are many people who are naturally very peaceful, loving, and believe in God. These are the ones who do not feel the need to have an incarnation and so these people progress onwards towards perfection in the astral realms.

But there are some, including you and me, that do not incorporate those loving thoughts into their personalities. This is not a fault. It is just the way we are.

In the case of these people that have not developed peace, love, and the desire to link with God, it is suggested that they have an incarnation. They are not forced to. It is here that the law of mutual attraction comes into play. Let me explain.

As you know, once our incarnation ends and we return to the second part of the 4th dimension, by the law of mutual attraction, we either gravitate to the more heavenly spheres, or if we have been unkind, violent people, we gravitate to the areas known as hell.

But the archangels decided, before any thoughts of moving on through the 4th dimension, to put into place a sort of staging post, where those who had not decided to follow the path of perfection, could get a taste of what hell might be like. It was intended to help people decide if they really wanted to follow a negative path, or by experiencing what negativity is really like, might reject it and turn to the positive path. This staging post we call incarnation.

Let me explain this again, so that it is perfectly clear.

The aim of life is, eventually, to blend with God.

To do this, it is necessary to learn about the holy path, watch how we are rewarded for love, and also to reject the negative path, by experiencing what happens to us if we follow the negative path.

The archangels hope that all people will follow the positive path towards God, as positivity creates spiritual energy and we all need spiritual energy to make life develop. Negativity destroys energy, but positivity creates energy.

The clever plan was to create a system, fairly early in the life of young spirits, to show them just how unpleasant negativity can be.

Thus, the plan that is known as incarnation was created.

It is imaginary, as we have told you, but due to the fact that people preparing for an incarnation have their memories of any previous teaching in the 4th dimension erased, they arrive in incarnation with no idea of why they are there.

Incarnation, being deliberately created to be somewhat negative, enables people to make a choice.

They can either react in a negative way or they can reject the negative aspects and turn to peace, love, forgiveness, and at least some of the positive aspects of the path to God.

As you can hopefully see, this incarnation is designed to act as a test.

The test is, do we continue to reject the holy path as we did before incarnation, or do we reject the negative path and turn towards God?

We may not see it in terms of following the path towards God, but by becoming a better person, we are following that path.

Incarnation gives us a taste of what negativity is like.

Its purpose is to push us one way or the other.

Do we continue down the negative path that incarnation presents, or do we reject it and turn to the positive path?

In broad terms, these are the choices we have.

However, it is not as simple as that, as our life plan, that we chose when in the 4th dimension, obviously plays a part in our decision.

Our life plan creates, if that is the correct word, the condition, and situation that provides making the choice between positivity and negativity somewhat easier.

For instance, if we were brought up by loving parents, in a good school, and obtained peaceful employment, it would not be difficult for someone to become a peaceful, loving person.

But, if someone was placed in a family living in very difficult and/or violent circumstances, in what we might term a ghetto and our education took place in a school where violence was not unknown, it would not be surprising if the individual concerned turned to violence him/herself.

Having said that, of course, the life plan and personality of the person can open the door to using those experiences as a springboard and the person in difficult circumstances might turn to positivity or vice-versa.

This is the way that incarnation was designed and the way it tests us as we progress through our incarnation. But, behind it, no matter how hard we battle to become a good person, the nature of incarnation is always presenting us with negative aspects, constantly testing and challenging us. It is a permanent battle to resist negativity.

However, no matter how unfair we might consider incarnation, and in a way, it is unfair, this is the challenge we accepted when we agreed to test ourselves by having an incarnation.

We had it all explained to us and although we had that memory erased before we incarnated, it nevertheless remains intact in our file in the Akashic Record and can be recuperated if and when we can link with our higher self.

Once again, we have the problem of how many of us incarnate know that the Akashic Record exists and have heard of our higher self?

There may be a few people that were born into families in which the parents were aware of the advanced teachings, such as we give you and thus may be knowledgeable concerning the Akashic Record and higher self and how to contact them and be guided by the information contained in them, but the vast majority of people incarnate at any time will have never heard of them and thus cannot benefit from their guidance.

So, what chance have these people of turning from evil and linking to the positive way of life?

Certainly, I, when I was passing through my incarnation, had never heard of higher self, although I might have heard of the Akashic Record. Even so, I never linked the Akashic Record to being able to provide information about how to live. So, I blundered through life and although I was never deliberately unkind or cruel to others, I cannot say that I was the epitome of holiness either - far from it.

This raises another point.

How on Earth can we possibly come to terms with incarnation, if we don't know that there is any alternative to being in constant battle with the rest of society?

How often are we either verbally or in written form feeling aggressed?

I am sure that you who are reading this chapter have been verbally or even physically aggressed by people.

If you are old enough to be responsible for your lives, you receive, from time to time, letters informing you that you are being presented with a problem.

It goes on and on.

Even when you die in a physical sense, depending on where you live, you might receive one last assault, in the sense of death duties and, almost certainly, you - or your family - will get one last attack, in that payment must be made either to bury or cremate you.

So, from the moment before your birth, until after you die, the negative forces attack.

For most people, as they are not very rich, the attack takes the form of financial. The whole world turns on the subject of money.

Does this seem logical? Does it seem right or correct?

It is strange, because outside of incarnation, money does not exist. There is no need of money in either the heavenly or hellish spheres.

It is purely something that exists in incarnation and yet incarnation is only imaginary. It doesn't really exist!

So, why is money so important?

I think that you who are experiencing incarnation, do not need me to tell you that money is the fuel that drives, not only the economy in most countries, but that shapes most people's destiny.

The difference in the way that rich people live compared to poor is dramatic and contributes to a great deal of jealousy, hardship, and grief. It often affects the length of people's incarnation and, certainly, affects the quality of life.

Of course, as we have stated in the past, the invention and introduction of money is an Archon concept.

We cannot now imagine incarnation without money, but as I just said, it is an imaginary concept, although it seems very real to people undergoing their incarnation, especially for those who lack enough money to live correctly.

In this respect, although I said that God's archangels based incarnation on the notion of hell, these archangels did not introduce the concept of money.

The Archons who, being negative beings (spirits), were drawn to incarnation, which is a negative concept, introduced the concept of money, to give the instrument of unpleasantness another turn of the screw, if I may thus express it.

Therefore, once again, I am sure that most of you who are reading this chapter are very much aware that money, or lack of it, shapes your everyday lives.

That, by the way, is the reason that many legal events concerning possible faults in comportment, in one way or another, may well include the possibility of prison, but in addition or exclusively, may include financial penalties - fines of various sorts.

A rich person who receives a fine would not need to worry, but for a poor person, having to pay a substantial financial penalty, might introduce real hardship. As the majority of people are not rich, fines can and do cause much worry and stress.

All this is promoted by people under the influence of Archon control and is intended to cause hardship to as many people as possible.

It could be argued that, if people did not transgress the law, then they would not get a fine, but there is a whole host of other events, such as the various taxes placed on people or the cost of electricity or water that, if one is unable to meet these costs, they are raised

as a delay in payment occurs. Once again, this is designed to cause unhappiness to as many as possible.

The object of this chapter was to reveal to you that incarnation was created by God's archangels to give you a taste of what hell might be like, in the hopes that people would turn to positivity, which enables a more peaceful life to be led and also creates positive energy.

I have mentioned at least one aspect (money) that was introduced by the Archons and was not introduced by the archangels.

I will also just mention that hell in the 4th dimension contains many levels and the deepest, darkest levels of hell, are infinitely worse than incarnation.

But at least you now know why incarnation is so unpleasant, but it can be improved by following the path to God that we have described in many of our publications.

I will end this chapter here and turn to yet another topic that I hope you will find informative.

CHAPTER 42 - LIFE AND DEATH

On we go again.

This time I wish to discuss with you the subject of death of the so-called physical body, what happens to it and why certain things happen upon death.

As you should know by now, you have, close to incarnation, effectively, two bodies. The first we will call the physical body, although it only exists in the imagination, and the second is a spirit body that lives in the 4th dimension, and via a silver cord, operates the so-called physical body. You should all be familiar with this concept by now.

I will try to ignore the spirit body in the 4th dimension and concentrate solely on the physical body.

This is interesting in that, although it only exists in imagination, it does react as if it were alive. It functions exactly as all life functions, in that it follows the four phases that all life follows, namely, birth, growth, decline and death.

Now, I repeat that everything that is alive and is in physicality, follows this same pattern: birth, growth, decline and death.

It may be hard to imagine that a grain of sand, or a mountain, or, indeed, the entire galaxy is not only alive, but must follow these four patterns during their existence, but they do.

Even our enormous galaxy, with all of its countless suns (stars), planets, and moons will fade and die one day, but they will. All are mortal, just as you are and all must follow the four-fold pattern of birth, growth, decline and death.

However, this does not mean that the galaxy will die all at once. Just as humans or any other life forms die one by one, so the planets will die one by one. We already see this in planets or stars that reach the end of their lives, explode in a strange way, and then just become lifeless objects floating in space.

Actually, they are floating in a space full of dark energy, which is supporting them.

The explosion that people observe in the night sky corresponds to the death throes of humans and animals as their lives cease and they give a last kick or jerk of their body, a process humorously called 'kicking the bucket'.

Quite where that expression came from, I do not know, but it aptly describes the last act of the brain from an electrical point of view, the muscles being controlled by electrical signals from the brain, responding to the impulses from the auras projected from the astral body and descending into the physical body via the silver cord.

This last jerk also corresponds to the moment when the silver cord breaks and there is no further connection between the spiritual body and the physical. That is the moment of death of the physical body. The physical body can never be revived after this break occurs.

The spiritual body then returns to the 4th dimension, either by passing through the tunnel of light, or by being met by a loved one, who guides the liberated spirit back to Heaven.

But we are not discussing the spiritual or non-physical body. We are talking about the so-called physical body that everything in incarnation has.

So, to return to the physical body, which not only applies to humans but to all life forms; animals, plants, etc.

However, we will concentrate on what happens to humans as they die.

Once the silver cord breaks, the person is dead and nothing will revive him.

Now, at this point, the process of decay sets in.

If a person is left to his own devices, the decay process can be followed in a fairly logical manner. But generally, in western cultures, a person is called to attend to the body and his main duty is to drain the blood from the body and replace the blood with formaldehyde, which preserves the body for a while. He will also prepare the face with makeup, to try to make the face as lifelike as possible.

We must admire these people, as they do a noble and important task of making the body look as well and lifelike as they can, so as to not shock any loved one who wishes to view the body.

In other cases, the body is disposed of as quickly as possible, so as not to be greeted by the unpleasant sight of a rotting corpse.

Disposing of the body is done by burying or cremating it.

But suppose someone dies alone in a remote area and is not discovered for a long time, or not at all.

What happens to the body that will ultimately reduce it to a skeleton?

You will notice that time seems to play a part in this event.

And yet time is an illusion, as is our physical body. But so well designed is this illusion, that it seems totally real.

Something that you may not have thought about, is that all is made from mother earth and everything ultimately returns to earth.

When a foetus is in the womb of its mother, it is fed from whatever the mother ate. All that she ate, vegetable protein or animal, was nourished from the earth. Plants grow in earth and receive their nourishment from the elements contained in the soil.

Animals; cows, sheep, chickens, etc., also receive their nourishment from what they eat, which all comes from plants and grains, which are themselves nourished from the earth.

Thus, a foetus grows through what the mother eats, and that all comes from the earth.

So, the foetus, then the baby, then the adult person continues to obtain food that comes from the earth. Ultimately, if one thinks about it, all physical life is created and sustained from earth.

While in incarnation, we keep ourselves alive from the earth. There is no other nourishment than that which originates from soil - earth.

So, it would not be surprising if the cycle was completed by bodies returning to the earth, that nourished them all through their incarnation. That keeps the cycle of life going, benefiting from the earth and returning to earth again.

There are a number of creatures that work for what we might call the negative forces, that are charged with breaking down the elements in a dead body and returning them to earth, when they in turn die.

It is an endless cycle of being born from earth and returning to earth.

Thus, without going into the gory details of the various insects and creatures that feed off a dead body, the point I want to impress on you is that you come from earth and you will return to earth.

The only parts that resist for any length of time are the skeletal bones and even they will break down and return to earth eventually, which is why we rarely find any remains of cavemen, etc., unless their skeletal remains have been preserved by being protected from the decay process for any reason.

We might think that cremation prevents this process, but even by burning a body, the atoms of a person are released and will fall to earth eventually.

This process of being born from earth and returning to earth is essential to keep the cycle going.

There is another aspect that is seldom considered and it is this.

Worms and other somewhat similar creatures eat earth and extract their nourishment from it.

But what they excrete returns to earth and makes it grow.

Planet Earth is much larger now than when it was conceived by God's archangels long ago.

There are a couple of consequences from this growth of planet Earth.

1. If we need to find relics from a previous civilization, archaeologists need to dig. The further back in history they wish to delve, the deeper they need to dig.
2. As planet Earth grows in size, so it tends to rotate more slowly. You can prove this yourself by taking two balls, one small and one large.

The small one rotates, if you spin it, quite quickly, while the larger one tends to spin more slowly.

This is a natural law of physics.

But the point is that planet Earth is spinning more slowly now than when it was conceived.

Quite what the consequence is of the slowing of the Earth is hard to divine. It is a fact, however, that planet Earth is spinning more slowly now than before, and this fact is due to the creatures that break down plant, animal, and human material and their excretions nourish the Earth and it grows in stature.

The effect that this will have in millions of years is hard to calculate, but we can be sure that our planet Earth will continue to grow in size and thus move more slowly.

It rather reminds one of an overweight person, obliged to move more slowly than a slim person, but that is just me letting my imagination turn to seeing mother Earth as an overweight old lady!

Even though she is alive, we cannot really connect her with sentient life, having to move more slowly when overweight. It is just my humor.

However, the fact of the matter is that, over time, planet Earth has grown and this must surely have some consequences on the planet herself and on all life that lives on her.

At the moment, the slowing of the rotational speed does not seem to affect us, but as she grows and slows, we must expect there to be consequences.

However, that is all long in the future.

So, this short chapter was designed to give a brief overview of the fact that all nourishment for all creatures comes from the nutrients in the soil and all that nourishment

ultimately returns to earth nourishing her, and she, in turn, grows thanks to the nourishment she receives.

Before I finish, may I gently remind you that the physical body follows the four stages of birth, growth, decline and death. It is the fate that awaits us all, but do not worry, because your physical body is not only an illusion, but is not even alive. It is the real you - non-physical - that animates the body and when it is time to shuffle off the mortal coil, you will return to your home in Heaven and will be alive for ever more. You cannot die. It is only the puppet that dies. The puppet master is immortal.

I could obviously say a lot more about the death of the physical body, but I have deliberately ignored all the details that interest doctors performing autopsies and have looked at death from the point of view of everything coming from mother earth and ultimately returning to mother earth.

I hope that this might be a twist in the tale that you might not have considered before.

So, I will end this chapter here.

We will discuss another topic in the next chapter.

CHAPTER 43 - LINKING VIA THE AURAS

This chapter will deal with communication. As I am sure that you are aware, there are many ways to communicate and we have already dealt with most of them.

But, in this chapter, I wish to tell you about a communication method that we have not mentioned before.

To what am I referring?

Quite simply, I wish to talk about communicating using our auras.

You should already know that you have a permanent link from your body in the 4th dimension, if I may thus refer to this part of you, and your non-physical part, which is in the 6th that, in turn, sends the information via your silver cord to your so-called physical body, which is also in the 6th dimension, but in what is called physicality.

There is a bit of the above statement that is not truly accurate.

Your physical body doesn't exist. It is imaginary. But, for the sake of this discussion, let us imagine that physicality is real and thus your physical body exists.

To make sure you understand the process, may I repeat it?

You have a part of you in the 4th dimension.

Then you have another part of you (invisible) in the 6th dimension.

Communication occurs between these two parts of you, thanks to the auras that are always linked to these two parts.

Finally, this non-physical part of you sends all relevant information down a cord - the silver cord - to your physical body and you receive all that you need to know to make your physical body operate.

You can visualize the information coming down the silver cord as auras also and they link to your body thanks to the etheric double and the chakra points.

This should, hopefully, be knowledge that you already have and you may be thinking that I am preaching to the choir. But stay with me, because I hope to explain how, using these auras, you can communicate with other people.

Previously, we have explained how thoughts go from you into your personal file in the Akashic Record, and from there your thoughts are transferred to the personal file of the individual to whom you are speaking. Then, that information is transferred from this recipient's personal file, down an aura, and into the person's mind.

So, although in a conversation we seem to be using our vocal cords, in fact, it is an exchange via the Akashic Record.

It is the fact that incarnation is an illusion that enables us to hear with our ears and talk with our mouth, that creates this illusion.

We have likened it to a Punch and Judy show designed to delight children.

I wish, at this point, to dismiss these different ways of communicating and explain another, more effective way we can contact each other and communicate.

I am going to explain how we can use our auras directly.

In simple terms, the fact that we are all one and thus there is only one set of auras for all life, enables us to use this method of communication.

That sounds easy, but in fact, it is not at all easy to communicate using shared auras and thus I need to devote this whole chapter to explain.

We start with a problem we need to solve.

Although all life is one, it is not easy to accept this fact. I will explain why.

We, the Great White Brotherhood, have stated many times that there is only one point of life - a singularity - and that is all that exists. So, you and a grain of sand or a plant, an animal, a galaxy, a fairy, or an angel are the same. There is only this one point of life.

Even this is not true and, in reality, nothing exists, but we must imagine something or nothing will make sense.

Let us imagine that there is a singularity. That is hard enough to imagine. Can you accept that you are part and parcel of one life form?

To tell you the truth, I struggle with this concept, so I understand if you also are struggling with it.

The story is further complicated by us saying that it is your personality that enables you to imagine that you are you, a distinct entity, independent and apart from anything else that exists.

This seems more realistic. I can easily imagine that I am an independent entity, separate from anything else.

I have lived like this for as long as I can remember and I expect that you are the same.

I am me and you are you. That is because we have received information intended to allow us to go through this phase, until we can reject it and join into the oneness of life.

But this chapter is about auric communication. We need to realize that, at heart, we are all one.

If we can accept that we are one, that opens the door to us being able to communicate using this one set of auras.

Auras or dimensions, as they are sometimes called, are very important. They were created by God shortly after he came into reality, which was a very long time ago indeed.

Once they were created, they were used by God's special archangels to fill with all sorts of information, events, and beings, except for the third dimension, which remains empty for the moment.

There are so many of these things, that each one is placed as a sub-dimension in these various dimensions

For this discussion, we can largely ignore the mass of things placed in these sub-dimensions and concentrate on the basic dimensions or auras, as created by God in the beginning. It is thanks to these dimensions or auras, that we can communicate, if and when we know how. I can show you the how and why of this technique, but I cannot learn it for you. You must learn to do this. However, I warn you that it is not easy.

I will take my time in explaining this technique, but it is quite complicated and requires much thought on my part and much acceptance from you.

We must start with the fact that we are all one. Until you can accept in your heart and your whole being this fact, this form of communication will not work. Even we in the

4th dimension cannot begin to experiment with this technique, until we can accept that all life is one.

For this reason, we find that it is a technique that only angels can accomplish. They, in their final training, go through an event that exposes them to the fact that we are all one. This was explained in a previous chapter.

From that statement, you may assume that I cannot use this technique, so I am passing on to you information that the angels gave to us, the Great White Brotherhood.

You may question why, if you have little hope of perfecting this technique, I am bothering to speak about it?

The answer is that this book is designed to be a compendium of as much information that we can give you, concerning linking from incarnation to the 4th dimension, and this technique of communication is certainly part of that.

I will also say that all information concerning every aspect of the one life is stored in the higher self, which is also the Akashic Record. If you could link to the higher self, you could link with angels and begin to think as they do.

Once again, linking to the higher self is not easy and requires much dedication to the spiritual path. In theory, anyone who could link to the one higher self could have all the wisdom that the angels have, so this form of communication is, once again in theory, open to all. However, theory is one thing. Putting it into practice is another.

But, as all is one, you too, if you wished, could learn this technique of communication.

I believe that it is the technique used by angels, if and when they wish to communicate between themselves.

I have already taken several pages explaining how difficult this ultimate form of communication is and it is time we moved on to explaining how to do it.

We go back to the fact that all is one and that there are eight dimensions or auras.

That is all that is necessary to know to be able to communicate using the auras.

So, what do we do to communicate in this fashion?

Normally, auras link with us and pass information from one dimension or aura to another. If the information concerns us, it is passed to our etheric double, then to our chakras and we finish up with that information. It happens to us naturally.

But, in the case of external auric communication, it is different.

A skilled person can link with an aura or dimension and place information that he wishes to transmit to another in that aura and then he must direct that aura to the person he wishes to receive the information.

Can we, from now on, not keep saying dimensions or auras and just call them auras? Dimensions and auras are the same things.

How do we place information in an aura and how do we direct it to someone? For that matter, how does the recipient know that he is being contacted by someone?

These will be questions that will be difficult to answer.

Let us dive into the subject and do our best to answer these questions.

All we have to work on is that all is one and that auras can contain information.

I mentioned that, constantly, every one of us is sending or receiving information from our physical body to our non-physical aspect and that sends information to the part of us that is in the 4th dimension, which replies. So, we have this constant two-way dialogue going

on between our non-physical aspect in the 6th and the part of us that is in the 4th dimension.

We are using auras to communicate.

The point, however, in what we do, is that we are limited to the parts of us that are unique to us and that have the same frequency. The fact that we are all using our unique frequency, ensures that any dialogue, any communication, never strays outside of our private frequency.

To repeat.

We are constantly using our auras to communicate between our non-physical body in the 6th and the part of us that is in the 4th dimension. This type of communication is possible, because what we are sending or receiving is using our unique frequency as a carrier wave, rather as if we had two walkie-talkies, both of which were tuned to the same frequency.

We cannot reach outside of the carrier wave unique to each person.

But the type of communication I am trying to describe, whilst almost identical, can use the auras and reach out to another person. It is no longer using private carrier waves.

Someone able to communicate, using the auras, with a third party, has to reach beyond his carrier wave and the other person's carrier wave and establish a different method of contact, using auras, but not using unique carrier waves.

What does this mean?

As I said, we all have our own unique frequency and communication occurs thanks to the Akashic Record, which is able to take one frequency - that of the sender - and convert it to another frequency - that of the recipient of the communication. The transfer takes place between the personal files in the Akashic Record of the two parties.

But, in the case of the type of communication we are considering, another method is used.

I also said that, as we are all one, there is only one set of auras for all of us. Therefore, the way that this type of communication works, is because messages can be sent up and down this one set of auras.

What happens in practice, is that the first person, using his mind, places a thought in the auras.

We all have minds, whether we are incarnate or not. This thought would alert the recipient that a communication is going to take place. It is the equivalent of a telephone ringing after a person dials the phone number of someone else.

Placing a thought in an aura is not easy to do, nor to describe and takes much training to accomplish.

The thought has to bypass or ignore the normal method of communication using the Akashic Record and place it directly in an aura.

It is done using the mind and a degree of visualization.

The sender of this alarm call has to do two things with his mind.

He has to visualize a thought going into an aura and at the same time, he has to direct that aura to link with the person to whom he wishes to speak.

All this is done by a process of visualization. It is a thought process, but the thoughts must link with the auric system.

If all goes well, the receiver will pick up, via the redirected aura, the fact that someone wishes to communicate with him.
Once again, this is not easy to do.
Let us expand on these ideas.

How do we put information into an aura or auras?

Before I explain, please let me state that it is not necessary to select any particular aura. It suffices to know how to direct one's thoughts into the auric system and the auras will sort themselves out.

We just need to know how to link with auras.

The trick is visualization, as I said.

This involves concentrating one's thoughts outside of the physical, or astral, body, depending on if you are incarnate or not.

Linking outside of the body, simply means being able to reach out with the mind into another dimension.

It is a bit like meditation, where we do a similar thing. In meditation, we try to forget the physical body and allow the mind to move to a higher dimension.

In the case of contacting the auras, we allow our mind to go outside of the body and continue to move on and on, until we suddenly know that we have reached the auras.

It is actually more difficult than it sounds because, normally, we always remain within our personal frequency.

In the case of contacting our auras, we must allow our mind to continue far beyond our personal frequency, until we reach the auras.

Then we must continue to focus all our attention on that area, not allowing the mind to wander. This is enabled via a mastery of visualization. Visualization and focus are the same things.

Having got hold of the auras in the mind's eye, so to speak, the next stage is to place information in them and send that information to the chosen recipient.

This implies that the recipient has a mastery of auric communication.

Assuming that the person we wish to talk to has mastered auric communication, we visualize this person.

There are a number of ways to visualize this person. I will mention a couple.

If we know the person, we can visualize his features. If we do not, we need to visualize his personal frequency, by linking with it from the Akashic Record.

This is not easy.

We do not wish to contact the person from the Akashic Record. We desire to use his frequency as a contact point.

There are a number of ways to link with that person.

The important point is that he becomes aware of that contact.

Then, the contacted person has, in turn, to reach beyond his personal frequency.

From there, it is fairly simple for an exchange of ideas to take place. Each person, in turn, places his thoughts into the auras and a conversation can proceed.

Let me now explain just how this conversation can remain private between two people.

As a link is made between these two people, so the auras cease to exist in any meaningful way outside of the focus of the two individuals.

Let me expand on this point. To do so, I need to step back somewhat to what I said earlier.

There is only one set of auras for all of us. Thanks to our unique frequencies, we focus our attention on the entity we have in the 4th dimension and the non-physical entity we have in the 6th.

Effectively, we create a closed-loop between these two entities and as far as we are concerned, the only auras that exist for us are those ones connecting our two entities or bodies.

We, unconsciously but deliberately, take within our personal frequency, these auras, and outside of us, no other auras exist.

This is rather difficult to explain, so please let me have another shot at it.

There is only one set of auras, but each one of us, using our closed-loop, can take this one set of auras, encode them with our specific frequency and treat these auras as if we had specific control of them.

But the strange thing is, each person, incarnate or not, can do the same thing.

This is one of the amazing things about life. There is only one God. There is only one higher self, but each and every one of us can link to and use these unique things as if they belonged exclusively to us. It is a difficult subject to comprehend.

In the case of auras, you use the one set of them as if they belonged to you by encoding them in your frequency.

But all people can do the same, at the same time.

By the simple act of creating a closed-loop between any parts of you, you maintain the exclusivity of the auras.

At the same time, all people, both incarnate or in other dimensions can do the same.

So, if two people wish to communicate via the auras, they create a closed loop with their minds and maintain exclusive rights to use the auras.

This applies to all people, whether they are communicating with the bodies encased in their own frequencies, or communication via the auras with a person outside of their own closed-loop. They create an independent closed-loop for the duration of the conversation.

How do they create this closed-loop with someone else?

It is not difficult.

In fact, it happens automatically and we all do it all the time in our daily lives. It is a matter of concentration.

Imagine that you wish to talk to someone. This might be face to face, using a telephone, or using a video conference system.

We can even add to this, using emails or writing letters.

In all these cases, we concentrate our mind on expressing our thoughts to someone else - a third party - and this concentration on thinking about what we wish to say to a third party and then on that person's replies, automatically creates a closed-loop.

All the time that the concentration on the exchange of thoughts is maintained, the closed-loop is maintained. As soon as the conversation is finished, the closed-loop dissipates and no longer exists.

So, that part is automatic. It happens in one of two ways.

Either we use the Akashic Record to create that closed-loop or, in the case we are considering, it is the auras that create a closed-loop.

The object is to link one person to another for the duration of the conversation and that link creates a closed-loop between the two people concerned and, hopefully, the conversation remains private between them.

A third or more person(s) may eavesdrop on the conversation, which breaks the closed-loop to a certain extent, but it reforms as soon as the third person stops listening to the conversation.

We have covered the main parts of this chapter.

I wanted to explain how we can communicate with someone using the auras, instead of the Akashic Record.

I have explained how this can happen. I have explained the closed-loop concept. So, I think that I have explained enough so that you understand how difficult it is to talk to another using the auric system. But it is a more efficient form of communication, as it bypasses the need to use the Akashic Record and the translation of frequencies by the Akashic Record.

So, I will end this chapter here and move on to something else.

CHAPTER 44 - MAGIC IN ALL ITS FORMS

This chapter will deal with what you might perceive as magic.

We have repeatedly told you that there is no such thing as magic, which might be defined as using non-physical powers to create effects, when seen in physicality, as either positive or negative.

But we humans are capable of producing extraordinary effects, once we know how and I would like to describe at least some of these effects and how to produce them.

This will not be new information, as we have mentioned many times in other works, how to produce miraculous effects.

As this book is designed to bring many subjects together, it seems appropriate to mention miraculous events and explain their physics behind them.

Before we describe these events and how to create them, I thought that I would explain the history of miracles and when they started.

The history of man goes back a long way and many civilizations have been eliminated throughout time by global catastrophes, known as ELE's, and each time life had to start again.

Some of these previous civilizations became very advanced and learned to manipulate advanced physics, but some did not.

The civilization in which you live in at the moment has, by and large, not explored advanced physics for the moment and remains stuck using just conventional physics.

I will explain the difference between conventional and advanced physics in this manner.

Conventional physics, also known as Newtonian physics, uses just the thoughts and ideas pertaining to the so-called physical body or reality.

Advanced physics ignores physicality and what it can link with and uses the non-physical or astral body and realities. Those who can link with the astral body can, when they know how, start to manipulate what you call reality and thus create a plethora of marvelous effects that used to be called magic, although it is just manipulating higher or advanced physics.

You may remember us saying that no problem can be resolved from the level that contains the problem.

This implies that so-called magic cannot be produced from the level of the physical plane - incarnation, if you will. But once we can rise to a higher domain, that of the non-physical plane, we can begin to manipulate life in the physical plane, which is lower in terms of vibration than the non-physical plane.

As all are just vibrations (frequencies), from this higher level, we can alter the frequency of lower events and produce these apparent miracles.

But we want to think about when it all started. We could go back millions of years to when intelligent man first incarnated to Earth and had sufficient memory of his life in the higher dimensions to realize that he could influence incarnation, as it was just an illusion, imagination that seemed real.

But we have just mentioned the true origins of magic. It started and continues to this day in the astral realms, which is our true home and is where we all live if we are not having this incarnation in so-called physicality. In the astral realms, this seemingly magic is the

natural way we live. We do nothing in apparently physical ways, as we have no body that we need to energize, make move, or make speak. All that only applies while we are having our incarnation.

Before and after that incarnation, anything that we do is done using natural forces, that would be considered magic if performed on Earth.

For those who do not understand what these forces are, let me explain.

They are usually referred to as the Gifts of the Spirit. Let me explain this phrase first.

The Gifts of the Spirit.

There are two keywords here, gifts and spirit.

The spirit part refers to the fact that this magic can only be performed when one can learn to move beyond physicality and link to the non-physical part of us, that also can link to the necessary dimensions or auras (they are the same thing) to produce in physicality the desired effects.

The word gifts refer to the fact that these skills should only be used to benefit others and not ourselves. If we abuse these skills, a part of us connected to God, and at-one-ness, tends to shut down these skills and we can no longer use them. A full explanation of this subject would be long, so I ask you just to accept that if you abuse these powers, you will lose them. So only use them to help others.

You will note that I have been using the word magic, although I am just referring to higher physics. However, the effects when seen in physicality seem magical, so I will use the word magic as a sort of shorthand when I am referring to non-physical physics.

I will now describe these gifts. They often use French words, so I will add an explanation in English after each French word.

1. Telepathy. This is not French exclusively, but implies two people communicating verbally, but not using speech. The process consists of a transfer of thoughts up and down auras connecting two people. If done correctly, the process is as clear as if the two people were talking to each other. The words are formed or heard in the mind. I could liken it to the way people talk to themselves in their heads. However, the difference is the clarity and quality of information exchanged.
2. Telekinesis. The word is of Greek origin and implies being able to move physical matter using the mind. This, of course, is possible, because matter is illusionary, so if we can link to the etheric part of it, which is all that exists, we can move the etheric version of the object and the so-called physical part must also move.
3. Invisibility. This is the ability not to be seen. There are several ways to do this and I will explain them fully a bit later on.
4. Clairvoyance. This means to see clearly. This implies being able to link with someone or something and see it for what it is. Once again, I will explain this later.
5. Teleportation. This implies being able to disappear from one spot and reappear in another.

There are many more gifts such as seeing the past, the future and projecting into different dimensions, but the five that I have mentioned are, perhaps, the main ones that might interest you. In any case, mastery of these five gifts will occupy you for some time.

So let us start to examine the technique for mastering the gifts of the spirit that I mentioned, although, I must say that this or these techniques have been discussed before.

The basis of manipulating so-called physical matter is to rise above physicality through meditation and by linking with the higher body and the auras and thus to be able to manipulate lower matter, that of physicality.

It is strange that so many people would love to be able to master even these basic five gifts that I mentioned above, but these same people are often reluctant to devote the necessary time and effort to master meditation, that is the prerequisite for being able to manipulate matter.

One cannot manipulate matter if one is stuck in matter.

The material world is illusionary but seems real and all the time a person is trapped in this material world, one is at the same level as that of matter and so one cannot change this matter.

It is only by linking with the non-physical, which is of a higher frequency, that one can start to manipulate matter.

Please let me explain the basic theory behind manipulating physicality by rising above it.

The first thing that I must once again mention, is that physicality is not real. It is imagination brought to the fore of one's imagination field and all that you see, smell, touch, hear or taste, is given to you by the archangels, who helped you to create your imaginary body so that you could experience physicality. The five senses are all a normal person has to enable him to associate with physicality.

This implies, once again to normal people, that they cannot rise above the physical plane and are condemned to live life in the mundane world of physicality.

Once, however, one master's meditation, one can reach above and beyond physicality and begin to operate with and through one's non-physical body and start to learn to manipulate physicality in the way that mages - magicians - have done for ages.

That has always been the way that magicians have performed their magic. Whether it was mind reading, invisibility, moving instantly from one place to another, producing food or drink from out of thin air, or any other marvelous act, it was always achieved by the simple act of manipulating matter through being able to rise above matter and operating through the non-physical body.

You may have noticed that many magicians could not only work magic, but were often considered to be well versed in divine or spiritual law. This is because by learning telepathy, they were able to link with wise beings in the higher 4th dimension, who taught higher physics to these magicians, just as we provide information to you.

I had better also say that by rising to a higher level than that of physicality, such skills and such knowledge can be used for good or for evil. Knowledge is power and can be used for good or bad depending on the personality of the magician.

But I digress.

The basic tenet behind what I am referring to as magic, is being able to link to higher spheres than physicality and from there physicality can be manipulated.

The question is how?

The answer is that physicality is not real, but some things connected to physicality are.

I mentioned imagination. Imagination is connected to thought. By thinking about something our imagination kicks in and eventually our physical senses think that we have creation all around us. But even imagination needs something to work on to produce an image.

Now, everything that we think is physical is non-physical. The closest non-physical plane that we have to physicality is the etheric plane. So, from our thoughts, we imagine an object. It cannot exist in physicality, as physicality doesn't exist, so we imagine it in the etheric plane using our non-physical aspects; higher body, mind, imagination, higher self, thoughts, etc.

Let us take a simple example.

In a previous book, we suggested that you take a pen and visualize that.

At this time, let us consider a bird's feather. I do this for a reason, as feathers are known to all people and could well be the first object that you might consider moving using telekinesis.

The feather you can see with your eyes. You can touch it and so on. It is very light in weight, but it is a marvelously complex object and is well worth observing closely.

But it doesn't exist in physicality. It exists as a non-physical or spiritual object and that is all.

Your non-physical body senses it and sends the image down the silver cord, which connects your two bodies - that of physicality and non-physicality - into the imaginary senses of your physical body and then you see it as physical.

But your non-physical body can, at best, see it in the etheric realm.

It is your imagination that completes the picture and then you see it as a physical object.

Telekinesis. So, to work telekinesis, let us imagine that you have, laid on a desk or a table in front of you, a feather. It can be any sort of feather although, to practice telekinesis with it, it would be better to take a small, light one.

You see it as physical, although it only exists in etheric form and thus is invisible to your physical senses.

Can you understand this? It is a rather difficult concept to imagine.

As physicality doesn't exist, and I apologize for repeating this fact, it, the feather, the desk and everything else can only be seen in etheric form. It is your imagination that completes the image.

Now, this is where things get a bit complicated. To work any kind of magic, in this case, to make the feather move, we need strongly to connect with our non-physical or spiritual body. This can only be achieved through meditation.

Once we can link to our non-physical body, we have to visualize the feather in the mind of that non-physical body.

I failed to mention an important part of the trick: visualization.

We need to have practiced visualization until we can clearly see, with our eyes shut, any object.

So, we close our eyes, move into the meditative state and visualize the feather. This is not easy to do, so we need to practice looking at the feather with our eyes open. Then we close our eyes, move into the non-physical and try, clearly, to see in our imagination (the

mind's eye, so to speak), the feather. When we can do this, we can move to the second part of the trick.

In our non-physical imagination - eyes closed - we try to visualize the feather moving across the desk or table and then, still in our imagination, we place it down on the desk or table.

Next, we open our eyes and if we have done this correctly, the feather will seem to have moved to the chose spot when seen with our physical eyes.

This sounds easy and it is, when we can do it, but it takes a lot of practice to achieve this.

To repeat. To produce telekinesis.

1. We must perfect, as best we can, meditation.
2. We have to perfect visualization. I cannot overemphasize the importance of this.
3. With our eyes shut and in the meditative state, we visualize the etheric version of the feather moving from one spot to another.
4. We open our eyes and, hey presto, the feather has moved.

This is the basis of virtually all magic.

But don't forget to ask for protection before starting. Doing esoteric work can open oneself to attack by negative creatures, so asking for protection blocks any attack.

Invisibility. Now let us look at disappearing - invisibility.

As the above sentence suggests, creating a situation in which one cannot be seen, implies one of two manipulations.

Either, one can teleport to another location, or one can cast a spell that prevents one from being seen. I apologize for using childish words such as magic, invisibility, and spell, but they are the most readily understood words that imply manipulating physicality. They are not far from the truth.

We will mention teleportation first, as we have touched on this when talking about moving a feather. A similar technique is used to move oneself.

We will describe the technique, so that those interested in practicing it may. But I warn you that it is an advanced technique and it would be better first to master the technique of moving a feather, or other objects, before attempting to move oneself.

Before I begin, may I add a warning that I should have mentioned earlier?

It is all well and good practicing telekinesis on inanimate objects, but to use live animals as the focus of our experiments would cause alarm and distress to said animals and we should never harm any living thing. An object such as a feather has no feeling, but living creatures have, just as you have. I am sure that you would be offended and frightened if, out of the blue, you, who were somewhere, suddenly found yourself in a different place. So, please do not experiment on any living creatures, even small things such as ants. Limit your experiments to inanimate objects.

Having said that, I suggest that if you master telekinesis first, you will find that it will help you in teleporting yourself.

I will go back to telekinesis for a moment and suggest that you start your experiment on the smallest, lightest, object that you can find, which is why I suggested a small feather.

Once you have mastered moving something small and light, then you can move on to trying the manipulation on larger, heavier, objects. But you need to be careful in what you use and how you move it. A feather, if it lands on top of someone, will cause no harm, but if you move something heavy and you miscalculate its destination point and by accident, it lands on top of someone, it could cause harm. So, start slowly and progress carefully.

Size and weight are factors that need to be taken into consideration when practicing telekinesis.

So, let us return to the subject of moving oneself.

The theory is the same as telekinesis, but much harder to master.

You need to be able to visualize yourself.

Could you do this at the moment? It is much harder than you think.

You see yourself in a mirror, or are filmed and thus see yourself on a screen. But you can never directly see all of yourself.

You can never directly see your face with your eyes that are set in your face.

You can see quite a lot of yourself from the front, but you can never directly see your back, the back of your head, or all of your hair.

But, to teleport, you need to have a clear image of yourself.

So, all that you can do is to try to obtain a full-length mirror and look at your reflection in the mirror.

Look at your reflection in the mirror with your eyes open. Then close your eyes and try to retain that image in your imagination. Continue doing this until you can clearly see yourself in your imagination.

You can try to imagine yourself in different positions; standing, sitting or lying down. The better you are at visualization, the more clearly you will see yourself in your imagination.

Now to the nuts and bolts of teleportation.

The intention is to move from one spot to another... safely!

So, a couple of feet away from you, place a chair and sit on another one facing the aforementioned chair.

What you are going to try to do is to move from one chair to the other by teleportation.

I suggest that you sit on one chair and look at the opposing chair and get used to the feeling of sitting on that chair, looking at the second one.

Then stand and walk to the second chair. Look back at the first chair - the one you just left. Sit on the second chair and get used to that feeling.

For a while, move backward and forwards between chairs, getting used to the feeling of moving between chairs.

Eventually, sit on the first chair and visualize yourself, with your eyes closed, sitting on the first chair.

With your eyes still closed, visualize yourself teleporting to the second chair. Then open your eyes and see if you have moved to the second chair. It is not easy to teleport, so, initially, failure is certain. But keep on practicing until, one day, you move from one chair to the other. You will have teleported for the first time in your life.

But there are limits to how far you can teleport. In theory, there are no limits, and provided you can visualize your destination - in your imagination - you should be able to move to that spot. In practice, it can be dangerous, and if you lose concentration on your destination, you might land in a lake or the sea or even a country where you might be arrested for not having the required permits on you. So, only teleport to safe places.

Teleportation consists of changing vibrations. Each spot in the entire galaxy has a specific frequency. You also have a specific frequency. So, the point where you are now, consists of a combination of your personal frequency mixed with the frequency of the spot that you are currently at. To teleport, implies accepting into your frequency the frequency of the place you wish to teleport to.

In effect, when you visualize your destination point, you are combining your frequency with the frequency of your chosen destination point. You do not need to know the frequencies. It suffices to be able to visualize yourself, the point where you currently are, and also to be able to visualize your destination point. When you teleport, you incorporate your personal frequency, which never changes, plus that of your desired destination. If you do that with sufficient clarity, as you visualize your destination point and incorporate both those frequencies, you plus the destination frequency, you have to move to that destination point. The fact that you have visualized clearly the destination point forces your equation (you, plus the frequency of the spot on planet Earth that you want to go to) and as the new combined frequency corresponds to a new point somewhere, you have to move to that point. I will explain that again. Let us call your personal frequency A. Let us call the frequency of your departure point B. So, you start from a combination of $A+B$, which equals C. So, your start point, we will call C.

You wish to teleport somewhere. We will call that somewhere B1.

While you are at point C, you visualize where you want to go to. So that will be $A+B1$ which, combined we will call C1.

Thus, we have two equations: your departure point $A+B=C$ and your destination point $A+B1=C1$.

While you are at C, if you can clearly visualize your destination point, you create the equation C1. As C1 is a different location to C, you have to move to that new location C1.

It sounds a bit complicated, but if you can visualize your start and end points clearly, you will, eventually, move from your start point, to that destination point.

You don't need to worry about equations. I just mentioned those to explain how teleportation works in higher physics. In reality, it is all a question of visualization.

There is another aspect that I should mention.

As, when you prepare to teleport, you are changing vibrations somewhat, you need to be careful of what you wear and what you try to bring back with you.

What I am going to say might sound comical. It isn't.

Let me explain.

You have a unique frequency, the only person or object that has that frequency. The clothes that you wear may or may not have absorbed your personal frequency.

So, if you wish to teleport, make sure that you wear clothes that have thoroughly absorbed your frequency.

When you teleport, you move into the etheric plane, but that plane also has your unique frequency. The clothes that you wear may have absorbed your frequency or they may not.

It is not a question of how clean the clothes are. It is a question of how often you have worn them.

When teleporting, it is your frequency that moves. So, if you wear clothes that have your frequency, you will arrive at your destination fully dressed. But, should you try to teleport wearing clothes that have not imbibed your unique frequency, because they will have other frequencies than yours, they will not teleport with you and you will arrive naked. Your clothes will remain at your departure point.

Equally, if you go to a shop and buy some goods, as these goods will not have your frequency, they will be left behind when you re-teleport back to your departure point. You will arrive home empty-handed.

As the last point on this topic, I will say that you cannot take anyone with you. Each person or animal - or object for that matter - has its unique frequency and you cannot take them for a ride when you teleport. Each person has to learn to teleport individually.

I have been asked to mention another form of telekinesis that you can practice.

The trick with this is to be able to draw an object, or even draw a person towards you. It can be useful if something or someone is in danger and you need to move that object or person.

What you do is this.

In the first place, put your feather somewhere several feet in front of you and then sit on a chair and look at the feather.

I will now mention the hard bit.

From your place sitting on a chair, you have to project your personality (ego) to the feather and from the point of view of the feather, you can look back at yourself sitting on the chair.

Can you see what I am trying to say?

It is almost as if there are two of you. One sitting on a chair and one standing close to a feather, linking with the feather, so that you and the feather are one object, but looking back at the you sitting on the chair.

This is very difficult to do and is a real test of how well you have mastered visualization.

I will repeat this to make it clear.

You place a feather somewhere. Several feet away, you sit on a chair and, projecting your thoughts, imagine yourself as close as possible to the feather - linking with it - while, at the same time, from the point of view of you and the feather, you look at yourself sitting on the chair.

As I say, this is not easy to do at all, but is a good exercise in visualization.

Now you imagine both you and the feather walking towards the you sitting on the chair, all the time imagining that it is the you that is with the feather that is walking towards the you sitting on the chair.

You must not look from you sitting on the chair to the you plus the feather walking towards you.

You must imagine that it is the you plus the feather that is looking at the you on the chair and walking towards the you on the chair.

You have to maintain that point of view, and as I said, is extremely difficult to accomplish. The more that you have mastered visualization, the less difficult it will be.

If you do this correctly, you will, in a few seconds, find the you plus the feather standing in front of the chair, at which point you can let the imagery go, return your attention to the you that is sitting on the chair, and pick up the feather that is now just in front of the you that is sitting on the chair.

This will be one of the most difficult magics to master - you, remote from the physical you that is sitting on a chair and looking back at you sitting on the chair.

You can also do this with a human or an animal, although in the case of an animal, it may wish to move towards you or not.

In the case of a human, it might be better to practice with a family member who won't be suspicious if you look at them, or you could practice on a person in a different room, providing you know where that person is.

Let us briefly describe how to make someone in another room come to you. It is exactly the same procedure as I mentioned before.

You project the visualization of you to stand with or slightly behind the person. Then you imagine yourself from the point of view of the person, walking towards you.

It might be better to practice on someone with whom you are married or in a marital relationship, because he or she won't find it strange to come and converse with you, their partner.

Someone who is not close to you might find it strange to get up and come to you. They might battle with themselves, which will make the task harder to achieve.

As I said, this comes in handy, but should only be used if a person or animal is in danger and you want to move them out of danger.

I repeat. This is advanced telekinesis and is a real test of your visualization development. When you can sit, stand, or lie somewhere and visualize yourself somewhere else, looking back at yourself, you will know that you have made great strides at mastering visualization.

Another technique for invisibility is in projection.

Let me explain.

It is possible to link with someone and project the thought that you are not there.

How can we do this? Once again, it is a question of visualization.

If we can successfully visualize things, we can project those thoughts.

Let me create a hypothetical situation.

Imagine that you see in front of you a person that you don't want to see - or for him to see you.

I must say that it helps if the person has not already seen you, but it also works if the person has seen you in a group of other people, but has not specifically noticed you.

If he has, we can use another technique which I will explain later.

So, in the example above, we have two people approaching each other. You and the person with whom you do not want to interact.

What you have to do to appear invisible to the other person, is as follows.

As you walk towards each other, you project towards the person that you don't want to see, the thought, the image, that you are not there.

How do we do this? It is simple but a bit difficult to explain.

It is a question of being able to do one of several things.

We can project to the person that we look like someone else, for example. This, as you can imagine, is summoning up in your memory, the image of someone that you know well.

I will say that it is easier to summon up the image of someone who is the same sex as you, because you are going to project that image towards the person you don't want to see you. If you project the image of someone of the same sex as you, it is only a question of projecting a visage, whereas if it is someone of the opposite sex to you that you project, you will have to project also a different body shape and different clothes, which can be done, but complicates the task.

Having projected the image of someone else, the person approaching you will see that new person and not you.

It is also important to pass the person, not looking at him and not attracting his attention. Once again, I am using literary convention of saying him, but the same applies to any gender.

If all goes well, the person will not notice you at all and you can carry on without having to stop and interact with that person.

The next way is rather more difficult, because you try to project that you are not there... invisible.

Of course, you will not be invisible. It is a projection that you create.

What you do, quite simply, is as you approach the person, you project the thought that you are not there. This sounds bizarre, but is quite possible to do. To explain how to do it is not easy, but once you have mastered this technique, is easy to do.

As you approach the person, you do not look directly at him and you make sure that you are not directly in his line of sight. Just doing this gives you a fair chance of him not noticing you and I am sure that this has happened to many of you already.

But to make sure, you can project the thought that you are not there.

How can we do this?

It is similar to what I mentioned about projecting someone else's face. This time you have to project that you are not there at all.

The exact technique is as follows.

You have to imagine, strongly, within yourself that you are not there. That you are invisible.

This is difficult to describe, but can be practiced at home by visualizing that you are invisible.

For instance, you can imagine that you are encased in a sort of eggshell, or that you have a screen around you, or a tube completely covering you.

Once you can clearly see this in your mind's eye, when you approach someone that you don't want to see, visualize this eggshell, screen, or tube covering you and just walk past the person approaching you.

You will notice that this is a different technique from the previous one.

In the precedent example, you project to the person that you don't want to see that you are someone else. In this case, you are projecting an image to yourself.

But this case works and is perhaps somewhat kinder, as you are not interfering with the image that someone sees, but you are covering yourself with a blanket or cloak of invisibility.

Of course, you will still be there, but will not be visible to others.

This technique has been used many times over the years by many people, sometimes to cause harm to others and sometimes to escape.

We have heard of important people being hurt or killed and when security was questioned, they said that they did not notice the attacker until it was too late.

The person will be picked up on security cameras, but to the guards, he is invisible.

However, we hope that you will never use these techniques to harm anyone.

There is one more technique that I will describe and it is this.

It is possible, if the person that you don't want to see is with at least one other person that he knows, to project to him the thought that he wants to turn and converse with that person as you approach.

What you have to do, is to project into his mind, the thought that he wants to say something to his companion.

So, how do we do this?

Once again, it is mastery of visualization that permits this to happen.

As you approach the person, you must imagine that you are going to turn and talk to someone.

You must feel strongly that desire to turn to talk to someone. It might be a family member that you are with, a friend, or someone you know. But you must strongly feel within you the desire to talk to someone.

When you feel that desire to talk to someone, you project that thought, that desire, to the person to whom you do not wish to talk and that person will turn and talk to the person next to or close to him.

It is a question of visualization - the desire to talk to someone - and the power of thought projection. In a psychic sense, you project the thought to the person you wish to influence, that he must turn from you and talk to someone.

Once again, try not to be noticed. Stay out of the person's direct line of sight and just walk past.

I have explained several methods of appearing invisible.

True invisibility is not possible. It is an illusion created by a trained mind, but it by far outweighs any tricks professional magicians use, as no props are needed. It is all done through psychic training.

It is actually possible, because incarnation is an illusion, thus, someone using his higher faculties can influence anyone stuck in his physical body.

To end this chapter, I will mention clairvoyance.

Clairvoyance, as I said at the beginning of this chapter, is a French word that means to see clearly.

It implies using psychic skills to reveal information hidden from physicality. It is what mediums use to give sittings to people who hope to have their future told, or to get in touch with a loved one who has crossed the veil between your physical world and the Heavenly spheres.

However, I feel that I must say that many mediums are not very accurate, sometimes fraudulent, but there are some mediums that are genuine. But genuine mediums are few and far between. The majority simply cash in on people's gullibility and credence.

I do not wish to criticize mediums, but I will give a tip to anyone who contacts a medium. If and when they claim to be in contact with a deceased loved one; mother, father, grandparent, etc., simply ask the medium to request that the deceased person state their address or telephone number.

Of course, you must know the answer yourself, in case the medium invents any address or telephone number.

Now, if someone through the Earthly scribe with whom I work and to whom I dictate these books were to ask me a similar question, I could instantly and correctly answer. The contact that the scribe has with me and I with him is real, genuine, and solid, so we could exchange questions and answers without problems.

But if you were to ask the average medium, who claims to be in touch with a long-lost loved one, a question concerning his/her address or phone number, I think that most mediums would flounder.

This demonstrates that not all mediums are really in touch with the person that they claim to contact.

But, what can we do with clairvoyance? How can we use it in our spiritual life?

To be honest, generally, people in physicality do not need to use clairvoyance. If a student has developed telepathy and is really in contact with a guide from the Heavenly spheres, that guide will inform his student (chela) all that he needs to know.

Generally, the guide will not describe the chela's future, nor will he talk about late relatives. He will concentrate on the spiritual and psychic education of his charge, much as a school teacher will concentrate on lessons appropriate to the subject he is teaching.

But it is a skill that can be learned through meditation.

A person who has mastered clairvoyance will be able to look at someone and know quite a lot about them. Often this information is not important, although it can help the chela avoid mixing with people of less than good intentions.

Clairvoyance is often equated with mediumship, almost as if the two were the same. Some people will say that they are clairvoyant, rather as if they were saying that they are mediums. But we of the Great White Brotherhood consider that many of the other gifts of the spirit are more beneficial to learn than just being clairvoyant, which is why I have mentioned some of the other gifts in detail and have not said much about clairvoyance.

As a last thing before I bring this chapter to a close, is that the gifts of the spirit must only be used to help others rather than oneself. There may be exceptions to this from time to time, but as a general rule of thumb, use them to benefit others, rather than oneself.

So, I will stop here and encourage you to practice the gifts I have mentioned. Not only will you have fun practicing these skills, but they will oblige you to hone the skills of

visualization and thought projection, but other skills will occur to you that you need to develop, depending on your personality, such as patience and perseverance. Some of these gifts, although latent in all of us, need much coaxing to bring to the fore, so much hard work will be needed before you become a master magician.

CHAPTER 45 - THE HOLY SPIRIT AND DNA

I wish to talk to you now, about another link that you in incarnation have with the 4th dimension.

I would like to mention a part of the 4th that maintains the auras.

They were created by God's archangels as a link, because although incarnation is an illusion, nevertheless, the part that contains the illusion has to come from somewhere. So, it is sent to you via these auras.

There may be some of you who are wondering what I am talking about. If you had followed our previous teachings, you would, of course, know about this subject. However, for those who do not know, I will, briefly, mention the subject once again.

There are eight dimensions all connected to maintaining life in various ways.

The human body is made of several parts. This is not exact, because all life is made of repeats of whatever life form it happens to be. Ignoring the parts that are not relevant to this subject, we have three bodies, if I may thus describe them.

We all have one body in the 4th dimension. Then we have another body in the 4th dimension but also has a close link to the 6th dimension. Finally, from the point of view of this discussion, we all have - when incarnate - a body that seems to be alive and on Earth. This last body is the one that you consider to be you when you live in incarnation, which is what you are doing now.

So, to repeat, and as I said, ignoring all the other complexities of life, we have three bodies.

One is in the 4th dimension.

The second is both in the 4th and the 6th dimensions and it is that body that animates the final body, which is the one that seems physical and is found in the 6th dimension.

I had better repeat that these three bodies are only a fraction of the number of bodies that we all have. I have deliberately ignored the majority of what goes into making us who and what we are. These three bodies are sufficient for the subject under discussion to make sense.

Let us talk about auras.

They are sometimes referred to as dimensions, but I will call them auras during this explanation.

There are eight of them, largely invisible to most humans incarnate. They can be seen, in part, by some clairvoyant people, and when they are seen, they seem to form colored bands surrounding a human's physical body.

It is a bit difficult to describe their origin from the point of view of a person incarnate, as they are the building blocks of life in a way.

The easiest way to imagine them, is to think about a TV station sending out programs and you as a TV set receiving them. In this case, the TV station would be constantly broadcasting eight programs at once and you, as a TV set, are receiving the eight programs. To send out programs; news channels, films, comedy shows, or whatever, there has to be eight separate, individual, carrier waves or channels and each separate program is contained within one of the carrier waves.

Life works similarly.

There are eight carrier waves and everything to do with life is contained in at least one of the carrier waves.

These carrier waves, which are also known as dimensions or auras, depending on what use they are being put to, must have an origin. Their destination is, of course, in all things.

It may be difficult to realize that each and every object receives the carrier waves, that from now on I will refer to as auras, but as all is one, that which affects one object, must affect all objects.

So, every grain of sand, plant, animal, person, or nature spirit, indeed, every atom of everything including water, air, all the planets, and stars, receive a personalized version of these eight auras. Can you possibly imagine the immensity of this miracle?

It is truly staggering, unimaginable that so many objects all receive the eight auras, but that each one is personalized to suit the object that receives them, according to what use that object is designed to be put to and depending on that object's personality and higher self. As all is one, that which has a personality and a higher self, all must have.

It may be difficult to imagine that atoms, for example, have personalities and higher selves, but they do.

It is this individuality that tells each atom what its function is. It might be part of a planet, or a drop of water, or part of the air. Indeed, it might be part of a plant, an animal, a person, or of one of the many nature spirits that there are.

And yet there is just one place in the 4th dimension that contains, controls, and distributes these auras to the plethora of living entities, wherever they are on earth, or in the other dimensions.

This must sound highly complicated and highly unlikely. I will do my best to explain how all this works and leave you to accept or reject the concept.

Let me first try to outline the process that starts with eight auras and finishes with all things receiving them.

The problem is, trying to imagine the eight carrier waves all combining somewhere to become part of the process that creates all that exists, for without this process, nothing would exist.

I hope that many of you can imagine a radio or TV station creating eight carrier waves, each one of a different but unique frequency. Thus, each carrier wave is separate from the other seven. This allows eight different programs to be broadcast and received by any number of radio or TV sets that can catch the signals.

But we must not push this analogy too far, or we will make our explanation too confusing.

Let us return to what happens. It will not be easy to explain, so bear with me and I will do my best.

The first, and perhaps the most difficult thing to explain will be how eight independent carrier waves, that also contain countless sub-frequencies, can be combined and transferred as one object into the 4th dimension.

The problem is that these carrier waves do not themselves carry any information, by which I mean that, they are all just independent frequencies - vibrations - and although

encoded within these frequencies is a lot of information, the carrier waves are just vehicles that enable information to be broadcast.

Can you visualize that?

In a similar way to the manner that a radio or TV station broadcasts programs, the carrier waves do not themselves contain the information about programs, it is that they act as platforms that enable information to be broadcast.

Let me explain this again a bit differently.

Before any program is broadcast, the carrier waves have to be created and sent out on the airwaves.

At this point, if you tuned into any carrier wave, you would just receive static. It is only when a program is encoded within the carrier waves, that you can receive any information.

In real life, the carrier waves act similarly.

They did not when they were first created, contain any life information. They were just carrier waves.

I hope that you have understood this part, as it is important to being able to understand the totality of the chapter.

Once the carrier waves were created, God's archangels could start to encode life into them.

Here is the tricky bit.

With a radio or TV station, every person has to listen or look at the same program that is being broadcast out to the public, whereas in these auras, they are tailored to create what each life force needs to receive.

How this is achieved is what this chapter is about.

These carrier waves that have been created by God's archangels do, indeed, go out - are broadcast - to each life force as carrier waves in a similar way that radio or TV carrier waves are sent out. The difference is that every life force that receives the information encoded into the carrier waves, receives a personalized set of information created just for him/her/it.

I will explain just how this is achieved later on.

For the moment I will return to how these eight carrier waves - that I will return to calling auras - are linked together, so that the eight independent frequencies become, for the sake of this discussion, effectively, just one aura.

As you can imagine, it is important that they remain as separate frequencies, because each one contains information relevant to each part of what constitutes life. But also, for them to be manipulated before being connected to living organisms, whatever they might be, they must be made into a sort of bundle, rather as if you got several sticks and wrapped them into one bundle.

If you would do this by taking eight similar-looking sticks and putting a tie around them to hold them as one bundle, you would still have eight independent sticks but made into one bundle.

The auras are grouped similarly. But in this case, DNA and gravity are involved.

Each aura is made from DNA and is encased in thin gravity. Then the eight auras are pulled together, encased in thick gravity, and thus the whole bundle is encased in this thick gravity.

So, that way, each aura remains independent by thin gravity, but is held together as one bundle, by being enwrapped in thick gravity. This is a method that is often used in higher physics: keeping things separate by wrapping individual items in thin gravity, but at the same time, holding things together by wrapping them in thick gravity.

I mentioned that auras are made from DNA.

I would like to try to explain this, but I am not sure that I can. The problem is that DNA is not properly understood by beings in incarnation. If none of you know what DNA really is, I have no base on which to put my explanation. But I will try.

DNA is only known about in your world - physicality - because it can be used to identify links between samples of blood, hair, flesh, etc., to a person or animal that they (the scientists) have to an unknown sample from a person or animal.

It is in this way that some criminals are caught, although it must be said that if the DNA of a person is found at the scene of a crime, it does not necessarily follow that that person committed the crime.

But DNA is much more important than that. The police and various anthropologists consider DNA important, and from their perspective it is. DNA is part of the building blocks of life because, from the very beginning, it is personalized DNA that creates who and what all life is and it is only when it reaches the end - physicality - that science can use it to identify things.

It is the way that DNA helps create every individual life form that enables scientists to identify individuals or any other life form. It is the miracle of each and every person, plant, animal, or any other life form - and virtually everything is alive - receiving a personalized version of DNA via the auras, that creates so much individuality.

To fully describe the process that starts in the 8th dimension, when God's archangels give the logos of life to any singularity, which informs that singularity that it is now, not only alive, but from now on will be a specific something, that triggers the DNA that is also being manipulated by these archangels and the Directors of Life and that DNA, which is also the individual auras, help develop that singularity to become what it has been chosen to become.

I said *to fully describe the process* is my aim in this section of the chapter, but it will not be without problems. In theory, it is simple enough.

Perhaps I should start by saying that God is never alone, although we have no idea of who or what God is. We know that He exists and was able to ask his followers to create all that exists. What plans He has for the future, we do not know. We have theories, but must wait and see how life will unfold.

So, we know that God exists and has many helpers, some of which we call archangels and some of which we call the Directors of Life. There is not much difference between the two groups as far as we can tell, as they seem to work closely together, ensuring that life develops and alters as it should.

Perhaps we could say that the difference is that the archangels help create all that exists, following God's guidance, whereas the Directors of Life help keep that created life in balance, once it exists.

However, that is an aside. We want to try to unravel the complexities of auras.

I started by explaining a bit about God and the archangels and also the Directors of Life, because if it was not for that team all striving to create things to satisfy God's insatiable desire to collect experience so that He can grow, nothing would exist.

However, there is an incredible number of things that exist, although you in incarnation might only have limited access to that mass of knowledge. With time, you will grow in knowledge and wisdom and thus God will also grow through your experiences.

We got to the point that God asked his helpers to create things, put his life force with them, and then create a system that all things could use to become individuals and develop.

So, DNA was invented by God's archangels.

Further, this DNA was adapted so that it could incorporate every object's personality in all its various forms.

Once this was done, a system needed to be created that could follow each object around and influence it no matter where it is and what it is doing. Thus, auras were invented.

At last, we are getting to the point of this chapter.

I am sure that you can appreciate that creating auras that could follow each object, no matter what it was, from an atom up to an entire universe, and indeed, a whole multiverse, was no easy matter.

Eight auras were created to enable all the various aspects of personality, individuality, and all the thoughts and exchanges any creature could make. All of these eight auras were connected to each item that was created. This all goes back a long time, but continues to this day and will go on into the future endlessly.

On top of all this, a system of recording everything was also created, that we call the Akashic Record.

I hope that you have understood this chapter so far.

The essence of it is that all things have eight auras, all made from DNA and those auras hold the essence of all life in an individual form.

Next, I will get to the nub of this chapter and explain, to the best of my ability, how all this DNA that we call auras is collected together and transmitted to all objects.

How it all works is like this.

Although, over time and taking into account all the different people there are either in incarnation or in the 4th dimension, all this mass of people - plus the plants, animals, nature spirits, etc., - that I have mentioned before, they are all reflections of just one life force.

This has been explained many times in our various communications with you all and so I won't repeat it here.

Although there is just one life force, nevertheless, because the archangels set up a system that seems to give individuality to all things, it is the fact that it all starts from the concept of just one life force, that enables it all to happen.

You may remember me saying that the eight auras, although being individual auras, could be bundled together by thick gravity to form one collective.

I called it eight becoming one.

Similarly, it is that all the various life forms, from the dawns of time, through the present and into the future, could be grouped to form one object, if I may use that word, that enables it to happen. Countless objects are linked together in a very similar way to a number of sticks, or a number of auras bundled together to form one object - or that can be treated as one object - that permits all this to happen.

I mentioned that things grouped to form one object are often used in higher physics. This is another example of that technique.

I must mention that this method of coping with life is in an opposite sense to the concept of several becoming one. In the case of all living things, we start with just one object - God - and due to the way that the archangels manipulate that life, this single object is teased out to become all that has existed, exists now, or will exist.

We could, perhaps, imagine an object that someone takes and peels off endless strips, until the one object becomes many. To use a simple example, imagine a log of wood and a person, using an ax, chops and chops at the log, until he has a great pile of matchsticks or strips of wood. Not a very good analogy, I think that you will agree, but if you can imagine one object - a log of wood - becoming many bits, my example will have served its purpose.

Now, here at long last is the trick that was put into place.

The archangels decided that to assist God to grow in wisdom, it would not be satisfactory to have just one object that was, in fact, a carbon copy of God Himself. Thus, they created personalities.

They took the one aspect of God that they had already created and from that one object, they created many.

How was this done? Well, it is a very clever trick. It is not possible to create many from one and give each one an independent form of individuality, except under a special circumstance.

The only way that I can describe this is by using an example taken from electricity. This has already been described before, but I will repeat it. In the electrical field, we have such a thing as a transformer.

A transformer consists of two halves.

On one side of a transformer, we have a coil of wire that is called the primary. On the other side, we have a second coil of wire that is referred to as the secondary. On the primary side, it is possible to put a current of electricity, but on the secondary side or coil, it is possible to put a number of what is called taps, which divide the secondary coil of wire into a number of different parts.

In the case of the secondary coil, depending on the number of coils of wire, different voltages appear.

I am aware that not everyone knows of how a transformer works, but it is the only analogy that we can find, that describes making many from one works.

On the primary side, we have just one voltage, whilst on the secondary side, we can have as many individual voltages as we wish, depending on the number of taps (coils of wire) we create, compared to the primary side.

The way God's archangels create many from one is not really like that, but on the other hand, it is not dissimilar.

From the one God force, countless millions of God forces are created in a fashion that apes a transformer. From one God force, we have a multitude of God forces.

The question is, of course, what is this barrier between one side of the transformer and the other? Between the one God force and so many other parts that are, effectively, every living thing that was, is, and will be?

The answer is, the Holy Spirit.

What, you may ask, is the Holy Spirit?

Once again, this is not going to be easy to describe.

It is a force that enables the one force to become many.

We must ask how this is achieved?

The Holy Spirit is a force that comes from God and is placed in the 4th dimension. From there, it is manipulated by God's archangels, so that it can touch every atom of everything.

The way it works is as follows.

God's archangels reach into the 8th dimension and put a logos on countless singularities (points of life), that tell those life forces what they are going to be from now on, as I have explained before.

However, being alive is only part of the story. To be truly alive, in the sense that I am sure you understand, requires much more than just being alive.

At that point, the singularities could be likened to a person in a coma. Such a person would be alive, but would have no awareness that he is alive. He has no consciousness, no personality, no ability to communicate with the world, and no awareness of the task he has been chosen to complete. Such a person or object would just be a life force.

But you must realize that it is thanks to this Holy Spirit, that God's archangels are able to put the logos of God with any singularity. The one God spirit touches this Holy Spirit, which is placed between God and all life.

From this Holy Spirit, God's archangels are able to take it and touch the singularities that they require to give life to and it is the Holy Spirit that becomes the taps in the transformer example I mentioned earlier.

The Holy Spirit is another form of God. But there is a difference. God will always be just an incredible force. God cannot directly become many.

So, something that we call the Holy Spirit was created which, in simple terms, we might say is a link between God and creation.

The Holy Spirit contains the God force, because it is a version of God Himself. But there is a fundamental difference. The Holy Spirit is able to be made into countless versions of God and can be placed in association with all life, as and when required.

It is one of the functions of the archangels, in association with the Directors of Life, to connect this Holy Spirit with the singularities in the 8th dimension.

This Holy Spirit is not only God in a different form, but it is also DNA.

DNA is a marvelous substance and can and does contain the life force (God).

This DNA is actually contained in a special part of the 4th dimension and is transported up to the 8th dimension and brings life to the chosen singularities, whatever they might be; plants, animals, earth, water, and so on. Everything alive contains the life force and if we wish to question what that life force is, we would have to say that it is DNA. So, we could say that DNA and God, or at least the Holy Spirit, are the same thing.

The one thing that I cannot say with accuracy, is exactly where in the 4th dimension this Holy Spirit link is contained.

Unfortunately, it is more complicated than just having one place in the 4th where it is, because DNA is never in just one place. DNA is in all dimensions and thus the Holy Spirit is also in all the dimensions, even though its base is in the 4th.

This sounds confusing, but the truth of the matter is that as every atom of everything is alive, so every atom, no matter where it is in all the dimensions, has DNA and the Holy Spirit coming out of the transformer and connecting to whatever part of the life force that is being created to make it come alive.

Please let me explain this again and expand somewhat.

Once a singularity in the 8th dimension is chosen to be something, not only is the logos attached to it, which is the God force, but DNA is also attached.

In other words, the God force that we have often described as the logos is, in fact, the Holy Spirit, which also has a certain amount of DNA attached. We have not mentioned this before, because we did not wish to confuse you. But now is the moment to reveal that the logos which gives life and direction to a singularity, is actually the Holy Spirit plus DNA.

The Holy Spirit is the God force that gives life to singularities, and the DNA is the part that tells a singularity what it is going to be. So, we can say that the Holy Spirit always has DNA attached, or nothing would know what it is meant to be, and it leaves its base camp in the 4th and travels to the 8th to give life and direction to a singularity.

We must make a difference between the God force, which is always linked to everything and the Holy Spirit.

As everything is actually God pretending to be something, so that God can gain experience, this basic God force is always present in all things. But things can be alive - because they have the God force linked to them - but not have been chosen to become something. Once this decision is taken, the logos that we mentioned, is placed with the basic life force and this logos tells the object (singularity) what it is going to be. As I said, this logos is the Holy Spirit plus DNA.

We might question why does the Holy Spirit need to be attached, as everything already has the God force associated with it?

The answer is that everything is made by and from God. In that sense, everything is just one thing - God. We could call it the primary side of the transformer. But God doesn't want that. If everything is just one thing, God, it would be static. However, God wants lots of things to be made, so that they can have experiences and from these experiences, God grows in wisdom.

So, from the secondary side of the transformer, the Holy Spirit is linked to things, so that they are not only alive, but feel independent from anything else.

It is the Holy Spirit that creates the impression that all things are separate from each other. Then, of course, we need the DNA, which not only helps in creating the impression of independence, but that DNA is programmed by the archangels in conjunction with the Directors of Life to tell each independent singularity what it is going to be.

Once something is selected by the archangelic forces working in the 8th dimension, a part of the Holy Spirit is taken from the store in the 4th dimension, connected to the DNA that has been programmed to tell each and every selected singularity what it is going to be, then that independent singularity moves to the 7th dimension to start its long progress through life, until it finally reaches perfection and returns to God again.

I said *a part of the Holy Spirit*. In fact, it is always the totality of the Holy Spirit that is linked to singularities. Once again, it is higher physics that allows this to happen. We mentioned it earlier. One becoming many.

We have one more question to answer. Why is the Holy Spirit stored in the 4th dimension?

The answer is simple.

It has to be stored somewhere and the 4th dimension is the place where a lot of things are stored and so this dimension was chosen to store the Holy Spirit. It is as simple as that.

However, the Holy Spirit is not confined to the 4th. The archangels can take it and move it, always with whatever DNA is also required, to any dimension where it is needed.

I will end this chapter here. I have done my best to describe what the Holy Spirit is and how in conjunction with created DNA it is used to create what we see as independent life forces.

The Holy Spirit plus DNA is moved from its storehouse in the 4th and placed in association with everything that seems to be independent. It is this duo, Holy Spirit plus DNA, that has created all that has existed, exists now, and will exist in the future, no matter on which dimension life forces are found.

CHAPTER 46 - TO BE OR NOT TO BE

Let us try to find another topic that I hope you will find interesting.

As you know, the basic idea of this book is two-fold. First, to group together as much information that we have already discussed in other books and essays and bring much of it together in one volume, so that you do not need to hunt through all of our literature to get information on any particular topic. The second aim is to provide you with links to topics that come from or are housed in the 4th dimension, that relates to your incarnation in the 6th. That way, if you choose to reflect on this information, you will, we hope, learn how to pass through your incarnation with a more steadfast position, instead of being a victim of fate.

Much of what we talk about in this book will occur in your life and you will know how to deal with it. That is our aim in any case.

This chapter will deal with the way that life seems to hit you with surprises that you cannot see coming.

This may seem a strange topic and you may think that, if we can quote Shakespeare again, life hits you with its *slings and arrows of outrageous fortune*.

In fact, this is not how life works, although we must say that unforeseen events; accidents, for example, can happen, but they are rare, fortunately, and generally speaking, life is somewhat pre-programmed.

Obviously, I need to explain this and this is what this chapter is about.

To understand how life is constructed, I will have to repeat a great deal of subject matter that I have already covered in this book and that has been covered both by me and by other colleagues in other books, essays, and information we have already made available to you.

The story, as far as you are concerned, starts long ago.

How long ago, you might ask?

You are a lot older than your incarnation might suggest. Most of you reading this book will be fairly young or possibly middle-aged. A few of you may be elderly, but as a human incarnation seldom exceeds one hundred years, even today, with modern medication prolonging life, we can safely estimate that none of you reading this book will consider yourself to be older than one hundred years of age. Even to reach that age in incarnation, is quite a prowess.

So, it might come as a bit of a shock for you to know that you are all, without exception - including all of us in the 4th dimension - several billion years old.

This may seem like a joke in bad taste, but I hope to be able to convince you that it is true.

Once I have covered this subject, I will link it to the main topic of this chapter, which is how your incarnation is unfolding, so please give me license to start at the beginning of your life. Its relevance to your incarnation will be made clear.

There was a time, a very short moment of time, when nothing existed, nothing at all.

At that moment, a previous cycle of creation had just finished and God withdrew and took all of creation with him.

Where He went to and how and why He took everything with Him is not relevant to this subject, but I will say that God disappearing and leaving just an empty nothingness is a process that has always been going on and is the fate (if fate is the right word) that awaits us all. But don't pack your bags just yet. Creation lasts trillions of years and so you have lots of time yet to live.

I said that God withdrew and that there was a short pause when nothing existed.

Imagining nothing, absolutely nothing, is not easy, because we are always surrounded by something.

Obviously, on Earth we have fauna, flora, water, air, and so on. In the astral realms, we either have a similar landscape or depending on which dimension we consider, there is always something; thoughts, ideas, emotions, etc.

Nothing at all cannot normally exist.

But there comes a moment in which God feels that He has learned enough and so He snaps out of existence, taking everything with Him. At that moment, nothing at all exists. However, that moment of non-existence doesn't last long. A microsecond later God, or another God, appears and it all reboots again, much as it was before, trillions of years before. Each cycle of life is a repeat of the previous.

It is not an exact carbon copy due to peoples, or other life forms personalities, that color life slightly differently.

The strange thing is that you will be reborn and live again.

This is not reincarnation, as that term would imply being reborn in this cycle of creation.

I am saying that the previous cycle of creation ceased to be and everything ceased to be within it, but a microsecond later, a totally new cycle of creation popped into being and you come along with it because, believe it or not, you are an integral part of that creation.

It could not exist without you and everyone and everything. It all has to be there for it all to work. No one and nothing can be missing. It can't be missing, because everything in this cycle of creation is essential and is what makes it work. So, if it all has to be there this time, it must still be there the next time and the time after that, on and on infinitely and indefinitely.

One of the questions that cannot be answered, is when it all first started. No one knows. We are told that creations, cycles of creation, have always existed, but logically there must (or might) have been a first time. How all that happened, we do not know.

No one knows. Even the most advanced archangels do not know. Haven't any notion. But what we do know is that whenever it did start, right up to this cycle and into the future, you and we were there and always will be.

Everything that lives or exists in all the universes, all the multiverses were there and always will be.

So, we could confidently say that you are an infinitely old being. Your present destiny is always to exist in this cycle of creation and you will be born over and over again in each succeeding cycle of creation. I am not sure that *born* is the correct word. Re-created might be more accurate.

I will just repeat, that everything that exists now, down to the last atom, was created countless times before and will be re-created countless times into the future.

As far as I know, if you are a human that is reading this book, you were always chosen to be a human and always will be. Each and every plant, animal, mineral, or whatever, was, is, and always will be selected to be what they are now.

Cycles of creation are endless copies of whatever was created before.

The only difference is the way our lives will unfold and that is decided by our life plan and personality.

You may ask how we know all this?

It is information given to us by ultra-wise angels, who are so advanced that they can touch the Godhead itself and they have learned from God that this is how it works.

It does not imply that the God we have now has always been the God that was there in the past. But God is in touch with other Gods; Gods in different creations and Gods in the past.

So, our God informed these archangels and, by a long process, the information came down to us and we pass it on to you.

I think that we can trust God and the archangels to be truthful and we certainly are, so I think that we can accept what we said about the cycles of creation as being factual.

Let us move on from that fascinating topic to look at how you were created and how you progressed to the point that you are now, in what is called incarnation.

Before I move back in time, may I ask your indulgence as I explain a bit about incarnation?

I, and others, have often mentioned that incarnation is an illusion. It is not real and is created partly by you being programmed - one could almost say brainwashed - to accept that it is real.

Brainwashing is a rather cruel technique used to make people forget an event, or events, and accept another version of a story to suit other people.

Incarnation was created by God's archangels, not as a cruel or unkind event, but as a means of you - who are actually God pretending to be you - to have experiences that would not be possible anywhere else but on Earth, where you think you are now.

In the heavenly spheres, which is where we all normally reside, there is a form of natural segregation. It has nothing to do with race, as race and color have no relevance outside of incarnation.

We are naturally segregated - kept apart - by differences in our personalities, resulting in differences in our vibrational frequency. We only mix with people who are of a similar frequency to us. It has been succinctly described by saying *birds of a feather flock together*. So, we do not see others who think and act in fashions that do not correspond to our way of living.

This applies to all people both good and bad. The good stay together and the bad stay together.

The result of this, is that we have a very limited chance to progress, as we are seldom tested.

So, incarnation was invented so that we could all be thrown into the melting pot, so to speak, and see how we get on. This provides multiple chances for us to be tested and for God to grow through our reactions.

Now, I said that it is not real, although it certainly seems real. I know because I, like you, had an incarnation and I, like you, was tested.

Out of our endless existence, incarnation is a short interlude and it was created in imaginary form in the 6th dimension - that of imagination.

The difficult part is realizing that it is not real, but is created through concentrated imagination.

I have been reminded by my Earthly scribe, that there exists some sort of glasses that one can put on that creates, before one's eyes, a virtual reality.

I have never used these glasses, as my incarnation ended before they were made popular, but from what I have been told, these glasses are connected to a computer and as long as one keeps these glasses on one's nose, a landscape and other 3D images are projected to one's eyes (and, I assume, one's ears), that create a virtual reality, that seems totally real.

We could say that incarnation is somewhat like that, except that we don't need glasses for it to appear. All we need is focused imagination.

Then our five senses kick in and we experience a virtual reality that we call incarnation.

So, we have this virtual reality, that seems real to all people having an incarnation. It is only when it ends that we have the chance to see that it was virtual reality. I must say that some people come home to the 4th dimension, that are still convinced that incarnation was real. Such is the power of illusion.

I must also say, that even where I live, in what is referred to as the heavenly spheres; hell, Summerland, and true heaven, it is also an illusion that seems totally real to us and will remain as a false reality until we can advance spiritually to even higher spheres and then we can see that our incarnation into these heavenly spheres was a false reality. This goes on virtually forever, until we finally merge with God and then, and only then, we are in true reality.

All else was and is a series of falsehoods, rather as if we spent all of our long existence - lasting millions of years - going from one theatre to another and taking part in endless plays. Plays that we were convinced were real, but were just created by our and everyone else's imagination.

I mention all this for the simple reason, as I have explained elsewhere, that if it is not real, we can alter it to a certain extent by rising above the virtual reality and alter the program, so to speak, rather as the designer of a virtual reality can alter the code of a program, and by tweaking the code, create a different virtual reality.

We can do this by rising above normality through meditation, prayer, and service to all things and then, with our will, altering our lives' program and recreate a reality that is kinder than the original program.

I spent some time explaining, once again, how life in your incarnation works.

I have also explained in a previous chapter, that incarnation was created to give all that choose incarnation a taste of what hell is like.

This is done so that if you decide that you don't like the hellish system that you are in, you can remove it, to a certain extent, by rising above it as I mentioned above.

So, incarnation is created to push you to find God in your heart and use that God power in your life.

But you notice that you are not informed of this when you incarnate. Your memory is wiped and you have to find the path to your higher self, which is where the solution is to

be found, rather as if you were working your way out of a maze and freedom is only found if you can find the exit.

It is an incredible system, cleverly invented by God's archangels, to enable you to find the God spirit, which enables you to alter the program of your life, so that it runs smoother.

It is not a cruel invention. It is a cleverly designed false reality that you have to live through, that enables you, if you wish, to find salvation, by finding the exit from it through prayer, meditation, and service.

It is as simple as that.

Great strides can be made in your incarnation, that will help you when your incarnation finishes and you return home to the 4th dimension.

Further, if you practice the three acts that I mentioned; meditation, prayer, and service to all life, you will attract guides and even angels who will help look after you and protect you through your incarnation. You will be surrounded by a great positive and holy force, that will bring great changes in your life in incarnation. You will no longer be subject to the *slings and arrows of outrageous fortune* but will be guided through every step of your incarnation.

You will be protected from much trouble that people are normally subject to.

However, if you are attacked, you are not alone battling with a problem. The positive powers that surround you every moment of every day, will create the conditions in which you will emerge victorious from any attack.

I must say, however, that accidents can still happen.

So, you must always listen to the small, still voice that guides you. That voice is coming from your higher self.

Let me give an example.

Imagine that it is your normal destiny to go out in your car or on foot during a heavy storm. Imagine that a tree crashes down on you and injures you. That happens sometimes to people. Well, if there is a storm going on, and it was your destiny to be harmed by the tree, your higher self will warn you not to go out either on foot or in your car.

So, you will not be harmed.

The tree might still come crashing down, but you were not under it. Your higher self, assisted by guides and angels, whispered to you not to leave your home that day, so you altered the timeline of your destiny.

This can be done, because your fate is not fixed, except for people who do not take the trouble to meditate.

For those that do, they can rise above their life plan and program their life the way that they want.

By rising above normality, by attracting guides and angels, life can be directed, instead of being subjected to fate.

I think that any intelligent person would agree, that having control of one's destiny is better than just being a victim of it.

That is what I wanted to say in this chapter. I know that it is largely a repeat of information previously given, but I think that it is worthwhile reminding you that you can

make your life much more peaceful by following the three simple acts of prayer, meditation, and service to all life.

I strongly encourage you to pursue these practices. Your life will change beyond any recognition.

CHAPTER 47 - A RANCH AND ITS DEMONS

I have been asked to talk about a ranch in Utah, America, that has captured the public's interest recently because of the strange, mysterious, and rather scary events that have occurred on it.

Obviously, I cannot name the ranch due to the Great White Brotherhood not wishing to reveal private details about people, but I am sure that many of you will recognize the ranch to which I refer.

Strangely enough, the events that have occurred to the people and animals on this ranch fit exactly into the topics that this book attempts to cover, due to the link between the 4th dimension and the 6th, which includes the incarnation plane in which you all reside at the moment.

There is a difference, however.

Virtually every topic mentioned in this book so far has covered events coming from the upper 4th - generally referred to as the heavenly spheres - to the 6th dimension.

But most of the events experienced by those living on this ranch, originate in the lower 4th dimension, where the negative forces reside.

We do not usually mention the lower 4th dimension because you who live in the 6th dimension, referred to as incarnation, normally have little or no connection to it.

The lower 4th is a very busy part of the creative planes, in that its main function is quite simply to dispose of the dead, dying, or unwanted parts of physical creation.

We have mentioned this area previously, but before I deal with the actual events that occurred and are still occurring in that part of America, please allow me to describe again the main function of the denizens of the lower 4th dimension.

I should mention once again, that incarnation is not factual and is created through what is termed focused imagination.

Many of you must be becoming tired of me mentioning over and over again that incarnation is not real. In order to understand the mysterious events concerning this ranch, it is necessary to bear in mind that they can only occur because incarnation is an illusion. The entities that originate in the lower 4th can only produce the effects that are observed in and around the ranch in question, by manipulating the imaginary part of your incarnation plane.

In a previous chapter entitled, *Magic in all its forms*, I explained that by rising above physicality through meditation, etc., it is possible to manipulate physicality.

Strangely enough, demons - the residents of the lower 4th - can also meditate if they wish and thus can become adept at manipulating physicality.

The majority of the negative forces do not bother to do this, thankfully, and just content themselves with performing the actions that the archangels designed them to do.

This consists of going around the physical world and enabling dead and dying objects to convert back to the soil. Thanks to the very important work these creatures perform, everything, ultimately, reverts to the soil from whence it originated. Thus, we do not have a planet covered with mountains of dead plants, animals, and humans. Thanks to the never-ending work of these lesser demons, planet Earth is ultimately shed of dead

objects, and when they rot down, they provide a very important energy that new, young, plants use to help them grow.

So, you can see that these demonic forces from the lower 4th perform a vital task in converting dead life forms, not only back to the soil, but create fertilizer for the next generation.

However, there are demonic forces, that take an interest in causing harm to living beings in incarnation. It is these demons that interest us in this chapter.

These demons are very clever, if clever is the correct word.

Let me explain, please.

All people, whether they know it or not, have at least one guide with them. I and others have mentioned this before. No matter who you are and no matter in which dimension you might be living, you always have a person that I refer to as a guide that is there to help you. This started long, long ago, when the archangels, helped by the Directors of Life, selected you to be a *something*. As has been explained, that something could have been absolutely anything. By pure chance, you and I were selected to be humans. As all is one, that which applies to any life form, must apply to all.

It is not hard to picture that a human might have a guide, but it is not so easy to imagine that a grain of sand or a planet or, indeed, a galaxy has a guide, but it is so.

That which one has, all must have.

Further, each guide has a guide and that guide has a guide... on and on.

It is a complex and wonderful system.

But, and here is where we start to get into deep waters, all demons must have demonic guides, and their guides have demonic guides, and so forth.

So, on one hand, in the higher dimensions, we have forces encouraging all positive life to progress towards holiness, and on the other hand, we have negative forces pushing those of a demonic nature to regress towards more and more evil.

This battle has been going on virtually forever and will continue to go on. It is a means of keeping life in balance.

Good is always more powerful than evil, but evil needs to be there to balance the scales, so to speak.

However, as I previously said, the function of the negative forces is destructive, but its destructiveness should be limited to cleaning up dead things and recycling them back to the soil from which all life originates. So, although this is destructive, it is also very positive and these demons act very much as trashmen, without whom we would soon all be in deep mire.

But there are a group of very intelligent demons who wish to reach beyond this basic function and interact with life, particularly humans and the animals humans tend to interact with and care for, just for the pleasure of causing harm, fear, anxiety, and all the negative emotions humans and our animals are sensitive to.

This happened to people and animals living on the ranch in Utah, and although I have spent some time talking generally about the negative forces from the lower 4th dimension, for the rest of this chapter, I will try to describe what was going on in the area of the ranch in question, and together, we will analyze how and why it happened.

The *why* it happened, we have already discussed.

Demons are, by nature, both negative and destructive, and so the more powerful any group of demons might be, the more they can decide to reach out from the lower 4th and get pleasure from causing distress.

This chapter will not only discuss how the demonic forces were able to cause immense distress to all who lived on the ranch and its surrounding area, but will also include discussion about UFOs, cattle mutilations, and big-foot type creatures.

Now, although the origins of all this negative action propagated from the demonic forces located in the lower 4th dimension and thus is non-physical in nature, the explanation will also include discussions of humans from a previous civilization, the greys, and even modern doctors - a group of them - and so the story is much more complicated than mere poltergeist activity, although much of that was used.

As I explain what went on, I should say that negative activity continues, but on a much-reduced scale for the simple reason that fewer people are living on the ranch and these people are not so easily frightened. Thus, the demons get less pleasure from their activities and so have reduced them.

I do not wish to get too involved with the history of that particular area, except to say that, many years ago, the Native Americans who lived in that area practiced certain rituals that penetrated the lower 4th dimension and had the effect of (a) attracting the attention of demons from the lower 4th, and (b) over time, caused what we might term a thinning of the natural psychic barrier between the lower 4th and the incarnation plane of the 6th dimension.

This took time to create, but such were the practices of the witch-doctors, or Medicine Men, of a particular tribe over a long period, that connection with the lower 4th was achieved, to the detriment of all except the demons who were delighted to be able to approach incarnation with relative ease.

I am not criticizing this tribe because, like many groups of people all over the world at that time, they were aware that there was more to life than just physicality, but unfortunately, in this case, their experiments brought them into contact with the negative forces.

So, that was the beginning of the problem.

Eventually, the tribe was relocated to a different area and the land was made available for ranchers to purchase and this area of land was bought by settlers into the state of Utah.

Of course, the demons lept into action and the ranch was quickly resold as the settlers could not live and farm in peace.

Now we get to the family who made the ranch famous by reporting the strange activity.

I have a problem with this chapter. I wish to describe to you as clearly as I can, at least some of the events, but by doing so, I must describe actual events as experienced by this unfortunate family. Thus, I will be encroaching somewhat on their privacy, but I have no alternative.

I hope everyone will forgive me if I describe actual events. I will do my best to keep things as anonymous as possible.

Let us start to describe what went on at the ranch and I will explain how they were made to occur.

The first thing I will explain, is the appearance of a huge wolf-like creature that seemed impervious to gunfire.

This creature was not truly physical, although it appeared so. The way that it was created is as follows.

Everything is made of, or from, vibrations (frequencies). We have stated this countless times.

We have also stated that it is perfectly possible for us who live in the upper 4th dimension to visualize something, effectively creating a thought shape in our minds, and if we know how, reduce the frequency to that of the 6th dimension - incarnation.

Then it is a question of selecting a frequency spot on Earth, which we have also mentioned before, and the thought-form will appear on planet Earth at the chosen spot. We frequently do this to help people.

However, the demons in the lower 4th dimension became aware that a family was moving into the ranch in question, and to frighten the people, created in thought-form this wolf and lowered the thought-form to that of incarnation and made it descend to the ranch. So, it suddenly appeared on the ranch.

The thought-form, now seeming to be visible to those in incarnation (the ranchers), was directed by the demon who created it to walk up to the settlers.

This animal was huge. This happened because it is difficult for those in the 4th dimension, which is non-physical, to judge size, so when a thought-form is altered in frequency there is always an element of chance as to what size it will appear as. It could be small, normal, or large when seen by us. By chance, the wolf was large.

This wolf was shot several times, but was impervious to the bullets, as it was a thought-form altered in frequency. It was never a true, living creature and thus could not be harmed by physical bullets.

The wolf wandered back to the forest, to the spot where it first appeared, at which point the demon who was controlling the creature removed the thought-form from his mind and the wolf simply disappeared. It was only ever a thought form altered in frequency.

The piece of flesh that a bullet tore from the wolf smelled like rotting meat, because demons, always being themselves, lower in frequency than us people, their natural smell is like rotting meat. In our terms, they are lower than normal life. Anything lower than life is dead. So, the wolf was constructed from dead meat, if I may thus explain it.

Over time, there were a number of sightings of various creatures, some of whom were shot at and some not.

They were all produced by lowered thought patterns, as I explained above, so there is no need for me to describe each one.

I will now mention the underground noises that were heard.

These were created by the drilling and construction of a nearby Deep Underground Military Base (DUMB), which plays a role in UFO sightings and cattle mutilations.

The construction of DUMB's has been described at length in one of our books, but just to repeat, these bases were constructed partly to allow scientists to work on a number of projects that they do not want the public to know about, and partly to allow robotic beings (greys), controlled by demons, to work on secret projects.

Much of this work, these experiments, involved abducting homeless people and performing horrific experiments on them, often in an attempt to introduce animal genes

into humans, hoping to produce slave soldiers that could be sent into battle or other military projects, with no accountability for loss of life.

This is where UFOs and cattle abductions come into focus.

To be able to harvest animal genes, the scientists, obviously, needed animals. However, they did not want to purchase live animals on the open market, as that would eventually raise questions as to what purpose they were being put.

So, the scientists abducted animals.

I will mention that in the early days of these experiments, they set traps for all sorts of animals; foxes, rabbits, and so on.

They eventually discovered that the stories that have come down to us in folk-law about Centaurs, Minotaurs, and even Dog-man were true, but the technique for splicing animal and human genes together was lost when the race that perfected the technique was virtually eliminated by the ELE that occurred some 15,000 years ago. A Centaur is part man and part horse. A Minotaur is part man and part bovine.

So, the scientists that were, and are, working in the aforementioned DUMB's, needed live bovines and live horses to get the necessary genes. They could not use genes from dead animals because, at the moment of death, not only does the spirit of any creature - including man - leave contact with the physical body, but that body, itself, becomes dead. This is a difficult and complicated subject to explain and now is not the moment for that discussion. Please accept that it was necessary, not only to abduct live animals - and humans - but it was necessary to take concentrated masses of genes as quickly as possible from living entities and store them under special conditions that enabled the life force to remain, at least for a while, attached to the flesh.

It was not possible, generally, to capture a cow or a horse from a farm without someone seeing trucks and people on a ranch that had no business to be there, so UFOs were used. A UFO can be cloaked so that it is invisible and it can project a tractor beam that can quickly pull the creature from the ground up into the craft and then the craft can rapidly fly back to the DUMB where the creature can be stored, alive, in the DUMB.

The dreadful thing is that the required body parts are then cut from the living creature. The suffering that these creatures undergo must be unimaginable.

What is collected, generally, is at least one ear, an eye, the tongue, the genitals, and, finally, all the blood. The womb is also collected from female creatures. These body parts are chosen, not only because they contain concentrations of genes, but not all genes are the same.

The body parts chosen contain the types of genes that scientists need to try to create the mixture of man and beast that they seek to produce. So far, they have failed to produce either a Centaur or a Minotaur, but they have produced a group of horribly deformed humans who are kept in cages.

Let me, before I leave this hateful subject, describe it once again, so that it is perfectly clear what is going on.

I must apologize for mixing past tense and present tense when describing the events, but these crimes against nature and humanity not only started some years ago and thus are mentioned in the past tense, but also continue to this day and thus I mention them in the present tense.

We have this area in Utah, in which the barrier between the lower 4th and the 6th dimensions was fractured.

Then, not very far from that area, a DUMB was constructed. This housed, and still houses, both human scientists - geneticists - and also a number of greys, who are robotic creatures controlled by demons from the lower 4th.

Why the DUMB was constructed so close to the ranch and the general area where the fracture was made could be a coincidence, or it could have been planned, as it would not surprise people if cattle going missing happened on that ranch, as weird things had and have occurred for many years.

Homeless humans were abducted from all over the world and stored in cages (prisons) in the lower levels of this and other DUMB's.

Not all people's genes are the same, so scientists, hoping to blend human and animal genes, needed various humans on which to experiment.

Having got a sufficient variety of humans, the next step was to capture the required animals.

UFOs were and are used to draw the creatures up into the craft, where they are transported to the DUMB, and once again, are stored in cages (pens) deep underground.

I will enlarge on the subject of UFOs later.

Next, the required body parts were removed and the carcass, now minus its blood and the various body parts that had been removed, was shipped back to the ranch by UFO and allowed to fall to the ground.

The reason that the body of the animal - horse or bovine - was returned is as follows.

Had the animal not been returned, the police would have been called in to investigate possible cattle rustling. But once the body of the poor animal is found on the ranch, the police do not investigate. No theft has occurred and the cause of death is a veterinarian problem, not of police concern. Thus, the case is closed from the police point of view.

Most veterinarians examine the body, make note of the injuries and missing body parts, but of course, have no idea of the cause of the injuries and death. Thus, for them also the case is closed.

It is a clever means of keeping the so-called cattle mutilations out of the news.

Back in the DUMB, the scientists, sometimes aided by the grey robots who, I remind you are being overshadowed by demons, then try to link the human genes to the animal genes. The object, as I said, is to try to create creatures part human, part animal, which does not have a birth certificate and has no legal standing. Thus, it would be disposable.

At the time of writing this book, the scientists have not succeeded. Nor are they likely to, as mixing human and animal genes in a controlled fashion is extremely complex and far above the level of competence of even the cleverest geneticists.

I said that I would mention UFOs.

This is a complicated subject, because there is not just one group of entities that use what are - or were - referred to as UFOs. There is a more modern term applied to UFOs at the time of writing this book, which is UAP, Unidentified Aerial Phenomena. But it refers to the same thing, UFOs.

One group that use UFOs is the tall whites. These are people related to humanity, some of whom now work with the military. Their aim is to prevent us from using atomic weapons, as they live on Earth and do not want mother Earth damaged through our stupidity.

Then there are the Reptilians, also related to humanity, that have little interaction with normal people, but they also have UFOs.

Then we have the rather complicated group we refer to as personality bundles. If you do not know about this group, I suggest that you check them out in the book we gave you entitled *Personalities*.

But the group that interests us in this chapter is the demons.

Demons cannot appear in our physicality, which is why they created the robots called greys, whom they control from the lower 4th dimension.

To understand the demonic UFOs, we have to go back quite a long way in history.

At the time to which I refer, another race of humans existed. We are going back to the time of Atlantis and Lemuria, although no one from these groups worked with demons.

But there were scientists that were open to evil. This was the group that created the Centaurs, Minotaurs, and Dog-man, not to mention Mer-people, etc.

These scientists, having little or no decent consciousness, were overshadowed by demons. I should say that not all these scientists were open to evil actions, but sufficient was for the demons to bend to their will.

This group created UFOs and also the grey robots that were taught to fly the craft.

When the ELE happened, that caused an earth shift and massive damage - including the destruction of Atlantis and Lemuria - the robot greys flew many UFOs to safety, possibly to the moon, and waited for things to settle before returning.

They set up bases in a number of remote areas around the world where they store, repair, and create new UFOs, as and when required.

Later, these demons, acting through their robot greys, struck a deal with an American president, and the DUMB's I mentioned earlier were created to hide the greys and the UFOs from the public gaze.

This agreement continues to this day and is causing a lot of harm, as the natural aim of any demon is negative.

But military people hope to gain profit from the interaction with the grey robots. Many of these military do not realize that the greys are just robots controlled by demons, as the greys seem sufficiently intelligent as to be alive.

Thus, the military work with the greys, not realizing that demons are actually operating the greys and only negativity will ever come from any interaction with them.

So, in these bases, greys and scientists work in cooperation.

The military hopes to produce beings part animal and part human, while the demons get pleasure from all the torture inflicted both on animals and humans used in experiments.

The demons also get pleasure from sensing the frustration and disappointment caused to scientists by the constant failure of their experiments.

I could go on with this chapter and explain, one by one, the strange events experienced on this ranch and the surrounding area, but I have explained enough for you to realize that it is all caused by demons influencing frequencies to create creatures that appear for a while and also creating all the poltergeist effects that were and are experienced.

I do not wish to explain each and every event, as I am sure that you realize that once the barrier between the lower 4th and the 6th (incarnation plane) was fractured and demonic creatures could manipulate reality, it is not difficult to comprehend the strange and horrible events that have been described by the people investigating that ranch. So, I will end this chapter here.

CHAPTER 48 - HOW THE FUTURE WILL UNFOLD

This chapter will deal with the rather complicated subject of how your life will unfold in the future. We cannot be too precise, because the future is not set in stone, and events might appear that alter that future. The interesting thing that occurs when we try to follow future events, is called timelines, and I will speak about these first.

It may seem strange, but events do not usually happen randomly. Of course, there can be events that happen in an unforeseen fashion, such as violent storms or satellite rocks hitting the earth, as happened about 15,000 years ago, which altered any and all timelines that were programmed to occur.

Putting these random events aside, you may have noticed that I said that timelines were programmed.

So, I need to explain that claim. I need to explain why timelines are programmed and by whom.

This is a complicated subject, and so I need to spend some time on this explanation, as it will reveal subjects that have never been discussed before. This will be new information, and you will be the first to hear it.

We are pleased that you have read this book to this point, and so we are happy to reveal this new information to you.

If you look back into the past, you may notice that there is a progression as time passes. For instance, in some countries, there is increased freedom for people to go about unmolested by authority, while in other countries, the opposite obtains.

This immediately suggests that there is not just one timeline. Each country has its own timeline that it follows, but we must also state that planet Earth is subject to a master time, so that it all moves together in a global sense.

So, we must state that there are forces that decide and implement both individual and global timelines.

What are these forces? Where do they come from, and who is directing these forces?

Unfortunately, people incarnate have never heard of these forces, so it will not be easy to explain. But I will try.

First, I will say that it is not only people incarnate that follow timelines. We, in the upper 4th, have them also and, no doubt, all the life forms from the lower 4th - the demons - and those living in the 1st and 2nd dimensions are subject to them as well.

Their timelines would not be the same as ours or yours in incarnation, but as I mentioned, there is a global timeline that everything follows.

I will also mention that there are forces that lead the whole galaxy down timelines, but we will not discuss them in this chapter. We will concentrate mainly on the forces that control events happening in incarnation.

The problem I have with this chapter, is how to reveal information about a totally new and strange subject, in a manner that will be comprehensible to you and help you to accept it as real.

So, where do we start?

We have mentioned God. We have mentioned the archangels and the Directors of Life who work for God, bringing into reality God's desires for you in incarnation. We have mentioned life plans, and we have mentioned guides that help you follow your life plan.

But there are forces that have never been mentioned. At least not in this way.

Perhaps we could say that there are forces that put into place life plans for countries, their populations, the planet as a whole, and the entire universe. We could say that there are forces that produce life plans for the whole multiverse.

The question is, what are these forces and who is operating them?

I must be careful not to confuse life plans and timelines, although they are virtually the same thing.

The difference is, that life plans are decided by you in conjunction with your guide and also angels, before you had any real personality, and certainly, long before incarnation.

Timelines are decided by other forces.

Naturally, your life plan takes into account, to a certain degree, the timelines that you will have to follow, but basically, your life plan concentrates on you and takes into account timelines only to a minor degree.

I said that this would be new information, and for most of you, it will. However, in a different work, we did mention Nirmanakaya. This is a Sanskrit word that is mentioned in some Eastern works and is not very helpful, as few of us have a mastery of Sanskrit.

However, the word Nirmanakaya describes the forces to which I refer. The word Nirmanakaya is described in English as *body of transformation*. Whatever that is supposed to mean, it has no bearing on the subject we wish to describe.

These forces have existed since the dawns of time.

They were created, as far as we know, very much at the time that God's archangels and the Directors of Life were conceived.

Where all these forces came from, we do not know, but it is fair to say that without them, nothing would exist.

We believe that the archangels came first, the Nirmanakaya second, and the Directors of Life, third.

For those who do not know, we will give a brief description of the function of all three forces. But, in reality, there are four as God is the prime creator of life.

Once God appeared on the scene - in a strange nowhere place - the archangels appeared. They were informed by God that He would create the eight carrier waves, known as dimensions or auras, and He commanded the archangels to create all living things. By things, we mean absolutely everything, everywhere: animal, vegetable, mineral, and etheric.

Once living things had been created, the concept of movement in a growth sense was required, so that the created entities did not stagnate, and so the Nirmanakaya appeared.

Their job is to create timelines; advancement. There are a vast number of Nirmanakaya, some working in what we might call a parallel sense and others working in a vertical (hierarchical) sense. We will explain this more a bit later.

Then came the Directors of Life, who perform an important job of working with the above-mentioned forces. They do not create beings (that is the job of the archangels), but

of placing entities around the multiverse and keeping track of them, as what is called time progresses.

This is a complicated system and would require many books to fully explain, but the whole system works perfectly.

Our job in this chapter is to describe the Nirmanakaya and how they function, which will lead us to look at the future.

So, we will try to describe the Nirmanakaya.

First, we must say that they are in frequencies that have no relation to our frequencies, and so they are invisible to us.

As I said, there are a vast number of them, one for each country on Earth. Then there is a Nirmanakaya that looks after planet Earth as a unity.

There are Nirmanakaya, one for each planet in our solar system, and one for each planet or moon throughout the entire universe - and the universe is bigger than anyone could imagine - even if there is no life as we know it on them.

There is a Nirmanakaya that looks after our galaxy, and other Nirmanakaya caring for each galaxy throughout the universe.

There are Nirmanakaya attached to each dimension or aura, and others are involved with every aspect of the multiverse.

There are yet more involved with alternative realities and others concerned with areas of life that you do not yet know about.

Finally, there is one master Nirmanakaya directing operations, everywhere.

All the masses of Nirmanakaya work together, creating conditions in which life can progress.

Of course, it would be quite impossible to imagine the vast numbers of these angelic beings - if Nirmanakaya are angels - nor could we imagine how they all work together, individually deciding the progression of each country and its population or whatever task they perform, but collectively, advancing according to the instructions of the master Nirmanakaya.

So, we have this vast network of Nirmanakaya working all over the entire multiverse, each with his task. But above all these entities, building higher and higher, we have a chain, finally stopping at the top with the supreme master Nirmanakaya, directing all operations, everywhere. Both in incarnation and all the dimensions.

Having given an overview of the Nirmanakaya and how they operate, both collectively and individually, let us turn to the subject of this chapter, which is to look into the future.

As you can imagine, under the control of the one master Nirmanakaya, there is only one way that everything can advance as, due to his immense power and influence, he has total control over how everything will advance.

However, he also takes into account how individual things may advance. By things, I include absolutely everything, everywhere, no matter what it is and where it is anywhere in this huge multiverse.

But if we consider just incarnation, which is only a tiny fraction of existence, there are a multitude, a multiplicity of things, all alive in their way and all under the control of at least one Nirmanakaya, that decides the individual progress of that which is under its charge.

For instance, it may decide that a distant star should come to the end of its existence in incarnation, while elsewhere in the vast galaxy, a new star will be born and thus a new Nirmanakaya will come forth to control its progress.

Time as you know it has no relevance. A second or countless millions of years is the same to Nirmanakaya and so, if something lasts for just one second or for virtually all eternity, the Nirmanakaya perform their task of looking after and directing the progress of the object in its charge.

Equally, what the object consists of is of no interest to a Nirmanakaya. A small moon or a whole galaxy is the same to a Nirmanakaya. Its only concern is to implement the master plan of the master Nirmanakaya and it is that master plan that concerns any and all Nirmanakaya.

Perhaps I will say, that I will not confuse the subject, by inventing singular or plural terminations to the name Nirmanakaya, such as we find in English to a certain degree, but even more so in Latin or Greek words. If I mention a single Nirmanakaya, or more than one of them, I will just use the word Nirmanakaya. I hope that the sentence I write will make it clear if I am describing one or several Nirmanakaya.

So, how can your future unfold if each Nirmanakaya, one for each country, including, as bizarre as this seems, seas, and air, has a plan, but also must adapt that plan according to the master plan?

This seems to create a sort of chaotic advancement and it is only if we look back to the past and follow the progression up until now, that we can see any connection.

The one, and main, connection from the past up until now, is that populations grow. Even if we consider ELE's that wipe out most of life from time to time, we see that there are more humans, if we just consider humans, now, than there were in the past. There must be a reason for this.

If we consider the animal populations, it is all a bit more varied. In some areas, there are more animals than in the past - pet cats and dogs for example - whereas, thanks to the predatory instincts of man, many species have diminished.

We wonder why the Nirmanakaya permit this?

For instance, if we consider American Bison or the fish in the seas, including the mammals that swim in the seas, whales, dolphins, and many other species, man has virtually emptied the seas of them. We question why this was permitted to happen and if the Nirmanakaya intend to take steps to remedy this catastrophic situation?

So, in what form will our future take shape?

We have looked into the future, as far as we can see down timelines, and will tell you what we have seen.

There is no point in trying to describe the situations regarding individual countries and individual populations. That would be too time-consuming and too uninteresting for the other populations waiting for information concerning them.

We will consider the global movement into the future, as put into action by Earth's master Nirmanakaya.

Now, you may be aware that there are forces - humans, working with evil entities - that have and are doing their best to manipulate world events to their advantage.

One of the things that they are trying to do, is to turn the clock back, so to speak, so that there are fewer humans, and those that there are, are reduced to a state of serfdom, so that only the chosen few - the rich and powerful - have any real freedom, while the rest of the population can only act in a way that this chosen few permits. This was a state that existed in large parts of the world in the past. Indeed, this state already exists in many countries to this day.

In countries where so-called freedom exists, this element that I refer to as *the chosen few*, object to having to share shops, parks, beaches, holiday resorts, and so on with the common folk, previously referred to as *the great unwashed*, and so steps have been taken to reduce civil liberties.

At the time of writing this book (2020), a virus has been released, the design being in part to reduce the population by deaths, in part to introduce sterilization, which will reduce the world's population and also to instigate loss of civil liberties - freedom of movement and action.

Vaccines have been created, which seem to act in opposition to the virus, but time will show (a) the virus will mutate, making injections ineffective, and (b) elements within the vaccines will cause considerable harm to the world's population.

We have warned people about the dangers of both the virus and its cure and have pointed out the timeline hoped for by the chosen few.

But, what about the timeline chosen by the master Nirmanakaya?

Is the Nirmanakaya working in cohorts with the chosen few, or does it have its own plan, that is working quite independently from this human group?

From what we have been able to see from our investigations of the future, there will be a sort of tug-of-war for a while, but, ultimately, the master Nirmanakaya will triumph.

The problem is that this master Nirmanakaya is not directly concerned with people's civil liberties, so it is not worried if people lose their freedoms, providing the actions taken by the chosen few do not directly interfere with the master Nirmanakaya's plans for the future.

Perhaps, before I go on with the investigation of the future, you will permit me to tell you how we can follow timelines.

It involves, through meditation, expanding our consciousness outside of the boundaries of the here and now.

We have mentioned in another chapter, how the past, present, or future is just a matter of perspective.

If you have read the relevant chapter, you may remember that we mentioned that if you went back a thousand years, we who live now a thousand years into the future of those that lived one thousand years in the past, would seem to be just fiction.

Let me explain this a little more clearly.

We, today, if we know how, can look back into the past, because a record of the actions, thoughts, discussions, and so on, is stored in the Akashic Record.

Therefore, if we decide to look back to any point in the past, we just need to locate that period in the Akashic Record and we can observe exactly what occurred.

This might be any event at all.

We could observe the times of Jesus, Hannibal, any king and his court, any peasant tending his animals. Anything at all.

We are looking at past events from our *now*.

But from the time of the event that we are looking at in the Akashic Record, that was their *now* moment.

Those people who were living their lives at that time, could only observe us *now*, if they had access to the Akashic Record and could see us in their future.

In other words, we, today, in our *now* moment, can look back to the past. Therefore, our *now* moment exists in the Akashic Record, because we are living it at this moment.

So, if a person in the past had access to the Akashic Record, he could observe what we are doing in our *now* moment, even though it would be the future as far as they are concerned in our past.

So, we can say that the future already exists, as it will always be some people's *now* moment.

But the future is not set in stone.

The Nirmanakaya set out the broad lines of how they want events to unfold, a process that we refer to as timelines, but it may well be subject to modification, as events actually unfold.

A point that I must make, is that the Akashic Record does not store past events, as a history book might portray.

The Akashic Record only stores events as lived by individuals.

So, if we look back to the past, in order to understand what occurred in a global sense, we have to study the lives of numerous individuals as they actually lived their lives.

We might look at the life of a king or an emperor. Then, we might look at the lives of members of his court, his wife, friends, enemies, servants, and so on.

We might look at the lives of his serf's tending flocks of animals.

We might look at how a soldier lived and so on.

From that, we can gather a picture of how life unfolded at the time under question.

It is the same with the future.

We can only observe it from the point of view of how future people live.

It has been questioned how, if the future events seem fixed, as we look back to the past but from the past, future events are subject to change.

This seems to be a problem.

How can we resolve this problem?

We can resolve this problem, only by considering how people actually lived their lives.

From the future, for example, we can see exactly how long a person lived but from the past, that person's life span has not yet been decided.

This may seem strange.

Of course, there are people whose lives have finished, but those people have returned to the 4th dimension (heaven) and so they would not still be around in the future.

Even this seems strange, because if we look back to someone in the past, he or she would no longer be in incarnation, but we can link to the life that they lived through their file in the Akashic Record.

So, why can't we do this with people in the future?

The answer is that there is not just one aspect in the Akashic Record. The past is in one section, the present is in another and the future is in yet another part of the Akashic Record.

In fact, the future is in two parts.

Part one is where memories of future people who have died are stored and the second is where the memories of people who are alive are stored.

Now, think about this!

When we look back from now into the past, we have two aspects; now and the past. This seems completely normal to us as *now* seems real - it is the part we are living at the moment - whereas the past is in another section of the Akashic Record.

It is the same with the future. When we link to people in the future, we link with their *now* moment whereas, if we link with people who have died, we have to link to future past events, if you can see what I mean?

Anyway, what does the future hold for you?

I am sorry to say that this virus will change everything. Your life will never be quite the same - at least for a considerable time.

I do not want to sound pessimistic because life will go on, but it will not be the same.

You will never, in the short term, regain the freedoms that you had and that should be your birthright.

Of course, future generations, after a long struggle, will regain freedom, as the pendulum of progress swings fully into the positive aspects, but in the short term, the timeline created by the evil ones will push you all into a somewhat dark age.

I don't want to get too dramatic, but you and your children - those that can have children - will be obliged to live by strict rules, that will restrain your freedoms to travel as you wish.

The virus will be kept as virulent as possible in order to reduce populations, and toxins within the vaccines will restrict the number of people allowed to produce children.

That is why you already have a number of different vaccines and they are reserved for people of different ages

Vaccines given to young people contain toxins that will sterilize either men or women, while vaccines for the elderly contain microchips designed to reduce their life expectancy.

Children cost governments money: schools, teachers, technicians, cleaners, school meals, money given to parents for child support, health care, and so on.

The elderly are expensive due to pensions, doctors bills, medication, hospitalization, retirement homes, and general care.

So, you can see that if there were fewer children and fewer elderly, governments could save a fortune.

Of course, it would seem that if there are fewer people, there would be fewer workers paying taxes, but in the future, machines will do the work and the taxes from their creations will provide governments with money.

The whole system will change.

The common folk, *the great unwashed*, as Edward Bulwer-Lytton called them (you and me, in fact), will no longer be needed.

However, nothing lasts forever. Change is the only constant.

The Directors of Life, in conjunction with God's archangels, are already producing children who will be immune to the effects of these viruses and the vaccines.

These children will grow to adulthood and will defy the *chosen ones* and will defeat them.

But, in the immediate, Draconian measures will be implemented to restrict, not only the population growth, but freedom of movement.

Of course, the *chosen ones* will be given injections not containing toxins and so they will be free to live and to enjoy life as they want, not being bothered by the common folk.

So, in the short term, life looks bleak, but it will not last. The angels will combat evil and will overcome it.

So, without going into too much detail, I have described what is in store for you in broad terms. But, do not worry. By practicing meditation, prayer to God, thanking Him for His blessings, and helping all life as and when appropriate, you can draw angels to you who will protect you from harm.

As I just said, future generations will be born immune from all this evil, and helped by the positive swing of the pendulum of change, life will become wonderful.

So, do what you can. Grin and bear the *swings and arrows of outrageous fortune* and you will come out on top.

I am sorry that I had to present this rather gloomy picture to you, but it is better to know the truth, than to be kept in the dark.

So, I will finish this rather unpleasant chapter here.

CHAPTER 49 - INCARNATION, IMAGINATION AND THE AKASHIC RECORD

This chapter will investigate the relationship between what is fact and what is fiction. What do I mean by this?

The answer lies in the way that the mind can link to various parts of the 4th dimension and draw information that can be captured by an active mind and either be reported as facts or used by the mind (imagination) to create fiction, if the receiver of the information writes novels or film scripts, etc.

We, of course, in the Great White Brotherhood, only report facts. But a number of people in the 4th used to be writers of fictional books, plays, film scripts, or poetry.

There are many such people, in what you call the heavenly sphere - the upper 4th dimension - and these people are still creating works of fiction; books, and so on, and these are all recorded in the Akashic Record.

As you can imagine, the talent of these writers varies dramatically. Some, who were famous in their time, either writers of dramatic fiction, or poets and so on, still write works of incredible power and are very interesting to read, while others are of lesser talent. But still, these lesser people have the right to pursue their passion, and their works are also faithfully stored in the Akashic Record.

Now, I will say at this point, that people in incarnation can be influenced by the writers in the 4th, but before we discuss this, which is the real topic of this chapter, I wish to explore further the creation of works of fiction in the 4th dimension.

You may wonder how, if so-called *dead* people do not have bodies, typewriters, or note pads, it is possible for them to write down their thoughts and thus create literary works, so I will explain how it is done.

First, I will say that every thought, spoken or written word, is recorded in the personal file of that person in the Akashic Record.

So, in a way, a person desirous of writing a book, for instance, all he has to do is to think of the words that, in incarnation, he would have written in some way and then he just needs to recuperate his thoughts from the Akashic Record and, *hey presto*, he would have his book.

By the way, if I say *he*, it is for literary convention. I include *she* and any other gender in this discussion.

But, going back to the previous sentence, it is not that easy, because jumbled up with the words that are intended for his book, are all the thoughts and conversations he has had outside of when he is writing.

The Akashic Record does not discriminate between words intended for a book and words spoken to his friends.

So, it would be a very difficult task to separate the words intended for his book, from the mass of thoughts and words that he would have created, that had nothing to do with his book.

Can you see the problem?

It would be as if you had a tape recorder constantly recording everything that you spoke, and sometimes it would be words for the book and sometimes just words that you spoke, not connected to your book. It would be almost impossible to recuperate your book.

Especially if you took a break from writing lasting weeks or months, and so you would need to listen to a huge amount of information contained in your file to find the point that you left off writing, in order to continue in any logical manner.

However, I said that both works of fact and fiction are created and the finished works are stored as such in the Akashic Record. So, there must be a way of separating words intended for our creations from the words we speak in our everyday conversations.

Quite simply, we create a file within our personal file in the Akashic Record, dedicated exclusively for recording whatever words we intend for our creative works.

It is very similar to the way that you, using a PC - personal computer - might create a file or files for your personal projects.

You might create a file to store cooking recipes. Or, a file to note topics for some project connected to your employment or any hobby. Then again, you might create a file to record your ideas for a book or a film script, or a poem.

You could create a large number of such files in your PC and we do exactly the same - or almost exactly the same - in the Akashic Record.

The difference is that we create these files within our personal file in the Akashic Record by thought, desire if you wish to describe it.

Before creating any files, we have to learn how to connect with our personal file in the Akashic Record.

This is not easy and there are large numbers of people in the upper 4th that have no idea how to create files within their personal file. Indeed, there are a large number of people in the heavenly spheres who do not even know that they have a personal file in the Akash. Please do not think that all people in the afterlife know everything. People transcend from physicality exactly as they were in physicality.

Those that have no curiosity, remain startlingly ignorant of much of what we explain to you. The reason that we give you all this information, is to give you a head's start for you when you move to the upper 4th dimension - heaven.

So, ignoring those people who lack curiosity, you will notice that most, if not all, of the creative people, have curiosity very much developed. It is that curiosity that enables them to become good writers.

So, these people, before they can start creating works of fact or fiction, need to learn how to store their thoughts in files. How, in fact, to create files within their personal file in the Akash.

This, as I said, is not an easy thing to do and so there are specially trained people in the upper 4th who work with those wishing to create sub-files, if I may thus refer to files within personal files.

Such people work with these students and teach them how to link to their personal files. Once the link to the personal files is created, and they are achieved by a process of concentrated meditation on that target, the student is encouraged to explore his personal file, examine it closely, until he is familiar with most aspects of it.

It is also a long process, because the personal file of anyone goes back to the moment he is given the logos of God, and effectively, becomes a human. This is the moment that he moves from the 8th dimension to the 7th. At that moment, his personal file is created.

But, as this is hundreds of thousands of years ago, in your understanding of time, you can imagine that there is a lot of information stored.

The good news is that not only is the personal file created storing every microsecond of a person's existence, but also a sub-file is created in the Akashic Record that stores only a relatively short amount of events, the latest ones relevant to a person's development. We have spoken about this before.

At this moment, the student is encouraged to examine this sub-file and see how it was created and what it contains.

Once this is achieved, the student is encouraged to think about creating a sub-file within the major personal file in the Akash.

After much trial and error, the student becomes adept at creating, not only sub-files, but successfully contacting them when he wishes.

Then he can start creating whatever work he desires and placing it in the appropriate sub-file he has created in the Akash.

You can see that creating files in which to store works of fact or fiction is no mean task and requires much effort on behalf of the potential writer.

But, once mastered, he can create as many sub-files as he desires and put into them whatever he considers relevant to his projects.

I will just say at this point that there are two sorts of writers of fiction.

They both need to start with an idea, a story, and they both need to create in their mind how the story will unfold.

But some writers like to think the whole book out before commencing and make notes in a sub-file of how the book will advance, chapter by chapter, with all its twists and turns, before reaching its conclusion. Such writers are referred to as plotters.

The broad outlines of the book are noted in a sub-file and then the actual book has to be created (written) in a second sub-file. So, such writers would require two sub-files. One to record the plans of how the book will develop and another to note the actual book.

There is a second group of writers who, once they have in their minds the outlines of a story, just create a sub-file and begin writing, letting the story develop as it will.

This group is referred to as pantsers, flying by the seat of their pants.

It may seem impossible to write like this and, certainly, it creates a number of stumbling blocks, as the writer's imagination creates scenarios that are difficult to resolve, but some successful people create works of fiction in this manner.

In this case, of course, only one sub-file needs to be created, the one in which the book is placed.

I am talking about writers in the upper 4th dimension, but what I have said applies to anyone, inventors, creators of music, philosophers, people hoping to give lectures at some time, and so on. All these people would require to know how to create sub-files and how to place information within them, and lastly, how to retrieve the information when required.

The same applies to writers in incarnation. We still have plotters and pantsers.

We have spoken quite enough about how sub-files are created, so let us proceed to the topic of this chapter, which is how you, in incarnation, can be influenced by the information in a sub-file in the Akash, created by someone in the 4th dimension.

This may be a bit difficult to explain, but I will do my best to keep it simple.

As you may - or may not - know, in the upper 4th, we have no secrets. Every thought that someone thinks is available to be picked up by the simple process of connecting to the Akashic Record and linking to the personal file of anyone that interests us.

We can also do it with people in incarnation. Every thought that anyone has is stored in their personal file in the Akashic Record and so, if I, for instance, know someone who is in incarnation, I can link to his file and know what he is thinking: his worries, his problems, his joys, and any information I require to retrieve.

For instance, I have close contact with the scribe in incarnation, who receives the books I dictate to him and I can keep a watchful eye on him and his family and offer what advice I can to help smooth his path through his incarnation. Of course, I am discrete and never spy on anything personal he might be doing.

I am not, however, his personal guide.

I am more of a friend dedicated to helping him, as, like all of you, you struggle through your incarnation. I know what it is like, because I, too, had an incarnation and know what a struggle it can be. To be honest, it is almost like having a second incarnation, as I relive the problems my scribe and his family face and I am closely linked to them, striving to do the best I can to help them all.

This scribe spends countless hours working for us with the books and other information we give you, so, in return, I thank him by keeping a watchful eye on both him and his family.

We all become like one family, and we of the Great White Brotherhood look after all our family members.

Before I change the subject, I would like to mention another person who lives far from my scribe, but who works hard for us. He receives each chapter, and when all of the chapters have been received, he puts it all together in book form and publishes it.

We are very grateful to him and I will say that without his help, none of the books would have been published.

I do not directly look after him, but he has a colleague who does, and he reports to me anything that I need to know.

This person is part of our family, as is his family, and my colleague works hard, behind the scenes, so to speak, doing what he can to smooth the path of this person and his family.

We all look after each other.

Perhaps I should say, in case you feel that you are being left out, that you all have guides working from my dimension, helping smooth your path. However, incarnation is a testing time and so you have to face some nasty moments, but you are not alone. Your guide is with you 24/7, doing what he can to help you.

In this sense, we are all family and we all pull together doing what we can to help smooth your path through your incarnation.

But, enough of that. I have strayed from the subject of this chapter, which is how you can link with us to receive help with any project, literary or otherwise.

This is where the explanation gets a bit difficult to comprehend, for some of you, at least. I will, for simplicities sake, keep to writing literary works, although, as I previously said, it can apply to many disciplines.

Let us suppose that you have an idea for a book. As I previously said, you have two methods of writing. Either planning the entire book from start to finish (plotters), or just start writing and see how the book unfolds (pantsers).

But there is another avenue that you can link to, which will help you write an excellent work. Even a best seller. The trick is to reach out with your mind and link to the Akashic Record, which is in the 5th dimension.

Many writers do this subconsciously - not realizing that they are tapping into the Akashic Record.

Even if they do link to the Akashic Record, that will not directly help them, as one cannot just link to the Akashic Record and get answers.

If I may use an analogy.

Imagine the Akashic Record to be a dartboard. It is no use just looking at the dartboard. To get anywhere, you need darts and the determination to try to hit a certain spot on the dartboard; the bull's eye, double twenty, or any other point. But you need to intend to reach a certain target.

Now, imagine that all the points on the dartboard represent the personal files in the 4th dimension.

You can be sure that whatever subject you wish to write about, some writer in the 4th dimension has already created a work about it.

What does that mean?

Quite simply, it implies that in a file somewhere is a work - or the outline of a work - created by someone in the 4th dimension, similar to your idea. Don't forget that we all live eternally.

Thus, once your incarnation is finished, assuming that you had an incarnation, you return home to the 4th - heaven - and you remain there for virtually ever.

Assuming that you are a writer and that you retain that interest, you have all of eternity before you in which to create works of fiction and place them in the files in the Akashic Record.

If you multiply the numbers of writers that there have been over time and multiply the number of years that these people have in which to create works of fiction, I think that you can see that virtually any subject that you can create and think of writing a book about, has already been created, either by people incarnate, or by these people once their incarnation is finished.

To create a truly original work of fiction, is almost impossible.

However, if a similar work had been created by someone in the upper 4th dimension and placed in his personal file in the Akash, it does not mean that it would be familiar to people in incarnation.

To them, it might seem new.

Now, I said that this chapter would be about how fact or fiction writers could link to the 4th dimension and get help with their book. I will, however just describe how fiction writers can do this. Writers of factual books can use the same method.

I do not wish to imply that people deliberately cheat by just copying a book already created by someone in the upper 4th dimension, by linking to the original writer's file and recuperating the book. I do not. A lot of sweat and tears by the authors go into writing most books, no matter what dimension they live in.

I know, because I, who dictate this chapter from the upper 4th, was a writer - and still am - and I know just how difficult and stressful the process of writing a book can be.

But I do not want to talk about myself. It is the subject of writing that is important, and not who wrote any book.

I just wish to impress on you, that writing a successful book takes a lot of work and plays havoc with one's ego, as various editors tear one's book to pieces in an attempt to make it read more cohesively.

At long last, here is how the link can be made by a writer, or any other creative person, to the files in the Akashic Record, that deal with writing, or any other creative work. But we will stick with writing and I leave it to you to think about how it might apply to any other subject.

Writing implies a lot of thought. Even those who start off by putting pen to paper and see where the story takes them (pantsers), still have to put a lot of thought into creating an interesting story that others will read.

I told you that every thought that you have is recorded in your personal file in the Akashic Record.

I also told you that in the upper 4th we have no secrets.

Every thought, every book - in the case of writers - is available for study, if we can link to the appropriate file in the Akashic Record.

So, as a person goes into deep thought about how his book will unfold, it is possible for him to reach, not only into his personal file where his book is being stored, it is possible to link to the file of someone who has created a similar work in the upper 4th. He would not do this deliberately.

The fact is that we are all one. We all share the same higher self and we all share the same Akashic Record.

So, it is possible, quite by accident, for a writer thinking deeply about the progress of his book, to link, by the law of mutual attraction, with a similar file created by someone else, which is also stored in the Akashic Record.

Then he can clearly see how his book may progress.

Of course, not all writers do this. If they already have a clear idea of what they want to write, especially if the book is based on a personal experience, or the experience of someone else, they do not need to think deeply about the book. In a way, it writes itself.

But for those who try to create a truly original work of fiction, much deep thought has to go into each chapter. It is those people who tend to link to a work in a file in the Akashic Record and they can draw at least some ideas from that file that assists them.

You may have heard, for instance, of a songwriter who creates a hit song, who said that the song wrote itself, almost as if it was given to him.

This is an example of a person who wanted to create a song and linked with a similar song already existing in the Akashic Record and drew that song to him. Certainly, he

would adapt parts of it to his style of composing, but the broad outlines of the song he might have plucked from an already existing song in a file in the Akash.

So, I hope that you can see that a writer delves into the imagination plane, or aura, in order to write a book.

All the auras, although separate and serve different purposes, nevertheless are linked. The imagination aura - which is where you are at the moment, in what you call incarnation - is not far from the higher self, which, in turn, is linked to the Akashic Record.

Therefore, in a way, it is natural for a writer to be able to link to files in the Akash, especially as the writer in the upper 4th would have used the same imagination plane that you use.

Working with the imagination plane leaves traces, rather like someone walking through sand or snow leaves traces. These traces remain permanently in the imagination plane and a writer, as he reaches into the imagination plane, can quite easily pick up thoughts left by a previous writer in that plane.

Thus, he can get ideas that might help his book along.

Of course, this new writer will, himself, leave traces in the imagination plane that later writers might pick up.

It sounds rather complicated to explain, but the principle is that all is vibration. Further, through the law of mutual attraction, similar vibrations can link together. It is in this way that *great minds think alike*.

I think that I have said enough to help you understand how you can be helped when writing books, by linking out from the incarnation plane, which is placed in the imagination plane, and getting some ideas from that plane to help a writer.

But, more importantly, he can go deeper into the Akash and, once again by the law of mutual attraction, link with files in the Akash that have relevance to his embryo book, and from that, he can get ideas to help push his book along.

However, as any of you who have written works of fiction know, success is not given to you on a silver platter.

Successful writing is a skill, and to succeed in a competitive market, requires a great deal of hard work and not a little luck.

For any potential writers who read this chapter, it may not directly help you to solve all of your problems, but at least you know how the process works.

I will just mention that it is possible to link with the file of someone in the 4th who wrote a book and just copy the book. However, that would be cheating and, in any case, would require a great deal of psychic skill to download a complete book, missing no parts of it.

Even that would not guarantee success in today's competitive market.

There are many factors that go into creating a successful book, and just having one cribbed from a previously successful author, when in incarnation, is no guarantee of success today.

A book needs to be relevant to today's market, so even a book written by the world's leading author, no longer in incarnation, does not mean that it is relevant to today's market.

My advice to any writer of fiction, is to study people's behavior today and see how many books have already been written about today's behavior. See if you can find a space that has not been covered by anyone else, and aim your book into that niche.

Make your book exciting but believable and with a bit of luck, you might get it published. I wish you luck with your venture. You will need it. I speak from experience.

CHAPTER 50 - CONSCIOUSNESS

This chapter will deal with a suggested subject; consciousness.

What is consciousness?

To do anything at all, one needs to be conscious.

I mentioned in another chapter, that people in a coma may be alive, but they are not conscious.

People talk about losing consciousness, and in that state, they have no memory of what is going on around them, until they come to their senses once more.

So, this gives us a clue about consciousness.

Let me repeat once more, that you are at least two people in one.

You have your physical body and a non-physical or spiritual body, which is invisible to most people.

As I have said, it is the non-physical body that is the real you (in as far as that part of you goes), and your physical body (the one that looks back at you in a mirror) is merely a puppet, operated by your non-physical body.

You have an invisible cord (tube) that connects one to the other, that passes all the information necessary to make the physical body operate.

So, what happens when we lose consciousness?

If the silver cord, as it is termed, is constantly sending signals to the physical body, how is it possible for the physical body to lose consciousness, if the information is still pouring down the silver cord, trying to animate the so-called physical body?

This chapter will deal with this subject, and more.

Now, we need to be clear about something.

The link between the non-physical and the physical body is always there, from the moment of birth, to the moment of so-called death.

Before birth, a baby is more like a growth in its mother's womb than a true, independent, living, person.

It is attached to its mother via an umbilical cord (tube) and that cord, or tube passes everything the fetus needs to nourish it. It provides food in liquid form and it provides sufficient air for the body to absorb.

The lungs of the fetus are filled with fluid (amniotic fluid) at that point.

It is only at the moment of birth that a change occurs.

At the precise moment when the baby leaves its mother's body, its non-physical part makes contact and a cord - invisible - appears from the non-physical aspect (the real person) and takes over from the mother in caring for the baby.

The baby makes a great change. One moment it was only a sort of growth within the womb of the mother, and then it appears as a true, independent person, as it leaves its mother. The mother automatically stops nourishing the infant via the umbilical cord, the non-physical aspect takes over and makes contact with the baby via the silver cord and the baby takes a breath, and we say that it was successfully born.

The now, not needed, umbilical cord is cut, and the baby becomes independent from its mother physically, although, normally, it is dependent on receiving milk from its mother for at least a while.

Then, for all its incarnation, it remains paired to the non-physical body via the silver cord. So, the pair, the non-physical and the physical bodies, go through their life together, following the life plan that the non-physical part is aware of until the moment of death appears.

Then the silver cord dissolves, and the physical body is no longer provided with the forces required to animate it and we say that it is dead.

The non-physical aspect, which is the real person, rises to the upper 4th dimension, where it continues its life.

Incarnation is just a short interlude in the long life of a person.

What has that explanation I gave above got to do with consciousness?

The answer is two-fold.

First, the fetus in the womb of its mother may well be alive, but it has no consciousness, above the desire to live.

That desire is part and parcel of the DNA that is contained in every cell, every atom, of the fetus. It is a function of life. There would be no point in giving life to a fetus, if that fetus had no desire to live.

Therefore, we can say that a fetus in the womb of its mother has life and the desire to live. But it does not have consciousness.

Perhaps we could try to define consciousness?

This is perhaps not as easy as it seems.

Consciousness may be defined as being aware.

We could also add that we also need to be awake. When you are asleep, you are alive but not conscious, in the sense we need to describe.

Being conscious implies having feelings, wishes, desires, all, or most, of the five senses; sight, sound, smell, taste, touch, etc.

Being conscious implies being aware of one's surroundings.

It implies knowing the past - especially of one's own life - and trying to plan the future.

Consciousness implies being truly alive.

No doubt, many of you could find other adjectives to add to what I have said, but I hope that you understand the difference between being conscious or not.

The question is, if our physical body is just a puppet, can it have consciousness?

Certainly, it is alive, but that is only while the silver cord passes life forces down it into the physical body.

But, and here is the point. The physical body is being constantly bombarded by rays, that we call auras or dimensions.

These auras - as I will refer to them - contain masses of information that come from these auras, many of which originate in the 4th dimension, as I have mentioned in other chapters of this book and other books.

What would be the point of sending all these auras to a body, if that body did not have the consciousness to handle them?

Therefore, I think that we can assume that the physical body is not only alive but is conscious.

Where does that leave the physical body?

So, this is the second part of what I said above.

The physical body is animated by the non-physical body, as I said earlier. But there is more to the story.

In a way, the non-physical body is aided in its job of animating the physical body, by the various auras that impinge on the physical body. But they do not replicate the task that the non-physical body has. They play a different role.

The function of the non-physical body is fairly basic. Its main purpose is to aid the physical body in its prime functions: moving, sitting, standing, making the organs work correctly, and so on.

But as you know, there is much more to being alive than just these basic functions.

We need to be able to talk, to listen, to think, to reason, to understand, to love, to dislike, and a myriad of other events or elements that combine to create a conscious person.

The non-physical body animates the physical body, while the auras attempt to fulfill the roles I just mentioned.

When all this comes together correctly, we have a truly conscious being.

So, we are starting to understand a bit about consciousness.

But life is more complicated than that.

What I said above applies to every individual person.

Perhaps I should mention that a baby, newly born, lies helpless in its cot, as it does not yet have the physical strength to do much more than survive.

Only as he grows in strength, can he start to stand, walk, and move in an independent fashion.

This is accomplished by power being sent down the silver cord into his body and that power - set of instructions, really - enables the baby to operate his arms and legs and other parts of his body, and to a certain extent his brain, that enables him to keep his balance, as he discovers how to walk, etc. At the same time, one by one, the auras attach themselves to him, which enables him to act and react as a human.

Unfortunately, the first aura that attaches to the baby is the one that connects to the lowest part of his body. This aura contains the feelings of selfishness, of ego, of caring only for oneself. This is a very necessary aura, as a young child needs to concentrate on self-preservation. The downside of this, is that the infant can be rather unpleasant, as most parents know.

As soon as the baby feels any inconvenience; hunger, thirst, tiredness, desire to move about, he lets his parents know in no mean fashion. He yells at the top of his voice, until his need is satisfied.

However, the good news is that he is beginning to be conscious, even though it is a selfish form of consciousness.

Later on, a second aura links to a slightly higher part of his body, and his attitude changes somewhat.

This continues, aura by aura, linking to his body, until the final one reaches the top of his head and we say that the person has complete consciousness.

In theory, these auras are thought to link with the body, one every seven years. If this is true, the person would not be completely conscious until he was forty-nine years old, as there are seven auras in total that link to the body.

In practice, this is not so.

Depending on the personality of the person, he can draw auras to him faster or slower.

In some people, all the auras can be in place while the individual is quite young, while in others, they never do get a full set of auras at all.

That is why we have some very wise, very peaceful, and kind people, while others pass all of their lives being mean, harmful, and selfish.

The personality creates these states.

So, we can see that consciousness is not just one state, set in stone. Consciousness can and does vary according to the way a person chooses to develop.

What happens in the case when someone becomes unconscious, either through a blow on the head, drugged sleep, or a coma? If the non-physical body is constantly sending signals down to the physical body, why does it not continue to respond?

The answer is that there are receptors in the chakra points that control the amount of information that the physical body requires, that are constantly varying the amount of information allowed to animate the physical body.

This carries on at all times.

But, if someone becomes unconscious, the chakra in the head completely shuts down and does not allow any signals from the non-physical body into the physical body, until the brain of the individual responds to signals from yet another chakra, that permits the physical body to wake up.

It is a complex story and I have just given an outline as to what occurs in the case of unconsciousness, but I hope that you can understand that the whole event is controlled by chakras opening and closing, allowing information in or not, rather like valves opening or closing.

But there is much more to consciousness than what I have described. I have spoken about individuals. In reality, we are all one. There is only one and its name is God.

So where does consciousness fit into that part of the jigsaw of life, of existence?

I think that we can assume that God is conscious and as we are all God, we should have total consciousness.

Yet I just said that consciousness can vary from person to person.

How can this be?

Let us examine consciousness a little more deeply.

We are all God. Thus, we assume that we should all have total consciousness, but we don't.

During our long journey around the astral realms, we develop a personality.

Some people decide to become very holy, if I may use that terminology, while others decide to become evil - the opposite of holy.

Most people develop personalities somewhere in between these two extremes.

People, once they incarnate, and even if they do not choose to have an incarnation, draw the auras towards them at different times of their incarnation and the chakras of the body draw these auras at different powers or strengths.

Depending on their personalities, these auras and the chakras are drawn at different times and have different strengths.

So, I hope that you can understand, that the degree of consciousness of an individual depends on a number of factors.

First, it depends on his personality, and second, it depends on his intelligence. It also depends on his level of awakesness, if I may thus describe this aspect, and lastly, it depends on his ability to investigate what life is all about.

Therefore, it is fair to say that not only is everyone different from a consciousness aspect, but also, everyone is different in his ability to draw consciousness to him through his auras.

I would like you to appreciate that consciousness is drawn from an area in the upper 4th dimension into his non-physical body and also, if he chooses an incarnation, into his physical body.

We have described before, areas in the 4th dimension that contain different emotions, as the 4th is used as a dumping ground by God's archangels to store many or most of the different emotions that man can be subject to.

It is convenient to do this, as it keeps most of the emotions in one place and also it helps people in being able to draw them into either or both of the physical or non-physical bodies.

Just how do we draw consciousness to us?

First, let me say that consciousness starts with God.

God is life. But God is more than just life, or should I say that life, to be real, needs extra parts to it. One of these is consciousness. Life without consciousness would be meaningless. Life needs to be active, thinking, sentient and conscious. I will just say that thinking and being sentient are not quite the same things

So, God is, amongst a few other aspects, total consciousness.

As I also said, people absorb consciousness in different degrees.

God's archangels took God's consciousness and created a file, a place in the 4th dimension, where they could store this total consciousness.

From there, man, animals, and to a certain degree plants, link to that area via an aura and draw into their lives the degree of consciousness they require.

Obviously, plants need only a limited amount of consciousness. Just enough to help them survive, grow, and reproduce.

Animals tend to be more conscious, so that they can not only grow and reproduce, but also find shelter, find food, and so on.

Man is considered to be God's crowning achievement, and so man has access to consciousness to any degree that he chooses.

Surprisingly, man, generally, doesn't draw very much consciousness to him because, if one does, it creates a lot of effort to investigate the aspects of life that the average person ignores.

If one is truly conscious, it implies using a lot of energy to plunge into the mysteries of creation, of existence.

The average person is quite lazy, if I may say that without insulting anyone, and doesn't look much deeper into the mysteries of life than it takes to survive, mate, earn a living, and so on.

Very few people bother to delve deeply into how existence works and so the amount of consciousness the average person draws from the 4th into his auras, is limited.

I will also say that many in the upper 4th dimension are in the same situation. They just live happily and never open the door to the deeper mysteries of how life is created.

Thus, I hope that you can see that all of you have unlimited access to consciousness, which is an aspect of life, but the majority draw only enough for their needs.

I have done my best to describe what consciousness is, where it is stored, and how you may draw it to you.

I have also explained that being truly conscious is a task that uses a lot of energy.

Being conscious implies being awake and having unlimited curiosity. All these things use energy and many, or most, people are not prepared to devote their existence to delving into the mysteries of life.

It is up to you, just how conscious you wish to be.

God gave you life and the archangels give you consciousness.

But they don't force it on you. You have to draw it to yourselves.

You choose just how conscious you want to be.

So, I will end this chapter here and leave you to decide the degree of consciousness you require.

CHAPTER 51 - LIFE

This next chapter will deal with the way information is sent from the 4th dimension and down one's auras, and we will explain how life links together to enable the life force to create the energy that we refer to as life.

I have not explained that very clearly, but I hope that as this chapter unfolds, we will see what the word life refers to and how this energy comes together to give life to all things.

We have mentioned this life force a number of times, but I would like to devote this entire chapter to the way it all works.

We have already stated that the life force comes from God.

Let us look at this a little more closely, because the word life implies quite a lot, with all its connotations. The total, in fact, of all existence. And yet, why should there be life at all? Is there any purpose to life?

People over many years have scratched their heads about this.

It is clear that what we call life exists and always has.

Not only on planet Earth, but in all the dimensions, in all the alternative realities, and so on.

If one takes the time and effort to puzzle one's brain about life, it soon becomes clear that life is the major event in all that exists. We could say that nothing that exists can do so without being alive.

Some people might find it difficult to accept that every atom is alive and that every atom of dark energy is also alive, but it is so. Equally, many could not accept that a grain of sand, a pebble, a rock, a mountain, a sea, and the atmosphere are alive. But, if it is true that all atoms are alive, then the minerals that I mentioned above, being made of atoms, must be alive.

There are many life forms throughout existence, other than the sentient ones that we are used to seeing and examining, but all of them contain life.

So, can we define life?

I am not sure that we can.

We are used to seeing plants, animals, and humans, either being alive or stopping being alive, in which case we say that they are dead, but we cannot find the life organ in anything.

Certainly, we can see life grow in plants, animals, and humans and we can remove the life force from many things by killing those things in various manners.

We can create or destroy water by combining or separating two atoms, oxygen, and hydrogen.

To a certain extent, we can create air and destroy it, but we cannot create atoms of life.

So, can we define life?

If we could, it would help us take a step closer to God who, we are told, is the creator of life.

My Earthly scribe looked up the definition of life in a good dictionary. Amongst many phrases is the following: *The characteristic state or condition of a living organism.*

That is about as close as we can get to the definition of life, but can you see the flaw in the statement?

It already assumes that to have life, the organism has to be alive. This may seem obvious, but is not actually a definition of life itself. It is the definition of an object that is alive and thus has life.

Therefore, in my opinion, the statement is not so much a definition of life itself, as a phrase defining what something has that is already alive.

It is truly very difficult to define life, that would apply to just the basic life force, without attributing any other meanings to the word.

And yet life is the most universal force that exists.

It is strange, don't you think, that this most universal and important force cannot really be defined?

Certainly, once it exists, we can attribute its power to all sorts of things; vegetables, animals, humans, minerals, gasses, other realities, angels, demons, and on and on.

But the basic force - life - remains undefinable... a mystery.

Why should this be?

We have said that God creates life and God has no interest in hiding his creation from us. We are both God's beloved children and God has put his force in us, so that we can say that we also are God. And yet we do not really know anything about God's prime or major invention... life.

So, what is life? Where does it come from? What would existence be if life did not exist?

This last bit, I think we can answer. If life did not exist, nothing would exist.

Therefore, we can say that life - as a basic force - and existence go together.

Perhaps we can say that consciousness links to life also, but we need to stretch the word consciousness somewhat to make it include every atom, no matter where it is, and also add anti, or dark matter to the meaning.

Let us put together what we have at the moment.

We have something that we call life. Then, to make life become practical, we need to add consciousness and something else we call existence.

I think that if you look back at the previous chapter (50), you will find an explanation of consciousness, so I will not repeat the explanation.

But existence needs to be defined.

It may seem obvious that existence is a prerequisite to anything being conscious. If something does not exist, it could not be conscious.

But existence can take many forms. Obviously, from your point of view in incarnation, everything that you can see exists. As you should know by now, there are many other forms of life, invisible to you, that also exist.

We have done our best to explain to you that there is life everywhere, in all dimensions, sub-dimensions, and alternative realities.

We have also hinted that there are many other forms of existence that we have not discussed with you, so I think it is fair to say, that there is an enormous amount of life forms that exist.

But, is consciousness a prerequisite for life?

We have stated that someone in a coma or other form of unconsciousness can be alive but is not necessarily conscious.

Now, a fundamental law of scientific investigation states that something - some proposal - is true, only if it is true in all cases.

As someone or something can be alive but unconscious, we cannot really attribute to life the fact that to be alive, that thing must be conscious.

We will discuss consciousness further below.

Therefore, I think that we must exclude from the definition of life, that it must include consciousness.

Let us take a moment to discuss consciousness.

I just mentioned that a person, an animal, even possibly a plant, can be alive, but not necessarily conscious, although I will concede that being unconscious is an abnormal state for most things and the normal state would require being conscious.

But here is the strange thing. You may have heard of the phrase *universal consciousness*. This, by implication, suggests that there is one consciousness for all things, no matter what they are or in what dimension those things exist.

Those of us that study esoteric matters tend to accept this as one of the ultimate truths of life, yet clearly, this cannot be accepted as a truth, because things can be alive but unconscious.

So, what is universal consciousness?

Is universal consciousness a misnomer for life itself?

Who can say?

We know that to exist, something must be alive. Even dead bodies are not really dead. They may not have the controlling spirit still attached, but each atom of a dead object is still alive. It is just that the controlling spirit has withdrawn and so the atoms that constitute the physical body of something are free to be released and their destination changed, so that they may eventually help recreate the physical body of some other creature or entity. Atoms last a long time in physicality.

So, atoms exist.

Let us look again at existence.

Scientists, generally, attribute existence to anything that appears in physicality. That is the limit of their definition of existence.

But elsewhere, other life forms exist. Humans that live in other dimensions or alternative realities might limit their concept of existence to what they can see, touch, smell, and so on.

We get the impression that many life forms are limited in their definition of existence to what they can relate to or experience.

But this can't be true. There is life, and thus existence, everywhere.

The fact that even the most intelligent of people have a limited outlook on life does not limit life itself.

So, our definition of existence must not itself be limited, or we become the blind leading the blind.

This explanation of what life is, is becoming rather complicated and we have not even touched on past or future life forms. Nor have we mentioned the Akashic Record.

So, can we define life?

It is not consciousness.

It is not totally connected to existence, as that depends on what people accept as existing. The truth of the matter is that life, while obviously being the basis of all things, is virtually impossible to define.

If that is true, all we can do is to accept that life is and it is, and was, created by God.

If we can agree on that statement, we can move on to examine more broadly how life affects everything.

The next question is how does this life force help create all that exists? This is a very complicated and involved process that includes archangels, creation forces, auras, and virtually every process connected to life in any dimension, sub-dimension, alternative reality, the past, present and future, and all that creation entails.

Obviously, in this short chapter, I cannot give full details of all that, so what I will do is just give a brief overview of some of the salient points of the subject.

As I said, the life force is created by God. Just what this life force is, is almost impossible to describe, although, obviously, it exists. In fact, the life force is all that exists and everything else is created by and from it.

Once we can accept that this life force exists, even if we are reluctant to accept that it comes from God, we need, in order to create this chapter, to follow its course, as it is used to create everything that exists in all the dimensions and vagaries of life.

I must repeat that this life force is just one, unique, object.

Although everything is alive and contains the life force, it is just one, unique, singularity, invisible to even the most advanced beings. It seems only to be visible to God's archangels, who work with and for God, but to the rest of us, it is invisible, unknowable.

To be honest, I cannot even say that God's archangels can see this life force, as it is impossible to contact them, so what they perceive of the life force, we cannot say.

However, we know that the life force exists and that it comes from God. We also know that these archangels can detect the life force and can manipulate it.

Can we follow this life force once the archangels take it from God?

I had better answer a question about this life force before we proceed.

The question is, did God create this life force just once, or is he constantly creating it?

This is a question that cannot be answered in the sense that it was posed. The question implies time. Did God create one life force long ago and rest on his laurels ever since, or is God creating life forces, one after another, ever since as time progresses?

The problem is that time does not really exist. Series of events, one after another, occur, but they are all created in the one *now* moment. There is only now, even though that is very difficult to accept and takes a lot of faith and confidence in what we are told to believe.

However, it is true that time does not exist and so there is only the *now* moment. Thus we can say, that God created the life force at the moment of the first now and as now is all the exists, God is constantly creating life, as now goes on and on.

We can conclude that God created life in the very first now moment, whenever that was, and as that now moment is all that exists, life is being constantly created.

We cannot even say that God recreates life, as that would imply time. It is almost like a record stuck in a groove and playing the same word or note constantly.

Even that is not really true, because time does not exist, so the same moment of creation is held at that same spot endlessly.

So, in that fashion, life is both created once and created endlessly as *time* progresses. But that is also not true, as there has only ever been one now moment.

All the rest is an illusion.

Describing this now moment and making sense of it in an expository way is almost impossible, so I hope you will excuse me for my poor description of now.

As applied to God's life force, all that we can say is that it exists, has, and always will. It is one, unique, life force that animates everything, always has, and always will. Describing what it is, is impossible, so we just have to accept that life is.

So let us go back to following the progress of this life force as it creates - or helps to create - everything that exists.

Once again, this is going to be difficult to describe in a few words. It will help if those interested in this subject could read the other books that we have already given you, as this process has already been described at length.

The basic tenet of the act, is that the one life force goes through a transforming process, that we likened to a transformer that you have in your various electrical and electronic apparatuses on Earth; TVs, amplifiers, even power stations. In these types of apparatuses, a basic single power source is divided into as many sub-voltages as required. We called the original power source the primary voltage and, on the other side of a series of metal strips, we have a series of secondary voltages, which are used to power whatever is required.

As I said, this has been described at length in either works given, or in chapters in this book.

Now, God's unique life force is divided into countless sub-life forces (if I may thus describe them) in a similar fashion to an Earthly transformer. They all contain the totality of the original God force.

Obviously, the process is entirely different, but the principle is similar and we can use it to help you understand how God's archangels can create a multitude of life forces from God's one, unique, life force.

This transformer is called the Holy Spirit or the Holy Ghost.

This may seem a strange name to apply to a transformer, but we did not invent those names. They were conceived long ago by psychic people investigating the origin and use of God's life force, long before any electrical apparatuses had been invented.

Those people could see that there was, originally, just one life force and they could also see that, by some strange miracle, everything in existence was alive.

As they could not conceive of a transformative process, and it was invisible, they simply called it a Holy Spirit or Holy Ghost force.

In fact, the Holy Spirit is a function of DNA.

If you wish to learn more about DNA and this transformative process, I refer you to our various publications. Here I have just given an overview of what happens.

DNA, as we have often said, was a brilliant invention by God's archangels and it is that process that has enabled life, both on Earth and in other dimensions to exist. Without DNA, it is difficult to imagine how anything could have been created.

So let us proceed with our investigation of life.

In fact, we are almost coming to the end of this chapter, because there is not much more to describe.

Once the transformative process had been invented, and almost unlimited versions of God's life force - each one potentially containing DNA - had been created, they were stored, as is so often the case, in the 4th dimension.

It may be difficult to imagine that a huge number of life forces could be stored anywhere, but space does not exist in the 4th dimension as it does on Earth. Storage is never a problem.

Now, we have told you that in the 8th dimension, there were and are countless singularities. These are potentially living things, but they are not alive in the sense that anyone could understand.

Perhaps, to explain, we could compare it to the potential life force(s) contained in the wombs of most female creatures.

Until they are fertilized by the sperm of a similar male creature, they only exist as a potential 'something'. Once fertilized, they spring into life.

In a similar fashion, there is an enormous number of potential points of life waiting to be projected into life in the 8th dimension.

When God's archangels require something, they delve into this bank of potential life forms, that we term singularities and select, at random, the number of singularities they require.

Instead of injecting sperm into any one singularity, they put one of God's life forces, which they also take at random from the bank of life forces in the 4th dimension, and that singularity then becomes alive.

At the same time, they give this singularity the DNA that tells it what it is going to be: a raindrop, a grain of earth, a plant, a creature of some kind, a human, a nature spirit, and so on.

The singularity now has life, plus its directions of what it is destined to be. This DNA we have termed its logos.

Depending on what it is, it is then guided to one of various parts of the 7th dimension to follow its destiny.

Now, in the case of a human, the most complicated of God's creations, as you know, a man and a woman come together and the woman might become pregnant.

At that point, the fetus is or can be considered to be a growth in the womb of the mother.

This, on its own, is a complicated process, as the fetus develops and starts to become slightly independent as it moves in the womb.

I should have mentioned that at the moment of fertilization of the egg within the female by the sperm of the male, if it is decided that a baby should be created, a spirit of God complete with its DNA, is introduced, spiritually, into the egg and we say that the woman is pregnant.

Of course, there are a number of reasons why the woman might not become pregnant, but barring sterility, birth control acts, and so on, a baby - the now fertilized egg - starts to grow in the womb of the mother.

At this point then, the tiny egg is now alive, as it contains God's life force taken from the 4th dimension, plus the DNA that tells it if it is going to be a boy or a girl.

This process is actually a lot more complicated than I have described, but I do not want to overcomplicate this description by adding a host of details that have little or no relevance to the subject of this chapter.

I will say that the life force plus its DNA comes down an aura from the 4th dimension, surround the egg and it is that aura that transmits to the fetus the life force and its DNA (logos).

That, in a nutshell, is a description of the topic of this chapter.

To repeat. At the moment of fertilization, God's archangels select a singularity from the 8th dimension, add a life spirit from the 4th dimension, select the relevant DNA, also stored at least partially in the 4th dimension, and it is sent down an aura to become associated with the egg, and a fetus is now alive. The woman is pregnant.

What happens at the moment of birth, we have described elsewhere.

So, to recapitulate this chapter. Life is one and it comes from God. What life is, we do not really know.

God's archangels pass this one life force through a transformer (the Holy Spirit or Holy Ghost), and this now large number of life forces are stored in the 4th dimension.

God's archangels also create DNA and it is stored also, at least partially, in the 4th dimension, although it is free to traverse dimensions.

Then, when an egg is fertilized, God's archangels send down an aura the life force, plus the DNA that has been chosen to denote the sex of the egg. This DNA contains a lot more information than I have described here, but I wish to keep this description simple.

We now have a living fetus, plus its logos or DNA that tells it that it is going to be a boy or a girl.

This is a basic description of the life force. It is far from complete and I hope that you will forgive me for making it seem so simple when, in fact, it is a very complicated process.

I just wanted to explain, as best I could in a few words, what life is and how it is that we are alive.

I will stop this chapter here.

CHAPTER 52 - DEATH

This next chapter will deal with the fascinating subject of death! Now, we have told you that you can never die and that is generally true. However, it is not always true. It is possible to die under certain exceptional circumstances. This chapter will discuss these circumstances.

Life, as you should know, comes from God and it is an eternal force, so no matter what one does, the life force continues.

Generally, when talking about humans, the life force stays with that human for virtually all eternity. As far as humans are concerned, it only stops being linked to a human at the glorious moment when that person merges with the God force. Then that life force and the human that was linked with it disappears from our knowledge. As far as we are concerned, the human no longer exists in any reality that we can connect with.

Does he die? We cannot answer that question, as we do not know for certain what linking to the God force entails. But we do not think that the person who is now entwined with the God force dies exactly. Certainly, he would be transformed and become part of God again but surely that is not death. It, in our opinion, must be the opposite of death. It is possibly a greater form of life.

Before we get too involved with humans, perhaps we can briefly look at other life forms and find out if they can die.

There are a huge number of life forms throughout creation. Far more than you could possibly know about, and far more than we can talk about.

But they all have one thing in common. They all were created by God and contain God's life force. That is the basis of everything. That is all that exists.

Everything else that goes to make up the life experience of any being or entity, is a subset of the life force.

As we said, there is only one life force and, in that sense, all is related. No matter what it is, it all comes from and contains this one life force.

To repeat and to hammer home this fundamental truth about life, it is all created from this one life force we call God.

If God did not put his life force with something, that something would not, could not exist.

I am sorry to keep hammering this into you, but to understand creation, it is necessary to understand the origin of life.

We agree then that God gives - via his archangels - life to all things.

Let us look at one group and see if they can ultimately die.

Let us look at the fairy folk.

The word fairy is sometimes spelled differently (faery, fairie, faerie, for example) but I think that we all know to what I refer. To this wonderful group of etheric beings, I also link gnomes, elves, and all the other folk that people occasionally see. As I said, they live in the etheric realms, which are just outside of physicality, but they can lower their frequency if they desire, until they can be seen by people. Generally, they don't, but they can if they wish.

Let us concentrate for a moment just on fairies, as you would understand them to be. They have been seen and described over many years by many people and are described as small beings, between six inches and a foot (15-30 cm) tall, vaguely human, and tend to ape human behavior.

I should also say that among the fairy folk, there are those that live in the sky, in the seas, and in the rivers. Perhaps I should explain that they don't exactly live in the seas and rivers. They play with waves and waterfalls and are attached to those areas. Some can be very large indeed.

Those seen in the skies, for instance, can be as big as a cloud, although they still retain a vaguely human shape.

Please let me clarify that those seen in the seas are not merpeople. Mermaids and mermen are a physical species, the remnants from genetic experiments conducted by a previous human race eliminated by an ELE, about 15,000 years ago.

Can these fairy folk die?

The truth of the matter is that they are creatures created by God's archangels, assisted by the Directors of Life, and as I said, live in the etheric realms. They have very long and happy lives. They tend to turn every event into a game of some sort, and if we return to the small ones that people sometimes see, they spy on human activities; meetings, banquets, and so on and ape humans in a playful manner.

You will all have heard of fairy marriages, I assume. They have been described in countless children's books. But it is a game that they play.

Quite what their purpose in existence is, I am not too sure, but I am glad that they exist as, personally, I find them a fascinating group to observe and study.

If man was less aggressive, he would be able to interact with the fairy race much more often. As it is, it is better to leave them alone, as they are experts at projecting false realities into people's minds, which could result in harm occurring to someone.

But can they die?

They have very long lives, but they do die in a fashion.

No one in our group knows exactly how long they live, but we do know that, gradually, their life force withdraws and one day returns to the 4th dimension, where life forces are stored and the fairy no longer exists. He fades away.

So, in that sense, we can say that a fairy can die.

They cannot, as etheric beings, die of any action taken by man or beast, but they do cease to be one day.

The life force returns to the store of life forces in the 4th dimension and that particular fairy no longer exists.

Now let us turn our attention to another group; reptilians.

We have told you that reptilians are a group closely related to humanity, that chose to take a separate path to that of the human race and decided to live in the cavernous regions underground.

Over a long period of time, partly due to inbreeding and partly due to living underground, their morphology evolved into the creatures we sometimes see today.

However, I must stress that they are in no way related to reptiles. They are an off-shoot of the human race.

They have mastered many of the gifts of the spirit, including telepathy and moving into the etheric realms at will.

Like all humanity, some of them are good, some neutral, and some evil. We tend only to hear about the evil ones.

We have discussed this group elsewhere at length.

Now, can they die?

I said that they are not far from the human race, so we can say that they do die.

They can die from injuries, from battles either between themselves or others and they can die from illnesses or old age. They are subject to all the frailties that humanity is.

What happens when they die?

As they are similar to humans, their physical bodies will cease to function, at which point their non-physical aspect returns to an area in the 4th dimension.

It is not an area that we are connected with, but as they have varying frequencies, just as we do, they have a form of hell and a form of heaven, although from what I have been told by colleagues that have visited their part of the 4th dimension, their form of paradise in no way corresponds to ours.

I do not know exactly what the areas that they live in look like, but I understand that we would not like to live in any of them.

They are a very arrogant and egotistical race and so their areas in the 4th dimension reflect those attitudes.

Their physical body, when it dies, is usually recuperated by others of their race, transported underground, and disposed of. This, I understand, is more to prevent any human from discovering a dead body than any act of kindness. They are not, generally, a kind race and tend to despise any frailties that would end the life of a reptilian. But they do value secrecy. They do not want any military organization, for example, from discovering that they exist and possibly hunting them, although they can well defend themselves. But they prefer to remain outside of general awareness that they exist.

Their lives tend to be long compared to us humans, but their lives do come to an end, as I mentioned above and their existence then follows the pattern that human lives follow.

We turn now to another somewhat mysterious group: Bigfoot or Sasquatch, as they are frequently referred to.

This group, as you no doubt know, is large, covered in fur, and tends to live deep in forests, although they have been observed on trails, and even, fleetingly, in villages from time to time.

They sometimes bother farmers, although the farmers are partly to blame, as some farmers feed them or leave food outside of their buildings.

Bigfoot, as I will refer to them, are intelligent, but they are hunter/gatherers, growing no food for themselves. If they can scavenge food, either left out for them or from freezers left outside buildings, stocked with meat, for example, they will collect this food and consume it, much in the fashion that rats and mice will.

One cannot really blame them for choosing the easy option of feeding themselves. Trouble starts if the farmer stops feeding these people - for they are people, once again closely connected to humanity.

Then they become angry and will start to bang on the house, asking for food.

This, of course, scares the farmers, and battles between the farmers and Bigfoot sometimes ensues. Bigfoot can be killed by bullets, but they are very resistant.

Bodies of Bigfoot, killed by military personnel, have been recovered and, we understand, a small number of live Bigfoot have also been captured for study by the military.

Generally though, if a Bigfoot dies from any cause, others of his race try to recuperate the body.

Bigfoot tend to live underground and only come to the surface to scavenge food.

They mate much as humans do and care for their young.

They bury their dead with dignity underground.

As I said, they are an offshoot of humanity.

They are intelligent, peaceful, and harmless if left alone.

They are also timid and try to avoid humanity.

We have said enough about Bigfoot for you to realize that their physical bodies can die, at which point - being connected to humanity - their non-physical part returns to their section of the 4th dimension, where they remain for a long time.

What shall we look at next?

We know that many of you are interested in demons and other negative forces, so perhaps we can look at this group and see if they can die.

As you should know, these are creatures of low vibrations or frequencies, and they are housed in the lower 4th dimension, that we have mentioned to you a number of times.

They are not physical, although some of them - Djinn, for example - can and do assume physical forms if they so desire.

There is another group that assumes physicality in order to start the decaying process that happens to all physical entities at the end of their life.

But their true home is in the astral realms of the lower 4th dimension. In that state, as astral entities, they cannot die. Their lives, like those who live in the upper 4th, are endless, or virtually so.

We have a bit of a problem when talking about the denizens of the lower 4th, in that there are a huge number of beings and creatures found in that area, some known to man incarnate and some unknown.

Generally, the ones that are known to man are the entities that can assume physical form for a while. I have already mentioned Djinn and the creatures that roam in forests clearing up the detritus of once-living life forms; vegetables or animals.

It is they that cause dead physical things to rot and break down into their constituent atoms. They need to be able to become physical to effect this task.

True demons, although known to man, always remain in the astral realms of the lower 4th dimension.

So, what dies in that area of life?

Let me say, as an aside, that negative forces were and are created by God, plus his archangels, just as positive forces are and are an essential force charged with keeping life in balance through disposing of dead and dying physical objects.

That also is the function of true demons. They oversee and direct the lesser entities to clear the remnants of dead animal and vegetable life forms.

Normally, demons leave people strictly alone. It is not their function to interfere with people. They only interact with people if specifically called. These people would

normally be black magicians, but if they only realized the harm they cause to themselves by summoning demons, they might think twice before doing such foolish acts.

But the question is, can demons or negative entities die? You should know by now that they cannot. They are all astral beings, even the ones that can take physical form. As such, they cannot be physically harmed and thus are immortal.

Let us return to humanity and see if it is possible for a human to die.

Obviously, the physical body - assuming that one chooses to have an incarnation - will come to an end sooner or later but that body, as you should know by now, was never really alive. It is animated by a virtually eternal non-physical or spiritual aspect.

So, there is no point in considering the physical body of a human, or of a plant or of an animal, for that matter. They will all come to the end of their existence at some point.

My Earthly instrument, the person to whom I dictate these books and other information, was once told by his doctor (GP), in a joking fashion, that *Death is a genetically inherited illness*. Although this is not exactly true, it does imply that the length of physical life is limited. What it does not mention, of course, is that non-physical life normally goes on for a very long time, until the individual merges with the God force, at which point we lose track of it and can no longer follow any progress.

But, under two situations that we know about, the non-physical life can end and I would like to describe both events, although they are at opposite ends of the spiritual spectrum.

At one end, we have a person who sinks so low, spiritually, that his life essence ceases and at a much higher level, we have people that consider that they have done enough and decide to end their existence.

Let us, first of all, discuss the sad condition of the first case - that of someone who gives up the ghost, so to speak.

I will just mention, that both cases that I will discuss have already been mentioned elsewhere, but as this chapter is about death, it seems appropriate to mention them again.

This first case takes place in hell. You may know that all is a question of frequency. Depending on how a person spent his incarnation, he will vibrate, if I may use that word, to a certain frequency. When his incarnation finishes, he/she (I will continue to use literary convention and say 'he') finds himself in an area that matches his frequency.

I will also say that it is not necessary to have an incarnation to vibrate at a certain frequency. All humans automatically have a frequency, the result of their personality.

If someone has a high frequency, that person will be attracted to a high area - one of many - but if they have a low frequency, they will automatically be drawn to an area of low frequency.

The high frequencies are known as heaven and the low frequencies are called hell.

Let us concentrate in this section of this chapter, on those attracted to hell.

There are many levels of hell, depending on the frequency of any individual and the corresponding frequency of any level of hell.

One has free will in the non-physical spheres. One can rise in frequency if one chooses, or one can sink lower and lower by retaining ever more negative thoughts.

To normal, decent people, it may seem crazy to want to lower one's frequency, but a moment's consideration of mass killers, mass rapists, or those fascinated by child pornography, is enough to demonstrate that there are virtually no limits that certain

people are prepared to sink to, in order to gratify their insatiable demands for what they consider to be a pleasure.

Obviously, as all non-physical people have free will, even in hell, they can sink lower and lower if they choose, thus reducing their quiescent frequency.

However, despite there being a large number of levels of hell to which one can be drawn, it does come to an end at the lowest level.

Let me explain how all this works.

It all starts with God. God is not a person. God is a frequency - the highest frequency that exists. We call it starlight.

The strange thing is that this light can vary according to the frequency of an area and the frequency of the people inhabiting any particular area.

At the highest frequency, the light is amazingly bright and it gradually reduces as frequencies reduce.

As you can perhaps imagine, one of the differences between heaven and hell is the degree of light that shines on an area. It is not exactly that either God or his archangels reduce the brightness of that starlight, it is more a question that as one's frequency reduces, less of that light can pierce an area.

Now, for plants and things to grow in the non-physical areas, light is generally necessary. That is why those who have visited Summerland, or any of the heavenly spheres, see beautiful plants growing.

As the light reduces, under the influence of less light, so there are fewer plants. Eventually, as one descends through the levels of hell, plants cease to grow and there is only bare, slimy, rock.

As the frequency of areas diminish and the frequency of the denizens of those areas diminishes, eventually the light grows dimmer, until it finishes up at virtually pitch black. However, even at the deepest levels of hell, there is always a faint glimmer of God's light. That is the last hope for those that live in such areas. This glimmer of light is evidence that God cares about those ultra evil people and is prepared to offer them his light to guide them upwards to the heavenly spheres.

Many people stay in those horrible areas for centuries, denying God the chance to help them. But that is their free will choice.

Obviously, they are visited from time to time by specially trained guides, who try to persuade them to turn to the light, but all too often their help is refused.

Now, from this lowest point of hell, the unfortunate individuals that live there have one of three choices.

1. They can remain there forever.
2. They can rise to higher levels.
3. They can take the ultimate downwards step and reduce their frequency to the point that God's small light is blotted out.

This is an extreme event and doesn't often occur, but it does happen. If a person reduces his frequency below that of the lowest level of hell, he ceases to be. In effect, he dies.

I will just remind you, that this takes place in the non-physical regions of the 4th dimension.

Quite what happens that causes him to cease to exist, I am not quite sure. I know that without God's light (frequency) nothing can exist, so I imagine that it is the equivalent of

the life force, which is connected to God's light, being withdrawn, not by God, but by the person rejecting the life force.

I also assume that the atoms that constituted the non-physical body of the wretch would be recycled, but I must admit that this is an area beyond even the darkest regions of hell that is largely unknown to us, so we cannot comment.

That is one example of a non-physical person dying.

Let us now turn to someone who is so advanced, so holy, that he chooses not to continue to live.

Once again, this has already been mentioned elsewhere, but is worth mentioning again.

As you know, life in the upper 4th dimension lasts for a very long time.

Depending on who we are, our personality, our hopes, aims, and ambitions, life could last in Earthly terms for hundreds of thousands of years. Possibly, for millions of years.

During that long period, as we have free will, we can either choose just to enjoy heaven, essentially not progressing, or we can study spirituality and advance down - or up, depending on how you think about it - the path towards God.

If we take this path, we can become angels and even archangels. It depends on how far we wish to progress.

If you will excuse me for comparing it to incarnation, there are those who just seem to live day by day, essentially getting nowhere and there are others that choose a path of study and can rise to great heights in their chosen field. Of course, this does not mean that one group of people is better than another. All people are equally valuable to life. I just use this example to clarify the point that I am making.

Now, in the case of those in heaven that choose not to progress spiritually, their life just goes on and there is nothing wrong with this.

I suppose that one could say that it is a rather selfish way of living, but who am I to criticize, I, who am far from perfect myself?

One could pose the question as to whether such people's lives ever come to an end? I don't really have a definitive answer to that question, but from what I have observed during my stay in Summerland, it would seem not. Such people seem just to go on following the same happy routine for seemingly ever.

Of course, should the existence of such people ever end, perhaps I would not know about it. But it is an interesting question.

Then, as I have mentioned, there are those that advance for long years, serving God in a number of ways, until they become perfect and merge with the God force. At that point, they disappear from our cognizance.

But there is a third group and it is this group that I wish to discuss.

It is possible for someone to progress for a long time towards God and to decide that he has done enough and wishes to stop.

How is this achieved?

It is both simple and yet complicated to explain.

There is, somewhere in the 4th dimension, a place that, apparently, is like a magnificent marble palace, laid within beautiful gardens and the event that I wish to discuss takes place there. But I am getting ahead of myself.

Let us suppose that an advanced person starts to feel that he has done enough, has served God to the best of his ability, and feels that he has achieved all that he set out to do.

This person would be a very wise, mature, and holy soul. If he starts to feel that he has achieved all of his ambitions, he might let this feeling grow in his mind, and eventually his thoughts will be picked up by specially trained angels, who assist such people. They will meet with him, not to persuade or dissuade this person, but just to allow him to concretize his thoughts. Some, upon reflection, decide to carry on serving God, while others decide that it is the moment to stop.

The angels that consult with a person contemplating stopping their existence are there, partly to help the person decide on which course of action he wants to take and partly to describe the procedure. They are not suicide counselors.

The individual concerned is not committing suicide, which is an action usually taken by someone who lacks the courage to face life - cowardice. This is not the case at all in the action a person wishes to undertake.

It is quite simply that the person does not wish to continue with his life.

Let us assume that the person concerned confirms that he wishes his life to end.

He is taken to this beautiful palace that I mentioned above.

You may wonder why, if someone is about to die, he should do so in such opulent surroundings?

The answer is that what is about to happen is not a sad, miserable, failure event. It is the crowning glory of a lifetime serving God, and as such, the landscape reflects the beauty of what is about to happen.

The person concerned lies on a bed of marble and the angels I mentioned, begin detaching his soul and his life spirit from his non-physical body.

As this is gently done so, in effect, the person ceases to be, because, without the life force, life cannot exist.

And so, as this life force is removed, complete with the God spirit, the person quite simply fades and no longer exists.

But the God force (God spirit - call it what you will) is returned to the store of God forces in the 4th dimension, where it can be reused to create another person.

Now, I have made this sound simple, but in fact, these angels that assist someone to cease to be, are highly trained and act with great skill. It is no mean feat to remove the God force - which is God himself - from association with a person and these angels must act with the utmost delicacy.

Can you possibly imagine what it must feel like to hold God in your hands and transport it (him) somewhere?

This act, to help someone to cease to be, is a rare event, but it does happen and so I felt obliged to mention it to you.

The vast majority of people in the 4th dimension soldier on until they finally merge with God. But this method of stopping the process can occur.

CHAPTER 53 - MEDITATION

This chapter will go back and look at meditation and how it can affect one either to grow in spirituality, or to become possessed by negative entities, because meditation can be a two-edged sword and needs to be conducted with the greatest circumspection.

What is meditation? Let us say what it is not.

When I was incarnate, I use to sometimes hear people, especially the elderly, say that they meditated.

When questioned about what they did, they would say that they sat in an armchair, closed their eyes, and ruminated about the past that they had led.

They allowed their minds to bring back thoughts and images from the past and let those thoughts fill their mind for a while.

They called this meditation and I had no means of confirming if what they were doing was truly meditation or not. I knew nothing about meditation, what it is and why people meditate above and beyond ruminating about the past.

Now, of course, I am in what you call Summerland in the heavenly spheres and have been taught the whys and wherefores of true meditation.

Meditation is a wonderful tool, if correctly used, and many people in the 4th dimension practice it.

Some are so adept at it, that they can meditate all the time, even when they are conducting their affairs. They have learned to split their mind to do two things at once; meditate and carry on with their daily life at the same time.

This skill - for it is a skill - can be practiced by all, both the incarnate and the non-incarnate.

It is a difficult skill to learn, but those who can do this say that it brings great peace, as one is constantly connected to God's light while, at the same time, working as if nothing else was going on behind the scenes.

When I say working, I do not refer to the types of work that you who are incarnate might do.

I refer to working to promote peace, control evil and help those incarnate survive what Shakespeare called *the slings and arrows of outrageous fortune*.

It is mainly mental or psychic work. Physical activities are virtually non-existent in the upper 4th dimension, because we have no bodies to work with. We are all a spiritual force - as are you if you only knew it.

So, we will take a few pages to describe the pros and cons of meditation, describe once again how to meditate, and mention what can go wrong if one meditates incorrectly. The possible results of incorrect meditation are seldom mentioned in books and articles about meditation, but the dangers are real and tangible, so need to be clearly understood by those either doing meditation now, or thinking about taking up meditation.

We will discuss the technique for meditation later, as it is quite simple, but first I would like to mention why people meditate, what its aims and objectives are, and discuss also the dangers of incorrect meditation.

Let us first examine why meditating is a good idea and what happens when we meditate.

Now, whether one realizes it or not, we are spiritual beings living in an imaginary world.

This needs to be explained and clarified.

As we have often mentioned, incarnation (which is where you are who are reading this book) is not real.

It seems real and I can understand that you who are reading this are convinced is real.

I, too, had an incarnation and would have laughed if someone had told me that incarnation is not real. But the truth is that it is not real. It is imagination. An image so powerful, that we all who experience it are convinced that it is real.

Indeed, to survive in any convincing manner, we must act as if it is real or things will soon go wrong.

If you start to act as if incarnation is not real, you will quickly realize that you are in a dream that virtually everyone else thinks is real and your dream will quickly become a nightmare. You will either find yourself in prison or a mental hospital.

So, when incarnate, we must all go with the flow and abide by the general consensus of opinion that incarnation is a reality.

In the privacy of our homes, however, we can, if we wish, get around this false reality for a while by linking with our spiritual or non-physical part and become released for a while from the illusion of incarnation.

Meditation permits this.

It allows us to step - metaphorically speaking - from physicality, and reach into our true non-physical being. We can link with the spiritual aspect of us that activates our physical body. This non-physical body, we could call the true us and it lives attached to the heavenly spheres of the 4th dimension. Thus, it is always in contact with the peace and solitude of that area. It is closer to the God source than physicality is and lives in the light of God.

That is why we meditate.

We leave this dark planet called Earth and we move into a higher dimension, which is where our true aspect is.

Thus, the act of meditating is to make contact with our true self, which is a body of light. It is illuminated by God's light which, as we advance in meditation, we can sometimes see.

We also, in the 4th dimension, meditate and we can contact an even higher version of ourselves and see a brighter light than you can see.

In your state, a really bright light would be harmful to you, so the light you can see, in your mind's eye, so to speak, is filtered to protect you from any harm.

You will notice if you go into deep meditation, that you forget your physical body and you go into an area of utter peace. That is the peace of the heavenly spheres.

As I mentioned earlier, it is possible to act normally, carrying out one's daily duties, and keep this meditation going on all the time. But this is a skill that takes much practice and not all can do it.

It would be a wonderful world if more people meditated and learned to live in peace with their neighbors. As it is, meditation is considered to be a fringe practice conducted by those one step removed from the lunatic asylum.

This point of view has been promoted by religious leaders and some medical practitioners who might be acting under the influence of Archons and/or other evil forces.

There are certain groups of individuals who combine to create war instead of peace, which is most unfortunate.

You may have noticed that to create peaceful cohabitation takes a lot of effort, while creating destruction is relatively easy.

If I may use a simple analogy, it takes a lot of effort to construct an elegant building but one well-placed explosive can destroy it in an instant. Perhaps not the best analogy, but I hope that you can appreciate the point I am trying to make.

While we are discussing negativity, let us examine the wrong way to meditate and how dangerous it can be if we don't act correctly.

You may be aware, from what I mentioned above, that the aim of meditation is to leave our physical state and link with our non-physical body or state.

This non-physical body is quite a long way removed from physicality in terms of frequency, and to raise our frequency from that of physicality to that of our non-physical body takes a good deal of practice. We have to match our frequency to that of our non-physical body in order to link with that non-physical body.

Once we can achieve this state, we can say that we are correctly meditating and are safe.

The problem is that between our physical state and our non-physical state, we have to pass through the etheric realms.

Many people think that there is just one etheric area. This is not so. The etheric band, which is placed between physicality and the aura in which our non-physical body exists, is a multi-layered area.

It also houses a large number of etheric creatures, some harmless and some harmful.

I have mentioned that the fairy races live in the etheric realms.

We tend to love these delightful creatures, but they are far from harmless. They can influence our minds in a similar way that some drugs, LSD for example, can influence our minds. This can be harmful, either emotionally or even physically.

By this, I mean that they can influence our minds not to notice, for instance, that we might be crossing a busy road, which might create a road traffic accident to our detriment. I do not imply that the fairy race would deliberately put us in harm's way. If they put confusing thoughts into someone's mind, it is to prevent us from interfering with them. They are frightened of our aggressive nature and do not wish us to interfere with them.

Apart from fairies of all sorts, in the etheric realms, there are a number of negative beings that we would be better avoiding.

Those who move into the etheric realms, either by design or by accident, often report being accosted by negative spirits that they - the people who go into the etheric realms - usually see as somewhat human-looking. Even worse than being approached by these negative spirits, they can attach themselves to us, invisibly, and can wreak havoc in our life. Once attached to us, they are difficult to remove and we are often asked to assist people who are possessed - as one says - by an evil spirit.

What happens to attract these negative spirits is that the etheric realms seem dark. There is little sunlight in the etheric but we humans, if we are normal or good people, always glow with God's light to a certain degree.

Once we move into the etheric, this light is clearly visible in the gloom of that dimension. Thus, we tend to attract negative entities, curious to find out more about us.

As soon as the negative entity realizes that the person he is investigating has no protection, for their own amusement and pleasure, they will influence us with their negative powers.

This might be fun for them, but can be catastrophic for us.

No one should practice astral projection on their own. It will always end catastrophically sooner or later.

Astral projection, as it is termed, means going into the etheric realms and should only ever be practiced by those who through true meditation have attracted positive guides, who will accompany the explorer and protect him from harm.

These guides have the power to chase away any negative spirit. Anyone who attempts to explore the etheric realms on their own is putting themselves in grave danger.

Why do I mention the etheric?

It is because if one wishes to leave physicality, mentally, and explore the heavenly spheres, one has to pass the etheric.

In terms of frequency, we have physicality, then the etheric, then the lower 4th dimension, and finally, the upper 4th dimension.

One is obliged to circumnavigate these realms before arriving in the upper 4th, which you call heaven.

The etheric is dangerous but the lower 4th is much more so.

I will describe, briefly, how you will know if you have arrived in the lower 4th dimension.

You will arrive in an area of total darkness. Because the lower 4th is inhabited by totally evil spirits - demons - God's light, which you call sunlight, does not shine there. The place is pitch black.

But much worse, you will be assailed by terror. You may have been frightened by some event in the past. But what I am describing is total, abject, heart-clenching, terror. It is a terror that has to be experienced to believe.

Nothing that can happen to us on Earth can compare to the terror one experiences in the lower 4th.

You may ask if the etheric and the lower 4th are both negative areas, why they are of a higher frequency than physicality?

The answer is that these dimensions and their frequencies are independent, by which I mean that God's archangels when they created these diverse places, were not concerned so much as to the frequencies, as of keeping the areas apart. Thus, at random, they gave physicality a certain frequency. Then the etheric a higher frequency. Next, they gave the lower 4th a higher frequency, and finally, the upper 4th an even higher frequency.

It is just our bad luck, so to speak, that to go from physicality up in frequency to the upper 4th, we have to pass the frequencies in between. So, to rise from physicality to heaven, we have to raise our frequency from our quiescent frequency of incarnation, up to that of the upper 4th, and to do that we need to pass by the etheric and the lower 4th.

Something that I should have mentioned about the lower 4th is that if you enter that area, you might well see beings or creatures.

Despite it being pitch black in the lower 4th, you might sense more than see, these creatures. Actually, they can be seen because they are even darker than the blackness of the atmosphere of the lower 4th.

You will not see true, high-powered demons any more than you would see high-powered angels in the upper 4th.

But, to your surprise, you will come across a variety of Djinns and various other entities, and most surprising of all, you might well see the small robotic creatures you call greys that often pilot demon-controlled UFOs.

Having warned you of the dangers that you can experience if you incorrectly meditate, not to mention astral projection, let me now say how to meditate correctly.

It is not difficult but there are steps that must be followed.

We have mentioned how to meditate correctly a number of times but, once again, I will go through the steps. It is largely invoking protection. In spirituality, if you don't ask, you won't get.

So let me outline the steps required to ensure safe meditation.

1. Choose a place to meditate where you are indoors and can be alone. This can be almost anywhere, but you must choose such a place and always meditate in this same place.

If you can, meditate at the same time each day. As you meditate, you will attract guides who will protect you and help you, so it is polite to meditate at the same time each day. That way, these guides will be ready to help you.

2. Make sure that the doors and windows of this place are closed.
3. Always sit on the same chair, facing in the same direction. These acts permit you to relax without being concerned that you might be disturbed.

Tell your family that you are going to meditate and that you do not wish to be disturbed.

4. Sit on this chair and relax for a few minutes, calming your mind.
5. Tell God that you are going to meditate and thank God for sending his angels to stand guard over you while you meditate. Do not ask God to send his angels but thank God for sending his angels. If you ask, it implies that God may or may not send angels to protect you. By thanking God that the angels are there protecting you, tells God that you have confidence that these angels are there, invisible, protecting you. Do not use fancy, Biblical talk. God is your friend, indeed is you, so speak to God as you would speak to a friend.

You may use a phrase such as 'I thank you God for sending your angels to stand guard over this meditation and protecting me from all negative influences.' Equally, you can make up your own phrase if you wish.

6. Thank the Great White Brotherhood for sending guides to protect you. You may use a phrase such as, 'I thank the Great White Brotherhood for sending guides to protect me and for all the help they give us; love, care, protection, and information.' Then finish with a phrase such as, 'In the name of the father, the son and the holy ghost, amen.' Of course, you may use an invocation that is appropriate from your own religion if it is not related to Christianity.
7. Next, place your hands above your head and move them slowly down towards your feet, at the same time, imagining that you are inside a sort of eggshell that you have just described with your hands. Do this three times.

You will notice that you are now protected by God's angels, by the Great White Brotherhood and you are now in a shell of protection. So, you have three forms of protection and are safe in all dimensions.

8. You may now meditate. The act of meditation simply means quieting your mind and allowing your mind to go deeper and deeper within. You will understand this as you do it.

Relax every muscle in your body, starting from your head to your feet. You will be surprised how tense you normally are. Let all this tenseness go.

Sit quietly, in silence, trying to still your mind for about fifteen minutes. Fifteen minutes, if practiced daily at the same time, is quite enough.

9. As you come to the end of your meditation, send out to others, with your mind, the love that you have received from God during your meditation. This can be to sick people, politicians, or just generally to the world. It is important to send this love out to others. If you do not send your love out to others, it stays with you and stops there. If you send it out from you, you are blessed by God's power, and that power spreads and blesses others.

10. Then start to return to your normal state.

Repeat the eggshell motions three more times, but visualizing that you are removing the protective eggshell.

11. Finally, thank God that his angels stood guard over you. Thank the Great White Brotherhood that you were protected by them and your meditation is finished.

You may wonder what the Great White Brotherhood has to do with you? The answer is that the Great White Brotherhood is ready and willing to help anyone in any way it can. If you ask them to protect you during your meditation, they will send trained guards to protect you. That is part of the service the Great White Brotherhood offers to all people. You will not see the Great White Brotherhood, but they will be there assisting God's angels to protect you in all the dimensions.

When you have finished your thanks to God and the Great White Brotherhood, finish with, 'In the name of the father, the son and the holy ghost, amen,' or the equivalent in your religion.

Then you are done. Try to return at the same time every day.

That is how to meditate. It is the system that has been used for ages in the upper 4th dimension. It works for us and we give this simple technique to you, knowing that it will work for you also.

Meditation will raise your personal frequency. As all is one, the frequency of everyone and everything will rise.

That is the way that, collectively, we will restore peace on Earth and in all the dimensions.

CHAPTER 54 - REALITY AND FALSEHOOD

This next chapter will deal with the relationship between what you think exists and what really exists.

This is a complicated chapter to explain because, what you see as your reality is vastly different from the actual reality that you experience.

The first question that you should think about is why this should be? What is your reality compared to the actual reality you are living? Why should there be two realities?

In fact, there are numerous realities - one for each person incarnate in the world - and you can flit between any one of them as your fancy, or your interest takes you.

So let us dive into this subject and see how it will unfold.

When you are born into physicality, as you should know by now, you are born into an imaginary world. One could almost compare it to a dream world.

When you dream, that state seems real to you. Of course, as soon as you awake, generally speaking, you forget that dream but, the point that I am making is that for the period of time that you are asleep and dreaming, what you experience seems real. You don't question it.

In fairness, I will say that it is possible to control dreams, but very few of us learn to do that. For the vast majority of us, we just have to go along with the dream as it unfolds. We have no control over our dreams.

A dream takes place in an imaginary world. Time does not exist in a dream. Space, in the sense of movement, does not exist. We are in a virtual world that seems utterly real while it is happening.

Is a dream real?

What is reality?

Why do we dream and what is the connection between dreams and our everyday lives?

People have studied dreams for a long while and have come up with various explanations, but the truth is that no one really understands where the virtual dream world is. It is different for each one of us and is created as a new landscape every time we dream.

These landscapes and the people or animals, flowers and trees, lakes, rivers, and seas all seem real while we dream.

So, is a dream world real? It certainly seems so while we are dreaming and only fades when we awake.

I will tell you that nothing is real.

Whether we are dreaming or whether we are awake, we are always in a virtual reality.

We move from sleep to awakeness, but the dreams that occur when we are asleep are just a different version of the dream we experience when we are awake.

There is no way of escaping from these dream worlds, except by practicing meditation. Even then, the reality that we connect to as we link with our higher body, as I explained in chapter 53, is just another dream world.

This is why it will be so difficult to explore this chapter, as dreams when you are asleep, are just another version of a reality that we experience when we are awake.

However, because we tend to be awake for more hours each day than we are asleep, wakefulness seems more real than dreams.

I will also say, of course, that when we dream, there can be no physical reactions such as hunger, thirst, pain, and so on. It is just that when we dream, as in sleep, everything that occurs is happening in a higher virtual reality, that excludes physical reality. We can have very frightening dreams that we call nightmares, but they will all be non-physical.

That is why, when we are awake, we can enter a different dream world that we call reality and can experience all the effects that I mentioned above: hunger, thirst, pain, and so on.

We enter a world that allows the five senses; touch, sight, smell, taste, and hearing, to seem real. And these senses certainly seem real, as all can attest to.

But the strange thing is that they are not real. They are just a different version of virtual reality, which I will admit is not much help if one is suffering from any of the above-mentioned effects; hunger, thirst, or pain.

These effects are created in an attempt to help us preserve the integrity of our so-called physical bodies.

Now, I expect that many of you are ready to abandon this chapter, as all the information flies in the face of reality. It defies common sense.

However, if you feel like continuing, I will do my best to explain the how of this strange virtual reality and why I consider that it is important for you to know this information.

It has been mentioned many times in other works, but as this book will draw a lot of information together in one volume, I wish to explain it all again.

Where do we begin?

I have to say that we are all virtual or imaginary beings - all of us. There is no such thing as physicality.

Incidentally, you will read that I use imaginary or virtual realities interchangeably. Please bear with me if you see that sometimes I say imaginary and sometimes virtual. To me, they are the same thing.

As you should know by now, planet Earth and, indeed, the whole galaxy, is just formed by our imaginations, because we have been programmed by God's archangels to accept that incarnation is real.

If one can accept this, and I will admit that it takes a stretch of our imagination to believe that incarnation is a sort of dream and that we live in a non-physical, imaginary, or virtual reality, we can start to investigate who or what we really are.

The reality is that we are all non-physical or spiritual beings. In this, although I intend to concentrate on humans, I must say that everything that seems physical, and by this, I mean absolutely everything, is an illusion.

There is no planet Earth. No space, no stars, no planets, no fauna, no flora... nothing at all.

All that you see, and encounter, is happening in a non-physical, imaginary, experience, not unlike a sort of dream, but a dream that seems and feels absolutely real, as all can attest to.

It is amazing the amount of pain the human body can generate and one has the perfect right to question why this should be if it is all imaginary, all a dream?

After all, when we sleep, no matter how horrifying a nightmare might seem, physical pain is always absent.

The answer lies in frequencies, programming, and the five senses that we believe we have.

Incarnation, like everything else, is a question of frequencies. When we sleep-dream, we move into a higher frequency than pure incarnation. In that frequency, we can experience pleasure or horror but we cannot experience pain. Pain is only applicable to the lower frequency of incarnation.

Let us describe, once again, what a human is and what bodies humans have.

Although we started as a point of creation in the 8th dimension, we were chosen, at random, to become humans, at which point we moved to the 7th dimension.

We remained there, always as non-physical or spiritual forces for long ages, until we were ready to move to the upper 4th dimension and continue our progress there.

We gradually developed our personalities, our intelligence, our interest - or not - in following the spiritual path, and eventually, we split into two groups.

Some decided to stay in the upper 4th and others decided to have an incarnation. We all belong to the second group, of course.

But here is the thing.

God asked his archangels to invent a physical universe and to put plants and animals in it. God's archangels failed to create anything physical, so they hit on the clever idea of creating an imaginary or virtual reality, which they put in the 6th dimension, that of imagination.

Eventually, we volunteered to have a sort of physical incarnation, although it would be imaginary, and here you all are. My incarnation finished a few years ago, for which I am very grateful, although I learned a lot during my incarnation.

But, let's look at how many bodies we have. I must stress at this point, once again, that anything that I describe as a body is always non-physical.

I said that we spent a long time in the 7th dimension.

Without going into too many details, which would make this chapter confusing, when we spend time in a dimension, we create a sort of trace, a memory in that dimension. It has been described as footprints leaving a trace in fresh snow, but it is more than that. We leave an imprint of our soul in any dimension that we inhabit, so we can say that we have a part of us that remains in the 7th dimension.

This is actually a very important part of us that remains, because that part of us is pure. It is our God spirit and our logos uncontaminated with any personality or experiences that can cause us to reduce our frequency.

This part remains in the 7th and we will rejoin it one day when we rise again to that level of perfection - if we can do that. And when our frequency matches, once again, the frequency of our body in the 7th, we will rejoin with it.

I should say that, as spiritual beings, we are able to create more than one of us. We all have several bodies, as I will explain as we go along.

We, humans, are rather complicated entities.

We start out as just one being. We have the one God spirit and we have just one consciousness. Basically, we are all just one being.

Thanks to something, a sort of transformer called the holy spirit or holy ghost, we all become independent aspects of God.

At that point, there would be just one version of you, just one version of me, and just one version of everyone in bodily terms, and we would all be in the 7th dimension, as I explained above.

When we move to the 4th dimension, a part of us - which is also the totality of us - remains in the 7th dimension.

So, already we have two bodies. One in the 7th and one in the 4th dimensions.

Then we, who have chosen an incarnation, create a third body, invisible, that oversees our incarnation and our parents create a physical baby which becomes a fourth version of us.

Without creating any more complications, we can say that each person has five versions of us, if we include the original part before we became independent bodies. This first is the one God spirit that is the whole of mankind, past, present and future.

Then we have a second body in the 7th dimension. Then a third version in the 4th dimension. Next, a fourth version that is attached to both the 4th and the 6th dimensions, and finally, what you perceive to be your physical body, which is in the 6th dimension.

As I said, physicality does not really exist and our physical body is actually imaginary.

But that gives us five versions or bodies, all alive and conscious.

We might question what these various bodies or versions of us are doing as we - physical beings - are progressing through life.

Some we can talk about, but one version, the very first version, which is all of us combined, we cannot describe. It would be meaningless to speak about what God is doing, as his thoughts and actions are too far advanced for us to relate to.

But we can talk about the rest of our bodies.

Once again, it is going to be rather complicated to explain, so I will simplify matters as much as I can.

The body in the 7th dimension is closely related to the God spirit, so it is a non-physical body of a very high frequency. It is of so high a frequency, that it is just below the frequency of God himself.

We cannot talk of it doing anything physical. Nor can we describe any real personality or an ability to think, at least not in any sense that we could relate to.

This body, or version of you, would be a better term, does not have a physical body as you do. If we could see this version of you, we would see an orb of light of a brightness approaching that of starlight. As I said, it is a version that you will link to far into the future, when you are almost perfect and approaching the moment when you will be able to merge with God.

Thus, its thoughts are too far advanced for us to comprehend.

Now let us consider the version of you that is in the 4th dimension.

This version of you is important, because it is the person or version that will greet you when your incarnation ends.

It is non-physical, but its function is to oversee and help the other, lower, version of you that also oversees your incarnation.

It is in constant communication with the version that directs your incarnational body.

You may have read that some people who have a near-death experience are met by a person exuding brightness and total love and peace.

This person explains that the individual is either dead and that his incarnation is finished, or in the case of a near-death experience, that the person must return to physicality.

I repeat, this is a version of you that always remains in the 4th dimension and looks after you.

This version of you is bright because it is of a higher frequency than you and frequencies are related to the light of God - starlight.

I could say a lot more about this part of you, because it is connected to your desire for information in the broadest sense of the word and helps you pull and push information up and down - or rather down and up - your auras. As your desires, thoughts, energies, etc., create movement in your auras, this version of you in the 4th dimension helps locate all that you seek to know, information also contained in the 4th dimension, contained in little packets or files, and helps direct the required information into the relevant auras, which finish up as knowledge that you decode via your chakras.

I say helps in this task because there are other forces at work also.

So, this version of you is constantly busy, both during your awake periods and also when you sleep because you, in your dreams, are still sending and receiving information up and down your auras. I can say that this version of you is constantly busy assisting you every moment of every day.

Let us now look at your penultimate body. It is the one that we have described as the puppet master. It is a body that is closest to what you would consider to be the real you.

Obviously, most of you would consider your physical body to be the real you, but as we have explained over and over again, your physical body is actually the least of you.

Not only is it imaginary, but it does not exist in the sense of being alive. It is a puppet, an imaginary puppet, that appears real and alive to you.

The last version that has any semblance of life is this penultimate one that I mentioned above and I will stop in this list of versions of you with this one. I will not discuss further in this chapter your physical body, because I am sure that you are aware that you have, or think that you have, a physical body, but it is the least of you and was only created to give you some means of relating to life in incarnation. Once your incarnation finishes, your physical body is disposed of and that is the end of it. It will never be used again.

But the penultimate version of you, version number four, is placed, as I said, in both the 4th dimension, where it is in contact with version number three that I mentioned above, and also animates your physical body, which is in the 6th dimension. So, it is in both the 4th and the 6th dimensions.

It is important, in that it helps channel information from the 4th dimension into the 6th dimension, as your thoughts and desires will, and also it is the version that goes back to the 4th when your incarnation ends.

Once you arrive in the 4th, you are greeted by version three of you. So, you will be in the strange position of you being met by you when you arrive in heaven.

Of course, most people have no idea that the person who greets them is version three of them. This is privileged information we are giving you. Information that has seldom been disseminated to the public before.

Having told you about your various bodies and how they work, let us look once again at the strange, virtual world in which you live.

I could talk for a long time about this created, fictional world, but much about it has already been mentioned in other books. Descriptions more complete than the abridged versions that I can mention here.

The first thing that I must stress, once more, is that what you see as the world you live in is all imaginary, created by you in order to give you a sort of physicality and a physical world to live in

In fact, you only exist as a point of reality, a singularity and you live in a closed bubble of reality. It is rather as if you are an embryo chick, living inside an eggshell.

The world you create is limited to what you think is around you; your home, the land surrounding you, your workplace or school, the shops you frequent, and so on.

We will discuss all that below, but the point I wish to make is that it is all created by imagination. Nothing outside of your bubble or eggshell exists.

If you travel to a foreign country, for example, that journey and your experiences in that foreign country are added to your store of imagination.

That journey and the stay in that country are created by you, but as soon as you are back home inside your normal bubble, all that you experienced during your trip to that country ceases to exist, as far as you are concerned.

Your reality, in effect, is limited to what your five senses can pick up. Outside of the small area, nothing else exists as it is all imagination.

This is a difficult concept to accept, but it is the truth.

Let me give an example to try to clarify what I am saying.

Let us imagine that you are reading this book either as a printed book, or as a PDF file on a computer.

You will probably be seated on a chair of some sort.

You may have a desk before you.

Let us assume that you are in a room, although you may be outside in a park or some other place. But, to keep this example simple, let us imagine that you are in a room.

The room will have a door, closed shall we say, and there will probably be a window that looks outside of your room. We will use this as our example and the limit of the 'landscape' in this example.

Believe it or not, that is all that exists in your reality.

Because it is all imaginary, virtual, if you wish to call it, nothing outside of your room; your furniture, the view from the window, exists.

It sounds like madness, but is true.

You may have seen a horse wearing blinkers. That is more or less exactly how your reality works.

Nothing that you can see, smell, touch, hear or feel outside of your room exists.

You know that you are in a house and that there are other rooms, corridors and so on that exist, but if you cannot see them, or have any connection via the five senses, they do not exist in your imaginary reality.

Your virtual reality is limited to what you can connect with in your room. All the rest of your house does not exist, because it is all imaginary, virtual.

There is no country in which you live.

There is no planet Earth. No galaxy.

Nothing exists outside of the room that I am using in this example.

Of course, if you stand up and move into a corridor and into another room, you create them in your imagination and you see them.

When you move from your room, it ceases to exist, because it was never real. It was your imagination that created it.

This sounds like utter madness and I would not blame anyone for just laughing and rejecting the concept. However, it is true, as you will learn as you progress through the wisdom of the ages.

It takes a real stretch of the imagination to accept that we all live in virtual realities and that nothing outside of what our five senses can pick up exists.

Perhaps, one way of explaining this better would be to think that you are watching a TV screen, or a screen in a cinema.

Let us imagine that the scene being shown is of you reading this book, as I described above. On the screen is only you in a room reading a book. Nothing else is shown. Nothing else exists.

Then the scene changes as you stand up, open the door and walk into the corridor.

All that exists on the screen is you in a corridor. The room you left no longer exists.

Then you move into another room and close the door. All that is on the screen is you in a room. The room you left and the corridor no longer exist on the screen.

Well, that is exactly how your reality works. Exactly like the film you were watching.

It is one thing at a time and outside of what is shown on the screen, nothing exists.

It is all created and obliterated as you move about your space.

This is possible because it is all created imagery, created by your imagination, exactly as the film I described is not real.

It was created through someone's imagination.

As the scene changes from shot to shot, the images come and go.

I hope that this example helps you to understand the strange, virtual world in which you live, creating all the scenes of your life through your imagination.

Obviously, I could go on and give many examples about how your, and my, imaginary worlds work. For where I live, in what you call Summerland, is every bit as fictitious as your world, although my world seems just as real to me and all who live here, as your world does to all who live in incarnation.

Do I need to give another example to help convince you of the truth concerning imaginary, virtual, reality?

In another book, we mentioned how, in a similar fashion to the example I gave above, as you travel, your world is being created in front of you and destroyed (obliterated) behind you.

We also mentioned background people. We mentioned that in a busy supermarket, for example, you are alone, on your own, and all the people that you see around you are like extras in a film and are just there to make the supermarket seem real. But they are all imaginary.

The strange truth of all this, is that you are totally alone in your little bubble of existence. But that would be no good to God, who wants real interaction with others, in order for him to profit from how we all react to our connections with others.

These connections might be positive or they might be negative. God doesn't care what actions we take to resolve these connections, these interactions.

What interests God is how reactions are resolved.

He tucks all that information away because, obviously, he (God), cannot have intercourse (in the sense of conversations) with people. He is outside of all that.

So, his trusted archangels created all that we see and experience in a virtual sense, that we feel is real, and that God can benefit from.

That is the reason that you think that you live in a real, active world. But it is all imaginary. You, me, and everyone are living solitary lives inside our little bubble of imagination.

When you think about it, it is just as well that this virtual reality was invented. Who would wish to pass endless eons of time isolated in a bubble of solitude? I know that I wouldn't, so I am grateful that I can react with other people and events. It makes life interesting and worth living.

I will stop this chapter here and I hope you have understood what I have said even if you cannot accept it.

You will understand one day.

CHAPTER 55 - REALITY AND FALSEHOOD – PART 2

This chapter will carry on with an investigation into the fantasy worlds both you and I live in. Fantasy, or virtual worlds, that seem so real for all of us.

We cannot escape from these artificial realities, but that does not mean that we cannot investigate them.

We can turn to people higher up in the chain of so-called life and ask them to instruct us. In your case, I (the person dictating this book), am attempting to instruct you, and in my case, working with the group known as the Great White Brotherhood, I can get information from members, and others, who are much more knowledgeable than I am about this subject and they tell me what they know to be true. I, in turn, transmit that knowledge to you.

So, let us continue to investigate what this dream world is all about.

I mentioned in the last chapter that when we sleep, we dream. This may seem to be a self-evident thing to say, as all of you sleep and all of you dream. Indeed, anyone deprived of sleep, quickly becomes unbalanced emotionally. It is not only sleep deprivation that creates a problem. It is the fact that the person deprived of sleep cannot dream, that is the foundation of the psychological problem.

People need to dream.

Before I continue with this investigation, I will tell you that in the upper 4th dimension, where I am now, we do not sleep. I suppose that one could sleep if one wished but, generally, no one sleeps. Therefore, no one dreams.

How is it that dreams are so important to you and not to us?

I did mention in the last chapter that no one knows where the dream world is.

That was not entirely true. I did not want to get side-tracked from what I was talking about by discussing dreams at that time, and I hope that you will forgive me for not entirely speaking the truth at that point. Now is the time for me to correct that statement and to discuss the dream world with you.

I have, in the past, told you that most information areas are contained in the upper 4th dimension.

This is a huge and very important dimension and contains a host of places and files and many life-areas where people of all sorts and persuasions live.

Perhaps, it would not surprise you to learn that in the upper 4th dimension, there is an area that contains the ability to dream.

This is not the whole story, however, because for you to dream, quite a lot of areas are involved.

Certainly, there is this area in the 4th, but it is an area that contains the concept of dreams, more than the dreams themselves.

What does this mean?

Well, I told you, and I am sure that you know, each person has dreams that are personal to him or her.

I will go along with the literary convention and use the masculine, but obviously, I include the feminine or any other gender in this topic.

So, we all dream, or rather, you in incarnation do and each dream is personal to that person. A dreamer might have several dreams in a night and each dream, generally, will be a stand-alone event different from any other dream.

Some people say that they dream the same thing for several nights, and that might happen, but it is rare.

Virtually all people incarnate have individual dreams as they sleep.

This is because the area in the 4th that contains the concept of dreams, only contains the principle of dreams. It does not contain dreams themselves.

So, let us imagine that someone sleeps and let us follow what happens when he falls into a deep sleep.

At that moment, a change occurs. Normally, in your so-called awake state, it is your brain that is in command.

When you sleep, however, your brain goes to rest, and something called your mind takes over.

There is sufficient of your brain still active to keep your vital functions; respiration, heart, digestive system, etc., going, but the rest of your brain sleeps and your mind takes command.

What is mind?

Mind is a non-physical part of you. Its action is quite complex, in that it is connected to your puppet master, the part of you that controls your physical body, and so it is not a part of you as your brain is. We might say that it is the psychic or non-physical equivalent of your brain.

Therefore, it is what I will call the puppet master that takes control.

I hope that you understand what I mean by the term puppet master.

The mind is part of this higher form of you that is connected both to you in the 6th dimension and the version of you that is in the 4th dimension.

This higher part of you links to the dream section or file in the 4th dimension.

However, this dream file does not directly connect to your mind.

First, the higher version of you links to the latest events that you experienced in your life and that are recorded in your personal file in the Akashic Record.

I have previously told you that each person has his own file in the Akashic Record that records every moment of that person's life, from the moment he was created, in the 7th dimension, and keeps recording until the moment that the person links with God and disappears from our reality.

So, the Akashic Record records millions of years of events for each person. This is because we all live for millions of years.

But, to make the recall of recent events easy, each person has a sub-file that contains just the last few days of a person's existence.

The higher version of you links to this sub-file and examines the important or outstanding events of the recent few days.

This higher version does this because it is important to resolve any conflicts or worries that you might have experienced, and the higher version needs to help you come to terms with these conflicts, so that you can put them behind you and move on. At least, that is the hope. It doesn't always work, however.

Some people cling to these conflicts in their awake state and relive them over and over again.

If this happens, the person can become really disturbed and the result of this can be a mental breakdown, or the person can turn to violence.

Your higher version does not want this to happen and so it creates a scene, a sort of play that you experience as a dream, and its purpose is to help you to come to terms with these troubles, see them for what they really are, which means that they are of no real consequence, and for you to put them behind you.

So, how far have we got?

Your higher version links to the dream file in the 4th dimension.

Then it takes from your sub-file in the Akashic Record the germane information, relevant to events that happened to you in the last few days.

Next, it takes these memories, enwraps them with the dream file, and places those two things into the imagination file that is pertinent to you, that is in the 6th dimension.

After that, with the help of the imagination plane, your higher version creates a dream and places that into your mind as you sleep.

From that explanation, one can see that a number of things are happening. First, it is clear, I hope, that one's physical brain plays no part in dreams. It is the mind that receives the dreams.

Next, one can see that to create a dream, several areas are involved. The Akashic Record, the imagination plane, and, although I didn't mention it, one's higher self is somewhat involved. I did not mention the higher self, which is in the 5th dimension, because its involvement in a dream is slight and I only mention it now in order to complete the picture.

We should question why dreams are so important?

I answered that question when I told you that, to retain emotional balance, our daily problems need to be resolved.

I mentioned at the beginning of this chapter that dreams are important to you in physicality, but not to us in the upper 4th dimension.

The answer to why dreams are important to you, I have already explained.

Why we don't need to dream in the heavenly spheres, is quite simply because we do not have a physical brain and thus are always influenced by our mind.

So, in a way, we are always in the state that you are in when you dream.

Further, the areas of the upper 4th, generally speaking, never become involved with conflicts. Conflicts can only ever occur in physicality, where people of all sorts of temperaments are thrown together, and the bully people who tend to control governments, police, army, banking, and even belligerent neighbors, are constantly causing problems for others.

None of these sorts of people can interfere with us in the upper 4th.

Through the frequencies to which they vibrate, they are drawn to areas apart from ours and so we never see or interact with them.

Conflict is a physical concept.

Before I leave the subject of mind versus brain, please let me explain why, when you leave incarnation and enter Summerland, the world that you see is so bright and beautiful compared with Earth.

You should be able to answer this question for yourself, if you have followed our teachings. But, for those who cannot answer that question, I will explain.

The mind is in touch with a higher frequency version of you than your physical body and brain.

When you enter Summerland, as you are attached to a higher frequency version of yourself, it is natural that you enter a world that is of a higher frequency and thus it all seems brighter, more beautiful, and more alive.

I will add at this point that when you dream during your incarnation, your mind reduces that brightness, so that a dream is more in keeping with what your brain experiences on Earth.

But once we are liberated and return home to the upper 4th dimension, that restriction no longer applies, and thus we return fully to the frequency of the higher body - the puppet master.

The next part of all this fantasy or virtual world you live in concerns the way that the human body absorbs energy via the food and drink that you consume.

I am going to say something that may seem obvious, and it is this.

If you are deprived of food and water for any length of time, you quite quickly become weak and can die, which means that your physical body ceases to work. The silver cord, which is your connection between your higher body (the puppet master) and your physical body (the puppet) breaks, and that is the end of your physical body. It can never be resuscitated once the silver cord breaks.

Before I go on with this chapter, I wish to say that the link - the silver cord - between the two bodies is fairly robust and does not break easily. It only breaks when the higher version of a person senses that all is lost in the physical body.

That is why people can be resuscitated even after a fairly protracted period of time that vital signs might be absent.

The higher version of a person clings to incarnation for as long as it is able.

Let us now examine why the so-called human body requires nourishment, when the non-physical bodies do not?

After all, if it is imaginary, why can't it live forever?

We need to sort this out.

As you know, the so-called physical body does not really exist. It is a figment of one's imagination. However, it has been designed to appear real and part of that illusion is to feel that it should require nourishment in the form of food and water.

In fact, in an advanced state, it doesn't and there are a very limited number of people who have advanced spiritually to the point that they do not need to eat or drink. However, I must interject a word of warning.

The number of people at any moment in the world who can exist without consuming nourishment, could be counted on the fingers of one hand.

For the rest of us, and I include myself when I was incarnate, it would be most unwise to try to live without eating and drinking and I do not wish anyone to try. You will quickly become ill if you do not nourish your body correctly.

But the question is, why do we need to eat and drink? What is it about food and liquid that is so necessary?

The answer lies in the way that we attract atoms to our bodies.

You may or may not know that, floating in the air, contained in water, animals and plants are atoms that are solely there for you.

Of all the atoms that exist in plants, animals, and liquids, there are a large number of atoms that God's archangels have created that have your logos - a sort of code - attached and of all the atoms on planet Earth, you will only attract towards you the atoms that have your stamp or code on them.

Of course, this code cannot be seen but it is there.

Further, each atom that has your logos or code attached, has additional information that directs any atom to a particular part of your body.

This may be any part of your body, but each atom that is destined for you has this sub-code that directs it to nourish a particular part of your body.

It will nourish that part and no other.

I will also add that your body, being made of atoms, the power of those atoms wears out after a while and they need to be evacuated and replaced with new, fully charged atoms, that help keep your physical body active and alive.

So, all this is a very clever part of the illusion created by God's archangels that helps convince you that incarnation is real. It is a sort of falsehood but is considered justifiable, because you agreed to have an incarnation and you agreed to have your mind wiped just before you incarnated. It is all designed to convince you that incarnation is real.

This question has been puzzled over by so-called experts for many generations and some people have attempted to prolong their lives beyond what would be considered a normal life span.

Many fictitious figures have entered folklore, that claimed to have virtually eternal life.

However, arguably, the most famous of these people was Nicolas Flamel, who was a real person. He lived in the 14th and part of the 15th centuries in Paris, France. As he lived for a long time, exceptional for that period, it is not surprising that he has entered folklore as the inventor of the philosopher's stone. This stone, not only created silver and gold, but also gifted immortality to its owner.

So, Flamel was a real person, that became folklore a couple of centuries after his death. The philosopher's stone is fiction, of course.

However, it is a fair question to ask, that if we are all fictitious, why are we subject to mortality?

So, let us spend a few minutes investigating the subject.

I must say, once again, that I am going to repeat information that has already been given in other volumes. As this book is designed to bring many subjects together in one volume, I hope that you will forgive me for repeating what some of you may already know.

The human body, although fictitious, is designed to appear real. Reality is a strange thing and is fiction created to seem authentic.

That is why you have the five senses: sight, smell, taste, hearing and feeling.

These senses are, in a way, your passport into existence in a physical manner. Without them, of course, you would have no means of reaching into incarnation and you would be stuck as a point of creation in a bubble of imagination, completely empty.

As it is, thanks to your five senses, as they gradually develop from babyhood onwards, they enable you to contact what is called existence - incarnation, in this case.

What is happening is that, although you always remain as a point of life - a singularity - in a bubble of imagination, there can be more and greater thoughts, desires, wants, and needs, created by your imagination, in conjunction with your life plan, guides and the various bodies that you have and that I have mentioned.

Together, they create the life that you observe and live.

But the question we asked was, why are we not immortal?

Well, of course, we are in a non-physical sense, or as near immortal as anything can be. If you consider the span of time in Earth years between the moment that you were selected to be a human by God's archangels, until the moment that you merge with God at the other end of your life span, that length of time would be millions of years. Although this length of time is personal and depends on how quickly or slowly a person develops his spiritual growth, nevertheless, for all of us, we are more or less immortal.

But we were considering the body incarnate. Why is that not immortal?

Certainly, we know that it is fictitious, but why cannot our imaginations create a scene in which we are immortal?

Once again, we are made, as are all things, of atoms, and atoms, although not immortal, are virtually so, so why should we not retain those atoms and live forever, or for as long as atoms do?

The question as to whether anyone would want to remain forever on this dark plane, we call planet Earth, is another matter.

Let us describe why our physical bodies, if imaginative and/or if they are made of atoms that last a long time, have incarnations that are relatively short.

The answer is quite simple.

There are a lot of people in the upper 4th dimension awaiting their turn to incarnate. But planet Earth can only hold and nourish so many people at any one time.

If there were too few people incarnate, progress would slow to a halt.

After all, providing food and clean drinking water is actually the number one priority, and many years ago, the majority of people were tasked with doing just that. I don't know the figures or the ratios between those that farmed and the rich who were free to pursue more academic activities, but I think that it is fair to say that there were many more people involved with farming, including going to markets to sell the produce, than there were benefitting from the labors of the masses.

If one follows that logic and assuming that people were immortal, I think that we would all agree that intellectual progress would be very slow.

Also, I think that we can agree that if more and more people incarnated, all of them immortal - or virtually so - we would get to the point that technological advancement would stop and everybody would be struggling to produce food to survive. Civilization, as we know it, would grind to a halt.

So, if immortal, we would be faced with one of two choices. Either we would limit the number of people incarnate, to balance those producing food compared to those benefitting from that production, or we would produce vast numbers of people, all immortal, frantically farming every square inch of the planet in an attempt to survive. Either way, inventions, and intellectual pursuits would be absent, yet advancing intellectually, as do angels or even aliens, is of vast importance. Humans are not meant to remain in hunter/gatherer situations, nor to spend their lives scratching the earth for sustenance.

We are here to advance intellectually and spiritually, particularly the latter. But you cannot pray or develop your spiritual and psychic capabilities if you are hungry or thirsty.

Therefore, some means of striking a balance was invented.

God's archangels invented death of the physical body.

This is largely a programmed death, barring accidents, or illnesses.

So, a four-phase process was invented for all life, no matter what it is; animal, vegetable, mineral, or human. Even many non-physical groups, the fairy race, for example, follow this pattern.

Life follows this pattern: birth, growth, decline and death.

There are forces that ensure that all life follows this pattern.

However, not all life follows the same course of time in this pattern. For instance, there are some life forms that live and die in a short time, while other life forces live for a long time.

To give a couple of examples. There are Mayflies that, generally, live for only one Earthly day. Then there are some trees that live for thousands of years. Minerals, generally, live for millions of years, but all life follows the same pattern of birth, growth, decline and death.

It may be difficult to imagine that minerals are alive and will eventually die, but it is so. All is one.

All is made of atoms and atoms, being alive, follow this pattern also. If the atoms that create a stone die, the stone must die also.

I will not go into the intricacies of how this pattern of birth, growth, decline and death is created, except to say that it is part of the DNA of all things.

I can only speak for myself, and although I clung to life as we all do - or most of us do - once, to my surprise, I found that my incarnation had ended and I was now in Summerland, I had no regrets.

Having said that, I wish to make it clear that all people should see their life through to its natural end and no one should shorten their life for any reason.

Life is a precious gift and should be treasured, no matter how unpleasant life is at any time.

But I digress. Let us go back to the question as to why incarnational life is not immortal? If you will excuse me for being longwinded in this explanation, I will take my time and unravel, slowly, this subject, because it is quite complicated.

The first thing that we have to take into account, is that time plays a part in incarnation. The incarnational area of the imagination plane - the 6th dimension - is the only place in the whole of existence where time, or rather, space/time as it is often called, has relevance. Space/time is an illusion, as is all of incarnation, and it is related to fight/flight, which was first introduced for animals long ago. For an animal being attacked by a predatory animal, the victim cannot just stay in one place waiting to be eaten, as plants do.

It needs to have the opportunity, either to fight or to run for its life. For it to run, it needs distance (space) to run to. It also needs to have time to calculate if it is running faster or slower than its attacker. Thus, the concept of fight/flight and space/time were invented by God's archangels. These concepts all go together. But they are not needed in any other dimension and thus fight/flight does not exist outside of physicality. Nor does space/time.

In simple terms, if in an area or areas fight does not exist, there is no need for flight. If flight does not exist, there is no need for space/time.

As far as we in the upper 4th dimension are concerned, the only thing that could mark the passage of time is sequence of events.

If one is virtually immortal, and one lives in a place where night never falls and thus it is constant daylight and further, we never age or become ill, there is no reason for time to exist.

Also, I will add that to displace oneself in our dimension, we do not physically travel. We merely think about where we want to go, and instantly, we arrive. Travel, in your understanding of the word, is not physical movement. It is a mind process. A thought process, if you will.

So, space in your understanding of the word does not exist.

In our world, space/time has no meaning and therefore does not exist.

I will mention one exception to this rule.

We have, in our world, a number of people who work with people incarnate.

We understand that people incarnate have many restrictions placed on their disponibility to contact us. People incarnate need to sleep. They need to work to earn money to live correctly. They have household chores. They have to shop and so on.

So, people incarnate have but a small window of time in which to contact us.

This applies to people that meditate that we oversee to keep them safe. It applies equally to healers and those that provide advice and wisdom based on our teachings.

It applies to my scribe, to whom I give the books, messages, and lessons.

It also applies to the person who works with my scribe, preparing the books for publication and to the person who designs the front covers of our books.

We are very grateful to all these people and we recognize their limited ability in time to accomplish their spiritual activities.

So, in those cases, we link with incarnation and keep an eye on the people preparing to start their spiritual work.

In that way, we need to be conscious of time on Earth.

While people sleep, we leave them alone. We are always keeping an eye on all who work with and for us, but if a person is asleep, we do not need to be in contact with that person until he awakens.

Once he is awake, our attention on anyone working with and for us sharpens. We protect if and when we can.

But it is only when that person consciously begins his spiritual moment each day, that we really come close to the person concerned.

Then we assist that person as much as we can.

The point that I am making, is that we need to be aware of the time on Earth, as it applies to people connected to our group.

For the vast majority of people in the 4th dimension, they are not concerned by Earth time at all. It is only the comparatively small group who work with Earth humans that need to be aware of Earth time.

Let us move on in our analysis of the fantasy world we call incarnation and think, once again, about a subject that I have spoken about before. It is the subject of what reality is, as far as you are concerned.

I mentioned, if you remember, about scenes only being created as you need to experience them and I compared creation to a film being projected, shot by shot, scene by scene.

You may wonder why life is only created scene by scene? Why do we not have reality as you imagine it to be? I mentioned that when you are in a room, only that room existed. The rest of the house that you may live in does not exist. All the other people in your house, if you are not interacting with them, do not exist. Why should this be?

The answer is quite simple.

God's archangels do not waste energy. Therefore, they do not create anything that is outside of your bubble of imagination.

This, of course, raises another question.

If it is you that is creating your world through your imagination, what part, if any, do God's archangels play in creating images?

This is quite complicated, although easy to understand.

As you create images in your bubble of imagination, the archangels can link with you and assist you with your creations.

It may be difficult to accept that these archangels can link permanently with all people, all the time, but due to the nature of imagination, they can.

Actually, the fact of the matter, is that there are not billions of people, there is only one.

This is where it becomes difficult to explain.

One would think that if there is only one person, there would only be one virtual world, whereas, it is obvious to us all that there are billions of people incarnate and billions more of us in the upper 4th dimension.

So how can we resolve this conundrum, this dichotomy? Either we are one or we are billions.

It must be obvious to us all, that we are all separate individuals leading individual lives. Therefore, we cannot just be one person.

Let me try to explain this.

It all started with God's archangels creating one. Then, through this transformer we call the Holy Spirit, a multitude of people came from the one God spirit. So, although we have this huge number of people, not to mention fauna and flora, all created from this one God spirit, it still is one, pretending to be many.

If we go back to the analogy that we used, which was electricity, from one voltage, as it passes through a transformer, it can be converted into many voltages, but it all comes from one primary voltage.

In existence, the same principle applies.

All the different life forces come from the one, primary life force, God.

So, God's archangels need only to concentrate on the one God force and allow us to create the lives we lead.

This may not be a very good explanation but if you think about it, I hope that it will make sense eventually.

To conserve energy, these archangels only create what each person is concentrating on at any moment.

How do they manage to do this, if so many people are having different experiences?

It is because all people's experiences are just virtual experiences. The archangels only need to create the one scene that anyone is experiencing during any microsecond of existence.

In fact, there is only one and its name is God. Any personal experience is just imaginary, no matter how real it might seem.

So, there are not billions of people, leading billions of lives. There is only one. All the rest is imagination.

Although I said that the explanation would be simple, I do appreciate that it is hard to explain clearly and hard for you to accept.

The next part of this chapter will discuss the difference between life in the upper 4th dimension, which is where I now live, and the life in the 6th dimension, which is where you who are reading this chapter live.

As you may know, I had an incarnation, which is now finished, and upon the death of my physical body, I linked with a higher version of myself - which I sometimes refer to as the puppet master - and I moved up to the upper 4th dimension.

My physical body was disposed of and I was freed from it.

However, its influence on my higher body resulted in me vibrating to a certain frequency which, fortunately, resulted in me being able to end up in Summerland. At least I had avoided having to spend time in hell! In my defense, I will say that I was far from perfect, but I did not deliberately harm anyone, as far as I remember.

As I have already told you, Summerland has many areas, many landscapes to which one can be drawn, according to one's quiescent frequency. Had I known more about life after death, I would have tried to be a better person and thus land on a higher version of Summerland. As it was, I knew nothing about the afterworld and so I am where I am. But I can't complain. I live in a beautiful place and am very happy.

I have explained all the stages that there are in the afterlife, starting from the depths of hell, moving up through Summerland, and finishing with passing through the heavenly spheres until one merges with God.

That is the journey that is open to all people.

Fortunately for me, not being a nasty person, I avoided hell, but not being very holy either, I am not in the heavenly spheres. I am somewhat in the middle, like most people. I hope, gradually, by working to help people incarnate, to raise my frequency and move into the heavenly spheres, but I am not there yet.

It takes a long time and much effort in the upper 4th dimension to improve oneself. It is easier to do this while in incarnation, but I was not aware of this and so, although I spent much of my life as a teacher, I was not a particularly holy person.

If I had my time on Earth again, knowing what I know now, I would concentrate more on the holy path and less on my personal advantage, but it is too late. We incarnate just once. We are given this one chance to be either an evil person, ordinary, or holy.

Although the vast majority of people incarnate are ordinary people, some are evil but very few could be considered holy.

What has all this to do with you, incarnate, you might ask?

To a certain extent, I have already answered that question in the explanation of how I spent my life. However, life in incarnation is not that simple.

Life in incarnation is a melting pot comprised of people of all sorts, the good, the bad, and the in-between.

Before we incarnate, if we choose to do that, we spend a long time in part of the upper 4th, developing our personality.

Although it may seem strange, there are lots of what I might call young souls, who take no interest in developing any notion of holiness. But many develop an interest in what we might call temporal matters. By this, I mean the sort of things we tend to find on Earth.

Fortunately, many of these people are not vicious, horrible people.

They are just ordinary people, as I am sure you understand.

Those interested in developing holiness tend to stay in the upper 4th dimension. They are not attracted to incarnation, although all are given the opportunity.

It is ordinary people, plus those who are vicious or sadistic, that are attracted to incarnation.

No doubt, some of you are wondering why you volunteered to incarnate, but it is explained that out of all eternity, to spend just a few years on the surface of planet Earth, is a small price to pay for gaining such experience, an experience that can only be found in incarnation.

While you are experiencing this incarnation, it may seem to drag on endlessly, but out of all eternity, even one hundred years, which is about the limit for any incarnation, is not much.

Once back in the upper 4th dimension, we only mix with people of a similar frequency to ourselves, so we seldom meet with really holy people and we never meet with evil ones. They are all in one of the levels of hell, thankfully.

It is only on planet Earth, that we all meet, which gives us a taste of what we can expect if we go to hell, once our incarnation is finished.

Incarnation is there to teach us to reject evil and turn to the light of God. But, no one explains this to us. Or rather, it is, but this knowledge is tucked away in our Higher Selves.

Another strange fact, strange to good people, is that there are some that are attracted to harming others and those people leap at the chance to incarnate, so that they can get pleasure from harming others.

These people range from just bullies, to truly sadistic people. They are drawn to areas where they have power over others.

I do not generalize, but I think that it is fair to say that in areas like the police, prison guards, the military, bankers, politicians, and so on, you will find these people. Even in the church, you will come across them.

Any area where they can inflict harm on others, while escaping retribution themselves, will attract these people.

Bullies and sadists are basically cowards, but there is always a price to pay.

They may escape justice while incarnate, but while they are going about inflicting harm on others, their quiescent frequency drops. The eviler they are, the lower their frequency.

Once their incarnation finishes, however, they are drawn to levels of the afterlife commensurate with their frequency, which usually means one of the many levels of hell.

This is the inevitable justice of life.

The way we act, draws us to a level of the afterlife. This may be hell, Summerland, or heaven. No one judges us. We judge ourselves by our actions, which can raise or lower our quiescent frequency.

Thus, it is, that there is a connection between the personality we develop before incarnation, how we act during our incarnation, and where we end up once our incarnation is finished. It is up to us to choose.

CHAPTER 56 - ANIMALS

This chapter will be a bit of a strange one, because it will look at the way some animals are drawn to us and we will ask the question as to why this should be?

You will, of course, have noticed that dogs, for many millennia, have been the fidel companion of man.

By the way, I use the linguistic convention and mention man, although I refer equally to females in this discussion.

Even if ill-treated, dogs still try to find a reason to forgive their tormentors, and if given the chance, will pour love out to such people. Indeed, if ever you have kept a pet dog and have treated it well, you will have noticed its total devotion to you. Its actions are the epitome of love. They ask only, in exchange, apart from being fed and watered, that you love it as much as it loves you.

And yet dogs are a sub-race of the wolf family. I know that there are some people who have kept pet wolves and they receive a form of affection from their wolf pet, but it seldom reaches the degree of love that a dog can show.

Man's other faithful companion, once again for many millennia, are cats.

Cats, if ever you have kept one as a pet, you will have noticed have a slightly different personality type than the typical dog.

Cats can and do show love, but it tends to manifest itself when they decide to show it, rather than when their human friend wishes to caress it.

Indeed, if a cat wishes to be left alone, it will scratch or bite its so-called owner, something that a loved dog would almost never do.

If a dog is being annoyed by a child, for example, it might bark at the child to warn it that it does not wish to be molested by the child and I suppose that there are cases where the dog might bite the child, but such cases are few and far between, but most cat owners bear scratch marks from small attacks by their beloved pet.

One wonders why this should be?

Man has adopted cats and dogs for roughly as long as each animal was drawn to man, many thousands of years.

Dogs have been bred from the wolf race and cats originated in Africa and are, no doubt, related to the lion and/or panther family.

Yet, despite humans and these animals having been attracted to each other for a long time, there is a marked difference in the relationship between man and dog and man and cat.

We question why this should be?

We could go on and say that man has kept as pets, virtually every variety of bird, reptile, and animal, known to man, with greater or lesser success.

For instance, some people have kept pet pigs and horses. Pigs, strangely enough, have personalities very similar to that of dogs and make delightful and affectionate companions.

Horses, equally, if well treated, can show affection to man, but one would be hard put to share one's life with a crocodile, for instance.

We might question why this should be?

Another race of creatures capable of showing affection is rats. Most people are horrified at the sight of a rat, but there are people who keep as pets, white rats and it is surprising just how affectionate they can be.

It is also true that many animals, normally considered wild, if adopted at a young age and cared for, will adopt a human to the degree that the human will adopt the animal.

Other animals are more difficult to adopt.

I do not want to make a long list of animals capable of being adopted, nor of animals that, generally, one cannot safely adopt. You can make your own lists if you wish.

What interests me is why this should be?

Why can we adopt and share love with some creatures and not others?

You will notice that I have often used the word love, in talking about the relationship between man and his adopted animal companions.

It may seem obvious that in the wild, animals need to fend for themselves, but if we give food and water to an animal, it tends to be grateful that it is cared for. Depending on the species, it will reflect that gratitude with love for us.

But if we think about situations in which humans are fed and watered; schools, prisons, military establishments, and so on, although being regularly fed and watered, it is rare that there is love between the providers and the recipients of that food.

Indeed, there might be hate.

So, the mere fact of being nourished is no guarantee of love.

There are races of animals; spiders, snakes, the aforementioned crocodiles, etc., despite being regularly nourished by humans, who are incapable of understanding or giving love.

Why should this be?

There has to be some reason why some animals are capable of receiving and showing love and some are not.

It is this investigation that I hope to discuss with you in this chapter.

To get to the bottom of this question, we need to go back to the beginning, to the 8th dimension, where God's archangels reach into the store of singularities of life and select various points of life, to become whatever is needed to be created.

As we have already mentioned, out of the blue, you were chosen to become human. You could have become anything. A raindrop. A piece of earth. Absolutely anything. But you were chosen to be a human, and as such, you are destined to lead a life beyond your wildest dreams.

Other singularities were selected to become animals. When I say animals, I mean anything in the fauna family that was needed. This could be a flea, a fish, or anything that is to be found on Earth.

So, God's archangels create any animal that is missing on Earth. As animals die, they need to be replaced and so God's archangels put a logos and DNA on selected points of life, that tell these points of life what they are going to be.

As I said, this could be any form of animal life, that it is noted that there is a missing animal object.

God's archangels are aware of every living thing, no matter what it is and as something dies, it is replaced by a similar creature.

Thus, animals are created and they move to the 7th dimension, as do all things. However, they do not move to the part of the 7th dimension where humans are to be found. They have their own area and, strange as it may seem, each animal, no matter what it is, is given a guide to help it, just as humans are given guides to help them. Always remember, that all is one and so what applies to you, applies to all life. It may take a real stretch of the mind to accept that a flea, in astral form in the 7th dimension, has a flea as its guide, but it is so. All life follows the same pattern. However, you may realize that a flea is not the most intelligent of animals, so a flea guide has not much to offer to the young flea that it is charged to look after and advise. So, all a flea guide can really do is to teach its charge how to survive, what to eat, how to reproduce, and so on. That is about the limit of advice it has to offer. All animals have guides that are of the same species as the young animal that is under its charge.

From the 7th dimension, the animals travel to a part of the 4th dimension, where they develop their personalities, as does all life. All is one and all follow the same steps. It may seem impossible to imagine that a planet, for instance, can travel from the 8th dimension to the 7th, then to the 4th dimension, before coming into physicality in the 6th dimension, but in the astral worlds, space is of no consequence and so it is possible. But I digress. We were discussing animals.

All animals develop their personality, no matter what creature it is, large or small. Once again, space as you know it does not exist in the astral realms, and so a flea or an elephant are actually orbs of consciousness, without form. But the important part is the personality that they develop. Some creatures, like the ones I mentioned above, only develop the desire to survive, while others also add to their personalities love for their offspring and even love for other beings... man, for instance.

We need to mention something that has been talked about before. All is one, which means that God and his archangels only created one life force. It is thanks to the action of a sort of transformer called the holy spirit, which all things have, that everything, no matter what it is, feels independent. Everything has this feeling of being separate from everything else.

This is the action of the God spirit, pushing all life to feel the desire to be the sole representative of God.

Because everything is total God, everything wants to be known as that God.

This is difficult to explain and even more difficult to comprehend.

It is not that God is selfish. It is the fact that there is only one God force, and all else is an illusion, that pushes that one God force to exert itself and to declare itself as that one God force.

The problem is, of course, through imagination, countless billions of objects think that they are that one God force. So, where does that take us?

Well, God, as you should know, is total love. But we also have each and everything striving to be the total sole representative of God. This creates a dilemma.

If one is God, then that person, plant, mineral, or animal, should be total love.

At the same time, if everything is God, that God force needs to be the most dominant object that can exist.

Therefore, that object, being the sole representative of God, should have no love for any other thing because, in its opinion, nothing else is of any importance.

Can you understand this contradiction, against which all things struggle? God is love for all things, but if one is all that exists, then nothing else can represent God. I am sure that many of you have struggled with your personality, that pushes you to assert yourself, while recognizing that other people have the right to exist also.

All things struggle with this dichotomy.

Let us go back to discussing guides for a moment.

All things have guides, no matter what that thing is; animal, vegetable, mineral, or human.

That guide also has a guide. That second guide has a guide and on and on, seemingly endlessly.

These higher guides have lived long years and developed personalities that they push into the guide below them that they are guiding. This goes on, down and down, until it reaches the object that is being guided in the first place. That one was recently created by God's archangels.

Some objects, for instance, the flea that I mentioned above, have guides that realized that they were unwanted by the hosts whose blood they sucked to nourish themselves. So, the hosts did, and do, their best to get rid of them.

The guides realized that the hosts saw them as enemies and thus they developed rather selfish personalities, in which love played no part.

Therefore, they push into the newly created flea, that it should do its best to survive, but show no love for its host, who is trying to eject it from its body, in which case it would die of hunger.

In more modern times, of course, sprays of various sorts have been developed that kill fleas on our animal pets and we have shampoos that do the same thing and also rid children of similar pests that infect their hair from time to time.

So, these pests are constantly facing a battle to survive in a world in which they are unwelcome.

However, there are other, larger animals, that have lived with man for long ages.

Some of these have guides that realized that if they helped man, they would be welcomed into man's homes, nourished, and generally looked after.

These animals, through the desire to look after their newborn offspring, developed a form of love.

This love was, of course, directed towards its offspring, although some creatures developed love for their partners and lived in harmony all their lives.

Those animals that developed love as part of their personalities, if adopted while young by humans, were able to demonstrate this love for their adopted human families, in exchange for being cared for.

The most notable of these animals is, of course, the dog race.

Indeed, dogs were created by man from adopted wolves.

Once again, an endless hierarchy of guides influences a young, newly created dog to show love to its human friend, in exchange for being cared for.

Most animals that have developed the concept of love towards their young, will, if adopted while young themselves, appreciate the attention shown by their human host and will respond by showing love to that human.

However, there are some animals, quite often those that lay eggs; snakes, crocodiles, and so on, that have no concept of love. They lay their eggs and abandon them and show no love for what comes out of the eggs.

So, these creatures cannot understand the concept of love.

Then there are a few races, chickens, ducks, for instance, that lay eggs but cover those eggs until the chicks hatch and the adults in question care for their young, showing great love.

Because of their limited intelligence, their concept of love is somewhat limited and is really only directed towards their young, but people who keep such birds are able to develop a rapport between the birds and the humans and these birds are able to show a degree of love for the human concerned.

I think that we are coming to the end of this chapter. However, there is one more thing that I will mention concerning the animals that have developed a degree of love as opposed to those who have not. And that is DNA.

Now, DNA develops slowly, generation by generation, but those animals that have developed love for their human caregivers, have gradually changed their DNA, compared to those animals that have never really interacted with mankind.

The longer this interaction has been going on, the DNA gradually develops a rapport for man. Less natural fear of man the hunter, and the more confidence that man will look after them.

Of course, future generations of man, once he ceases to kill wild animals and birds, will allow DNA to change in all creatures and, long years into the future, man and beast will live in harmony together.

CHAPTER 57 - MINERALS

The last chapter was about animals, and as usual in this book, I tried to define the way life in the astral realms, links to life in what is called incarnation, which is in the 6th dimension. So, life is always in astral form, even though a part of the 6th dimension seems physical and we term it incarnation.

This chapter will describe the mineral world. Although minerals tend to be concerned with incarnation, they are also, of course, linked with various other astral realms and we will do what we can to resolve the way all these different areas come together to create what is termed minerals.

We might question whether minerals exist in the higher realms?

I can tell you that they do, at least in the higher 4th dimension. From hell, through Summerland, and up into the highest levels of heaven, minerals exist. Though they are in astral form, they seem real to all that inhabit those regions.

Of course, there is a vast difference between the types and colors of rocks (minerals) found in the depths of hell and those found in the heights of heaven, and I will describe those differences and see if there is any correlation to be found concerning the minerals found in the 4th dimension and those found in the 6th dimension (incarnation).

Perhaps we can start off by examining the rocks found in the regions of hell.

In a moment, I will stop speaking of them as minerals and refer to them as rocks.

Perhaps I should say that minerals cover a wide gamut of objects.

We obviously have rocks, some huge, and we have stones, sand and crystals. I do not wish to describe all the types of minerals that exist. I just want you to have an idea of the ones that are found in the astral realms relevant to this chapter.

I will also add, that every type of mineral found on earth, is also to be found in the upper 4th dimension. All is one and as above, so below.

So, every type of mineral found on earth, including the so-called rare earth minerals, exists in the upper 4th.

However, not all minerals are to be found sprinkled in a haphazard fashion throughout the regions of the upper 4th.

Many are specific to the areas that we call hell, or Summerland and heaven. Minerals are subject to frequencies, as are all things and are thus drawn to specific areas of the upper 4th dimension.

Let us go to the depths of hell and try to observe the types of rock that would be found there.

I mentioned that everything is subject to vibration (frequency).

Therefore, it would not surprise us if the rocks found in the lowest regions of hell would correspond to the lowest frequencies to be found in the mineral world.

Those brave souls from the higher or upper 4th dimension, that have ventured into the depths of hell, report to us that it is an area virtually pitch dark. The denizens of that area, wander about quite lost, as they cannot see where to go, any more than the guides can. In fact, there is nowhere to go.

It is an area that is all the same.

It is cold, damp, and the rocks drip slime. Underfoot are sharp and rough stones, that make up the floor of this huge place.

Overhead is a roof, high up, that consists of a canopy of rock.

It is, in effect, like being in a monstrous cave.

It goes on endlessly.

The unfortunate denizens of this area wander about, perhaps hoping to find shelter from this dark, cold, damp area, but there is no shelter.

They created this world through the evil actions of their incarnations and this area corresponds to the dismal frequency they descended to through their evil actions.

Some of these people have been there a long time, while others are more recent arrivals.

The common denominator of all these people is the harm they caused - or had caused by others - while incarnate.

So, we find people of power when incarnate. These are people that were kings, queens, religious leaders, torturers, military high-ups, prison commanders, and so on.

I am not suggesting that all high-up people would be evil, but I am suggesting that a surprising number of such people, both in the past and in modern times, have abused their powers and caused harm to others.

Thus, they lower their frequency, until it corresponds to a frequency of hell.

The most extreme of these people, descend to the deepest levels.

But I have got off the track of what I was describing, which is the type of rock to be found in such areas.

As I said, it is so dark in the depths of hell, that it is impossible to discern any color in the rocks, but it would seem that the rocks are black - all of them. There is no fauna or flora. Just rocks.

I do not wish to try to give a name to these rocks, such as schist, granite, diorite, etc. These rocks contain no minerals that might shine, as we would find in granite, for example. They are just black.

I need to explain something at this point. All that I am going to describe, is taking place in the astral realm. In the upper 4th dimension, in fact. But this does not mean that it is not real. The upper 4th seems as real to all who live in it, as your world seems to you. One could almost say, that it is a copy in some sense. The difference is that there is a wider swing of reality, from low frequency to high, but those realities seem every bit as real as your reality does to you.

So, in the area under question, there are rocks everywhere, leaving narrow corridors between them. Further, some of them have sharp corners and as the denizens stagger about, hurting their feet on the sharp stones beneath them - for these people are naked - so they stumble against the sharp corners of the rocks, causing further torment. They are, of course, repaying the harm they caused to others when incarnate.

Let us now advance a bit towards the light. We are still in hell, but we climb up towards lesser depths and we find that the darkness is not quite as stygian. The crimes of the denizens of these areas are not as severe as those in the depths of hell and so the rocks

that are to be found, in these somewhat higher areas, are not so bleak and slimy as those further down.

I repeat, all is a question of frequency. The people who inhabit these areas are not as evil as the ones we discussed above, but nevertheless, the people who are drawn to these slightly higher areas have lived lives of sufficient selfishness and criminality to draw them to low levels of hell.

So, by the law of mutual attraction, the landscapes contain rocks that we would not wish to use in our realities.

These rocks might contain a certain number of crystals such as we find in granite and these crystals emit a certain amount of light, reflected by the crystals, from the limited amount of light entering these levels of hell.

Gradually, as we rise higher and higher in frequency, we find that there is more and more light, and the rocks found in these ever-higher areas change and become rocks capable of reflecting more and more light.

Eventually, we leave hell and arrive at the lower levels of Summerland.

The change is gradual.

As you should know, if we reach God, we find that God is starlight, and in fact, everything is light or made of light.

When you look at your body in a mirror, you may not see light. And when you consider your personality, with all its worries and feelings of depression as you struggle through your incarnation, you may not feel that you are made of light, but in fact, you are God and God is absolute white light.

However, through your life plan, DNA, and other aspects that create your personality - including your lack of spirituality - you coat yourself, in a manner of speaking, with a cloak of darkness.

I should also say, that for the majority of us in the upper 4th dimension, it is no different. We, or most of us, are far from perfect and so we do not reflect pure light, any more than you do.

I mentioned hell, and hell is a reflection of the darkness caused by the evil people that live there. By the law of mutual attraction, the surroundings created by such people reflect their lack of light, which is why hell gets darker and darker as one descends and meets people of ever-increasing evilness.

Godliness produces light. Ultimate Godliness produces total white light.

Evilness absorbs light. Ultimate evilness absorbs all light.

We are now gradually leaving hell and entering the first stages of Summerland.

Just as hell had many layers, depending on the degree of the evilness of the denizens on any layer, so Summerland has many layers, depending on the state of spiritual advancement of the people of any layer.

Summerland starts where hell leaves off.

The very top layer of hell will contain a certain amount of light and that permits the rocks that are to be found there, to be somewhat similar to those found buried deep underground on Earth.

I am told that if one were to dig deeply into the Earth, the rocks that one would find would correspond to the types of rock found in hell. That is to say, slimy black rocks, lacking any bright minerals.

Perhaps I should remind you that planet Earth, or rather incarnation, is a form of hell. It is designed to give us a taste of the fate that awaits us if we give way to evil.

Incarnation is designed to push us either to follow the path to iniquity, or to reject evil and follow the path towards perfection.

Many of the rocks found in the bowels of the Earth are similar to those found in the bowels of hell.

But fortunately, as we rise higher, not only is there more light, plus flora (flowers, trees, and so on), but also a variety of beautiful birds, butterflies and animals. As we rise through Summerland, the light from the astral sun, which is invisible to us, grows in strength and beauty takes the place of evilness and blackness. Once again, it is the law of mutual attraction that is at work, drawing beauty to higher frequencies.

The rocks and stones gleam with ever brighter light, a reflection of the higher frequencies.

Eventually, if we continue down this endless road from hell and through Summerland, we come to the heavenly spheres.

This is where things become more difficult to describe.

The lower levels of heaven follow the pattern of light and beauty found in the upper levels of Summerland. There is much light which, however, never becomes blinding.

The flora is much more beautiful than anything found in incarnation, as is all of the fauna. The rocks glow with light similar to crystals, and as we traverse the levels of heaven, so we become absorbed with light.

The landscape has no relevance at this point. We live in a world of light. The more we advance through the layers of heaven, the closer to the source of creation we move.

Eventually, we find ourselves absorbed in total light.

This is starlight.

God is starlight - total light.

If we can rise to that level, we can, if we wish, enter and rejoin the God force and become part of the force that generated us in the first place. We came from God and we return to God.

God, amongst any or many other attributes he has, is first and foremost light - pure starlight. Therefore, although we are talking about minerals, which through the law of mutual attraction, follow the pattern of man's quiescent frequency, from the lowest levels of hell, where there is no light - a reflection of the lack of God force in the people who inhabit such areas - we rise in frequency, until there is so much light, that all becomes one. The rocks, flowers, animals, and so on, are still there, but as they all shine to the same frequency as the people who inhabit upper heaven, nothing can be seen except perfect light.

You might think that this is a boring area to live in but, in fact, to be close to God is the most blissful state to live in.

Pure bliss is an amazing state and creates perfect happiness. Thus, we can say that the minerals that clothe the various regions are a reflection of the state of holiness - or lack of it - of the people who inhabit these regions.

The end of the journey comes when our personalities glow with starlight and we become part of the force that created us long ago.

We do not need to become evil. That is our choice, so we do not need to go to hell when our incarnation finishes.

Nor do we need to advance towards God. That also is our free will choice, but be aware that where we find ourselves in heaven, the minerals, fauna, and flora that we observe, are a reflection of our personalities.

We can choose to advance towards God if we wish. We can move to the lower levels, or we can stay where we are.

The choice is ours.

By looking at the rocks, fauna, and flora surrounding us, we can divine our place in the heavenly spheres.

CHAPTER 58 - FATE

This next chapter will deal with what is termed fate.

It is also referred to as karma.

In reality, it is a mixture of the chosen life plan, the personality, and the choices we make. You should be aware by now, that you came from the 4th dimension, which is sometimes referred to as heaven.

The 4th dimension is a vast and complicated area and heaven is just a small part of it, the part that begins where Summerland ends and finishes with you entering the God force.

I hope that you are familiar with this concept by now.

We have described the 4th dimension many times and I hope that you are aware of the huge variety of concepts that exist in the 4th dimension, concepts covering virtually all of the aspects of life imaginable.

You should also be aware that before descending to the imaginary plane that you call incarnation, you progressed - if I may use this almost contradiction in terms - from the 8th dimension, where you were chosen to be a human, through the 7th dimension, and into the upper 4th dimension, which is your true home, and finally, into the 6th dimension to experience your incarnation.

At the end of your incarnation, you will return to the upper 4th to continue your progress through spirituality - non-physicality.

The strange thing about life is, that we all start with absolutely no personality and sense of identity, and at the end of our journey through life, we reject all sense of personality and identity and finish up exactly as we were at the beginning of the journey.

The difference between the two states, is that we start in ignorance of anything to do with life and at the end, we finish with a vast amount of knowledge and wisdom, which we decide, not to reject exactly, but to incorporate into one huge God-filled mass of learning.

When we start, we have no knowledge of anything and when we merge with God, we have all that there is to know, exactly as God has.

We become on the same level, on a par, with God.

But can you see the difference?

We start out knowing nothing and we finish up knowing everything, although we do not allow this knowledge to interfere with the utter calm, the state of neutrality that total knowledge confers to us.

We might say that total ignorance confers a state of calm, as we do not know anything that can interfere with our peace. Absolute lack of knowledge of anything leaves us in total calm, as we cannot conceive of anything that might disturb us, and at the God end, we have total knowledge, but realize that nothing is worth worrying about.

It is strange, perhaps, to understand that total ignorance and total knowledge and wisdom confer the same sense of calm, but it is so.

However, what interests us is the long bit in-between ignorance and knowledge.

That is the subject of this chapter, and indeed, this book.

So, our task in this chapter, is to work out what happens between the beginning and the end of our journey through life.

I advise you that it is a long and complicated path.

We must start at the beginning, which is in the 8th dimension.

Those of you who have followed our teachings, may be aware of much of what I am going to say, but for this chapter to make sense to any newcomers, I am obliged to repeat some of the stuff you may already know. I beg your forgiveness if I repeat knowledge already transmitted to you.

In the 8th dimension are countless points of life. We sometimes call them singularities. They are points of God force waiting to be called into action.

We have often said that they are points of life with no destination, until they are chosen at random to become anything that might be required; raindrops, grains of earth, fauna, flora, humans... whatever is required. Although we have said this, and in our creation process it is true, it is not entirely true.

We have mentioned to you elsewhere, that life begins, continues for many long years, and finally disappears, to be instantly replaced with another identical creation happening. Although what we call a creation lasts countless years, it does, eventually, disappear and there is a moment in which there is nothing.

Then, miraculously, another God appears, identical to the previous God, followed by His archangels - the Directors of Life - and the whole system re-boots, more or less exactly as it was before.

The whole of life repeats itself almost, but not quite, as it was before.

This, apparently, has been going on forever.

Quite why this happens, we do not know. We only know that it does.

There is endless life. It must have started at some point, but we do not know how long ago that was, and we assume that it will go on forever.

So, we have a virtually endless creation system, each time moving slowly towards perfection, at which point it all disappears and is instantly recreated, more or less as it was before and continues until it reaches perfection again, at which point it disappears once more and is recreated more or less as an exact replica of the previous life creation.

But it is not quite an exact replica. There are slight changes, that make each creation different.

The point, as far as we are all concerned, is that each raindrop, each grain of earth, each plant, each animal, each human, each nature spirit, will be re-chosen, as it was before.

They may not have exactly the same form or personality as the last time, but they will be close enough not to have any real difference.

This implies that if you were a human last time, you will be a human this time, the only difference being, not having quite the same personality (gender, and so on).

I apologize for not talking about this before, but as it is such a strange and complicated subject, we all thought it better not to mention it until we felt that you were spiritually mature enough to accept this information.

I will repeat this information once again, to make it abundantly clear.

At some point in time, all life, including God, his archangels, and all forms of life disappear and are instantly re-created.

Then you and all forms of life are re-created virtually as before and restart your long journey towards perfection. Once you and everything achieve perfection, it all disappears

and is re-created more or less as before and continues until perfection is achieved once more. At this point, everything disappears and is re-created once more.

Then it all disappears and is re-created yet again.

The fact that each cycle takes billions of years is of no importance. It is the fact that everything disappears and is re-created that is of importance.

This system of creation, elimination, and re-creation, has been continuing forever, which is the mystery of life. Why it should be, no one knows.

We only know that it is so.

No doubt, with each cycle, each and every object matures somewhat. At least we assume that it does.

You may be struggling somewhat to understand what I described above, because apart from people of Indian origin, who have studied the teachings of certain religious books (the Bhagavad Gita, the Upanishads), this subject is never mentioned.

The problem is that no one can offer any proof.

Obviously, if all life disappears, even for an instant, there is no one left to say what happened.

Fortunately, there is a trace left.

If you imagine the Akashic Record as a huge filing cabinet, once all life disappears, the cabinet is closed and a new cabinet is opened to store the memories of the new creation.

So, in the area where all the Akashic Records are kept, there is an endless series of filing cabinets, all closed, except for the one that is storing all the latest life events.

Of course, in reality, there are no filing cabinets. There are just areas where all the information from the previous creations is stored.

You cannot imagine just how vast a quantity of information is stored in each Akashic Record, because each one contains the thoughts, feelings, and actions of everything that took place through every event any and all created objects experienced, no matter what they were, through the entire cycle of creation. Countless billions of objects; fauna, flora, humans, aliens, nature spirits, and so on, all their thoughts and actions throughout the countless billions of years of a life cycle, from the moment of its creation, to the moment of its extinction.

Then, as I said, a new part of the Akashic Record springs into life and begins once again, to store information as before.

But the important part is that every previous creation - all of what happened to every created object, no matter what it was - still remains in the now-closed Akashic Memory.

It is that memory that can be contacted by very advanced angelic beings, that enables us to say to you that creation is started and eliminated, to be restarted over and over again.

These angels can enter the closed portion of the Akashic Record and realize that they are looking at a creation cycle that was very similar to the current cycle and thus to state that life is repeated in endless cycles, covering vast numbers of life forms and billions of years of progress through creation.

I stated at the beginning of this chapter that it would be about fate or karma, as it is sometimes called.

So far, I have given you general information about how life operates, but I have not talked about the specifics of any one person, how they think and act as they progress through life.

It was necessary to mention all that above, because there is a link between how you reacted in previous life cycles and how you react now.

The link is that, although each life cycle comes to an end and that portion of the Akashic Record closes, the new creation that brings you and all things into a new life, does leave a trace on you, and on everything, that enables the newly created objects to build slightly on how they were before.

To discuss just one human, anyone, as he is newly created, he is not quite as he was before. The experiences he underwent in the previous life cycle and the one before that, enable him to be slightly more advanced than he was during previous life cycles. It is as if the life he previously led, and as he reached perfection during that previous life cycle, leaves a mark on him, so that he starts again, totally ignorant of any life experience, but just a little more able to accept new information than he was at the same point of his previous creation.

This implies that as he goes through each long-life cycle, the new one that he inevitably faces, gives him a head start on the road to understanding.

This is a cleverly created system for all life forms generally to advance, especially at the beginning of their new creation, so that perfection can be achieved more quickly.

One assumes that, far into the future, creatures will all be created that will already be perfect. I refer not only to humans, but to all life forms, no matter what they might be.

What will happen to these life cycles when everything is born perfect, in all senses of the word, is anyone's guess.

But, at the moment, we are far from that.

We are still primitive beings when we are first created as humans, and we struggle for long years before we reach perfection in any life cycle.

But what has all that to do with your fate?

Well, you may be able to imagine, that the state that you start at influences the path that you take during your incarnation.

If you were to start totally ignorant of any creative force, you would be obliged to create a life plan that would start at zero, so to speak. You would need to create a life plan that would lead you down the path of conflict and dissonance with other people and other life forms, because you had never met any of them before, so you would need to explore the good and the bad influences others would have on you.

However, if you could start with at least some knowledge of the behavior of others, including non-human life forms, you would have a distinct advantage in knowing how to handle people and how to avoid conflict, etc, with any life form.

Can you see how the trace left on you by these previous life cycles I have mentioned, are beneficial to the planning of your current life cycle?

However, the story is more complicated than that.

Before we can describe any personality that you may have and the consequences on your life of the actions you may take, we have, slowly, to study the development you went through when you were in the 7th, 4th, and, eventually, the 6th dimensions, the 6th being the incarnation plane where you are now.

We start in the 7th dimension, which we have described before.

When you arrive there from the 8th dimension, you are a very primitive person indeed. One might almost compare you to a newborn baby.

However, you do have with you any memories that might remain from any development that you may remember from previous life cycles.

These memories vary in intensity, according to how you have developed from the 8th to the 7th dimensions.

Although during the last life cycle you had reached perfection, only a fraction of that memory can ever remain in your new incarnation. The vast majority of those memories are lost. Indeed, quite a lot of people remember nothing at all, while a lucky few do remember snatches of the old life cycle. But no one remembers very much.

So, now we have one of two possibilities.

We either remember nothing, or we do remember a few things.

As you can imagine, if we remember nothing of our previous incarnation - if I may use the word incarnation - we have to start from scratch, whereas, if we do remember at least some of the last cycle of incarnation, it gives us a head start this time around.

I must stress that when I refer to the word incarnation, I am not alluding to re-incarnation during this cycle. You come into the 6th dimension just once in any cycle. You do not re-incarnate endlessly during any cycle. You come into the incarnation plane just once during any cycle. The rest of your time you spend in the astral planes.

But what you may remember, helps you to start with a distinct advantage, compared to if you remember nothing.

This is where fate or karma comes into play.

If you remember nothing, you must start from zero, but if you remember at least something of your previous cycle, you obviously may commence with at least some memory of that previous cycle.

Gradually, over vast lengths of time, you may remember more and more of previous cycles.

That is why people who remember quite a lot of any previous cycles, take us to the point where we no longer need to come to the 6th dimension - that of the incarnation plane - whereas, if we have no residual memory, we may need to incarnate to experience what incarnation feels like.

The whole point of experience is to grow in wisdom. Wisdom is a hard-fought battle and does not come easily to anyone.

But, and here is the point of this chapter, wisdom can only be gained from experience, either in the astral spheres or through incarnation.

Through experience, we may make mistakes. Mistakes should not be seen as failures.

If you consider any field of growth, it is through making mistakes that we can realize that we have chosen a false path and then we can correct those mistakes.

Once again, what has all this got to do with fate, karma - call it what you will?

The simple answer is that if you continually go down the wrong paths and correct those mistakes, eventually the only path left will be the correct one.

Having said that, I am sure that you realize that life is complicated and there is not just one path to take. There will be many paths and as we progress through life, so fate will send us a number of tests of experiences that we can draw on, until we come to the end of our incarnation.

At that point, we return to the 4th dimension to continue our exploration of life in that dimension.

In that manner, there is always a connection from the life plan that we developed before incarnation, through that incarnation and on into the long period we spend in the 4th dimension, gradually casting off the false routes and bringing to the fore the correct paths that will all link together, to take us towards perfection.

So, I hope that you can see that life is one long voyage, that started before incarnation, developed during our incarnation in the 6th dimension (incarnation), and then on again in the next part of the 4th dimension.

I hope that you can see that you who are reading this book in the incarnational plane, are destined to make mistakes that you have to correct to eliminate the false paths and open the door to following the correct paths - at least as far as you are concerned.

You should be aware that no two people have the same personalities and so each and every person has a unique life plan and a unique path that he/she has to follow.

This, of course, flies in the face of the statement that all is one, yet all has a unique destiny.

This is one of the great conundrums of life. The fact that we are all, no matter who or what we are, just one life force that we call God and yet, at the same time, we are all unique aspects of that God force and thus are individuals with individual life plans and destinies. But don't let us get confused by that complexity.

It suffices to accept that we are individual aspects of the God force and will remain so until that far-off and wonderful day when we rejoin the God force again and our journey ends, until it all re-boots again.

The point of presenting this chapter to you was to say that we all have unique destinies as we progress through life, from the moment when, as singularities, we were selected by the Directors of Life to be, in our case, humans and on to the moment we reach human perfection and merge with God.

Thus, to be able to follow that path, we need a life plan, which we try to follow and are faced with the results of the false paths we take. We call these false paths, and our need to correct them, fate or karma.

To put it in a nutshell, we need to follow our life plan, but inevitably we make mistakes, at which point we have to step back to the point that the mistake occurred and select another path hoping, this time, to have selected the correct path.

We continue like this throughout our long existence, until we have eliminated all the false routes and have replaced them with the correct ones. Not only false routes in incarnation, but throughout our time in the astral planes.

The path to perfection is, in fact, learning to eliminate our faults and of replacing them by following the correct paths.

So, the path to perfection is, quite simply, replacing mistaken paths with correct ones.

When all mistakes have been eliminated, we have to follow the correct paths and we become aligned with God, which was where we started out when first selected to become human.

The road to perfection is not really one of becoming perfect. It is one of eliminating the wrong paths. Can you understand this?

Once we no longer have any faults, we become perfect. Then we become God-like.

The path ends at that point, although it is a long and complicated route.

I hope you can see the point of this chapter. It is not really complicated, although it takes a long time to put into practice.

We create a life plan, which consists of the paths we should take to follow God.

Every time we step off of that path, we have to move back to the point where the mistake was made and start again.

We go on and on like that, until we have eliminated all of the false routes. When that is achieved, there is nothing more to correct and we can join with God.

Then our journey from ignorance to total knowledge also ends and we may disappear into the God force and become one with God.

It sounds simple, and it is, but it takes millions of years to eliminate our faults and become perfect.

I hope that all that I have mentioned in this chapter and other ones in the various books we have given you, will help you down that path.

CHAPTER 59 - FROM THE 4TH TO FREEDOM

We have reached the end of this book, which, basically, is to show the connection that you have while in incarnation, to your home in the 4th, because no matter how long your incarnation in the 6th dimension is, you never really, totally, leave the connection you have to the 4th, or indeed, the 7th dimension, as I have explained in a previous chapter. But it is the connection that you retain while in incarnation in the 6th dimension, to the part of you that remains in the 4th, that I wish to explain in this final chapter.

I have indicated in the previous chapters, that when you decided to have an incarnation and move to the 6th dimension, where your incarnation takes place, it is your personality, your ego, that has pushed you to want an incarnation.

When I mention ego, I do not necessarily imply arrogance, which is how ego is usually described. By ego, I refer more to your sense of individuality.

Perhaps I should also allow for the fact that many people come into incarnation with a very heightened sense of arrogance.

We often see this with the rich, the powerful: royalty, politicians, business people and even high placed soldiers and police.

I think that most of you will agree, that contact with such people can be very unpleasant, although, I will qualify that by saying that it is the God spirit, the desire to survive at all costs, that comes to the fore, and pushes these people to want to override others.

I might be giving the impression that the God spirit is almost an evil thing. I do not wish to convey that impression at all.

The God spirit is the most fundamental force in all of existence and so, depending on the personality developed by any one person, it can be egocentric, or appear to take a back seat.

For instance, a person like Jesus would have his God spirit first and foremost in his personality, but because of his gentle, holy, compassionate personality, the Jesus spirit comes across as loving, not aggressive, as it might be with someone who has developed a very dominant personality.

Both have their God spirit highly developed, but one uses it to help others, while the other uses his personality to dominate and squash others for his benefit.

Therefore, we can see that all have the God spirit as the most important part of anyone's make-up, but it is the personality that we develop that decides how we allow that God spirit to appear.

You may remember that the God spirit is in the 7th dimension and that there is only one God spirit for all of us. All is one.

Therefore, whether one is in incarnation, or one of the other dimensions, we all share the one, unique, God spirit and that God spirit is in the 7th dimension, but all things retain a strong link to that God spirit.

So, if one is a human, a grain of sand, a drop of water, a plant, an animal, a nature spirit, or indeed, a demon, it is that one God spirit that is foremost in our make-up and that God spirit is in the 7th, but is part and parcel of every life force.

However, we are interested in humans, you and us, and it is our personalities that come from the 4th dimension, that really concern us.

So, we must accept that absolutely everything that has the God spirit - which is our permission to be alive - is the most important part of us, but for the sake of understanding just who and what we are, we will ignore that part of us and just concentrate on humans and our personalities that make us who we are.

I mentioned, in a previous chapter, that if we decide to have an incarnation, a part of us remains in the 4th, although I did not explain why.

Now is the moment to discuss this.

So, this last chapter will concentrate on those having an incarnation and I will try to explain why you need to have a part of you remaining in the 4th during your incarnation.

For you to be you (an independent entity, separate from any other thing, whatever it might be), you need to have a personality. You need to be a person.

So, you are born into incarnation.

At first, you are a helpless baby and all that you really have dominant in your life is your God spirit, which pushes you to tell your parents, or whoever is looking after you, when you have a need for something.

That, obviously, is your God spirit, which is in the 7th dimension.

You don't have any personality for quite some time, until you become independent, instead of just a helpless baby, dependent on someone to care for you.

The day comes when you start to link with the part of you that remains in the 4th dimension.

This part of you provides the link that we call auras, that enables the personality aspects and all the other necessary bits and pieces - higher self, life plan, ID, imagination, curiosity, DNA and so on - to link with you.

Let me explain this more clearly.

For you to be a fully operating human being, such as you are, you need to have all the elements that go into your make-up, linking with you.

Obviously, you need the God spirit, which is in the 7th dimension, permanently linked to you, or you would not be alive.

However, there are many other parts that go into making a living entity.

Some of these are contained in the 5th dimension and some of them are contained in the 4th.

Perhaps I should explain at this point, that there are other parts of you that are contained in a few of the other dimensions or auras. Dimensions or auras are the same things.

But your personality comes from the 4th.

Now, the auras or dimensions that link with you would be empty, if it were not for the fact that they all tend to link with the part of you that remains in the 4th.

I had better explain this more clearly.

It is true that you have 7 auras linking with your chakra points, that Buddhists have described as linking to the human body (and the body of everything for that matter), but those auras are initially empty. They are just waves of energy.

But here is the important part.

The auras might well be linked with your physical body at the end of their journey from the astral realms, but they must also have a beginning point.

This beginning point is the bit of you that remains in the 4th dimension.

So, I wish you to imagine that these auras, we could almost visualize as portals.

They start in astral form in the 4th (in your part that you left behind when your incarnation started) and they finish up linking to the chakra points in your so-called 'physical' body.

Please remember that your physical body is not actually physical at all. It is astral and only looks and feels physical to you because;

a) you have your attention totally focused on it, and

b) you have been programmed to believe you are in a physical world.

In fact, the 6th dimension (incarnation) is just another dimension. It is no more physical than any of the other dimensions.

You have been programmed to accept that it is physical.

This being so, all the things that you need to make you who you are; higher self, life plan, ID, imagination, curiosity, DNA and a whole host of other things, which are all non-physical, are collected (if I may use that word) into the part of you that remains in the 4th and are then spread out into your various auras, because they all have different frequencies, and then they link to the astral body that you feel is physical and so you become who you are.

Most of these bits and pieces act quite automatically and so you do not need to concern yourself with them.

The part(s) that you can manipulate, are your personality aspects.

As I have explained, when you were wandering about in the 4th prior to incarnation, you decided to accept a certain number of personality traits. Some of these would be innocent, beneficial even and some of them might be rather negative.

Incarnation allows you to examine these personality traits, and if you wish, reinforce or reduce their influence on you.

There are those who rise to positions of power and enjoy that feeling. So, they might reinforce the dictatorial, bully tactics to better control others while, we hope, people like you who read our books, try to reduce such feelings and develop more gentle, loving aspects.

You are not stuck with the personality you incarnated with.

You are constantly sending messages up and down your auras and they come from your chakra points, into the bit of you that remained in the 4th and from there, that part of you can reach into the personality areas that we have described elsewhere and either bring more of an aspect forward or reduce an aspect.

Whatever you decide to do, it is drawn to the part of you in the 4th and then spread out and sent down the auras into your chakra points and so you reduce or develop different aspects of personality.

Remember, it is all happening in an astral form because, in fact, your physical body is not physical at all. It is astral and only appears physical because you have been programmed to think it is so.

I am sorry to keep repeating this, but it is important to try to realize that you are never physical.

Physicality doesn't exist. It is all astral and it is only your programming by God's archangels, that persuade you that you are physical.

You are real, but non-physical in fact.

The 6th dimension is just another dimension - one of eight - and none of them are physical.

This is hard to accept, because physicality seems so real and 'physical'. Especially when you are in pain. But it is all astral.

You are programmed to feel pain and so you do, but it is all illusion. Illusion that seems totally real.

You probably won't appreciate this until your incarnation is over and you return to the 4th, rejoin with the part that you left behind, and can look back at the life you led on Earth, and for some of you at least, you will be able to see that it was, in fact, all non-physical.

Real but non-physical.

We have explained elsewhere that God wanted a physical world to be created, but it proved too difficult and so God's Archangels settled on creating a virtual reality in the 6th dimension, which is the one that houses imagination.

So, all candidates for incarnation go through a process of mind-wiping, in which the truth about existence is removed from the minds of these people and is placed in the higher self, which is in the 5th dimension.

Then they are programmed to think that they will be entering a physical universe, and eventually, they are born into this virtual reality that seems real to them.

I, like you, had an incarnation and I never questioned it.

Life seemed real to me and I struggled through my incarnation, just like you are doing and it was not until my incarnation ended and I found myself back home in the 4th, that I realized that I had been living in a virtual reality all the time.

It came as a shock to me, which is why we are explaining all this to you, so that when you have it explained to you that incarnation is not physical, you will not be as shocked as I was.

Forewarned is forearmed, as the saying goes.

Of course, it raises the question as to how we would react if, during our incarnation, we realized that it was an illusion.

Well, if we examine the life of Jesus, he can give us a clue.

Jesus was born into incarnation with his connection to the part that remains in the 4th just as you are. He was born exactly like you.

However, before his incarnation, while he was still in the 4th dimension, he developed an advanced level of spirituality and normally would have remained in the 4th, not needing an incarnation.

But he felt that he could help us in the 6th by having an incarnation, but not like us who have an incarnation and wonder what is going on.

He developed to the point that he could retain his knowledge of his true self, which is tucked away in the 5th, despite having his mind wiped by the archangels, as do all people prior to an incarnation.

So, he was born just as we are, but he still retained his connection to his true self and true life, which he recuperated from the 5th.

Perhaps we can look for a moment at the life of Jesus while he was in the 4th, prior to his incarnation and see what separated him from ordinary people like you and me.

This can be done by linking to his file in the akashic record.

In the early days of his life, he was placed in the hands of guides and shown around the personality areas, just as we all are.

Jesus showed a marked proclivity for incorporating spiritual aspects into his personality and it was suggested to him that he didn't need an incarnation and that he should join with those who remain always in the 4th.

However, he had examined, via the akashic record, what incarnation was like, which at that time was still in the swing of negativity, and he said that he wished to have an incarnation and come to Earth, not as an ordinary person, but as a teacher, explaining the very things we teach you.

So, he remained in the incarnation group.

However, he stayed in the 4th for much longer than the average person does and he studied spirituality, did meditation, and developed the spiritual skills that he eventually shared with us.

Finally, he felt ready to come to Earth.

I won't bother you with the Biblical reports of his birth.

Suffice to say, that he was born into a family that gave him the leisure time to continue to meditate and start to share his wisdom with the local people.

Eventually, he went to Tibet to hone his skills and also to learn to balance his spiritual life with how incarnation works.

He learned to deal with his followers and also his detractors because, as you can imagine, explaining the things that we explain to you, to simple peasant people two thousand years ago, was no easy matter.

In Tibet, and eventually northern India, people accepted his teachings and helped him to build his confidence as a master teacher of the spiritual aspects of life.

Through all his studies, he was able to link to his file in the 5th dimension - higher self - and he was able to incorporate that information into his life in incarnation.

So, he was able to live in two worlds at once.

He lived in physicality, with all that it entails, and at the same time, he was able to maintain a strong link to life in the upper 4th.

He was able to do this because he had learned telepathy and also, to send information up to his part that remained in the 4th and receive information back down his auras from it.

He was able to do this in a conscious manner, so he was constantly in contact with the non-physical planes and in incarnation at the same time.

That is what made Jesus such an exceptional person.

The rest of his life has been explained elsewhere, so I won't risk alienating Christians by explaining again the life of Jesus.

It is his link to Heaven while living on Earth that I wanted to explain, so I hope that I have not offended anyone by explaining how Jesus developed his spiritual skills.

I will also say that this path is open to all of us, because Jesus was a human very much like we are. The difference being, that he developed to a great deal his spiritual qualities, something that very few of us do.

Incarnation occupies us and we ignore spirituality and so we don't develop our spirituality.

Jesus did the opposite. He concentrated on learning spirituality, and also teaching it, and put the problems of incarnation last.

This link between so-called incarnation and our true home and source of all information is very important. Without information constantly being sent up and down the auras from the origin point in the 4th dimension, into one's chakra points in so-called physicality, a person incarnate would appear to be lifeless.

Of course, he would be alive, because he has the logos of life placed in association with him, but he would have no ability to communicate with anyone, no personality, and nothing that we would associate with being alive.

He would be rather like people that are in a coma. In fact, that is exactly what people who are in a coma are experiencing. Through some unfortunate accident, the link between the chakra points and his place in the 4th becomes severed and the person, still alive, remains comatose.

It is amazing to consider, that although most of us do not know about this link between the body in the 6th and the part of us in the 4th, and although we have no idea of the stream of information constantly channeling back and forth in the auras, the average person is able to be so conscious.

It is this consciousness, which is closely linked to the life force, that makes it all work without any conscious effort or knowledge by people incarnate, or in the 4th also, because although once we rejoin the 4th dimension at the end of our incarnation and we rejoin with the part that we left behind in the 4th, that part still acts in exactly the same way as it did before, sending thoughts and information to us.

So, we hope that you can see how important this part of us that is always in the 4th is, and it is our connecting point to allow us to be the conscious, thinking, knowledgeable beings that we are.

I hope, also, that you can appreciate this wonderful link from you as an individual, to all the information held in the various files in the 4th and how you can link to all that information, all those emotion files that we have mentioned, and how you can use all that to form the character that you chose to be.

As I said, it is a pity in a way that we are not informed about this, and through meditation, can create an active link to the files and use them to improve our characters, our personalities.

But, fortunately also, the links work in a fairly automatic way and so we can become who we want to be to a certain extent.

However, if you ask people incarnate, they will often tell you that they feel victims of their incarnations, like a ship in a stormy sea, that has lost its navigation device. Its rudder.

This does not have to be.

Through meditation, we can learn, actively, to control the flow of information and inform that part of us that remains in the 4th just what we wish it to send us and what not to send us.

It would be our ID that would take control of the information passing up and down the auras and we could take control of our lives.

But first you need to know how it happens, which is why we are telling you this.

Once you know what is going on, it is up to you whether you take action to take control or not.

Meditation will enable you to develop the skill to take control.

Then you will be able to do almost magical things. But it all starts with meditation.

Eventually, little by little, you can request the part of you that remains in the 4th to send you the powers that you really want to acquire and you become what we might term a magician. It is not magic. It is taking control of and receiving the powers that virtually all of us would like to acquire.

If you remember that the 4th dimension is non-physical, as is 6th (incarnation), you are not actually bound by Earthly physics.

It is only that you believe you are that limits you.

Meditation opens the door to you getting from the 4th dimension, the information, the power, to step outside of 'physical' physics and use cosmic physics, which are totally different to Earthly (Newtonian) physics.

Quantum mechanics points the way to a certain degree, but you don't need to battle with that.

By learning to control the information coming into your chakra points from the piece of you remaining in the 4th which, in turn, reaches out, collects and sends to you that new information that you want, you can bypass any normal physics and become the cosmic being you would like to be.

After all, who in incarnation would not like to be a master of events, rather than a victim of them?

So, I have mentioned a number of topics in this chapter.

I have told you of the part of you that remains in the 4th, the chakra points that are in your body in incarnation, the auras that flow up and down between these points, and most important of all, I have told you that through meditation, you can master your path through incarnation and become almost Jesus like, if you so wish.

Jesus told us, 'These things that I do, you will do also and more.'

I have shown you the path to do this.

Now, it is up to you to remain a victim of incarnation, or a master of it.

I hope that you have learned from this book.

A lot of thought went into its creation and it is presented to you with love and in the hopes that you will benefit from all the information contained in it.