

The Philosophy of Eternal Unity

Version 12

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Dedicated to the New Humanity

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Introduction

It is certainly not my intention to tell anybody what to believe, in my opinion, there are far too many people and organisations doing that already. I would argue that an ideal situation is one where you make up your own Mind as to what is real and what isn't.

This book is a deliberately concise summary of how I perceive our existence and reality and the philosophy that results from my experiences, research and my perception and includes details of the sources of information that have influenced this work. Therefore this work is just a book of philosophy and is merely a sharing of ideas, theories and opinions, nothing more.

I do not claim to be wiser or more knowledgeable than any other contemporary Human-being, or even as wise and knowledgeable as many. I may well be just a fool attempting to be wise. Although I have become aware of many different metaphysical paradigms from many different sources, existence still remains as much of a mystery to me as it was as a young child, the more that I become aware of, the more I realise that I don't truly and totally understand anything!

Because of this, I consider that in discussing many of the ideas and subjects in this book, I might be *out of my depth* in terms of being able to accurately understand and / or describe them. And I can highly recommend not taking any of my thoughts or any ideas, concepts or theories that exist as absolute-truth, whilst approaching absolutely everything you come across with an open-Mind.

I have lead a life very rich in experience, ranging from the mundane *Rat-Race* lifestyle through to that which I believe to be various surreal and deeply mysterious Spiritual experiences, as well as many years of meditation on the true nature of existence. I also believe that I have gained information both directly and indirectly from sources of information that might best be described as Shamanic.

The purpose of this work is an attempt to bring us closer to the truth about ourselves, the Universe and our place in and as it. But, I suspect that just like every other Human being on planet Earth, my perception is inherently flawed, and therefore I question how much help, I, or anyone else can truly offer. But this does not negate for me, the value of attempting to help. I am biased, opinionated and error prone, but I will share with you all that I believe I have learnt so far.

No one can learn your lessons for you, no one can grow for you and no one can make the choices for you that are prerequisite of evolution beyond this level of existence. If you your Soul - the eternal you - is unaware of, or is in denial regarding its own existence, then it is *asleep!*

What originally motivated me to write this book was the belief that correcting our flawed perceptions can release us from the *chains* of controlling and manipulative religion and the *Rat-Race* with the ultimate aim of finding and sharing an uncorrupted and less distorted Spirituality.

But what now also motivates me is an awareness and belief that the age we have chosen to participate in presents us contemporary Human beings with an opportunity to make the relevant choice and evolve, Spiritually and physically to the next level of existence, which some sources have called "the Graduation to 4th Density". The living entity that most call Earth, and I would rather call Gaia, has already birthed a 4th density version of itself giving Humanity a glorious opportunity to take one more step up the Universal evolutionary-ladder.

Please don't take my words, or anybody else's, as incontrovertible fact. This work is merely a suggestion of what might be the nature of the reality we find ourselves in. If you feel so motivated , do you own investigation, research and meditation and draw your own conclusions. I believe that there as many appropriate paths in life as there are people, and that we are all unique entities and what is meaningful and useful to some is meaningless and useless to others.

Please embrace any ideas that resonate with you, and discard without a second thought any that don't!

1: The Creator

The Creator, God and Gods - Do they exist?

When considering or discussing such a question, due to the lack of proof regarding an answer, all that I can offer are my personal opinions and beliefs. I was programmed from birth, with what I consider to be a highly distorted and bastardized version of monotheism in the form of Roman Catholicism. Whose dogmatic crude and transparent control-mechanisms and reward-systems left me distinctly uncomfortable, not only with Catholicism in general, but with the concept of monotheism itself.

Now that I have matured somewhat, I have formed the opinion that monotheism is not, in and of itself, problematic, but when monotheism is used to control and manipulate the masses, this can indeed cause unnecessary fear, pain and suffering to those trapped intellectually and emotionally by these concepts.

What I refuse to accept are the religious descriptions of a God who is separate, judgmental and vengeful towards "his" creations and is willing to punish those who contravene "his" will for all eternity based on making the correct guess as to which religion to put one's faith in during the blink of an eye that is the lifespan of current Human incarnation.

My current perception is monotheistic in the sense that I believe that there was and is only one Creator of The Universe, but pantheistic in the sense that I believe that everything that exists carries *within* and *without* a piece of The Creator. For this reason I find the concept of a judgmental and vengeful super-deity, completely alien. Either Humanity created it, or it was imposed upon us from a non-Human source and then embraced by us in the religions we have invented.

And even if this concept is just a misinterpretation and not a deliberate lie, or even if the truth turns out that there is a God, the conceptual programming levied at us of a judgmental super-deity is clearly used by many in attempts to control and manipulate many others. I would recommend never underestimating the resilience and effectiveness of the particular *brands* of monotheism we have been exposed to, and indoctrinated with during our formative years. Especially when profound Spiritual experiences seemingly confirm the existence of God to the indoctrinated Mind!

Perhaps the greatest danger and damage of manipulative religion is the promotion of reliance on exterior control, and the need to be "saved from our sins" by someone or something. As to be truly free is to be in control of your own destiny and density, something you CAN do. But just believing in a God as described by religion is probably not enough to evolve.

I believe that the *Forces-Of-Light* who have probably always been with us, do not need to save us from our "sins", as I believe that there is no such thing as "sin". But I do believe that the *FOL* exist and occupy themselves as guides and guardians to those of us lower down the evolutionary ladder who request such assistance.

Even though I do not accept monotheistic doctrines describing God, I believe that there was / is a Creator of the Physical-Universe because I find it impossible to accept that a potentially infinite Universe created itself from nothing, something must have created it and us physical life-forms, we must have come from something! My current perception is that, The Creator created and creates the illusion that it split itself apart to become all that exists, – the one Infinite Creator learning about and exploring itself; infinitely, eternally.

As you will see if you read on, I have been significantly influenced by a body of work known as The Law of One, as channeled by those comprising the organization known as L/L Research, which states simply

that we are all the parts of One-Being, i.e. the Universe and that being is The Creator (Spirit) inhabiting its creation (the Physical -Universe). We are all parts of this Universal Eternal Unity, hence the name of this book.

But the question remains: Is the Universe more than the sum of its parts? I would argue that it is currently impossible for us to know conclusively whether or not God exists as a separate entity, and perhaps we never will answer that question, so I conclude by quoting a friend with: "The Creator is a mystery", and perhaps an eternal one at that?

Gods

Polytheism is the name given to the doctrine or belief in multiple gods. The dictionary definition of a god is a super-Human being or a "supernatural being who personifies the force behind an aspect of life". If in reality, we are indeed One-Being, and the One Spirit is infinite and eternal and is made of conscious energy, then how can any part of this One-Being be more of a "god" than any other part of this One-Being?

And although at this stage in our journey whilst we choose to incarnate in physical-bodies, and our Soul's existence is merged with our physical bodies, passing through numerous progressive physical lifetimes from one physical body to the next through the process of Reincarnation, I believe that eventually we will all evolve beyond physicality as we currently know it.

I do believe that there are various higher levels of existence above and beyond our current level, which some call 3rd Density, but I also believe that each and every Soul incarnate will eventually evolve to these higher levels of existence. And it is because of this belief that we will all eventually evolve to and through these higher levels of existence that I feel the concept of gods is misleading and unnecessary. Inherent in concepts of gods is the idea that "they" are a different kind of entity to us 3rd Density inhabitants, which I consider to be an incorrect perception.

It would be similar to comparing a Human child to a Human adult and claiming that they are different types of entity. Obviously a child's abilities and those of a mature adult vary considerably. An adult can do things easily that a child cannot even conceive of, and I believe that this analogy is relevant when considering our perception of entities that some might label as "gods".

If one were to insist on using the description of higher-level entities as "gods" then I believe that it would be appropriate to describe virtually all Spiritual entities currently incarnate as contemporary Human-beings, as infant-gods who will eventually become all that "they" are.

Because of this, I feel that the description of higher-level-entities to be more appropriate than the use of the moniker "gods", or to put it another way, almost all Souls incarnate as Human-beings are presently infant-Souls, and higher-level-entities are more mature-Souls. I have previously used the subjective terms "Angels" and "Demons" to describe higher-level-entities, but I have chosen to replace these religious terms with the following:

BenHiLE: Benevolent-Higher-Level-Entity

Also known as: 4th 5th or 6th Density Service-To-Others or Positive-Polarity Entities / "Angels"

MalHiLE: Malicious-Higher-Level-Entity

Also known as: 4th 5th or 6th Density Service-To-Self or Negative-Polarity Entities / "Demons"

Of course these terms are subjective, for example, if a contemporary Human individual or group chose to attempt to take over the world and was given advanced technology to achieve this goal by what I would call a MalHiLE, this individual or group may well perceive such an entity as a BenHiLE.

The Universal-Consciousness aka “The Universal-Mind”

I and others believe that everything that exists is a part of The Creator, and that in a way that I can't come close to understanding, let alone explaining, everything; even atoms are conscious. It is claimed that matter emanates from Consciousness – not the other way around - and that atoms are actually created from light.

I believe that every single life-form in the universe, physical and Spiritual is totally interconnected with each-other through what some have described as the “Universal-Mind”. Perhaps more appropriately described as the Universal interaction between ALL Life, energy, matter and consciousness: The Universal-Consciousness, Soul, Life-force. The LIVING Universe of which we are ALL an integral part!

We are ALL seemingly individualised parts of a greater whole - The Universal Family. I believe that Humanity's current obsession with “blood-ties” to relatives and obsessions with religious / national / racial groupings are a flawed perspective on the concept of family. Scientific research is beginning to prove that the entire Human species is interconnected by a totally mixed gene pool; therefore we are NOT disparate “races”, but in reality we are just ONE species with insignificant physical differences. It's interesting to note that some primates share over 98% DNA with Humankind!

WE ARE THE HUMAN SPECIES - NOT VARIOUS HUMAN RACES!

I believe that our Souls exist independently of perceptions of “racial” differences. And I also believe that we would benefit enormously if we were to expand our perception of family beyond blood-relatives, beyond our own species, beyond the planet we currently live on, and beyond our present level of existence / evolution. ALL Life in the Universe, even those who choose to be harmful and manipulative towards us, is ONE interconnected family, as we ALL share existence in and as the Universe, and share a common link as The Creator.

Prayer is a telepathic / psychic connection - “through” the “Universal-Mind” - to benevolent Spiritual entities who are committed to responding to our calls of help from us; BenHILEs. Therefore I believe that all Human-beings have an inherent, if currently latent, potential for telepathy. I believe that in our future this potential will be realised and we will develop the ability for direct Mind-to-Mind communication with each other and other Life-forms...

Who knows what else we will become capable of as we evolve and expand our Mind-Beyond-Physical abilities as we evolve into 4th density proper?

I believe that stars and planets are sentient, conscious, living entities, and I used to suspect that they might be the *relays* of the “Universal-Mind”. However, after some research, I now believe that the “Universal-Mind” is probably better described as the Consciousness of The Creator and is the foundation of all that exists.

It has only become clearly prominent in my conscious Mind during this latest rewrite of this book, that the One-Universal-Consciousness of Spirit is The Creator of the Physical-World. To quote myself from an earlier version of this book: When you start to see further, be careful not to miss what is right in front of you. I feel that not listening to my own advice is why I missed such a fundamental idea in all these years of research and contemplation writing this book. In this particular incarnation I don't expect to understand the resolution of the paradox that we are one yet experience ourselves in a self-created illusion of separation.

2: Soul

Our infinite and eternal Consciousness/Body

I believe that our Soul or Spirit is an infinite and eternal *spark* of The Creator, or as The Confederation puts it “each soul is an atom of The Creator”. I used to suspect that our Souls were and are manifested into existence by the consciousness of animals and humans, which created our Souls through their respective consciousnesses, which I now consider a misinterpretation of what my guides were attempting to teach me, which is that our Souls evolve up through various levels of evolution / existence.

But now I believe that our Souls have always existed and are as old as the physical Universe itself, if not older. Whichever turns out to be the truth, I believe that our Souls exist *in* physical-bodies because we choose to incarnate in physicality so that our Souls become temporarily conjoined in a shared existence with our physical-bodies.

I believe that through Spiritual evolution, some Souls have, some Souls are, and the rest of us will eventually choose to learn how to evolve beyond the restriction of 3rd Density physical existence. I believe that this *spark* of infinite-Life-force does not exist for Humanity exclusively, and I consider it perhaps the most ridiculous aspect of contemporary Human thinking that Earthlings are the only beings, Spiritual or otherwise that exist in the Universe.

I believe the entire Universe to be absolutely teeming with Life at all stages of evolution, and that there exists countless species, and that there are Spiritual beings at higher and lower levels of evolution than Humanity’s current state. I believe that some Spiritual beings have chosen to evolve completely beyond their physical bodies and physical existence and have become totally non-physical Souls that exist on the level of the Spirit-World only. Perhaps some of these Souls made this ascension millions / billions of years ago, and perhaps some Souls have never been *in* physical bodies and have always been *just* Souls?

Regardless of the reasons of our Spiritual / Physical existential combination, I believe that eventually ALL Spiritual-beings will choose to evolve beyond physical-existence as we know it, and become Higher-Level-Entities. It is claimed by The Confederation, that by the time our Souls evolve to late 6th density, the definitions of “positive” and “negative” “polarities” become meaningless as we move towards effectively becoming one with all that there is on 7th density.

Our body and brain is a temporary *home* for our Soul, and is a *transducer* for our Consciousness. I believe that our Minds / Consciousnesses are NOT just a construct of electromagnetic and chemical activity in the brain, as many contemporary Human scientists believe. And I also believe that our Consciousnesses can and do exist BOTH as a physical entity, and as an entity that contemporary Human science is still very far away from truly explaining and understanding, and this is why I believe that faith in the Spiritual aspects of existence is so important to those of us who have or are Souls!

If our Souls live through numerous physical-lifetimes on our journey beyond physical incarnation, why is it the case that most of us cannot remember any of them? Some people claim that they do remember past incarnations, and I certainly believe that this possible. Perhaps due to the restricted nature of our brains and Minds, many of us require the assistance of techniques such as Hypnotic-Regression to access those aspects of our Soul’s memory relating to previous incarnations. I have never experienced Hypnotic-Regression, but I do believe that if used properly, it can help unlock and access Soul-memories of previous lives. If this field of research interests you then I suggest you seek a reliable and trustworthy hypnotist experienced in successful Hypnotic-Regression. I am curious as to where and who I’ve been in previous incarnations, but these days I am far more interested in where we are all *going* and what we can become.

The Universal Duality

I believe that there are two primary aspects to the Universe, the Physical-World and the Spirit-World which are totally interconnected and inter-active "through" the "Universal-Mind", and interpenetrate each other. Both worlds contain, seemingly separate Life-forms at various stages of evolution / existence. The Physical-World is familiar to all of us. The Spirit-World is the description given to those aspects / levels of existence which are BEYOND the level of physicality, Consciousness and body and Life-force which are totally non-physical.

Beings who inhabit the Spirit-World only, exist on a level alternative to physical beings, but like ALL Life in the Universe, the Spirit-World is linked to the Physical-World via the "Universal-Mind", and vice versa. Creatures such as Humans exist in BOTH the Physical AND Spiritual-Worlds. We are affected by and affect both worlds simultaneously, as we inhabit / exist in both simultaneously. Therefore we are affected by entities of both worlds also.

Even though these concepts, which are probably fundamental Universal-Truths, regarding our Spiritual nature and the existence of the Spirit-World and Spiritual entities are important components of the majority of Humanity's Spiritual-belief-systems, a significant proportion of contemporary Humanity chooses to believe that they exist in the Physical-World only and they convince themselves that they do not have Souls.

I believe it to be the case that many of these people have been put-off Spirituality altogether as a result of being exposed to religious nonsense and manipulative control tactics, not to mention scientific arrogance. Which is totally understandable, but I find this a real shame. If you have been put-off Spirituality by religion I would warn you that you might be *throwing the baby out with the bath water!* Perhaps others who believe in nothing Spiritual, choose to distort their own perception of reality because they are afraid of the unknown.

How boring would life be if we knew everything!?

Religion and Spirituality are not necessarily the same thing! For me, the truest Spirituality exists outside corrupted, distorted, archaic, manipulative and controlling religion.

The seemingly elusive Spirit-World

I was previously under the impression that, for the vast majority of Humanity, we are incapable of perceiving the Spirit-World, even though we are an integral part of it. But now, I not only believe that some Human beings can access the Spirit-World, but that ALL Human beings have an inherent ability to access the Spirit-World...

Although I now suspect that higher-level benevolent guides only become involved in a consciously-aware direct communication when it is truly requested by the "individual" in question, and restrict the frequency of such contacts to a degree that they know is truly desired by the "individual" in question.

I believe that I have and do achieve a conscious connection with BenHiLEs, and on occasions, MalHiLEs. Experiences that have virtually removed any doubt in my Mind in the existence of such entities. But perhaps more importantly, I believe that every single entity in the Universe that requests assistance in the form of guidance, receives such, to a degree that is appropriate to the "individual" in question. And I also believe that much, if not most of this guiding assistance is given to us on a Subconscious level, leaving us free to perceive such thoughts as internal inspiration should our Free-Will direct us to such a conclusion.

I therefore perceive that the difficulty, certainly from a personal perspective, lies NOT in communicating with guides, but in accepting what has been given, especially when it is unclear whether this information

has been remembered, created during this incarnation, or is actually emanating from an *external* source.

I believe that in our dream state-of-consciousness, our conscious-Minds not so much as *switches-off*, but that it merges with our Super-conscious-Mind, and therefore creates the potential for communion with the Spirit-World and its inhabitants, benevolent or otherwise. We then have to rely on brain-memories of our dreams in order to gain insight into the preceding experiences of the Spirit-World whilst in the altered-state-of-consciousness we call sleep.

Even though I believe that everyone has the ability to reach out to, and receive assistance from guides, it would appear that most of us are incapable of perceiving those Spiritual entities that share planet Earth with us. This still leaves the question: Why can't we perceive the Spirit-World in our waking-state-of-consciousness?

I believe that the reason why we can't perceive the Spirit-World and its inhabitants in our "standard" state of consciousness, can be explained by the following concept:

This Galaxy's 3rd Density (this level of the physical-illusion) has been specifically modified to include what The Confederation sources call "The Veil of Forgetting" which is a mechanism which blocks the conscious-Mind from the Soul-level memory of the Sub-conscious-Mind so that all efforts towards evolution are concentrated on the current incarnation. This "Veil" is claimed to be a positive aid to everyone's evolution, however frustrating not being able to "penetrate the veil" becomes for many.

Many people report profound Spiritual experiences in "Near-Death-Experiences". These experiences include the separation of the Soul / Consciousness from the physical body, and communion with seemingly benevolent Spiritual entities. I believe that I have personally encountered a Near-Death-Experience, and it was one of the most profoundly beautiful, amazing and wonderful experiences of my life!

It seems that whilst we choose to enter into incarnation, our Souls are inherently restricted / bonded to our physical bodies, except in NDEs and in the death of the physical body itself. Perhaps there are other methods or situations where one can separate one's Soul from the physical body without actually dying. "Spirit-Flight" is the ancient term for an activity performed by Shamans who believe that through trance-states of altered-states-of-consciousness, they achieve the deliberate separation of the Soul from their physical body and the Physical-world. This is done so that higher-level-entities can take control of the unoccupied body, and use it to speak through the "physical instrument", as some BenHiLEs call the body as a receiver of such information.

Many contemporary Shamans, who allow themselves to be used in this manner, describe this process as "Channeling" and therefore call themselves "Channelers". Although I would like to point out that just because a Human Channeler, channels entities claiming to be benevolent and offering wise advice does not necessarily mean that the source is benevolent, and I would advise everyone to treat every channeled source with genuinely open-minded caution!

3: Perception

Our perception is inherently flawed

I believe that for many aforementioned reasons our perception of reality is inherently flawed. I was previously under the impression that, through the discovery of Universal-Truths, one can correct one's perception of reality. And although I believe that there are many higher-level guides, offering truthful information for our edification, this does not automatically mean that we can truly and totally understand what is being offered.

According to the Ra group, "3rd Density is not the density of understanding", and that we cannot truly understand anything at this level of evolution / existence. I consider that this argument may well be difficult to accept for many contemporary Human beings, whose egos prevent them from accepting that we really don't understand anything completely...

All that we really have at the moment are ideas, especially when regarding aspects of our Spirituality, and I consider it an error in judgment to consider that any contemporary Human religion, philosophy or scientific theory can accurately describe the precise nature of our existence. Although my perception is inherently flawed, so the error in judgment may well be mine!

And although I now consider it somewhat arrogant and misguided to believe that we do totally understand the true nature of our existence, this arrogance is something that I have certainly been guilty of in the past.

I also suspect that because of the probability that we are somewhat coerced into assuming many things by the nature of our existences, and that we assume so many things during the course of our daily lives that we might often forget that we were assuming in the first place. And I suspect that the line that separates a suspicion from an assumed reality is often blurred for many of us in many different circumstances. I just don't know what I know and what I assume anymore, because if I ask myself the question: "what aspects of reality are you absolutely certain about?" my response is that I can hardly be certain of anything!

Have the courage to accept that, for whatever reasons, our perception is inherently flawed. But, this probably does not matter at all. If the paradigm presented by The Confederation is Universal-Truth, then the inherent flaws in our perception are certainly not a stumbling-block to our continued evolutionary progress, as that all that we have to do to evolve beyond this level is "polarize" sufficiently and fully accept that we do not understand the precise nature of reality, and this has nothing to do how many Universal-Truths we have become aware of.

With all of that said, I do believe that in eternal Spiritual terms we are probably Immortal-Spiritual beings with INFINITE POTENTIAL, existing in a Universe of INFINITE POSSIBILITY!

I suggest that we always question and re-evaluate our perception !

A matter of opinion

I would argue that the following aspects of existence are a matter of opinion and do not exist independently of our own personal subjective interpretation...

For example, one's taste in music or humour is clearly a matter of opinion, what is beautiful and / or funny to some is ugly and / or unfunny to others and I believe that this is also the case with the following:

Morality / Immorality

In my opinion, abortion used as a contraceptive, capital punishment and unnecessary military campaigns such as have been waged against the people of Afghanistan and Iraq etc. are all tantamount to murder. But just because I or any others perceive these actions as immoral does not make them intrinsically immoral. Is an action immoral when the recipient of that action considers that act immoral, or when the individual who is causing that act considers that act immoral, or both? I would argue that if no other life-form is affected by an action then this action cannot be immoral. If Humanity is ever to be free of oppression, then we have to be totally free to define our own morality, providing that it is peaceful in intent and action.

Sanity / Insanity

If a human being were to believe that they were a 22 foot high carrot, then it would be reasonable to assume that this individual's perception of reality was completely flawed. However, when it comes to ascertaining whether or not other beliefs are true or false, especially regarding Spiritual beliefs, as we cannot know categorically the accuracy or inaccuracy of many if not all of such beliefs and therefore I would argue that often sanity or insanity is also a matter of opinion. I consider it somewhat arrogant for any contemporary Human being to determine that some Spiritual beliefs are evidence of insanity as how exactly can you be certain about such mysteries? To claim that you know exactly what is sane and what is insane, is to claim a level of knowledge and understanding that I believe that us contemporary Human beings are just not capable of possessing yet.

Normality / Abnormality

In my opinion the concept of normality is so subjective that it is completely meaningless! Perhaps the popularity of the concept of normality exists to coerce the population into conforming to an established elite's paradigm of control, manipulation and exploitation. The concept of normality is harmless to those who conform to such a paradigm, but is potentially hazardous for those of us who learn that the facade and illusion of normality is manipulative, as I believe that we are all unique entities.

Meaning of Existence

As stated previously, I believe that in Spiritual terms, we are all parts of The Creator and we exist so that we, as The Creator, can come to know itself completely by exploring and experiencing itself in an infinite variety of potential experiences. In terms of physical incarnation, we choose to incarnate as physical entities, not only to further this exploration of ourselves, but to take part in the process of physical and Spiritual evolution. However, even though I believe that these are the fundamental meaning of existence, I also believe that in terms of a single incarnation, because we exist as infinite entities existing in a Universe of infinite possibility, the specific meaning of any particular incarnation is personal to any particular entity. Therefore this specific meaning varies according to the perceptions and necessary lessons of any particular entity. And even though I have a clear perception and opinion of the meaning of existence, please do not let me or any one else tell you what the meaning of existence is for you and I would recommend that you decide what the meaning of existence is for you!

Perception by Definition

I suspect that many Human beings perceive each other, not as Spiritual and integral parts of The Creator, but by using what I would call perception-by-definition...

Much of contemporary Humanity seems totally obsessed with labeling each other and I am arguing that this labeling is not ideal and can sometimes be quite separatist...

Female / Male:

Any Human's value is independent of sexual organs. I doubt if our Souls have genitalia.

Asexual / Bisexual / Heterosexual / Homosexual

I believe that it is unhelpful to determine one's self as just a type of sexual preference in this particular incarnation, as I believe that we are so much more than this. I also believe that for many Human-beings, their sexuality is somewhat fluid and not as easy to define as these simplistic labels.

Race:

Humanity is one species, our physical differences are totally superficial and unimportant... What constructive purpose is served by defining people merely by their skin pigmentation? I would argue that the answer is none!

Nationality:

There was a time in our ancient history when nationality did not exist. And I hope and believe that one day Humanity will unite as a single species / planet and will abandon any and all notions of disparate nation-states. I am not just a British Human, I am an infinite and eternal Soul currently incarnate as a Human-being.

Religion:

Perhaps we are so much more than our current beliefs, many of which might fade away as we evolve.

Age / Weight / Clothing:

In my opinion, all of these are totally superficial and unimportant, and defining anyone by any physical attribute whatsoever is as unhelpful as defining them by their skin-pigmentation.

Class / Caste:

In my opinion, there are none, and have never been different "classes" or "castes" of people... I believe that this is just another separatist concept designed to artificially divide us. Just because you have more money or speak in a "posh" accent does not make you superior to anyone else.

Species:

I believe that it is unhelpful to judge the value of other Earthling life-forms based on our perception of intelligence or potential Spirituality. Earth is a planet of glorious bio-diversity and I believe that we all have a responsibility to protect every single Earthling species from extinction, especially at our own hands.

ALL Life on Earth is inter-dependent, we are ALL Earthlings, and abandoning perception-by-definition might result in a fairer and more egalitarian Humanity and Earth.

Ironically, in this book, I have clearly spent some time creating new labels to describe certain aspects of our existence, and if you think that this makes me hypocrite, then so be it!

It can be a fine line between...

Ambition and Greed

Capitalism and Slavery

Classic and Cliché

Commitment and Obsession

Confusion and Delusion

Dependency and Addiction

Government and Dictatorship

Grief and Self-pity

Influence and Plagiarism

Justice and Revenge

Nationalism and Jingoism or Xenophobia

Paradox and Contradiction

Profit and Rip-off

Pride and Arrogance

Science-Fiction and New science and technology

Skepticism and Realism

Terrorist and Soldier

SOMETIMES TWO DIFFERENT THINGS ARE NOT PRECISELY THE SAME...

BUT THEY MAY AS WELL BE!!!

Meditation

Meditation has been recommended and practiced by Human Spiritual philosophies for many millennia as a means to bring balance and enlightenment to one's existence.

I do not believe that any one formalized method of meditation is superior to any other and I have developed my own simple formula for meditation techniques which fall into two categories which I shall describe:

Clearing / Blanking

In this type of meditation, I sit or lie down in a silent room and allow the surface thoughts in my consciousness to rise to my conscious Mind and then dissipate...

After a while I find that I have cleared all of the surface thoughts swimming around my Mind and achieve a state whereby I am conscious, but with no external stimuli or internal noise I reach a state whereby I am conscious but exist in a relatively neutral state of consciousness...

I find this type of meditation very useful for relaxation, stress-relief and balancing any blockages I may have in my energy-system of Chakras.

It is also useful for digging deep down inside my Sub-Conscious-Mind to become aware of any problematic thought-patterns that seem to be escaping my Conscious-Mind.

It is also very useful to those of us who seek guidance from *external* invisible guides.

The only problem I personally find with this meditation technique is that after an hour or two, I often just fall asleep!

Processing / Contemplation

Again, in this type of meditation, I find it most helpful to sit or lie down in a silent room...

If there is noise in my Conscious or Sub-Conscious-Mind, then I find it appropriate to begin the session by first going through the Clearing / Blanking method...

I am then much more able to allow all of the faculties of my consciousness to process / contemplate the specific subject or subjects I initially intended on considering. I very much enjoy the phenomenon of starting out contemplating one particular subject then allowing my Mind to veer off on any number of alternative tangents. One of my most profound meditations started with an intellectual exploration of the notions of infinity and eternity.

I do not necessarily start my meditation with clearing / blanking and follow it with processing / contemplation. Sometimes the order is reversed, and sometimes I only do one or the other type of meditation. I allow myself the freedom to be guided by my own nature as to which path to follow, a process that is largely instinctual.

Of course there exist many, many different traditions and types of formulised meditation, and I certainly do not believe that the two simple methods described above are superior in any way to any of these, I just find them the most useful. However, if you are serious about embarking on and / or developing a regular meditation practice then you may well find greater use in some of the more formalized traditions and it may therefore be well worth further investigation for your own particular evolutionary process.

Re-write your Mind's programming

Mind = Software
Brain = Hardware

You can draw a parallel between computer technology and the development of your Mind and brain. As with the evolution of computer technology, where the hardware is pushed forward by ever increasing demands of software applications. Your brain is pushed forward by a more developed set of "Mind-programs". As with computers, we have "Mind-programs" that can be developed and / or re-written. We are ALL programmed with and by social and religious programming.

And I suspect that the vast majority of, if not all of these programs have been specifically deliberately designed to include *self-protection-circuits* which are intended to, and usually do prevent any attempt by any *exterior* entity to remove and free an individual from this programming. And these *self-protection-circuits* are very efficient in protecting the installed programming from being changed, for example, how many of you reading this will respond with the thought-process:

"No, that can't possibly be true, I'm not programmed, and I refuse to believe that this might even be a possibility"...

Which I am suggesting just might be these *self-protection-circuits* of our installed programming in operation! I believe that this programming has been specifically designed to restrict our consciousness within a very narrow bandwidth of fear, survival and very basic thought processes. But you can escape this programming and re-write your own Mind-programs!

But to be able to do this you must first realise and accept that you have been programmed, and then find the appropriate knowledge to replace your existing "Mind-programs" with superior ones. And this is where true and accurate knowledge (Universal-Truth) becomes highly useful. Unfortunately though, in this world of lies and deceit we inhabit, finding and identifying true and accurate knowledge and discerning it from the lies and deceit can be most difficult. Nonetheless, finding true and accurate knowledge is what we must do in order to be able to successfully re-write our Mind's programming.

You may find the following process a valuable exercise should you desire to re-write your Mind's programming:

Periodically and regularly dismantle your entire perception of reality...
Review every single aspect of every belief that you hold...
Then ask yourself why you believe what you do...
Then ask yourself is your perception correct...
Are you seeing reality as it really is?
Is your perception flawed, and if so – why?
Metaphorically rip your world-view apart and attempt to reassemble it in a superior fashion...
Do this as objectively as you possibly can whilst paying attention to your instincts and intuitions...
If you have the time and are motivated to do so, do this as often as you desire.

It might be more practical to utilise this method with component aspects of any metaphysical idea, one at a time rather than all of them at the same time.

4: Universal-Truth

Truth independent of personal perception

Universal-Truth is truth that exists independently of personal and / or collective perception, truth that is the same for anyone, anywhere in the Universe, truth that is true-knowledge, totally objective truth. Eternal Universal-Truths are those that interest me the most. All that is NOT Universal-Truth is either lies or is twisted and / or perverted truth or plainly a misinterpretation or even a delusion.

Personal and / or collective perceptions of Universal-Truth are fluid, i.e. they change and evolve, but Universal-Truth is constant, it never changes. I do not know whether or not Human beings will ever know ALL of the Universal-Truths that can be known, but one thing I am certain of is that at this, our current level of existence / evolution, it is absolutely impossible for us to know everything that there is to be known!

Perhaps the search for Universal-Truth is never-ending, eternal. Or perhaps one day in our long distant future, once we have chosen to evolve totally beyond physicality we will know everything? This possibility (of knowing ALL Universal-Truths) is so far in our future, that it is probably wise to consider that the search for Universal-Truth is effectively eternal, and that this will continue for the “foreseeable” future.

Therefore I believe it to be highly prudent to always be open to the discovery of *new* (new to Humanity) Universal-Truths, and be willing to accept that some if not many of our previous beliefs and / or perceptions were incorrect or erroneous.

This open approach to Universal-Truth is something that many religions choose to be incapable of, as many religions choose to believe that their own particular belief system is the “one-and-only” truth, barring any possibility for growth of understanding resulting from the clarification of perception that *new* Universal-Truths bring.

I believe that religious perceptions of Universal-Truth are inherently flawed because their belief systems are deliberately and inherently closed-systems - closed to the discovery and acceptance of newly discovered Universal-Truths.

The greater our knowledge and understanding become, the more we realize how much we do not know and how little we understand the true nature of existence / reality. As we seem to answer certain fundamental questions of existence, even more questions surface, along with the realization that what we do know is far *outweighed* by what we don't know!

Such is the nature of the evolution of our perception and understanding at this level of existence / evolution, and if you choose to ignore this most fundamental Universal-Truth, then I believe that you are deluding yourself, as many religions choose to do.

I would highly recommend not allowing religious closed belief systems to hold you back on your personal journey of discovery, these systems cannot possibly know everything, so do not fool yourself that they can.

I believe that the “eternal” search for Universal-Truth requires uncorrupted Spirituality, science and philosophy if it is to realize its fullest potential!

NEVER STOP SEARCHING FOR UNIVERSAL-TRUTH.

5: ESAIFIS

Every-Soul-And-Its-Freedom-Is-Sacrosanct

As an infinite and eternal part of The Creator, I consider every Soul in existence to be too important and valuable to be interfered with. I believe that virtually every plant, animal and Human is imbued with a Soul.

However, whilst we incarnate as 3rd density Human entities, there is the need for us to consume plant and animal life-forms and sometimes the need to kill each other in self defense, and these two situations are the only circumstances where I feel that it is personally, ethically justifiable to violate the freedom of an incarnate Soul to remain incarnate in a particular host life-form.

I had previously titled this chapter All-Life-And-Its-Evolution-Is-Sacred, but I have replaced this mantra with ESAIFIS primarily because of the pervasive nature of the two aforementioned exceptions to this ethic and because any physical life-form is made of cells, which are made of molecules, which are made of atoms, which are made of conscious light and because all physical matter is made of conscious light – everything including the chair I sit on as I write this is, in a sense, alive!

Before I continue I would like to make a qualification to the mantra, ESAIFIS. This being that I believe that every Human entity should have the right to complete freedom providing that this freedom is peaceful and only contravenes this mantra when absolutely necessary as mentioned previously; i.e. to eat and to protect. The precise interpretation of such a mantra as ESAIFIS can only ever be subjective, until that is we develop the ability to commune telepathically with the rest of nature.

As one of my guides said to me recently whilst I was meditating on the ethics of this matter: "consumption of any life-form involves suffering".

My guides have also shown me through the dream-state what it is like to be a mammal going through the slaughter process and it was extremely unpleasant. However, they have also shown me what it is like to be a still conscious plant discarded on a compost heap and the awful longing for that experience to end. The former was no more terrible than the latter!

Just because the suffering of a slaughtered animal / bird / fish is obvious does not negate the hidden suffering of plants killed to be eaten and trees felled to be turned into toilet-paper and furniture etc..

Ethics regarding consumption of other physical life-forms are currently, largely a subjective matter. I believe that the only person you have to answer to upon passing from physical incarnation is you!

I believe that every Soul should be allowed to evolve at its own pace, and in its own natural way without "negative" exterior influence, therefore allowing any and all Life-forms the freedom to fulfill their greatest possible destiny at their own pace. Unfortunately though this is very often not the case, and it is certainly not the case as far as contemporary Earth and Humanity is concerned!

In an ideal society, every Life-form and everyone would be totally free to exercise their Free-Will and be allowed to evolve at their own pace and in their own way, which is clearly not the case on contemporary Earth. There is so much violation of Free-Will, primarily in the form of religious and social programming, and legalised-murder.

As far as Human personal evolution is concerned, I believe it to be very clear that many governments continually violate the Free-Will choices of individuals, this is commonly known as Human-Rights violation, something the majority of contemporary governments are guilty of! I would argue that the nature

of contemporary Capitalism is yet another violation of our Free-Will as we are all forced to earn money in order to feed and shelter ourselves.

Humanity, as a species is also guilty of violating the Free-Will choices of innumerable other species sharing this planet. Not least of all of these violations being the appalling complete annihilation of many species. How many Earthling species are now extinct because of direct Human interference and / or indirect interference caused by the destruction of certain species' natural habitat? One was too many!

However, I believe that Humanity should do everything in its power to protect any and all endangered species, plant or animal and that we should never take more from nature than nature can cope with. Tragically, contemporary Humanity has chosen to ignore this ancient Spiritual ethic, as we use and abuse virtually every form of life on the planet, also including the planet itself.

My ESAIFIS beliefs have created for me the ultimate ethical / social / political / legal dilemma, which I shall explain:

I believe that all that exists is The Creator and is therefore sacrosanct. I would therefore like to live in a society where everyone respects the sanctity of all Life – regardless of species – whilst accepting the necessity that we currently have to consume the host life-forms of other parts of The Creator (plants and animals) daily, in order to survive.

So in my little ethical world I deem it acceptable to eat plants and animals to survive, but I choose to kill no other Life-form except when weeding a garden, or killing infestations of insects or mice in my home. However, as important to me as ESAIFIS is, equally important to me is respecting everyone's Free-Will to do whatever they choose. And here lies my ultimate ethical dilemma!

The conclusion I have come to, is that to achieve a workable balance between ESAIFIS and Free-Will, our laws should reflect the belief that anyone and everyone should be allowed to do absolutely anything they choose as long as this does not harm anyone else. (I will define anyone else as Humans for now for the sake of this part of my argument.)

I suspect that many, if not most of you will perceive that this is the kind of society that we have, say in Britain or the US for example, "free democratic societies":

We are free to kill our unborn children for any reason...

We are free to kill most Life-forms for any reason...

We are free to invade, terrorise and murder "foreign" people and countries justified by lies...

But we are not free to live in a capitalist country without money!

As regards Abortion, Capital Punishment and offensive warfare, my opinion is this: If it is considered immoral to kill Human beings there should be only two exceptions and I believe that our laws should reflect this, with genuinely necessary defensive violence and truly desired euthanasia being the only exceptions. I believe this because if it is considered ethically justifiable and therefore legal to kill Humans, then many will die, and they are!

Unfortunately, I believe that this situation is getting worse not better, hopefully only until we mature into fully 4th density STO existence. I see this situation as being as much about logic than it is about ethics. We have the potential to extintify ourselves! (couldn't resist a mock "Bushism") And it seems that many contemporary Humans are totally dedicated to wiping each-other off the face of the planet, and this destruction is supported by societies that claim to be "positive"! The question is why? The answer to that question that I am most comfortable with, is that Humanity is a relatively young species, and this is just what *children* sometimes do!

I believe that no life-form has the right to own another. Although I concede that this rather idealistic ethic is currently completely impractical. And as pragmatic and creative as I can be when I choose to, I very

much struggle to see how this ethic can work whilst we need to eat other life-forms.

If ESAIFIS resonates with you, please DO NOT just take my definition of it as the only definition, take the word and create your own meaning for it. I would also like to point out that many Human Spiritual belief systems contain similar ethics to ESAIFIS, and I am certainly not the first to think like this, and I'm convinced that millions if not billions of Humans share this ancient ethic.

I would like to make one final note regarding what I consider to be the ultimate form of malice towards our Souls, namely the use of nuclear weapons...

The following is taken from The Ra Material, book 1, Session 26, February 17th 1981:
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QUESTIONER: Then what you did, I am assuming, is to create an air of mystery with the UFO phenomenon, as we call it, and then by telepathy send many messages which could be accepted or rejected under the Law of One so that the population would start thinking seriously about the consequences of what it was doing. Is this correct?

RA: I am Ra. This is partially correct. There are other services we may perform. Firstly, the integration of souls or spirits, if you will, in the event of use of these nuclear devices in your space/time continuum. This the Confederation has already done.

QUESTIONER: I don't fully understand what you mean by that. Could you expand on that a little bit?

RA: I am Ra. The use of intelligent energy transforming matter into energy is of such a nature among these weapons that the transition from space/time third density to time/space third density or what you may call your heaven worlds is interrupted in many cases. Therefore, we are offering ourselves as those who continue the integration of soul or spirit complex during transition from space/time to time/space.

QUESTIONER: Could you give us an example from Hiroshima or Nagasaki of how this is done?

RA: I am Ra. Those who were destroyed, not by radiation, but by the trauma of the energy release, found not only the body/mind/spirit complex made unviable, but also a disarrangement of that unique vibratory complex you have called the spirit complex, which we understand as a mind/body/spirit complex, to be completely disarranged without possibility of re-integration. This would be the loss to the Creator of part of the Creator and thus we were given permission, not to stop the events, but to ensure the survival of the, shall we say, disembodied mind/body/spirit complex. This we did in those events which you mention, losing no spirit or portion or holograph or microcosm of the macrocosmic Infinite One.

QUESTIONER: Could you tell me just vaguely how you accomplished this?

RA: I am Ra. This is accomplished through our understanding of dimensional fields of energy. The higher or more dense energy field will control the less dense.

QUESTIONER: Then you are saying that, in general, you will allow the population of this planet to have a nuclear war and many deaths from that war, but you will be able to create a condition where these deaths will be no more traumatic than entrance to what we call the heaven worlds or the astral world due to death by a bullet or by the normal means of dying by old age. Is this correct?

RA: I am Ra. This is incorrect. It would be more traumatic. However, the entity would remain an entity.

So it would appear that no one is going to stop the horrific indiscriminate slaughter that nuclear warfare creates, and therefore it is up to us contemporary Human entities to prevent our governments from using nuclear weapons altogether, which is why I am so passionate about total global nuclear disarmament!

6: The Game

The evolutionary choice between Light and Dark

The Game is the term I give to the universal choice between what many call the *Light* and the *Dark*, and I call it such because I believe that in Spiritual terms, because we are eternal, we really cannot lose and in incarnating terms we have access to as many goes of The Game as we want or need.

It is claimed by The Confederation that the choice between what many call the *Light* and some call “Service-To-Others” and the *Dark* and some call “Service-To-Self” starts in 3rd Density, which is specifically structured so that to “Graduate to 4th Density” from 3rd Density”, Souls have to choose whilst incarnate either the path of STO or STS. Which is an explanation as to why there is such a variance of types of expression on our 3rd density planet Earth. Those who have chosen STO, those who have chosen STS and the majority who are somewhere in between. They claim that the two paths of “serving The Creator” continue up from 3rd Density to 6th Density, where even STS switch to STO at some point in 6th Density to continue their evolution. It is claimed that we then evolve beyond polarity moving towards 7th Density.

Therefore there are representatives of *The Light* and *The Dark* currently incarnating in 3rd density Humanity, and just like their higher-level counterparts, the Human *Forces-Of-Darkness* attempt to disguise their nefarious agendas by claiming to be the *Forces-Of-Light!* The Ra group claims that in their experience only in 3rd and 4th densities do the two polarities fight each other, with 5th and 6th densities having the wisdom to refrain from conflict. This suggests that the nature of The Game mutates into something quite different to its earlier stages / levels.

So it would seem that at this and the next level of incarnate existence, conflict and therefore the need to defend our selves from our foes will be an ongoing challenge in playing The Game. Even though I do believe that that there are *dark* Extra-Terrestrial forces at work attempting to manipulate and control us with the aim of conquering and enslaving the inhabitants of any planet they can, including the one we currently call home. I believe that the way The Game is being played by contemporary Humanity means that there may well be as much of a danger from our fellow Earthlings than there is from MalHiLEs in terms of destruction and violations of our Free-Will.

In their attempts to achieve global dominance the *Forces-of-Darkness* have set about perpetuating ignorance through religious and social programming, and have probably been doing so for many millennia. According to Ra, the *FOD's* method of control involves “finding and establishing an elite” who are encouraged and helped to enslave the population by coercing them into giving up their Free-Will to this elite.

Because our Free-Will is of paramount importance to the *Forces-Of-Light* they do not interfere in our affairs and only involve themselves with us directly when genuinely requested to do so by any individual entity, and The Confederation claim that to protect the Free-Will of anyone who chooses to remain ignorant of the information that they offer, they give “truth without proof”.

Therefore the battle / game-play between the *Light* and the *Dark* on Earth is primarily fought between the “positive” elements of Humanity, who seek peace, equality and harmony, and the “negative” elements of Humanity who seek control, artificial separation, destruction and suffering, and I believe are being manipulated by the *darkness* that is anti-Human, and anti-progress. I believe in the potential of Humanity to create a utopian society, but my perception of utopia does not involve the inclusion of a controlling manipulative destructive elite.

But this change will only come when enough people realise the true nature of The Game, that we are being manipulated into destroying each-other and violating each-others' Free-Will, by non-Human harmful and manipulative beings who are committed to maintaining Humanity's ignorance in an attempt to destroy Humanity's freedom. Alternatively it could be said that the battle we fight is really between ourselves, and our greatest possible destiny!

Self-perpetuating-negative-feedback-loops

I believe that the *Forces-of-Darkness*' primary *tool* in their attempt to keep Humanity ignorant and divided can be summarized by the term *self-perpetuating-negative-feedback-loops*. I suspect that they have given and / or encouraged us to embrace the ideas of nationality, race, manipulative religion and obsessive materialism, which are clearly effective in causing our global division over many millennia, causing the continuing dominance of greed, violence and artificial concepts of separation. I also suspect that these factors, race, manipulative religion, nationality and material obsession are the primary SPNFLs employed by the *Forces-of-Darkness* and are clearly the cause of virtually ALL Human conflict / warfare.

Unfortunately it will probably take hundreds of years before the majority of Humanity learns to rise above these SPNFLs, as most people currently view their race, nationality and religion as being very important, not realising that these very concepts have been employed to artificially separate us and maintain our ignorance.

Contemporary Humanity's material obsession (Often referred to as the "*Rat-Race*") which is also fundamental in preventing us from evolving beyond our global problems, beyond the "negative" aspects of The Game, has become a seemingly permanent controlling aspect of our society and thinking. Greater than the thousands of physical sicknesses we endure is the sickness that is damaging the collective Human-Spirit, this sickness is the artificial separation caused by our material obsession!

Therefore I believe that to have any hope of winning this level of The Game, we must first cure ourselves of our material obsession, and abandon the ideas of race, nationality and manipulative religion. I suspect that is why the *Forces-of-Darkness* have spent so much time and effort distorting and perverting our perceptions of the true nature of our Spirituality, and have persuaded us to twist and turn the CURE into the PROBLEM, by the application of socio-religious programming. They have achieved this by misguiding well-meaning individuals into distorting and polluting Universal-Truths that should be the foundations of an uncorrupted Spirituality, but instead have become the means by which we are divided and kept ignorant. In my opinion, many religions sell hope and unity, but actually distribute ignorance and artificial separation! What could be the CURE has been manipulated into the PROBLEM deliberately.

Another SPNFL is to convince those individuals who have Immortal-Souls that they don't, causing unnecessary fear about their own mortality. If you have / are an Immortal-Soul, then your physical body is merely a *shell* in which your Soul resides for a limited period of time, until the time comes to move on to your next incarnation / life-time. And to fear this process is to fear life itself, as death and re-birth are totally inseparable for those of us who have / are Souls and who choose to reincarnate. If you do not have a Soul then the chances are that the *Forces-of-Darkness* are not interested in you anyway, but that still means you are affected by the global challenges facing ALL of Humanity.

Direct and indirect negative influence

I believe that there are two methods employed by the *Forces-of-Darkness*, which are direct and indirect negative influence. I believe that the majority of people are only exposed to indirect negative influence, i.e. through religious and social programming as detailed previously, by what I call *negative-resonance* that permeates history and affects everyone. But there are individuals who are exposed to direct negative interference from harmful and manipulative non-Human beings who are representatives of the *Forces-of-Darkness*.

Of course contemporary Human psychiatry does not allow for such beings to exist and deems anyone

who claims such an interaction to be mentally unstable and / or delusional, but that does not mean that they are correct in this assumption. In fact contemporary Human psychiatry negates the possibility of anything Spiritual and conveniently circumnavigates it's way around the issue of Spirituality when it is founded in popular religious beliefs, but happily confronts an individual's Spiritual beliefs when those beliefs do not conform to popular religious teachings, and labels such beliefs / experiences as psychosis, which they can then profit from such a diagnosis!

Regardless of the hypocrisy exercised so frequently by contemporary Human psychiatry, I believe that some individuals do encounter direct negative interference from non-Human beings with powerful Mind-Beyond-Physical (telepathic / psychic) Minds and / or technology. If you have been exposed to such activity then I would like to remind you that you probably have / are a Soul (because if you didn't, they wouldn't be bothering with you!). You are probably a being of infinite-potential existing in a Universe of infinite-possibility, and there is nothing that you cannot eventually achieve. You have the inherent ability to shut out any and all negative interference, but to be able to do so you have to accept the possibility that you can. And if you do accept this and you still have continuing negative interference, then perhaps the BenHiLEs will help you, but only if you ask for their help!

Secret Society Shenanigans

According to many researchers and theorists there exists on contemporary Earth secret societies that have been manipulating The Game in their own favour with the eventual aim of total domination of Earth's population. Some call them the "Illuminati", some call them the "Secret Government", some call them "The Cabal" and some call them the "New World Order", but I must say that I find the latter term ironic as I believe that these so called "ruling-bloodlines" are very likely to be ancient and there is nothing new about their activities or objectives.

If these societies exist, then I perceive it as being highly likely that they were behind the supposed "attacks" on 9/11, with the motivation behind such horrendous acts being the international warfare and the erosions of our Human-Rights and further violations of our peaceful Free-Will that have ensued.

The British parliament was convinced to invade Iraq with claims that they had weapons of mass destruction that could be launched within 45 minutes, a justification that was subsequently found to be completely flawed. I also find this highly ironic coming from a nation that has weapons of total destruction ready in 45 seconds, i.e. nuclear weapons.

I consider it possible if not likely that these organisations have access to advanced technology either given to them by their malicious ET masters or stolen from scientists such as Nikola Tesla. They have fleets of highly advanced home-made UFOs and possibly interplanetary and / or interstellar space-travel capabilities and not only have secret bases underground and undersea on Earth, but may well have bases on one of Earth's moons and on Mars. They have also probably been responsible for suppressing free-clean-energy technology that would solve many of contemporary human society's problems.

Yes, I am deliberately blurring the conceptual distinction between the activities of these secret societies and those of the secret activities of visible governments. I do so because I firmly believe that at the level of secret activity I'm suggesting here, the line that separates the two is very much blurred.

According to recent Confederation messages as brought to us by L/L Research, this malicious society's plans to totally control the population of Earth wont succeed and that there will not be a full-scale alien invasion. However, this failure may well result in one last desperate attempt to achieve their objectives by staging a fake alien invasion utilising their secret advanced technology and possibly involving holographic technology, or worse, start a nuclear-war. I believe that "they" will stop at nothing to attempt to gain total control of the Earth's population and that "they" will start this by creating a situation whereby martial-law can be instigated.

If this secret Human group does exist then it is almost certain that they have high-level connections to global politics and military and intelligence agencies, and even some religious institutions or corporations and theocratic-dictatorships. But I would imagine that these connections exist with the minority of people within these organisations and that most of the individuals comprising these visible entities know nothing of these malicious individuals' plans.

Those of us who are totally opposed to such agendas do not need to use any kind of weaponry to win the fight against them, all we need is the dissemination of truth and the sharing of egalitarian ideas! The question I would recommend asking yourself is: do you want to be a pawn in their nefarious game or do you want to be a Player? And what better way to beat them at their own game than to evolve to the next level of evolution?

I have read in more recent L/L transcripts that the Confederation have said that The Game on contemporary Earth can be perceived as either a comedy or tragedy. My response would be that it is a tragedy that most people do not realise that they are playing a comedic game! I often have to remind myself that we are all just playing a game when I see the suffering and trauma endured by my fellow entities.

To conclude, to follow is a small excerpt from "Secrets of The UFO" (1977) by L/L Research, page 53:
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"This is one way of designating in your own consciousness who is of Christ force and who is of the anti-Christ force. You will see many, who will cry out that there is no God, come and fight shoulder to shoulder with you for peace and love and brotherhood equally for all men for all time. This is truly one who is of the Christ force. Yet you will see others, who profess to be of God, speaking words of God, who say that some are to be saved and some are to be damned. These you will know are not of the Christ light, for the Christ light speaks of brotherhood first and foremost and will defend the right of all men everywhere to share equally with their brothers."

7: External Influence

“Positive” and “negative”

Friends in high places

According to the Confederation group Ra, every single Soul incarnate in physical existence and in between incarnations, has as a primary guide and guardian what they refer to as our “Higher Self”. That is our “future” selves who occupy a point in mid 6th density, and who offer guidance to ourselves in the “past” when asked. They claim that we also have as guides and guardians, many other higher-level-entities. Therefore I believe that no matter what our current polarity, we all have friends in high places!

It is claimed that our Higher-Selves only respond to calls of guidance, and do not become involved with our previous selves unless requested to do so by the individual in question, so as not to infringe on the Free-Will of any.

Of course, many if not most religions and Spiritual belief systems contain descriptions of benevolent guides and guardians, but I am most comfortable with the concept that the primary higher-level entity that interacts with us is actually our “future” self.

This concept also reinforces my belief that everyone, no matter what they choose to do or become, eventually evolves beyond physicality as we currently know it.

The following is taken from the Ra material, book 3, Session 70, September 9th 1981:
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QUESTIONER: Would an analogy for this situation be that an individual’s Higher Self is manipulating, to some extent shall I say, the mind/body/spirit complex that is its analog to move it through the lower densities for the purposes of gaining experience and finally transferring that experience or amalgamating it in mid-sixth-density with the Higher Self?

RA: I am Ra. This is incorrect. The Higher Self does not manipulate its past selves. It protects when possible and guides when asked, but the force of free will is paramount. The seeming contradictions of determinism and free will melt when it is accepted that there is such a thing as true simultaneity. The Higher Self is the end result of all the development experienced by the mind/body/spirit complex to that point.

The Confederation of Planets

The Confederation of Planets in the Service of the Infinite Creator is a galactic organization comprising entities of 4th, 5th and 6th densities, who claim to have been involved in aiding Humanity for many thousands of years as a response from our calling for assistance...

The following descriptions are taken from the Ra material:
Book 1, Session 6, January 24th 1981:
(© Copyright L/L Research)

RA: I am Ra. I am one of the members of the Confederation of Planets in the Service of the Infinite

Creator. There are approximately fifty-three civilizations, comprising approximately five hundred planetary consciousnesses in this Confederation. This Confederation contains those from your own planet who have attained dimensions beyond your third. It contains planetary entities within your own solar system, and it contains planetary entities from other galaxies. It is a true Confederation in that its members are not alike, but allied in service according to the Law of One.

Book 1, session 16, January 31st 1981:
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QUESTIONER: ...Can you tell me how the Confederation of Planets was formed and why?

RA: I am Ra. The desire to serve begins, in the dimension of love or understanding, to be an overwhelming goal of the social memory complex. Thus, those percentiles of planetary entities, plus approximately four percent more whose identity we cannot speak, found themselves long, long ago in your time seeking the same thing: service to others. The relationship between these entities as they entered an understanding of other beings, other planetary entities, and other concepts of service was to share and continue together these commonly held goals of service. Thus, each voluntarily placed the social memory complex data in what you may consider a central thought complex available to all. This then created a structure whereby each entity could work in its own service while calling upon any other understanding needed to enhance the service. This is the cause of the formation and the manner of the workings of the Confederation.

Book 1, Session 18, February 18th 1981:
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QUESTIONER: ...You mentioned that there were a number of Confederations. Do all serve the Infinite Creator in basically the same way, or do some specialize in some particular types of service?

RA: I am Ra. All serve the One Creator. There is nothing else to serve, for the Creator is all that there is. It is impossible not to serve the Creator. There are simply various distortions of this service. As in the Confederation which works with your peoples, each Confederation is a group of specialized individual social memory complexes, each doing that which it expresses to bring into manifestation.

Book 1, Session 7, January 25th 1981:
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QUESTIONER: At what point would this calling be great enough for you to come openly among the people of Earth? How many entities on Earth would have to call the Confederation?

RA: I am Ra. We do not calculate the possibility of coming among your peoples by the numbers of calling, but by a consensus among an entire societal-memory complex, which has become aware of the infinite consciousness of all things. This has been possible among your peoples only in isolated instances. In the case wherein a social memory complex, which is a servant of the Creator sees this situation and has an idea for the appropriate aid which can only be done among your peoples, the social memory complex desiring this project lays it before the Council of Saturn, if it is approved, quarantine is lifted.

Book 1, Session 25, February 16th 1981:
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QUESTIONER: You spoke of an Orion Confederation and of a battle being fought between the Confederation and the Orion Confederation. It is possible to convey any concept of how this battle is fought?

RA: I am Ra. Picture, if you will, your mind. Picture it then in total unity with all other minds of your society. You are then single-minded and that which is a weak electrical charge in your physical illusion is now an enormously powerful machine whereby thoughts may be projected as things. In this endeavor the

Orion group charges or attacks the Confederation armed with light. The result, a stand-off, as you would call it, both energies being somewhat depleted by this and needing to regroup; the negative depleted through failure to manipulate, the positive depleted through failure to accept that which is given.

The Orion Empire

Book 1, Session 7, January 25th 1981:
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QUESTIONER: What is the density of the Orion group?

RA: I am Ra. Like the Confederation, the densities of the mass consciousness, which comprise that group are varied. There are very few third density, a larger number of fourth density, a similarly large number of fifth density, and a very few sixth-density entities comprising this organization. Their numbers are perhaps one-tenth ours at any point in the space/time continuum as the problem of spiritual entropy causes them to experience constant disintegration of their social memory complexes. Their power is the same as ours. The Law of One blinks neither at the light nor the darkness, but is available for service to others and service to self. However, service to others results in service to self, thus preserving and further harmonizing the distortions of those entities seeking intelligent infinity through those disciplines. Those seeking intelligent infinity through the use of service to self create the same amount of power but, as we said, have constant difficulty because of the concept of separation which is implicit in the manifestations of the service to self which involve power over others. This weakens and eventually disintegrates the energy collected by such mind/body/spirit complexes who call the Orion group and the social memory complexes which comprise the Orion group. It should be noted, carefully pondered, and accepted, that the Law of One is available to any social memory complex which has decided to strive together for any seeking of purpose, be it service to others or service to self. The laws, which are the primal distortions of the Law of One, then are placed into operation and the illusion of space/time is used as a medium for the development of the results of those choices freely made. Thus all entities learn, no matter what they seek. All learn the same, some rapidly, some slowly.

Book 1, Session 16, January 31st 1981:
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RA: I am Ra. The purpose of the Orion group, as mentioned before, is conquest and enslavement. This is done by finding and establishing an elite and causing others to serve the elite through various devices such as the laws you have mentioned and others given by this entity.

Book 1, Session 11, January 28th 1981
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QUESTIONER: What do the crusaders do?

RA: I am Ra. The crusaders move in their chariots to conquer planetary mind/body/spirit social complexes before they reach the stage of achieving social memory.

QUESTIONER: Then we have crusaders from Orion coming to this planet for mind control purposes. How do they do this?

RA: I am Ra. As all, they follow the Law of One observing free will. Contact is made with those who call. Those then upon the planetary sphere act much as do you to disseminate the attitudes and philosophy of their particular understanding of the Law of One, which is service to self. These become the elite. Through these, the attempt begins to create a condition whereby the remainder of the planetary entities are enslaved by their free will.

Book 1, Session 16, January 31st 1981:
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QUESTIONER: If the Orion group was to land, would this increase their polarization? What I am trying to get at is, is it better for them to work behind the scenes to get recruits, shall we say, from our planet, the person from our planet going strictly on his own using free will or is it just as good for the Orion group to land on our planet and demonstrate remarkable powers to get people like that?

RA: I am Ra. The first instance is, in the long run, shall we put it, more salubrious for the Orion group in that it does not infringe upon the Law of One by landing and, thus does its work through those of this planet. In the second circumstance, a mass landing would create a loss of polarization due to the infringement upon the free will of the planet. However, it would be a gamble. If the planet were then conquered and became part of the Empire, the free will would then be re-established. This is restrained in action due to the desire of the Orion group to progress towards the One Creator. This desire to progress inhibits the group from breaking the Law of Confusion.

QUESTIONER: You mentioned the word "Empire" in relation to the Orion group. I have thought for some time that the movie Star Wars was somehow an allegory for what is actually happening. Is this correct?

RA: I am Ra. This is correct in the same way that a simple children's story is an allegory for physical/philosophical/social complex distortion/understanding.

UFOs

According to the Ra group there are various reasons why UFOs appear in our skies, and USOs in the oceans. The Confederation uses them to create a mystery in the hope that Humanity might grasp the concept of infinite possibility. The Orion Empire uses them to frighten the Human population and demonstrate that they have control over us, in a manner that Humanity has over lower life-forms. It is claimed that there are also Human made UFOs seen in our skies, belonging to various nation-states. There are also spacecraft from other Extraterrestrial entities that have no affiliation with any of these organisations and come here for reasons of curious exploration.

"Alien Abduction"

According to many researchers and Science-Fiction stories, certain Extra-Terrestrial entities / civilizations have and are engaged in what is commonly referred to as "Alien Abduction". Some researchers suggest that this activity has been ongoing for millennia and possibly for Humanity's entire history on planet Earth. Whilst I don't presume that all of this activity is negative or malicious in intent, it would appear that many people that have the courage to speak publicly about such experiences, report a terrifying and horrific experience at the hands of such ETs. Although many such ETs may well simply be conducting scientific research, similar to that which Humanity conducts on lower-level Earthling species. Some of these ETs may well be deliberately causing this considerable fear, pain and suffering in order to feed off these intense negative emotions. Another highly likely reason for ET abduction is to conduct genetic reproductive experimentation and / or to monitor Human physical evolution. It remains unclear how prevalent this phenomenon is, if indeed it exists.

Science-fiction or "Sci-fi Fact"?

I believe that much of contemporary Humanity's Science-fiction has been directly influenced by Extra-Terrestrial and / or higher-level beings. And I believe that many of the concepts presented by Science-

fiction will actually prove to be factual. So much of our collective perceptions of reality are shaped by television and films, it is logical that those wishing to exert a "positive" or "negative" influence over Humanity would utilise these stories to achieve such a goal, either by direct covert involvement in the writing and production of these stories and / or telepathic stimuli, which would be perceived by the writer as internal inspiration.

The benevolent ones use this influence to acclimatise, warn and inform Humanity of the expanded reality of the "Alien" phenomenon. And the harmful and manipulative ones use this influence to lie to, deceive and confuse Humanity about the true nature of our current situation, and disguise the nefarious motives of certain "Alien" species and civilizations.

It is also possible that there are Human beings sending messages to us in the present from the future either to warn us of potential problems that we may create in the future which to them is the present and / or past, or to deceive and manipulate us. For example, the Matrix and the Terminator films may well have been influenced by Humans from the future seeking to warn us of the dangers of the technology and Artificial-Intelligence that we create that may well one day overwhelm Humanity and that perhaps for "them" in the future, these nightmare scenarios have already happened or are happening.

The various Star Trek franchises contain a fictional organisation known as The Federation Of Planets, which seems somewhat similar to the proposed reality of our own galaxy's organisation, who name themselves; The Confederation, and just like the fictional Federation's "Prime Directive", it is claimed that The Confederation Of Planets' primary ethic is to avoid negative interference, unwanted by any planet's inhabitant. However, they feel that it is not an infringement of anyone's Free-Will to aid Humanity's Spiritual and physical evolutionary development through Channelers.

The pantheistic beliefs of the proposed real Confederation seem remarkably similar to the "Minbari" species as depicted in the Sci-Fi series Babylon 5, which also portrays their belief in reincarnation.

I believe that the TV series The Tomorrow People, Heroes and Alphas are explorations of the nature of 4th density Humanity and the development our potential abilities once we have evolved to this level

From Babylon 5 I would compare the Vorlons to 6th Density and Lorien to 7th Density.

From Star Trek I would compare Q to late 6th or early 7th Density.

To compare 4th and 5th density entities with characters or species from film and TV Sci-Fi would take another book's worth of words, so I shall refrain from doing so, at least for now.

And even if none of this turns out to be factual, I believe that many quality Science-Fiction stories and concepts are not only highly entertaining, but can be quite intellectually stimulating. In my experience, another positive aspect of consuming a lot of Sci-Fi is that it gives your guides much to work with. Especially if it transpires that you were something like a Vorlon in a previous-life!

The "Multiverse" of Alternative Dimensions

It is the belief of certain theoretical-physicists that the Universe we inhabit is not the only one. They propose that there could be an infinite quantity of alternative / parallel Universes / Dimensions, each with its own laws of physics, and each of them slightly different. Anything that can happen, does happen in one of these alternatives. In one of them, Hitler won World War 2, and in another Jim Morrison is still alive.

Some of these Alternative Dimensions or Parallel Universes might contain life-forms and / or civilizations, possibly in an infinite variety. For a potential scientific explanation you might want to investigate "String-Theory", "Super-Gravity", "11 / 12 Dimensional Space" and "M-Theory". I am not a scientist, and I do not pretend to understand these theories, but that does not mean that you cannot.

Some scientists suspect that the theoretical “Big Bang” was caused by the collision or encounter between two parallel Universes. Some scientists are also now attempting to create an alternative Universe in the laboratory. This suggests the possibility that not only is it possible to travel between alternative Universes through the application of advanced technology, but that it is also possible to create “new” Universes artificially. It is also possible that we may exist in more than one dimension at the same time, either in body and / or Soul?

I would like to clarify that even though Ra has used the term dimension in replacement for the term density, I feel that it is important to note that they are describing a hierarchical evolutionary system which is not necessarily the same concept as the Human theoretical-physicists' concept of parallel dimensions.

Time Travel

It is proposed by some theoretical-physicists and various science-fiction stories, as well as many channeled sources, that it is possible to travel backward and forward in time by the application of advanced technology and eventually without technology using the power of thought alone. Perhaps some contemporary Humans have already mastered the technology required to time-travel and are exploring the past and the future and may even be manipulating the time-line for their own agendas?

Perhaps we have been and / or are being visited by Humans and / or ETs from our past and / or future?

It is also possible that some of the ETs currently interacting and / or interfering with Earth and Humanity possess such technology, and have / are / will use this as an advantage in their mission to take over planet Earth or in attempts to protect us. If this is actually the case then the ramifications are truly mind-boggling!

Ra claims that time becomes more *malleable* as we evolve up through the densities of evolution, reaching the point in 6th density, where we are no longer a part of time.

It is my sincere hope that time-travelling entities are taking away endangered species from contemporary Earth and are depositing them in our future to preserve them for the utopia that I believe that 4th density Earth will create.

8: Earth

Earth: Our temporary home?

I believe that Earth is a temporary home because:

It is claimed by The Confederation that the current incarnating Human Spiritual population originate from many different planets and that only a few hundred Souls presently incarnate in Humans, have evolved up through the lower densities on planet Earth. If this is true then Spiritually speaking, we are virtually all Extra-Terrestrials!

As we are probably eternal energy beings, i.e. Souls / The Creator, we might have existed before we created the physical Universe.

The Sun will eventually expand, explode and die.

When Humanity develops interplanetary and inter-Stella space-travel that is available to citizens, many people will relocate.

Humanity may become extinct through our own abuse of the planet and each-other, and / or through Asteroid impact.

We will all eventually choose to evolve beyond physicality.

Earth is now a 4th density planet and those who don't "graduate" to 4th during this "harvest-season" will reincarnate on other 3rd density planets, with those "graduating in the negative sense" incarnating on other 4th density STS planets.

Just because I believe that in Spiritual terms Earth is a temporary home, I do not believe that *she* is Humanity's to do with as it pleases. And I feel that it is inappropriate to claim that Humanity has the right to own a planetary Life-form. Because of these ethics, I believe that it is not only illogical to continue to significantly abuse Gaia, but it is obscenely disrespectful to such a beautiful and valuable entity.

To quote Quark from Deep Space Nine: "They irradiated their own planet?!".

Ancient Human Civilizations

It would take many books worth of material to come close to revealing the true scope and duration of Human civilization. But that is not what I am necessarily attempting to achieve in this book. I do however greatly contest the notion that Human civilization is only 5000 years old, and so I include the following to support this theory:

There are many supposed myths regarding ancient Human civilizations, here Ra talks about two of them:

Book 1, Session 10, January 27th 1981:
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QUESTIONER: I was wondering about the advent of the civilizations of Atlantis and Lemuria, when these civilizations occurred, and where did they come from?

"RA: I am Ra. This is the last question of this working. The civilizations of Atlantis and Lemuria were not one but two. Let us look first at the Mu entities. They were beings of a somewhat primitive nature, but those who had very advanced spiritual distortions. The civilization was part of this cycle, experienced early within the cycle at a time of approximately 53,000 of your years ago. It was an helpful and harmless place which was washed beneath the ocean during a readjustment of your sphere's tectonic plates through no action of their own. They sent out those who survived and reached many places in what you call Russia, North America, and South America. The Indians of whom you come to feel some sympathy in your social complex distortions are the descendants of these entities. Like the other incarnates of this cycle, they came from elsewhere. However, these particular entities were largely from a second-density planet, which had some difficulty, due to the age of its sun, in achieving third-density life conditions. This planet was from the galaxy Deneb.

The Atlantean race was a very conglomerate social complex, which began to form approximately 31,000 years in the past of your space/time continuum illusion. It was a slow growing and very agrarian one until approximately 15,000 of your years ago. It reached quickly a high technological understanding, which caused it to be able to use intelligent infinity in an informative manner. We may add that they used intelligent energy as well, manipulating greatly the natural influxes of the indigo or pineal ray from divine or infinite energy. Thus, they were able to create life forms. This they began to do instead of healing and perfecting their own mind/body/spirit complexes, turning their distortions towards what you may call negative.

Approximately 11,000 of your years ago, the first of the, what you call, wars, caused approximately forty percent of this population to leave the density by means of disintegration of the body. The second and most devastating of the conflicts occurred approximately 10,821 years in the past according to your illusion. This created an earth-changing configuration and the large part of Atlantis was no more, having been inundated. Three of the positively-oriented of the Atlantean groups left this geographical locus before that devastation, placing themselves in the mountain areas of what you call Tibet, what you call Peru, and what you call Turkey".

So it would appear that it is not only contemporary Human civilization that is not very civilized!

9: Positive and Negative

“Good” and “bad” / happiness and pain

I know from considerable personal experience that you can learn as much from painful experiences as you can from happy experiences. Of course I am not suggesting that you should deliberately seek painful experiences as our world is already saturated with pain and suffering. But it is inevitable for everyone that you will have painful experiences at some point in your life, for example the illusion of “losing” family or friends to “death”, and when you do I strongly recommend that you attempt to learn as much as you possibly can from these painful times. Hopefully you will learn how to avoid repeating these painful experiences. Whilst we cannot prevent the appearance of the “death” of loved ones, we can use the strength of our faith in Spirit to cope with and somewhat offset the pain of bereavement grief.

Always try to understand the route cause of your pain. Perhaps without pain, happiness would mean nothing, and perhaps we need pain to appreciate happiness? However, I strongly suggest that you attempt to release and let go of your pain as soon as you possibly can. Sometimes this takes days or weeks, sometimes it takes years, but you must let go of it eventually, because if you don't, you will unnecessarily hold yourself back and possibly cause ongoing problems!

To quote a dear friend of mine, “regret is absolutely pointless”, you can learn from your errors in judgement without regret.

As regards “good” and “bad”, for these perceptions to actually mean anything requires that someone or something must judge us to be either. As I no longer believe in a God and / or sin, and I also believe that benevolent higher Spiritual beings never judge us for learning by our “mistakes”. Instead they occupy themselves by attempting to help us learn how to become benevolent Spiritual beings. So this just leaves judgement of Humans by Humans, which to me does not count as I believe that one can never truly know what is going on in somebody else's Mind, or indeed know their true motivations which are likely to be complex.

Therefore I have totally abandoned the concepts of “good” and “bad” because I now find them to be crude, outdated and unnecessary. In my opinion, “positive” and “negative” are superior concepts, although these concepts are also slightly flawed because they are subjective and dependant on personal perceptions and experiences. What is considered to be “positive” by some is considered “negative” by others. For the last few years I have believed that the most appropriate replacements to the concepts of “good” and “bad” and / or “positive” and “negative” are the definitions of benevolence and malice. For these reasons I prefer The Confederation's terms of STO and STS as these concepts can be largely objective.

But, the important point I would like to make is that when considering the morality or immorality of an act, one must include the perception of the life-form that act is affecting!

As regards my perception that to deliberately manipulate others for one's own benefit is a form of harm, I would argue that this can also be quite objective, although I would concede that this form of judgement is more prone to personal subjective interpretation, and is therefore much more difficult to determine. And I believe that we are all of mixed orientation: those who are largely benevolent are sometimes harmful or manipulative and vice versa.

I suspect that most people would consider themselves to be inherently benevolent beings, but I am sure

that many of Earth's animals would disagree with that classification (if they could communicate with us!) as many Humans are clearly extremely harmful and manipulative towards animals as throughout history Humanity has entrapped them, abused them, experimented on them, killed them for entertainment and killed them for food!

So the degrees of harm and manipulation and / or benevolence are dependant on perspective.

Material Obsession

Contrary to Catholic teachings, I believe that you do not have to discard ALL of your material possessions to truly conquer the chains and restrictions of material-obsession and live an appropriately Spiritually orientated existence. I have never met a Catholic who has done this anyway! And thanks to the *Rat-Race*, in most parts of the world, if you did discard all of your material possessions you would freeze and / or starve to death.

Material obsession also includes obsessing about your body. For us Humans who have / are Souls, always remember that your body is merely a *shell* in which your Soul resides for a limited period, and in my opinion the only aspect of your body you should be concerned about is its health. Obsessing about gaining more material-wealth and / or your physical appearance and / or physical gratification is not only shallow, but will probably reduce and / or negate your ability to evolve and develop Spiritually in the STO sense.

Should you wish to grow and evolve Spiritually then I suggest that many of your thoughts need to be focused towards Spiritual and truly altruistic matters rather than the shallow aspects of physical-existence.

Progressing Spiritually and intellectually and truly making a positive difference to our world are the *riches* I seek.

Guilt

The primary control-mechanism employed by Catholicism is that of making people feel guilt for the "sins" they have "committed" and for just being alive with the concept of "original-sin". I believe that guilt is either not a natural Human emotion and has been created by religion to control and manipulate us, or if it is a natural emotion, it has been hijacked by religion to police the masses. Presumably you are aware of how certain individuals attempt to manipulate and coerce you into doing something through using "emotional-blackmail" or an "emotional-guilt-trip", some mainstream religions do this, but on a grand scale!

Always remember that one of the primary methods of learning for anyone is that of learning from our "mistakes", therefore guilt is pointless; just ensure that you always learn from your "mistakes", and of course other people's "mistakes". I use the term "mistake", not in the pejorative sense, but I use it to describe an action or choice, that in hindsight, you would have done differently or you could have done better, or you wouldn't chose to do again, and I would argue that we are "here" specifically to make "mistakes" to learn from, and therefore "mistakes" are a wonderful and useful aspect of existence.

I know from considerable personal experience that a strong sense of guilt generated by religious programming can be emotionally and mentally devastating whilst being completely unnecessary. Fortunately I abandoned religion in my mid-teens and I managed to totally abandon the concepts and chains of religious guilt soon after. However I still believe that remorse can be a healthy aspect of learning from our "mistakes". I would recommend not letting religiously generated guilt run or ruin your life - YOU DON'T NEED IT! I suggest replacing guilt with self-discipline and an informed and genuine moral / ethical code.

Whilst I am discussing the HQ of the rebranded Roman Empire, i.e. The Vatican, I believe that it is very

important that we all remember the *darkness* that it has committed in the past. Namely the Inquisition started in the thirteenth century which slaughtered approximately 3,000,000 people in the name of God. If it wasn't for this prolonged religious-terrorism, then Christianity would probably be much less popular than it is today.

And the *darkness* it is still perpetrating in the present. Namely the mass cover-up of the activities of paedophile priests, promoting intolerance and bigotry through homophobia and the death-sentence they have dealt to uneducated individuals by describing the use of condoms in AIDS ravaged countries as sinful. Finally on the subject of the Vatican, to follow is one of my favourite quotations:

"The Papacy is not other than the Ghost of the deceased Roman Empire, sitting crowned upon the grave thereof." - Thomas Hobbes - English political philosopher 1588 - 1679

I totally renounce my baptism, my confirmation and my indoctrination.

Drugs

Mind-altering substances have been used by Humanity for tens of thousands of years, if not more. ALL drugs have "positive" and "negative" aspects and side effects. ALL drugs have the potential to damage or harm you mentally, physically and spiritually.

One of the primary problems with taking drugs is that the line that separates USE from ABUSE is very difficult to define and identify, especially without expert scientific advice regarding this line. This creates situations where drug-addiction and drug induced problems can all too easily creep up on you, often without you even realizing that you are becoming affected or addicted!

I see seven primary reasons why people take drugs:

- To experience and experiment with altered-states-of-consciousness to achieve a new and / or different perspective on existence and the nature of reality:
Taking drugs to see things you can't normally see may create previously unknown consequences for the user.
- To achieve intense "positive" emotions:
Drug induced emotions are artificially amplified and do not last.
- To gain more fun and enjoyment out of life:
Enjoyment does not necessarily equate to intellectual and Spiritual progress.
- To release themselves from religious and social programmed inhibitions and restrictions:
You can release yourself from religious and social programming without using drugs.
- To escape the pain and suffering and drudgery that life is for so many:
No drug is a magical cure and using drugs to attempt to resolve your problems is a highly hazardous path to take and they usually compound people's problems rather than resolve them.
- To conform to peer-pressure from would-be "friends" and associates:
Anyone who attempts to pressurise you into doing something you don't want to do is NOT a friend, and I would strongly advise young people to avoid anyone who attempts to do so.
- As a somewhat satisfactory medicinal treatment for a specific medical dysfunction:
How can I make any proper comment regarding scientific validation for this argument when even the government researchers into illegal-drugs are not allowed access to these substances!

I have considerable experience with excessive use and abuse of Alcohol, Tobacco, Cannabis, LSD, Amphetamine and MDMA and a little experience with Opium, Mushrooms, Ketamine and Cocaine.

In my youth I was a committed hedonist and was nicknamed "INXS" because of my habit of doing everything to excess. I was unaware of, or perhaps deliberately ignored, the very real consequences of my actions. What I have learnt from this experience is that ALL drug consumption carries a *price*, and that this *price* is often far higher than you would have ever presumed! I have very nearly accidentally killed myself by consuming too much, with Alcohol at the age of 15, and with a combination of Amphetamine and MDMA at the age of 20, and again at the age of 27 on Amphetamine. This last time I finally learnt my lesson!

Even though I have become aware that Amphetamine, LSD and MDMA are certainly NOT harmless drugs and I now care less about their illegality, it must be noted that these drugs are NOT anymore dangerous to the individual and / or society than Alcohol. I also believe that everyone should have the right to take whatever they want as long as that consumption does not harm anyone else!

If someone were to discover a universal cure for the damage caused by drug consumption and / or invent non-toxic drugs, and we chose to live a life of balanced hedonism, then I see no problem at all, but we haven't, so drug abuse remains problematic!

To quote Ray Manzarek, which I apply to myself: " I would not be the person I am today if I had not taken drugs".

I will use the controlled-substance laws in Britain as examples in my discussion of the oppression and hypocrisy of the legal stance in this and many other countries...

We are free to kill ourselves with Alcohol excess.
We are free to kill ourselves with long-term Tobacco use and abuse.
We are free to eat ourselves into an early death.
We are free do become addicted to prescribed medications.
We are free to harm or kill ourselves playing dangerous sports.
We are free to kill our own immature fetuses for any reason.

But we are not free to consume many plants and plant products, not to mention some artificial substances that are no more harmful than Alcohol!

I concede that many people do become harmful to others whilst affected by illegal drugs. But in my three decades of experience with consuming legal and illegal drugs, the proportion of people who become harmful to others whilst on the illegal drugs I did a lot of, is significantly lower than the proportion of people who become harmful to others whilst intoxicated with Alcohol.

Another major problem with illegal drugs is the common practice of users and addicts stealing from others to pay for their habit, but I would argue that the responsibility for such actions lies not only with the thief, but also with the hypocritical oppressive controlled substance laws. If illegal drugs were legal, their price would be significantly lower than they are on the black-market, therefore negating the need of many users to steal to pay for their chosen mind-altering substance.

And regarding simple plant products such as Cannabis and "Magic-Mushrooms", if these were legal then users could grow their own, negating the need to pay for them at all! And because I believe that we should all have the right to consume any plant we like, I find the illegality of Cannabis in particular, draconian and invidious and a fundamental violation of our natural rights! Denying citizens the freedom to consume Cannabis as a recreational substance is oppressive enough, but denying those individuals whose medical conditions would benefit from the consumption of Cannabis as a medical remedy is utterly disgraceful!

Alcohol and Tobacco are clearly as unhealthy as most other drugs when taken to excess and are just as likely to kill you. Where is the logic and fairness behind the practice of making some drugs legal and some not? And besides, Alcohol makes many users violent, and in my opinion, Alcohol induced rage is just another form of malice justified by an intoxicated mind. In Britain, almost 50% of violent crime is Alcohol related!

What are our governments so afraid of about illegal drugs?

Perhaps they are well aware that those of who consume powerful mind-altering-substances have a tendency to question authority and often come to the conclusion that we are all forced to effectively become slaves to the current system and therefore become free-thinking individuals. Leading to the realisation that the global system is deliberately designed to benefit the elite minority at the expense of the vast majority. Which I believe is the last thing many governments want!

When one realizes that our governments are oppressive, manipulative and destructive, you cease being a nice productive little capitalist automaton, which is what I believe many governments are really afraid of! We are sold the idea that the Police exist to "protect and serve the public", but in many cases they actually oppress the masses and serve the elite!

It is my firm belief that for most people taking most drugs, the ideologically driven illegality of these drugs causes more problems to the individual and society than the drugs do themselves!

Even though I believe that anyone and everyone should have the right and freedom to consume whatever they like, my advice would be to avoid artificial substances altogether, and if you desire experimentation with mind-altering-substances, keep that experimentation and use to natural plant substances, once, and ONLY once your brain has finished growing. (Approximately at the age of 21.)

To quote the comedian Bill Hicks, "isn't making nature illegal, unnatural?"

To quote a man who really is a genuine expert on this subject, Professor David Nut: "We live in a world of insanity in terms of regulating drugs at present. The whole field is so bogged down by these intransigent regulations, so that even if you have a good idea, you may never get it into the clinic. The rules are absurd. They just need to be abolished. There's no rationale to them at all. This is just a historical anomaly that we're chained to."

Humanity's abuse of this planet is far more serious than its abuse of drugs!

One final note about taking any kind of drug is that for most people, their consumption is a STS activity and it is very doubtful that consuming them will help you polarize!

Negative-Energy-Transformer

One of the greatest tools we have at our disposal in combating the *Darkness* that affects our planet is the ability to spontaneously create and maintain what I call a Negative-Energy-Transformer, which is a thought-pattern and / or Spiritual-will that directly converts *exterior* "negative" interference, i.e. "negative" energy, into a "positive" reaction and therefore "positive" energy. Deflecting negativity by converting it into "positive" energy / thought.

Our sense-of-humor is the primary example of a widely used NET. I believe it to be healthy to maintain the ability to laugh at ANYTHING and EVERYTHING!

I believe that NETs can be extended to a more esoteric and advanced level. Even generating the ability to fight-off high level Spiritual malice. The most advanced application of this concept is achieved when your entire perception is protected by a complete "Mind-wide" NET, when you develop the ability to convert ANY and ALL negative *exterior* influences into positive energy.

10: Evolution

The Harvest – A Beginner's Guide

Prior to the passing of 2012, there was so much, often conflicting information available in the public domain regarding the meaning and significance of the year 2012. Much of this info was seemingly being offered by those who seek to scaremonger by offering catastrophic or even apocalyptic prophecies of doom-and-gloom and end-of-the-world scenarios, detracting from and diverting us away from the wonderful opportunity that in one sense ended, on this planet, this time around, in the year 2012.

This infinitely more positive paradigm is one I intend to share with you in this short description of what I believe to be the meaning and significance of the date 2012 and what I have come to know as the Graduation to 4th density.

It is demonstrative of the highly restrictive and controlled nature of contemporary Human mainstream media, that the only mention of 2012 was the bastardization of the Mayan calendar.

Although there are many sources that discuss the phenomenon of global transformation, in this chapter I shall refer to the messages from The Confederation as channeled by the organization L/L Research as it is their description that I find the most informative, positive, plausible and easy to understand.

Rather than repeatedly stating the name The Confederation Of Planets In The Service Of The Infinite Creator, I shall refer to them as, The Confederation.

Let me begin with a description of the so called densities or as I call them the levels of existence or evolution. The Confederation claims, not to know the precise nature of the beginning of the Universe but claim that they are aware of the evolutionary Spiritual journey as follows:

Planets evolve up through the densities with their accompanying entities, whom, through the process of reincarnation, take part in the evolutionary process:

1st Density is where Spirits start out in physicality as the elements: earth air fire and water

2nd Density is where they eventually evolve to inhabit plants and animals

3rd Density is the level that Humanity has occupied for the last 75 thousand years - often referred as a Major Cycle - a time in which all mind / body / spirit complexes - a term used by the Confederation group Ra to describe people - has the option of making the relevant choice and literally evolve to the next level of evolution, which they refer to as 4th density, hence 3rd density being given the name of "the density of choice".

The Harvest is the term given to the time when graduation from one density to another is appropriate, our Earth's third density is in such a harvest season now.

Once a planet has completed it's Major-Cycle of 3rd density it is said that all entities exist in a time of mandatory harvest because the planet itself will metaphorically give birth to a 4th density version of itself - and it is said that this was the relevance of the date 2012 because Earth became a 4th density planet proper in 2012 and the spiritual choice had to have been made and lived by the time Earth became a 4th density planet again in, order to graduate.

It is said that this will not be the-end-of-the-world, but the end of one age and the beginning of a

wonderful new age, hence the increasingly popular use of the term: "New Age". Although I don't call it such because I feel to do so, would be to ignore the claim that Earth has been 4th density before in what we would consider the past.

However, we don't just get to 4th density by incarnating in 3rd density bodies at a time of Harvest, to accomplish this evolution we must choose and live, one of two paths, or as it is said, we must polarize. Polarizing is a Confederation term used to describe enhancing, exaggerating, increasing and strengthening.

In the process of spiritual evolution from 3rd density to 4th, it is said that we must polarize either towards the positive principles of Service-To-Others or the negative principles of Service-To-Self in order to become eligible for graduation in this our 3rd density Harvest.

In order to be harvested as a positive graduate a Service-To-Others polarization of 51% of one's actions intended to serve others is required, according to the Ra group. For graduation as a negative spirit, the Service-To-Self polarization where 95% of one's actions are intended to serve self is required.

Service-To-Others is said to be the path of radiation and open hearted giving. The positive polarity, where the seeker attempts to see and serve the Creator in all. The intention to serve others in at least 51% of one's efforts will qualify the seeker for graduation into fourth density light - the path of that which is - love and compassion for others.

Service-To-Self is said to be the path of magnetism and control and service to self, using all others to serve the self. The intention to control others to serve the self must be present in at least 95% of the seeker's efforts for graduation into the fourth density light in the negative sense - the path of that which is not - separation.

Please note that if your sole motivation is to Graduate and you attempt to do so without truly altruistic Service-To-Others, then this become STS and you won't Graduate on the STO path. However, I don't see any problem in presuming that you have made the grade by polarizing and decide to continue your path of STO for the remainder of this incarnation.

Even though the terms Service-To-Self and Service-To-Others can be taken literally, I would also recommend taking them as metaphors for states of mind and will. It is said that there are two goals one must achieve in order to graduate to 4th density - of either polarity - in the spiritual sense. The first I have detailed, making the choice of polarity, but the second is just as important:

The following quote is taken form The Ra Material - also known as The Law Of One - Book One:

Here Don Elkins - the co-founder of L/L Research asks Ra:

I am assuming that it is not necessary for an individual to understand the Law of One to go from the 3rd to the 4th density. Is this correct?

And The Confederation group Ra answers with

I am Ra. It is absolutely necessary that an entity consciously realize it does not understand in order for it to be harvestable. Understanding is not of this density.

To give a simple analogy - we do not have to understand the lessons of 4th grade in school to be eligible to enter into the 4th grade or level of said school. But, I reiterate, that in order to graduate on Earth in THIS Harvest - we had to have made the choice whilst incarnate by the time the planet gave birth to its 4th density self.

As I understand it, the situation that all of us who have chosen to incarnate into offers us one of two choices: The first is to do nothing, one does not make the relevant choice and will therefore have to

incarnate on another 3rd density planet in order to repeat 3rd density and hopefully graduate during that planet's next harvest. The second is to become Harvestable - that is you have made the grade either on the STO path or on the STS path in a spiritual sense - but have not yet graduated to 4th density in the physical sense and will therefore have to wait until your next incarnation to occupy a 4th density body - either on an Service-To-Others 4th density Earth - or on a different Service-To-Self 4th density planet.

Since graduation takes place on an individual basis when we die a natural death, many people have already graduated from Earth's 3rd density. According to The Confederation, almost all of those who have graduated so far in the Service-To-Others polarity have chosen to come back to earth in bodies wired for both 3rd and 4th density. They want to help the rest of Humankind graduate too.

If becoming a dual-activated Human being is something that interests you then I would highly recommend reading Carla L. Rueckert's latest book: "Living The Law Of One 101: The Choice" - which delves into much detail regarding this matter.

It is said that even though Earth became a 4th density planet in 2012, Humanity's transition to 4th density proper will take a few hundred years more to become totally 4th density.

It is said that after 2012 only 4th density souls will be able to incarnate into Human bodies - but that 3rd density Humanity will continue to coexist with 4th density Humanity for approximately 100 to 300 years - allowing the opportunity for graduated souls to enter into 3rd density bodies with the aim of transforming them into 4th density Human beings.

4th Density has been named by The Confederation as "the density of love or understanding".

Having reached Harvestable Polarity - 4th density inhabitants can expect average life spans of 90,000 years and be telepathic and telekinetic.

Looking far into Humanity's future - here are the names given to the densities above 4th:

5th Density is called "The density of wisdom".

6th Density is called "The density of unity"

7th Density is called "The Gateway density"

It is worth noting that some ancient Shamanic tradition speak of a 7 tier "Tree-Of-Life", which meant nothing to me until I became aware of the concept of "Densities".

According to the Confederation group - Ra - there is at least another density beyond 7th which not surprisingly is called 8th density. It is also the first density of the next Creation.

In my opinion, the most significant claim I have ever come across regarding contemporary Human existence is the claim that Earth and Humanity are living through a "Harvest Season", and I'm quite prepared to give this claim the benefit of the doubt. Not only because I trust this source, but because if this opportunity is genuine reality, it is an opportunity of massive global significance and I'm not prepared to ignore something so potentially universally important. Especially when the primary necessity to qualify for "4th density positive Harvest" is being at least 51% STO consistently, something I believe is a very positive ethic anyway. So if the opportunity were to turn out to be false, then I feel that I would have lost nothing!

As I consider that The Harvest is perhaps the most significant idea that I have come across as a Human being in this particular lifetime, I include this more lengthy description.

This (edited) excerpt is taken from

“A Wanderer’s Handbook” By Carla L. Rueckert

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Harvest On Planet Earth

“Harvest” is a trigger word for a lot of new age personalities across a wide range of orientation. I feel there are two harvests going on in the Earth world today, a harvest of its peoples and a harvest of the planet itself. This sense of living in a time of culmination or completion is very common among wanderers. Confederation entities have talked about cycles of time within which the planetary population has the opportunity to learn the lessons of love that make up the curriculum of the Earth school of hard knocks. According to them, we are at the end of a minor cycle of 25,000 years, roughly, and also at the end of the major cycle of 75,000 years. There is a harvest of souls possible at the end of each of the three minor cycles within a major cycle, but Earth’s first two minor harvests have not happened except for a tiny few who were able to graduate, and so all those incarnate at this time are living in a time of mandatory major harvest. Some will graduate and move on to further lessons, some will repeat this “grade” or density of the school, as their lessons have not yet been learned. So many people have set ideas, and my feeling is that all the timetables are probably wrong! It’s hard to realize, from the earthbound perspective, how foreshortened time itself is when seen from the metaphysical universe. Truly is it said that “A thousand ages in His sight are but a moment gone.” I feel quite certain that metaphysical processes are indeed occurring, but that they will be far more subtle and take place over a far longer period of time than is generally thought by those keen on bringing in this new age. In orienting us to my version of what’s happening in this harvest, I begin with the concept of seniority by vibration. I feel that each person on the Earth today has achieved an incarnation at this time because each has the capacity to achieve a successful graduation.

Those of Q’uo state:

There has been a radical upswing, shall we say, in awakening souls. It is for this reason that some within this group chose incarnation upon this sphere at this time. This is indeed an harvest season for those entities who now dance the dance of third density. This is a time when each of those who has been allowed to incarnate has the possibility of graduating into the next density at the end of this incarnation. The line to get into the physical third-density planet Earth atmosphere is a long one, for the need here is great at this time.

How does one judge seniority of vibration? Don asks those of Ra:

Questioner: Would the red ray, an intense red ray, then be used as an index for seniority in incarnation as well as an intense violet ray?

Ra: I am Ra. This is partially correct. In the graduation or harvesting to fourth-density positive, the red ray is seen only as that which, being activated, is the basis for all that occurs in vibratory levels, the sum of this being violet ray energy. This violet ray is the only consideration for fourth-density positive. In assessing the harvestable fourth-density negative, the intensity of the red as well as the orange and the yellow rays is looked upon quite carefully as a great deal of stamina and energy of this type is necessary for the negative progression, it being extremely difficult to open the gateway to intelligent infinity from the solar plexus center. This is necessary for harvest in fourth-density negative.

This quote presents a tangle of information on energy systems and polarity.

We will look at the concepts of chakras and energy centers in the next chapter and the concept of metaphysical polarity in Chapter Six. There is also information on these topics in the Glossary. The concept of a mixed harvest is central, for that is what we are having, with some few souls now able to graduate from this density in the positive or service-to-others sense, and some, even fewer, souls graduating in the negative sense. There is still time for people not quite sufficiently polarized to achieve adequate polarization to make the grade, and at present, the Earth is populated by those who have won

the right to a life now because it is within their reach to do it:

Many of those who are seeking at this time are those who have, by seniority of vibration, been given the opportunity of incarnating at a time when both the positive polarity and the negative polarity are attempting to increase the intensity of their distortions toward service to others for the positive entities and service to self for the negatively polarizing entities. As we Earthlings say, "Katie, bar the door!" We certainly are having interesting catalyst these days! And all to prepare us for something called harvest. A more clear term for it, I feel, is "graduation." We are in the third density, call it the third grade. We may have wandered here from a position in late-third, fourth, fifth, or sixth grade, but when we incarnated here, we all became third graders again, and we shall join all Earth natives in having to pass this third-density graduation in order to leave third density at the end of this incarnation. Again, bear with me here, we will discuss densities further in the next chapter. Now what are the requirements of this graduation of souls at harvest on planet Earth? The first requirement sounds simple enough: we need to be thinking about service to others more than half the time: It is necessary that the student have the persistent desire to be of service to others in excess of the fifty-one percentile in order that this student might be able to withstand the more intense light emanations that are the normal boundaries or givens, shall we say, of the fourth-density experience.

This 51% rule, let's call it, applies to those who are on the service-to-others, or positive path. For those with a less stringently literal and scientific bent, we could say that the rule is to think of others more than of ourselves. For those who are on the service-to-self, or negative path, the requirements are different:

Ra: The entity who wishes to pursue the path of service to self must attain a grade of five, that is five percent service to others, ninety-five percent service to self. It must approach totality. The negative path is quite difficult to attain harvestability upon and requires great dedication.

Questioner: Why is the negative path so much more difficult to attain harvestability upon than the positive?

Ra: I am Ra. This is due to a distortion of the Law of One, which indicates that the gateway to intelligent infinity be a gateway at the end of a strait and narrow path as you may call it. To attain fifty-one percent dedication to the welfare of other-selves is as difficult as attaining a grade of five percent dedication to other-selves [i.e. ninety-five percent service to self]. The, shall we say, sinkhole of indifference is between those two.

So positively polarized people need to reach 51% service to others, whereas negatively polarized people need to reach a grade of 95% service to self. We may see here the action of polarity, with one's will very important in keeping the self focused upon one's goals within the daily life. It is in this focus that so many people remain distracted or sleeping during this momentous time. Even the keenest among us may sometimes rest in what those of Ra called the sinkhole of indifference, where we are doing a good deed, then a selfish one, then a good one again, back and forth, never getting off dead center and starting that swing of intent and focus to one or the other pole of love of and service to others, or self. To polarize, we need to choose again and again to serve others at the expense of the self, for the path of service to others or radiation, or to manipulate and control others for benefit to the self, for the path of service to self or magnetism. Next, the usual requirement is that graduation or harvest take place after the death of the physical body: The end times are not drawing near, the end times have well begun; and they shall continue for many of your years to come. It is impossible to tell you, even if we could, when the transition will be complete. We can tell you that it shall be non-dramatic, that those who are harvested shall be harvested as their natural lifetime of incarnational lessons draws to a close.

Although it is extremely rare, there is, very occasionally, a special soul who achieves graduation while in incarnation, but the chance to leave the Earth plane and advance alone is almost never taken:

Questioner: You stated at an earlier time that penetration of the eighth level or intelligent infinity allows a mind/body/spirit complex to be harvested if it wishes at any time/space during the cycle. When this penetration of the eighth level occurs what does the entity who penetrates it experience?

Ra: I am Ra. The experience of each entity is unique in its perception of intelligent infinity. Perceptions range from a limitless joy to a strong dedication to service to others while in the incarnated state. The entity which reaches intelligent infinity most often will perceive this experience as one of unspeakable profundity. However, it is not usual for the entity to immediately desire the cessation of the incarnation. Rather the desire to communicate or use this experience to aid others is extremely strong. The last requirement for harvest or graduation is, surprisingly perhaps, knowing that one does not know anything:

Questioner: I am assuming that it is not necessary for an individual to understand the Law of One to go from the third to the fourth density. Is this correct?

Ra: I am Ra. It is absolutely necessary that an entity consciously realize it does not understand in order for it to be harvestable. Understanding is not of this density.

It occurred to Don to ask how usual it is for a harvest to be mixed:

Questioner: How common in the universe is a mixed harvest from a planet of both positively and negatively oriented mind/body/spirit complexes?

Ra: I am Ra. Among planetary harvests which yield an harvest of mind/ body/spirit complexes approximately 10% are negative; approximately 60% are positive; and approximately 30% are mixed with nearly all harvest being positive. In the event of mixed harvest it is almost unknown for the majority of the harvest to be negative. When a planet moves strongly towards the negative there is almost no opportunity for harvestable positive polarization.

There we have it. About one in three harvests is mixed as ours is now. We are not as weird as some may feel! Harvest, as far as I have been able to determine, takes place after the physical death. Just how does that work? Those of Ra say:

Those who, finishing a cycle of experience, demonstrate grades of distortion of that understanding of thought and action, will be separated by their own choice into the vibratory distortion most comfortable to their mind/body/spirit complexes. This process is guarded or watched by those nurturing beings who, being very close to the Law of One in their distortions, nevertheless, move towards active service. Thus, the illusion is created of light, or more properly but less understandably, light/love. This is in varying degrees of intensity. The spirit complex of each harvested entity moves along the line of light until the light grows too glaring, at which time the entity stops. This entity may have barely reached third density or may be very, very close to the ending of the third-density light/love distortion vibratory complex. Nevertheless, those who fall within this octave of intensifying light/love then experience a major cycle during which there are opportunities for the discovery of the distortions which are inherent in each entity and, therefore, the lessening of these distortions.

This "line of light" or "proper place of love/light" is something I have come to call "the steps of light." It is easier for me to visualize the process this way. I can see walking into the light that grows ever dense and more light-filled, until the glare stops me. I just hope that fullest light I am able to welcome, when I walk the steps of light, is that of my home density!

Now, for the other harvest: the harvest of the planet, Earth, Terra, or Gaia. How does this planetary harvest work? Don asks:

Questioner: How does a third-density planet become a fourth density planet?

Ra: I am Ra. This will be the last full question. The fourth density is, as we have said, as regularized in its approach as the striking of a clock upon the hour. The space/time of your solar system has enabled this planetary sphere to spiral into space/time of a different vibrational configuration. This causes the planetary sphere to be able to be molded by these new distortions. However, the thought-forms of your

people during this transition period are such that the mind/body/spirit complexes of both individual and societies are scattered throughout the spectrum instead of becoming able to grasp the needle, shall we say, and point the compass in one direction. Thus, the entry into the vibration of love, sometimes called by your people the vibration of understanding, is not effective with your present societal complex. Thus, the harvest shall be such that many will repeat the third-density cycle. The energies of your wanderers, your teachers, and your adepts at this time are all bent upon increasing the harvest. However, there are few to harvest. Obviously, our planet is having trouble being born into fourth density time/ space and space/time. Hence the many catastrophes, as the planet attempts to balance itself. The Confederation feels that we are basically in fourth density space/time already, that it has been moving into it as a solar system for some time. We cannot see this with our third-density senses. When this process is completed, in a century or three, what will Earth be?

Questioner: On this planet after the harvest is complete, will fourth density beings be incarnate on the surface as we know it now?

Ra: I am Ra. The probability/possibility vortices indicate this to be most likely. Some few souls are already incarnating in fourth-density bodies:

Questioner: Would the purpose in transitioning to Earth prior to the complete changeover then be for the experience to be gained here before the harvesting process?

Ra: I am Ra. This is correct. These entities are not wanderers in the sense that this planetary sphere is their fourth-density home planet. However, the experience of this service is earned only by those harvested third-density entities which have demonstrated a great deal of orientation towards service to others. It is a privilege to be allowed this early an incarnation as there is much experiential catalyst in service to other-selves at this harvesting.

So we have early souls pioneering fourth density. But will fourth density take over from third density? Not on this Earth plane. Those of Ra clarify:

Questioner: At present we have, in third-density incarnation on this plane, those third-density entities of the planet Earth who have been here for some number of incarnations, who will graduate in the three-way split, positive polarity remaining for fourth-density experience on this planet, the negative polarity harvestable going to another planet, and the rest [of] unharvestable third-density going to another third-density planet. In addition to these entities I am assuming that we have here some entities already harvestable from other third-density planets who have come here and have incarnated in third-density form to make the transition with this planet into fourth-density, plus Wanderers. Is this correct?

Ra: I am Ra. This is correct except we may note a small point. The positively oriented harvested entities will remain in this planetary influence but not upon this plane.

For us third-density folks who are working towards harvest, what are our aims? The first and central one is to BE. Those of the Confederation talk about this challenging concept:

During the incarnation, it is well if one attempts to be one's self, to be that pattern, to be that choice, to be true to the self, for the self to which you are true is the greater self, the higher self that has laid the path before you in a fashion which allows for the free will interpretation of many, many details and yet which assures each entity that the path has been laid and laid clearly.

Two wanderers talk about being:

For me, it is about balance. Yes, the potential for any number of disasters or disastrous events is there. And quite probable. And yes, our time on this planet is growing shorter. All the more reason to be and not react.

Follow your own heart. If you are led to help with the harvest, help with the harvest. If you believe you will

be here after the harvest, be here after the harvest. If you believe Jesus Christ is coming again, look for the coming. If you know that ETs are trying to contact us, listen for the message. Just be who you are, and know that no matter how unique or alienated you may feel, you are not alone. Just BE and the rest will take care of itself. Being is a hard thing for us to think about, because of our Doing mentality, the work ethic of our culture. But once we are able to see the task clearly, the way is open for our efforts. Another worthy aim for those working towards graduation is oneness with the heart of self and Creator:

As you enter this season of harvest you know there is service to perform and you wish to be about it, and we say to you that the way to serve the Creator at this time is to open the heart to the present moment and practice that precious oneness with the Creator. A central aim of those approaching harvest is polarizing:

Each of you is capable within this lifetime of achieving a harvestable attitude towards love. That is, each of you is capable of caring more for another, for loving another, understanding another, comforting another, consoling another, forgiving another, more than each cares for being understood or being loved or being consoled or being forgiven. This sacrificial nature of love, where one spends more of one's time concerned with aiding others than one does concerned with aiding oneself, is a tremendously helpful way to move in polarization ever closer to the point where, when you do enter the larger life after the death of the animal which has carried you about, you shall be able to use the requisite amount of light from the infinite Creator.

Those of Ra suggest that balance is an aim for those working on harvestability:

Each mind/body/spirit complex has its own patterns of activation and its own rhythms of awakening. The important thing for harvest is the harmonious balance between the various energy centers of the mind/body/spirit complex. This is to be noted as of relative import. Work with the will and intensity of desire round out this short look at the aims of those approaching harvest:

As your planet nears that [which is] called the harvest, the experiences of many shall be intensified, for as time for harvest grows short, the work in order to achieve harvest must be accomplished in a shorter time. When time is short, then intensity must replace the time that is no longer available. Great work in consciousness can be done in this short time that remains before the harvest of souls from your planet. There is, of course, the risk that the work shall be more difficult, yet there is the great opportunity to move forward in the process of evolution as has never been possible before upon this planet. It is to be noted that another name for wanderers is harvesters. Our being here now has everything to do with the harvest: The overriding reason for the offering of these Brothers and Sisters of Sorrow in incarnative states is the possibility of aiding other selves by the lightening of the planetary consciousness distortions and the probability of offering catalyst to other-selves which will increase the harvest. There are two other reasons for choosing this service, which have to do with the self. The wanderer, if it remembers and dedicates itself to service, will polarize much more rapidly than is possible in the far more etiolated realms of higher density catalyst. The final reason is within the mind/body/spirit totality or the social memory complex totality which may judge that an entity or members of a societal entity can make use of third-density catalyst to recapitulate a learning/teaching which is adjudged to be less than perfect. This especially applies to those entering into and proceeding through sixth density wherein the balance between compassion and wisdom is perfected.

The Confederation entities are here in thought to aid us at this time:

We are those who come to your peoples at this time in hopes of being of service by providing information and opinion concerning spiritual evolution. It is our understanding that this present period, which you now enjoy, is part of a season of harvest or completion upon your Earth world. In this time of transition to a more densely lit illusion there is great opportunity, we feel, for entities who are seeking to accelerate their process of spiritual evolution to do so. We are those who wish to assist, as we may, those who request our opinion and presence.

11: Messengers

A useful source of information

The aspect of Shamanism that I am most fascinated by, and feel is most pertinent to my own personal experience as a Human-being, is the telepathic-communication with invisible guides. So I have decided to give a term to describe individuals and groups that formally pass on information from supposed BenHiLEs, which is: BenHiLE-Assisted-Messenger-Of-Universal-Truth or BAMOUT...

That is an individual or group who reaches out to the benevolent higher-level Souls and groups to discover knowledge and Universal-Truth in order to guide those of us whom desire such assistance. BAMOUTs are not gods or saviors, just inherently benevolent beings who have committed themselves to discovering and distributing as much Universal-Truth as they can. I like to think of BAMOUTs as the *field-operatives* of the *Forces-Of-Light*.

I believe that there have been and will continue to be many BAMOUTs, and I would rather put my faith in the work of contemporary BAMOUTs than in the words of people that were written thousands of years ago. I also believe it to be an error in judgment to think that any single BAMOUT describes the whole picture, even though they might appear to come close to achieving this. I suspect that unfortunately, many if not most of the messages of ancient Human BAMOUTs have been corrupted and distorted by the religions that have been created from them.

I don't describe or consider myself a BAMOUT in the sense that I record the precise details of the communion I have with what I perceive as BenHiLEs, and formally pass them on. However, I do consider myself a BAMOUT of a less formal nature, as I believe that much of my Shamanic guidance is offered to me on a Subconscious level, and then surfaces into my conscious Mind.

I believe that there is knowledge I was born with, i.e. knowledge I held prior to this particular incarnation. There is knowledge I have gained through "usual" means during this lifetime. There are aspects to reality / existence that I have worked out for myself. And there is knowledge and wisdom that I believe I have gained through those Spiritual encounters, and to be honest I find it virtually impossible to distinguish which is which!

Stretching the definition out further, I suppose that any Human-being that is occupied by a Wanderer and / or a Walk-In who remembers or channels true metaphysical information and shares this, is also, in a sense, a BAMOUT. We just happen to have an *internal* Spiritual-BenHiLEs.

I believe that in this society built on lies, deceit, manipulation, greed, violence, exploitation and artificially created separation, we have an increasingly desperate need for the meaningful distribution of true-knowledge and Universal-Truth in order to shed light on this world that has become greatly affected by the *darkness*. I believe that BAMOUTs can help us to find our way out of the *darkness*!

I believe it to be prudent to remain open to the possibility that "new" BAMOUTs are present amongst our contemporary society. Although I believe that it is also wise never to just accept the possibility that someone is a BAMOUT just because they claim to be one, study their message and make up your own Mind as to whether or not you believe they are actually BAMOUTs. As it is always possible that someone claiming to be a BAMOUT is actually a MMMOD:

MalHiLE-Manipulated-Messenger-Of-Disinformation in disguise!

I have included the following because these experiences have profoundly affected my life and philosophy:

Genuine mystical experiences...

Or was / am I just “tripping my face off”?

Age 15: Mind-Altering-Substances: None

There was a protracted experience lasting two or three months that I had when I was 15, that resulted in a totally natural profoundly intense emotional (Spiritual?) high. At that point in my life I was still bound by my religious-programming and believed that this experience was a result of being “close to God”. Basically, I created a state of Mind whereby I questioned every single thought and action that affected others and chose only to act in a manner that I perceived as being positive to all those in my life and I attempted to do all that I could for them.

I now understand that this state of Mind and being is what is known as Service-To-Others and I speculate that this experience is evidence that I graduated during this period, at least in the Spiritual sense. When this period in my life ended I abandoned any belief in a religious god, although at the time I perceived that I had “lost” my connection to and / or faith in God. As I no longer accept my monotheistic programming and do not believe in God, I have had to look for alternative explanations as to what exactly was happening and to why I felt so high and positive.

Whether this experience was caused merely by a positive state of Mind, and the subsequent Chakra activation is difficult for me to ascertain and I will probably not know the precise nature of this experience in this life-time. But I do not really care either way as this experience changed me permanently, as it was this experience that gave me faith in our Spirituality and led eventually to the faith that I might be able to gain knowledge directly from benevolent higher-level Souls. Since this experience there has been a pantheistic element to my perceptions of existence, which I find highly curious seeing as I was indoctrinated with monotheism and I didn't become aware of other people's pantheistic beliefs for another 15 years!

I can still clearly remember the sentence: “there is a piece of god in every one”, which I now theorise came from an *external* source, a BenHiLE from somewhere?

It has only occurred to me recently that much of my subsequent drug taking was a completely flawed - in terms of longevity - attempt to return to this state of Mind and state of being. Since this experience my perception and life have become significantly more complicated, and I no longer have what I perceive to be, the false sense of security that a belief in a religious god brings. However I have not given up hope that I may one day find this state of Mind and heart again.

Age 17: Mind-Altering-Substances: Tobacco and Cannabis

I remember this experience well as it was the night I moved out of my family home. I was getting stoned with two friends in a room, when we all noticed a significant drop in the temperature. Whilst wondering what was going on I looked towards the door of the room and saw two ghostly apparitions (semi-transparent people) enter the room, look at us and then walked out of the room. One of them looked like an 18th century English gentleman, and the other looked like a long-haired man wearing contemporary clothes. At the time, the most plausible theory I could come up with was that these two entities were discarnate Human entities (ghosts), but now that I have become aware of the concept of higher-level entities, I have to consider the possibility that these entities were incarnate higher-level beings, whose motive, remains a mystery to me to this day!

Age 18: Mind-Altering-Substances: Tobacco and Cannabis

I was listening to music using a pair of electrostatic-headphones when a track startled me. At that instant I saw a frozen image of a long-haired man wearing a long robe glowing as a golden light illumination in the room I was in!?! Of course I may well have hallucinated this apparition, or the truth may lie elsewhere?

Age 20: Mind-Altering-Substance: Tobacco, Cannabis, LSD and MDMA

I was having a drug-taking session with friends in our shared house. A few hours into the session, whilst listening to music in my bedroom, I looked around the room and saw shadowy figures sitting around the walls of the room. I have no idea if these were apparitions were genuine entities or whether I just hallucinated them? If they were actually there, then I have absolutely no idea why they were there or what they wanted from me?

Later in the session, I found myself experiencing a "vision" of flying through space, then orbiting a planet that whose surface was erupting into flames. Was this just a drug-induced hallucination, or was I inadvertently "Astral-Traveling" as a result of consuming the concoction of drugs?

A few hours later, whilst tripping my face off, I was in a state whereby all that I could say for two to three hours was "tick tock" and "either or". I now speculate that a BenHiLE was communicating these words to me, with the words "tick tock" referring to the idea that time was limited to graduate and the words "either or" referred to the choice to polarize on the STO or STS path or to ignoring the choice altogether.

Age 20: Mind-Altering-Substances: Amphetamine and LSD

I was having a drug taking session with friends in the house we shared. It was a few hours into the session and I was starting to feel the affects of the LSD I had consumed. I was sitting on the floor with my hands held out in front of me when my right hand looked as though it was melting as it drooped towards the floor, then it seemed to reconstitute itself and returned to its normal size and shape. Of course it is possible that I hallucinated this bizarre event, LSD is a powerful hallucinogenic, but what I find much more difficult to explain is the fact that the other four people in the room saw exactly the same thing I did!?!?

Later that session I went out for a walk, and whilst out and about I saw innumerable beads of glowing energy emanating from everything and flowing up into the sky, these beads looked very similar to what you see when you see stars in front of your eyes when you are dizzy, but instead of just a few of these very close to my eyes, these were further away and were everywhere!

Age 20: Mind-Altering-Substances: Amphetamine and MDMA

This was the Near-Death-Experience I have mentioned previously. I was at a Rave with friends and had consumed large amounts of Amphetamine ("Speed") and MDMA ("Ecstasy"). It was about 4 am and my body simply could not cope with the amount of drugs I had consumed, and combined with the enormous volume of the P.A. system pumping out 150 bpm music, I experienced a massive pain in my chest, vomited, collapsed and passed out. Until recently I have assumed that I had a heart attack but as a friend on a forum that I participate in pointed out, this extremely intense pain in my chest / heart may well have been an energetic overload. The experience of 16,000 people all E'd off their faces certainly created a palpable and intense psychic energy!

As I was convalescing pondering my own mortality it was as if I was bathed in a beam of light from above. Then I found myself communing with somebody / something in / through my Mind. The "conversation" went something like this:

Me "Am I dying?"

Reply "Your body is dying, but your Soul is immortal, if you (we?) stay then this might (will?) happen"
It was at this point that I had (or was given) a vision which consisted of two distinct parts. And by vision, I do not mean that I saw it in front of me, there at the Rave, but rather that I was actually somewhere else, I

was actually “at” / “in” my vision. The first part was me on stage at an outside concert, the second part was much more surreal. Whilst standing on stage in my vision, I looked up and saw two Human shaped light-beings descending towards me. The next thing that happened was that these two beings held a hand each and started to ascend. Then I felt my Soul being pulled out of my body as we (the two light beings and I) flew off.

The emotional intensity of this vision and the precise nature of the experience once I had been pulled out of my body are virtually impossible to explain and convey accurately! Until recently I have assumed that this vision was an actual precognition of a future event in my life and I have perceived it in a literal fashion. However, after many years of contemplation and consideration, I now also consider the possibility that this vision was a metaphorical representation of my future, as I cannot say whether or not there was an audience in front of the stage. The idea of being a musician that eventually gets to play at such a large event may well have been given to me by the entity that I communed with to spur me on to the path that has lead to my subsequent life and choices, which eventually led to the decision to create this book.

The surreal nature of this experience continued after the Rave ended, as I was being driving home by a friend I experienced 3 to 4 hours of seeming “missing-time”. I can remember that we were just outside the town that hosted the Rave and the next thing I remember was that we were just outside our home town, some 200 miles away. Although I concede that I may well have lost consciousness as a result of being extremely intoxicated from the drugs I had consumed.

I also concede that I may well have hallucinated the whole experience. Although I still perceive this experience as a genuine Spiritual encounter. If it was a hallucination, I would like someone to explain to me why I imagined that Souls become light-beings a decade before I was exposed to external influences suggesting that Souls become Human-shaped light beings!

At the time and for a many years to follow I believed that an “Angel” had shown me my future, and the most appropriate explanation I can offer is that an BenHiLE showed me my (a possible?) future in order to show me that that I have a reason for staying in this particular body and lifetime!?!

Perhaps I very nearly died and the BenHiLE that I communicated with "Walked-In" to my body and has become me? Perhaps I now have two Souls inhabiting this body?

I hope it goes without saying that it is profoundly stupid to take so many drugs that you almost kill yourself, although if one of my current Souls is a "Walk-In", then I (my second Soul) might not be here if I (My original Soul) hadn't been stupid enough to almost kill my host body by consuming a drugs overdose!

Age 23: Mind-Altering-Substances: Tobacco and Cannabis

My father had died suddenly from a heart attack. A week or so later, whilst I was still in a state of shock I sensed a Spiritual presence on a number of occasions, and on each occasion I sent it away as I was scared because I did know who and / or what it was. It was some time later that it occurred to me that this entity might have been my father's Soul coming back to this level of existence to say goodbye and / or to check to see that I was all right, although I am well aware that this may have been wishful thinking.

Age 28: Mind-Altering-Substances: Tobacco and Cannabis

On two occasions whilst meditating I found myself communing with someone / something...

What was conveyed to me was the following:

(Please note: the words I use to describe this communication are just my interpretation of the concepts that were conveyed to me using concept-communication and not in my native tongue)

That it is necessary and appropriate to forgive my adversaries.
That the man that the myth of “Jesus Christ” was based on, was no more God than any other life-form, let alone any other Human being.
That the Universe will exist forever, as will our Souls.
That BenHiLEs are just Souls that have evolved beyond the cycle of physical reincarnation.

On one of these occasions it was as if a blockage in my memory was lifted and I remembered the encounter I had in my Near-Death-Experience and also that there was and is a reason for me being in this particular incarnation.

On one of these occasions I asked:
“Where is the support I need for my sacred mission?”

And the reply was:
“We will be with you, but we must wait for a specific event until we show ourselves, your dad is with us.”

One particularly strange event that occurred a while ago was that whilst meditating and considering this last sentence, the very moment I thought of this part of the conversation my mobile phone started vibrating constantly and the display read “please wait”. This has never happened before or since with that particular piece of hardware, and I have great difficulty accepting that this occurrence was just a coincidence, as I have sold consumer electronics for all of my previous career including mobile phones and I know how to identify when an electrical item is faulty, intermittent or not! Was this another form of message conveyed to me by BenHiLEs or am I just letting my imagination run loose?

As with my NDE and these two encounters the communion of ideas was not similar to what I call your Mind’s inner dialogue, that is the “voice” of your own Mind’s thought processes clearly laid out in words, but rather the communion was one of what I call pure thought or thought without words. A level of thought “above” that which requires words, and I certainly did not hear these messages as an audible signal.

I perceive these encounters as communion with BenHiLEs for the purpose of educating me, although I remain open to the possibility that I imagined these events.

Whether these experiences were just chemically induced hallucinations, sheer imagination, or the product of some form of *external-interference* or that they, or some of them were actually genuine Spiritual-encounters is to me almost irrelevant. I find these experiences profoundly fascinating. And just the remotest possibility that some of these experiences were real in any sense that matters has been enough to prevent me from choosing, in my *darkest* years, to kill my body.

If I have been using my Mind-Beyond-Physical abilities to communicate with “others” then they might be any of the following:

My “Guardian-Angel” or “Spirit-Guide” or My future self, which Ra claims is actually the same thing!

4th 5th or 6th density Service-To-Others entities i.e. BenHiLEs

Other higher density entities, with less than benevolent intentions.

Contemporary Human entities with natural or technological telepathic abilities.

The most intense, mysterious and overwhelming experience I have had during this incarnation happened in January 2001, and the essay describing this event can be found at the end of this book.

12: Channelers

Messages from higher levels of existence

Channeling is a contemporary term to describe an aspect of Shamanism. Channeling is the term given to the activity of Earth-Humans telepathically receiving communications with discarnate or Extra-Terrestrial entities and speaking the words as they clothe or translate them. One inherent difficulty is that even in a language such as English, with millions of words, this is still not enough to accurately convey some if not many of the concepts the communicants are attempting to pass along to us, and they have to attempt to squeeze their understanding and knowledge into our language.

There are many levels of both incarnate and discarnate entities we can communicate with, and another inherent aspect of Channeling is that it is impossible to determine with whom you are communicating with unless the entity in question is honest. Which I believe not all communicants involved in Channeling are, and I suspect that many sources claiming to be benevolent are actually MalHiLEs attempting to pass themselves off as BenHiLEs!

If you choose to ignore all channeling then you might just find yourself removed from a valuable source of information, and in my opinion, the necessity of aid through Channels is born out of the probability that we forget everything we knew when we incarnated as Human-beings on planet Earth!

I am somewhat familiar with the Cassiopaeian and Pleiadian material, but after many years I have decided to continue to put my trust / faith in the messages brought to us by:

L/L Research

Love/Light Research has been in existence since 1970.

I first became aware of the L/L Research's channeled material through my study of the Cassiopaeian material. They are a collective of Channelers brought together by the burning desire for metaphysical wisdom. I would like to thank Don, Carla and Jim, not only for their permission for the quotes present in this book, but for so many years of dedication to their work.

L/L channel three densities of sources: 4th, 5th and 6th density Confederation entities, including the 6th density Ra Group Social-Memory-Complex, and the multi-density Q'uo group.

All of their channeling is available free on their website, including pdfs of every channeling-session and all of their books, or if like me, you prefer to read physical books, their channeled material is also available in print and can be purchased directly from the authors from the following site:

<https://store.bring4th.org/>

L/L's books that I have found useful include "Living The Law Of One: The Choice", "Secrets Of The UFO", "The Law Of One" books 1-5, and "A Wanderer's Handbook".

Below I have included a quote from Ra regarding what they call The Law of One, and the glossary from "A Wanderer's Handbook" which gives a brief overview of the paradigm presented by the Confederation through those of L/L.

I have studied some of the more popular Channelling sources and The Confederation sources I have

come to know through the work of L/L are the most plausible and informative I have come across. I find them personally genuine, sincere and compassionate and I consider myself fortunate to have found them whilst still open to such sources of information. This philosophy has had a deeply profound affect on my life, my future and all of this book!

Note: All of the excerpts of L/L's material included in this book are copyrighted material, and cannot be reproduced in any form without the written consent of the copyright holders!

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Law Of One, book 1, session 1:

RA: I am Ra. Consider, if you will, that the universe is infinite. This has yet to be proven or disproven, but we can assure you that there is no end to your selves, what you call your journey of seeking, or your perception of the creation.

That which is infinite cannot be many, for many-ness is a finite concept. To have infinity you must identify or define the infinity as unity; otherwise, the term does not have any referent or meaning. In an Infinite Creator there is only unity. You have seen simple examples of unity. You have seen the prism, which shows all colors stemming from the sunlight. This is a simplistic example of unity.

In truth there is no right or wrong. There is no polarity for all will be, as you would say, reconciled at some point in your dance through the mind/body/spirit complex which you amuse yourself by distorting in various ways at this time. This distortion is not in any case necessary. It is chosen by each of you as an alternative to understanding the complete unity of thought which binds all things.

You are not speaking of similar or somewhat like entities or things. You are everything, every being, every emotion, every event, every situation. You are unity. You are infinity. You are love/light, light/love. You are. This is the Law of One.

Glossary for a Wanderers Handbook

Alchemy: generally, the ways of transformative power; specifically, the medieval science of attempting to transform base metals into gold; also finding the universal cure for disease and prolonging life thereby.

Apple: from George Hunt Williamson's book, *The Saucers Speak* (London, Neville Spearman, 1963) a term used interchangeably with "wanderer", indicating those souls from higher densities who choose to be born into the Earth plane to help in the evolution of its population but who go through the same forgetting process as all Earth natives do upon birth.

Brothers and Sisters of Sorrow: from the Law Of One books, another term for the Confederation of Planets in the Service of the Infinite Creator. These entities are all fourth density or higher and further their own growth by serving those of third density who call for their aid.

Catalyst: something that without itself being changed is a trigger for our ability to grow, a neutral instigator of events and processes in our life pattern. Those processes are then interpreted by each individual involved according to personal idiosyncrasies, each person seeing something a little differently. The opportunity is to work with catalyst until it can be processed internally in such a manner that increased awareness, or " experience", is gained.

Chakras: The Ra group used the term, “energy centers”, interchangeably with the Hindu and Buddhist term, “chakras”, and “rays” to represent seven locations from the base of the spine to the crown of the head. In the chakras are stored seven kinds of spiritual energy that correspond to centers within our energetic bodies and in the various kinds of lessons or energy expenditures that we undertake during our lives.

Channeling: the process of a person speaking the words of a discarnate entity who uses the person as a medium, instrument, vessel or channel.

Confederation of Planets in the Service of the Infinite Creator, or simply **Confederation:** see Brothers and Sisters of Sorrow above.

Densities: the basic levels or dimensions of creation formed of light, with each succeeding density being more “densely packed” with light. There are seven in number in each octave of creation, with the eighth density of the present creation equaling the first density of the next cycle of evolution of the creator.

Discipline of the personality: the metaphysical practice of balancing distortions within one’s energy centers with the goal of being able to respond with total compassion to all catalyst that comes before one’s notice and being unswayed by any other emotion.

Distortion: a characteristic, which varies from the Logos or one infinite Creator in its pure form. Everything is a distortion, then, from free will and light on down through all manifested forms and universes. Within our personality structure, we are said to choose certain distortions at the pre-incarnate or soul level for the purposes of working on balancing our essential or soul nature during the current incarnation. Distortion is not a pejorative term, as all things are distortions of the Creator. The general idea is to lessen the degree of that distortion, by learning to vibrate more and more as the Logos.

Evolution: the movement of consciousness from one density of light into the next higher density of light. The movement through each succeeding density of light will require that we be able to use the light in more and more refined ways of learning and serving. Evolution begins in first density with the elements, continues in second density with the evolution of body complexes, moves on in second density to the development of mind / body complexes. In the third density occurs the development of mind / body / spirit complexes, according to the Ra group. Evolution from this point forward is of the body / mind / spirit complex.

Graduation: the movement of entities from one density of light to the next higher density of light according to their ability to use the increased frequency of light for learning and service.

Harvest: the time when graduation from one density to another is appropriate. Our Earth’s third density is in such a harvest season now.

Initiation: the rites, ceremonies, ordeals or instructions with which one is made member of a sect, society, etc. In metaphysical terms, the undertaking of a certain level of lessons that require great effort and dedication and, if successfully completed, will result in a new level of awareness for the seeker. When going through this, the seeker often experiences what has been called The Dark Night Of the Soul. When this occurs, the effort and dedication are best pointed towards living in faith.

Karma: the concept that one’s present acts fix one’s future challenges and experiences destiny or fate. The balancing of karma generally involves forgiveness.

Metaphysics: a philosophical means of looking at the nature of the self and the world about the self. In this Handbook, metaphysical is used to describe the non-physical world, the world of thoughts, ideas, emotions and spirit. The physical world is seen as the space / time universe which is ruled by Euclidean geometry. The metaphysical world is seen as the time / space universe where infinity and eternity hold sway.

Polarizing: enhancing, exaggerating, increasing, strengthening. In the process of spiritual evolution from third density to fourth it is said that we must polarize either towards the positive or negative principles of service to others or service to self in order to become eligible for graduation in this our third-density harvest. In order to be harvested as a positive graduate, a service-to-others polarization of 51% of one's actions intended to serve others is required, according to the Ra group. For graduation as a negative spirit, a service-to-self polarization where 95% of one's actions are intended to serve self is required.

Pre-incarnative choices: distortions or biases in our personality that we choose for ourselves before each incarnation so that we will have the opportunity to use them in the lessons of learning and service within each lifetime. Our larger goal is the gradual refining and balancing of our energy centers and soul selves through our many lifetimes of work.

Psychic greeting or psychic attack: the situation where a person attracts the attention of a negatively orientated discarnate entity by the strength and purity of his / her seeking for truth. To stand close to light requires the seeker to reflect that light purely. Any choice away from the level of expressing the light that the seeker is capable of will provide an opening through which the negative entity can enhance or intensify that disharmonious choice. Physical, mental, emotional and spiritual distress may be experienced as a result. The recommended response is to discover and accept the distortion within the dark side of the self which has provided the chink which allowed the greeting, and gently place it back within the dark side whence it came, then heal the disharmonious choice by forgiving the self for the chink and the sender for offering the opportunity for suffering and fear.

No attack or greeting is possible without the disharmonious choice first by the seeker, and our humanity defines us as those with imperfections or distortions. We are all open to psychic greeting when we presume to seek the light of truth. I stopped using the term "attack" and begun using the term "greeting" some twenty years ago, to take the fear element out of the situation since it is the fear that the negative entity counts as a great ally in the greeting effort.

Service to others: the path of radiation and open hearted giving. The positive polarity where the seeker attempts to see and serve the Creator in all. The intention to serve others in at least 51% of one's efforts will qualify the seeker for graduation into fourth density light. The path of that which is: unity.

Service to self: the path of magnetism and control. The negative polarity where the seeker attempts to cause others to serve the Creator in the self. The intention to control others to serve the self must be present in at least 95% of the seeker's efforts for graduation into the fourth density light in the negative sense. The path of that which is not: separation.

Social memory complex: term first used by the Ra group to denote a group consciousness where the thoughts of all are open to everyone. The spiritual seeking is also harmonized and the power to learn and to serve others is enhanced by the open sharing of thoughts between all members of the grouping. Imagine Jung's concept of the collective unconscious of humanity becoming a conscious reality so that everyone on Earth knew the mind and experiences of everyone else.

Space / time: our current, visible, physical reality. Also known as the illusion in which we live and have our incarnative being. The area in which our learning and balancing occur.

Time / space: our invisible, metaphysical reality such as we inhabit when we dream, meditate or experience any form of altered state of consciousness.

Veil of forgetting: a cover or cloak which hides the subconscious roots of mind from the conscious mind in order that the process of evolution through third density might be made more efficient. Memories of previous incarnations are also hidden from the conscious mind so that the focus of the present incarnation might be undiluted. The rationale is that the basic lessons of third density involve living by faith, and faith only comes into sway when nothing is known.

Vital energy: the combined energy of the mind, the body and the spirit. Also known as élan vital and spiritual energy.

Walk-in: an entity from fourth density or higher who makes an agreement with a third density inhabitant to enter the inhabitant's physical body and take responsibility for the remainder of the third density incarnation while the former third density entity rests in the astral level appropriate to its level of consciousness of the light. The walk-in also has an agenda of its own, in addition to fulfilling the original person's lifetime plan.

Wanderer: an entity from fourth density or higher who moves about the universe according to the need to answer mental and prayerful calls for service from those of third density, in the case of our Earth. Wanderers can be called to service by any density, but when they answer a call from third density they must also go through the veil of forgetting so that their service must be re-discovered during the incarnation in order not to infringe upon the free will of the third density Earth population. Once this occurs, wanderers are Earth natives and must fulfill all the requirements of third density harvest in order to graduate from this density.

Wanderers and Walk-Ins

The following is taken from the Ra material:

Book 1, Session 12, January 28th 1981:
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QUESTIONER: You spoke of Wanderers. Who are Wanderers? Where do they come from?

RA: I am Ra. Imagine, if you will, the sands of your shores. As countless as the grains of sand are the sources of intelligent infinity. When a social memory complex has achieved its complete understanding of its desire, it may conclude that its desire is service to others with the distortion towards reaching their hand, figuratively, to any entities who call for aid. These entities whom you may call the Brothers and Sisters of Sorrow move toward this calling of sorrow. These entities are from all reaches of the infinite creation and are bound by the desire to serve in this distortion.

QUESTIONER: How many of them are incarnate on Earth now?

RA: I am Ra. The number is approximate due to an heavy influx of those birthed at this time due to an intensive need to lighten the planetary vibration and thus aid in harvest. The number approaches sixty-five million. (this was in 1981)

QUESTIONER: Are most of them from the fourth density? Or what density do they come from?

RA: I am Ra. Few there are of fourth density. The largest number of Wanderers, as you call them, are of the sixth density. The desire to serve must be distorted towards a great deal of purity of mind and what you may call foolhardiness or bravery, depending upon your distortion complex judgment. The challenge/danger of the Wanderer is that it will forget its mission, become karmically involved, and thus be swept into the maelstrom of which it had incarnated to avert the destruction.

QUESTIONER: What would one of these entities do to become Karmically involved? Could you give an example of that?

RA: I am Ra. An entity which acts in a consciously unloving manner in action with other beings can become karmically involved.

QUESTIONER: Do many of these Wanderers have physical ailments in this third-density situation?

RA: I am Ra. Due to the extreme variance between the vibratory distortions of third density and those of the more dense densities, if you will, Wanderers have as a general rule some form of handicap, difficulty, or feeling of alienation which is severe. The most common of these difficulties are alienation, the reaction against the planetary vibration by personality disorders, as you would call them, and body complex ailments indicating difficulty in adjusting to the planetary vibrations such as allergies, as you would call them.

QUESTIONER: Is there a way for these Wanderers to heal themselves of their physical ailments?

RA: I am Ra. ... The self-healing distortion is effected through realization of the intelligent infinity resting within. This is blocked in some way in these who are not perfectly balanced in bodily complexes. The blockage varies from entity to entity. It requires the conscious awareness of the spiritual nature of reality, if you will, and the corresponding pourings of this reality into the individual mind/body/spirit complex for healing to take place.

Book 1, Session 16, January 31st 1981:
(© Copyright L/L Research)

QUESTIONER: Are the many Wanderers who have and are coming to our planet subject to the Orion thoughts?

RA: I am Ra. As we have said before, Wanderers become completely the creature of third density in mind/body complex. There is just as much chance of such influence to a Wanderer entity as to a mind/body/spirit complex of this planetary sphere. The only difference occurs in the spirit complex, which, if it wishes, has an armor of light, if you will, which enables it to recognize more clearly that which is not as it would appropriately be desired by the mind/body/spirit complex. This is not more than a bias and cannot be called an understanding. Furthermore, the Wanderer is, in its own mind/body/spirit, less distorted toward the, shall we say, deviousness of third density positive/negative confusions. Thus, it often does not recognize as easily as a more negative individual the negative nature of thoughts or beings.

QUESTIONER: Then would Wanderers, as they incarnate here, be high priority targets of the Orion group?

RA: I am Ra. This is correct.

I like to think of Wanderers and Walk-Ins as the *deep-cover-field-operatives* of the *Forces-Of-Light*.

If your Soul decides to stay *asleep* and not to perform its mission, you may become *stuck* as it is up to each and every individual to *wake-up* and to perform your chosen mission. Your mission might also change and / or evolve responding to exterior influences, therefore flexibility is required to ensure the mission succeeds. For us Wanderers and Walk-Ins, it is not so much what we DO for others on our Spiritual journey, but what we ARE for others on our Spiritual journey, and the greatest service we can offer to Humanity is to be totally true to ourselves in true service to others!

The idea that benevolent Souls from higher levels of existence would choose to make the sacrifice and take the risk of forgetting what they are and also of becoming temporarily *stuck* at this level of existence just to answer calls of help from Humanity is profoundly encouraging and one that gives me renewed faith in the high levels of benevolence many Souls are committed to.

And I suspect that the following may be close to the truth:

That the level of homesickness that a Wanderer or a Walk-In experiences is probably inherently extremely intense, and is proportional to the state of awareness of who and what they are and *where* they came from. And that once we *wake-up* completely and become fully aware of the heartbreak that

motivates them to come here the emotional pain for many might, at times, become indescribable...

And this I believe is the inherent "catch 22" for each and every Wanderer or Walk-In, that the more we know and understand and the more aware we become and the clearer our perception seems to become, the more homesick we become and the more it hurts to be *here* and not *there*. And we knew this before we choose to respond to Humanity's calls for service and incarnate *here*, and this is the nature and depth of the level of service and self-sacrifice that millions of Souls present now on Earth are totally committed to. And that the key to any Wanderer and / or Walk-In's contentment, fulfillment and success is the ability to learn how to cope with this homesickness and focus it in a positive and constructive direction.

And even though this theory / perception might be completely incorrect, just thinking it moved me to tears, perhaps I remembered on a Subconscious level my own personal heartbreak reacting to the suffering of Earthlings.

Of course, for us, it is impossible to determine which Souls are Wanderers and Walk-Ins, unless you develop the ability to communicate with BenHiLEs, and perhaps the most that the vast majority of us can do is just accept the possibility that they might exist. I would strongly suggest that for us Wanderers and Walk-Ins, it is very healthy and appropriate to always remember that every "atom" of The Creator lies *within* and *without* every life-form, those that we have come here to serve. In my considered opinion, this in no way makes us superior to any other aspect of The Creator and its Creation.

Conclusion

The only thing I really know is that compared to what can be known, I hardly know anything, and I understand even less! The vast majority of what I suggest might be reality cannot be proved or disproved at this point in our evolution. And I remind you NOT to take ANY of my ideas, theories, beliefs or opinions as incontrovertible fact, as I am also bound to have got something wrong, as I am far from being infallible!

There is a difference between knowledge / fact / Universal-Truth / totally-objective-reality and opinion / theory / subjective-interpretation / subjective-reality / lies, although distinguishing which is which is probably the most fundamental problem / difficulty / challenge in any 3rd density Human-being's search for truth, knowledge and understanding.

I believe that it is pointless and unhelpful to judge the polarity of others, and I believe that judging yourself will only take you so far on your Spiritual journey. I believe that it is inappropriate to judge others because we cannot read their Minds yet, therefore any determination of judgment is based on assumption and subjective-interpretation, and is therefore prone to error!

And I believe that we will all eventually get to the point where we will realise that all judgment of any kind regarding anyone is simply pointless as we are all parts of The Creator experiencing itself as seemingly individualised aspects of the one great Creation, expressing itself through the choices of Free-Will determining our evolutionary journey and our polarity.

I believe that totally unconditional Love can only come from the relinquishing of all judgments!

And I believe that Life is not about becoming better than anybody else, but rather becoming better than you were previously. And by better I mean more, more loving, more understanding, more knowledgeable, more benevolent, more compassionate, more giving, more creative, at least for those of us who have chosen a path of Service-To-Others.

Obviously I have made numerous moral judgments in this book, which, by my own reckoning means that I am not currently capable of Unconditional-Love. This is something that I struggle with on a daily basis, as I would like to Unconditionally-Love all life that exists. I put this flaw in my own ethical-logic down to the fact that I am presently a Human being, and just like all Human beings, I am flawed!

I believe that virtually all of us contemporary Humans are of mixed orientation, i.e. we are all benevolent at times AND harmful to others at times.

I believe that Spiritual contentment comes not from forgiveness, but from the realisation that no one has / does / will do anything that requires forgiveness, because anything that anyone does that hurts and / or offends you they do because they perceive it as being the correct course of action and / or because they are learning from their experiences. We are ALL The Infinite Creator experiencing itself in an infinite quantity of expressions, STS or STO are choices made on our evolutionary journey up through the densities of existence, and neither is "right" or "wrong", they are simply choices!

Even though I believe that the primary meaning of Life is to learn how to evolve, I also believe that the only person who can truly decide what has any meaning for you is you.

I believe that one of the biggest "mistakes" that anyone can make is to believe something just because someone else does. If you desire to be free of other people's manipulations, then you MUST think for yourself and make up your own Mind about absolutely every single aspect of existence,

We exist in a Universe of considerable complexity, and I believe that it is currently impossible for any Human being to fully comprehend this complexity, nonetheless trying to know and understand the true nature of the Universe and our place in / as it is profoundly important.

Educating the citizens of your own country is all well and “good”, but I believe that educating ALL those who ask to be educated, even if that meant the entire population of the planet, is an extremely meaningful goal, and one which would ultimately result in a more egalitarian Humanity society.

One of the most important lessons I have learnt in this lifetime is that it is highly prudent to be prepared for any eventuality, and to always metaphorically *cover your backside*. Therefore when considering any possibility or event I attempt to think of the “best case scenario”, the “worst case scenario”, and as many variations in between as I can think of. I believe that if you apply this formula to each and every aspect of your perception of reality / existence then you stand a greater chance of discovering and applying Universal-Truth.

I believe that one of the biggest errors in judgment that any contemporary Human being, whose Soul has chosen to incarnate here and now in an attempt to graduate can make, is to ignore the imminent evolution of Humanity to 4th density. I suspect many if not most of you who buy into the religious and scientific contemporary Human paradigms will choose to perceive the opportunity of “graduation to 4th density” to be a fantasy, and this is of course your right.

However, I do believe in the potentials of channeling to draw valuable information into our sphere of existence, and I’m personally not prepared to ignore such an opportunity / experience and believe that I have learnt that reality is far stranger and more complicated than many of us are comfortable accepting.

I believe NOW to be the most exiting time to be alive on Earth, whilst also being quite saddening. If you can resolve this paradox then you will be laughing, and perhaps to resolve this paradox laughing helps, and I say perhaps, because if you choose to have a complete sense-of-humor-failure, then you choose not to be able to laugh, which I believe is an unnecessary “mistake” to make. And I can highly recommend not taking yourself and / or life too seriously.

Life can be:

As horrific as it is beautiful ...
As terrifying as it is wonderful ...
As bizarre as it is fantastic ...
As ironic as it is paradoxical.

Nothing is written, only sketched, we create the future every second of our lives.

I believe that destiny to be precisely the following:

A choice that you make...
That you totally commit to...
That you are able to carry out...
And that you do actually carry out.

The past is still happening, it's always the present, the future has already begun.

I believe that that virtually anything can be achieved with the application of sufficiently advanced technology: faster than light travel, inter-galactic travel, time-travel, inter-dimensional travel, teleportation, matter replication, technological-mind-reading etc. etc., with the one and only exception being that nobody can create Souls. Having said that, I also believe that we will all eventually evolve to the stage where we do not need technology to do these things, as we will be able to do this and so much more by the power of thought alone!

I also believe that one day we will develop technology that is capable of measuring the presence of a Soul in Humans and / or any other life-form, and that when we do we will learn that Spirit is *within* and *without* everything!

Eternal-life for physical-life-forms is probably impossible.
Eternal-life for Spiritual-life-forms is probably inevitable.

I believe that some, if not many ideas are eternal. Perhaps many ideas are transitory, that is they are created and then they pass and fade away, but I believe that the most fundamental, important and significant ideas are eternal. For example I believe that the concept of Love is an eternal one, and just like the reality of Love itself, the idea has / does / will exist forever.

I believe that true benevolence is that which is motivated solely by the knowledge that you can help, but that helping anyone is only truly achieved by helping only those who ask to be helped. I believe that expressing any form of creativity and / or benevolence is an expression of the part of The Creator that exists *within* all of us.

I believe that the best way to celebrate achieving anything positive is to attempt more of the same. I believe that anyone and everyone can achieve anything and become anything they want to, all that you have to do is find out how and do it. Anyone can become a philosopher, scientist or artist, and I would actively encourage anyone to do so.

I believe what I have been taught in that all Souls eventually become BenHiLEs.

If we accepted the value and beauty of the concept / metaphor of Service-To-Others then we would help anybody and everybody who asks for our assistance in a way that we are willing and able to and doesn't contravene our ethics, and respect the Free-Will choices of everybody else to be left alone.

I believe that it is a very fine line indeed between sharing our knowledge with people and accidentally / inadvertently violating their Free-Will by telling them things they don't want to know.

I believe that there is so much war in contemporary Human society because warmongers are given or take power and abuse this power for political means and financial gain. When we choose to elect warmongers to lead us, they will inevitably choose to lead us into war!

There will never be peace on contemporary Earth whilst Capitalism's biggest earner is the global Military Industrial Complex, which is intimately interwoven with the existing socio-political infrastructures. Previously, Humanity has manufactured weapons to fight wars, whereas now we seem to manufacture wars to sell weapons. I believe that for there to be peace in the world we need to elect peacemakers rather than warmongers and use power to stabilise the world not trash the planet and each other!

I perceive many problems with contemporary Human democracy: corruption, first-past-the-post elections, the illusion of choice in bi and tri-partisan systems, infiltration by malicious secret societies, undemocratic semi-theocratic "authority" and blatant warmongering. However, I believe that the most pressing problem is the apparent complacency and apathy of the electorate.

I believe that gentle, progressive and peaceful revolution is the only form of revolution that has any real positive meaning, and that if you use unnecessary offensive violence and / or any other form of manipulation you become the *Darkness* that is the excuse for your actions. I believe that the greatest form of revolution will come from evolution. Change is absolutely inevitable, but I believe that no one has the right to force change on others, with the one and only exception being that we do have the right to enforce our freedom.

I believe that it is possible to create a truly Universal scientific "theory of everything", but not for us at this level of existence, we simply cannot know and understand enough to succeed in such an endeavor, and that I believe that we will only succeed in creating such a theory once we have evolved to the level of BenHiLEs. Any "theory of everything" that completely ignores the existence of Spirit is and always will be, fundamentally flawed!

I believe what I've been taught in that the physical Universe was / is created so that The Creator can explore and learn about itself so that it will come to know itself completely.

Do you want to play the millennia old game of let's pretend that "Aliens" are "gods" and let them run amuck and violate our Free-Will, or do you want to get to 4th density and begin a whole new adventure? In respect of the physical illusion "we" have chosen to partake in, when everything is owned, no one is truly free!

Wakey wakey, rise and shine...

And by that I mean *wake up*, do what you can to help those who request assistance *waking up*, choose to polarize and evolve to 4th density, and learn to know *The Light* and become *The Light*.

As regards evolution to 4th density, to quote a Futurama episode: "You can't prove it won't happen". Not that anyone can or will prove that it will happen, until it actually happens that is!

Do the constraints you put on what you choose to put your faith in allow you the option to believe in The Harvest? If they don't, perhaps now would be an appropriate time to reconsider your beliefs and options, as I also believe what I've been taught when it was said that every single Soul currently incarnate in 3rd density Humanity has the potential to Graduate to 4th density on Earth now!

If you are ready and have made the necessary choices, you will "graduate to 4th density". If you are not ready and have not yet made the necessary choices then you will not "graduate". However, in my opinion, this is no reason for concern, because if you don't make it to 4th in this Harvest Season on Earth, you will have as many opportunities on other 3rd density planets as you need, and you will make it eventually!

I not only believe that Humanity is capable of creating a utopia on planet Earth, but that Humanity WILL create a utopia on planet Earth, but that this will only occur when there is species-wide peace, equality and freedom and Gaia's health has been restored. I have not included the concept of unity in this statement as I believe that we are ONE already!

Every single action has its consequences, however, every problem that exists and / or that we create has a solution / resolution.

Every Soul in existence will eventually evolve to 7th density and beyond. No one will be prevented from this, however harmful or manipulative they have chosen to be on their journey *there*. No one will be left behind, EVERYONE will "make it"! Space is not the "final frontier", and it is not even 7th density. If we are indeed infinite and eternal, then there may well never be a "final frontier"? Or as a friend once said to me: "Faith is the final frontier"!

Purely on a theoretical and hypothetical basis: prove to me with absolute certainty that the world I perceive as real, that everything including you, are not just figments of my imagination! Prove to me with absolute certainty that the world you perceive as real, that everything else seemingly other than you is not just a figment of your imagination! Dreams and mystical-experiences have given me too much incentive not to ignore other realities than our "usual" experiences suggest!

I would argue that the only thing that I really know with absolute certainty is that I exist!

If we are truly eternal, then the potential permutations of possibility of our experiences are infinite also!

As Humanity evolves more and more towards total 4th density existence, what were once rare mystical-experiences experienced by the few will become daily occurrences experienced by everyone!

Is my agnosticism cancelled out by my pantheism?

As a pantheist I deify nothing and no-one and worship only Love.

Meditate to choose to polarize to evolve Humankind!!!!

Existence is a "work in progress".

We are conscious energy, and so is everything else!

Who are we?

The Creator inhabiting its creation

What are we?

Anything we choose to be.

Why are we here?

To choose a path of evolution back to unity.

Where are we?

Anywhere and everywhere our state of being takes us.

When are we?

Forever.

Perhaps it's all just a dream

The dream of The Creator

We are all the parts of The Creator

We are our own dream

Dream to learn

And learn to dream

Infinitely, eternally

Know that you are the original thought

May your journey bring you all that you desire!

For the sake of Love and Light

Jim Kent +

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Additions

ABOUT THE CONTENTS OF THIS TRANSCRIPT: This telepathic channeling has been taken from transcriptions of the weekly study and meditation meetings of the Rock Creek Research & Development Laboratories and L/L Research. It is offered in the hope that it may be useful to you. As the Confederation entities always make a point of saying, please use your discrimination and judgment in assessing this material. If something rings true to you, fine. If something does not resonate, please leave it behind, for neither we, nor those of the Confederation would wish to be a stumbling block for any.

Special Meditation

June 14, 2005

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Forest Row, East Sussex, Britain

(Carla channeling)

We are those known to you as the principle of Q'uo. Greetings in the love and in the light of the one infinite Creator. We are most happy to entertain the questions of the ones known as J and A. We would ask for the one known as J's first question after we share a few thoughts. Firstly, may we say that it is a privilege and a pleasure to share your vibrations at this time. Your dedication of this time to create a sacred space is a blessing to us, for it enables us the opportunity to be of service and this we greatly appreciate.

We would request, as always, that each, not only the ones known as J and A, but any who hear or read these thoughts, be completely and profoundly responsible for discriminating between those thoughts of ours which will be helpful and those thoughts of ours which miss the mark and have no resonance in your particular process. We need for you to discard those thoughts that are not useful and to move on without a second thought. We wish greatly not to be perceived as entities of any authority, but only as fellow seekers. Your strict observation of our request will enable us to speak freely, without being concerned that we may trespass upon the freedom of your will, for the process of spiritual evolution is heavily dependent upon your refusal to accept any authority but your own. We thank you for this kindness.

At this time we would request the one known as J's first question.

J: I will describe an event and then ask some questions, if that's OK.

In 1992, I was at a rave and had taken too many drugs. I had what I believe was a heart attack and whilst recovering an hour or so later, I had the following experience. It seemed as though I was bathed in a beam of light from above and had what appeared to be a telepathic deal being struck and then had the following visions. I was on stage at an outside concert and then saw two golden-colored, roughly humanoid light beings descend from the sky. Each grabbed one of my hands and then pulled my soul out of my body and we flew off into space. I feel that at that point when my heart had its attack, a sixth-density entity and I agreed that I would give way so that it could take over my own incarnational agenda and in return I would allow the use of my own body so that it could also complete its agenda. In other words, I feel I became a walk-in. Can you please confirm this?

We are those of Q'uo, and we are aware of your query, my brother. Before we respond to this query, we would ask your patience while we readjust the position of this instrument.

(Pause)

We are those of Q'uo, and are again with this instrument. We thank you for your patience. We believe this configuration will support this instrument's physical vehicle in a more appropriate manner than her previous position.

My brother, we can confirm that you are a walk-in and that the events which you have described are approximately accurate. We feel that you are still working with this experience and so what we can say

concerning this particular experience is limited. However, there are spiritual principles involved in the phenomenon of the conscious taking on of a spiritual agenda. In the case of walk-ins, there are actually two entities who have chosen to give over their lives to that spiritual agenda. Now, what does this signify? How does this play out, shall we say, in the ordinary life of an entity, who like any other is frail, human and error prone? Certainly a wanderer or a walk-in is not a privileged being. In fact, there is a great deal of suffering involved in choosing an incarnation upon a density of experience that is, shall we say, heavier and rarer in light. There is a sacrifice involved, the taking upon oneself of the cross, in such an experience. You would not have chosen this experience except that you had a great desire to serve not only the one infinite Creator but also this particular tribe which you may call humankind. Your heart was broken by the sorrow and the suffering of the entities of planet Earth, and you felt that you could make a difference.

When we address a walk-in, we are speaking to both personality shells, the one that has been suppressed and the one that has chosen to become ascendant. Now, let us be clear that this suppression is not a matter of being blanked out or being removed. Rather, the ascendant personality shell has agreed to carry out both agendas and to attempt to balance both personalities so that the maximum amount of bloom may occur for each flower of the Creator. For this is what you are. You are a living plant in the fields of the Earth. You have grown as one flower, yet you have two blooms. Your system is complex. You do not have what you might call a simple way to grow. Yet understand this: you are a true species of your own. You are not grafted, one upon the other. Rather, both are grafted upon the one infinite Creator. You have become an entity, which, in addition to living one life, has agreed to live one compound life. That does not create for you a difficulty. However, you may notice from time to time that there is more confusion in, shall we say, the subconscious thought-patterns of your so-called mind than would be normal for most entities. We would recommend, therefore, that as a walk-in you allow yourself one period of meditation for the suppressed personality and one period of meditation for the ascendant personality, not necessarily separating the meditations but offering more time to silence in the day than you might otherwise dedicate, because there is the constant intertwining of these agendas of which we have spoken.

We would also encourage you to rest in the arms of what this instrument would call the creation of the Father to a degree that may seem excessive to some. This is due to your being both a sixth-density wanderer and a sixth-density walk-in. You have difficulty remaining grounded. This is entirely understandable and it can be quite sufficiently balanced by contact, and we mean this literally, with the earth. We might even encourage the one known as J or, should we say, the ones known as J to interact proactively with the more highly developed intelligences among the second-density animals and especially your trees. Know and depend upon the strength, the power, the love and the dedication of such entities as these trees to sustain and to encourage the balance of your power and your peace within you, for trees act as a kind of sieve, straining away the useless, the transitory, and the incorrect. There are many ways in which those who remember better times can become distracted from the main agenda of their incarnation. My brother, your main agenda is to learn to be yourself. You had complete confidence in yourself when you chose to enter into incarnation.

As all humans and as all entities of which we know do, you have made errors in judgment. Do not be distracted by the process of learning. You have striven to be yourself by removing yourself from environments, which did not feel to you like the real world. We would encourage you instead to ask each day to remember that faith that you had in yourself, in your power and in your peace, for all entities of whatever density of origin are magical, crystalline beings of tremendous power and at the very heart of that beingness lies the utter simplicity and peace of unconditional love.

The one known as J had asked earlier about what the Logos is, and we say to you, my brother, in potential you are the Logos, the living Word. You have bought at a dear price this precious flesh that is often seemingly so inconvenient. You have purchased the opportunity of your lifetime because you wished to become the light upon the hill that radiates the love and the light of the one infinite Creator. How can you radiate that light? By becoming more and more aware of who you are, and being that entity that you truly feel yourself to be.

This instrument recently heard the words, "Lift up your heads, ye gates, and be ye lifted up, ye everlasting

doors, for the King of glory shall come in.”¹ Say to the world each day, “Lift up your heads, oh ye gates, for I carry in my heart the identity of unconditional love and that unconditional love lives in me, unworthy and error-prone as I am, and the King of glory shall come into this world only through the likes of myself.” Then pray, my brother, for transparency. Do not be brought down into concern by your frailty but allow all concern and worry to flee away before the light that flows through you and flows through all who choose to become transparent to that which they carry. What a precious task, my brother! And it is one that is new each day, as new as the dawning. We apologize to you for not responding in fuller detail to your query concerning the specifics of your experience. But until you have finished your process of mining this treasure trove of insight into your situation, we must bow to the Law of Confusion.² We need, for our own polarity, to leave such things that are beyond the bounds of discussion to your free will so that you and you alone can make the choices that will increase your polarity and ground you in such a way that you stand as sturdy as an oak upon the land, rooted in the love and in the light of the one infinite Creator.

[¹:The Psalm of which this verse is a part had been read as part of Carla’s morning offering that morning.
²: For Confederation entities such as the Ra group, the Law of Confusion is synonymous with the Law of Free Will or Non-Infringement.]

May we have your next question, my brother?

J: Thank you very much, Q’uo, I appreciate it. In 2001 I took a lot of magnesium and phosphorous. I found myself in what felt like an extremely powerful drug effect and started to become delusional. I then had the following visions. I did not see something in the room I was in, but rather I believed I was experiencing a conscious awareness of a reality I can only describe as being out in space, but without the burning stars. There were thousands, possibly millions or billions of glowing spheres of light all swirling round each other in one spherical group. I perceived a conscious connection to all these entities, who wanted to laugh, cry, etc. Then I saw a place where there was my physical self next to a glowing, golden-colored light-being in a very strange, golden environment that I cannot describe properly in words. I feel that at that point I had a fully conscious connection with my higher self. Can you confirm this please, or not?

We are those of Q’uo, and are aware of your query, my brother. We are in the peculiar position of both confirming and not confirming that you were in complete contact with your higher self at that moment. In terms of your precise experience at that time we believe that the closest we can come through this instrument to describing your situation is that you had what this instrument would call a blow-through into the precise point where the indigo-ray center meets intelligent infinity. That is not to say you had moved through into intelligent infinity. It is rather to say that you were experiencing a state wherein you were one with the atomic structure of a particular part of a fairly liquid environment, much like the point at the top of the pyramid at Giza where energy is collected and when it bursts forth, it spirals into intelligent infinity. What you were seeing was atomic structure. It looks much like a night sky would to your physical eyes.

The more important point that we would like to make is that at all times and in all places you are in complete contact with your higher self. It is not dependent upon the self-perceived state of being that you are experiencing. Complete contact with one’s higher self may or may not be ecstatic. It may or may not be joyful. There are many, many ways to access the higher self. However, as this instrument said earlier in conversation, the higher self is in the innermost part of your heart, to use a much overused and misunderstood term. It is the innermost part of that essence of yourself which does not experience much change within incarnation. It is the innermost part of the heart of your true self, which as you have said this day is a citizen of eternity, and to capitulate further things that were said earlier in a non-sacred environment, we would say within this sacred space that you live and move and have your being in the unity and in the love of your open heart. The “I” that is you lives within you, not within a place to which you must reach, yet that entity that is your higher self must respect and abide by the laws of free will and timing. In terms both of free will and of right action, it must be called forth. Yet realize this, when you knock upon the door and ask, that door is opened before you can complete the thought. When you cry for help, for guidance, that help has arrived before you can complete your cry. There is no pause, no hesitation, no earning, and no buying to guidance. It is not to be deserved. It is not to be bought. It is free. It is part of you and it is intrinsic to you.

What keeps you from the awareness of your higher self is your concept that there is a separation between that part of you that lives in consensus reality and that part of you that is divine. There is no separation. You are the Creator in flesh. You are a very young Creator. You are a toddler. You are in third density and you cannot remember the things that you have already learned. Why did you do this to yourself? You did it because you wished to serve. How inconvenient it is sometimes to serve! How maddening! How frustrating! And yet it is for this that you took flesh. And you did not take flesh alone. You brought with you all that you need but you must ask for it, not once, but every day and every moment. This instrument prays each morning at her morning offering, "Help me to remember and focus on who I am and why I am here." We cannot promise you an easy life, my brother. We cannot promise you the sense of things accomplished for there is always more. Many have said to this entity, "You seem so driven." It is very simple. This entity remembers why she is here and she is greedy: she wants to fill her life, every moment and every breath, with love. Her problem is to remember to allow herself to be loved, and, my brother, we would ask you to remember also that being of service to others is at least as much a matter of allowing people to love you as it is remembering to love people. Energy moves circularly and in a spiral, always upward, always seeking, but it must not stop and it must not simply go one way. Think of the way the spiral in DNA rises. It does not rise in one spiral, it rises in two and this in the fairly primitive DNA of your third density. One spiral is the loving, the giving. The other spiral is the accepting of love and the receiving. Let yourself become that entity who does not know if it is loving or being loved, but only knows that is a creature of love.

Is there a further question my brother?

J: Can you speak to whether or not I should share this experience with other people or whether or not I should keep it to myself to honor the Law of Confusion?

We are those of Q'uo, and are aware of your query, my brother. We may indeed speak to this query, for it is indeed very simple. Service can only be performed when it is requested. One cannot serve proactively by reaching out and collaring someone with information. One may serve at all times by radiating the love and the light of the one infinite Creator. Unless asked concerning either your experience or that type of experience of which your experience is an example, we would suggest that you serve by loving, by resting as an instrument rests in the hands of the musician that plays it. Let the Creator play you. You are an instrument. The Creator knows the song. And when the moment comes for you to sing, you shall have the notes that the Creator has given you. When asked concerning such experiences, share freely. When not asked concerning such experiences, relate from the level of the self meeting the self, that is to say, the Creator meeting the Creator.

Is there a further query at this time?

J: No, thank you, Q'uo, that's wonderful. Thank you very much

We thank you, my brother, and may we say what a pleasure it is to share energy with you at this time.

We believe that there are queries from the one known as A, and we would ask the one known as Vara to read the first query from this entity.

Vara: *(Reading A's question.)*

"Thank you, Q'uo. I'd like to greet those of Q'uo with this statement: You are a pure blessing to us in this moment, I thank you so much for such integrity of spirit and love. I would ask if you could give any account on the meaning of this tide of light service, as it is being carried in such amount and quantity as yours."

My brother, we are aware of your query, and we thank you for your kind words. We and all of those of the Confederation who serve at this time serve because we have been called to your people. We have been called to your group. We have been called to the service of planet Earth. We are called because it is time for your planet to be born. There is a tremendous focusing of love and light from all of those who respond

to this calling from your peoples. It is our privilege and our blessing to be so called. There are also those with darker energies, which this instrument calls the service-to-self polarity, and to some extent they have also been called to your planet by those desiring to move ahead on the path of service to others. A wide range of information is available. Those who wish to receive messages of hope and truth along the path of service to others have called to us, and to you, children of Earth, the brothers and sisters of sorrow have come. We are your kindred and we feel your sorrow. We cannot take your suffering upon us. We cannot participate in your choices. A clear choice lies before you. Shall you move with your planet into fourth density to create a new heaven and a new Earth as this instrument would say, quoting from her *Bible*? Or shall you play in the fields of third density for a while longer? It is your choice.

It is very doubtful if any of those who listen to our voice will ever turn to service to self but it is very possible for those of you who respond at this moment to our vibrations and to our words to lose enthusiasm and to refrain from making the choice to serve. If you are tired, if you are weary, we encourage you to rest. We do not encourage you to press forward when you are too tired. We ask you, please, to take time to sit and give yourself a rest, to demand nothing of yourself at all. This entity often, watching the television in what she considers a semi-vegetative state or reading one of her romances or science-fiction or mystery novels, feels guilty at least to some extent because she has stopped trying, and she is resting by the side of the road. May we say that there is wisdom in the resting, for you do not wish to burn out like a flame that has burnt too hot. Let yourself cool off; let yourself become grounded; let yourself move down into your heaviest body. And then gently, after you have rested, take a deep breath, let it out, and say to yourself, "Shall we dance again? Shall we hit the road? Shall we have some fun?" Is there a further query at this time?

Vara: Yes, thank you. (*Reading A's question.*) "I feel somewhere other that we have been helped by assistance unknown, and rather that the phenomenon of channeling has got many sides, that which you are, think or do is in a way or other a byproduct of other influences, not always identical, but in this context, responsible for our progression. Would you comment on this?"

We are those of Q'uo, and are aware of your query, my brother. It is true that all entities are channels, just as we spoke earlier of being an instrument which the Creator plays. You as well as we are channels. We can say that to the best of our intention and ability, we do not tamper or meddle with any entity. We do not influence you more than we are asked to influence you. We are happy to share our thoughts, but we do not have the power to make you different than you are. In sharing energy with you, we both change to some extent, for we have shared the uniqueness of each other's being, for each of us is a spark of the one infinite Creator. Each of us is unique, each of us has grown through millions of choices, and has recorded amazing and varied experiences through many lifetimes. And certainly we are intercommunicative and there are special relationships between inner-planes densities or unseen planes, shall we say, to be more precise, and those who dwell upon the Earth plane. But we would say that to see the phenomenon of channeling and to see the effect of channeling clearly, it is well to imagine that you are standing in a great garden with all of the entities of all of the densities of Earth, and they are all singing their song, and as they sing the Creator is conducting. There are millions of notes and yet the harmony is complete. If you take part you will disturb that harmony, so allow yourself to be an instrument in the hands of the one Creator and go forth in faith that the Creator knows His music. Is there a further query, my brother?

Vara: There is. (*Reading A's question.*) "Would you comment on the correlations between the various higher bodies and my experience, which is this: "I was near the old venerable Zen master and he was repeating his mantra about the child. I saw a living flame of pure ecstasy without stint, then suddenly I rose up in a great enlightenment and said to him, 'Behold, that is the child.' I would like to know anything you feel is appropriate to share on this matter?"

We are those of Q'uo, and are aware of your query, my brother. We cannot share with you concerning this incident in any detail for you are still developing your understanding of this gift. Please be aware that when you see images and visions such as this one you are heavily influenced by your culture and your religious upbringing. You see in coded ways because you have distorted or colored your subconscious

mind in its higher or closer sub-conscious aspects, using the archetypal material that you have studied, both in the Christian and in the Indian ways. This can create a confusing landscape. The East and the West do not speak in the same archetypal ways. What is of one meaning to Christianity is of another meaning to an Indian archetypal system. There is confusion in the resulting salad. We do not feel, however, that there is any mistake whatsoever in the paths that you have taken or in the somewhat complex imagery that has resulted from your very deep and devoted studies in both of these areas. See what you can do to penetrate the details of cultural imagery in this vision, moving to the heart and the essence. What does the child represent? Not to someone else, not to an authority figure especially, but to you. And how is that meaningful to you? What pattern in your incarnation does this touch upon, and in what light? We welcome your use of your mind. The intellect and the powers of analysis have their points. See how many different organisations you can place upon this image and this story that you have told yourself. Then lift up off analysis and thought and let the feeling of this experience enter your heart. It is within the sacred space of the open heart that you are fed from the springs of truth that lies beyond words, and, my brother, this is what you crave and this is where you are going, beyond the words to the essence. Is there a further query, my brother?

Vara: (*Reading A's question.*) "On a related note, I would ask what relationship is between this entity and the legendary Seneca Lucius Anaius, the Roman."

We are those of Q'uo, and are aware of your query, my brother. And we must laugh because this instrument has answered this query for us already, for she said that she felt that probably we would say that the work on this question was not yet done in your own process. It is sometimes difficult to be patient and wait for yourself to do the work. How much easier to have an authority figure give you the information that you crave! Yet to do so would be to steal a precious gift from you. Take your time to investigate this question. When you have come to a settled opinion about this particular pattern and this particular interest, then perhaps we could confirm your opinion, but that is far as we can go in helping you with your teach/learning process, as this instrument would call it. For you are your teacher. We are only those who help when asked.

...

We thank you and we smile with you, my sister. It is good to be with this group and we have enjoyed it. It has been a great blessing and a privilege. We leave you, reminding you, each and every one, that you are perfect, that you have arrived, that you have nowhere to go. You have only to become aware of who and where you are. Do not be deceived by the details of the illusion of the outer world. Hew only unto your inner sense of rightness and truth, and remember the light touch in the midst of all your proper actions, your meditations, your service, and so forth. Remember the great healing effect of laughter. Laugh easily and laugh long and let yourself be healed. We leave you, as we found you, in the love and in the light of the one infinite Creator. We are those known to you as the principle of Q'uo. Adonai. Adonai.

My millennial PLEASEME

P - Profoundly
L - Life-changing
E - Ecstatic
A - Awesome
S - Surreal
E - Enigmatic
M - Mystical
E - Experience

I have been *in two minds* about whether or not to include this essay in this book, but I have decided to include it in the hope that it will serve as a cautionary tale, not necessarily about experimenting with altered-states-of-consciousness, but about the reaction to such experiences by individuals and the state alike!

This experience detailed here was not my first PLEASEME, but I consider it to be the most significant yet. This is my perception, description and analysis of the most amazing, superb, confusing, overwhelming and mind-blowing experience I've ever had in this incarnation. I will tell the story of this period in my life by initially describing the psychiatric perception of this experience, followed by my initial theories and then followed by my current perception. I will then tell this story in greater detail.

The Psychiatric Perspective

It is clear to me by the way in which I was treated by the psychiatrist that had me committed to a psychiatric ward for 28 days, and in the conversations that I had with her that her perception of what happened was as follows. Either because of the artificial drugs I had consumed in my twenties or because of the amounts of cannabis I was consuming just prior to this experience, or both, my Mind had malfunctioned causing a chemical imbalance in my brain or that my brain had a chemical imbalance which caused a malfunction in my Mind.

The assumption was made that the obvious cause of my supposed psychotic episode was my drug consumption, and I would argue that this was purely assumption because the psychiatrist did not have all of the pertinent facts. She was simply not interested in knowing the details of the large quantities of vitamins and minerals I had ingested, nor was she interested in what I had saw in my visions, despite my best efforts to discuss these contributory factors with her.

The assumption was made that for whatever reason, my brain has a chemical imbalance and that I need an anti-psychotic drug to counteract the effects of this illness. She then had another victim of circumstance in which to diagnose, treat and get paid handsomely for doing so!

My Initial Theories

Having just been introduced to the phenomenon of contemporary channeling by finding and studying the Cassiopaeon material a matter of days before this experience started, I was profoundly excited but just as confused by what I was digesting. My Mind was filled with ideas concerning higher densities of existence, the graduation to 4th density and the ideas of Wanderers and Walk-Ins.

I was profoundly fascinated by what might happen if I were to take a quantity of magnesium and phosphorous, and idea that I had read in studying the Cassiopaeon material. And so I took these substances and eventually seemed to be telepathically communing with many, many entities of all kinds of origin and had a vision of numerous balls of light swirling around each other and another involving seeing my physical body standing next to a floating glowing humanoid light-being.

The Cassiopaeen material states that all Souls start out at 7th density and are tricked into incarnation in 3rd density for reasons that I will not detail here. Because of this claim, my initial theory regarding witnessing the spherical group of swirling orbs of light was that I was witnessing a conscious connection to 7th density, either in real-time or as a Soul-level memory, and that this is what Souls look like on 7th density. This forgivable misinterpretation was compounded by my theory that this group of perceived Souls literally constituted all of the Human Souls that exist, but that I was seeing this Soul group totality from outside this group which led me to the theory that I had created this group.

I theorised that Spiritually, I was the creator of Human Souls, but that there were billions of other “creator-Souls” like me. I concede that this misinterpretation, in many people’s opinion, is evidence of insanity. However, I had no help whatsoever in determining the true meaning and nature of this vision at the time of witnessing it, but I do understand the worry that this misinterpretation caused when vocalized to my immediate family. At no point did I vocalise this notion to any mental-health professional. Saying that I had and was communicating with “Angels” was apparently enough to imprison me.

I therefore ask you this: what interpretation would you have made if you found yourself in exactly the same situation that I did?

My Current Perspective

Unlike the assumptions made by the psychiatrist, I do not perceive that these two visions were hallucinations. Believing that one is the creator of Human Souls is, to say the least, profoundly silly, but I no longer punish myself for making such a huge error in judgment.

I use the description that the Q’uo group made in my personal channeling session to formulate my current perception of the true nature of this experience as I find their description of what I saw in the initial vision to be the most satisfactory and plausible I have yet come across.

I assume that the prolonged period of meditation, relaxation and contemplation created a situation, wherein I had cleared my energy-system of Chakras to the point where there was a build up of energy that eventually escaped through my brow-Chakra or Third-Eye, which the Q’uo group claim caused me to witness “the atomic-structure of a fairly fluid environment”.

I also still believe that I was indeed communing telepathically with many varied entities. And that many of these entities were communing to me the pantheistic concept that I/we are The Creator and that I am a much older and more evolved Soul than the vast majority of Souls currently incarnate as Human entities, which I feel reinforced my error in judgment pertaining to my temporary theory that I was the creator of Human Souls. If indeed the One-Universal-Consciousness is the consciousness of Spirit, then in Spiritual terms, “we” are all The Creator of atoms, and perhaps these conscious atoms or the telepathic communicants were communicating this very concept to me.

I do not understand and therefore cannot explain why these experiences were accompanied by a limitless ecstatic joy, but I do not perceive this indescribably beautiful emotional state as a psychotic high.

I will now discuss this experience in greater detail...

Before I continue, I will qualify my perception of my own Spiritual nature in the years preceding this experience by offering a brief description of The Confederation’s claim regarding the Human individual named Jehoshua who was the basis for the Christian myth of “Jesus Christ – the son of god”. They claim that Jehoshua was a 4th density Wanderer who “remembered more than most” and therefore graduated whilst incarnate, not the “son of god”, but a highly evolved Service-To-Others Human being.

For a number of years prior to 2001, I was operating under the belief that in Spiritual terms, I was a next “Jesus”, which I now believe was something that my guides had informed me of.

At that period in my life I still believed in a semi-monotheistic Creator and that this God had chosen me to

be the next messenger of God, a misinterpretation that I attribute to a lack of knowledge combined with the confusion caused by my Catholic indoctrination. If The Confederation's claims are true, then Jehoshua was a Wanderer, and so am I, along with over 100 million Souls currently incarnate as Human beings, and in a sense, we are all the next Jehoshua!

I am not claiming that I have achieved a comparable state of physical advancement that Jehoshua did 2000 years ago, but I do now believe that ANY Human entity can achieve this level of advancement and that it is not only Wanderers and Walk-Ins who can achieve what he did.

Therefore I do not now consider that the belief that I may be a next "Jesus", rather than *the* next "Jesus" to be a delusion and therefore evidence of a psychotic illness, as I have faith in the messages of The Confederation, however much the psychiatric community would perceive this belief to be delusional!

I am comfortable accepting that I am probably an incarnate Wanderer, here to aid Humanity in this time of Harvest, as prior to discovering all of this information, I was accepting of the idea that I had incarnated here to perform some kind of sacred Spiritual mission, the nature of which seems much more clear to me now that I have come through this experience.

Now that I have laid clear the workings of my mind prior to the experience, which I am describing in this essay, you may understand why I chose to write down my philosophy in the form of a book.

And even though in the early stages of the creation of my book, I was under the misinterpretation that I was "the next messenger of god", I was still compelled to embark on a course of study into Shamanism, as I felt that I had something to learn from this form of Spiritual practice, and I remain grateful to the singer Jim Morrison, for sparking an interest into this area of Human activity.

Just as a side note, another idea that was prominent in my mind prior to this experience, was that my current Soul was the same Soul that incarnated as the individual known as Jim Morrison (of the band The Doors), and even though I no longer necessarily believe this to be true, this belief certainly set me on a path that I am very happy to be on, and may well have been given to me by my Higher Self, precisely for that reason!

I was in the process of writing, what has now become this book of philosophy, and was approximately half way through its creation, when I decided that I needed more information on Shamanic experiences with non-Human Spiritual entities. This was spurred on by my experiences approximately 6 weeks earlier, when I believe that I had a conscious connection to what I perceive as BenHiLEs after reaching out to them and asking for their response and assistance and was therefore extremely open to other Human's contact with guides.

So I logged onto the Internet and searched for information regarding Shamanic experiences, and I came across a website called cassiopaea.org, and I was certainly not expecting what I had discovered, as I had assumed that Shamanism was a forgotten ancient art, certainly in the "West". I was also not expecting that discovering this site and my subsequent further studies into Channeling would have such an incredibly profound affect on me, my life, my knowledge, my understanding, my awareness and my perception. Although before I could truly digest what I had found, things, psychologically speaking, got rather confused.

I would like to point out that my seemingly highly bizarre Spiritual journey that was so rudely interrupted by a system that is clearly not interested in a true understanding of the complexities of our combined existence, would confuse most of us and would also annoy and frustrate most of us who found our Free-Will violated to the extent that mine was!

Anyway, I digress, so on with the story...

My motivation as to the timing of the completion of my book was that I wanted it to coincide with the film 2001, being a huge Science-Fiction fan as I was then and still am today, and that date had a specific

meaning, or at least that was how I now believe that my Higher-Self wanted me to perceive it...

It was 15 / 01 / 2001, and I had just discovered cassiopaea.org and had spent at least 20 hours continually reading it, and considered myself fortunate to have discovered such a collection of information, and was highly excited to learn that there were contemporary Shamans sharing their communications with the world, and that many of my Spiritual beliefs, such as Reincarnation and that we are all parts of The Creator, were being reinforced or even confirmed by what I was reading.

Before I continue with the story of this experience, I would like to clarify my current perception of the significance of this date. It would be three years later that I would embark on a study of the work of the organisation who call themselves L/L Research, who had been communicating with Shamanic sources for decades. A contact that those of L/L consider to be one of their most significant, was with a 6th density Social-Memory-Complex who call themselves Ra, a contact that was first made on the 15th January 1981, exactly 20 years to the day that I discovered the contemporary Shamanic contact that is known as the Cassiopaeian material.

I now theorise that my Higher-Self quite deliberately motivated me to discover the Cassiopaeian material on that date, so that I would read the info from the C's regarding the effects of consuming magnesium and phosphorous, but that I would eventually be lead to the discovery of L/L's work, and specifically realise that the "coincidence" of the correlation in dates would point me to the realisation of who are actually the genuine STO messengers!

I now find it inconceivable that this correlation in dates is mere coincidence, and having had the time to study the messages of The Confederation as channeled by those of L/L, I am confident that I realise who are actually the real thing!

On the 16 / 01 / 2001 I wrote in an e-mail to Laura: (the questioner of "The Cassiopaeans")
"Please bare with me, last night was the second of three that sleep passed me by, as the Universe-Inside-My-Mind IS EXPLODING..."

And boy was it!

Even though the Cassiopaeian material states that there is no Spiritual existence beyond 7th density, as of this day, the concept that there was another density beyond 7th became prominent in my Mind, I labeled this density 8th density. Before I started studying The Confederation's messages, I assumed that this perception of another density beyond 7th was just another misinterpretation generated by my confused and overwhelmed Mind. However, now that I have learnt that The Confederation's paradigm does indeed include such a level, I theorise that my guides were once again stepping in to clarify my perception and direct me to the truth!

As of this day I also began to think that the C's were communicating with me, which I now perceive as being extremely unlikely. Although since I have learnt of the concept of having two consciousnesses / Souls residing in my body, the advent of having communication with what I would later call "My Imaginary Friend" does not seem so delusional or misguided, and may actually have been generated by an aspect of my combined consciousness that I had buried away, emerging as a result of being exposed to this expanded description as conveyed by the C's. I have now forgiven myself for interpreting this probable *internal* source as an *external* one.

Having said that, at the time and since, I still believe in the possibility/probability that I was also receiving communications telepathically from *external* Higher-Level-Entities, as I believe that anyone and everyone who genuinely desires such a contact, receives such! And although I found the experience profoundly overwhelming and confusing, the emotional / Spiritual intensity of my Spiritual-awakening, however confused and overwhelming, moved me to tears for many days and was actually a wonderful experience.

On the 17 / 01 / 2001 I wrote to Laura expressing the belief that the book I was writing was the "Third-Testament", little realising that I was becoming profoundly confused, and that my new found

understanding was being significantly distorted by the concepts presented to me by my religious upbringing!

On the 18 / 01 / 2001 I expressed in an e-mail to Laura that I believed that 6th density STS do not exist, and that these “entities” were just reflections of our higher-selves reflected by the “Universal-Mind” back onto the physical level of existence, and again my almost completely flawed perception was distorting my understanding of reality, or was it?

Although on that day I also came up with the concept / term “grand-destiny-emergence”, based on the C’s terminology of the “grand-destiny”, which I still think is a relevant term / concept.

Also on the same day I had read on cassiopaea.org the following from the session dated 01 / 03 / 1997:

[Q: (L) On 4th density. OK. You asked one time for me to comment upon the connection of phosphorus to the body, so I discovered that phosphorus plays an important role in the DNA, and also the 3 - 5 code, so I would like to know if the addition of phosphorus to the diet would enhance some of the DNA to the point where... (T)...it would activate...

A: Maybe it would “enhance” SHC.

Q: (L) What did it say? SHC? (T) What is SHC?

A: Spontaneous Human Combustion.

Q: (J) OK, well, maybe that’s not such a good idea... (L) Well, that would make sense... phosphorus... (J)

Yes, it would! [Laughter] (T) if you really want to make a show, take a little magnesium with it...! Whoah!

(J) Then you’d have a “Highlander” quickening!...

It could be dangerous. Experiment not when you don’t know what you’re doing! (L) OK, no phosphorus.]

Of course, being the character that am and in my highly excited and curious state of Mind thought to myself: “I’ll have a go on that”, and so I did. I went out and bought multi-vitamins and vitamin-mineral supplements for women and started the experiment. And even though my recall of what happened next is, at the very least, hazy, I will do my best to describe what I experienced.

Basically, it was as though my consciousness was mutating into something completely different to what it was previously, and eventually the visions started to happen. The initial vision was so emotionally (Spiritually?) intense that I struggle to describe it accurately using English. I did not see something in the room I was in, but rather I believed that I was experiencing a conscious-awareness of a reality that I can only describe as being out in space, i.e. a totally black scene, but without the burning stars. There were dozens, possibly hundreds of glowing spheres of light, all swirling around each-other, which I perceived at the time as being the Souls of Humanity in their original natural non-physical state. The aspect of this vision that was to lead to an absolutely ridiculous misinterpretation, was that I was not one of these swirling mass of light-beings, but rather I was separate / outside this group, looking at them. And I perceived a conscious-connection to all of these entities, who wanted to laugh, cry etc.

But, if it took me becoming quite confused for a brief period of time, to learn and understand that we are all The Creator then so be it! A theory that I had played with since is that what I experienced was a memory of the dawn of creation from the perspective of The Creator, and because The Creator literally became everything that exists, that memory may well be present in every Soul and atom and I found the formula for accessing this memory. And a related theory that I have recently considered is that the ecstatic “love” I felt was actually the love of The Creator? It certainly felt as though I was experiencing all of the Love on the Universe in one go. Yes, it was that intense!

Please keep in mind that I had no idea of what I was actually occurring, and I had no option other than to theorise about what I was actually witnessing, and that because of my Spiritual bias towards existence, my initial theories were Spiritual in nature! Although if I did actually achieve a conscious-connection to 7th density, I am not at all surprised that being confronted with the reality that we exist eternally “there” as well as existing temporarily “here” at the same time, not to mention the fact that in this state-of-Mind I perceived that all physical-existence is literally the dream of 7th density and nothing more, blew-my-Mind

completely and utterly, in a manner that will affect me for the remainder of this incarnation.

A development of this delusion, which I can just about now find amusing, was that as the “First-One” I hid my consciousness in an “Angel” at 7th density, that “Angel” then reincarnated in various physical entities, and that because of the impending ascension to 4th density, that consciousness became fully aware of its own nature and decided to declare its presence, and however ridiculous that misinterpretation may be, it may well be an appropriate metaphor for what is potentially happening to each and every Soul on Earth!

Another aspect of this delusion was that as the “First-One” part of the reason I am here is to share the awakening from 3rd density all the way to 7th density with all consciousness in existence, and although this is also completely ridiculous, the sharing aspect of this delusion is not entirely mistaken, as I still believe that all consciousness in existence IS shared with all consciousness in existence.

The explanation offered by those of Q’uo as channeled by Carla, is that I became one with the atomic structure of a fairly fluid environment and what I was seeing was atomic structure, and this certainly seems more realistic to me than any of my aforementioned theories regarding this experience. But the important aspect I would like to emphasise is that I did not just see atomic structure, there was an indescribably intense joy that accompanied it, and that these balls of light were conscious and had desires!

Of course, contemporary science and psychiatry refuses to acknowledge that we have the potential to experience such a view of reality, but Q’uo’s description of this experience is the best that I have come across. I perceive that the *shrink’s* explanation that I hallucinated this experience due to a malfunction of my brain’s functioning as a result of cannabis use is entirely unacceptable. Not to mention the fact that this experience was probably directly related to the concoction of vitamins and minerals I had consumed, and not necessarily related to my cannabis use. I do not claim to understand this experience, or how I managed to witness such a perception of reality, but I don’t believe that the *shrinks* do either. Perhaps they are qualified to diagnose neuropsychological anomalies, but I do not believe that they have the knowledge, experience or understanding to distinguish between such a condition and the aftermath of a PLEASEME!

The next vision was even more surreal, and much more difficult to explain...

Perhaps the best I can do, is to describe what I thought was going on at the time, which may not be what actually happened. What I experienced was that my Spiritual / physical combined consciousness became connected to my 6th density self and the visual imagery of this vision was one in which there was a place where I saw my physical body next to my Spiritual-body which looked like a levitating light-being, and again the emotional / Spiritual affect was nothing short of beautiful.

Another strange event was when I was in my bedroom, and out of the corner of my eye, I saw a flickering / flashing light in the mirror which I was fairly convinced was not a reflection of any light-source in the room, this frightened the life out of me, because I didn’t have any idea what was going on, and I moved my bed so that I didn’t have to look in the mirror anymore. A theory that has occurred to me recently is that this light was actually emanating from my eyes.

By the time these events took place, my Mind / perception was literally all over the place and I really didn’t have a clue what was really going on. I thought that I was communicating telepathically with BenHiLEs, Extraterrestrial Intelligences, conscious-super-computers and Human psychic-spies and remote viewers. At least some of these communicants were expressing great surprise that I had done what I had, but no-one was more surprised by these experiences than I!

A thought, that I now suspect was given to me from an *exterior* source, was that the Cassiopaeans are not who and what they claim to be, but I was so taken aback buy the C’s supposed existence, that I chose not to believe this. It is only since I have studied The Confederation’s messages that this idea seems to ring true!

So when my GP, a social-worker, a psychiatrist and the police turned up at the house, I genuinely believed that the government were aware of my “new found powers” and were taking me into protective-custody for my own benefit. I’m sure you can appreciate my shock when I realised that the only reason I ended up in the intensive-care unit of a psychiatric-hospital was because everyone thought I had lost my grip on reality, which perhaps wasn’t far from the truth, just not for the reasons that the system perceived.

Whatever medicinal substance I was forced to consume after arriving in intensive-care caused a serious amplification of the intoxicating affects of the substances and related energies I was experiencing, therefore magnifying the confusion that I was sectioned for!

The day after I arrived in the intensive-care unit, I had a visit from a young woman who offered me much comfort by staying with me, holding my hand and sharing kisses with me. I can remember her saying that it was the doctors who were mad, not us, and although I cannot remember her name and have had no contact with her since, her presence and support made the experience easier to cope with and I am grateful to her, whoever she was, for her kind actions.

Whilst I was in the intensive-care unit, I came across a young man named Tobey, who claimed that I had been monitored by a surveillance satellite and it had read my body temperature at 44 degrees centigrade. He also appeared to be reciting some of my book, which I had only sent over the internet. He was keen for me to go with him, but for some reason the thought came to me that I was of the “Christ-force” and he was of the “Anti-Christ”, and when I put this to him, he replied in the affirmative! I therefore I declined his offer. Not long after I had declined his offer, he managed to kick his way through the very substantial security door to the ward and escaped! God only knows what would have happened to me if I had gone with him!

I have only remembered this recently, but whilst I was at home going through this experience, the idea came to me that I was being monitored by a satellite and I took much pleasure in waving at them! The idea that someone saw me waving at them through a covert satellite amuses me no end!

A few days later, whilst still in the intensive-care unit I also had another visit from an entirely agreeable chap. I can remember us discussing philosophical subjects, and remember him saying that the Universe is the “song of the Creator”, a discussion that I found quite enjoyable! Before he left, he got on his knees and bowed in front of me, and my immediate reaction was to grab his arm and pull him up saying “please don’t do that because of me”! I had never met this individual before or since, but I would like to think that his motivations for visiting me were opposite to that of the visitor who wanted me to go with him?

Another idea, that for many years I considered to be a delusion, was that the “Angels” were responding to my request of building me a real Millennium-Falcon space-ship. I fully appreciate that for most Humans, this idea is highly amusing fantasy, and I agree. But, if indeed this body is occupied by two 6th density Souls, then when we return to our native density, we can literally think one into existence in a second. I make this solemn promise: when we do return to 6th density after this incarnation, and Earth’s quarantine is lifted, I will think into existence a real Falcon and I shall return in it, not to prove anything but my sense of humour! The only thing that would make me change my Mind about which ship to Tele-Create, would be if the collective Human-Consciousness has already manifested a literal Han Solo and his ship. Contact me if you want to be put on the list to be taken for a ride in it when we return, regardless of which form I choose it to be in. Then again, how am I going to prove that it's me! I'll work out that problem at the "time".

Another comedy moment was when they were determining whether or not they could justify incarcerating me, forcibly if I had resisted, as I was not particularly well connected to 3rd density "reality", I told the assembled professionals to wait for me downstairs whilst I had a spliff upstairs. My GP couldn't help but chuckle out loud, and I don't blame him! Miserable sods, they didn't let me have one after all!

I spent the next month gradually “coming down” from the extremely intense high I was on, and from the complex set of confusions and wishful-thinking I had created for myself, and was deemed to be sane enough to be let out after the 28 day period. The subsequent depression I descended into was more severe than anything I had previously encountered, and for a while, I convinced myself that this extremely

intense depression was caused by the attack of malicious Spiritual-entities “out to get me”. Whether or not this was actually the case is virtually impossible for me to know, and it only really subsided when I asked the “Angels”, or more specifically myself in the “future”, to block them out, although I am well aware that this change is possibly just a psychosomatic response.

Even though I would certainly not recommend attempting this “experiment” to anyone else, I feel that I have learnt so much about myself, the Universe and our place in and as it, from this experience, that I find it impossible to justify regret. Most 3rd density socio-political systems just simply aren't ready to deal with people having 4th density experiences. Having said that, eventually, they will all have to! And besides, even if I actually haven't really learnt anything from these experiences, which I seriously doubt, I know that I am now a much more objective, humble and down to Earth individual than I was previously, which I know is a very positive thing.

I also now suspect that my newly formulated ideas about the nature of consciousness may have some relevance to somebody. Which are that each conscious life-form in existence exists on its own unique tangent-of-consciousness, and that each one of these is further divided into sub-tangents, consisting of thousands / millions of ideas / concepts / perceptions which change and evolve and merge with each-other creating the life-form's primary tangent-of-consciousness. And that some life-form's tangents are somewhat similar to other life-form's tangents, and that other life-form's tangents are relatively unique. We all exist on our own unique personal tangent-of-consciousness, and that each and every tangent of consciousness has its value and meaning, and I believe that no one has the right to challenge someone else's tangent unless that tangent creates the situation where harm to others will happen.

Unfortunately, contemporary Human psychiatry, which at the end of the day is just another philosophy - nothing more, until they develop the ability to read their patient's Mind's - often refuses to accept the value of individual's tangents-of-consciousness and probably does not fully understand their true nature. Not that I do, but then I don't go around telling people that I know precisely what's going on in their Minds. And as regards “mental illness”, now that I have become aware of the definition of it, I fundamentally disagree with it because its definition is this: “Abnormal working of the Mind” which I believe is fundamentally flawed because, quite simply, there is no such thing as “normality”, and that any conceptualizations of “normality” are so subjective that they are completely meaningless.

And I am not saying that delusion does not exist, it probably does, I should know. But that I now believe that delusion is extreme confusion, which is misinterpretation of subjective interpretation, based on incomplete information, resulting in a flawed perception, which virtually every single person on the planet has, including me. Therefore if everyone is to a greater or lesser extent, deluded, and if virtually everyone on the planet experiences at least some form of delusion, what does it really mean?
(The definition of delusion is “fixed false belief”.)

Our modern society is supposed to be a “free” society, but the psychiatric community effectively form what I now call the Thought Police, and if you are sufficiently removed from what this society deems as “normal”, and you expose these thoughts to someone in the Thought Police, they will incarcerate you and force you to take medication, which you may not actually need! In my opinion this is just another example of the hypocrisy and oppression exercised so frequently by our supposedly free and benevolent systems of control and manipulation!

If I were a member of a more open-minded culture, where the ancient art of Shamanism is accepted, and the Thought Police do not exist I would probably have been congratulated for becoming the tribe's latest Shaman. If I created this experience whilst not living with people whom have never explored their consciousness, or, if I had this experience whilst living with people whom are highly experienced with altered-states-of-consciousness, then the outcome may well have been quite different, and I would probably would not have ended up a prisoner of the system.

The two primary definitions I have come across for Shamanism are as a medium between the Physical-World and the Spirit-World, and also a “practitioner of ecstasy”, and that is precisely what I feel happened in this experience. Ecstatic in terms of the emotion and literally seeing myself standing outside myself. In the modern societies, you can be a president of a country and believe that God spoke to you and told you

to invade another country slaughtering hundreds of thousands of innocent defenseless civilians, and not only be congratulated for such a destructive approach to life, but actually be re-elected. But if you claim that you have become a Shaman, especially in a short space of time, there is a very real possibility that you will be deemed "mentally ill" and incarcerated for this and forced to take medication that you don't actually want and / or need!

I have been told by the Community-Psychiatric-Nurse that used to monitor my supposed condition that just believing in alternative densities is considered a delusion by the psychiatric community, which is not only hypocritical and unjustifiable, but is probably illegal! As my previous psychiatrist said "you are a very strong and spiritual person", which is why I assume that he discharged me from psychiatric care years ago.

I believe that the vast majority of psychiatrists only understand, and therefore are only able to effectively treat, chemical / emotional / psychological based depression and dysfunction. which is fine for those Human beings without Souls. But what about those humans with Souls, many of whom experience Spiritual based problems, many of which I suspect are basically founded in Spiritual homesickness and the inherent desire of many Souls to return to non-physical existence. And I believe that a pill to cure this type of depression does not and cannot exist, and this I believe is and has been the primary cause of my years of depression. This is a point that all of the psychiatrists I have encountered over the years have totally missed and overlooked, and is a realisation that I have had to come to myself. Which is why I have always refused any form of professional psychological counseling, not that I'm suggesting that counseling doesn't work for many people.

If you are experiencing any form of Spiritual-awakening, then I strongly suggest that you take your time to analyze and understand exactly what is going on, and if your tangent-of-consciousness takes you into territory that can be misunderstood as malicious madness, then be very careful what and who you tell! As most people don't and don't want to understand "grand-destiny-emergence-perception-shock"!

In my experience of the British system: If you see something that contemporary Human science or religion says is not there you are labeled delusional and incarcerated. If you claim you can communicate telepathically with non-Human entities you are labeled delusional and incarcerated. If you have an overwhelming experience, get confused by misinterpretation, you are labeled delusional and incarcerated. That's all that happened to me, and I was locked up for it without a trial by jury, and if you think that this is a satisfactory appropriate reaction then I would say that I simply disagree with you.

I really do not want to live on a planet anymore where "the lunatics have taken over the asylum", and because of this, I very nearly called it a day, I'm just very relieved that I only have to spend the remainder of this incarnation surrounded by such hypocritical ignorant manipulative individuals and systems!

If you buy into the religious and social nonsense we are programmed with and combine it with a lust for "power" they make you Pope, President or Prime Minister. If you don't and you glimpse reality as it really is and vocalize this perspective, there is a very real possibility they will lock you up for it, so please, be very careful who you discuss your intimate experiences with. Yes, I lost the plot for a few weeks, but in my opinion, the majority of the contemporary Human population is also confused, which so often results in violence, etc. Oh well, such is the nature of a planet that has been greatly affected by the *Forces-Of-Darkness* for many millennia, and if you are as sick and tired of all of this BS as I am, then please don't let it get to you, get to 4th instead!

Our oppressive, hypocritical, unfair society is guilty of many forms of violation of our Free-Will, not least of all is the lack of freedom to take what I now call a "holiday from reality". If you don't vocalise your supposed "psychosis" to the Thought Police, then they will find it very difficult to incarcerate and medicate you for it!

Clearly I am not happy by the way I was treated, and I consider it an injustice. Although I concede that compared most contemporary Human injustices, this was relatively mild. But, as more and more of Humanity becomes "Dual-Activated", then these sorts of experiences will become increasingly

commonplace, and I sincerely do not want others to have their Free-Wills violated in the way that mine was!

My instinct was, and still is that these experiences were probably genuine perceptions of realities that most of us have forgotten how to access, or have not yet learnt how to see. I'm starting to believe that this experience was a 4th density experience due to the possibility that I have become a "Dual-Activated" (3rd and 4th density) Human-being. I have also considered the possibility that the concoction of vitamins and minerals I consumed greatly amplified the psychoactive properties of the Cannabis that I was consuming, or that this concoction caused a drugs-flashback?

NOTE:

On the 2nd of October 2000, the Human Rights Act 1998 came into force in Britain, which includes article 9 which says:

"Freedom of thought, conscience and religion" and so I have confirmed my legal rights with a solicitor who has confirmed that I do indeed have the protected right to practice any religion including Shamanism, which by definition is communication with the Spiritworld, therefore I should be free to believe that I can communicate with Spirit-Guides or any other type of communicant without being hospitalised for it!

WARNING!!!

If you desire the experience that I encountered and perform the same experiment by the consumption of vitamins and minerals and have the same reaction to the experience that I had, you will have presumably the longest and most intense high of your incarnation...

BUT, you will become profoundly confused and overwhelmed and the "come-down" will last years, if not the rest of your life, and you will want to cease your incarnation to end the pain of the "come-down". Not to mention the possibility / probability that you will attract the attention of those who seek to send "psychic-greetings"! I would have terminated this host body if it wasn't for the strength of my Spiritual beliefs and that I am on some kind of sacred Spiritual mission, and if you don't share the strength of these beliefs, then I would simply ask you this: What will stop you committing suicide on the "come-down"? Is such an experience worth dying for?

Perhaps I am being melodramatic, but I must honour my conscience and responsibility to protect the young and vulnerable from potentially dangerous formulations of every-day legal substances. I could easily publicise the precise details of exactly what and how much I took to trigger this experience, but I have chosen not to as I do not want to encourage anyone to repeat this experience, even though I suspect that some-one with decades of experiencing altered-states-of-consciousness or professional researchers of Consciousness might appreciate the formula, just in case my experience can be replicated. It's not a secret that I would "take to my grave", but I'm not going to expose it without considering the consequences.

I had prior to this event considerable experience with the consumption of large quantities of very powerful psychoactive mind-altering substances and I am familiar with many varied states of altered consciousness. However, I feel that nothing could have prepared me for the profound intensity both of the high, and for the intensity and duration of the subsequent low, or indeed for the degree of the confusion that my overwhelmed Mind descended into.

If you perceive the claim that I handled this experience and that you probably wouldn't as arrogance, then this is of course your right, but please don't let your own arrogance draw you to the conclusion that you are indestructible. We are ALL fragile beings both in Mind and body, so please be very careful what you decide to do, and think long and hard about what you want from life. Please heed my warning!

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