

The physical brain operates sequentially with finite time needed to process any sensory input. Without denying its awesome structure, the brain and nervous system are slow. Your finger is burning, so you move it off the stove or drop the hot pan. It could take up to a second between initial contact and letting go. More complex projects, such as designing a new house or computer system, may take months or years because of the time taken to process thoughts through the brain.

Some projects are so lengthy that they cannot be completed within a participant's lifetime, and so the concept of history came about. Someone being born today has to be informed about what has happened on the planet to date, or at least selected parts of what has happened. Some people spend their entire lives recording what's happening and telling others about it, all because the physical brain synapses take a few milliseconds to fire.

The nonphysical levels of your being do not have this limitation. Through direct cognition of the energy of events, I can tap into any point in what you think of as your planet's history or future with equal ease.

I suggest that you try to visualize what this feels like. Imagine that you are a higher frequency aspect of your own consciousness and are looking down at several people, each in a different period of history. By simple intent, you can merge with any one of them or all of them at once, become them, and know every facet of what they're thinking and feeling, because you are them. You are, say, an Atlantean crystal specialist, a Roman soldier, a medieval peasant, and of course, the self you know today. Try it. Get a sense of how each of them perceives time, how you perceive time, and how you interact.

Now, it was all carefully planned to be this way from the beginning. It didn't have to be like this, however, and other species in other reality systems do it very differently. Your particular species made a collective decision at a high level of Spirit to literally create the sensation of the passage of time, in order to provide several learning tools. One of them — karma, the law of balance — is based on the concept that if person X affects the life of person Y in any way, then the effect of that must be reciprocated. Thus Y must affect the life of X in the same or similar way to create an energetic balance. Now this is grossly simpli-

fied and there are many waivers of this reciprocity but from the perspective of X and Y on the physical plane, X has to act first, then Y. Some framework was needed to prevent everything happening at the same time — otherwise, X and Y would be unable to sort out apparent cause from effect. The framework chosen was the perception of time. To adopt this linear perception of time, you didn't have to create anything new, but just drop the ability to experience simultaneous time. The construction of the brain that the species chose for the human body built this limitation in perfectly. Of course, from a higher perspective, the actions of X and Y occur simultaneously, the exchange being choreographed through their nonphysical levels.

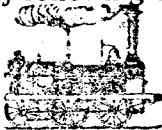
I have elaborated the point of simultaneous time because it explains why the energy available for creation is unlimited. The same energy unit can be in countless points on the physical timeline with great ease by simply declaring its intent. Energy units can form the Atlantean's crystal cutter, the Roman's sword, and the peasant's hoe simultaneously, and — in view of energy's playful nature — would delight in the irony.

I am talking about your perception of time, not the arbitrary division into units of hours, minutes, and seconds. They are just the markings on your measuring stick and have little to do with your perception of time. Now, clock time seems very real to you, based — as it appears to be — on the motion of the planet around the sun. There is no real reason why you should organize your activities according to light and dark — it's just convenient. It's also convenient to have the planet rotate around the sun, balancing centripetal and centrifugal forces. By perception of time, I mean how you sense duration and how you perceive one event and then another and then another.

If you could experience all events at once, time would present no sensory obstruction or limitation to you. Imagine a large tapestry made of vertical and horizontal threads. Each vertical thread is one perceived now-point and the horizontal threads represent space. The colored diagonal threads making up the tapestry pattern are the events of your life occurring in time and space. Now, imagine a tiny insect crawling about on the tapestry. If it went horizontally, it would experience each now-point in succession but would be stuck in one place. Occasionally it would stumble over a colored thread and experience

a tiny piece of your life. Now, if it went vertically up the tapestry, it would move through space but stuck in one now-point, and so would experience everything that happens across space but only in one moment. It would see "snapshots" of everything that happened on the planet at one instant, including an instant of your life. Obviously, if our insect gets smart, it follows one of the millions of colored threads and experiences the life of one person.

From your vantage point "outside," you could see the entire tapestry: time, space and the webwork of people's lives, and could, if you wished, drop in at any point and experience their lives with them. But you'd be too busy because you'd notice that there are millions of tapestries alongside this one, stretching back to infinity and the colored threads actually go from tapestry to tapestry, weaving in three dimensions — the parallel universes that we've heard about. And more: you can faintly see ghost tapestries shimmering about the physical versions — the tapestries of the upper planes. Is someone watching you, just like you were watching the insect as it moved about the tapestry with its head down, diligently following one little thread?



## Motion

The two components of space and time lead to a third — motion. To move between two points on the physical plane takes time. Historically, it took months to travel between the east and west coasts of America. Now it takes six hours. The physical plane has a theoretical limit of the speed of light. At this speed, you could cross the country in a sixtieth of a second. But motion is a physical-plane phenomenon only, and does not occur in the same way on higher planes. This is because space is a created field; points in that field are not really separated by anything, and everything exists on top of everything else. Your scientists are puzzled about how two electrons in different places seem to communicate instantaneously. The reason for this is that the conscious energy that manifests as subatomic particles is not "in space" at all. The energy exists in the brilliant One-point, that is, the mind of All That Is, and projects images that appear to be subatomic particles. Because the electrons are projected from the same One-point, it's not surprising that they each know what the other is doing.

Time is simply the perceived duration needed to move between two points, which is zero off the physical plane because all points coexist simultaneously. Because time is simultaneous off the physical plane, if you were an "electron" (i.e. Spirit functioning as an electron), you could project to point A and point B at the same time, so the idea of motion between A and B has no meaning.

I hope that I've conveyed the sense that the underpinnings of the physical plane (space, time, and motion) are in fact arbitrary local laws, applicable to the physical plane frequencies of Earth, and that it's your senses that create the perception of them. Sensing space and time are functions of the intellect and were built into the brain to support the human species on this planet. They are teaching tools just like, in your schools, all students agree (usually) to assemble in one room at a particular time for a lesson on an agreed-upon subject.

In the same way, at the physical level, all members of the species must agree on certain things in order for the "field trip" to planet Earth to be meaningful. And I use the term "field trip" intentionally. It's important that you widen your perceptions to the point where you're aware of yourself as a vast being, on a visit to this corner of the universe, who arranges little "outings" — each one a physical incarnation for which you put on a different body and personality to make it interesting. The outings may be pleasurable or — if you forget who you are — unpleasant, but you certainly learn a lot on each one!

In the next chapter, we go more deeply into the nature of physical matter as a standing wave of the lowest octave of energy, in order to demonstrate the fluidity of what you take for granted as "solid."

plane if you were bombarded with all the additional input available in any given moment. Imagine reading this and simultaneously knowing all the probable outcomes of reading it for you and your friends and family, plus being aware of all the thoughts and emotions of those around you and how these resonated with their other incarnations. Even when nonphysical input does intrude into your conscious awareness and you are forced to acknowledge it, you are culturally imprinted to find some other explanation for it.

What you see as physical matter is simply energy of one of the lower octaves vibrating in a field which was specially created for the purpose. There are many octaves of energy above this where other levels of your being exist — fully functioning, alive and aware, and up to all kinds of tricks. Consciously contacting these other levels of your being is very easy — you do it all the time — like when an idea pops into your head or when you suddenly feel happy for no apparent reason. And, of course, dreaming is simply these other levels of your being at work (or play), but I don't mean the few scattered, chaotic symbols that are left lying around when you wake up. I mean the large-scale reality creation and manipulation that you do every night at other levels of your being. What you think of as dreaming is like looking at a house in a shambles and wondering how good the party was. You've missed all the fun and are just left with the debris.

So, how does physical matter arise from this low octave of energy? The beings who create physical incarnations (and others for whom it is their function) organize units of conscious energy into particular patterns in a particular frequency band set up specially for the purpose. These patterns make up every apparently solid thing you know.

Now we come to the true miracle of the physical plane: the way that these conscious energy units burst through into the physical plane from the next higher plane, to form the basic electromagnetic units that you know as subatomic particles — the building blocks that you have named electrons, protons, and neutrons. Your scientists are on the verge of detecting this process and some of the more imaginative of them already have an intuitive understanding of it. In turn, these building blocks of conscious energy then collaborate further to form atoms of a particular element such as carbon, hydrogen, oxygen,

nitrogen, etc. An atom may appear to be a very simple construct — electrons rotating around a central nucleus — and in one sense it is. But in another sense, it is the most complex thing on the physical plane. The geometry and algebra that went into the design of the physical plane's atoms would keep most of your largest computers busy for centuries. Matter didn't just happen. It was carefully planned and we had to know how matter would behave under all circumstances before we went ahead with its creation.

Do not think for a moment that the consciousness projecting the electron is tiny. The electron is not a tiny particle but a "probability field" — a part of space in which the consciousness exists, but in such a subtle way that scientists cannot be sure, so they say the electron "probably" exists. That consciousness can collaborate in countless fields in countless universes simultaneously.

Atoms may remain free or bond together to form molecules. Molecules then bond together to form the shape determined jointly by the energy units themselves and the organizing entity. Beings take responsibility for directing energy in the form of atoms or molecules, according to patterns for a crystal or rock, for a cell in a plant seed or a tree, and so on. The list is endless, of course, but the patterns are rather like personal computers. They are both living programs and databases simultaneously, and can store vast amounts of information. The DNA structure at the heart of every one of your body's cells is a database, containing the history of you and your co-incarnations, plus that of the entire species.

For example, a tree grows under the guidance of an energy being — call it a tree-spirit if you like — which conceives the tree "blueprint" and organizes energy units accordingly. Once organized, the energy "remembers" its function and continuously maintains the subatomic particles, arranged in ever larger patterns. When you look at the tree, you are really seeing pure energy organized into a pattern by a conscious, aware being. Your brain decodes this visual energy pattern as "tree" through habit. When you touch the tree, your hand and the tree are two energy fields touching, but your nervous system puts all this information together and decodes the contact as tactile stimulation. Your brain then uses all available data to build the overall con-

looks to you like an objective reality from them. And this reality looks real and solid to you because your physical body is also a three-dimensional projected image!

\* Reality is not, therefore, an objective "out there," but a subjective "in here," and is different for everyone. So, what does that make you? Are you explicit flesh and bone, anchored in a solid world, or are you an implicit blur of holographic patterns playing in a vast swirl of larger patterns? And what is the role of consciousness in all this? Is it the light shining through the hidden patterns on the film, or is it the pattern itself? It is both. Consciousness both forms the hidden blue prints from even more remote blue prints, and shines the light through them to project what you see, feel, and hear. But we're talking about different functions here. Subatomic consciousness creates the building blocks of matter, and other parts of consciousness organize them in ever more complex patterns — your cells, physical organs, emotions, and thoughts, all of which are fully conscious in their own way. And your consciousness interacts with every other consciousness, be it living or so-called "inanimate."

I know that this is enough to blow the fuses in anyone's mental body, but it's important to know how fluid reality is, in order to be able to manipulate it. If you believed that you were somehow fixed in your makeup, you might not give yourself permission to change. For example, you know that you have lots of old behavior patterns stored in the cells of your physical body. If these cells were "frozen" and this old energy was locked in, how could you ever release it? But if your cells are projections from some hidden blueprint, what if you could change the blueprint or how it was projected? And you have just the tool to do it: consciousness.

As we'll see later, the human species is on a quest — a reality creation quest — but you've gotten so good at reality creation that you don't know you're doing it any more. Everything you experience is a direct result of your efforts at reality creation and a faithful projection of the inner blueprints. If you don't know that you're doing this or that you can change the blueprint, you'll keep creating the same old reality and that's no fun. But things are far more malleable and plastic than you realize, and this is going to prove very important later on.

Your emotions and thoughts are part of the inner blueprint, and your daily life is the projected image. Of course, your emotions and thoughts interact with those of everyone else, just as you share your life with everyone else, but what you think and feel play a very large part in what happens to you.

Reality as you know it is projected from a variety of hologram-like blueprints. The blueprints exist at various levels of "removedness" from ordinary reality, and the images they project overlap. The lowest frequency images appear solid to your solid body, but what you think of as space is full of higher-frequency images, all coexisting. You yourself consist of many projections — physical, emotional, mental, and spiritual — from blueprints devised by you, as Spirit. And these blueprints are in turn projections from higher-frequency, more removed blueprints. What's important here is that you can modify these blueprints through visualization. If you're sick, you can use visualization to "repair" the blueprint and regain health. If you want to bring about a situation, you can design a new blueprint and sit back as it is projected into the physical plane as events that you then experience.

Reality creation works both ways, however. If you're in a situation you don't like, yet are resisting it rather than visualizing something else, you are reinforcing both the blueprint and the projection mechanism, thus perpetuating the unwanted situation.

So, consciousness is the pattern behind objective reality and everything in the history of planet Earth, and consciousness lies deep within the fabric of reality.

Any of you who follow the TV series *Star Trek: The Next Generation* have an excellent model for reality creation. The holodeck on the Enterprise is able to generate images of objects and people, which operate within the parameters specified by the person programming the "reality." A subtle change in the program can cause a change in, say, a holographic character's aggression level, or defuse a threatening situation. Unlike today's holograms, however, a holographic bullet will kill you and a holographic monster can devour you unless you stop the program first. The TV series is set in the 24th century, but the technology to sculpt energy in this way will be available long be-

forms a bridge between these lower three bodies and Spirit. The fact that they are manifested out of the same "stuff" as your spirit body is of supreme importance, as we'll see later.

Let's deal with the physical body first. Many factors determine how it manifests. Long ago, the human species decided to opt for a physical birth process rather than simply projecting the body into a field created by Spirit (we'll see why later). Also, conception was devised as a means of diversifying the gene pool to allow for infinite variety in the physical genetic blueprints.

At the moment of your conception, two complete DNA blueprints were merged to form a third. As the egg divided and cells formed conscious energy units collaborated to form subatomic particles, then atoms and molecules. This process was guided by patterns held in your DNA — the overall blueprint for your particular physical body.

You, as Spirit, carefully crafted your DNA from that of your parents. You had selected your future parents for their genetics and the kind of imprinting and family circumstances that you wanted for your incarnation-to-be. In collaboration with their spirit-selves, the three of you decided the moment of conception, based on some very complex factors. (Astrologers have glimpsed just a tiny part of the complexity!)

Scientists have decoded only a fraction of the millions of pieces of information stored in the DNA. In addition to your physical characteristics, your DNA also contains your entire incarnational history across time, plus the history of every species that has ever lived and will ever live. You can look at DNA as a series of protein molecules, but like a hologram, it should be read in its totality for maximum effect.

During the first few months of gestation, the conscious energy forming your cells reads the DNA, decoding it to find out what kind of cell it should build. The growing cells, also conscious in their own way, tune into the blueprint for the physical body and the simultaneous "future" for guidance in how to grow. They organize themselves, pulling in more energy units to manifest as the necessary types of atoms, and multiply within the overall envelope specified in the DNA for their particular function. The consciousness of a cell which opts to be a liver cell, for example, pulls in energy and splits to form other liver cells. As your physical development proceeds, they multiply within the

ever-growing standing wave established for the liver. Growth is fast in the beginning and slows down toward the end of gestation. Growth continues for several years and eventually settles down to a replacement-only basis.

So, your physical body is built of standing waves within standing waves within standing waves as your emerging body consciousness formed atoms, molecules, cells, and organs under the guidance of your spirit-self and a kind of "future" version of your body, which acted as a blueprint.

Once created and grown to full size, your physical body is not left to run down like some clockwork machine. The energy making up the particles of your body is refreshed several million times a second. Your body is, in effect, recreated constantly, according to the blueprints in your DNA and the mental blue print thoughtforms you hold about your body.

Your body is a miraculous entity with a consciousness of its own, and regulates itself superbly. But it looks to the larger you for much of its input. Through resonance, the thoughts and emotions you hold about yourself have an enormous impact on your body consciousness, and a fear of disease and death will quite literally program your body for illness. Equally, thoughts of good health, joy of living, and so on, will program your body to unleash its own healing powers. These powers will deal with cellular DNA corruption (often the cause of cancers) and conditions normally attributed to aging.

This explanation doesn't even begin to touch on the complexity of what actually happens. Even the briefest reflection on how you grow your body would put you in awe of yourself. This cursory coverage is intended to show only that the body you think of as solid is actually energy arranged in a series of standing waves, which appear to your physical senses as a continuum of subatomic particles, atoms, molecules, cells, and organs, and finally the entire body. Each unit of energy is fully aware of its role and gladly collaborates in the structure you know as your body, according to your pictures of reality.

It may surprise you to learn that your body is conscious, but not conscious as you understand the term. Your body knows, for example, how to beat its heart, digest food, and heal itself. It is aware of the cycles of the moon, the planets, and the stars, and constantly uses these cycles and adapts to them. After all, it is

composed of aware energy taken from the vast planetary field. In this sense, the planet and Spirit played a far greater role in your birth than did your biological parents!

What you think of as your consciousness is actually a blend of several different types of consciousness (although they comprise a unity underneath it all):

- ♦ Subatomic consciousness, aware of the vast cosmic fields in which they interact with all other subatomic consciousness
- ♦ Cellular consciousness, based on DNA blueprints, and impressed with the experiences of your life, your thoughts, and emotions
- ♦ Body consciousness, or the gestalt of cellular consciousness, plus a few ideas of its own (the body relies largely on the mental body's beliefs for its self-image, however).
- ♦ Emotions that flow through you in the moment, overlaid with past emotions that you held on to instead of allowing them to flow
- ♦ Thoughts and beliefs that you use to structure reality (be aware that any belief is only an opinion about reality).
- ♦ Spiritual consciousness, intuition, or direct cognition. This aspect taps into what's often been called Universal Mind. It's actually part of a hidden blueprint from which reality flows and contains, among other things, your species' archetypes — the heroic aspects of humanity. Through this "connective tissue" for physical reality, you can access other times, other places, and other dimensions.

Now, most of the energy making up your physical body is assimilated from food you take in, but increasingly, that energy is becoming projected. Here's how it works: the Spirit levels of your being project conscious energy units into your physical field and direct them to form the cellular structures, rather than using the energy of proteins, starches, and so on from digested food. Your spirit-self is systematically converting the cells of your body to being fueled by projected energy rather than by digested energy. This projected energy is derived from the energy behind the radiation which you know as light. As a result, you are beginning to form what is often called a "Light Body." Your physical body is being progressively more and more sustained

by energy than by physical nutrients held in a cellular envelope. One effect of this is that the frequency of your cells and of your overall body is rising. Eventually your body will begin to glow gently. At that point, you will be in a Light Body. This change is initiated in several different ways, but usually requires some form of conscious consent on your part. This book is intended to provide a roadmap of the terrain ahead so that you can commit to this process with knowledge and understanding.

(In an excellent little book, *What Is Lightbody?*, channeled by Tachi-ren, Archangel Ariel presents a 12-level model of the process of going to Light, and the physical, emotional, and mental symptoms of each level).

Your various fields (emotional, mental, and spiritual) rotate with a frequency that is characteristic for you. Some people spin quickly, others slowly. But you spin each field in a specific ratio to the other fields — 11, 22, 33, and so on. If the spin rate of one field changes and the ratio changes, you may feel "out of sorts" or dizzy. Field spin and the relative rates of spin are vitally important, and we'll return to them in Part Two.

To close this chapter, it's often been said that science and religion are like two railroad trains moving in the same direction on parallel tracks, with religion looking for the Thinker and science looking for the Thought. They will soon come to a switch where the two tracks become one. What will happen? There could be a terrible wreck or they could realize that the Thinker and the Thought are one. The organizing principle of the universe and the energy from which the physical and nonphysical universe is made are the same thing: a continuum of aware energy of every conceivable and inconceivable frequency, organized with breathtaking beauty and delighting in the exhilaration of creativity. In the next chapter, we take a closer look at this energy. \*

now physical forms, and your emotional and mental fields became more centered in the lower fields rather than the spirit field. The intensity and richness of emotional experience was totally enthralling, and the sensations that came from being in a dense form were very seductive. You know the story from here — the birth of the ego. You initially intended that the outer ego-self would act as the information gathering interface with the physical plane on behalf of your spirit-oriented self, which would continue to make decisions about what was real and what to do in the moment. As the experiment proceeded over the millennia, the outward looking ego began to form its own ideas about reality, and to refer back to the inward-looking spirit-self less and less. The outer ego became stronger, and its identity began to shift from inner states to outer states of being. As a result of this shift, the ego began to color what it perceived and to judge it good or bad according to physical sensation. Thus the inward-looking self began to be fed "pre-digested" information.

The ego's emotional and mental sensitivity to the energy of the spirit field waned as the energy of the physical field became more the focal point. The once simultaneous dual vantage points became separate points of consciousness, and the lower-frequency, physically oriented vantage point lost sight of the spiritual one. Over the next few millennia, the perceptive gap widened to the point that the lower vantage point began to either doubt the existence of the higher one or to project it outside of itself, as an external being. Thus you split your perception of who you were, and the concept of gods was created, as mankind could no longer relate to the vast, multi-dimensional beings as part of itself. The only way to reconcile with the inner voices, the impulses from Spirit, and the memory of being far more than a limited human being, was to project your vast, powerful, and all-loving natures out onto beings that you, as a species, created for the purpose. You continued to receive messages and feel the love from your inner spirit-selves, but ascribed it as coming from your external gods.

To finally drive in the wedge between Spirit and personality, you conceived of a brilliant veil: shame. By building the vibration of shame into the very cells of your body, you finally achieved a complete sense of separation, and the Spirit-being you once knew yourself to be became a phantom memory, eas-

ily dispelled by the harsh light of your new reality.

You then perceived of yourself as a personality, not even knowing that you were cut off from Spirit, because you'd forgotten about ever having been a unity. You externalized that vast, heroic part of yourself into a deity that you created. And the shame ensured that you saw yourself as unworthy in the eyes of this fabricated deity. So, over time, you became separate — isolated in a bag of skin, looking out at a Universe you no longer understood, trapped in time and space, with death as the only way out. All you had to help you figure it out was a set of learned responses called a personality.

Please remember that you planned all of this from the beginning. You, as one of the group of beings that designed this experiment, had decided to see how far you could separate your perceptions from your nature — pure Spirit. Enormous ingenuity was required to design and create the veils that were to separate the dimensions, so that you would incarnate with no memory of who you really were. As part of this veiling, your collective spirit-functions took a decision that was to affect every incarnation for the next two hundred thousand years and completely alter the nature, purpose, and content of human life on this planet. You invented karma!

## Karma

The basic thrust of the Source is to discover more about itself. That is why everything anywhere exists! The Source knows that its nature is one of complete harmony within itself — that is, it loves itself. To explore this love, it needs a vantage point outside itself. It needs to be able to stand apart, look at itself, and experience that love for itself. This is most effective if the part that is looking perceives itself to be separate from the whole, and yet loves the whole as though it were not separate. You reasoned that the greatest joy would come when a part of yourself that perceived itself as separate would come to love the whole by its own volition. So you decided to continue with the emergence of separate vantage points, even though you saw a potential risk for the species.

As a group, you tried an amazing experiment, something very bold, and certainly unique in the universe. You decided to

erase all knowledge and feeling of your intimate oneness with the Source from your now autonomous projections. You decided that a veil would be drawn between consciousness and Spirit at birth, so that a newborn would forget its true nature. Thus the "you" reading this voluntarily subjected yourself to amnesia at birth. You erased all or most memory of your spirit nature at birth (to see if your ego-self would figure out its true nature during its physical plane life.) Or would you leave the physical plane still in ignorance, to be surprised on rejoining your spirit-self? And how would you treat others of your own kind? Would you joyously revere the spirit evident in them and the planet, or would you feel so cut off from your own nature that you would deny the spirit in others? If so, would you see them as a threat and harm them?

You devised certain rules to guide these interactions within the game. Any exchange between two incarnees was to be balanced, either between them or between other incarnees of the same spirit-self, be it an act of kindness or cruelty. This balancing is what you have called the Law of Karma.

Please remember that the Source did not impose this aspect of the game on you, and no-one is "keeping score." You and your fellow co-creators added this little twist. Karma has got some bad press because of a little misunderstanding. The law that one act of cruelty must be compensated for by another is just a limited, third-dimensional interpretation of karma. Cruelty could just as easily be compensated for by a subsequent act of kindness or by forgiveness on the part of the so-called victim. You hoped that, through these clues, your incarnations would eventually figure out what was happening, come out of your amnesia, and get to the point of unconditional acceptance or love for the other amnesia sufferers.

As an aside, remember that your spirit-selves operate in simultaneous time, so a karmic situation between X and Y in one lifetime could be balanced between Y and X in what you perceive as an earlier lifetime.

So, the whole point of your adopting a karma-based system was to create intense emotional situations to see how you, the physical plane ego-self aspects of yourselves, would respond. Would you kill, steal, and fight out of fear, or would you act out of love, to help, forgive, and acknowledge Spirit in others?

Of course, natal amnesia has to be total in most cases, but each lifetime holds the potential for awakening to your true nature. An unprompted realization of this nature — and the wave of unconditional love that automatically follows — allows you, the player in this cosmic game of hide-and-seek, to suddenly find the hider and realize that it was you all along.

## The Law of Grace

What I've just described *was* the game until now. By common consent, your spirit-selves have decided that enough has been learnt from karma. As the planet is on a fast-track to ascension, we've got to wrap it up quickly. No more karmic imbalances can be created, and existing imbalances can either be scratched, or played out at your discretion. You may, therefore, see a dramatic rise in violence over the next few years as you shake out the remaining imbalances.

I hope that you now see why your spirit-self has kept your ego-self in the dark. You did it deliberately to yourself, to give yourself the experience and opportunity to realize your true nature from all the clues lying around, to realize the true nature of others, and to see the Source in all things. To aid in this process, and to speed things up, you and the planetary consciousness have collectively requested that Grace Elohim bring its energy to Earth. This energy allows you to shake all this old energy out of your fields, and to break any old karmic agreements you have with other incarnations, or your own and other spirit-selves across time.

The energy of Grace erases any and all karma, and in Part Two, we will try some invocations for accelerating this process.

## So, What About Darwin?

Much of this chapter flies in the face of the theory of evolution — man's emergence from the primeval ooze and all that. So what? That was a hundred years ago, and was only a hypothesis based on the flimsiest of evidence anyway. Paleontologists have tried to guess the big picture of the creation jigsaw from a few pieces of bone. The story of the origin of the species is not a lin-



# 5

## Divine Expression: The Field of Spirit

In the previous chapter, we talked about how you got you to where you are. Now let's look a little more closely.

Everything is organized energy, and Spirit is no exception. The Source is aware, organized energy on a scale that can't be imagined. In its continual playing of the game of knowing itself, it partitions itself. These partitions are analogous to vast thoughts, or plans for realities, that interact with themselves. They have no names or forms that you would recognize, yet they are aware of themselves as part of the Source, and also aware of themselves as themselves. GOD

Imagine lots of buckets of water suspended in water, and that the water is conscious. The water in the buckets knows that it is constantly exchanging with water outside the buckets, yet by virtue of being contained, it's aware of itself in contrast to the water outside the buckets. Of course, the buckets are imaginary, but they are analogous to the fields that support energy and the water is analogous to the energy that fills them. Some fields are huge — like the planetary or solar fields — and others are tiny in comparison — like the field of an atom — but all of them contain and nurture the energy of the Source. GOD

In addition to interacting with the fields, this conscious energy is also partitioned by another distinction: frequency. Think about a piano keyboard. All the individual notes are of the same

# PART TWO

## Ascension: How To Do It



Part One covered what you might need to know as preparation for ascension. We've seen how the human species made its monumental decision to draw the veils of amnesia at birth, so that you begin each incarnation not knowing who you really are. Since mankind made that decision, the race has expended enormous amounts of energy in trying to solve the riddle, while still in physical bodies and behind the veils. Mankind has postulated Spirit as external to itself and called it God, or, sensing the vastness of Spirit, postulated a whole pantheon of gods to be worshipped. Man has killed man because of disagreements over concepts which they both invented. But in this glorious experiment, the Source — you in the widest sense — learns more about itself. ←

But now the experiment is over. It's time to pack up the tents and move on: that's ascension! The most pressing task now is for all the ego-self projections to consciously choose to embody Spirit. That means aligning the three lower energy-bodies with the energy of Spirit, and allowing Spirit to flow freely through them, consciously. You, as Spirit, have always worked through you as ego, but ego has been too preoccupied to notice.

We are talking here about a deep knowing that you are primarily Spirit in nature, rather than a body with feelings; that you create your reality through your thoughts; that everything you see around you is a simply energy captured in suspense, giving you the perception of solidity.

We are talking about the level of conscious awareness of

basic stuff — vibrations on wires — but any note implies and contains all its harmonics and subharmonics (the notes in the same relative positions in higher and lower octaves). In ways impossible to describe, the Source partitions itself into energy gestalts that know their unity, yet are aware of the other gestalts that make up the whole. Each gestalt creates subharmonics of itself, each of which is in turn aware of the subharmonics of the other gestalts. So Spirit of all frequencies knows itself to be the pure, joyful, creative energy of the Source.

By virtue of being, Spirit expresses the nature of the Source through the fields it generates and the energy that it radiates into them. Take, for example, Ariel. Some of you know this energy as an archangel. Ariel is the function responsible for projecting the field required for the physical plane — the field conducive to energy which is necessary to support the energy as it bursts through into the material plane. At certain points in the field, conductivity is enhanced and the process is more efficient, resulting in physical matter as energy units congregate and coagulate. In less conductive parts of the field, they simply don't. And it's all by conscious agreement. So space is really a collective thoughtform that you all hold, but holding this thoughtform of space is just one of your many functions. And at any point in time, the energy performing this function is different from a moment ago. It has already changed while you've been reading this paragraph.

If you are called Mary Jones, the energy performing the Mary Jones function — or any function for that matter — changes constantly. Now Mary's function may be to explore an aspect of motherhood, the use of power in relation to a child or sick parent, or any of a million things that Spirit wants to explore. Also, whatever the function is, the same theme may be repeated across many incarnations from a slightly different perspective in each one. So the Mary Jones function further the cause of the Source learning more about itself. Mary's personality and spirit-self collectively determine how close she comes to consciously realizing her true nature as a part of the Source and therefore experiencing her undividedness with everything and everyone around her.

So we look at the world of Spirit in two ways. Firstly, Spirit

is pure organized energy aware of itself and of its oneness. In this capacity, it doesn't do anything; it just is. Secondly, we see Spirit performing certain functions such as the Mary function, the John function, the St. Germain function, and of course, the Serapis function. The energy performing these functions changes all the time. The portion of Spirit performing the Serapis function, for example, is changing constantly, yet it understands the nature of the task and retains the appearance of consistency and continuity.

Functions vary in scope. The Serapis function is relatively well defined and makes up a larger function charged with supporting the intellectual clarity needed for fully conscious ascension on a planet-wide scale. Different levels of Spirit perform different levels of this function in a well-orchestrated operation. For example, the channel "Tony" is the level of my function that gets these thoughtforms down on paper, and, at another level, I am putting this information out on the planetary group-mind grid for all to tap into.

There is no one conductor in this orchestration, by the way. The units of consciousness serving Spirit just know what's going on and blend in at the appropriate level to literally "lend their energy."

Why this happens brings us to the title of this chapter. Spirit has an inexorable impulse to create, maintain, destroy, and create again, and seeks any and every opportunity to do so. Some levels of Spirit have a propensity for, say, intellectual creativity, while others prefer to clear away old belief systems to create the way for the new. Destruction is every bit as creative as creativity — it's just a matter of viewpoint.

Spirit seeks to express The Source knows itself through its creativity. Your inner spirit-self seeks to express through your outer ego-self. You created the three lower energy fields of your body and personality to provide arenas for and a means of expression. You packed, and are constantly packing, energy into these arenas. You have put your ego-self into carefully designed situations with parents, school, and friends — situations that imprinted the ego with beliefs at an early age. You carefully selected the blend of energy that runs in your fields, and to some extent, you leave your ego-self to deal with them. But this does not mean that ego and spirit are in any way separate. You are

as they enjoy their right to be. All beings are of the Source and have a divine right to experience and express their divinity, and all beings have a right to enjoy the expressions of others, because all beings are really one, cleverly disguised to look separate.

Allowing this joy and delight in the expression of yourself and others is a wonderful experience, and is what I call "love." However, you cannot do joy or delight. You can only allow it to sweep through you, like any other emotion. And this emotion is not conditional on what any other beings are actually doing; it's based on knowing and experiencing the divinity in them. If someone you know is in a foul mood, for example, they're still expressing their divinity, even though that expression doesn't turn you on.

So, love is not something you do. It's a response in you to a particular frequency of energy flowing in, through, and around you constantly. Many things can deaden you to the relatively subtle energy of love. Fear, of course, will prevent you from sensing it, and will distort what little you do sense. Fear is not the opposite of love. It is the defensive gatekeeper, and simply will not allow you to sense the high frequencies in your fields. And the fear is locked in your belief system, or your opinions about reality, and has nothing to do with reality itself.

Love is allowing yourself to sense this energy as it relates to you, to others, and to the universe in general. It begins with acceptance of your right to be, and the right of others to be. This acceptance builds to an appreciation of yourself and others: of your qualities, gifts, and basic goodness. And it continues to build to a delight and fascination in self and others.

So, how do you allow this to happen? You begin by dropping the fears you have of being separate from Spirit, of being unable to cope with life, of being worse (or better) than other people. Once you see yourself and others as vast, multi-dimensional beings squeezed into tiny little bodies, these fears drop away. This isn't easy — you swim around in a thick soup of fear called the consensus reality all the time. But, as we'll see later, this is just people's opinion about what's real, and bears no resemblance to truth. Now (of course), you carefully built consensus reality over the millennia, and it has served the game of separation very well.

Because of the deep-seated fears that most folks carry around with them in their fields, they can't tell love from fear. So what you call love is actually a manipulative exchange of attention and affection. People who won't or can't love themselves (that is, they can't see or allow their own divinity), desperately search for someone else to make them feel secure, and when this security is threatened, they may fall back on emotional blackmail and control by withholding affection, all in the name of love.

Many times, when you hear one person say to another, "I love you," they really mean, "I am afraid and need you as my security blanket." Or one person in a relationship will have sex with a third person and the other person will say something like, "How could you? I thought you loved me!" What, I ask you, has seeing the divinity in someone got to do with exclusive rights to someone's body? What's really happening is that the angry mate feels insecure. If he or she could see the divinity in themselves and their partner, the probable response would be, "Was it good?" But please see all this as perfect. Taking separation this far has required your utmost ingenuity, and it's been a stunning success.

Love is relaxing into your true nature. You can't really get hurt by opening up to this energy. Sure, other folks operating from fear may give you a hard time, but try to see their behavior as fear-based responses, not aimed at you, personally, but at what you represent to them. Thus they are acting from their own fears, and their behavior has nothing to do with you (this point of view is an essential component of becoming "transpersonal," but that's a whole other subject).

So, please see yourself as infinitely loved from the higher dimensions, especially by your spirit-self. Let go of the fear of being alone. You are not alone, nor ever could be. Come to accept yourself, appreciate yourself, and delight in who you are. Then you can begin to sense the love of Spirit as it flows through you. And remember, love need not be directed at anyone in particular; it's just the Source loving itself.

Once you allow yourself to sense this energy flowing through you, you'll find that the flow will increase, and it will inevitably flow from your fields to everyone around you, changing how you

something called "The Truth." This particular myth has been the cause of more wars and conflict than all the other myths put together. The notion that you could express multi-dimensional concepts in English, German, or any other current language is outrageous (although Hebrew comes a lot closer than any other).

No, my friends. On the physical plane, all you'll hear are opinions, often based in turn on the hand-me-down opinions of other people picked up somewhere along the way. So, treat everything you hear, see, and read as opinion, including the ideas in this book. There is only one person who can judge what is real and true for you: you!

If you believe that the world is a hostile place, ruled by an angry, vengeful god, then so it is — for you, that is. Or if you believe that the universe is benevolent and that Spirit is guiding you at each step, then that's what you'll experience.

→ Reality is infinitely complex and malleable because it's designed to be that way. The universe is not a static mechanism within which you have to find your way. It's created specifically to support all beings in an infinite variety of expressions of the Source. This creativity is how the Source knows itself and grows. And this includes supporting you in your expression of what you believe to be true. The folks at Earth Mission in Sedona, Arizona sum it up delightfully with "The Universe rearranges itself according to your pictures of reality." The universe is indeed a reality creation playground — and what you create — knowingly or unknowingly, depends on what you believe to be real (i.e. your pictures of reality).

Now, you store your opinions about reality in your fields. These are the "pictures" you hold about you, and you in relation to everything else: Spirit, other people, your job, your mate, and the universe in general. The events in your daily life are actually fabricated in a higher-dimensional, holographic-like framework — a kind of "reality factory." You, in collaboration with everyone you work with, play with, or just know casually, meet in this non-physical reality factory to create the circumstances and events of your respective physical plane lives. (you may catch yourself doing this while dreaming, for example).

Two main factors determine the kind of experiences that

you'll bring into the physical plane. Obviously Spirit has an agenda. This is always positive and beneficial to your growth, even though it may not seem so, moment by moment (look hard enough and you'll see why you had that car wreck or had your purse stolen). As we approach ascension, you'll find that experiences intensify, and the pace of life speeds up because you're trying to crack open old pictures of reality and replace them with new ones at an ever-increasing rate.

The second major influence on the events you experience are your pictures of reality. Limiting, fear-based pictures make it difficult for Spirit to bring through healing, loving encounters with yourself and others. Someone living in fear is just not giving permission for Spirit to put through love-based experiences. This means, of course, that even love may be interpreted through the eyes of fear, and thus distorted.

If there is no one "galactic truth", this means that you can pick any set of truths you like to make up your pictures of reality. So it makes sense to pick those that bring you joy and allow you to be happy. But please don't think that you'd be living in a fool's paradise. You'd actually be living in a very sane person's paradise. But, even then, there's an alternative.

You could work very hard at trying to figure out what to believe is true (mankind has been hard at this since the days of separation, so you'd be in good company). But once you pick something to believe in, you automatically stop searching and exclude everything else that could be true. For example, limiting the Source to the Christian definition of God excludes the qualities of Allah, Yahweh, the Great Spirit, and the countless other deities described throughout time. Why not take the easy way out and ask yourself, as Spirit, what's true? Here you have all the answers you'll need, at least for the rest of your time on the physical plane.

Contacting yourself as Spirit has never been easier. Some folks dash from one channel to the next, desperately seeking "The Truth." And there's no shortage of people willing to be an outside authority. But you have all the answers within you, so stop, relax, listen, and trust. You may have a little trouble initially distinguishing between Spirit and an overactive mental body that wants to control the experience. Just thank it, and tell

it to get out of the way so that it can learn some neat stuff. That usually works.

So, there is no one "Reality" and no one "Truth." There are your pictures of reality that you inherited from your parents, teachers, and peers. And there is the viewpoint of Spirit, as it flows through your fields (often distorted, however, by limiting pictures of reality). Because of such distortion, an encounter with Spirit is often attributed to contact with aliens, the devil, a god projected outside the self, or "just your imagination."

As never before, you-as-Spirit are trying to batter through the pictures of reality that you-as-personality are holding. Ascension is such a vast concept that these little pictures have to go if you are to grasp even a fraction of what it means. So let go of any opinions of who you think you are, who you think other people are, and what you think Spirit is. Keep your belief systems wide open and your discrimination alive and well.

If belief is certain death to understanding, what do you have left? Belief stems from wishing something to be true. It's built on preconceptions and prejudices, and opens its mind only to whatever fits its models. Faith, on the other hand, is a plunge into the unknown with an open mind, in the certain knowledge that it's all right to let go. Faith knows that it won't necessarily be safe or comfortable, but that it will be all right. Belief hangs on; faith lets go. You cannot find truth through belief, but only through the simplicity of faith.

Faith is the point of departure, but many searchers abandon faith along the way in favor of clutching at some belief or another. You cannot discover the mystery via beliefs, because you can only believe what you already know. But truth is beyond imagination. Nothing you can imagine could capture the enormity and glory of what's about to happen. So the only course is faith, an open mind, and an open heart.

## The Myth of Power

When you look at the world today, you see examples of groups and nations using force to invade and attack other groups and nations. It may be to take natural resources like land or oil, to destroy a culture or belief system, or simply because

DNA has given one group a different physical appearance. At the heart of the great myth of power is a deep-seated sense of separation and a resulting confusion about "power with" and "power over."

## Power Over

When the world talks of a powerful man or a powerful woman, what exactly is the power?

If you define the world using only the five physical senses, then power is defined by what you can see, touch, feel, and hear. So, you see power as dominance, or "power over" others, power over the environment, and even power over self. And because of the way societies define power, and focus it in a few individuals, societies must set up organizations to prevent its misuse. So you have watchdogs who scrutinize the power holders.

When a society or group defines power in terms of the ability to direct the use of resources (such as money, human lives, armies, weapons, food, and raw materials), the greatest fear is the loss of that power to someone else or some other group. And power over others reinforces and deepens separation because you can't exercise power over others without making them "other," be it based on religion, ideology, skin color, or gender.

When personality looks outside of itself for power, it turns to material things and other personalities. This leads to pecking orders of "more powerful than me" and "less powerful than me." There is an alternative to this false kind of power, however. As we'll see, turning to Spirit reveals a power based on creativity, loving cooperation, reverence, harmony, and heroic collaboration.

## Power With

This alternative power is based on power *with* — with Spirit and with your fellow humans — and ironically the first step to "power with" is surrender. But surrender to Spirit sounds like acquiescing to something that has power over you, and isn't that

cident, getting laid off from work, the leaky roof, the row with your mate, or the lack of a mate? You create every minute event from one level or another of your being, and the contents of your mental and emotional bodies plays a very large part, whether you know it or not. There are no random elements in the universe. At some level, be it Spirit or personality, you create every second of your life. If the universe didn't work like that, it would mean either that people could put their stuff in your fields without your permission, or that things were happening to you that weren't in resonance with your field. Let me assure you that the universe doesn't work like that.

Now I'm not saying that you consciously want everything that's in your life, but just that you brought it in and put it there, so some part of you wanted it at some time. Maybe you took on imprinting that said that life's a hard taskmaster. If so, you would have a series of demanding jobs in order to prove yourself right, and that may have been appropriate at some point in your life. You create your own reality because the universe faithfully rearranges itself in order to manifest your blueprints. Your life is a perfect mirror of the blueprints you created from your beliefs. The reality you experience today reflects your reality picture. If you stop and think about it, it has to be that way — otherwise the universe would be random.

The people around you are part of your hologram, and also reflect your pictures of reality back at you. If you didn't resonate with another person in some way, there would be no basis for a relationship, be it attraction or repulsion. This is how it works. Each time something significant happens in your life, you store the memory of it and the emotions you felt in high-frequency geometrical shapes (tetrahedrons, actually) in your mental, emotional, and physical fields. This energy can reinforce energy you are already holding there. So if your picture of reality is that you're a worthless little human being and someone is unkind to you, you let that opinion in and it reinforces the picture, mentally and emotionally. Worse still is that fear energy tends not to move, but stays stuck in your fields. On the other hand, if your self-image is positive, you know that the other person is reacting not to you but to something you represent to them. Something you did or said, or something about how you look, may remind them of something else entirely, which has nothing to do with

you. So the negative energy of the encounter sits in your field as just a memory, with no emotional charge on it.

If two people meet and they both hold similar pictures of reality, their geometric shapes can interact and mesh (like attracts like). Thus, if a man and woman both believe that men are powerful and women are powerless, their geometries will click, mesh, and stick together. These people are now locked in a "sticky" relationship. On the other hand, if two people who believe in their own mastery meet, their geometries will also mesh. They won't get stuck, however, because their belief systems are open, the geometries are spinning much faster, and energy is constantly flowing in and out of their fields.

So, what do you like and dislike about your body, your emotions, thoughts, life circumstances, and friends? Is there anything you would change? Whatever you don't like tells you something about energy in your field. Otherwise, you wouldn't have noticed it. The energy would have just passed through unnoticed. Instead it hit some stuck energy, reinforced it, and you noticed it. You put it there for a reason, but do you still need it? If not, declare that you're a master in your own house and banish it like this, saying:

*"I am a master of divine expression. I acknowledge that I feel \_\_\_ and that it no longer serves my path to Light. By the force of Grace, I release the energy of \_\_\_ back to the universe for the greatest good, to be transmuted into the highest form of Light."*

Systematically dump all the old baggage you've collected over the years. You don't need it where you're going, and it will slow you down. We've already dealt with shame, but another particularly heavy set of baggage is blame. It's old energy and you can clear it as follows:

*One at a time, visualize everyone with whom you've ever had significant dealings in your life: parents, mate, children, boss, landlord and so on (calling up a vision of them puts you in touch with their spirit-selves). Tell them (internally or out loud, if you like) that you forgive them for any harm that you ever felt that they did to you*

## 15. The Great Invocation

*From the point of Light within the mind of God  
Let light stream forth into the minds of men.  
Let light descend on Earth.*

*From the point of Love within the heart of God  
Let Love stream forth into the hearts of men.  
May Christ return to Earth.*

*From the center where the Will of God is known  
Let the purpose guide the little wills of men —  
The purpose which the Masters know and serve.*

*From the center which we call the race of men  
Let the Plan of Love and Light work out  
And may it seal the door where evil dwells.*

*Let Light and Love and Power restore the Plan on Earth.*

## 16. Commentary on The Great Invocation

The Great Invocation is a multi-layered tool which aligns the individual soul with the I AM Presence. Its three levels operate in the realms of Light, Love, and Will (cf: the Three-fold Flame of Truth, Love and Power). The following are a series of coded invocations.

*From the point of Light within the mind of God  
Let light stream forth into the minds of men.  
Let light descend on Earth.*

The Light of Truth opens the mind to its own God-self. The search for man's true nature usually begins with mental questioning, and this verse invokes Divine Truth to flood the mind, allowing us to realize that we are part of the Source, i.e., enlightenment. The "descent of Truth" results in each person's alignment with his or her Oversoul.

*From the point of Love within the heart of God  
Let Love stream forth into the hearts of men.  
May Christ return to Earth.*

This verse invokes the opening of the heart for compassion and understanding. The stream of Love into your heart results in alignment with the Christ Oversoul. "May Christ return to Earth" invokes the opening of each of us to the Unity Band, or Christ Consciousness.

*From the center where the Will of God is known  
Let the purpose guide the little wills of men—  
The purpose which the Masters know and serve.*

This verse opens you to being a Divine Servant. When your will is aligned with Divine Will, you become a Divine Instrument. Becoming a Divine Instrument is the "purpose which the Masters know and serve." "Masters" is not limited to Ascended Masters, but applies to each person as they come into their mastery. Coming into your mastery aligns you with your I AM Presence.

*From the center which we call the race of men  
Let the Plan of Love and Light work out  
And may it seal the door where evil dwells.*

"The Plan of Love and Light" refers to Ascension. "Sealing the door where evil dwells" refers to the dissolution of the veil of separation. Only with a sense of separation can the illusion of evil be experienced. When each one of us has dissolved our veil of separation, the illusion will be banished and the Plan will work out.

*Let Light and Love and Power restore the Plan on Earth.*

A final invocation to Truth, Love, and Power in the Ascension process.