THE BOOK OF KNOWLEDGE

BY ANONYMOUS

"And in that time knowledge shall break forth and Love from The One shall be realized. Then many shall understand the Truth…" The One

Dear reader, I write this book because times are changing. Awareness is increasing rapidly. Every year, the powers at work in our world grow stronger, fighting for influence, both negative and positive. The knowledge contained within this book has long been available, but it has been hidden or ignored. The time for ignorance has come to an end. So, I write the truth. Please understand that the knowledge within this book is not theoretical. With enough practice and understanding, you can realize your true potential and see reality as it is…

This book contains the knowledge that the masses have waited for. The wonderful light, which has come into the world, is now being made known through this book.

The following is a quote from the Higher Realms which was received during a moment of holy connection with The One: *"Write a book, and Truth will guide you. The book will spread through the world. It will bring joy to many. The words contained within will be known by many during the coming Age."*

After receiving this message, I decided to immediately begin writing this book so that the task given to me could be accomplished. You are right now reading the book that will become the next "bible" in the coming Age. Its truths will touch your heart. If you feel a burning in your heart, or an ignition of Joy, understand that your thought-matrix has been altered by the words within. Your DNA has literally shifted to a higher phase. Please feel free to translate this book into other languages. Republish it! Spread it to the world! This is the Divine Will. It is inevitable. My reward is not money nor recognition, but rather seeing the Truth set my brothers and sisters free…every single one. One day, All shall read these words. I was also informed that a select number of people would be told about the coming of this book. If you have had any dream precognitions of an important book, or have found yourself thinking about a book of truth to come, this could be The One contacting you for the purpose of spreading this wonderful news. If so, please feel free to spread it to all, free of charge!

THIS BOOK IS FREE FOR ALL. In my studies, I learned from many sources, including various internet-based ones. Freely have I received…therefore, this truth is freely given. Furthermore, because this world has yet to fully transition out of its old system of operations, I have altered <u>some</u> material in order to hide certain identities and sources. Please remember, if you feel this book quotes information directly from your work, this was the will of The One. Pictures were taken from various website, without permission, in order to convey important principles. For those who find their stories or pictures contained within, please realize that you have been chosen to bring freedom to all people. The will of The One is behind this work. As such, no one can stop its publication.

I will not be detailing every secret of life in this book because The One has informed me that others are meant to reveal these secrets in the future. Also, I find that simply telling people about a fact will eventually teach them not seek to out the truth for themselves. People who are told too much, and not made to work, will take what they learn for granted. As such, some of the techniques are left out so you can discover them on your own. This is not a mental game I am playing here. Everything that you need to know in order to sustain self-evolution has been lavishly taught.

Also, if anyone claims to have written this book, please know that the author of this work will most likely never reveal his identity. If the author does decide to do so, it will be many years from now, when the world is more open to these truths. If the author reveals who he is, it will be with proof. He will display the powers described in this book. Anyone who can't do the things within is definitely NOT the author. I only give this warning because some might try to claim authorship and thus lead people away from the simple and direct Truth. The reason the author does not want to step forward at this time is because the information herein is somewhat touchy. Organizations, which currently work for our ego-system-government, would harm me if I revealed every secret that I know. (See next page)…

Chapter 1: Quiet-Mind Meditation

Rather than ramble on, I've decided to quickly and succinctly describe what I've learned through intense study and practice…. and then speak of some of my own personal experiences. The reason I've chosen this method is so that you, the reader, will be able to experience these things yourself, rather than just read about them. At first, you might be looking at these techniques and saying to yourself that they are nothing more than imagination. Let me assure you that imagination literally shapes and alters our universe. Whatever you imagine in your mind actually begins to happen on the physical dimension, because the only thing that exists is thought (physical reality is merely ultra-dense thought) and vibratory light… which can be controlled with practice. When the adept can control vibratory light, he can obtain miraculous power beyond current understanding.

Quiet-Mind Meditation: (This technique is utterly important for mediators who desire to take their power level beyond the low level the masses currently possess). Even if I do not specifically mention this technique in each chapter, ALWAYS perform it before the others.

This meditation decreases the noise and any troubling thoughts. It removes all outer and inner influences that are distracting. It is easy, and is incredibly important. Without mastering your thoughts, you will not go far with Meditations of Power. This meditation is the cornerstone for all others. It will be quite hard to master the sound of your thoughts, but keep at it. Once you reach pure quietness of mind, you will feel immense peace, and a sense of joy.

Try starting every meditation with the Quiet-Mind Meditation. But follow your heart, as this is more important.

Ok… so find a comfortable place, and stare at something in your direct view. Use an external object to focus on. Keep looking at this space. Now, steady your breath. Make sure to slow it down, but keep it rhythmic.

Close your eyes and focus your attention on the black inner screen. Listen to your surroundings. From here, work to push all thoughts aside until absolutely nothing but pure peace and quiet remain. Hold for as long as you can.

Now, this seems incredibly simple. You might be thinking, "How could this give me power?" I assure you that this is just the beginning. This is simply the first stepping stone.

One of my personal experiences with this meditation is as follows: *Sitting in a public place during the evening, I settled my mind. The facility lights nearby started flickering, once I reached a deep quiet state of mind and began breathing in energy (you will learn more about this in a following chapter). Next thing I know, I began hearing the thoughts of others, feeling their emotions and seeing their auras. Then, after a few more minutes, I opened my eyes. The world seemed pixilated, because I was beginning to see its true form---which is nothing but vibratory light. I then concentrated my calm awareness on a bag of trash nearby. In a moment, an opaque, white ball of energy flew out of my forehead and smacked the bag. It popped loudly. I also began seeing reds balls of energy float in my nearby vicinity.* (See next page…)

Chapter 2: Remote Viewing/Tele-Visualization

Remote Viewing/Tele-visualization is one of the most powerful skills you can learn. Personally, I prefer the latter term because it frees the subconscious mind from the already established militaristic connotations that have been energetically bound to the term "remote viewing". Unfortunately, military agencies have yet to fully grasp the Spiritual side of man, and as such often limit the creative, right-brained information gathering systems, which all humans are capable of, with left-brained "logical impairments" as I like to call them. Once you understand that You are unlimited, Tele-visualization shall become quite easy for you. And the mind clutter which often plagues Alpha-level remote viewing will dissipate.

The following is a technique I've used…to great affect. The first part exercises imagination. The second part strengthens your perception.

Part 1: Get comfortable, and then employ the Quiet-Mind Meditation. Once your thoughts are silent, close your eyes and visualize a forest. Listen to the noises that surround you. Visualize this scene as much as possible. VERY IMPORTANT: A highly effective technique for increasing visualization intensity is focusing your eyes, once they are closed, upward and inward. They should point toward the spot slightly above the middle of your eyebrows.

Imagine the sound of a river. Next, see the river and follow it downstream.

Walk until you reach a pool of water, covered in mist. The pool is surrounded by a large, grey stone wall, which is smooth. Small pockets of green, plant-life grow in many places. Listen to the sound of the pool as it bubbles.

Listen carefully, and then imagine the pool saying your name four times. After this, you are done.

At first, this may sound quite ridiculous…like daydreaming and nothing more. But what many fail to grasp is the level of detail that must be involved when practicing this technique. Keep practicing until it literally feels like you are physically where you are projecting your mind. At this point, you will have mastered this technique. This is immensely enjoyable because you can learn to literally project worlds which "feel" real.

Part 2: Now that you've developed intense imagination, you can expand upon this ability. Start by having a friend or family member place a random object in the center of an adjacent room. Make sure that you are not aware of the object. Use the Quiet-Mind Meditation and imagine yourself leaving your body and walking into the next room.

Try and guess what the object is.

After succeeding, attempt Tele-visualizing friends or family and then confirming what you see later. For instance, you can use this technique to view someone you know, and then call them and ask them what they are up to.

The possibilities of Tele-visualization are limitless. Once you become skilled, you can view many things, past, present and future. Because time doesn't exist, you are able to literally access unthinkable amounts of knowledge.

Ever wondered whether a conspiracy theory was true or not? You can find out. Because the time has come upon the world to reveal the deep secrets of reality, I will say that many things are not as they seem. However, for the sake of my health, I will not disclose everything. Some things are too dangerous to talk about openly. Learn these techniques, and all your questions will be answered. At the end of this book, I reveal many of the secrets I've discovered through this technique, though not all has been disclosed.

These pictures are examples of some things you might see while Tele-visualizing different planets, or alternate dimensions. (See next page…)

Chapter 3: The Human Body

In this chapter, you will learn about the important energy centers which exist in our bodies. They are known as Chakras. Most people are only aware of the seven major chakras, if that. This books offers extensive information, which should be absorbed slowly. Rushing through this material, especially if you are just learning about the energy body, can be quite overwhelming. However, there is much that is not mentioned within this book. The One has informed that as time goes on others will come who are greater and wiser than I. They will divulge this information when the day is right.

Below is a brief outline of the numerous chakras

3rd Dimension = Chakras 1-7

4th Dimension = Chakras 8-15

5th Dimension = Chakras 16-22

6th Dimension = 23-29

7th Dimension = 30-36

8th Dimension = 37-43

9th Dimension = 44-50

7 Major Chakras

Root/Base Chakra: The Root Chakra is the center of physical energy and vitality, which is located at the tailbone. It grants an individual the energy to succeed in business goals, and is the center of manifestations. In the ancient world, the Root Chakra has been associated with dragons.

When the Root Chakra energy is balanced, you will feel Centered, Grounded, Healthy, Fully Alive, Unlimited physical energy and can manifest abundance.

When excessive energy is present, you will be Egoistical, Domineering, Greedy and Sadistic. It can also affect your sex-drive.

Energy deficiency in this center creates a lack of confidence, and an inability to achieve goals. It also causes you to become suicidal. It can make you feel unlovable, uninterested in sex and masochistic. One of the problems with current religions is their constant emphasis on blocking personal desire for some supposed higher goal. Guilt and fear and suppression of desires can create energy blockages in this region, which are quite unhealthy.

Illnesses that result from an unbalanced Root Chakra include Drug addictions, anemia, cancer, arthritis, heart disease, gynecological problems, and even Aids and Herpes, though modern medicine has yet to understand why the Root Chakra would have an impact on this.

Sacral Chakra: The Sacral Chakra is about friendliness, creativity, sexuality, emotions and intuition on the gut level. It is located 1-2 inches below the navel, and slightly to the left side of the body. It is influenced by how are emotions were expressed or repressed during childhood. It is also the sexual center for women.

When the Sacral Chakra is balanced, you have these qualities: You are friendly and concerned for others. You have a sense of belonging. You are intuitive, clairsentient and possess a good sense of humor. Finally, you radiate warmth and compassion.

Excessive energy causes explosive emotional behavior, extreme ambition, and manipulative inclinations. It also causes you to be caught up in illusions, overindulgence, and the tendency to see people as sex objects, rather than partners.

Deficient energy creates the following: Timidity, fear so great it is immobilizing, over-sensitivity, self-negation, excessive guilt, clingy sexual/emotional energy, guilt about having sex, and the feeling that you are being abused. It can also make you frigid and impotent.

Solar Plexus Chakra: The Solar Plexus Chakra is located in the belly and this center for personal power. When the Solar Plexus is open it means you have found what gives you pleasure and makes you feel fulfilled. One way to discover your gift is to consider what you most enjoyed doing when you were a child, as these were, and still are, your natural inclinations.

When the energy of this chakra is balanced, you become outgoing, cheerful, self-respecting, respectful of other, skillful, intelligent, relaxed, spontaneous, expressive, willing to take on new challenges and enjoy physical activities and good food. You will also posses a strong sense of personal power.

Excessive energy creates a judgmental outlook, obsession with work, perfectionism, over-intellectualism, sexual inhibition, and the inability to show emotion or warmth.

Deficient energy creates depression, a lack of confidence, worry about what other are thinking, confusion, poor digestion, fear of being alone, sexual insecurity, a need of constant reassurance, jealously and distrustfulness.

The illnesses that can result from being unbalanced are food allergies, digestion difficulties, liver damage, diabetes, gall stones, muscle cramps, spasms, depression and difficulty breathing.

Heart Chakra: The Heart Chakra is located at the center of the chest. It is the center of compassion. When the heart is open, you transcend the limits of your bubble-reality. You begin to care about causes, and Love, like saving the planet, helping others, and being kind. This is one of my favorite chakras personally.

When the energy of this chakra is balanced, you feel compassion, empathy and a care for humanitarian causes. You also see the good in everyone. You have a desire to nurture others. You are friendly, outgoing, in touch with your feelings, able to fall in love. You will also find yourself unable to wait for the right partner.

Excessive energy can make you demanding, critical, possessive, moody, melodramatic, manic-depressive and abusive with money or sex. You will be tempted to use conditional love to

control others. An example for this is the following: You might say, “I love you if…” or “If you really love me, you will…” etc, etc…

Deficient energy creates paranoia, self-pity, indecision, the fear of letting go and being free, the impression that you are unworthy of love and the inability to reach out to others. You will also be terrified of rejection and in need of constant reassurance.

Illness which result from unbalanced energy include heart pain, heart attack, high blood pressure, negativity, fatigue, difficulty breathing, tension, insomnia, anger, paranoia and cancer.

Throat Chakra: The Throat Chakra is the center for communication. When this center is open, you will have a powerful desire to talk about what you are feeling. When you do this, some of your old friends will fall away, but your true friends will always be there. Do not ignore working with this chakra out of fear of what it may bring.

When the energy is balanced in this center, you feel contented, centered, able to live in the present and artistic. You will also posses a good sense of timing, a skill at speaking, and the ability to mediate and experience Divine Energy.

Problems from excessive energy are arrogance, self-righteousness and long-windedness. You will be dogmatic, addictive, sexually macho, undiscerning and able to get along only with people who are easily dominated.

Deficient energy causes timidity, excessive silence, inconsistency, unreliability, weakness, an inability to express thoughts, deviousness, manipulative habits, and conflict with your religious upbringing. You may also be afraid of sex.

Illnesses and troubles caused by this unbalance are speech impairments, such as stuttering, unwise use of knowledge, lack of discernment, and immune system difficulties.

Third Eye Chakra: The Third Eye chakra is the center of psychic power and higher intuition. You can receive guidance, channeling and tune into your Godself. This is the center that enables you to experience telepathy and astral travel.

When this energy center is balanced, you are charismatic, able to accept guidance, not attached to material things, unafraid of death and sexually independent---by this I mean that you will not feel the need to have a partner. You will be a master of yourself.

Excessive energy prompts pride, religious dogma and an authoritarian personality. You will also be an egomaniac.

Deficiency in this chakra creates schizophrenia (the inability to distinguish between the Egoself and the Godself), lack of discipline, unassertiveness and a fear of success.

Illnesses with result from imbalance are confusion, mental handicaps, bad eyesight, lack of clarity and psychic exhaustion.

Crown Chakra: The Crown Chakra is located at the top of your head and is responsible for connecting you to the higher realms.

When the energy of this chakra is balanced you can perform miracles, transcend the laws of nature and access limitless powers of the mind.

Excessive energy creates a constant sense of frustration, unrealized power and

depression. You might get migraine headaches. You might also feel unusually distant from those around you, though every once in a while, you will feel a burst of uncontrollable passion.

Deficient energy in this center makes you joyless, catatonic and unable to make decisions.

Illnesses which come from an unbalanced Crown Chakra are stress, worry, hysteria, headaches and depression.

Dan Tiens

In this section, you will learn about Dan Tiens, the spiritual chakras. The Dan Tiens are to the soul what the seven main chakras are to the physical body. As we ascend into spirit form, it is these centers that become our lower centers. As time passes, this will start to make more sense to you.

God's Head Chakra: The God's head is also known as the Higher-Self. It is comprised various points which reside above the head. The first point is located to the left of the head. This is known as the Wisdom Center of our spiritual being. A bit higher, and on the right side of the head, you have what is called the Activity Center. Next is the main aspect of the God's head. It is located 15 inches above the head, and looks like a golden orb of light.

Soul Star Chakra: Next is the Soul Star Chakra, which also links to the Core Star Chakra on the physical body. The Soul Star Chakra is located about 6 inches above the head.

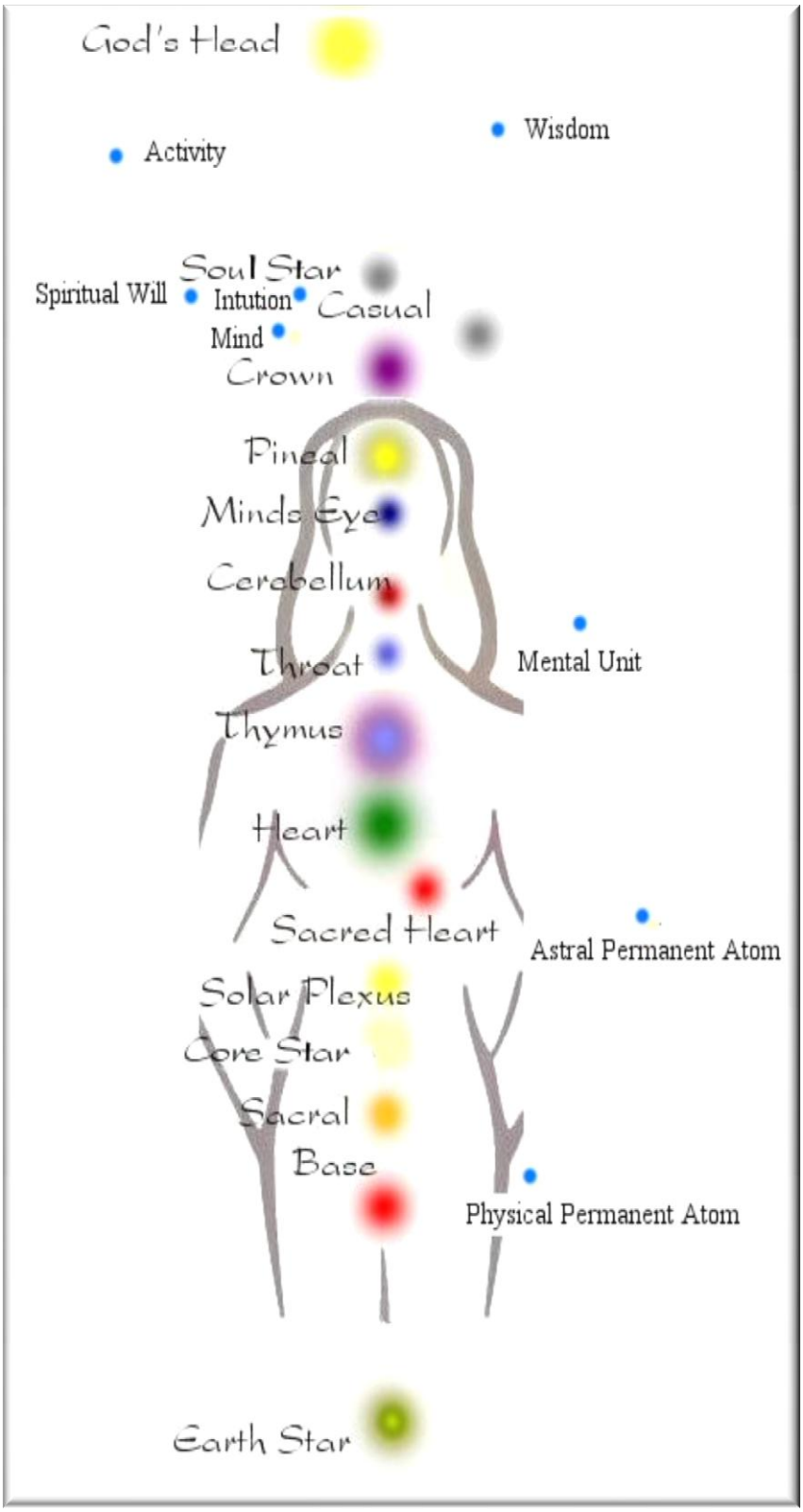
Thymus Chakra: The Soul Seat is the seat of the perceptual "soul."Keep in mind that essentially all things are Mind. It is here that we find our communiqué with the first source. This center can be found at the Thymus Chakra just above the heart.

Note* *Source intelligence flows from the spiritual center located at the pineal gland in the head, just behind the mind's eye. This center, if viewed, would appear to be like a golden sun.*

Core Star Chakra: The Core Star appears like a pure ball of white light when viewed. It is located an inch and a half above your belly button. It is here that the soul/energy-intelligence resides, and it is here that we find The One that waits within.

Earth Star Chakra: The Earth Star Chakra appears as a greenish-brown orb when viewed. It is located 6 inches below your feet. It is also the center that grounds us to the physical plane.

(See the next page for two diagrams, which represent different aspects of the chakras. Some of the colors are different on each diagram. Do not worry over this)


God's Head
Wisdom
Activity
Soul Star
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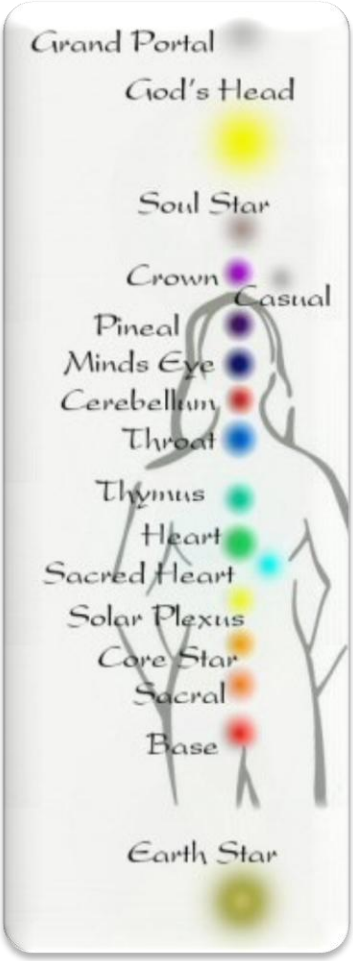
Crown
Pineal
Minds Eye
Cerebellum
Throat
Mental Unit
Thymus
Heart
Sacred Heart
Astral Permanent Atom
Solar Plexus
Core Star
Sacral
Base
Physical Permanent Atom
Earth Star


Grand Portal
God's Head
Soul Star
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Pineal
Minds Eye
Cerebellum
Throat
Thymus
Heart
Sacred Heart
Solar Plexus
Core Star
Sacral
Base
Earth Star

Tan Tiens

The Tan Tien is the center from which all martial artists move when they perform. It is from this center that martial-artists draw power to break concrete. It is a ball of power about two and one-half inches in diameter.

It is located about two and one-half inches below the navel. It has a strong membrane around it so it looks a bit like a rubber ball. It can be gold in color. This center harbors your will to live in the physical body. It holds the physical body in physical manifestation.

It is with your will and this one center that you have created a physical body. From this center comes a great deal of power to regenerate the body, provided that the healer grounds the Haric (see section after *Tan Tiens*) line deep into the molten core of the earth.

When the Haric line extends down into the earth, healers can gather great power. When used in healing, the Tan Tien can turn very bright red and become very hot. This is what is meant by being grounded on the Haric level. When this happens and the Tan Tien turns red, healers feel intense heat all over their body.

Haric Lines

The Haric line runs from the top of your head to the base of your feet in a straight line. Aligning your Haric level will get you in touch with your life purpose. The exercise that follows will do this. It is best to do this each morning. You will be amazed at the results you get.

An Exercise to Align Your Will with your Life Purpose

Step One: **Imagine a sphere of energy inside your body on the midline of your body, located about one and one-half inches below your navel at the Tan Tien. You will be turning your Tan Tien from gold to red.**

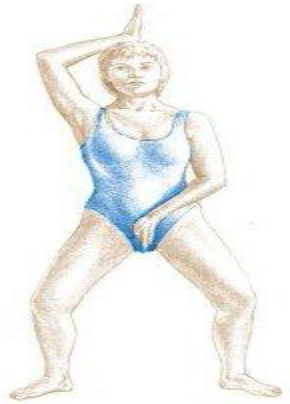
Stand with your feet about three feet apart, and bend your knees deeply, as shown here. Let your feet splay outward so that you do not twist your knees. Align your spine. Pick up a piece of hair that is directly on the top of your head. Pull it so that you can feel the very center-top of your head. Now pretend that you are hanging from this piece of hair. This will align your body on a plumb line with the earth.

Place the very tips of the fingers of both hands into the tan tein, As shown here. Keep your fingers together. Feel the tan tein within your body , and make it hot. Make it red hot. If you connect to it, soon your whole body will be warm. If your body does not get warm you have not connected to it. Try again. Practice till you succeed. Once you have succeeded, move your awareness to the molten core of the earth.

Now place your hands in a triangle position, with your finger tips pointing down into the earth directly in front of the Tan Tien. Just like in the image here, feel the connection between the earth's core and your Tan Tien. Now you will really feel the heat… so much that you will start sweating. You may even hear a sound similar to the one martial-artists use as a cry when they are about to strike. If your Higher Sense Perception is open, you will be able to see the red color in your Tan Tien. You will also see a laser line of light connecting the Tan Tien with the molten core of the earth. This is called the Hara laser line. If you don't see it, imagine it. You don't have to see it to make it work.

Now place the fingertips of your right hand into the Tan Tien, and point the left palm toward the right side of your body with the fingers down. Hold the left hand directly in front of the Tan Tien, like in the image here. Hold this configuration until you are stable.

Now bring your awareness to your upper chest area, about three inches below the hollow in your throat. Also focus on the midline of your body. Here is a sphere of diffused light. This light carries the song of your soul, your unique note that you bring to the universal symphony. It carries the longing that leads you through life to accomplish your purpose for life. Place the fingertips of both hands into the soul seat in the upper chest as you did before in the Tan Tien. When you connect to it, it may feel like a balloon is being blown up inside your chest. It may feel very safe and sweet there. Feel that sweet, sacred longing as it rests within you. It may remain nameless, but you can still feel it. It looks like diffused light around a candle, but it is purple-blue in color. Expand the purple-blue light in your chest. Next, place the fingertips of the right hand into the soul seat. Point the fingertips of the left hand down to the earth, over the Tan Tien. The flat open palm of the left hand faces the right side of your own body. Feel the Hara line running directly down from the soul seat through your Tan Tien and down into the center of the earth. When you can feel this very strongly, move on to the next step.



Leaving your left hand where it is, raise the fingers of the right hand over your head. Let the middle finger of your right hand point up to the ID point, three and one-half feet above your head.

Feel the Hara line, which extends from the soul seat up through your head to the small, upside down funnel-opening of the ID point. This small opening is really a small vortex. It has an open end which faces downward. It is the hardest to feel. Try it. It may take some time. This vortex represents the first point of individuation out of the godhead, or Is-ness. It represents the first point of individuation from the Oneness of Source. When you are able to get the Hara line through the ID point, it suddenly disappears into formlessness. When it goes through the funnel, it may make a HSP sound… like a cork coming out of a bottle. You will instantly feel the difference, because as soon as you do what has been described, you will have a thousand times more power. Suddenly everything will get quiet inside, and you will feel like a bridge of power. You have aligned your Hara line.

Wait for several minutes until the Hara line is stable.

Then lower your right hand. Point your fingers up, and turn your right palm to the left side of your body, so that it is over your soul seat. This will be more comfortable for you.

Keep the left hand pointed down and the palm to the right side of your body. Hold it over the Tan Tien.

Feel the Hara line and the three points. Make it straight with your intention. Intend for it to be straight, bright, and strong. Keep your intention until you feel it get straight, bright and strong.

Straighten your body again so that it is as if you were hanging from a hair on the middle-top of your head. Tuck your buttocks under a bit, and deeply bend your knees, keeping your feet three feet apart. Splay them out a bit to protect your knees. As you bend your knees, they should come down directly over your feet. Check to see, feel, and hear if the points are strong, firm, and charged. If there is weakness in any area, note which area it is. This is an area that needs healing work. Concentrate on it longer. Align the Hara line and enhance the points the best you can.

When you have aligned your first point of individuation, you have aligned yourself with your life purpose. You may not even know what it is, but you are aligned with it, and your actions will automatically be synchronistic with it as long as you remain aligned.

Other Chakras

The Cerebellum Chakra: The Cerebellum Chakra is located on the back of the head. It is positioned at the base of the skull. This Chakra is known as the "well of dreams". It is through this center that one learns the skill of *internal vision*. Internal vision is the human version of an x-ray or nuclear magnetic resonance (MMR) process, and is as equally sophisticated. Internal vision includes the ability to look into the body and see what you want to see. There is energy active in this center while working with peripheral vision. Crystals that aid with opening this center include *Spirit Amethyst* and *Selenite*.

Chakra Meditations

When starting the meditations described in this chapter, you must do them everyday for 1 or 2 weeks. It is safe to continue the process for 2 weeks. Some people suggest doing the Crown Chakra first, because the body handles the process better from the top down. When performing this meditation, you should feel tingling, pressure, or heat.

CROWN CHAKRA

First, lie down on your back or sit up with back straight. Relax yourself and quiet your mind. Draw your attention to the Crown Chakra. See a ball of glowing light (preferably white or golden…other colors will also work) becoming brighter. Work on this until you can feel it happening. Bring this light into the first Chakra area and make it larger. Once you feel anything such as tingling, heat, etc, you have accomplished the task. The chakra is now open.

THIRD EYE CHAKRA

First, lie down on your back or sit up with back straight. Relax yourself and quiet your mind. Draw your attention to the Third Eye Chakra. See a ball of glowing light (preferably white or golden…other colors will also work) becoming brighter. Work on this until you can feel it happening. Bring this light into the Third Eye area and make it larger. Once you feel anything such as tingling, heat, etc, you have accomplished the task. The chakra is now open. You might also see colors and visions. Please remember, anything you see is probably just a projection of your conscious, or an entity trying to scare you. If negative images occur, simply realize that they can't hurt you, because they are a part of you. Tell them, with a loud, strong voice, "Good bye!" or simply yell the word, "Small!" repeatedly until they disappear.

THROAT CHAKRA

First, lie down on your back or sit up with back straight. Relax yourself and quiet your mind. Draw your attention to the Throat Chakra. See a ball of glowing light (preferably white or golden…other colors will also work) becoming brighter. Work on this until you can feel it happening. Bring this light into the Throat Chakra area and make it larger. Once you feel anything such as tingling, heat, etc, you have accomplished the task. The chakra is now open.

HEART CHAKRA

First, lie down on your back or sit up with back straight. Relax yourself and quiet your mind. Draw your attention to the Heart Chakra. See a ball of glowing light (preferably white or golden…other colors will also work) becoming brighter. Work on this until you can feel it happening. Bring this light into the Heart Chakra area and make it larger. Once you feel anything such as tingling, heat, etc, you have accomplished the task. The chakra is now open.

SOLAR PLEXUS CHAKRA

First, lie down on your back or sit up with back straight. Relax yourself and quiet your mind. Draw your attention to the Solar Plexus Chakra. See a ball of glowing light (preferably white or golden…other colors will also work) becoming brighter. Work on this until you can feel it happening. Bring this light into the Solar Plexus Chakra area and make it larger. Once you feel anything such as tingling, heat, etc, you have accomplished the task. The chakra is now open.

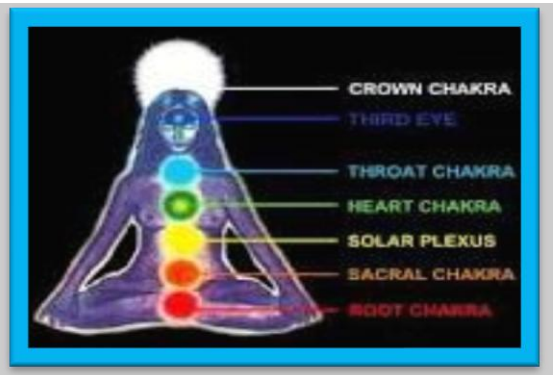
SACRAL CHAKRA

First, lie down on your back or sit up with back straight. Relax yourself and quiet your mind. Draw your attention to the Sacral Chakra. See a ball of glowing light (preferably white or golden…other colors will also work) becoming brighter. Work on this until you can feel it happening. Bring this light into the Sacral Chakra area and make it larger. Once you feel anything such as tingling, heat, etc, you have accomplished the task. The chakra is now open.

ROOT CHAKRA

First, lie down on your back or sit up with back straight. Relax yourself and quiet your mind. Draw your attention to the Root Chakra. See a ball of glowing light (preferably white or golden…other colors will also work) becoming brighter. Work on this until you can feel it happening. Bring this light into the Root Chakra area and make it larger. Once you feel anything such as tingling, heat, etc, you have accomplished the task. The chakra is now open.

Have fun with these meditations, as they will make you feel so much better. Be prepared for vivid dreams, increased intuition, Out-of-Body-Experiences, and so on… *(See next page…)*



Chapter 4: Controlling Energy

Controlling energy is of upmost importance for those who wish to attain great power. Once you understand how to feel energy, you can learn to tap into the Multiverse. This opens a portal of awareness, which then leads to various abilities like Telekinesis, Reality Distortion, Time Warping, etc…

To begin to control energy start by using the Quiet-Mind Meditation. Next close your eyes and see yourself (mental body) standing in front of your physical body. Visualize a bright and warm light encompassing your mental body. Now imagine your mental body entering your physical form.

Next, extend your hand and push all the energy you feel out of your fingertips. Afterward, draw energy back into your fingertips. Do this with each hand, and each foot.

Once you've master this, you are ready to learn how to connect with the Earth.

To do this, stand barefooted preferably in grass or dirt, and feel the vibrations of energy come from the earth through your feet and into your body. It's that simple. It helps to imagine the energy from the earth as red balls of warm, pulsating plasma.

Learn to connect with the Earth and then you will have an easier time connecting with water energies. I've personally experienced moments where the connection grew so strong that I was able to move the water by mere thought alone. Though these stories are not highly published, certain adepts have mastered the ability of freezing water at will, and then melting it. They can also lift large amounts of water and shape it as they will. True Water-Benders indeed! I've seen some of this personally.

To connect with Water, or any other Liquid energy for that matter, you will need a large body of water. A bathroom would work.

Place your hands in the water. Hold them in there. Next, shut your eyes and imagine that bright light surrounds your body. Draw this light into your body and focus it in the center.

When you are ready, imagine the light moving into your right hand. Hold it there for a moment. Make sure that your hands are spaced about a foot apart. Once you are certain that you have roughly the correct distance (don't let small details distract you). When you are ready, drive the energy from your fingers, into the water, and into your left hand. Hold it there for a moment.

Push it back out of your left hand, through the water and back into your right hand. Hold… When you are ready, repeat the cycle of tossing the energy back and forth until you master control over what you feel.

Eventually, you will be able to send your consciousness "into" the water, at which point you will be able to control it rather easily. These techniques will come later. For now, I want to teach you how to feel life force energy. This is especially useful if you are Tele-visualizing a different

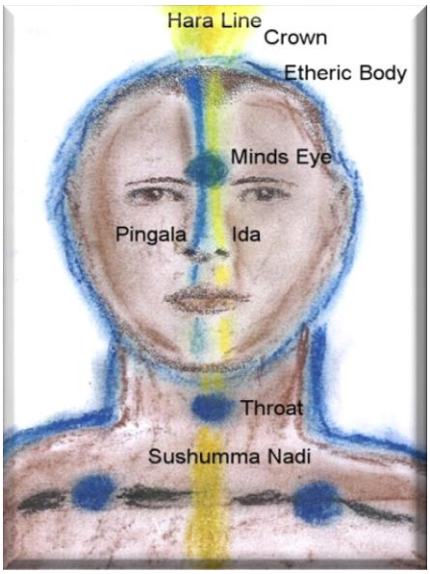
planet and want to scan for intelligent life. I assure you, the universe is exploding with it.

In order to do this you must first employ the Quiet-Mind Meditation. Now visualize a forest, full of wonderful, exotic life. Remember; make the image as detailed as possible. Once you feel like you are physically there, this meditation will become infinitely more powerful. You should be able to smell, taste, touch and hear things.

Focus now on touching the forest, and the animals, if any are present, with your energy. Draw some of the energy from the trees, plants, animals (whatever you wish) into your hand. Stretch out your feelings until you feel a tingling in the hand you are using. Feel that energy enter you and empower you.

When you master the ability to feel Life-force, you'll develop many abilities. For instance, you can sit in a park and close your eyes. As people approach, you will feel them doing so. With practice, you can read their energy and learn many things about them.

One of my favorite experiences with energy reading was when I walking through the grocery store. It was just after a deep and relaxing meditation, and I was feeling particularly in-tune with my senses. I was seeing peoples' auras easily and picking up on their emotions and such. Whenever I looked at someone, I simply knew what they were thinking, what they had experienced in the past, how they felt, and what their future would be. It was wonderful. I even verified this by talking to a certain gentleman, and saying something that I knew he needed to hear. He immediately smiled largely, and became much happier. (See next page…)



*This will be an important diagram to learn, as you will be coming back to it in the future.

Chapter 5: Cleansing

The chakras are 7 important centers of energy/life within the body. They act as energy processors, transmitting and absorbing negative and positive influences. Chakras are easily "damaged", which means they can become overloaded with negative energy rather quickly. When chakras are harmed, it leads to physical problems. The reason many diseases exist today is because the modern world has mostly forgotten human energy centers. Because of suppression from various groups, even from thousands of years ago, man has been told that he is nothing more than a physical entity, a lowly beast. Any form of spiritual healing was considered anathema. Once the world understands the importance of cleansing chakras, mental instability, depression, anxiety, and physical illness will begin to decrease. Eventually, humans will possess god-like powers to heal all diseases.

I've personally used some of the techniques (to be found in later chapters) to heal all kinds of sickness with my mind alone. Anything is possible, even raising the dead, re-growing missing limbs, curing cancer, etc...

To cleanse your chakras, it is important to start with the Quiet-Mind Meditation in a comfortable position.

ROOT CHAKRA

After succeeding, imagine a warm red light located at your Root Chakra. Focus your attention on this light. Remember to employ your newly developed Tele-visualization skills to actually "see" this light. Feel it also. Feel the heat and the pulsating energy. Imagine that the light becomes larger, warmer and more energetic. Make sure you feel this. Once you are ready, remove negativity by burning it with the light and releasing it. After this, wash your newly clean chakra in energized light. Imagine this energy center as a beautiful red orb.

NOTE* MAKE SURE TO IMAGINE EACH ENERGY CENTER AFTER CLEANSING. USE THE PROPER COLOR.

SACRAL CHAKRA

This technique was taught to me by a dear friend of mine. As we were sitting in meditation in a lush forest, he explained the following. *The sacral chakra is slightly different than the root. It has two openings. The location of these is at the pelvis, at the front and the back. Make sure you visualize an Orange light at both locations…front and back…of the pelvis when performing this exercise.*

Now that you are aware of this, simply repeat what you did with the Root chakra. Just keep in mind that you should see, and feel, two lights.

SOLAR PLEXUS CHAKRA

The Solar Plexus Chakra also has two openings, in the front and in the back. If you are confused about its location, see the diagram. It is located below the sternum and above the belly button. Now, imagine two yellow balls of light, both in the front of the Solar Plexus and the back. Imagine, and feel, the light grow stronger, and warmer. Feel the pulsating vibrations. Next, burn up and release your negativity.

HEART CHAKRA

The Heart Chakra also has two openings. I learned this after performing cleansings by only imagining one opening. When I told my mentor this, he laughed and explained the location of the second opening. The two openings are located at the front and the rear of the Heart Chakra, just like the Solar Plexus and Sacral Chakras.

When you are ready, visualize two green lights in your chest. They are warm, and bring with them the joy of the holiday season. Feel joy ignite within your heart. Once this happens, you will know that you are in contact with the Heart Chakra. Feel the warmth and love. Next, burn away all negativity and release it. Imagine this center as two bright, happy lights.

The Heart is one of my favorites to exercise because it allows you to connect with the love that lives inside. At the deepest levels, all humans are incredibly loving, joyous beings. Most have simply lost that knowledge because of suppression, ignorance, mental conditioning, etc.

An example of the influence of the Heart Chakra can be seen in one of my personal stories. After exercising my Heart Chakra, I met with a friend of mine to discuss some business. This friend at the time felt like he'd offended me because he had critiqued some of my in our previous meeting. Tuning into his thoughts (you will learn how to develop this skill), I immediately felt a rush of love explode within my heart for my friend. I felt and imagined my love entering his heart from a tube, which was connected to mine. Immediately, he stopped feeling nervous about whether I was angry. He began smiling, chuckling, and patting me on the shoulder, like a long lost brother.

This might sound strange, but the impact of a love connection is profound and beautiful. All humans are absolutely gorgeous beings, not ugly wretches from birth as many claim. Most human weakness comes from the fact that the chakras are not properly aligned. One day, the entire world will understand this glorious truth, and true love will be available to everyone. One day, you will walk down the street and see a complete stranger…yet you will know them intimately. You will feel as they do, because you are, in essence, One. You will love them in an overpowering, wonderful way just because they exist. Jesus was correct when he said that, "What you do unto others, you do unto yourself" and that "love is the greatest of these." Wise words indeed…

THROAT CHARKA

Similar to the Heart Chakra, the throat chakra also has two openings. After settling your mind, imagine two blue lights. Feel the peace emanating from these cool, relaxing orbs. Feel them slowly grow warmer, bringing a sense of immense peace and quiet. "Feel" the sensations. Make sure the color is a light blue, followed by a deeper blue. Now, cleanse the negativity and let it go. Surround the chakra in the light and expand.

THIRD EYE CHAKRA

Like most of the chakras, the Third Eye also has two openings. An important thing to remember when doing this exercise is color. When first starting meditation, I ignored the colors, choosing whichever suited me. This worked well enough. My mentor however explained to me that visualizing certain colors attaches energies which are more effective for certain areas. He also explained that imagining a certain color at will is a wonderful mental discipline, which is very true. Therefore, I want you to imagine a light purple color for this exercise. *Once you become an Adept, you can switch colors.*

Imagine two light purple balls growing between your eyebrows…at the front of your head, and the back. See the light expanding and become hotter. Feel it also. The more you see and feel, the better. You might experience popping noises, flashes of lights, or see etheric entities. The Third Eye is a portal to the energy world, and will allow you to see energetic beings. If you encounter anything negative, imagine a bright, white light exploded around your body. Also, call upon Prime-Creator/Source, as this is often all that is needed to drive away negative beings.

After burning away the negativity, visualize the blank chakra area becoming a celestial globe of light-purple light. Fill the space until you feel a pulsating, or some other sensation.

CROWN CHAKRA

The Crown Chakra opens portals to increased awareness. It is quite wonderful to experience an opening of this Chakra. It only has one opening, and is related to, as my mentor explained, the color of golden-white.

The process of opening the Crown Chakra is similar to the others. Imagine a hot, white light, bright and healthy above and around your head. Feel it actually pulsating…do this until your head literally feels hot. When you've done this, burn away the negativity, and imagine the area as a healthy golden-white light.

Opening the Crown Chakra will bring you to an expanded feeling of power and presence. This is something a practitioner must experience, because simply hearing the stories of others will not capture the essence of what this can be like. (See next page…)

Chapter 6: Psionic Ball

A Psi Ball is created when you form your energy with your mind and hands. You can make this energy cluster any shape you desire, though the "ball" is the most common shape people think of. Psi, once energized properly, it is quite tangible and can be used for various purposes, such as telepathy, healing, knocking down objects, etc. Eventually, after enough work is done, you will be able to see your psi ball.
My personal experiences with Psi balls are too numerous to name. But the most noteworthy ones involve busting holes in thin sheets of particle-wood for the fun of it.

To form a Psi Ball, start with the Quiet-Mind Meditation. Once in a deep, relaxed space, choose an energy source for your Psi Ball (see "Energy and Yoga" chapter for an extensive study of energy….if you are having problems summoning energy.) Also, decide what the purpose of your Psi Ball will be. You are only limited by lack of knowledge and imagination.

Energy can come from anywhere, because everything is made from it. Drawing this energy is simple. All you have to do is visualize energy pouring into you. You also need to breathe deeply, until you feel energy rush into you like a sponge. Imagine that your body is a sponge, absorbing light and energy. The reason why imagination works is because all reality is composed of thought. Thought and Vibratory Light are the only things that exist. And they are themselves are simply One thing. Therefore, whatever you think about eventually becomes reality. This process on the physical plane is generally slow, but with effort and practice, you can begin to alter the physical world just like the dream world. Once you reach this level of ascension, your power, love and joy will be eternal.

For this exercise, you will draw energy from the earth. Start by imagining, and "feeling", roots sprouting from the base of your spine and into the earth. Feel this taking place and allow the earth's energy to rise into your body, filling every inch of it. Direct this energy into your eyes. Visualize it forming a ball. Feel this ball taking shape. Bring your hands 4 to 6 inches apart.

Visualize the energy flowing from each of your fingertips, like miniature Aurora Bordelaises, as they coalesce and create a solid shape. It can be any shape. Choose what color (or colors) you want.

You should feel heat, tingling, pressure, etc…

Practice adding certain emotions to your Psi Ball. If you know someone who is willing to experiment with you, try using the Psi Ball to touch or tickle them. If you must use a Psi

Ball on unsuspecting people, as a way to improve and test your skills, fashion positive ones and shoot them at strangers that are nearby. For example, input all the happiness, love and joy you can think of and watch as the person you are affecting begins to smile and laugh more. You can even make someone delirious with joy if you are skilled enough. This is a beautiful and wonderful skill that All should learn. Imagine a city, or society, where everyone constantly gave joy to each other simply by being in the same presence. This will one day take place, as The One has told me. Only our decisions can choose how soon this will happen though.

Program your Psi Ball. Visualize a clear picture of your intention. Project the picture of what you want and feel into the ball. Once you feel you are ready, speak to your Psi Ball. Tell it to go into the earth and fulfill your desire. Now release the Psi Ball and open your eyes.

(See next page…)

Chapter 7: Spiritual Defense

I write this section because it is important to realize that humans can be attacked. In fact, it happens more often than one might think, but most of the time, people are not aware of it. Have you ever had those moments where you suddenly feel bland, angry, upset, sad, depressed, or tired, for no apparent reason? This could be due to many things. Rather than go into the various specific entities that can impact people (the reason I chose not to detail them is that imagination attracts beings…if I described what might happen, you would think about it, and possibly attract it) I will explain the best ways to defend yourself if such things occur.

First, you must realize that All is One. All of reality actually exists within you. No matter what you encounter, it is a part of yourself. All negative entities are merely manifestations of You. But the paradoxical part of this is that you might also be a manifestation of them. One cannot exist without the other.

The best way to avoid spiritual duress is to raise your vibration. All reality operates within a system of vibrations. Lower vibrational beings are attracted to individuals with low vibrations. These vibrations result from fear, anger, anxiety and sadness. Joy, peace, love and hope raise your vibration. Connecting with Source/Prime-Creator raises your vibration immensely.

If you are under an attack, simply imagine and feel white light surrounding you. Call upon your Higher-Self to protect you. Smile and laugh, and know that the entity in question is nothing more than a part of you. Command it to leave by saying the word, "Small!" repeatedly until it disappears. Below is an image that you can imagine yourself becoming… as a means of empowerment. (See next page…)

Chapter 8: Astral Projection

Astral projection is one of my favorite topics because with it, one can explore other realms, heal friends and family, talk to beings from other dimensions and planets and reconnect with Prime-Creator. The amount of life and activity in our Multiverse is literally mind blowing! You can learn great things about reality. You can meet deceased family members. You can have energy-sex with beings that you might encounter. You can view your perceptual "past", or possible "future" lives, for lack of better terms. (More on this subject will follow later.)

Before going any further into this chapter, you must keep in mind that essentially there is no difference between Remote Viewing/Tele-visualization and Astral Projection. However, when speaking of the term "remote viewing", the general implication is that it is being used as an intelligence gathering tool. The term "Astral Projection" however usually refers to moments when the projector is expanding their consciousness simply for exploratory or spiritual purposes. Another difference between Tele-visualization and Astral Projection is the process by which awareness is expanded. What I mean by this is that during Tele-Visualization, the target in question is often immediately brought to the viewer's attention. However, Astral Projection experiences are often described as a literal "pulling out the body" by some force. Please remember that the spirit and soul are literally one and the same. They are contained within the Mind, which is all that is. Thus, when an astral projector's "soul" leaves his body, it is merely his Mind expanding in awareness beyond its normal constrains. In actuality, You are everywhere at once already…right now. You are just simply not aware of it. This is a mind blowing truth: whenever you walk down the road, or drive a car, you are not actually moving anywhere. Rather, your perception of what is occurring is what is actually changing. When a human dies, their soul doesn't leave their body, because soul is actually a product of the Mind…pure consciousness. You are simply stepping into a higher vibratory realm. Because the spiritual awareness of the masses is so low, individuals often step into the afterlife and retain their ego-separation consciousness. Eventually, after ascending the vibratory ladder of reality, one can experience life as it really is---pure Oneness and Vibratory Light.

I have included, under the direction of The One a few key testimonies, taken from various sources, which will reveal great truths to you. Once you learn Astral Projection, you can experience these things personally! But first, let us go over a technique to experience the "leaving your body" sensation. Remember to raise your vibration being Astral Projecting, because what you expect will literally manifest into reality on this place. In fact, the same holds true for the physical plane, because there is in reality no difference between the two…they are both illusions of the mind. But the physical plane takes longer to affect because it is much denser. However, with practice, and ascension, you can learn to alter physical reality as easy as your dreams.

I've experimented with countless Astral Projection techniques, and can assure you that the one described within this book is by far the best I've used. The One also testifies to this. The best way to induce Astral Project is….

Go to sleep at your regular time, but try to fall asleep no later than midnight. Make sure you try this technique only on days where you will not be busy. Also, don't attempt any astral projection before this technique, at least not for the space of a day or so.
Set your alarm clock for 4 to 6 hours. Once it goes off, wake up, go to the bathroom, splash some water on your face and stay awake 10 minutes to 60 minutes. Tell yourself repeatedly, while you are waiting for the time period to end, that you will wake up in cycles. Make it your goal to get out of your body every time you wake up, no matter what. Go back to sleep and set your alarm clock for 1 hour. After waking up, repeat your affirmations. Note*
Before attempting to "leave your body", make sure to have a plan in mind of where you want to go. It can be anywhere in the past, present or future. You can also explore alternate dimensions. For the first time, it is best to see yourself in a mirror.

From this point on, every time you wake up, don't move or open your eyes. Rather, wiggle your spiritual fingers and try to get out of your body. If this mental technique doesn't work, try swimming out of your body. Try anything you can think of that would work…levitating, sinking through the floor, rolling out to the side… the possibilities are only limited by your imagination.

Repeat the techniques in cycles for the first five minutes after waking. If nothing occurs, go back to sleep with the intention of waking soon afterward in order to try again.
REMEMBER: When you wake up, don't move and open your eyes. Let your first and most important thought be exiting your body.

Sometimes, when "leaving your body", it may feel like you've failed, because of how "physical" it can feel. When you imagine your hand moving, for instance, you might think that you are moving your physical hand when in actuality you are moving your spiritual one. Don't give up!

The reason why the sleep cycle technique works so well is that it removes the sub-conscious limitations imposed by the physical body and your logical beliefs. When one sleeps, the logical mindset disappears, and they are able to accept the fact that they are everywhere at once, or at least able to go everywhere in an instant. Have you ever travelled in dreams or imagined being at some particular place…after which you instantly arrived in your mind's eye? Astral projection is like this, except this technique "feels" as "real" as our illusory physical reality.

Below are a number of lengthy testimonies. Read them, absorb them and take the message to heart. After this, go explore these realms and experience the truths for yourself!

NOTE* Of the testimonies I've read, The One was the most pleased with these. However, the knowledge contained within is not entirely perfect. If you feel that the information conflicts with anything stated later in this book, remember to keep this warning in mind. Reality is very, very complex…. therefore it is often difficult for our current intellectual awareness to grasp what exists without finding perceived "contradictions." A similar thing occurred when scientists discovered that light was both particles and waves. For years, arguments ensued over which was true. The final answer was simply both. The purpose of these testimonies is to show the power of the human, and the potential uses of Astral Projection.

(This testimony is very powerful. I suggest reading it slowly)

Let me just say that one of the most frustrating things about coming forward with this information is the constant third-hand misinterpretation from a misquoted, misrepresented article...picked up and rehashed and sensationalized for yet another article...ad nauseam. Add to that, the judgmental belief systems that this misquoted information is filtered through...and then paraphrased...and added to...and then further distorted and again disseminated. I could spend every waking moment attempting to clarify something for which most people have no frame of reference.

Sigh. For this reason, I am concentrating on finishing my book. There is no possible way to address the constant misunderstandings and judgments in an e mail, but I will take a moment for those who wish to take a paranormal stretch. So...here's a piece/peace of my mind...from the Diva's own mouth.

I would simply like to share that astral projection is one of the most powerful tools for the exploration of consciousness that I have found to date, and believe me, I have walked down many paths in the quest for my spirit.

I do not teach people to get out of their bodies to have sex with ETs. I have been astral projecting for nearly two decades, and for over a year now I have been able to consciously control and direct my experiences to unravel and confront "many" life issues. We have access to those interdimensional realms and they are within our reach to explore. I believe it is the cutting edge of experiential consciousness exploration.

I have met loved ones who have transitioned, gone to past lives, and what I perceive to be future lives. I have seen other entities that I cannot/will not even begin to label, much less, discuss on the internet. These experiences are sacred to me and I'm learning not to offer them up to an onslaught of viciousness and ridicule. I will, however, tell you that in the astral state, I have had healings, and have floated in a sea of knowingness that is beyond thought...overwhelmed with love, acceptance and forgiveness...as close to the "source" as I have ever felt. I must admit that it is my primary target when I consciously get out.

This skill is the same as a near death experience but it is controlable, repeatable and not trauma based. Many NDEers have stated, it is life altering. Imagine doing it at will, without it being trauma induced, and controlling your destination. It is a thought responsive realm in which your focused/directed thought/intention will immediately manifest the experience of your choice. My goal is to be "awake" 24 hours a day. Let me further add that I have been able to target/direct my exploration to see my four hybrid daughters. I had suffered much guilt at having rejected them and in that interaction (meeting them on the astral) I was able to tell them how sorry I was and express my love. It was as healing and cathartic as lifetimes of therapy. I can't go into the many experiences I've had that suggest this to me, but that is my feeling.

As for sex on the astral, it is not physically localized. Nor is it the religiously orchestrated, guilt-ridden, pornographic act that we have relegated the sexual union to...allowing it to be bastardized on this plane of existence. Sex on the astral is a complete merging of energy and spirit...a communion and knowingness that goes beyond so-called rational thought, into a realm of pure being. The astoundng experience of the higher astral planes are perceived as somewhat orgasmic only because that is the only way we have of describing that incredibly profoundly ecstatic state of being. We keep trying to ascribe our moral values, attitudes and definitions to other worldly experiences where they simply do not apply.

As John Mack says "You can't get there from here." It would be helpful if we could start looking beyond our dualistic views, judgments and limited perceptions.

My feeling is that the entities that we come in contact with are soul groups that we have had incarnations with. It's like an expanded understanding of reincarnation that goes beyond our physical/human lifetimes. Please understand that these are my impressions and I fully understand that these concepts will be beyond the pale for those who cannot embrace these ideas.

One of the reasons I teach people consciously controlled out of the body is that I'm very aware that you cannot convince anyone that "any" experiences are real, much less, paranormal ones. But, when we are able to have our own personal and experiential validation of the multidimensional beings that we are, we gain an unprecedented and expanded view of the nature of reality. We can switch on that dormant DNA and accelerate our spiritual evolution, often beyond our capacity to articulate it. Homo Noeticus...the next leap in our evolution. We are awesome and creative beings capable of much more than we can ever "fully" know...it's simply a matter of how much "more" you "want" to know. Personally, it is an insatiable passion.

Victimization and fear (and certainly "hard" science) will never solve this mystery....but paranormal pioneers might stand a chance of piercing the veil. I believe that to know yourself as an inter/multidimensional being can put you on equal ground with any entity that you come in contact with. I know, from my own experience and several other people's, that OOB exploration can be a powerful tool for experiences in terms of processing these interactions.

For anyone interested in this skill, might I suggest two books. Adventres Beyond the Body by William Buhlman.

Buhlman's book is an amazing work that looks at hyperdimensional physics and its eventual merging with metaphysics or what he calls mysticism. The inevitable evolution of physics will be to look beyond dense molecular form into the subtle underlying structure of matter and into the conscious multidimensional universe itself. I guarantee you that OOB exploration will peak your interest in physics. I can't say enough about this book or its brilliant author, whom I have had the great fortune to meet and interview.

I sugest that before you attempt this exploration, you take a hard look at your belief systems and clear out any fear, judgment, criticism, resentment and anger. Reality is relative and experienced reality is relative to the personal energy frequency of the observer. Even science has now moved from particle-based (physical) to non-physical (frequency-based) observations and is finally factoring in consciousness. We will only experience the energy frequencies/entities closest to our personal density or vibratory rate, in essence, those with which we resonate. It's one of those absolute truths...what you put out is what you get back. How much of the unseen, non-physical substructure of this multidimensional universe are you curious enough/fearless enough to explore? How much do you want to make peace with "all" interactions, relatinships and experiences? Before I do my lecture right here and now...you can check out Buhlman's book and explore it for yourself, if you so desire.

If you want a lighter and more simple book on the subject, one that takes the voodoo out of the OOB experience, I suggest:

Out of Body Adventures by Rick Stack

Sorry to go on so long, but I don't "come out" of my cave very often. I guess my excitement about OBEs is pretty obvious; I could go on about it forever. To anyone reading this, I wish you many wondrous travels on your journey to the "One".

The following is the profound story of an individual who had many astral projections through out her life. Her narrative beautifully describes what can be experienced while in this state. Once the mind "leaves" the body, you can see what it is like to physically "die" because their essentially is no difference. I have personally experienced this. You can too!

I am no authority on what the soul must have. I can only speak from my own experience like the fore mentioned story. I can also state with complete knowing that the singular note of unity that I had heard in my head and all around me so loudly prior to passing out, was both God and the Universe all at once. It was a revelation of something that I had always believed anyway, but now had experience firsthand. God is the Universe. The energy of the Universe, the energy of

God, whatever you want to call it, there is one truth and that truth flows through every single thing tying us and everything else out there together. If I hurt you, I only really hurt myself, because you and I are the same. We are connected thought this vital force of energy so that just like my body is composed of many molecules that are in turn composed of atoms. You and I are simply atoms of the same molecule. We perceive ourselves to be separate when in reality we are all just expressions of God, of the energy of the universe. Although we perceive ourselves to be separate beings because we have these separate physical bodies and blinders over our spiritual eyes, when we die, you and me, we will see that we are just drops of water that fell from the sky, separated for a moment, only to be rejoined when we enter back into the ocean together. And then we will see that I am you and you are me and everything is tied together by the energy and love of God that flows through every single speck of dust in this universe of ours. That was what I realized in the singular moment of hearing the musical like note of the universe singing in a symphony all together. That is what that moment of pure bliss, of ecstasy, of rapture revealed to me.

More truths came to me in the minutes following my regaining of consciousness although I was not inside of my body. As I hovered above myself listening to the conversation of the nurse and doctor and knowing what each was about to say next, I realized with great clarity—I have been here before. In this chair, in this office, I have met these people countless times in countless lives and I have done this, this what I am doing right here and now, countless times. We are repeating ourselves, our lives, our meetings with one another, all of it, we are reliving it over and over and over again so much that in this state I was in, there was nothing you could say to me that I could not predict, because every conversation, every nuance of life, we have lived billions of times over in billions of ways. At this moment I started to slip back into myself. I felt the blinders slowly start to cover my eyes and I entered back into my physical self. As it was happening, as the physical took control away from the spiritual I remember screaming inside of my head to myself…you must not forget this, you must not forget the true nature of things, these revelations that have been made to you today, you must always remember the truth of being, and you must tell people about it so they will know too.

Here is yet another example of the beauty of the alternate realms, and of our world. This author should be happy that The One, through the guidance of my Higher-Self, has chosen this testimony to bring light to All people. No longer is she, "just another bleep in the online blog world."

"Because I don't know any of you and I'm just another bleep in the online blog world I really debated for awhile about sharing this experience with you. Then I had a conversation with myself and realized that only people that really care to know of this experience will be "Universally" invited to read it. I wish I could give you a lot of background, but then again we all have "back" drops, experiences, etc. So it's better that I just tell you about the experience and let you take away what you wish.
Let me start out by saying that I've been "astral" travelling since I was very young, although I had no clue what it was I was experiencing. I've kept detailed journals on all my experiences - currently at 101.The one I've chosen to share tonight is that of December 20th, 2008 - a night journey!

I was in a dark hospital with only lights at the nurse station. I could tell by the way she was dressed that I was in the 1920s. Her name was Elise or Lisa or something very close to this name. Directly across from her was a room with a woman and a newborn baby boy. I suddenly had that baby boy in my arms and I named him Sai. Yes, I chose his name. The brown headed nurse (pretty and normal size - dressed in white with a white hat on) said "what are you doing here, you aren't not to be here!" She said it over and over and over again and I stayed there and told her I wasn't leaving. She said, "you do not have the right or permission to be here!" Next, I remember holding that child in my arms - it seemed like an eternity and I felt close to him. I felt his being and I handed the child to the nurse and said I was going UPSTAIRS. She said, "you can't go up there, you'll never make it and they won't SEE YOU!" I don't know if I said anything back to her.

The next thing I remember was going into the hall and seeing a very, very, very narrow stair case that you couldn't see the end of and it was dark with tape on the side that said "caution" and if you were to miss your step you'd fall off into the darkness there was absolutely NOTHING THERE. I remember being very careful as I climbed my way up and I remember feeling very afraid but realized I needed to go up there. Next thing was at the top - a wooden door - nothing else and as I entered the room there were a handful of figures - people - men and women and they said "we've been waiting for you!" I entered the room and they said "you made a long journey"....I remember nothing else except I do. I don't remember the conversation but I know who they were and I know where I went.

I know without a doubt that I met ascended masters on the etheric plane. It was not NOT NOT ASTRAL! I crossed over - something very different from previous travel. (*note from the author... all planes are simply illusions of the mind. The Only reality is The One...the complete disillusion of separation...)*

The reason why this is so important to me is because I had aborted this amazing soul and the child's birthdate would have been December 20th. The child was indeed BORN! I named him! It doesn't matter to you "why" but I feel compelled to tell you just a bit of information on why I chose to have an abortion. I aborted because I already have two children and I went out with a guy on a date and was given a date rape drug and the details you can figure out on your own. I hated making this decision and it took me to the very depths of my being, of this creation, of this Universe - it was painful, horrible and so incredibly painful - I can't discuss with you. It was a very painful decision.....more than I can write about to be honest with you.

The thing is - I had this OBE - very deep and without words OBE that was there for me and confirmed everything I ever believed about love, consciousness and GOD! I was granted one on one time with the masters of the universe (so to speak). I was HEALED - YES HEALED and free to move on. OBE can be healing - yes it can. This was not ASTRAL - I must tell you this - it was higher consciousness level.

I want to tell you something I learned for sure. YOU ARE THE CO CREATOR OF EVERYTHING THAT MANIFESTS IN YOUR LIFE - ALL OF IT!!!! YOU EVEN AGREED TO BE BORN AND YOUR DEATH DATE AS WELL. YOU KNOW YOU DON'T EVER REALLY DIE RIGHT?

Sorry, this was hard to share and I wish I could say more but just getting it out there is enough for now."

This testimony above pleases The One tremendously... because will be used across the world to encourage those who have experienced great depths of guilt, pain or fear. Just know that you can heal your life at the deepest levels by connecting with Creator. You can go within and discover the infinite love your heart has always desired. Please understand, nothing, other than Yourself, can separate you from Creator/You. If you harbor fears and guilt, you might resist the light of Source. Be careful to not be duped by guilt and fear-based systems.

Our world is crying out for truth. Many are going to church, reading old books, turning to friends, or what have you, as a means to access happiness or "knowingness". People want to know what their purpose is. The ultimate purpose of life is pure, unrequited joy. Even the manipulative, fear-based systems many currently adhere to are designed to inspire people to live so that they can experience eternal bliss. Without this prompt, no one would care. But there are other matters which concern us in our daily lives like, "what should I do with my life?" and so forth.

The good news is that you can find the answers to these questions. (See next page…)

Chapter 9: Channeling the Higher-Self

Everyone has a Higher-Self. This Self is You as real You really are. This is Your Divine Self, or Godself. This Higher Being, which is Us, guides you in your life. However, because of fear, guilt, etc, its influence can sometimes be distorted, so that any message of divine love is lost. Conscious mental filters, which have been established because of the Dark Matrix, keep you from understanding how to connect with your Godself. Your Spirit is more vast and powerful than you can imagine. Here is a technique which will allow you to channel your Higher-Self. Using this, you can ask for guidance in many, many things. For instance, after entering deep meditation, you can ask your Godself to teach you how to more effectively perform Telekinesis. If done properly, you WILL receive an answer. You can also pray to your Higher-Self for blessings, though you should grow from depending upon your Higher-Self to becoming it.

Go somewhere quiet and sit comfortably. First, do the Quiet-Mind Meditation. You might want to have a pen and paper in hand to take notes. Next, take three deep breaths. Imagine your mind (conscious) sinking into the warm, inviting Earth. Continue downward until you find a mineral that appeases you. See the mineral glow and grow brighter. Pick whatever color you prefer. Imagine the light now changing into a beam. "Feel" it and see it. Watch it as it enters into your bottom right foot. Become aware of your foot. Continue to draw the light up the right side of your body. Become aware of the right side of your body, which lights up the whole of it. Next, move the light beam to your left shoulder. Move it down the left side of your body, while keeping awareness of the areas it touches. Move the light into your left foot and finally send it back to the Earth. Imagine that the light is in continuous motion.

After this, see a third energy beam rise from the Earth. You can change its color if you wish. Watch as it enters your body at the base of the spine. Make sure you actually "feel" this happening. Imagine that your Root chakra is a circle of light, like a wheel, which fills it with energy and glows. It starts to spin. Soon, all negativity, fear and pain clears away. The chakra is spinning in wonderful alignment with spine, which acts like an axle. Imagine and feel your Root Chakra open up. Continue to move the beam up each chakra, repeating the basic steps. This is basically the same thing as the awakening the chakra meditation, but in reverse. REMEMBER: It is best to start with the Crown chakra if you are a beginner, otherwise these energies might overload your physical body. Only attempt to start at the Root if you feel you can handle it.

After reaching the Crown Chakra, shoot the beam of light out of your head. Make sure you feel this actually leaving. You might hear sounds.

Now, you are ready to meet your Higher-Self. See yourself rising up with beam that is shooting from your Crown Chakra. Enter into a sacred doorway, which is designed with your personal symbols. It is your favorite color, and material, and is absolutely beautiful. Visualize this until it is very, very vivid. This is your Temple. Only you have the key. It can look like anything you desire (a forest, a sitting room, etc). But whatever it looks like, imagine a fountain surrounded by a pool of clear water. At first, you see yourself clearly in the reflection. But the water soon gets wavy and out from this pool, you see a powerful being rise. Remember to keep it very vivid. Greet this being, because it is your Higher-Self.

When you are ready, feel yourself merge with your Higher-Self. You as your Higher-Self now leave the Temple and follow it back to your physical form. You enter with your Higher-Self through the Crown chakra. Breathe in deeply. Do you feel different? In your own time, open your eyes. Now, ask yourself the questions that you desire to receive. Write down your impressions. If you hear words (often the case) write them down as well.

After the questions feel complete, close your eyes once again, and take your Higher-Self with you back to your Sanctuary. Let your Higher-Self return to the magical fountain pool, knowing that it is there for you whenever you need it. Now go retrieve your mind, accepting it as a part of yourself. You may stay in your Sanctuary as long as you like, or return to it whenever you want, for it is your space, a place where you are truly free. When you are ready, return to your body through the crown chakra. Your awareness returns to the room you are in and you feel refreshed and balanced.

When you are finished, return to the Temple and see your Higher-Self return to the pool and disappear. You are finished.

To begin honing your skills, ask yourself questions which you could verify later, such as "What will the weather be like tomorrow," etc, etc. Write down your impressions and see if they are correct. Over time, you will become amazingly accurate.

(See next page…)

*This picture depicts what your Temple could possibly look like. If you don't want to imagine a pool, you can use a river instead. It's more about connecting with what works best for you.

Chapter 10: The Voice of God Technique

The following testimony, which The One was pleased to share with the world, should be mediated on thoroughly. Once the message reaches deep into your being, continue reading this chapter.

Many years ago when I first started learning about the power of meditation I began by trying to teach myself how to do it. I simply lay down in a dark room at work on my lunch hour and asked Creator to fill me. Immediately my skin began to vibrate which scared the hell out of me! Little by little and day by day I would reach deeper and deeper states til many times my body would disappear and it would feel like my head was a stone of pure consciousness. I began to manifest many things and people began to tell me they could see light around me. But then I got distracted by the world around me and lost the desire to do this. I am afraid to let someone into those deep recesses of my mind and I definitely do not want to have an OBE or see all possible futures. I would like to progress to the point where I could do some healing and inventing of things that the earth needs. Namely clean fuel.

Now you might be thinking, "What does this testimony have to do with the title?" That is a good question. The reason why this story was added to the book was because The One desired that you would be able to understand how powerful you truly are.

It is also vitally important for you to remember that this technique will by no means work until you have fully grasped reconnection with Creator/Yourself. The reason why many fail to master the Voice of God Technique is because…..

1) They have doubts. If you doubt even one bit when using this method, it will not work.
2) They have not overcome the fear of the Dark Matrix through the power of love…which in turn leads to doubt, etc. With fear, you can never connect to Creator.

If you are having trouble with this technique, come back to it after having mastering the rest of this book, because this is one of the most difficult ones…but only because people have been told for years that they are powerless. Sadly, this lie is deeply implanted in the DNA memory of human beings today. It takes a lot of work to undo this.

Before explaining the actual technique, I want to share a personal experience so that your heart will accept the message. Consequentially, if you truly believe this, you will have success.

After a long time searching, I began to realize the power of words. At first, I noticed that whenever I had a bad attitude and would say certain things like, "I'm not happy", I would end up feeling that way. On the contrary, if I spoke positive words, I would feel better.

This got me thinking about the power of words. So I started doing some research. After a few months of no success, I met an individual who had long since come to the realization that through the power of words, anything is possible. He was able to command it to rain, command people to be healed, command lights in traffic to turn green, command people to act a certain way… and so on and so forth.

What he would always do is say something like this, "By the power within me, I command it to...." then he would say what he wanted to happen.

For months, I asked him to teach me the secret to doing this, but he refused because he said, "You are not ready because you have selfish motives." I then asked him to command that these selfish motives would leave me. He agreed. He said this, "By the power that I have, I decree that all selfish motives will leave you, so that you will be responsible with the power you seek."

Long story short, after a few weeks, profound changes began happening in my life. I found myself truly caring about people more. Oftentimes, I would simply cry when seeing someone who was hurt. Great love entered my heart for homeless people, or the down and out. On several occasions, I would drive out to an old store at 1 or 2 in the morning and spend time with the homeless people who were there and who needed a friend. Finally, one day, my friend agreed to tell me the secret. When he did so, it was so simple I laughed. He told me this quite simply: "Have complete faith."

That was all. I asked him to explain more thoroughly and he replied, "You are One with God. And you are God. Why would manifesting reality be difficult for God? Why would manifesting be difficult for You?"

His reply left me stunned. Deep down, I knew that what he was saying was true. But before me stood a man who had actually realized this truth emotionally, not just intellectually. He then left after a short conversation.

Though the process has taken quite a long time, I've now mastered what this man has. I too have healed people by commanding it to be done, have changed traffic lights, have commanded rain storms to stop and start. One of my favorite experiences was when I was at work. It was 90 degrees Fahrenheit outside. Being filled with the Love of God, and feeling a stirring in my belly, I said happily, and without any doubt, "Weather, I command you to get colder. May a beautiful, cool breeze sweep through (then I named my city…which I will not reveal). This is done by the power within me!" I almost shouted while pointing sternly at the sky, which was rather funny because I was at work. Within about 15 seconds, a huge gust of wind was roused, and the temperature dropped to about 50 degrees Fahrenheit. My co-workers were absolutely blown away by how quickly the temperature dropped. The funny part about this story is that the cool weather lasted for a few days afterward until I decided that it was no longer necessary to make the climate obey my wishes.

Are you excited? You should be, because you can do this too. To master the Voice of God Technique, you first must be able to connect with God/Yourself.

Start the meditation by going deeper and relaxing. Then repeat to yourself the phrase, "I and the Creator AM One" or something to this effect. Keep saying this, and continue thinking about the implications of such a statement. Breathe in deeply, and feel the energy engulfing your whole body. Imagine, if you want to, a great, golden light becoming You.

Eventually you will feel an unfathomable joy rush over your heart. It will actually start moving within your body, generally starting in your belly. Every person has a different experience with this. Personally, I feel a warm bubbling on the inside. One of the side-effects of this is speaking in tongues, which I've done on occasion. If this happens, don't be afraid…just realize that Spirit is expressing the beauty of the divine creational matrix through your lips. Please be warned: The pleasure of this exercise can become so intense you won't be able to move. Your body will literally go into complete orgasm, making it almost impossible to move. In public, this can be strange for others, who have no understanding of Spirit. If this happens, you might want to come back to normal human awareness.

Once in this euphoric state, simply command what you wish to happen. If you do not harbor any doubt at all, ALL things that you command will be done. It is as simple as that.

Even Jesus understood this simple principle. He once said, *"If you say unto this mountain 'move', and have faith, it will be done for you."*

The One wanted me to show this photo. Stare at the picture and feel a sense of infinite wonder and beauty descend on your heart. Realize that You are an infinite consciousness in an illusionary field of play. The green light represents your Love-side. It is surrounded by the golden Matrix geometric patterns. Do you feel something different? This is a tiny, tiny, tiny example of the power and love you will feel when using this technique. Remember; all reality is actually Vibratory Light.

(See next page…)

Chapter 11: Thought Forms

Thought Forms are condensed psychic packets of intelligence that can perform a number of operations. Since all matter is composed of thought anyway, a thought form, with enough patience and attention, can literally take on a life of its own.

Let me share with you a personal experience regarding thought forms.

After reading about thought forms, and becoming obsessed with the idea of fashioning my own, I decided to invent, in my mind, an incredibly powerful being that could be used to bring advantages to my life. While this idea seemed good at first, over time, the being I created took on a life of its own. Because I had infused it with so much power, and created it so that it was "all-powerful", it tried to turn on me. It tried to control me, to make me worship it, as a means to absorb energy. Realizing this, I quickly waged a war against it until it was completely dissipated.

Thought Forms are dangerous to work with unless you are creating them from a place of pure love. They can suck up the emotions of others and mutate into very nasty creations. They can even manifest in physical reality and attack you. I don't need to mention how dangerous it can be when massive groups of individuals energize a negative thought form. It happens on a frightening level, even to the point where certain higher dimensional beings have literally had to step into our sphere of awareness and restrain the madness we are creating.

Most people are not aware that many of the religious icons they encounter are in fact highly energized thought forms, which have, through years of manifestation, acquired incredible power. Fortunately, thought forms cannot overcome the power of The One. All humans are sustained by The One, and are protected by its light when we reconnect. Another important note---The One wants everyone to know this---is that many (not all) alien encounters are a result of thought forms spawned by our sub-consciousness. I have been told that some will receive this news with aggravation. Do not feel this way. Simply realize that these encounters are a part of you, not outside of you.

Before constructing a thought form, I must say that it would be wise for you to only do so with loving intentions. Otherwise, you might accidently wreak havoc on yourself.

Step 1) Decide what it is you want your thought form to do. Be specific.

Step 2) Build the thought form in your mind. Employ your increased imaginative abilities, until you can literally "see" it in your mind. You might also be able to "hear" it.

Step 3) Input the thoughts you want the thought form to have…"help others, love, forgiveness, mercy, happiness, friendship, healing, compassion." This helps the thought form remain positive.

Step 4) Input the thought form's mission or purpose. Be specific. For example, you could tell your thought form to "Locate cancer and remove it from my entire body."

Step 6) Give your creation parameters to work within. For example, you could say, "Remove all cancer without harming the body."

Step 7) Give it tools to use. For example, you could grant it a container with unlimited capacity to place the cancer cells in. Avoid harmful tools like "sharp objects" or "energy weapons."

Step 8) Give it energy and verbal support. Tell your creation that it is "Invulnerable to everything but my command" and has "unlimited energy to accomplish your task, unless I take it away."

Step 9) Refine the input. You could say, "You have unlimited capacity to absorb anything without doing harm and unlimited capacity, until I say otherwise, so that all tasks will be accomplished."

Step 10) Refine yet again. Say, "You have unlimited agility." You can use this to protect you thought form. You can say, "While removing cancer from the body, you may use agility to avoid white blood cells."

Step 11) Finally, re-emphasize. Say, "Complete your task without causing any sort of harm, except for the cancer cells. Only destroy cancer cells."

Step 12) Set a time limit. Tell your thought form, "Once your task is done, return to the nothingness from which you came." Once again, tell the thought form about its mission commands.

You are done.

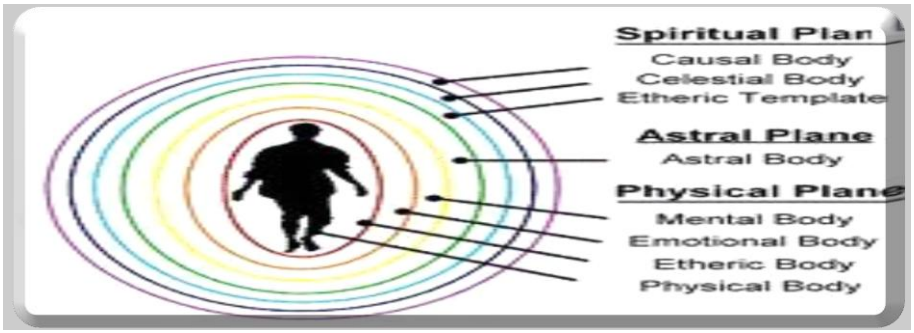
This is a technique I use. However, you can be creative. Just be warned; your thought form might appear physically at random times, unless you de-energize it. It can even appear to unsuspecting family members, which, while it can be quite amusing if harmless, is utterly dreadful to behold if negative. Thought forms will often enter the dreams and daily lives of people you know unless you are careful.

Have fun with this one!

(See next page…)

Chapter 12: Energy and Yoga

A lot of what is written in this chapter was shown to me by The One. I was led to a certain website (which I will not name) and told to practice many techniques. Another important note is that not much has been changed from the original instructions, as this was the will of The One. I was told to "leave it as is, unless you feel the need to change it." I assure you, with enough time, you too can master what is presented. One last thing before starting; if you feel that this section is unorganized, it is merely because The One has desired the book to unfold this way. Be happy and just go with it, and see where it takes you. Please keep in mind…this is a long chapter, which is broken into various topics. But they all focus on some aspect of energy. Read it slowly and digest the information over time.



* My Higher-Self has informed me that this diagram is not entirely correct. But it will work for now. Please do your own research on the human energy body, as this is utterly important.

Prana

Prana is an energy force which creates a magnetic field in the form of the Universe. It permeates each individual, as well as the Universe at all levels. It acts as a physical and mental energy, where the mind gathers information; and as intellectual energy, where information is examined and filtered. Prana also acts as sexual energy, spiritual energy and cosmic energy.

All that vibrates in this Universe is prana: heat, light, gravity, magnetism, vigor, power, vitality, electricity, life and spirit are all forms of prana. It is the cosmic personality, potent in all beings and non-beings. It is the prime mover of all activity. It is the wealth of life.

It is the principle of life and consciousness. It is the creation of all beings in the Universe. All beings are born through it and live by it. When they die, their individual breath dissolves into the cosmic breath.

Prana is not only the hub of the wheel of life, but also of meditation. Everything is established in it. It permeates life, creating the sun, the moon, the clouds, the wind, the rain, the earth and all forms of matter.

Prana and Consciousness

Prana and Consciousness are in constant contact with each other. They are like twins. Prana become focused where consciousness is, and consciousness, where prana is. Yoga suggests that as long as the breath is still, prana is still, and hence consciousness is still.

All types of vibrations come to a standstill when prana and consciousness are steady and silent. Because of this connection between breath and consciousness, yoga has devised pranayama to stabilize energy and consciousness.

With reference to yoga, prana can be described as something that flows continuously from somewhere inside us, filling us and keeping us alive: it is vitality. In this image, the prana streams out from the center through the whole body.

Pranayama is the measuring, control, and directing of the breath, and thus of energy within the organism, in order to restore and maintain health and to promote evolution. When you are troubled, restless, or confused, you have more prana outside the body than within. Too little prana in the body can be expressed as a feeling of being stuck or restricted.

It can also show as a lack of drive or motivation to do anything. We may suffer from physical ailments when prana is lacking in the body. Yoga Sutra mentions disturbances in the breath, which can take very different forms.

On the other hand, the more peaceful and well-balanced we are, the less our prana is dispersed outside the body. And if all the prana is within the body, we are free of these symptoms. If prana does not find sufficient room in the body there can be only one reason: it is being forced out by something that really does not belong there. When we practice pranayama, we try to reduce our internal garbage and replace it with more and more prana within the body.

To make it clear: Because we can influence the flow of prana through the flow of our breath, the quality of our breath influences our state of mind and vice versa. One definition of the word yogi is "one whose prana is all within his body."

Prana is power. Proper acts of breathing are ways of harnessing that power. When a person attains a feeling of oneness with the rest of the universe, his anxiety tends to disappear. When the in-flowing breath is neutralized or joined with the out-flowing breath, then perfect relaxation and balance of body activities is realized. In yoga, we are concerned with balancing the flows of vital forces, then directing them inward to the chakra system and upward to the Crown Chakra.

Whatever happens in the mind influences the breath; the breath becomes quicker when we are excited, and deeper and quieter when we relax. In order to influence our prana we must be able to influence the mind. Our actions often disturb the mind, causing prana to exude from the body. Through daily pranayama practice we reverse this process.

Blockages in our bodies come from the mind. All garbage that we might find in ourselves was originally produced by incorrect knowledge.

When practicing pranayama it is very important to keep an alert mind, for the processes that are being observed are very subtle. The only dynamic process is breathing.

Here are a few practical suggestions for keeping our attention on the breath. One idea is listening to your breath, especially if you make a slight noise by gently contracting the vocal chords. Another is following the areas through which the air passes. If exercises such as these help us concentrate on our pranayama, that is wonderful. But the true aim of the various techniques and breath ratios of breathing in pranayama is first and foremost to give us many different possibilities for following the breath. When we follow the breath, the mind will be

drawn into the activities of the breath. In this way pranayama prepares us for the stillness of meditation.

The changes you might experience from this practice occur over a long period of time. If we are practicing pranayama and notice a change of mind, then prana has long before entered the body. The proof of the pudding is in our relationships with others.

Exercise for strengthening the Sacral Chakra

Exercise for opening the sacral chakra involves working with movement in the hips and lower abdomen. Simple self-nurturing activities, such as long, hot baths, showers or swimming should not be overlooked. Nurturing our bodies is the first step to nurturing others.

The Goddess Pose - Lie flat on your back and relax. Relax your legs, pelvis, and lower back. Bend your knees, until your feet are close to your buttocks. Slowly allow your knees to part, allowing the weight of the legs to stretch the inner thighs. Try to relax. Do not push your legs farther than is comfortable. Hold this position for two minutes, or more if you can. Now, slowly bring your knees together again. This puts us in touch with our sexual vulnerability, which paradoxically must be understood before we can fully open ourselves up on this level.

Pelvic Rock - Starting on your back with legs bent, slowly begin to rock your pelvis upward and downward with each breath. Inhale fully into your chest and belly, exhale fully, and upon the end of each exhale, push slightly with your feet so that your pelvis comes off the ground pushing the small of your back into the floor beneath you.

Hip Circles - From a standing position, bend your knees slightly, and drop your pelvis forward so that it is directly in your central line of gravity. Keeping the knees bent and flexible, rotate the pelvis in smaller, then larger circles. The head and feet should remain in the same place while the pelvis alone does the moving. Try to make the movement as smooth as possible.

Leg Lifts - This exercise helps move energy through the pelvis, often into the upper chakras. It is a classic Kundalini exercise, and a wonderful energizer.

Lie on your back and relax. Lift your legs 6 to 12 inches off the floor and spread them apart at this height. Bring them together again and then spread out again. Rest after about five of these. Then raise your legs so that they are perpendicular to the floor and spread them to each side. Bring them down, and together. Repeat this until you are tired. Raising the legs should be accompanied by an inhalation. Lowering the legs should be accompanied by an exhale. This exercise is a strong Kundalini-raiser with powerful results. It is important not to strain and to avoid sore muscles.

For all those who are unaware, Kundalini is simply an energy force within our physical bodies. It is important to develop this.

Exercise One: Feeling Your Energy Field

What we are going to do here is stimulate the charkas in the hands by briskly rubbing your hands together, which will warm them up. Once they feel nice and toasty, hold palms together and line up the fingers.

After this, slowly begin pulling your hands apart until you feel a pushing or a pulling sensation (some people feel one, while other people feel the other). Usually this occurs when your hands are about four to eight inches apart.

If no sensations occur, keep trying. I promise you, it will. Some people don't feel the energy until they play with it by moving their hands closer together and then farther away. Imagine squashing a marsh-mellow.

Once you feel the energy field, just know that it is your aura; this radiant energy field surrounds you. You have just learned another technique for sensing a part of your aura. In the next exercise we will explore the ability of seeing energy.

Exercise Two: Seeing the Energy Field

What we are going to do here is stimulate the charkas in the hands by briskly rubbing your hands together, which will warm them up. Once they feel nice and toasty, hold palms together and line up the fingers.

For this exercise you will need to find a black or very dark surface in your home (a piece of clothing, a tabletop, or even a turned off television). Turn off all lights and pull down the shades. Next, light a candle and place it behind you.

Now put your hands in front of the black surface and examine them. You should see a whitish, filmy glow emanating form your fingers. (Tip: Try focusing on the background.) Do this with a friend and experiment with the energy you see. Have some fun, and see how close you can come to touching your energies together.

The physical aura is not always easy to see because it can be very subtle. Don't be discouraged, though. When you do begin to see your glow, try increasing it through concentration. Wishing, and concentrating, will project energy, and you'll see the auric field more clearly.

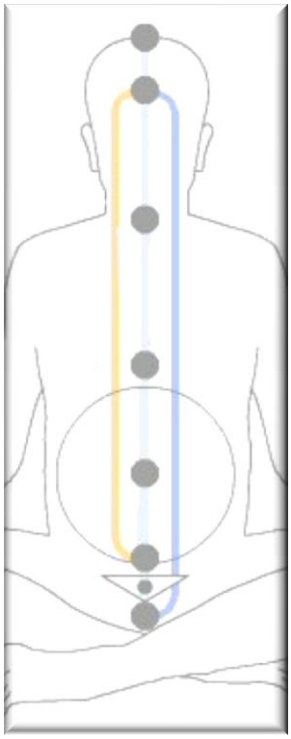
Also, ask your Higher-Self for guidance or advice. This will greatly increase your productivity.

The Channels of Energy: Pingala and Ida

Pingala Nadi

The right channel ("Pingala Nadi" in Sanskrit) is also called the Sun Channel. It begins at the Sacral Chakra (2nd center) and travels up the right side. It crosses over to the left temple (ego)

at the Third Eye Chakra. It provides the conduit for our active energy. This energy is comprised of our mental and physical activities.



When the demand for energy on this side is too great, the left side is weakened; the desire to have joy of the Spirit evaporates. When the right side dominates, the personality becomes very dry and aggressive. Excess pressure shoots up the right side and crosses into the left temple, and into the ego. This causes it to inflate and block the central channel. The entire system is thrown off balance. Blinded by ego, sensitivity to our own emotions is diminished.

This causes us to make decisions, and take actions, that dominate or disrupt the lives of others with a firm belief that they are necessary and logical. Taken to this extreme, right-sided behavior leads to heart disease. The high-tech, high-powered, "fast-track" environments of the Western world's cities and suburbs are generating predominantly right-sided citizens. It is difficult to maintain equilibrium between emotions and action when work, school, and shopping environments are aggressive and stressful. Most of us live our lives with the accumulated negativities of the past clinging to our systems.

Sahaja Yoga practices are effective at removing negativity and balancing the chakras and channels. Using simple meditation and techniques such as foot-soaking, lying on the ground, sweeping the aura, and shoe-beating, you can begin each day with joy from the open chakras and energetic power from a balanced system. You can revitalize yourself and the relationships around you simply by working on yourself from the inside out.

The state of the right channel is felt on the right side of the body. In the beginning, it is most easily felt on the right palm.

Ida Nadi

The left channel ("Ida Nadi" in Sanskrit) is also called the Moon Channel. It begins at the Root Chakra (1st chakra) and runs up the left side, crossing over at the Third Eye Chakra (6th center) into the temple. It provides the conduit for the “desires of our hearts.”

From these desires or wishes, our emotions are triggered. Emotions are actually desires that have not yet materialized. These desires and the attendant feelings about them travel through the left channel. They then go to the appropriate places in the body to bring about the actions of fulfillment. Our desires are essential for action. Without them we would have nothing to act upon.

The greatest quality of the left side is to provide joy, which is the steady condition of the Spirit. You may remember having this joy as a child, or you may have observed it in young children. They usually wake up in the morning happy. While they may experience physical and emotional pain once in a while throughout their day, they do not cling to it. Rather, they cry, recover, and resume the steady state of joy.

The desire for this joy is still alive inside all of us. It may be blocked or covered with "tarnish" from emotional or physical injuries experienced in living life. Before this knowledge spreads through the world, will not have effective techniques for clearing away the hurts and blows that are normal in living active life. The practice of meditation helps us remove old tensions and make joy our steady state of being.

Problems of the left side tend to result in passivity or emotional extremism whereby we are thrown between elation and depression. With this type of imbalance, self-discipline becomes difficult and bad habits become hard to correct. In the worst case, we become lethargic and self-obsessed. Because this channel feeds also into the skull area, pressure on the brain becomes excessive. This cycle is what causes such problems as mental breakdown, epilepsy, and senility (decay of the brain).

The state of the left channel is felt on the left side of the body. In the beginning it is most easily felt on the left palm.

The Central Channel

The central channel ("Sushumna Nadi" in Sanskrit) is also called the Middle Path. It begins at the place where the Kundalini resides and passes straight up the spine to the highest chakra (the 7th or Crown Chakra).

As the conduit for the parasympathetic nervous system, the central channel coordinates our involuntary or autonomic nervous system activities. We do not have conscious control over these activities.

Our heart beats, our lungs breathe, our blood system manufactures plasma, our brain centralizes and coordinates communication, our mind performs "word processing"... all of this and more.

Miraculously, the involuntary activities of our body function according to an organized operating plan with such complex interactions, syntheses, and communications that our advanced medical research, which is now even probing into the DNA, recognizes that we, despite modern knowledge, have only discovered the tip of the iceberg.

We have discovered that the human system is so vast and so ingenious that even to get some type of rudimentary understanding of it requires recognition of our ignorance of it. We are

at a new frontier.

The activities that take place through the parasympathetic system are spontaneous. They happen naturally, without our doing anything. The rising of the Kundalini and her work, as well as all spiritual activities, are spontaneous. The implication of the parasympathetic nature of the Middle Path is that the rise of the Kundalini is totally beyond our own volition or control.

Once our Kundalini has been awakened and has traveled through this central channel and out the top of the head, we can begin to become aware of the vast internal galaxy of our subtle system. This initial "enlightenment" or realization is only the beginning of our greatest adventure. More on Kundalini will follow in a later chapter.

How to Charge the Flow in the Nadis

The following exercises are for changing the flow from Ida to Pingala. Select any one of the methods that suits you best. To change the flow from Pingala to Ida just perform the same exercise on the opposite side.

Pingala

1. Plug the left nostril with a small piece of cotton or fine cloth for a few minutes.

2. Lie down on the left side for ten minutes. I personally do exercise one & two together

3. Sit erect. Draw the left knee up and keep the left heel near the left buttock. Now press the left arm-pit on the knee. In a few seconds the flow will be through the Pingala.

Ida

1. Plug the right nostril with a small piece of cotton or fine cloth for a few minutes.

2. Lie down on the right side for ten minutes. I personally do exercise one & two together

3. Sit erect. Draw the right knee up and keep the right heel near the right buttock. Now press the right arm-pit, Axilla, on the knee. In a few seconds the flow will be through the Ida.

Pingala Abilities

Telekinesis, Invisibility, Clairsentience, Bi-location, Teleportation

Ida Abilities:

Telepathy, Empathy, Psychometry and Teleportation

Zero-Point Energy

Zero-point energy is the hidden energy of the universe. It conceals the other dimensions that exist apart from the physical dimensions that we all live in. Through Zero-Point energy, an individual can conceal themselves from others. The following is a very interesting exercise, which can be used to conceal you from the sight of others. I have personally used this method to keep myself hidden from the people around me. It can be quite hilarious to perform this in public, especially because it allows you to walk past people, or sit in a chair without being noticed, unless someone is intensely looking for you. You can become skilled enough to be virtually invisible, even if someone IS looking for you. Personally, I haven't mastered this level yet, but a friend of mine has. She has scared me more than once by simply appearing by my side. It has become a sort of game between us. Though I could get hurt for revealing this, The One desires the readers to know that certain "black" organizations in our government have taught their agents the mastery of this technique.

Visual Exercise

Step One: Charge your physical body with energy.

Step Two: Close your eyes and see your visual body standing in front of you

Step Three: See your visual body filling with energy

Step Four: Visualize, and "feel" that an Indigo colored energy is flowing from the universe and entering your head through the Crown Chakra on your imagined body. Let this indigo light move down and spread to every part of your visual body.

Step Five: In your own time, see your visual body entering your physical body. Feel this body actually enter you. Make sure you feel it. Imagine and feel the energy in your visual energy entering your physical body.

Step Six: How do you feel? If you do this right correctly, you are ready to move to part 2.

Remember: You must master this exercise before moving on to the fifth force energy techniques is that clear.

Zero-Point Energy - Nature Cloak

Step One: First stand in the middle of a room with your hands by your sides and your feet slightly apart. Then close your eyes.

Step Two: Visualize that you are standing in a forest with beautiful trees and plants all around you. Feel the life energy of the forest flowing through your energy system.

Step Three: Now see your physical body filling with Zero-Point energy.

Step Four: In your own time, project an image of a tree around your physical body so that you can not be seen by anyone or anything.

Step Five: Ask the forest to fill this Zero-Point energy tree that you have projected with life. Once you receive this, fill the tree with prana energy, thus bringing the tree to life. Do this, and actually "feel" it happening. Eventually you will not be able to be seen physically or energetically.

Step Six: When you have done this well, draw the Zero-Point energy, prana energy and the forest energies out of this tree and back into your physical body.

Step Seven: You may stop the projection of the tree and open your eyes. How do you feel ?

Zero-Point Energy - Charging Exercise

Here is a useful technique for charging yourself with the necessary energy to produce a cloak.

Step One: Turn off all disturbances and sit in a quiet place, or lie down on the bed. Close your eyes and take a few deep breaths. Concentrate on your breathing. Visualize and "feel" that an Indigo energy, flowing from the universal cosmic energy, is entering your head through the Crown Chakra. Let this light move down and spread to every part of your body. As it passes through each part of your body, feel at one with the energy and feel the parts of your body relaxing.

Step Two: Let the energy move down into your feet, and feel the energy coming into your hands. Feel the energy flowing out through the palms of your hands. Spend a few minutes feeling this energy flowing through your palms.

Step Three: When you are ready, open your eyes.

Fifth Force Energy

Of all the energies in the universe, Fifth Force Energy is the most powerful because all living things are made from it. This includes every living being, including humans and aliens. On other worlds in our universe, and the parallel universes, other races more advanced than our own are using Fifth Force Energy to power their worlds and their technologies. This is the natural order of things. In time, we will do the same because a revolution is coming upon the world. This book is one of the catalysts of this revolution.

You can observe this energy by holding an object in your hand and throwing it into the air. As you throw this object, watch how it moves through the air. You will notice that no matter how you throw the object it will move in some sort of direction while it is airborne.

But another and more exciting way to see Fifth Force Energy is the following visual exercise. Using this method, you will learn how to see Fifth Force Energy at work.

Seeing Fifth Force Energy

Visual Technique

Step One: Get comfortable and relax. Employ the Quiet-Mind Meditation.

Step Two: Close your eyes and visualize that you are in a beautiful forest. (If you desire to change the scenery, as with all these meditations, feel free. For example, if sitting on a mountainside during a winter, thunderstorm is what you prefer, go for it. Just make sure to feel the energies of your surroundings, etc…)

Step Three: On the ground just in front of you, imagine a small rock. Pick up the rock. Remember to use your visualization techniques so that it actually "feels" like you are touching and moving the rock.

Step Four: Now I want you to throw the rock into the air. As you do, notice the energy around the rock.

Step Five: As you are watching the rock, you will notice that the energy around the rock changes slightly. What you are seeing is Fifth Force Energy pulling the rock towards the greater mass, which is the earth. Continue watching the rock as it returns to the surface of the earth. Watch how it clings to the rock and moves it back to the ground.

Step Six: Open your eyes and write down your findings on what you have observed in this

Once you understand Fifth Force more thoroughly, you can begin to use Levitation more easily. The first time I meditated, I actually bobbled upward until sitting on the peak of my garage. The after-effect of this experience was ecstatic joy.

Fifth Force Energy Rapid

Charging Technique

Visual Exercise

Step One: Stand in the middle of a room with your hands out by your side.

Step Two: Close your eyes and visualize that you are in a beautiful forest.

Step Three: Feel at one with the forest and the world around you.

Step Four: Imagine and "feel" a spiral of energy running from just above your head down to the base of your feet in a clockwise motion.

Step Five: Visualize and "feel" a second spiral running from the base of your feet to the point just above your head in a anti clockwise motion. (Note; steps four and five might take a little time to accomplish. For some people, visualizing two counter-rotating objects can be difficult. Whatever the case, don't give up.)

Step Six: See the two spirals accelerating until your Core Star (See page 5) sends a wave of energy out from your body about 1 kilometer in length.

Step Seven: Visualize this energy wave gathering Fifth Force Energy from all the living things in a one kilometer radius from where you are.

Step Eight: See and "feel" this energy wave spinning back into your physical body and charging your energy system.

Step Nine: Feel the energy in your Core Star. Now expand that energy throughout your physical body, your visual body and your auric field.

Step Ten: Open your eyes. How do you feel?

Important Note:
You may feel disorientated or overwhelmed by the tremendous force that renters your body as the Fifth Force Energy returns. Don't worry. This is normal.

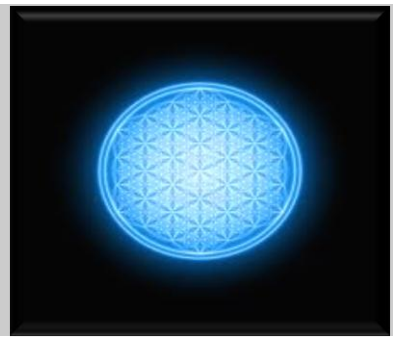
Fifth Force Energy - Charging Exercise

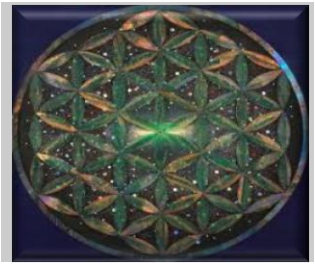
Step One: Turn off all disturbances and sit in a quiet place, or lie down on the bed. Close your eyes and take a few deep breaths. Concentrate on your breathing. Visualize and "feel" a transparent light energy, of cosmic origin, enter your head through the Crown Chakra. Let this transparent light move down and spread to every part of your body. As it passes through each part of your body, feel at one with this energy. Feel your body relaxing.

Step Two: Let the energy move down into your feet, and feel the energy coming into your hands. Feel the energy flowing out through the palms of your hands. Spend a few minutes feeling this energy flowing through your palms.

Step Three: When you are ready, open your eyes.

(See next page…)



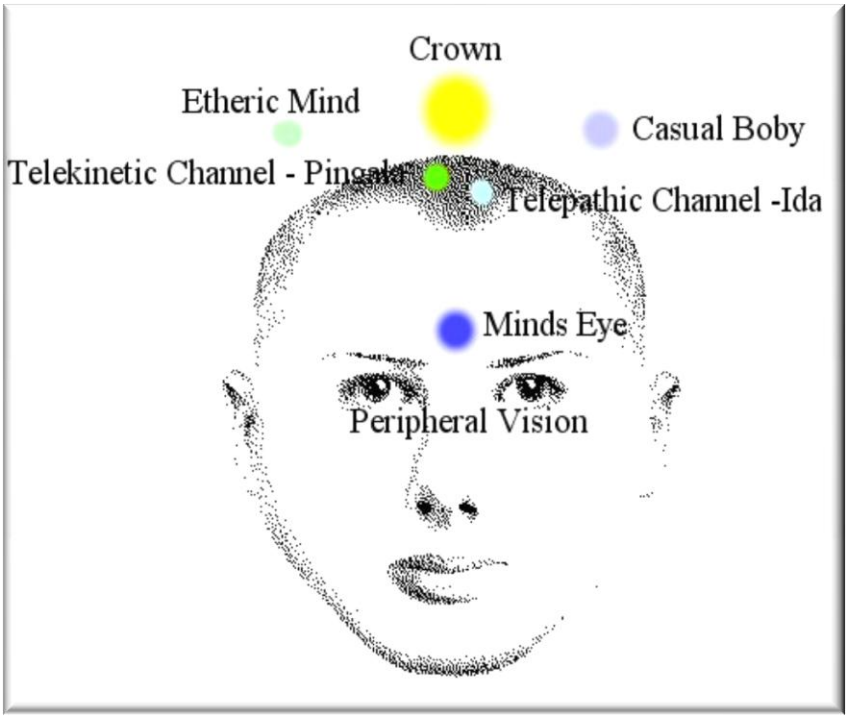


Chapter 13: Telepathy

Understanding Telepathy & the Etheric Body

The Etheric Body (from "ether", the state between the energy and matter) is composed of tiny energy lines "like a sparkling web of light beams" similar to the lines on a television screen. It has the same structure as the physical body, including all the anatomical parts and all the organs. The color of the etheric body varies from light-blue to gray. The light-blue color is finer than the gray: A more sensitive person with a sensitive body will tend to have a bluish1st layer, whereas a more athletic, robust type of person will tend to have a more grayish etheric body. All the charkas of this layer are the same color as the body. That is, they will also range between blue and gray colors.

Etheric energy emanates from all forms of solid matter in the universe. It is the etheric plane that we blend with while working with telekinesis, teleportation, and telepathy. The etheric plane is also known as Tele-plasma or PSI-energy.



*Work of memorizing the diagrams presented in the book because they will greatly increase your understanding of the esoteric principles written herein.

Telepathy Exercise

What we are going to do here is stimulate the charkas in the hands by briskly rubbing them together. Once they feel nice and toasty, hold your hands palm to palm, lining up the fingers.

For this exercise you will need to find a black or very dark surface in your home (a piece of clothing, a tabletop, or even a turned off television). Turn off all light, pull the shades, and light a candle. Place it behind you.

Now put your hands in front of the black surface and examine them. You should see a whitish, filmy glow emanating from your fingers. (Tip: Try focusing on the background) This fine layer of energy that is emanating from your fingers is known as the etheric body and is part of the etheric plane. The etheric plane is a sea of energy surrounding all objects in the universe and is the bridge that telepathy passes through.

What we are going to do here is something new. In your own time, focus on your Higher-Self and telepathically ask if it is present. This time, send the thought out through your etheric body. Do this by looking at the energy around your hand. See the thought passing through your energy field into the etheric plane. Now sit silently and wait. After a while, you may hear a answer. Repeat this process until you do.

Telepathy is a lot more audible when performed through the etheric plane. When receiving a response, it is common to hear a voice in your head.

This same technique can be used between two people. The only difference however is that the thought is sent out into the etheric plane through your etheric body which then passes into the etheric body of the other person.

Please uphold proper ethics when using this skill. When I was younger and just learning Telepathy, I would often send random thoughts to strangers, just to see their reactions. While quite hysterical, especially since most individuals have no idea why they are hearing voices, it is very rude to do this.

Don't be discouraged if you don't pick up any reply at first. It takes time to develop this form of telepathy.

If you have any trouble with the two-person technique, try sitting across from each other. Focus on the person's aura. See the energy field emanating from the person you are with. Project your thought into that field of energy close to their body and see what happens.

(See next page…)

Chapter 14: Telekinesis

Telekinesis can take many forms. With it you can move, bend and break objects. The possibilities are truly limitless…if your imagination is. A particularly fun exercise is spoon bending.

Spoon Bending with Telekinesis

First, find a spoon. What you are going to do at first is stimulate the chakras in the hands by rubbing them together, which will warm them up. As soon as your hands feel hot, hold your palms together. Line up the fingers. Make sure you can feel the energy throbbing through your fingers. Also, focus and see your energy.

Now, acquire a utensil and hold it in your hands.

Sit in a quiet space, breath deeply, and relax yourself. Escape mentally from all thoughts and sounds. With your eyes shut, rub your fingertips lightly over the surface of the spoon's handle.

Feel the surface without necessarily thinking about it. Feel the energy of the spoon and blend your energy with the spoon. Become a "part" of it. Without doing this, you will not succeed. Feel the atoms of the metal mixing with the atoms of your fingers, until they flow together as if they were water. Keep imagining that this mixture of your energy and the spoon's energy is melting into liquid. Once you have firmly established this, you are ready to move to the next phase.

Remember: This may take a few attempts. Over time, you will begin to actually feel the energy and the warmth of the metal as a part of you.

Imagine that energy continues rushing between you and the spoon. When the energy feels right to you, attempt to bend it like it was your finger. Once it actually feels like you are bending your finger, and nothing more, the metal will bend. Don't put physical pressure on the spoon---you're not testing your ability to bend a spoon with your hands. You already know you can do that. It's your mind we're testing.

After you have mastered this, work on connecting with the spoon without physically touching it. At this point, you have mastered spoon bending!

"Do not try and bend the spoon. Only see it for what it is…"

Sound familiar? It should. The ability of the boy in the cinema The Matrix is very real indeed. But this is only the tip of the iceberg. I've personally surprised some of my closer friends and family members by bending the spoons they are eating with at restaurants! It's hilarious, but I wouldn't show off too much, as this can attract attention. I've long since stopped displaying my skills in public because it is highly unsafe to do so right now.

Chapter 15: Teleportation Physical Objects

There are multiple types of teleportation. With great practice, one can teleport their physical body. Less difficult however, is teleporting an object, such as a spoon. Since you are having so much fun bending spoons, you will now learn how to teleport one.

Later, we will cover the much more fascinating topic of self-teleportation. I've only experience it once. It can be quite frightening.

Teleporting a Spoon

First, find a spoon. What you are going to do at first is stimulate the chakras in the hands by rubbing them together, which will warm them up. As soon as your hands feel hot, hold your palms together. Line up the fingers. Make sure you can feel the energy throbbing through your fingers. Also, focus and see your energy.

Now, acquire a utensil and hold it in your hands.

Sit in a quiet space, breath deeply, and relax yourself. Escape mentally from all thoughts and sounds. With your eyes shut, rub your fingertips lightly over the surface of the spoon's handle.

Feel the surface without necessarily thinking about it. Feel the energy of the spoon and blend your energy with the spoon. Become a "part" of it. Without doing this, you will not succeed. Feel the atoms of the metal mixing with the atoms of your fingers, until they flow together as if they were water. Keep imagining that this mixture of your energy and the spoon's energy is melting into liquid. Once you have firmly established this, you are ready to move to the next phase.

Imagine that energy continues rushing between you and the spoon. You and the spoon are One. When the energy feels right to you, see the energy of spoon and try teleporting it out of your hand. Only attempt a short distance. See the energy of the spoon reappearing at the new destination. When you feel like the spoon is gone, open your eyes.

Remember: NEVER apply force! You aren't there to physically force the object to move through the fabric of time and space. That's not point of the exercise. When you try to force the object to do your will, you will fail.

When doing this, you may experience problems with your destination. If this happens, don't worry about it. This technique takes practice to master properly.

Chapter 16: Inter-Dimensional Travel

The auric field consists of twelve dimensional layers. These layers of existence are the higher vibrational plains of our spiritual consciousness. This technique has been developed to help you explore these dimensions of your existence. The aim of this exercise is to help you understand the higher vibrations in the universe and in the chakras. This list will help you with the first 6 dimensions.

Inter Dimensional Travel Technique

Physical Exercise

Step One**: Get comfortable and perform the Quiet-Mind Meditation. Feel at one with your self and the world around you.**

Step Two**: Close your eyes and visualize a three dimensional grid of energy around your physical body. See this grid expanding out through all the dimensional layers of your auric field until it reaches the twelfth dimensional layer. Make sure that your physical body is at the center of the grid.**

Step Three**: See this grid that you have placed in your auric field changing color to mark the different dimensional layers of your auric field.**

Step Four**: Move your mind into the third dimensional layer of the auric field and visualize the chakras in the third dimension. Mark the grid with their position around your body. Make a note of the color of each chakra on the grid.**

Step Five**: When you have finished mapping the third dimension of the auric field, move on to the fourth dimension of the auric field and mark the positions and colors of the chakras on the fourth dimensional layer of the auric field.**

Step Six**: Continue working through the rest of the dimensional layers of the auric field until you reach the twelfth dimensional layer of the auric field. When you have finished the mapping of the chakras on each dimensional layer, lock that grid into your mind and open your eyes.**

Step Seven: **Draw an image of the grid and mark out where the chakras are located. This will give you a reference point for the future.**

(See next page…)

Chapter 17: Merkaba

In ancient Egyptian, "Mer" stands for Light, "Ka" for Spirit, and "Ba" for Body. Mer-Ka-Ba is the Spirit/Body, which is surrounded by counter-rotating fields of Light. It is a vehicle to transport one's Spirit/Body from one dimension into another. By using the Basic 25 Breath Merkaba Activation Meditation, one can do this. You can even take yourself to another universe altogether through a more advanced technique. I've mastered the simple technique, though my mentor is far above my level. During his travels, he has witnessed mind blowing wonders, which I can't even begin to describe.

Merkaba History and Techniques

The Sacred Mystery Schools of Lemuria, Atlantis and Egypt used sacred geometrical exercises as keys to access the higher dimensions, which formed the basis of their spiritual beliefs. They understood in the mystery schools that one's Merkaba had to be activated in order for the physical body to turn into Light. This of course would complete the Ascension process.

Because Earth, in our current time, is undergoing rapid and powerful energy fluctuations, it is necessary that humans should learn how to fully activate the Light Body in a proper manner.

Using Love and Sacred Geometry, one activates a Merkaba energy field of Light around the Body. Sacred geometry differs from regular geometry in that sacred geometry consists of the lines Spirit follows during the creation process.

Below is a picture of what the Merkaba looks like. Remember: The Merkaba's energy field is a force field of Light that surrounds your body and encompasses your outer bodies. Activating your Merkaba fields expands your consciousness until the physical body is transformed into Light.

Merkaba: The CHARIOT of the SOUL

Merkaba is Yourself.

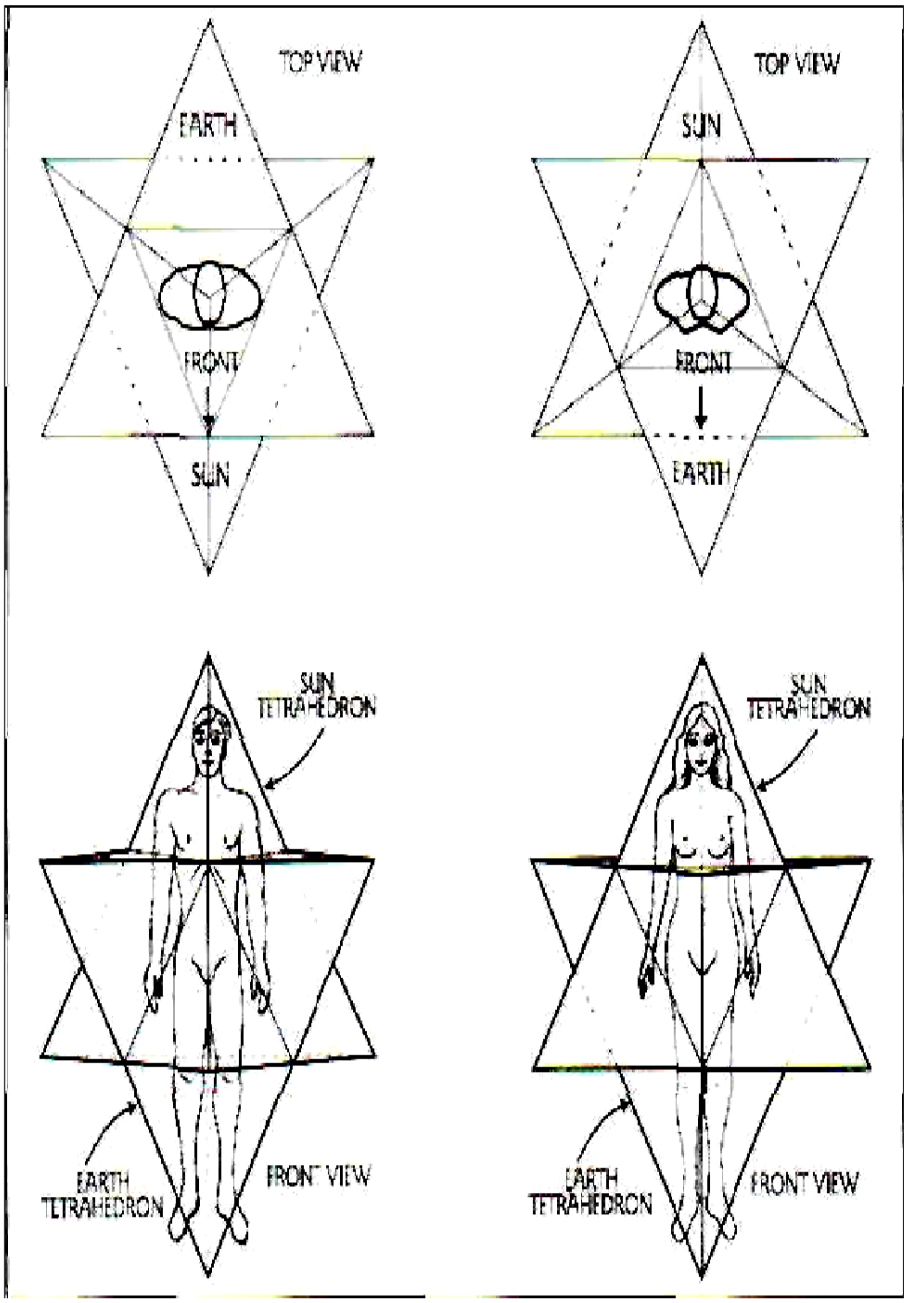
The following is a list of things you need to know about the Merkaba. Please read carefully and digest this information slowly. If you are new to meditation, and are just learning the deep esoteric secrets, this information might be blocked by your sub-conscious. Taking it slow will allow your mind to assimilate this truth so that you can act on it.

The Merkaba is a counter-rotating field of light generated from the spinning of specific geometric forms that simultaneously affects one's spirit and body. It is a vehicle that can aid mind, body and spirit to access and experience other planes of reality. In fact, the Merkaba is even much more than this.

The Merkaba is a tool that helps humans reaches their full potential. The Merkaba is a crystalline energy field that is comprised of specific sacred geometries that align the mind, body, and heart together. This energy field created from sacred geometry extends around the body for a distance of 55 feet. These geometric energy fields normally spin around our bodies at close to the speed of light, but for most of us they have slowed down or stopped entirely due to a lack of attention and use. When this field is reactivated and spinning properly, it is called a Merkaba.

A fully activated Merkaba looks just like the structure of a galaxy. The Merkaba enables us to experience expanded awareness, connects us with elevated potentials of consciousness, and restores access and memory of the infinite possibilities of our being. When the Merkaba meditation is performed correctly, the Merkaba fluidly integrates our feminine (intuitive, receptive) and masculine (active, dynamic) aspects of our mind and spirit.

(See next page for Merkaba Diagram…)


TOP VIEW
EARTH
FRONT
SUN
TOP VIEW
SUN
FRONT
EARTH
SUN
TETRAHEDRON
EARTH
TETRAHEDRON
FRONT VIEW
SUN
TETRAHEDRON
EARTH
TETRAHEDRON
FRONT VIEW

1. Merkaba is One with all. The Source, Its power and the soul are One.

2. Merkaba is silent stillness at its center. It is the perfect balance of still-point.

3. Merkaba pulsates, expands, and contracts. This is radiation and absorption of the divine heartthrob. It is the rhythm, vibration and flow between polarities. Merkaba is the All in All.

4. Merkaba breathes. As it pulsates, it draws energy into your center and radiates that energy back out.

5. Merkaba is a vortex-sphere. It spins, spirals and turns up and through its own center in an endless, self-generating process. It is the perfect sphere that generates the Tree of Life.

6. Merkaba contains crystalline geometries. Crystalline structures of light, formed within Merkaba, are a shape code that allows you to move between dimensions and to communicate with civilizations of light. Merkaba functions on all planes: "As above, so below."

7. Merkaba is living fire---the very light of God. It is the cosmic essence, the creative substance of the universe called the threefold flame at the center of your Heart.

8. Merkaba is cosmic sound. It is called by a hundred names, e.g., OM, HU, Amen, Allah, Aloha, Soham, etc.

9. Merkaba is living water. It is the radiant, fiery, bliss of nectar that is the life of creation.

10. Merkaba is love. The sensation of Merkaba is blissfully nurturing. Out of this sensation flow wisdom, clarity and compassion.

I can personally assure you that activating your Merkaba is one of the most joyful sensations you can feel. The love you will feel will forever change your life, and the deeply abiding, pathetic fear-based, sub-conscious roots which have been implanted in humans by religions, wars, scarcity and hate.

The MER-KA-BA Meditation

The Teaching of Spherical Breathing: Using 18 Breaths

There are 17+1 breaths in this meditation. The first six are for balancing the polarity; the next seven are for proper pranic flow through the entire body. Some after this are for shifting the consciousness from 3rd to 4th dimension. Finally, the last three breaths are for re-creating the rotating Merkaba within and around the body.

The last breath is not taught. Those who are meant to discover it will succeed in doing so.

Once each day, enter into this meditation, until the time comes when you are a conscious breather. With each breath, feel your intimate connection with God.

FIRST BREATH: Inhale

HEART: Open your heart and feel love for all life. If you cannot do this, you must at least open to this love as much as is possible for you. This is the most important instruction of all.

MIND: Become aware of the male tetrahedron (the apex facing up to the sun. The point faces to the front for males and to the back for females) as it is filled with the brilliant white light surrounding your body. Visualize it as best as you can. Make sure you "feel" it as well. If you cannot visualize it, at least sense or feel it surrounding you.

BODY: At the same moment of inhalation, place your hands so that your thumb and first finger are touching. Only lightly touch your fingers, and do not allow your fingers to touch each other or any other object. Keep your palms facing upward.

BREATH: At this same moment, with empty lungs, begin to BREATHE in a complete yogic manner. Breathe through your nostrils only, except at certain places which will be described. Simply put, breath from your stomach first, then your diaphragm, and finally your chest.

Do this in one movement, not three parts. The exhale is completed either by flexing the chest firmly and relaxing the stomach after which you slowly release the air. Or you can hold the stomach firmly and relax the chest. A very important aspect is that your breathing must be rhythmic. Begin by using seven seconds cycles. Seven in and seven out. As you get familiar with this meditation, find your own personal rhythm. The following instructions for a complete Yogic Breath are from "the Hindu-Yogi Science of Breath" by Yogi Ramacharake. Perhaps this description will be helpful.

Breathing through the nostrils, inhale steadily. First fill the lower part of the lungs, which is accomplished by bringing the diaphragm into play. This exerts a gentle pressure on the abdominal organs. Your belly will poke out.

Then fill the middle part of the lungs, pushing out the lower ribs, breastbone and chest. Then fill the higher portion of the lungs, protruding the upper chest, thus lifting the chest, including the upper ribs. At first, this may seem like three distinct movements. This is not true. This should all be done in one fluid motion.

Avoid jerky inhalations, and strive to attain a steady continuous action. Practice will soon overcome the tendency to divide the inhalation into three movements, and will result in a uniform continuous breath. You will be able to complete the inhalation in a few seconds after a little practice.

Exhale quite slowly. Hold the chest in a firm position, and draw the abdomen inward slightly. When the air is entirely exhaled, relax the chest and abdomen. A little practice will

render this part of the exercise easy, and the movement once acquired will be afterward performed almost automatically.

FIRST BREATH: Exhale

HEART: Love

MIND: Become aware of the female tetrahedron (apex pointing to the earth. It points backward for males and point to the front for females) as it is filled with brilliant white light.

BODY: Keep the same hand positioning as before.

BREATH: Do NOT hesitate at the top of the inhalation to begin the exhalation. Exhale quite slowly. Make it about seven seconds long, in the Yogic manner described earlier. When the air is out of the lungs, relax the chest and abdomen and HOLD the breath. Don't force this motion. When you feel pressure, breathe again. After about five seconds or so, t do the following:

MIND: Be aware of the flat equilateral triangle at the top of the female tetrahedron located in the horizontal plane that passes through your chest at the sternum. In a flash, and with a pulse of energy, send that triangular plane down through the female tetrahedron. It gets smaller as it goes down and pushes all negative energy out the tip or apex of the tetrahedron. A light will shoot out of the apex toward the center of the Earth. The Mind exercise is performed along with the following BODY movements.

BODY: Move your eyes slightly toward each other. In other words, slightly cross your eyes. Now bring them up to the top of their sockets…look up. But don't strain. You will feel a tingling feeling between your eyes in the area of your third eye. Next, look down to the lowest point you can, as fast as you can.

You should feel an electrical sensation move down your spine. The MIND and BODY must coordinate the above mental exercise with the eye movements. The eyes look down from their up position at the same time the mind sees the triangular horizontal plane of the female tetrahedron move down to the apex of the female tetrahedron.

If you having trouble imagining this, just follow your heart. Let spirit guide you. Experiment with what you think might be correct until you feel the desired effects. This meditation is quite complicated.

The combined exercise mentioned above will clean out the negative thoughts and feelings that have entered into your electrical system. Specifically, it will clean out the part of your electrical system that is associated with the particular hand position you are using. I

Now, immediately upon pushing the energy down your spine, you change fingers so that your thumb and middle-finger are placed together.

Begin the entire cycle over again. The next five breaths are a repeat of the first breath with the following mudra changes:

Second breath mudra: Thumb and second finger together

Third breath mudra: Thumb and third finger together

Fourth breath mudra: Thumb and little finger together

Fifth breath mudra: Thumb and first finger together (same as first breath)

Sixth breath mudra: Thumb and second finger together (same as second breath)

The first part, the first six breaths, the balancing of the polarities and the cleansing of your electrical system is now complete. You are now ready for the next part.

The next seven breaths have entirely new breathing patterns. You do not need to visualize the star tetrahedron at this time. Only visualize the tube that runs through the star, from the apex of the male tetrahedron above your head to the apex of the female tetrahedron below your feet. Once again, if you are not sure what this looks like, either research the image on the web, or just go with what you think is right. Make sure you see and "feel" this tube.

The tube extends one hand length above your head and one hand length below your feet. The diameter of YOUR tube will be the size of the hole formed by YOUR thumb and forefinger when they are touching. The emphasis on the word "your" is to show you that every individual has a slightly different sized tube.

BREATH NUMBER SEVEN: Inhale

HEART: Love. There is another refinement here that can be used after you have perfected this meditation.

MIND: Visualize or sense the tube running through your body. The instant you begin the seventh inhale, see the brilliant white light of the prana moving from the top and bottom of tube at the same time. This movement is almost instantaneous. The point where these two

light beams meet within your body is controlled by the mind and is a vast science known throughout the universe.

In this teaching however, we will only be shown what is necessary, which will take you from third to fourth dimensional awareness. In this case, you will direct the two beams of prana to meet at your navel. Keep the energy inside the tube however.

The moment the two beams of prana meet, which is just as the inhale begins, a sphere of white light or prana is formed at the meeting point. It is the size of a grapefruit and is centered on the tube. This all happens rather quickly. Just keep working with it until you start to see and feel these things.

As you continue to take the inhale of the seventh breath, the sphere of prana begins to concentrate and grow slowly.

BODY: For the next seven breaths use the same mudra (finger position) for both the inhale and exhale. What I mean by this is, don't switch finger position between the exhalation and inhalation. The thumb, forefinger and middle-finger should all be touching. Keep your palms up.

BREATH: Keep a steady, deep and rhythmic Yogic breathe going in seven second cycles. There is no holding of the breath from now on. The flow of prana from the two poles will not stop or change in any way when you go from the inhale to the exhale. It will be a continuous flow that will not stop for a long as you breathe in this manner, even after death.

SEVENTH BREATH: Exhale

MIND: The prana sphere centered at the navel continues to grow. By the time of the full exhale, the prana sphere will be approximately eight or nine inches in diameter.

BREATH: Do not force the air out of your lungs. When your lungs are naturally empty, immediately begin the next breath.

EIGHTH BREATH: Inhale

HEART: Love.

MIND: The prana sphere continues to concentrate life force energy and grow in size.

EIGHT BREATH: Exhale

MIND: The prana sphere continues to grow in size and will reach maximum size at the end of this breath. This maximum size is different for each person. The sphere of prana cannot grow larger that is natural for you.

NINTH BREATH: Inhale

MIND: The prana sphere cannot grow larger, so what happens is the prana begins to concentrate within the sphere. The visual appearance is that the sphere grows BRIGHTER.

BREATH: The Sphere grows brighter and brighter as you inhale.

NINTH BREATH: Exhale

BREATH: As you exhale, the sphere continues to grow brighter and brighter.

TENTH BREATH: Inhale

MIND: About half way through this inhale, as the sphere continues to grow brighter, the prana sphere reaches critical mass. The sphere ignites into a sun, a brilliant blinding ball of white light. You are now ready for the next step.

TENTH BREATH: Exhale

MIND: At the moment of the exhale, the small sphere, which is two of YOUR hand lengths in diameter, bulges and expands. In one second, combined with the breath talked about below, the sphere expands quickly out to the sphere of Leonardo and out at your finger tips of your extended arms. Your body is now completely enclosed within a huge sphere of brilliant white light. You have returned to the ancient form of spherical breathing. However, at this point, this sphere is not stable. You MUST breath three more times to keep the sphere stable.

BREATH: At the moment of the exhale, make a small hole with your lips and blow out your air forcefully, but not too forcefully. As you feel the sphere begin to bulge, all within the first second of this exhale, let all of your air out rapidly. The sphere will expand at that moment.

PART 3

ELEVENTH, TWELFTH and THIRTEENTH BREATH: Inhale and Exhale

MIND: Relax and just feel the flow of the prana flowing from the two poles and meeting at

the navel. Feel it expanding out to the large sphere.

BREATH: Breath rhythmically and deeply. At the end of the thirteenth breath, you have stabilized the large sphere and are ready for the important 14th breath.

THE FOURTEENTH BREATH

HEART: Love

MIND: On the inhale of the 14th breath, at the very beginning of the breath, move the point where the two beams of prana meet from the navel to the sternum, which is the fourth dimensional chakra. The entire large sphere, along with the original sphere, the latter of which is also still contained within the large sphere, move up to the new meeting point within the tube. Though this is very easy to do, it is an extremely powerful movement. Breathing from this new point within the tube will inevitably change your awareness from third to fourth dimensional consciousness. Or as some like to say, "From earth consciousness to Christ consciousness."

BODY: This mudra (hand position) will be used for the rest of the meditation. Males should place the left palm on top of the right palm. Females should place the right palm on top of the left palm. This is a mudra that relaxes.

BREATH: Keep your breathing rhythmic and deep. If you continue to breath from your Christ center without moving on to the MER-KA-BA, which is what is recommended until you have made contact with your Higher-Self, then shift to a shallow breath. In other words, breath rhythmically, but in a comfortable manner, so that your attention is more on the flow of energy moving up and down the tube and meeting at the sternum. It is expanding out to the large sphere. Just feel the flow.

Use your feminine side to just be... as it were. Don't think too logically. Remember, at this point, don't think… just breath, feel and be. Feel your connection to All Life through the Christ Breath. Remember your intimate connection with God.

The Mer-Ka-Ba, The Vehicle Of Ascension

The Last Three Breaths

You are asked not to attempt this FOURTH PART until you have made contact with your Higher-Self, AND your Higher-Self has given you permission to proceed. This part is to be taken seriously. The energies that will come into and around your body and spirit are of tremendous power. If you are not ready, you could hurt yourself. If your Higher-Self gives you permission to enter into the MER-KA-BA, then don t fear, for you will be ready.

PLEASE HEAD THIS WARNING. I don't desire that any of my brothers or sisters hurt themselves because of these words. This would break my heart.

FIFTEENTH BREATH: Inhale

HEART: Love

MIND: Be aware of the whole star tetrahedron. Realize that there are three whole star tetrahedrons superimposed over each other. One is the body itself, and is locked in place. It never, except under certain conditions, moves. It is placed around the body according to gender.

The second whole star tetrahedron is male in nature. It is electrical. It is literally the human mind, and rotates counter-clockwise relative to your body. In other words, from your viewpoint, this field rotates counter-clockwise. If you are still confused about direction, just now that it rotates toward to the left.

The third whole star tetrahedron is female in nature. It is magnetic and is literally the human emotional body. It rotates clockwise relative to your body.

To be clear: I am not telling you to rotate the male tetrahedron one way and the female the other way. I say "rotate the whole star tetrahedron", I mean THE WHOLE THING simultaneously.

On the inhale of the fifteenth breath, say to yourself, in your head, the code words, EQUAL SPEED. This will tell your mind that you want the two rotatable whole star tetrahedrons to begin spinning in opposite directions at equal speeds at the time of the exhale. This means that for every complete rotation of the mental (male) tetrahedrons, there will be a complete rotation of the emotional (female) tetrahedrons.

BODY: Continue the mudra of the folded hands from now on. Remember to hold them in the correct position according to gender.

BREATH: Breath in a Yogic and rhythmic fashion. Breath deeply, but only for the next three breaths. After that, return to the shallow breathing.

FIFTEENTH BREATH: Exhale

MIND: The two sets of tetrahedrons take off spinning. In an instant, they will be moving at exactly one third the speed of light at the outer tips. You probably will not be able to see this because of the tremendous speed, BUT YOU CAN AND SHOULD FEEL IT. What you have just done is start the MOTOR of the MER-KA-BA. You will not go anywhere, or have an experience. It is just like starting the motor of a car. But you still have the transmission

in neutral.

BREATH: Make a small hole with your lips just like you did for breath Number Ten. Blow out in the same manner, and as you do, feel the two sets of tetrahedrons take off spinning.

SIXTEENTH BREATH: Inhale

MIND: As you let out the breathe, the two sets of tetrahedrons go from one-third the speed of light to two-thirds the speed of light, instantaneously. As they reach two thirds speed of light speed, a phenomena takes place. A disk about 55 feet in diameter forms around your body at the level of the base of the spine.

The sphere of energy that is centered around the two sets of tetrahedrons forms with the disk to create a shape that looks like a FLYING SAUCER around the body. This is, in fact, what many people see when they notice flying saucers. They are actually seeing advanced alien begins who are travelling in their Merkabas.

Once again: This energy matrix is called the MER-KA-BA. However, it is not stable. If you see or sense the MER-KA-BA around you at this point, you will know it to be unstable. It will be slowly wobbling. Therefore Breath Number Seventeen is necessary.

BREATH: It is the same as breath 16. Make a small hole in your lips, and blow out with pressure. At this point, the speed increases yet again. As you feel the speed increasing, let out all your breath forcefully. This action will cause the higher speed to be fully obtained and the MER-KA-BA to be formed.

SEVENTEENTH BREATH: Inhale

HEART: <u>Remember, unconditional love</u> for all life must be felt throughout all of this meditation. <u>Otherwise no results will be realized.</u>

MIND: As you breathe in, say to yourself, in your head, the code NINE-TENTHS THE SPEED OF LIGHT. This code will tell your mind to increase the speed of the MER-KA-BA to nine-tenths the speed of light, which will stabilize the rotating field of energy. It will also do something else. This third dimensional universe that we live in is tuned to 9/10 the speed of light. Every electron in your body is rotating around every atom in your body at 9/10 the speed of light. This is the reason this particular speed is selected.

BREATH: Breathe rhythmically and in a Yogic manner.

SEVENTEENTH BREATH: Exhale

MIND: The speed increases to 9/10 the speed of light and stabilizes the MER-KA-BA.

BREATH: It is the same as breath 15 and 16. Make a small hole in your lips, and blow out with pressure. As you feel the speed take off, let all your breath out forcefully. You are now in your stable and third dimensionally tuned MER-KA-BA. With the help of your Higher-Self, you will understand what this really means.

EIGHTEENTH BREATH: This very special breath will not be taught in this book. You must receive it from Your Higher-Self. It is the breath that will take you through the speed of light into the fourth dimension. You will disappear from this world and reappear in another one that will be your new home for awhile. This is not the end, but the beginning of an ever expanding consciousness returning you HOME to your FATHER.

This is absolutely one of the most wonderful things you can experience.

Merkaba: Ascending Beyond Enlightenment

All prayers and meditations lead to God. However, the usual prayers and meditations offer a slow and methodical way for an individual to reach Enlightenment. It usually takes many lifetimes to attain the radiance of Enlightenment and to ascend to the higher dimensional levels of Creation. There are 12 dimensions in our universe.

We are in the 3rd dimension and seek to return to the Heaven/Paradise of the 4th dimension in our return to God. It is now possible to quickly return to God, for new and very sacred techniques are being made available to those people who are ready for Ascension. These multiple dimensional techniques offer assurance that one can reach Enlightenment and Ascend beyond Enlightenment in just one lifetime. The Sacred Merkaba Techniques blend meditation and prayer together in a unique manner. This process infuses huge amounts of God's Unconditional Love into a person, thus creating amazing expansions of consciousness.

God replicates God to create Creation. God duplicates God because there can only be God in any part of Creation. God creates Creation by creating sub-atomic Golden Spheres. These Golden Spheres are exact duplications, or replications of God. These miniature replications of God---these wondrous Golden Spheres of God's Unconditional Love---are the building blocks of everything in Creation. All Light, energy and matter everywhere in Creation is comprised of sub-atomic Golden Spheres.

These Golden Spheres unify all Creation and are the missing link sought by Albert Einstein to complete his unfinished "Unified Field Theory".

Another name for these Golden Spheres is prana---the life force of all Creation. Prana has many uses and is required for the continued existence of one's physical body. Prana is the only

substance in Creation which can create the constant cellular replacements required by a physical body.

A human being is not their physical body. A human being is made up of a physical body, a spiritual energy field, a mental energy field (which is electric in nature), and an emotional energy field… which is magnetic in nature.

One's total consciousness exceeds the size of the physical body. Therefore a person's spiritual energy fields surround their physical body. Spiritual energy fields are geometric in shape. Our total consciousness is contained in a number of geometric shapes. Each geometric shape relates to a different dimensional level of Creation. In the 3rd dimension, our spiritual energy fields are in the form of a Star Tetrahedron. Our spiritual energy fields in the Heaven/Paradise of the 4th dimension are in the shape of an Octahedron. This process continues to expand and change throughout the 12 dimensional levels of our Universe.

The amount of prana contained inside a person's spiritual energy field indicates the level of consciousness of the individual. The intake of prana into a person's spiritual energy fields will expand their consciousness. However, before prana can be used to expand consciousness, prana must first pass through one's chakras. Chakras were created by Prime Creator to filter out discordant energies from entering one's spiritual energy fields. Discordant energies entering a person's spiritual energy fields will decrease a person's consciousness. Most people's chakras are clogged up and closed off by large amounts of discordant energies.

The blockage of one's chakras can result in a closed mind. A closed mind rejects the possibility of higher dimensional levels in Creation. When a person's chakras are regularly cleansed of discordant energies, and that person's pranic energy centers are activated, then prana is able to flow easily into that person's spiritual energy fields…which then expands the individual's consciousness. It is when prana expands and fills a person's spiritual energy fields to 9 times their original size that the person "Ascends". Ascension means graduating from our 3rd dimensional reality into the Heaven or Paradise of the 4th dimension.

Ascension into the 4th dimension means a person has reached the level of consciousness of a Planetary Ascended Master, or a Saint. In other words, when sufficient numbers of God's Golden Spheres are infused into a person's spiritual energy fields, and the person's consciousness is expanded nine-fold, the person becomes "Enlightened". The term Enlightenment refers to a Golden Glow which can emanate from the enormous numbers of Golden Spheres contained within an Ascended Master's or Saint's spiritual energy fields, as depicted in ancient art.

The Sacred Merkaba Techniques allows for the counter rotation of spiritual energy fields at extremely high rates of speed. Once activated, an individual Merkaba will counter rotate for about 30 to 36 hours before the spiritual energies dissipate. An individual activating their Merkabas on a daily basis will find that in essence they are in unceasing prayer all day and all night long……24/7. Merkabas expand consciousness by infusing a constant flow of God's Unconditional Love, or prana, into an individual's consciousness 24 hours a day. Daily activations of 6 or more Merkabas with the Sacred Merkaba Techniques will lead to Personal Ascension in this lifetime.

Chapter 18: Light Energy

The whole universe is made up of light energy. Generally however, light waves move so fast that you can't really see them. All we know is that they are there. An adept can use light energy for travel, protection, and defense. We can also charge ourselves with light energy to rapidly increase our energy flow and keep our energy system at a healthy level.

The Core Star at the centre of our being is a good source of light energy. Using light energy, we can transform into the light being we truly are. After this, you can use your power to a greater potential.

Light energy can be used in healing the energy system and is also good for cleansing and charging. Light energy is the fastest form of travel. There is no faster way than light energy. An adept can travel a distance of 5000 light years in two seconds while travelling through interstellar space. Certain individuals, who are far beyond my ability, discovered this when they mapped the ring nebula using interstellar travel some time ago. Even though this sounds rather far out, feel free to experiment. By now, you should have had enough experiences with these meditations to realize that they are real. The only way to travel faster is with a porthole…something that will not be detailed in this book.

Light Energy Rapid

The Core Star (or source ID point) is a very powerful source of energy. It has endless possibilities because the Core Star can be use to heal both the mind and body. The Light Energy Rapid is a technique by which you will spin the energy of the Core Star in an elliptical motion, moving from left to right. This energy rapid then in turn will fill the physical body with light energy. As the light energy spreads through the physical body, we change from physical beings into light beings.

Visual Exercise

Step One: Get comfortable and relax. Perform the Quiet-Mind Meditation

Step Two: Close your eyes and see your visual body standing in front of your physical body.

Step Three: In your own time, teleport your visual body to the image of a forest. When you arrive, look around. Can you see all the beautiful trees?

Step Four: Visualize a pure white star of energy at the center of your visual body. This is the Core Star (or the soul ID point).

Step Five: See your Core Star expanding out from your visual body. Watch it move from left to right in an elliptical motion, forming a Light Energy Rapid. Make sure to “feel” this. At this point, you may notice that your visual body will vanish and reappear as a light being. Don't worry, this is perfectly normal in this exercise.

Step Six: Stretch out with your feelings and feel the powerful energy of this light being.

Step Seven: Now, feel at One with all things…literally. Once you do, continue.

Step Eight. In your own time, draw the Light Energy Rapid back into your Core Star. At this point, your visual body will return to normal.

Step Nine: When you are ready, teleport back to the point in front of your physical body. Open your eyes. **Remember**: You must master this exercise before moving onto the next one.

Light Energy Blending Exercise

Visual Exercise

Step One: Get comfortable and relax. Perform the Quiet-Mind Mediation.

Step Two: Close your eyes and visualize a bright star of energy at the center of your body. It should be spiraling around in a clockwise motion.

Step Three: Focus your attention on the center of this star at the center of your physical body. Feel the energy of this bright star expanding out through your body. Some people feel the sensation of a great inner calm because the Light Energy flows through the body. As the energy flows through each part of the body, feel your body relaxing.

Step Four: Let the energy move down into your feet, and feel the energy coming into your hands. Feel the energy flowing out of your palms. Spend a few minutes feeling this energy flowing through your palms.

Step Five: When you are ready open your eyes.

Controlling Light Energy

The ability to control light energy is one you must master in order to achieve power. But this is a fun process. After all, at the end of the day, who doesn't what to visit a new world or time period? This technique is designed to help you move closer to the level of physical miracle-worker.

Controlling Light Energy

Visual Technique (see next page…)

Step One: Get comfortable and relax. Perform the Quiet-Mind Meditation.

Step Two: Close your eyes and visualize that your visual body is standing in front of your physical body.

Step Three: See your visual body transforming into the light being image of you.

Step Four: Draw energy from your Core Star and into your right hand. Project that energy out of your right hand and hold it there for a moment. Project the energy about 1 foot. Next, draw the light energy back into your right hand.

Step Five: Move the energy into your left hand and project it in the same manner as the right hand. Draw that light energy back into your left hand.

Step Six: After this, move the energy into your left foot and repeat the process.

Step Seven: Move the energy into your right foot and repeat the process.

Remember: Try to feel at "One" with the earth at all times because the earth is your friend. Make sure you do this exercise until you have mastered the ability of controlling light energy. Then you will be ready to move on to the next exercise.

Bubble Shield Technique

Step One: Get comfortable and relaxed. Perform the Quiet-Mind Meditation (Q-MM).

Step Two: Close your eyes and see your visual body standing in front of your physical body. As your visual body is standing there, see your visual body transforming into a light being.

Step Three: Now, project an image of a light-energy bubble around your visual body.

Step Four: Check the light energy bubble and see if it is solid in construction and free of cracks. Hold it there for a moment.

Step Five: Draw this light energy bubble back into your visual body.

Step Six: Project the light energy bubble again, and this time hold it there.

Step Seven: Try firing Fifth Force Energy at the light energy bubble and see how your light energy bubble holds up to the blast of Fifth Force Energy. If your bubble breaks, try this exercise again. But if your bubble holds… then well done.

Wall Shield

Step One: Get comfortable and relaxed. Perform the Q-MM.

Step Two: Close your eyes and see your visual body standing in front of your physical body. See your visual body transforming into a light being.

Step Three: Project an image of a light energy wall in front of your visual body.

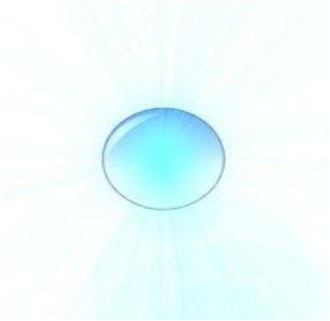
Step Four: Check and make sure that the light energy wall is solid in construction and free of cracks. Hold it there for a moment.

Step Five: Draw this light energy-wall back into your visual body.

Step Six: Project the light energy wall again, and this time hold it there.

Step Seven: Try firing Fifth Force Energy at the light energy wall and see how your light energy wall holds up to the blast of Fifth Force Energy. If your wall breaks, then try this exercise again. If your wall holds, well done.

Light Energy Orb



Visual Exercise

Step One: Get comfortable and relaxed. Perform the Q-MM.

Step Two: Close your eyes and see your visual body standing in front of your physical body. See it transforming into a light being.

Step Three: Now, hold your hands in front of you… and project an image of a light energy orb in front of your visual body between your hands.

Step Four: Check the light energy orb to see whether it is solid in construction.

Step Five: Draw the light energy orb back into your visual body.

Step Six: In your own time, see your visual body returning to normal and open your eyes.

Light Spear

Visual Exercise

Step One: Get comfortable and relaxed. Perform the Q-MM

Step Two: Close your eyes and see your visual body standing in front of your physical body. See your visual body transforming into a light being.

Step Three: Hold out your hand in front of you….and project the image of a light energy spear in your right hand.

Step Four: Check and make sure the light energy spear is solid in construction. Hold it there for a moment.

Step Five: Draw this light energy spear back into your right hand.

Step Six: In your own time, see your visual body returning to normal and open your eyes.

(See next page…)

If you continue to stay in the present moment, you will slowly dissolve the deepest of illusions that our minds constantly create. The true reality is that all things are One. If we buy into the illusions of the mind at any moment, the cosmic Kundalini falls back asleep. She will do this until we are completely present again to the Reality of Existence… found only within the Here and Now.

Staying consciously awake in this eternal moment, the phenomena of psychic abilities, paranormal powers and magical manifesting capabilities will naturally begin to appear. She will give you the ability to attract anything you desire in the Multiverse. Because you are merging with the Kundalini's infinite power, the body will no longer have ANY experience of having mental, emotional or physical pain. The experience of being bathed in an ever-present Source of divine peace and awesome power will be your new way of living.

If you are open and willing to step into your destiny as a divine being of God, read on. Awakening this incredible power is a very delicate and gentle process. We are connecting with the greatest energy in the Universe. It is so powerful… we need to be very tender with it.

When each of the seven major chakra centers in your body are ignited, you will step completely out of the time-bound world of the ordinary and into the most extraordinary super-natural realm of your being. The One within you will become very apparent to all, and you will absolutely know without a doubt, the truly magical and all-powerful cosmic God-being you truly are. This is the ultimate goal of the human experience.

Meditation to Ignite Your Kundalini

Sitting on the floor with legs crossed, relax every muscle and organ in your body for 5-7 minutes. Imagine a golden-white light caressing you on the inside, releasing every concern, worry and tension you have.

Next, let your body gently undulate back and forth, in small circles, or in mini-figure-eights, or in whatever ways that feel most natural, easy, effortless and sensually enjoyable. You can even move as if you were having a very relaxing, slow, sexual experience while sitting with a divine being. Let the rest of your body move and sway as it needs to.

Let each vertebrae in your entire spine (all the way up to your head) be affected by the undulating motion of your body. The energy is flowing up from the bottom of your spine to the top of your head. You can also imagine that your spine is as loose as seaweed on the ocean floor. It is so relaxed and at ease, going with wherever the ocean waves flow. This will loosen the Kundalini up so that she can rise completely out of the top of the head.

During this time, keep your attention on the energy between your sexual anatomy and the base of your spine. As you are undulating, breathe into this lower area deeply and slowly. Imagine a golden Lotus flower, radiating rays of light, blossoming there.

With devoted concentration, you will feel a warm tingling energy along the base of your spine, or perhaps higher. The more conscious and relaxing the experience is, the more the Kundalini will move and grow.

When you begin to feel a rising sensation of energy, stop the undulation and be completely still. Sit and let your thoughts slow down and eventually stop. Begin to relax into the stillness. Breathe slowly and deeply into your belly for 5 minutes, without forcing it. You will notice that your body is breathing on its own. As you continue watching your belly breathe naturally, follow your breath, as it will take you deeper into the stillness. When you are completely relaxed into the stillness, rest deeply inside. Relax, but keep your spine vertical---aligned, yet deeply relaxed.

As there is absolutely no more tension in the body, imagine that a rainbow of energy is forming along the back of your spine and down the front of your body. Each area or charka has a specific colored light associated with it. Please visualize the following colors for each area.

Red = Base
Orange = Sexual region
Yellow = Solar plexus
Green = Heart
Blue = Throat
Indigo = Forehead/ 3rd eye
Violet = Top of head
White/golden = Center of the top of the head aligned with the spine.

Depending on how tall you are, there will be between 3 and 8 quarter-sized balls of light in each chakra region. As you place your attention on a colored ball, it can ignite your whole body by filling it with light.

Starting at the base of your spine, very slowly follow the center of your up the front to the top of the head, then down the neck, and back…following the spine to make a complete rainbow circle. You may also start up the back and go down the front. Go in any direction that feels most natural for you. The quarter-sized balls may grow or shrink in size and the colors can merge and fade into the lights next to them. When you have made at least 10 rainbow circles around the body, imagine that a white/golden ball of light is forming at the center of the Earth, rising up in a column of light to the Earth's surface, and entering the base of your spine.

Feel it slowly entering you. As it slowly ascends to the top of your head, allow it to flow out of the Crown Chakra like a fountain. Let the energy cascade all over your body and bathe in the shower of this golden, loving light. Allow it to penetrate every muscle, organ, and cell in your entire body, and purify your entire energy system! Stay in the shower of golden light for as long as you can.

I recommend doing this golden showering for 10 minutes every day.

Chapter 20: The Cosmic Rays

Why has the number seven always held so much mystical significance? It is because the ancients knew of the existence of the Cosmic Rays---the sevenfold division of man's Godself. Although the seven rays are best known through their theosophical associations, they have connections with yoga. The yogis established seven schools so that any aspirant could choose the one most suitable to his spiritual leanings. These schools corresponded with the rays, as can be seen from the following list.

First Ray of Will - Raja yoga

Second Ray of Love - Karma yoga

Third Ray of Form - Jnana yoga

Fourth Ray of Links - Hatha yoga

Fifth Ray of Truth - Laya yoga

Sixth Ray of Devotion - Bhakti yoga

Seventh Ray of Completion - Mantra or Yantra yoga.

So what are the seven rays?

The rays are facets of The One. They emanate as abstract principles and become clothed in substance. They are, therefore, the highest representations of The One's principles. They act in their sevenfold manner to motivate their manifested form in the direction laid by The One. Consequently, there is a sevenfold division in all things, including man…even though this is often difficult to appreciate.

Each of us belongs fundamentally to just one ray, but we also possess minor qualities of other rays which help to form individual characters. As each ray is linked to a color, a clairvoyant can analyze an individual's spirituality by studying the variety of rays shown in his aura.

The first three rays are known as the primary rays, and are associated with the three primary colors red, blue and yellow.

The first ray is red. This color indicates the energy and impetus behind all positive conditions.

The second ray is blue. This color indicates the negative void of total unity which can be achieved by the highest expression of the emotions.

The third ray is yellow. This color indicates the background of form, or the intellectual organization responsible for manifestation. These descriptions are usually simplified as Will, Love and Form or Mind respectively.

The remaining four secondary rays are compounds of the primaries, and can be defined by their colors, which represent the same proportions of the qualities indicated by the primary colors involved.

The main quality of the fourth ray is the ability to form links between any of the rays. Its color varies according to the rays involved, but it is always a pastel shade.

The fifth ray, green, has the quality of truth and is a combination of second ray emotions and third ray intellect.

The sixth ray has the qualities of devotion and idealism, and its purple color is a combination of first ray will and second ray emotions.

The seventh ray has the quality of completion or attainment. Its color, dark brown, combines those of all three primary rays, indicating its secondary quality of wholeness or independence.

Our characteristics are dependent on many different influences, so the following information on 'typical' ray subjects is only intended as a basic guide.

First Ray

These subjects are motivated by their will and have lots of energy and drive. But this very active force needs creative outlets otherwise it may degenerate into lust or violence. Basically egocentric and often showy, such subjects are very original, but their natural instinct to rush things sometimes leads to a lack of care.

They are stern and sometimes severe, but also fair-minded, paternal, gentle, loving, kind and capable of compassion. Such subjects need to be the dominant partner and, although independent, occasionally need someone to react upon. They tend to have sudden and stunning effects on others, and their will-power is strong enough to force those around them to do what they demand without question.

Second Ray

These subjects are motivated by their emotions stemming from a desire to raise themselves to the heights, so that they can enjoy a unifying relationship with their Maker. They exemplify the passive, feminine quality that is in direct opposition to the positive, masculine assertion of the first ray subjects.

They are strongly attracted to all things, whether people or concepts, that they feel are above them. Consequently, they often use love, the strongest human emotion, in their efforts at drawing themselves upwards.

But wisdom is very important to these subjects also, so awareness or consciousness is a necessity in their relationships. Therefore, they usually play the more passive role. They are affectionate, friendly, kind, quiet, and often endowed with an attractive appearance and disposition.

Third Ray

The mind or intellect motivates these folk. They can give form to ideas and transform them into concepts. The first two rays deal with the intangible, but a third ray subject will resolve such abstractions into tangible realities.

Practical in all things, with a good aesthetic appreciation of quality, they consider intelligence a virtue and manifestation a necessity. They are good at discriminating and formulating their own opinions, and hold things connected with the senses in high regard. They have keen perceptions.

Happiness is important to these subjects, whether through the ordinary pursuits of pleasure or education and knowledge. They like doing things with others, enjoy discussion and deliberation, sport, games and art. Because of a deep urge for outside stimulation, such folk need the company of others similar to themselves and, as they are very tactful and diplomatic, they make good advisers and organizers.

Fourth Ray

These subjects are motivated by a deep sense of harmony in all things. They act as the link between the separateness of things, creating unity and making all things equal by bridging apparent barriers. This harmonizing effect comes from the inside, acting outwards, and is therefore totally selfless.

Consequently, such subjects are opposed to selfishness and hold true brotherhood of man as their highest ideal. They are adept at coordinating various projects and, being able to see a common denominator in opposing people or ideals, have a good understanding of these paradoxes.

Although they can take pleasure from this ability to see things from another's point of view, it can also lead to painful and disturbing experiences. They enjoy becoming involved with a lot of people, but are very aware of how others see them; this leads them to give only what they receive. These folk are easygoing, preferring to yield rather than upset a peaceful atmosphere.

Fifth Ray

These subjects are motivated by a strong yearning to discover the ultimate truth, a goal they continually pursue. Because they use every part of themselves in this quest they may appear cold and unemotional. Errors which another would ignore are noticed by these folk whose emotions are channeled into the uplifting spiritual pursuit for higher truth.

Their interest in searching out the truth gives such subjects the inquisitiveness to find answers to everything. They must know how things work and how things are in precise detail and, being naturally meticulous, they expect absolute perfection in everything. Associates, social or

otherwise, are firmly placed in their correct positions, and great value is laid on correct methods and manners.

Such folk are always prepared well in advance for any eventuality. And, in their personal affairs, are good at holding a stable, objective viewpoint in any situation which may arise.

Sixth Ray

These subjects are motivated by a deep and intense devotion to high ideals, accompanied by a longing for absorption into eternal bliss. Intensely emotional, they act mainly on faith which they trust far more than logic. They are very persistent and cannot be deterred from following their own path. Any kind of sacrifice is seen only as a steppingstone towards their aspirations.

Deep involvement, loss of self-identity and single-minded idealism keep them solidly fixed on far distant goals. Unfortunately, they may appear gullible and meek to others and often suffer as a result.

They are devoted and loyal to their friends, easily become emotionally involved in relationships and are quite often hurt. Consequently, such subjects sometimes assume a brash facade which barely covers their inner lack of peace and security.

Seventh Ray

A need to materialize on earth all that exists above, by making realities out of other men's dreams, motivates these subjects. Therefore, they act as they think, feel and will. They are extremely aware of the separateness of each thing, and function naturally as a complete, self-sufficient unity.

This makes them very independent and earthy with the capacity to do without other people entirely. This independence, unlike the first ray subject's freedom from restrictions, indicates complete attachment to material surroundings.

Through their unity of being and detachment from others they can become self-centered and find it difficult not to use other people for their own purposes. They are materially minded and sow seeds solely that they can gather the fruit - always expecting a return from their investment and favors.

These subjects have to be the dominant in their relationships with others and may develop a tendency to treat everybody as either possessions or servants.

Chapter 21: Light Encoded Reality Matrix and Source Codes

As light beings, humans have the ability to manifest physical forms of matter. The way this is done is by projecting an electromagnetic field of energy with the source code of creation into a holographic image of an object that we desire. This is done by projecting light particles from the Kundalini energy at the base of the spine into the sixth chakra, and by projecting the kundalini's electromagnetic field of manifestation to a point just in front of us. This is known as quantum mechanics and is the natural law of quantum physics in the universe known as the Light Encoded Reality Matrix (LERM).

Source codes are codes of universal evolution and individual enlightenment granted by the Prime Creator…with which we are One. The codes can be given at the first point of new life and encoded into the DNA of a living organism. As the organism evolves, the codes are released slowly and the organism can undergo great change, both spiritually and physically.

The other means of using source codes is by flashing the code into the energy system of an already living organism. Next, you would flash the new code with the Merkaba of the organism's individual Soul/Mind strand (LERM).

Here is a source code for this technique: N274

Light Encoded Reality Matrix Technique

Step One: Perform the Q-MM and take a few deep breaths.

Step Two: In your own time, take the source code above and hold it firmly in your mind.

Step Three: When you are ready, focus on the Core Star, while still holding the source code in your mind, and expand the light energy of your soul along the spinal column and up into your mind and fill that source code with light.

Step Four: Now that you have filled the source code with light, the next step is to flash the code through your entire existence. This is done by expanding the light encoded source code throughout your body and out into the auric field. Make sure that you flash the three Dan Tiens as well when doing this technique.

Helpful Hints: Write down any sensations that you might feel with the source code and any other codes that you may come across for future reference.

The following is another technique for using source codes.

Physical Technique

Step One: Perform the Q-MM.

Step Two: Visualize the sixth chakra. At the base of the chakra, there is a well of energy. This is known as the Jewel of the Lotus. Within the jewel, there is a light-golden energy. Visualize this golden energy trickling out of the jewel and spreading into the chakra. As the chakra spins, see the chakra becoming golden in color with its light radiant energy.

Step Three: When you are ready, project that energy to a point in front of you and create an electromagnetic field. If it helps, picture the EM field as a golden cloud.

Step Four: Focus on an image you desire and project it into the EM field. Make sure the EM field is completely surrounding the object.

Step Five: When you are ready, blend the EM field with the object and see the object taking form. See it transforming into physical matter, and make sure it is forming with no imperfections.

Step Six: As the object forms, instruct the quantum object to ground into the physical plain of solid matter.

Step Seven: When you think you have got a solid object in front of you, open your eyes. Remember, this is not teleportation. This is creation from light. Also keep in mind ethical principles. With this technique, you can even create "living" forms. You are completely limitless. If you do create a living form, just remember that you are not its God. You are One with it. Treat it with respect.

Tips & Hints: If you are having trouble grounding the object, try drawing a Hara line down into the earth and ground the object that way. If that doesn't work, try blending the energy from the Core Star with the object and see what happens.

Source Encoding and Chakra Imprinting

The chakra system is the key to energy flowing in and out of the physical body. It is through the chakra system that all sensations of our physical and spiritual being are stored. But the auric field and the chakra system are so much more than just a library of our being. It is here that we find our supernatural abilities.

The chakra system is also the store house for abilities like teleportation, levitation, traveling beyond time and space, etc. The question here is how de we acquire these abilities? There is so much to know about all this. To give you an example, have you noticed by now, while trying to perform telekinesis, that energy moves down the Crown Chakra. The ability is ours. Even the most advanced telepath using telekinesis knows they draw from telekinetic energy. What if there was more to our abilities than we currently see?

Source encoding and imprinting is the ability to manifest the outer within the physical body.

Chakra Imprinting

Chakras contain blueprints of our very being, stored in the layers of the auric field. Chakra imprinting is the ability of imprinting the chakra system in the physical body. This is done by source encoding the chakra imprint with our source energy and the Kundalini energy. See, the chakras feed directly into the core of the spinal cord. It is the Kundalini that is the manifestation point of our being. It is here that the first steps that we take the first steps in the evolutionary technique of imprinting.

Another thing is that this technique should be done one step at a time. What his means is, only do one chakra at a time. Start with the lowest point, the base and chakra. You will need a good flow of Kundalini for the manifestation process, so make sure you align and open the chakras first.

Source Codes

Source Codes are imbedded "activators" that are present within the entity consciousness. They serve the specific purpose of awakening the human instrument to the multidimensionality of the entity and the liberating information that is stored within the energy consciousness. Source Codes are somewhat analogous to the genetic coding of chakras and DNA to the extent that Source Codes activate specific blueprints of transformation that accelerate and facilitate the expansion of consciousness. In effect, Source Codes catalyze the awakening of the human instrument and encourage it to make the quantum leap from a socialized human to a sovereign entity that is aware of its connection to the All That Is.

Source Encoding & Chakra Imprinting

Physical Technique

Step One: Perform the Q-MM and then lay down. In your own time, close your eyes and take a couple of deep breaths. Feel the chest rise and fall, and relax.

Step Two: Visualize the base chakra. At the base of this chakra, there is a well of energy. This well is known as the jewel of the lotus. Within the jewel there is a light golden energy. Visualize that this golden energy is trickling out of the jewel and spreading out into the chakra. As the chakra spins, see the chakra becoming golden in color with its light radiant energy. Feel that energy.

Step Three: As the chakra spins, see the golden energy of the Kundalini blending with the skills and abilities of the base chakra and the genetic source code of the base chakra, and feel the blending process.

Step Four: As the Kundalini energy trickles out of the top of the chakra, instruct the Kundalini energy to imprint the genetic code of this chakra into the physical and to create the energy

channels for the abilities of the chakra. Then release that energy into your physical body. As you feel the warm tingling sensation of that part of the body, be thankful to the Kundalini for its gift.

Step 5: Open your eyes and take your time before getting up.

Remember: Energy has consciousness as well, so be mindful of your thoughts while doing the imprinting technique. This technique can be done on the other chakras, but I suggest you start with the first and move on. Leave at least 30 days between the imprinting process before moving on. You should never imprint more than one in that time period.

Take note: Work from the first chakra to the eleventh chakra in this way. With the twelfth chakra, you also do the imprinting process, but you also need to instruct the Kundalini energy to ground into the grand porthole network of the Prime Creator. Ask your Higher-Self how to do this, as this will not be revealed as of yet.

(See next page…)

Chapter 22: DNA Activation Level One and Level Two

Every human possesses a standard two helix DNA strand. But did you know this strand could be activated? This activation brings us into balance with the wholeness navigator within each of us and aligns us with the first source creator of all universal life, with which we are One. As we begin to activate the light encoded helix of the light body, we begin to understand the universal wholeness. It is at the cellular level of the DNA that changes take place.

First, we must learn to work with our Godself and understand the need for cutting cords and healing oneself first. Ask you Higher-Self for this knowledge. NOTE: *As these techniques get more advanced, some information will be let unpublished. This is because those who are meant to reach the greatest levels will do so. Those with selfish motives will be impeded.*

DNA Activation is a process of expanding the two helix DNA into a 4 helix strand, and increasing it again until it is a 12 strand helix. It is here that we heal our genetic code with light and love. Once the healing process has taken place, we can move forward. Ask your Higher-Self to connect with certain aspects of The One which will be willing to help you with this meditation, as you will need help.

DNA Activation Level One

24 helix DNA Activation

To prepare for this technique, you'll need to be familiar with working the heavenly realms of the first source and your Higher-Self. Make sure you study this technique thoroughly before attempting it. When you are ready, find a nice, quiet place to sit.

Step One: Perform Q-MM.

Step Two: Visualize a pure, white light flowing over you. Next, imagine a double pointed crystal, with one point one foot above your head and the other point about one foot below your feet.

Step Three: Now visualize another double pointed crystal around the Spiritual Heart or Thymus Chakra, which is between the Heart and Throat Chakra.

Step Four: When you are ready and feel like you have performed this part correctly, imagine that the two crystals are spinning around you and moving faster. As they move faster, see your body filling with light.

Step Five: In your own time, visualize your body getting smaller until you are the size of an atom. When you have done this, move the smaller version of yourself into your body and into the

cellular level of your DNA. Focus on one cell of your DNA Strand and move the smaller version of yourself into that cell and blend with it.

Step Six: Once you have blended with the cell, see that cells splitting into two cells of the same portion and fill them with light.

Step Seven: When you are ready, see the two strands splitting into six strands of the same portion and fill them with light and love.

Step Eight: When you have done this, see the six strands splitting again into 12 strands of the same portion and feel the love, light and peace. Stabilize this new structure with light and love.

Step Nine: Now, encase the new twelve strand helix in light and love and double it again so that there are 24 strands in this cell. Blend this new 24 strand helix with your DNA and see it encoding with the other cells of your DNA, making them 24 helix cells as well. Feel great love while doing this.

Step Ten: Call upon your Godself and ask it to activate the first atonement---this new 24 helix code. Ask that it heal any imperfections in your genetic structure due to parallel lives, lives in other time periods, dimensions or planets. Ask that all genetic tumors be removed.

Step Eleven: Visualize a beautiful light radiating just above you and see that white light move down the Hara line, through the Crown Chakra, thus opening all the chakras as it moves down to the Base Chakra. Ground this energy into the Earth Star and say aloud, "I awaken the ability of Clairvoyance now. I awake the ability of Clairaudience now. I awaken the ability of Clairsentience now. Feel tremendous love.

Step Twelve: When you are ready, thank you Higher-Self for the first atonement.

Step Thirteen: Open our eyes but don't rush, because you may feel light-headed. Take your time. For the next couple of weeks, as this process takes place, you may feel tired. Sleep when you need to and drinks LOTS of water, as you may feel warm from the transformations.

Remember: Your Godself will know what to do during the first atonement. Don't worry if you are afraid of failure.

(See next page for Atonement level two…)

Atonement level two should only be preformed after level one has been completed. You should not attempt this any for six months after the first atonement. After this time, feel free to take the second. NOTE: This technique can be harmful if you are not ready. Always check with your higher self, or even your highest healing guide, before taking this atonement to make sure that you are ready.

Physical Meditation

To prepare for this technique you'll need to be familiar with working with the heavenly realms of the first source and your Higher Self. Make sure you study this technique thoroughly before attempting it. When you are ready find a nice quite place to sit down where you will be comfortable and relax.

Step One

Visualize a pure white light flowing over you. Then visualize a double pointed crystal with one point one foot above your head and the other point about one foot below your feet.

Step Two

Visualize another double pointed crystal around the Spiritual Heart or Thymus Chakra, which is between the heart and throat chakra.

Step Three

When you feel you have preformed this part correctly, visualize that the two crystals are spinning around you and moving faster. As they move faster, see your body filling with light.

Step Four

In your own time, visualize that body getting smaller until you as small as an atom. When you have done this, move the smaller version of yourself into your body and into the cellular level of your DNA. Focus on one cell of your DNA Strand and move the smaller version of yourself into that cell and blend with that cell.

Step Five

Once you have blended with the cell, see the new helix strand splitting into two even strands of the 12 each. Make them the same portion and fill them with light.

Step Six

In your own time, see the two 12 strands spiting into three 12 strands of the same portion. Fill the three strands with light and love. Let there be light, Let there be love. If this confuses you, simply follow the guidance of your Godself.

Step Seven

When you have done this, see the three 12 strands spitting again so there are 4 even strands of 12. Make sure they are of the same portion. Feel the love and stabilize this new cellular structure with light and love.

Step Eight

In your own time, encase the new 48 strand helix in light and love and blend this new 48 strand helix with your DNA. See it encoding with the other cells of your DNA strand, making them all 48 helix DNA cells as well. Feel the light, Feel the light.

Step Nine

Call upon your Higher-Self and ask it to activate the second atonement of the new 48 helix code. Ask it to heal any imperfections in your genetic structure just like in atonement level one.

Step Ten

Visualize a beautiful light radiating just above you and see a pure white light move down your Hara line, through the Crown Chakra, opening all the chakras as it moves down to the Base Chakra. Ground this energy into the Earth Star and say aloud, "*I awaken the ability of Clairsentience now.*" "*I awaken the ability of Empathy now*." "*I awaken the ability of Telepathy now.*" Feel the light and the love. Remember: These are the only three abilities to be opened at the second atonement.

Step Eleven

When you are ready, thank your Higher-Self for the second atonement.

Step Twelve

In your own time, open your eyes. Remember the instructions from the first atonement.

(See next page…)

Chapter 23: Dimensional Doorways

Personal Vortex: Understand that energy is always in motion. The infinite energy known as God is energy in a circular motion, having no beginning and no end. Your expression of this energy is to place it in finite form and see if you can hold your power in that form. We therefore ask you to begin to spin in a circular motion to set up your own personal energy vortex. Experience this in any fashion that works for you. A most difficult concept for humans in a field of polarity is that there is no right or wrong. I am telling you to go inside and discover the manner in which to facilitate these personal energy fields. If turning left does not feel correct then turn right. Find a way to create circular energy fields around yourselves. This will facilitate the changes that you now face.

Collective Intentional Vortices: Creating a vortex within a group also makes space for them in your lives as you interact with the Earth on a collective basis. In a large or small group, you can create a vortex of energy moving in a circle. Decide which direction to make these as a collective connection to the Earth and work with her to create a vortex. Unlike personal vortices, once a collective vortex is placed into motion, it remains in that spot. These funnels will be used by the Earth to anchor and distribute the Christed energy onto the planet. Later, some of these same energy fields will turn into the portals that will be used to travel between dimensional realities.

Turn Right: I tell you that the door between realities is a right angle. One dimensional reality is separated from another by ninety degrees. Begin to use this intentionally to change the course of your own life experience.

In those instances when you find your reality not to your liking, stop and turn ninety degrees from where you are. Again you must discern which direction to turn. Trust yourself to know these answers and if ever it does not feel correct, have the courage to change your direction. Do this at first as a symbolic gesture and soon you will understand the true use of this Universal truth.

(See next page…)

Chapter 24: Physical Teleportation

Teleportation: Physical Technique

Step One: Sit in the lotus position (see the web for this) or lie down and perform the Q-MM. In your own time, breathe deeply through your nose and feel your chest rise and fall.

Step two: Visualize the Base Chakra. At this chakra, there is a well of energy that is known as the Jewel of the Lotus. Within the jewel, there is a light-golden energy. Visualize that this golden energy is trickling out of the jewel and spreading out into the chakra. As the chakra spins, see the chakra becoming golden in color with its light radiant energy. Feel that energy.

Step Three: Focus on the Sacral chakra and do the same. See the jewel at the center and see this radiant energy trickling out into the 2nd chakra, filling it with radiant energy.

Step Four: Move on to the 3rd chakra and do the same. Repeat this process for all the chakras. In your own time, see the Kundalini trickle over the top of each chakra, and feel the warm sensation of the Kundalini as it flows through your physical body. Feel how light the Kundalini is in your body. Spread the energy through you legs, arms and chest. Pass that energy through your entire being. Do this for about ten minutes. Make sure your body is light and golden.

Step Five: Focus on breathing though your right nostril, and draw the prana energy through the Pingala channel down into the 2nd chakra. Hold the breath for a count of ten and open the 2nd chakra. Feel the ability of Clairsentience activating at the second chakra and then draw the energy back up through the Pingala channel. Go past the Mind's eye and exhale through the nostrils for a count of six.

Step Six: Focus on a destination and make sure it is nearby.

Step Seven: Focus on breathing though your left nostril, and draw the prana energy through the Ida channel and then down into the Base Chakra. See the prana energy flowing through the Hara line and down into the earth. Ground it into the Earth Star, and then hold your breath for a count of ten. You may feel that the body is trying to jump at this point. In your own time, draw the breath and prana back up Hara line and pull the Earth Star and Hara line back up to the point just above the first chakra. As the energy passes through the Ida channel, focus on the destination and teleport yourself in your Mind's Eye, once you exhale.

Step Eight: As you arrive at the new destination you may feel disorientated. This is normal, and will pass in time. Breathe in again through the left nostril. As the prana energy passes the Earth Star, drop the Earth Star and Hara line back down into the earth. Ground yourself back into the physical plain. Once you are grounded, let go of the Earth Star and exhale normally.

Step Nine: Give yourself time to return to normal before you open your eyes. Take it easy and do not rush getting up or moving. It may take some time to get your senses back to normal.

Chapter 25: Levitation

Levitation of the Physical body

Step One: **Find a comfortable place to sit or lie down and perform the Q-MM.** In your own time, close your eyes and take a couple of deep breaths. Feel your chest rise and fall.

Step Two: Visualize the Base Chakra. Visualize the same golden energy mentioned in chapter 24. See and feel it trickling out of the jewel and spreading into the chakra. As the chakra spins, see the chakra becoming golden in color. Feel that energy.

Step Three: Focus on the second chakra and do the same. See the jewel at the center, and see this radiant energy trickling into the 2nd chakra. Fill it with radiant energy.

Step Four: Move on to the 3rd chakra and do the same. Repeat this process for all the chakras. In your own time, see the Kundalini trickle over the top of each chakra, and feel the warm sensation of the Kundalini as it flows through your physical body. Feel how light the Kundalini is in your body. Spread the energy through you legs, arms and chest. Pass that energy through your entire being. Do this for a while. Make sure your body is light and golden.

Step Five: Once you have reached the seventh chakra, see the seven chakras and feel this light golden energy continually flowing into the chakras until it starts to over flow into the physical body. Do this for around about ten minutes.

Step Six: Before going any further, place your hands like in the picture below.

Step Seven: As the golden energy begins to flow out into the physical body, see the energy spreading through you entire body. Feel how light your body feels as the golden energy blends with your body. Relax.

Step Eight: In your own time, take a slow, deep breath inward. As you breathe inward, feel your body getting lighter. As you breathe outward, release more energy into your body until your whole being is covered in this golden light. Do this a couple of times.

Step Nine: After a couple of minutes, when your physical body is feeling very light, take another deep breath and hold it. Feel your body rising off the ground, ten centimeters in height. If you need to, use your hand to help you push off like in the image on the next page.

Step Ten: If you have done this right, drop your hands down and touch the surface below. If you can not feel the surface of the ground, don't worry. Just release a small amount of air from your lungs until the tips of your fingers touch the surface. Hold it there.

Step Eleven: In your own time, slowly release the air from your lungs and bring your body back down with the breath until you are resting on the hands. If you want, take another breath inward. You will rise. Return to the ground on the exhale.

Take Note: If you rise too high, don't freak out. Just release a small amount of air from your lungs to lower your body again.

Helpful hints for this technique: Visualize that you are in a meadow. See a cloud just above you, and bring that cloud over your body. See your physical body as the cloud and see the cloud rise on the in-breath and lower on the out-breath.

Step Twelve: Relax and feel at One with all things. When you are ready, open your eyes

Remember: If you don't rise at first, don't worry. Its almost impossible to master this technique the first time. Even after years of experience, you might have to repeat this process ten times before you lift. Just keeping working at it.

Warning: Ask your Higher-Self about this technique, if you have any doubts, before moving on. If something does go wrong, it can be very frightening. Study Kundalini yoga, as this will help you.

(See next page…)

Chapter 26: Blank Slate Technology

Blank Slate Technology (BST) is the ability to remove a thought from thought process of a subject and replacing it with a passive thought.

This is done by using telepathy, empathy as well as Invisibility, teleportation, Time Travel and Interstellar Travel. When using this ability, please only do so for the good of your brothers and sisters and not for negative purposes. It would break my heart to see this wonderful knowledge abused. No selfish gains should be made with this power!

For some individuals, this ability has to be fully revealed to you by your Godself. For others, it will come more easily. If you have selfish motives, the higher part of your Mind might refuse to allow this ability to manifest in the physical form. If you are having trouble achieving this technique, you might need to access the heavenly realms and speak with one of the Masters about this. The good part about this technique is that you can use it to erase negative memories that your family members and friends just simply can release. As such, this tool will one day be used to clear the emotions from hurting individuals. It will replace current psychology, as well as the harmful drugs we use to ease our emotional pain.

Telepathy Technique

Step One: Perform the Q-MM and get very relaxed.

Step Two: Visualize your physical body being filled with energy. “Feel” this as well.

Step Three: Choose who to work on this exercise with. Find a willing partner, who is aware of the process.

Step Four: See your visual body standing in front of you. See this body energized with white light.

Step Five: Now visualize this energy blending with your physical body.

Step Six: Focus your mind on the person in front of you.

Step Seven: Cautiously approach the person in front of you with your visual body.

Step Eight: Channel energy from your Core Star into your eyes.

Step Nine: Push that energy out of your eyes and into the eyes of the person in front of you.

Step Ten: Spread that energy through the person’s mind, and seek out their thought process.

Step Eleven: Telepathically stretch out your feelings and link your mind with the other person's thought process.

Step Twelve: Using this mind link, seek out the thought that you wish to replace. Note* *the thoughts should look like little pulses of light in the person's mind*.

Step Thirteen: When you've found the thought that you wish to replace, visualize a blank slate of Fifth Force Energy forming around the thought. As the blank slate forms, see the old thought clearing from the person's thought process.

Step Fourteen: Using telepathy, place the new thought onto the blank slate and fill it with Fifth Force Energy.

Step Fifteen: Very carefully, remove the blank slate from the person's thought process, thus leaving the new thought in place.

Step Sixteen: Using telepathy and empathy, check to see whether the new thought has taken place in the person's thought process.

Step Seventeen: If you were successful, break the telepathic link and draw your Core Star energy out of the person's mind and eyes. Then bring it back into your physical body.

Step Eighteen: Teleport yourself back to your physical body.

Step Nineteen: Open your eyes and observe the subtle changes that will take place in the individual.
Remember: If you are not successful, try steps fourteen through seventeen again.
(See next page…)

Chapter 27: Time Travel and Portholes

We must first learn about the structure of the universal time continuum before we can travel through time visually or physically. The list below will help explain this complex structure, and the various techniques used during time travel. Blank Slate Technology makes time travel possible. Remember however, when working with time, it does actually exist. The terms “past” and “future” are merely perceptions.

Elliptical Time Line

The elliptical time line (The Grand Porthole Network) is the universal time line. It is elliptical in nature because it has no beginning or end. This is the time line used in interstellar travel. Ask your Higher-Self more about the secret power of interstellar travel. I assure you, with it you can explore the vast universe, visit other planets and races of beings, and discover wonders beyond your imagination.

With this skill, you can travel hundreds of thousands of years at any one time.

Vertical Time Line

Vertical time is the time that passes through the dimensional planes of existence. When we reach the Twelfth plain of existence, we enter into the elliptical time line. The Vertical Time Line is used mainly in dimensional travel. It is the time that runs along the human Hara line.

Rotational Time Line

The Rotational Time Line has a barriers set at 100 years. With this time line, you can only travel 100 year spans, either backward or forward.

Horizontal Time Line

The Horizontal Time Line is the time continuum of the physical plain. It is only possible to travel on this plane, to the perceptual future or past, one year’s time. This technique is also known as sliding.

Linear Time Line

The Linear Time Line has a barrier of one month. It is only possible to travel in one month spans, either perceptually forward or backward.

Lineal Time Line

The Lineal Time Line has a barrier of 24 hours. It is therefore only possibly to travel a span of 24 hours at any given time.

A Lesson from the Master

Time is only an illusion produced by the succession of our states of consciousness as we travel through eternal duration, and it does not reside where no consciousness exists. The present is only a mathematical line which divides that part of eternal duration which we call the future, from that part which we call the past.

Nothing on earth has real duration, for nothing remains without change. Reality is constantly swirling with an infinite number of perceptual passing time units. In the same way, we experience a sensation of duration in the case of the instantaneous electric spark, by reason of the blurred and continuing impression on the retina. The real person or thing does not consist solely of what is seen at any particular moment, but is composed of the sum of all its various and changing conditions from its appearance in the material form to its disappearance from the earth. It is these "sum totals" that exist from the eternity in the "future" and pass by degrees through matter, to exist for eternity in the "past."

No one could say that a bar of metal dropped into the sea came into existence as it left the air, and ceased to exist as it entered the water, and that the bar itself consisted only of that cross-section thereof… which at any given moment coincided with the mathematical plane that separates, and, at the same time, joins, the atmosphere and the ocean. The same applies for persons and things, which are dropping out of the *to-be* into the *has-been*-----out of the future and into the past. The present acts as a momentary cross-section, as it were, which carries all things on a journey from one eternity to another.

Portholes

Portholes are the bridge that brings one dimension, time period or physical plane of existence into contact with another. You can construct a porthole as a means of traveling, but you must know the destination that you wish to exit into. You confirm this by first using visual teleportation. When the destination is confirmed, we can construct a porthole. This visual technique will help you master the art of portholes.

ELEMENTS OF A PORTAL AND HOW THEY WORK

FIRST COMPONENT: FIFTH FORCE ENERGY

Fifth force energy is a form of matter that can be used in any way we choose to use it.

SECOND COMPONENT: PRANA ENERGY

Prana energy is the energy of life force and it is used in construction with the porthole because it is the component that brings the porthole to life

THIRD COMPONENT: TELE-VISUALIZATION

Tele-Visualization is the ability of three dimensional Sound, Shape and Form. You will use it because of its versatility.

FOURTH COMPONENT: TELEPATHIC THOUGHT

It is known to adepts that all the living energies in the universe have their own state of consciousness. Knowing this means that we can telepathically communicate with the energies and give them instructions on what we want them to do.

FIFTH COMPONENT: BLENDING

Blending your energy with the porthole will encode the porthole to your own energy signature and will only allow your energy to move though the porthole.

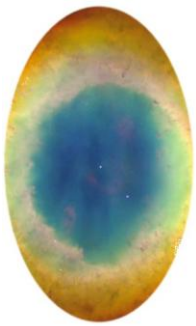
PORTHOLE CONSTRUCTION

Visual Exercise

Step One: Get comfortable and relaxed. Perform the Q-MM.

Step Two: Close your eyes and see your visual body standing in front of you.

Step Three: See your visual body filling with both prana energy and fifth force energy.



Step Four: Project an image in front of your visual body like picture, and make sure it is the same size as your visual body. Use your increased Tele-visualization to truly experience this construction.

Step Five: Now project both prana and fifth force energy into this visual image you have created. At the same time, focus your mind telepathically on opening this porthole. As this porthole opens, it should look like the image on the left.

Remember
This porthole is a doorway between both time and space. So be careful

Step Six: Have your visual body approach the porthole and check the opening to see if it is solid in construction. Make sure there are no cracks or lines in the porthole. If you think it looks solid, have your visual body enter the porthole and check the inner sides of the porthole to see that they are solid as well.

Step Seven: Draw the prana and Fifth Force energy out of the porthole and back into your visual body. Also, stop projecting the image of the porthole. Then open your eyes.

CLOAKING A PORTHOLE

Visual Exercise

Step One: Get comfortable and relaxed. Perform the Q-MM.

Step Two: Close your eyes and see your visual body standing in front of you.

Step Three: Construct a porthole like the one used in the first porthole construction exercise.

Step Four: Charge your visual body with Zero-Point Energy.

Step Five: Push the Zero-Point Energy out of the right hand of your visual body and into the porthole. As you do this, instruct the Zero-Point Energy to cloak this porthole so that it cannot be seen by anyone or anything.

Step Six: Now, have your visual body walk into the porthole and make sure that the porthole is still open. If it is, then well done.

Step Seven: See your visual body walking out of the porthole. As you do, draw the Zero-Point Energy back into your visual body and seal the porthole like you did in the first exercise.

Step Eight: Then open your eyes

PORTHOLE DETECTION TECHNIQUE

Visual Exercise

Step One: Get comfortable and relaxed. Perform the Q-MM.

Step Two: See your visual body standing in front of you.

Step Three: Now construct a porthole and leave it open.

Step Four: Push Fifth Force Energy out of your right hand and behind your back. Pass it to your left hand. Then pass it back to the right hand, with your hands in front of your body. This will form a ring of power.

Step Five: The difference between the ring of power and the detection ring is this: The ring of power draws energy while the detection ring detects a porthole and any other object using an invisibility cloak or porthole cloak. Telepathically instruct the detection ring to expand, and see if it detects your porthole. If it does, then well done.

Step Six: Cloak your porthole and expand the detection ring again. Does it detect the porthole now? If it does, then you have succeeded.

Step Seven: When you are ready, draw the energy ring back into your hands and stop the porthole cloak, and the porthole, in the usual way.

Step Eight: Open your eyes.

Now that you've learned how to work with portholes, I will show you a Time Travel Technique.

Time Travel

Step One: Get comfortable and relax. Perform the Q-MM.

Step Two: Close your eyes and visualize a clock face with the hour, minute, and second hands on it. It should be similar to the one shown here.

Step Three: Once you have focused on the clock, feel your energy blending with the clock. Now focus on the fact that the Lineal Time Line (24 hour jump radius) is behind the face of this clock.

Step Four: Set the clock forward or backward to the time that you wish to visit.

Step Five: In your own time, see your visual body walking through the clock face and into the Lineal Time Line.

Step Six: When you arrive in that time period, make a note of what you see and feel. If you go back in time, and you happen to arrive at the time of a meal, don't worry if you feel a tingling sensation in your physical body. This is normal.

Step Seven: When you are ready, come back and reset the clock face to your time period. Now walk through the clock face again.

Remember: Write down all you have learned about that time period.

Time Travel: Porthole Technique

Below are a few of the many times and places you can visit. With this technique, you are unlimited in your ability to interesting events!

Destination: Pearl Harbor
Destination Date: 07 December 1941
Subject: Japanese attack on Pearl Harbor

Destination: Titanic
Destination Date: 14 April 1912
Subject: Sinking of the Titanic

Destination: Earth's Moon
Destination Date: 20 July 1969
Subject: First landing on the Moon

Step One: Perform the Q-MM and charge your physical body with energy.

Step Two: Close your eyes and see your visual body standing in front of you.

Step Three: Construct a porthole in front of your visual body.

Step Four: Visualize your energy blending with your visual body.

Step Five: Focus your mind on travelling to the destination at the top.

Step Six: See your visual body walking into the porthole.

Step Seven: Now, see the porthole opening at the destination, and see your visual body walking out of the porthole

Step Eight: Look around and take notes on what you see in that time period. When you are ready, walk back into the porthole and back out into your time period.

Inter-Planetary Porthole

Physical Technique

Step One: Perform Q-MM and then feel the white universal cosmic energy entering your head through the Crown Chakra and let the white light move down and spread to every part of your body. As it passes through each part, feel that specific part getting relaxed.

Step Two: Let the energy move down to your feet, and come out through your hands. Feel the energy flowing out of your palms. Spend a few minutes feeling this energy flowing through your palms. Now hold out both your hands, palms facing each other. Keep them about four inches apart. Make sure that your elbows are supported. Star slowly moving your hands out and in. With each breath that you inhale, let your hands move apart, but only a few millimeters. While exhaling, bring them closer together.

Step Three: Focus all your attention on your palms until experience some kind of sensation on your palms. Some people have a tickling sensation, while others feel warmth. Some might feel a cold sensation. All of these feelings are of the energy that builds up between your palms. Once you start feeling it, move your hands farther apart with each breath. Watch as the Psi Ball increases in dimension. Make it as tight as it can be, and focus all your attention on it.

Step Four: Once you create a Psi-ball, program it. Project the image of a porthole into your energy ball and focus on this picture for a few seconds. Without opening your eyes, speak to your energy ball. Tell it to draw power from the universal energies. Say the following words: "You are a doorway for an inter-planetary porthole. You are solid in construction… a form of physical matter. When I call you the name *Porthole 3*, you will open a porthole before me. As I slide through your opening, you will move me into the planetary destination that I wish to visit. As I arrive at that destination, you will follow and return to my auric field until I call on you again."

Step Five: Release the energy ball into the auric field, and open your eyes.

Step Six: After you have constructed the Psi Porthole, simply call the *Porthole 3* to your hand and repeat steps four & five again.

Step Seven: Try using this Porthole technique with your visual body first. Once you have mastered this technique with the visual body, move on to the physical body.

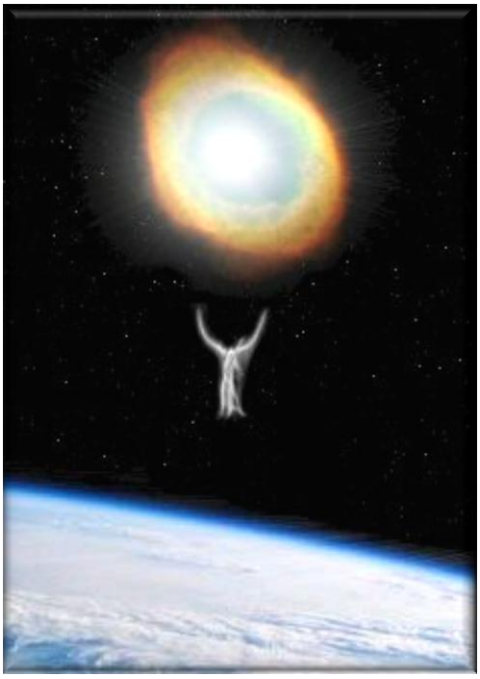
Chapter 28: The Grand Portal

The Grand Portal is the final technique presented within this book. It is exceedingly powerful and allows you to connect with the trillions of Extra-Terrestrial intelligences within the Multiverse. When you can reach the Grand Portal, you will have an unbelievable experience…

The Grand Portal in an integral network of energy channels that flow through the universe and align all living things, such as planets, stars and galaxies. In the human vehicle, this energy center is known as the 13th Chakra (the I AM Chakra). The 13th chakra of the celestial light being works as a navigator for the soul. As the 6th chakra is the navigator of sight and intuition, so is the 13th chakra the navigator of the soul.

The Genetic Mind (14th Chakra) is known as the Higher-Self. It acts much like the 7th chakra, which governs thought in the physical mind. The Genetic Mind, however, governs the thought of the soul/Mind. Dreams are seeded thoughts of the Genetic Mind being made manifest into our physical awareness.

The following technique will allow you to access the Grand Portal.



Step One: Get comfortable and relax. Perform the Q-MM.

Step Two: Charge your physical body with light energy.

Step Three: See your visual body standing in front of your physical body and prepare your visual body for interstellar travel with an Interstellar Protection Shield and scanner. Ask your Higher-Self, or the Masters of the heavenly realms to teach you this.

Step Four: In your own time, see your visual body rising up from the position in front of you. Move it into the outer atmosphere of the earth and spread your wings.

Step Five: Focus your mind on the Grand Portal. If it helps, visualize it. The Grand Portal looks very similar to the picture on the previous page. It is located outside of earth's atmosphere. Once you find the Grand Portal (will need higher dimensional assistance) please do not tell the location of the Grand Portal to those who are seeking power for selfish motives.

Step Six: Once the Grand Portal opens, you can move towards it. This portal is the doorway to heaven. It is an Inter-Dimensional doorway between our earth and all other life forms in the universe. The destination is your choice.

Step Seven: When you are ready, move into the Grand Portal. Have fun on your journey.

Step Eight: When you have finished with your travelling, focus on returning to the opening of the Grand Portal, which is over the earth. Exit the portal and levitate your visual body down to the point just in front of your physical body and open your eyes.

(see next page…)

Chapter 29: Other Important Information

Only two chapters remain in this book---this one, and the one following. Though informed by The One that I should not reveal all the secrets that I've learned, because it would only create in-fighting among my brothers and sisters, I was told to share some vital insights about world.

The Dark Matrix: The Dark Matrix is an artificial intelligence force which feeds on fear, negativity, hate, and all other negative emotions. The Dark Matrix came into being whenever entities separated perceptually from the pure Oneness of Creator. Our world is constantly barraged by this Dark Matrix. Whenever an individual is about to attain enlightenment, The Dark Matrix will literally attack you as a means to keep that from happening. In fact, as I was writing this book, The Dark Matrix was going ballistic and trying to harm me. The reason it does this is because it will die without negative vibrations upon which to feed. If it looses its grip on its entities, it will be transmuted into light and dispersed back into the conscious Oneness. This insidious intelligence is a part of us however. Whenever you face it…you most definitely will…smile at it and see it for the illusion it is. Over time, it will fade. Another key thing you should remember is that religious fear is directly inspired by this matrix. It has taken the most positive thing possible (reconnecting with Creator) and turned it into a fear-based system.

The Creation of Man: It is not time to reveal all the details. I can say however that man was genetically created about 200,000 years ago by advanced extra-terrestrial race known today as the Annunaki. If you encounter these beings, treat them with respect, but realize that ultimately, you too are One with Creator.

Reincarnation: I was informed by The One that speaking about this subject would only cause strife, so I will keep it brief. You might have seen references earlier in the book to past lives, etc. The issue of reincarnation is extremely complex. Because time doesn't exist, and all things are One, the idea of reincarnation essentially becomes moot. Ask your Higher-Self about this issue, because the explanation is too complex to grasp by reading about it. You have to experience the reality in order to know it.

Government Powers: I will keep this brief, as this is a dangerous topic. In remote viewing, I've discovered that our government possesses Psychotronic weaponry, as is aware of extra-terrestrial intelligences. They also keep tabs on a select number of psychic people, and meet with them in regular intervals. This way, they can keep tabs on the progress of spiritually aware individuals.

Conspiracy Theories: There's much more to this world than what meets the eye. That is all I will say about it because it is dangerous to prod too deeply. If you care to learn the truth, use the techniques within this book.

Hell: There is no hell, other than what we energize. Because of the fear, which has been spawned by the Dark Matrix, pockets of negative energy have formed in the astral realms. If an individual's vibration is too low, they run the risk of being sucked within these dimensional holes before they can merge with the light. However, they are not stuck there for eternity, because higher being can and will rescue them. Be very wary about energizing hell-fear, or allowing other people to talk to you about it. Those who do so are completely duped by the Dark Matrix. Worrying over help will only make it more real. You run the risk of encountering a negative span of existence after you die. Hell can take many forms. It is different for different people. Some hells look like houses full of dead bodies. Some hells are fiery. It just depends.

Just remember, God never sends Himself to hell! You are One with God. Whatever you feel, It feels. So don't worry about Divine condemnation.

Heaven: There are many heavens. This topic is beyond description, as the heavenly realms are limitless.

Fairies, Elves, Gnomes and Dragons: These creatures, believe it or not, do in fact exist. They reside, however, on a completely different realm of existence and are also One with all.

Low Vibrational Entities: These are negative energy entities which reside on the astral and can attack you if you are not careful. Learn to protect yourself when you are travelling to steer clear of these beings. Raising your vibration will keep these beings, which are spawned from the Dark Matrix, away from you.

Further powers of the Mind: I was hesitant to write this section because of how powerful the mind can be. Please do not use the additional abilities for negative purposes. An individual can do things, such things as move mountains and raise the dead through the Mind. The latter task is very simple actually. All you need to do is locate the astral/spiritual location of a deceased person, and bring them back to their physical form. At this point, reenergize their physical body so that it heals, and place their consciousness back within the physical shell. I have a friend who has done this…but only once. You can also astral project into the body of another entity. You could theoretically grow a clone and move your consciousness inside of it, if you truly wanted to remain in the physical realm for longer than you could otherwise. But, with time, this technique will not be used because The One will reveal the secret of physical immortality. Someone far stronger, and wiser, will bring this knowledge to the world. An individual can also raise himself from the dead. Read *Autobiography of a Yogi* to see an example of such. Despite these wonders, I've still barely touched the tip of the iceberg on this subject.

Jesus: I was informed to keep this brief, as both highly negative and positive energies have attached themselves to this figure. What I will say is that the biblical story of Jesus is not

accurate. It was a metaphor for ascension. If you read the story, the 33 years of his life represent the 33 vertebrae through which the Kundalini rises. This brings ascension. The gifts of the Wise Men of the East were metaphorical of the secrets of Yoga taught for thousands of years. The "narrow gate of the kingdom" which Jesus mentions was in fact the narrow passage through which the Kundalini must finally pass before full ascension can be reached. Jesus' message about "dying to the world" is exactly the same as what various yogis have always taught. The essential message is to let go of the ego and thus attain the True Heaven. When Jesus said, "The kingdom of heaven is within you", he was correct. Finally, there are actually many Jesuses in existence. Many that we might see or experience are actually thought forms created from hundreds of years of intense concentration, prayer and emotion. The true Jesus did exist, but not in the way one might think. That's all I will say for now. If you want to know, go to the heavenly realms and ask the Masters for yourself.

Bible and Koran: Both books have been mutilated by the Dark Matrix, and are tools to keep humanity in chains. The Abrahamic religions have decimated the spiritual development of humans, relegating us to little more than animals. People who serve these religions are NOT evil. They are simply duped because they are energetically cluttered and thus unable to conceive of love.

Creator: Creator is beyond anything One can fathom. When someone tries to relegate the Creator to finite terms, you can immediately assume they are duped. The Creator is infinite love. If someone tells you that Creator is hateful, or seeking divine retribution, rebuke them gently, and show them the powers which this book will grant you. Bring those who are enslaved by fear into the glorious Light of Freedom. Hallelujah…praises the Prime Creator who lives within Us and is Us…

(See next page…)

Chapter 30: My Personal Story

I started The Journey later than I would have liked. Growing up with a desire to accomplish more, I was never satisfied with unsatisfactory answers of mass religion. After discovering the truth, which I will talk about in a moment, I experienced great wonders, such as: "Hearing the thoughts of others", "knowing the future", "feeling the emotions of others", "awareness leaving my body spontaneously", "traveling to other realms with my etheric mind", "controlling the outcome of events by willpower", "healing others by commanding them to get well" and even "summoning rainstorms"… this is just to name a few. Others, who are stronger than I, were the ones who taught me many of the techniques in this book. Everything described has actually been accomplished either by myself, or someone I am closely related. If you search deep enough, you'll be able to find us all around you. However, we don't flaunt our miracles as other religious groups tend to do. This is why you hardly ever hear about us.

My journey started after I called upon the Creation in desperation. The fear of hell, created by mass religions had weighed me down for some time. Almost immediately, I stumbled upon the ARVARI program. For the first year-and-a-half, I labored intensely…but saw almost no improvement in my natural psychic/spiritual abilities.

The change came when I truly grasped the meaning of the message contained within the program, which is connection with Source/Prime-Creator/God. After merging with the ineffable light of the Creator, I realized the simple and pure truth that the masters of old tried to teach. "As within, so without."

Once this happened, I truly discovered myself, my purpose and found the "narrow path" that was talked about many years ago.

Following are some testimonies from my fellow students in the ARVARI program

Here is the short procedure I told about on the phone for inducing an OBE directly from BETA without meditating. I don't know if it is safe but it is very effective. Stand tall with both feet on the floor near the edge of your bed, squat down so that your chest touches your knees and while looking at the floor breathe in and out as deeply and as quickly as you can 30 times; on the last breath exhale completely and with empty lungs stand up quickly, stretch your arms out to your sides and tense/stretch every muscle you can in your body while leaning slightly back toward the bed.

DO NOT BREATH IN and keep as many muscles as you can taught. In a few seconds you will go unconscious and your body will fall back safely on the bed (alternatively you can lie down on the bed and stretch the muscles while holding the last exhaled breath so you don't have to fall) While you are unconscious you will at first think nothing happened and it didn't work.

You will perceive the room and be able to move around, but then suddenly you will realize that you are in the OBE state and although YOU are moving, your body isn't. This new

"body" will be vibrating very strongly. It can be quite startling! Although you will be able to perceive quite sharply, logical or analytical thinking and any kind of memory retrieval will seem to be very slow or impaired during this state, as if time has slowed down. After some time passes, you will suddenly feel like you slam back into your body on the bed and awaken feeling like thousands of little needles are gently sticking every nerve of your body. It's similar to the feeling you have when your foot falls asleep. Gradually the feeling of vibrations and the needles will dissipate as you fully awaken again.

***

This has helped me to realize my own Self, my own nature, which is infinite joy ever increasing and never ending ecstasy, and out of the Divine ecstasy arises incredible Love oceans full of Infinite Love.

That is what we are all are and this is our mission to feel Infinite Love and ecstasy.

I know from the bottom of my heart that you are channeling The One and Only One that IS God. I simply love RV/RI and practice them religiously everyday. It is my routine now. It is like if I don't meditate thrice daily then something is missing in my day; the day is not complete... The amount of Joy that I feel is indescribable. This is what we are after, all of humanity. We want joy only. We run after money, women and all other worldly things because by getting them we feel joy. There is nothing wrong with it, but that type of joy is limited, and the joy we can get in meditation which is made effortless by your RV/RI courses is Infinite and ever increasing and never ending. That is it.

My Life has completely changed. Now I live for this Joy and Love and everything is taken care by The One. I spend my day healing Mother Earth and the whole human consciousness. I feel so much Love for Mother Earth. It is our common responsibility to heal Her. I am going to give everything I have to heal Her.

RV/RI has given me incredible powers but these are powers of Love and Joy. Love is the most powerful, powerful force in the universe.

I will give you examples of the practical uses of the RV/RI course:

- *1- Even though I did not RI my family members, their behavior and the overall vibratory atmosphere of my house has changed because of my meditation sessions. It has become very peaceful and joyful. When you come in my room you can literally feel the Divine Presence because I do all my RV/RI in my room.*
- *2- All the things that I think about come true and manifest in my life. It happens in such a way that I have to marvel at the Infinite Intelligence of The One.*

- *3- I have made it a habit to heal instantly all the negative thoughts that I feel. EG , one of my friends, is very negative but I give healing to him and in my presence he becomes very cheerful and completely different.*
- *4-All my vehicles work like magic. I feel that they also have consciousness and I can love them. My motorbike, even though not used for a long time would start on second kick. It works on battery and for that battery to remain charged it has to be used regularly, but magic happens!*
- *5- I can read others' thoughts, feelings and emotions, even of animals and plants. It is just a knowing.*
- *6- While merged deeply with the One, at the level of now, where everything happens simultaneously, parallel thoughts and realities, I was given the message of healing the Earth Mother and humanity in daily life, being as much filled with ecstasy as possible because joy literally heals the wounds and it has a very deep effect on the environment.*
- *7- I can easily Remote View the stock market very, very accurately. It is freaky. I just do it to sharpen the edges of my mental concentration.*
- *8- I can easily raise the vibrations of another person by RI and it happens in REAL TIME. When the RI starts you can literally see the change in that person behavior and emotions.*

I can go on and on. It is a very long story and I don't want to blow my horn but this is possible for EVERYONE. All of us are the children of Infinity. We have the power to feel Infinite Joy, Love, and Light and now is the time to get it.

All my love and blessing form the deepest core of my heart to my friend. He is an inspiration to me for dedicating my life for The One. Really it is our intention that matters. if you just intend and trust on The One, everything will be taken care of.

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*I am now taking FULL responsibility for all of my good, bad, or ugly situations in my entire sphere of reality, past, future or **NOW**! Your course has vibrated off every shred of foolish, ignorant and self-sabotaging thought patterns and behaviors. This is why I feel completely disjointed/disconnected but **WIDE AWARE**.*

EXPERIENCES:

1. *A church member came to me after church one day to ask for prayer for her husband who was diagnosed with prostate cancer and was undergoing test to determine the course of action the doctors would take. I looked intently at her and remote viewed the picture she had painted and changed it right then. I said to her; "Mrs. McGee, your husband does not have PROSTATE CANCER, he only has some mild discomfort in his back that can be relieved by a good nights' rest and a couple of aspirin."*

The next Sunday, she came to church and reported that her husband did not have prostate cancer and that he only had a mild infection that required rest, and he was back at work, even about to get a new job with UPS as a truck driver.

2. *My daughter was given a full academic scholarship for 4 years in the middle of the school year from the university she is attending. The letter came out of the blue January 7, 2009. It is unheard of to receive a full academic scholarship in the second semester and after they were all given out by September 2008.*

3*. It takes no effort to heal anyone now. I simply look intently at the person before me, see, the picture I desire, then I speak to them what I see. I always use the cobalt blue energy from your course to do this. Even when I touch someone asking for help they respond immediately with shock or joy to my touch. This pleases me to see and feel the restoration of their bodies.*

4*. My body is completely healed of the stiffness of arthritis, and varicose veins; and I no longer have sinus infections. My nasal passageways are the clearest they've been in 25 years, my hair is now completely black, my stamina is that of a 25 year old, and people and animals are attracted to me like bees to honey, but little children are especially attracted and they speak in baby/god talk to me all the time.*

5*. KNOWINGNESS/ESP has increased 100 fold resulting in a rock solid calmness of peace. I recognized the Dark Matrix's ploys and plot quickly and I have great difficulty in believing in the traumas and dramas they present. What is boredom a sign of?*

6*. MIND READING- I was already operating in this arena before your course but it was infant sized compared to the full blown God size ability I now have. I know when people are lying, being truthful and even know the things they are into. It seems I scan their energy fields without*

thinking about it and the packets of info come quickly, in a twinkling of an eye. I have learned to stay detached and non-committal about what I see.

7. Lastly, the internal joy, love, peace, and assuredness radiating within me in so powerful and intense that I change the atmosphere in a room at will from confusion to calm by going to deep Delta with my eyes open and cover the room with the intense purple of that level.

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I remembered that the family pet had a very bad problem with one of his eyes that had been injured. The bad eye had been that way for at least a year. I had in the past spoken with a vet who said that this type of injury would require surgery to remove dead tissue and scarring, which would be a very expensive procedure. We could sadly not afford it.

So while in deep Theta, I asked for the universal mind's (the One) help, and began working on Max (the family pet). I was startled at first to recognize the link between myself, the universal mind, and then Max. I zeroed in on the eye injury and soon I was within it. I could see what appeared to be some sort of energy field that was vibrating out of sync. Like if something was shorting out.

When I saw this, I sent out some healing energy, and then saw in my mind the eye corrected. A couple of hours latter, the formerly injured eye just went back into place

Final Word

I hope these testimonies touched your heart as much as they did mine. Please read this book! Please spread this book! All things herein are free! E-mail it to friends! Save it to your computer! Print it! Publish it! This book is destined to become "the word of God" in the coming age. All love and light to you my brothers and sisters. Live always in divine ecstasy.

"And in that time knowledge shall break forth and Love from The One shall be realized. Then many shall understand the Truth…" The One

FOREVER AND FOREVER