



**THE RHYTHM
OF THE
COSMIC PULSE**

*Roadmaps of
Multidimensional Consciousness*

SHARON SHANE

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Multidimensional Consciousness*

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To the beloved
ONE

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INTRODUCTION

Cosmic Consciousness is dreaming a dream within a dream on multidimensional levels, and all creation is a dream illusion. What then is the purpose of creation?

This work endeavors to commence the building of a bridge across the chasm between Cosmic Consciousness and creation. It is intended as an offering of additional stepping stones to works that have already been written and those yet to come. The format with which it is written and presented, in part by the use of diagrams and metaphor, was done as an aid to simplify the abstract truths of certain basic creation principles. The information in this book is in no way complete or in-depth to the degree of explaining the equations of physics and higher mathematics of creation. That is left for other brilliant works. It is not a work intended towards teaching how to attain Cosmic Consciousness, although some information contained herein points in that direction. *The Rhythm of the Cosmic Pulse* is designed as a road map in multidimensional consciousness and geared towards explaining many of the various phenomena of spiritual experiences. Suggestions and ways to develop multidimensional awareness are offered. Taking into consideration the limitations of fourth dimensional language, within these pages is merely a rough outline of the abstracts of consciousness, as well as an introduction into the spiritual mastery of consciously harnessing and directing the powerful universal energies of creation.

The writing of this book was twofold. It was an exercise for my own spiritual understanding and growth, as well as a task to channel, decipher and catalog the information as clearly as possible into terms that are accessible to others on the spiritual path. The Spiritual Hierarchy relayed that the information in this volume is designed to instigate alleviation of the perceived rift between the human being and the Divine.

Studying the Qabala and mathematics of language has given me a greater enjoyment of the expression of words. The Masters continuously shed light for me into the meaning and power of words on multidimensional levels.

Interwoven throughout this material are my own experiences of multidimensional awareness and my experience with Kundalini energy. The Masters also presented some material that was new to me to

include in this volume. During the channeling process of writing, I posed questions to the Masters often, and then I listened. I frequently asked for clarification and reassurance that I was capturing the “essence” of the information imparted. Nevertheless, until one attains true mastery, I believe there is always a certain level of ego distortion in presentation and interpretation of spiritual truths. It is my desire that every reader will attain their own discernment of the greater and lesser truths in the pages of this work aligned with their own experiences of exploring consciousness, as well as in all things.

The writing of this book took three years to complete, partly due to a personal message given to me by the Masters telling me I had to live the understanding of the material before I could finish writing it. Working on the co-creation of this project with the Masters was a bit overwhelming at times, as I faced the task before me of bringing the abstract into the linear. Often there didn’t seem to be a way to translate my own multidimensional experiences and understanding within the confines of this book. The Masters reminded me that the words would instigate the reader to stretch and open their own awareness up to the higher dimensional frequencies. It is always a humbling experience to realize how much untapped potential of consciousness I have yet to explore and learn.

The Rhythm of the Cosmic Pulse takes some information from my first book, *In the Garden of the Goddess*, into much greater detail in increments and stages. For that reason although the two books are very different, there was the need to repeat a certain theme of what was introduced in that first book to incorporate throughout this one. The Masters explain that higher truths need to be repeated often before we are ready to embrace the greater heights and depths that bring us to our core Truth, and there are always layers and levels of truth to uncover in our quest. That is the inherent nature of multidimensional consciousness. There really is no end to acquiring knowledge and learning to apply it to the mechanical and mathematical laws of the cosmos.

There were times of self-doubt that this work would have any meaning beyond my own path of growth. I was reminded by the Masters that whatever we do for our own higher good impacts the whole on all levels. Their guidance aligned my consciousness with the higher resonant realms to envision new ideals unfolding within Divine Plan. As each chapter wove a pattern of the greater whole

somehow bridging some very important missing pieces and links in the cosmic picture to me, I felt honored and in awe of the beauty of the creation principles pouring through me in the writing. I owe it all to the Masters, who remind me often that I also had my part to play in its manifestation on this plane in regard to my evolutionary level of comprehension and translation of the material into linear terms. They see no separation between here and there, between higher and lower resonance. They experience wholeness through the eyes of Divine Love. Well aware that I would not be able to have written this on my own, I must give due honor and presence to their ever-expanding love, as they align with their chosen roles in Divine Plan.

To the Master Creator God Thoth (pronounced Th-oath), I am infinitely grateful for his commitment to his eternal oath to serve humanity in carrying out Divine Plan. The immortal violet flame of Ascended Master Saint Germain has washed over me in purification a number of times, and the Liquid Light that he imparts so freely soothed my nervous circuits keeping me aligned and centered to channel the higher resonance. The beautiful love of Ascended Master Yogananda sustains me in times of concern. The planetary logos, Sanat Kumara, and Ascended Master Djwhal Khul also played an important part in translating the fundamentals of their technical knowledge. Babaji's pure white Light shines its brilliance upon me. I am grateful to many of the Ascended Host that I am unable to call by name. My earth angels know who they are.

The Divine Love pouring forth to our plane from all of the Spiritual Hierarchy never ceases to bring me to tears of awe. Their partnership in creating this book was just one of their many gifts to me and to all human beings. It is a joy to be able to share it with the readers.

Sharon Shane

PROLOGUE

THE DREAM OF THE SNAKE

During one of his many visits to the United States, I experienced a healing through sacred sound from my shaman friend from Ecuador, Shairy. As is the custom of many Quechua shaman, Shairy had me rub a candle over my body. He lit the candle to read my energies from the flickering flame and told me he would let the candle burn throughout the healing ritual.

After carefully placing crystals and other minerals on my chakras, Shairy then proceeded to play on his many flutes and wind instruments over and around my body. I closed my eyes and sunk into a deep, meditative state. With complete surrender to the sweet sounds, my consciousness drifted deeper.

As if instantly, in a space without time, I shape-shifted into a snake and found myself slithering through tall grasses. Coiling my body into a spiral, I snuggled deep in the grasses to take a nap warmed by the heat of the overhead sun. My forked tongue bit at the air one last time to smell for danger before I gently slipped into a deeper state of waking within "The Dream of the Snake." The strains of a flute playing in the distance charmed me to follow this dream. Within this dreamscape, I saw myself walking as a human through what appeared to be outer space but with no earthen floor for my foundation. Stars shimmered in the distance surrounded by the black void of emptiness. As I walked, I continued to follow this faraway sound luring me like a siren deeper into the space that is my inner being, and I found myself pulling away masks and images from my countenance. Layer after layer of images and costume were removed until there was nothing left but the brightness of a light that shone like a sun in its blazing intensity. I heard the crackling of this solar fire in my Heart of Hearts and felt the warmth of its rays emanating from the center of my being. My consciousness shifted when the resonant notes of a different sounding flute pulled me towards

earth, and there I found myself sitting on the edge of a hill watching the sunrise on the horizon. As the sun rose, I could hear the song of the sky, the song of the hills, the song of the trees, the song of the birds, animals, and all living creatures. It was the song of creation, and I knew without a doubt that I was that song. I witnessed how atomic and molecular structure was formed by this sound and observed matter coagulate to create form then dissipate and scatter into the formless void once more. I knew that with each rising sun creation begins anew fresh and innocent as the dawning of all time. Another sound roused me to shift my attention, and I sensed myself within a deep, dark limestone cave. The whistling of the wind beckoned me to listen to its story. It sang to me of the eons of time that pass while it sculpts and carves the form of the cave. Dwelling within this depth of darkness with only the wind as my company, I learned the patience of eternity, the patience of a million passing moon phases and rising suns. A deep, tranquil feeling magnetically pulled me into its center. Yet one more sound in the distance roused me from this deep dreaming. I opened my sleeping eyes and uncoiled myself. As the snake, I slithered quietly from the cave into the light of a new day, leaving behind my coat of dead skin in the tracings of limestone dust on the cavern floor. Transformed by the sounds of creation, I shed the old and emerged renewed.

The flutes fell quiet. I opened my eyes to find Shairy and a few personal friends smiling at me. They each told me that the flickering tongues of the candle flame grew much larger and brighter the entire time I was in my meditative journeying state. I looked questioningly at them, while my ego hesitated to accept this phenomenon, but all four of them confirmed this fact reassuring me of how the power of consciousness directs the flow of energy. After relating the details of my journey to them, Shairy smiled and said, "Now you can write about *The Dream of the Snake* in your next book." I returned a knowing smile responding, "Yes, I will do that."

Awake...alive...alert...

There is a crispness, a crackle in the energy...
my sight, hearing, taste, touch, smell...more acute.

Multidimensional awareness opens
more fully within me...
multidimensional levels of consciousness...
all at once...

Now I see...I Am Now.

This is the Rhythm of the Cosmic Pulse.
This is the new sound of the new dance.

One



*A foundation is a resting place...
nothing more, nothing less.*

SPIRITUAL ESSENCE

Our true spiritual essence is that of the awakened multidimensional being in a state of bliss. Contrary to the popular saying, ignorance is not bliss. Ignorance keeps us from our experience of bliss. The human ego exists in a state of spiritual ignorance. Lost in the illusory dream of three-dimensional density, the ego is out of harmony with the greater rhythm of the cosmic pulse. We are so much more than what our egos perceive through the external senses of the limited physical vehicle.

The attributes of our higher nature, Divine Love, the essence of joy, beauty and more, are beyond our current comprehension. What is the pure essence of joy, beauty and love, and how can we awaken to it? Our spiritual essence cannot be limited by or measured in three-dimensional terms. We must consciously awaken to the multitude of dimensions beyond the physical world so that we may drink from the eternal wellspring of bliss, choreograph the dance that is joy, blossom in our beauty, and embody more of the Divine Love that is the truth of our essence. We are made in the image and likeness of the *One Conscious Being* and are of the same essence. The more of our spiritual essence we embody the more aware we become of the *One Conscious Being*, and, as we do this, the *One Conscious Being* becomes more self-aware within its embodied creation.

The Multidimensional Being

What does the term *multidimensional being* mean? The literal translation of the word multidimensional means “many dimensions.” On the physical plane, there are three dimensions within space measured by the limitations of height, width and depth. Whether it is the area of a cardboard box or a skyscraper building, measurements to define the dimensions of physical space can only fall within these three spatial dimensions. The five physical senses of sight, hearing, smell, taste and touch are the tools to interpret these three dimensions. Time is perceived as the illusion of movement within the three dimensions of space creating the fourth dimension of our experience. Primarily, time does not move or pass. Our physical bodies only appear to move through our world and around other physical objects. In actuality, it is our consciousness that shifts its focus and gives the appearance of movement.

In terms of the existence of consciousness in dimensions beyond these three of space and the fourth of time, the boundaries of delineation must be ascertained in a different manner. It is not possible to consciously access the innumerable levels of multidimensional reality within the limitations of these four dimensions or fully perceive or interpret them through the apparatus of the physical senses. Because of this, experiencing the dimensions beyond the physical realm may appear ethereal or unreal from a third dimensional perspective. There are certain universal laws that apply throughout all levels of multidimensional consciousness, but there are different laws to varying degrees, which apply within the context of each dimensional level. Attempting to apply third dimensional science and laws of measurement to the fifth dimension and beyond simply does not work. In fact, it is the confinement of our physical senses within the minimum of four dimensions that keeps us locked out of experiencing more levels of the multidimensional universe. A multiplicity of variants must be taken into consideration with each new dimension that is added to our conscious experience. Multidimensional cognizance requires an expansion of consciousness beyond the borders of the three dimensions of space and a greater understanding of the fourth dimension that we call time.

The Four Levels of Mind

Before embarking on a journey into the multidimensional realms, it is helpful to have a basic understanding of consciousness. There are four levels of the mind from which consciousness functions. They are the subconscious, the unconscious, the conscious and the Higher Conscious, often referred to as the Higher Self.

The Subconscious Mind

The subconscious level of mind is the warehouse storage system of all recorded memory for the present lifetime personal experiences. Each subtle nuance down to the smallest detail of the external experience is registered in this area of consciousness, i.e. every conversation, all written words ever read, every color, shape and size of all objects, every license plate on the cars in front of you while driving, every item on all restaurant menus ever perused, etc. It is like the filing cabinet archives of a computer hard drive disk that stores all the data. All information pertaining to the personal experience of created events in the physical dimensions is automatically stored in the subconscious while we are experiencing it. The function of the subconscious can be metaphorically compared to the auto-save utility in a computer software program or similar to a scanner that captures and records the data. Just as we type words in a document on the computer, and the software automatically saves it to a temporary filing area on the hard disk, every detail of what we experience is also automatically imprinted and stored in the subconscious. As a data storage system, this aspect of the mind is intact to prevent the conscious mind from being overloaded with extraneous information at any given point of reference. For instance, when a certain graphic image or document file on our computer system is needed, we search the files to click and open the document. If we were to open all of the documents and pictures in our computer data banks all at once for display on the computer monitor, our conscious mind would not be able to view and process all of those images and data all at once. When we need a specific memory or piece of information stored from our present lifetime experiences, we must call it up to the conscious mind from the subconscious, similar to how we call up a file on our computer screen. If we were to recall all of the data from

the subconscious mind in our conscious mind concurrently, the conscious mind would not be able to process all of the information.

The Unconscious Mind

The unconscious level of mind is the arena of consciousness that we do not ordinarily have conscious access to in our normal waking state. Within this vast landscape dwells the mystery of archetypes, myths, fairy tales, belief systems, access to other lifetimes and parallel lifetimes, the portal to the Higher Consciousness and a variety of other energy phenomenon too infinite to contain in any and all books. Images arise out of this domain to form our sleeping dreamscapes, while a large percentage of our waking conscious experience is unconsciously created from its depths. Clues to bridging the links of our personal, global and cosmic mythology can be uncovered here. Because of the vastness of the unconscious mind, it does not do justice to describe it in finite terms of computer analogy. However, there is enough similarity in function to be able to draw some comparison. This level of mind may in part be compared to the operating system of a computer and the software programs it runs. Resembling the operating system running quietly and unobserved in the background of the computer, the workings of the unconscious mind underneath the surface of conscious recognition plays a crucial role in what manifests in our lives both personally and collectively. Programming of software can be compared to the programming of our belief systems that create our experiences and subsequently influence our perceptions of them. Just as the programming language of a computer software program dictates what imagery shows on the screen, our personal and collective belief systems dictate the events unfolding in the four dimensions of the physical realm.

There are two distinctions to be made to the unconscious mind. The first is the personal unconscious, and the second is referred to as the collective unconscious. The personal unconscious is a segment of and draws from the greater pool of the collective unconscious. At this level, the individual mind is connected universally to the group mind. Once again to use a computer analogy, data stored on a personal computer would represent the information stored in the personal unconscious. Connecting to the Internet and the networking of multitudes of computers and other connected users is vaguely similar to

accessing the collective unconscious. Tapping into any and all areas of the Internet is essentially the same in principle as tapping into the collective unconscious and bringing it to the personal conscious screen of perception. These computer analogies are simply microcosmic examples used to guide understanding towards the greater macrocosmic reality of consciousness. Just as we connect to the Internet and access an immense realm of global information to add to our experience through our personal computer, we access the collective unconscious to experience the universality of created events. Like the Internet, the collective unconscious is shared space.

To further illustrate the link between the personal unconscious and the collective unconscious, when an archetypal energy is depicted as a character or theme in a movie, everyone in the collective can relate to it on some universal level. Archetypes are original blueprint patterns of energy housed in the collective unconscious. Originating from Source, all archetypes emanate a universal theme. Because all aspects of the individual minds are connected in the collective unconscious, the mass consensus relates to a common ground in the theme, and often these images or events become so popular with the masses as to be termed "blockbusters." The choice of this word quite meaningfully describes that a "block" to the depths of the unconscious mind has been "busted" through to surface as collective experience taking form as a story plot, a film character or imagery, music and other art forms, as well as national and global noteworthy events. What occurs during these junctures is that the collective consciousness awakens to the alignment of the universal, global and personal mythologies. Mythologies are archetypal stories that are played out on the individual, global and universal screens of creation imbued with the major ingredients and themes of the involution and evolution of Divine Plan. Unraveling the clues to detect the meaning of the personal and greater mythology will reveal the purpose of the Divine Plan of creation.

As an example to designate the function of the subconscious mind versus the unconscious mind, an actor in a dramatic play on a stage reciting their previously written lines is utilizing the function of the subconscious mind to recall the memorization of those lines. If they were to improvise right in the present moment to come up with something totally new and creative while performing their role live, they are most likely opening the portal to the unconscious level of

mind in that precise moment. Whereas the subconscious mind functions from repetition of recorded past events in the form of memory storage, the unconscious mind opens the portal to the Higher Conscious, which is the realm of all new creation.

Although we enter its domain through dreams and our waking life is riddled with its imagery, the very nature of it being “unconscious” is that its contents are not easily accessible or clearly understood by the conscious mind. The human ego is not equipped to handle the immensity or depth of meaning to be uncovered from this realm. If a person were to open the door too wide and too instantly to the unconscious, they would be overwhelmed with the images and raw energy forces of creation. For them, insanity would prevail. However, in order to bypass the limitations of the ego, the unconscious mind can be accessed consciously through meditation or shamanic journeying in steps and stages of integration. Working to interpret the meanings of dream imagery is another way to bring the realm of the unconscious into the light of the conscious mind. Exploring this realm will reveal the keys to the gateway that opens to the Higher Consciousness.

The Conscious Mind

The conscious level of mind is the aspect that the ego/personality uses for participation and observation in normal waking activities. By utilizing the tool of fourth dimensional linear time, the function of the conscious mind is intended to sort and compare the data between the other three levels of mind. Continuing with the computer metaphor, the conscious mind can be likened to the limitations of only viewing the current program on the computer monitor screen even though other programs might be running in the background. Unless we are master computer programmers, when we sit in front of our computer screen working on any document, we are not usually conscious of the software program or programming language that is running what is on our monitor. Unless we are spiritual masters, we are not normally conscious of all the workings of multidimensional consciousness. A similar metaphor can be drawn from a television or film production. Our conscious mind becomes so engrossed in the drama of the images on the TV or movie screen that we are not necessarily focussed on what occurs behind the scenes to create the production.

Although we may wish to believe that a major portion of our awareness level is focussed in the conscious mind, for the spiritually uninitiated, its arena of awareness is actually very limited. Throughout the waking hours, our awareness level fluctuates between the conscious, the subconscious and the unconscious minds, but all the while we may believe we are functioning fully in the conscious mind. To the non-awakened consciousness, more often what is occurring in our conscious experience is actually being generated from the unconscious, subconscious or even Higher Conscious levels of mind.

A simple exercise to measure how much of your awareness is actually focussed in the conscious level of mind is to think back on the most recent events in your life right now while reading this book. What were you doing before you picked up the book? How much of the details can you remember of being consciously present? Right now, how much of your thoughts are drifting away from conscious concentration into thinking about what you will eat for dinner or that phone call you plan to make? How much of your thoughts are in the subconscious mind rehashing the memory of a recent conversation with someone or searching the archives for some other memory of a distant past event? How much of your thoughts are being projected into planning the future by comparison to past experiences? Just this simple exercise moves you back and forth from the conscious level to the subconscious level of mind in search of this data. Perhaps you have noticed how many times you get behind the wheel of your car and drive from Point A to Point B without remembering the details of the drive. Far too many moments in life are consciously missed while we allow our mind to fall into the automatic pilot function of subconscious programming until something snaps us back to the present moment in the conscious mind. During this state of automatic pilot, our conscious mind takes the back seat and allows the subconscious and unconscious parts of our mind to literally or figuratively drive the car. In those moments, we are not fully conscious let alone spiritually awakened on multidimensional levels. In more instances than not, our thoughts are preoccupied in the subconscious mind searching for memories of the immediate or long-term past or projecting fearful thoughts of the unknown into a possible future. Even though we are consciously absent from so many moments, all details of each moment of our experiences are still being recorded

and filed away in the subconscious data banks. This activity of shifting between the subconscious and the conscious levels of mind causes the human ego to be out of sync with the Higher Self and, therefore, the cosmic rhythm of Divine Plan. Bringing more conscious awareness into each present moment is not the same as spiritually awakening to multidimensional awareness. It is only one simple exercise to do in the steps and stages of the spiritual journey of awakening conscious awareness. Meditation is the surest method of learning to align all four levels of mind.

The Higher Conscious Mind

The Higher Conscious level of mind is the realm of multidimensional awareness and contains all of the subsidiary three minds of conscious, subconscious and unconscious. It is the realm of all possibility, all probability and all actuality. Opening to the portal of infinity and eternity, it functions in simultaneous time. No amount of metaphor or analogy can come close to describing the Higher Consciousness. The term "awakened" is used throughout this book to refer to the alignment of the conscious mind in communal oneness with the harmonic rhythms of the Higher Consciousness. To be awake in the Higher Conscious mind to each conscious present moment is the goal to becoming the multidimensional *god being*, for how could we be fully in the presence of Divine Love if we are not fully present?

Intuition is one of the telepathic links connecting the conscious mind with the Higher Consciousness. Intuitive feelings are road signs pointing the way towards truth. By learning to trust intuition, we relinquish the ego's hold on consciousness and place our trust in the Higher Self. The Higher Consciousness is the infinite and eternal, immortal Self and is the portal to the *One Conscious Being*, the God/Goddess creator Source energy.

Consciousness exists in every level of multidimensional awareness from the ultimate wholeness of the *One Conscious Being* to the fragmented state of an infinite amount of beings individually experiencing their separation from the Source of wholeness. Every subatomic particle has consciousness. Every cell has consciousness. The stars, moon and sun have consciousness. The galaxy is conscious and so on infinitely larger and infinitely miniscule.

Awakening in the Higher Conscious awareness level of mind functioning throughout multidimensionality is not the same as projecting the conscious mind to travel through or visit different levels of multidimensional consciousness. Both experiences are not only possible but also valid to the level or degree of spiritual adeptness. Awakening to multidimensionality is a process of becoming conscious of the Higher Conscious mind through the myriad levels of experience from the infinite to the infinitesimal. This is the involution/descent and evolution/ascension process through stages of initiation and integration, which will be addressed in further depth in later chapters. Opening the conscious mind to explore the vast realm of the unconscious mind and the Higher Conscious mind to visit multidimensional realms will be explained further along in this chapter as shamanic journeying and meditative visualization techniques.

Beyond this brief explanation of the four levels of mind, many dimensions of energy exist at play within the *One Conscious Being*. The four levels of mind are not to be confused with the term "dimensions." Dimensions are measured by the energy of resonant frequency, while the levels of mind are different functions of consciousness.

In My Father's House Are Many Mansions

The various levels of multidimensional consciousness can be analogized in metaphoric terms like nesting eggs. Similar to those plastic toys for children where there is a small egg inside a larger one, and, as each subsequent egg must be larger to contain the smaller egg within it, so it is with awakening consciously to multidimensionality. The *One Conscious Being* exists in all the components, all the smaller eggs, of consciousness simultaneously everywhere throughout all dimensions. This is the many within the one. Also, just as the plastic eggs are made of the same material and substance as all the other layers of plastic eggs, so it is with consciousness. The consciousness of a subatomic particle, cell or molecule contains all the potential of creation within it as the human being. A human being contains the potential of a planet or entire galaxy, and so on. The key word here to understand conscious dimensional evolution is "potential." When we outgrow our present limitations, our consciousness reaches towards its next sphere of potential and expands

into it. Metaphors are a useful aid to drawing a clearer picture, but it is limitation of the three dimensions of space and the fourth dimension of time which makes such comparison of consciousness with plastic toy nesting eggs incomplete. Plastic eggs are finite and temporal, whereas consciousness is infinite and eternal. Toy nesting eggs are limited by and within their physical three-dimensional definition, while consciousness is multidimensional, fluid, dynamic, and spiraling inward and outward in a perpetual state of reprocessing and redefinition. The challenge of metaphor lies in trying to contain the infinite within finite descriptions. Every time we attempt this, we must return to the realization that the focus of consciousness must experience itself in a *state of being* at whatever level of awareness attained. Stepping out of this infinite *state of being* to attempt to describe it in finite terms is the very act of separating ourselves from the experience of "being conscious" of our eternal and immortal nature. However, for the sake of translating the abstracts of multidimensional experience into description, the use of metaphors, parables and the purity of symbols bring us closer to pointing our level of conscious awareness towards the Truth at Source.

Each Soul on the path of individuation has a personal mythology, which fits inside the larger metaphoric nesting egg of global mythology, which fits into the even larger sphere of consciousness playing out the drama of the universal mythology. All three of these spheres of mythological dramatization mirror each other at the level of expression consciousness is awake and self-aware. The personal myth is enacted from the level of the personal unconscious, subconscious and conscious mind, and the immediate mirror of reflection upon its meaning would be the personal experiences. Global mythology plays out in world events in a bigger arena to enable us to learn of our individual impact on a larger scale and take more spiritual responsibility than our personal sphere of experience. Universal mythology plays out in the multitude of galaxies and other planetary entities. Planets are merely the infinite variety of "spherical planes of manifest experiences" within a universal system, and there are multiple universes within a cosmos. Conscious awareness at the universal level of creation awakens us to the reality of Ascended Masters and all higher evolved beings and their roles, as well as our own, in the unfolding Divine Plan of creation. Entities in other planetary systems of galaxies may or may not be more highly evolved

beings. In some cases, they are on a different evolutionary path. Evolutionary paths of different species in different galaxies may or may not cross or intersect in the physical realms, but, nevertheless, all paths are ultimately woven together in the fabric of the *One Conscious Being*. Understanding our individual personal myth will give way to understanding the global and universal scope of the mythology of creation until further spiritual advancement to cosmic proportions is attained. It is a trinity of the unfolding saga of the *One Conscious Being* throughout the multiplicity of infinite form. Clues to our personal myths can be uncovered in the repeating dramas of our life, which will also be reflected similarly but in a larger proportion in global events and universal dramas. Dream images, as well as events, may also reveal clues to decipher the meaning in the personal, global and universal dramas.

There are no limitations placed upon us in the process of awakening infinitely and eternally to the *One Conscious Being*. The only boundaries that exist are the ones constructed by limited belief systems and the level of our awareness to higher and lower resonant vibrations.

Resonant Vibration

At the Source of the *One Conscious Being* is Original Cause, the emanation of the resonant sound of *AUM*. As this resonant sound originates from the Source, the vibration sets forth the eons of unfolding Divine Plan creating the multidimensional realms. Resonant vibration is the Source of all manifested creation.

Each multidimensional level of consciousness is defined by a different frequency of resonant vibration. Like the notes played on a piano or stringed instrument, the frequency to which the strings vibrate is the tone that will be produced. If the strings are tightened and taut, the frequency of the vibration is very fast and produces a higher pitched sound. Loosening the strings slows the frequency and lowers the pitch. The distance between the peak and valley (depicted by the arrows in Fig. 1) is called the wavelength. The frequency of the wavelength is measured by how many waves pass by in a cycle. The faster that the rate of vibration increases, the higher the resonance and vice versa.



FIG. 1

On the physical three dimensional plane of height, width and depth, this resonant vibration is translated by us as the external experience of sound through the sense of hearing, image through the sense of sight, fragrance through the sense of smell, impact through the sense of touch and flavor through the sense of taste. Our physical senses measure the resonant vibration of external events. The resonant signals of our participation, interaction or mere observance of external events are recorded through the five physical senses and imprinted on the subconscious mind as programmed memory. Sound is detected in wave frequencies through our ears by the acoustic environment or the walls it reverberates off of and travels to our ears through the medium of the element of air. Unless we are gifted with an open "third eye," our sight is limited to the three dimensional perception of light that is merely reflected off of physical surfaces. Without the aid of this inner sight, we are unable to detect the auric energy fields within and around people or objects by just utilizing our physical eyes. Higher resonant frequencies of vibration are beyond the boundaries that our normal functioning human faculties can detect. These levels of sound vibration are so highly refined as to be inaudible to the human faculty of hearing in the same manner as ultraviolet rays in the color spectrum go undetected by the human eye, yet they have been discovered to exist through instruments that measure their frequencies.

The physical realm of height, width and depth is one of reflected surfaces. Traversing multidimensionality is the art of mastering the inner senses and expanding awareness to heightened resonant levels while riding the waves of the lower frequencies to experience beyond the reflected surfaces. We can initially practice this through meditation with the discipline of training the outward senses to focus inwardly to cultivate and strengthen the inner senses of sight, hearing, smell, touch and taste. As we close our physical eyes and open up one by one each of the five senses to our internal world, this is the beginning of learning to navigate consciousness inward. The external world is but a holographic projection of vibration and is but

a mirror of the level of internal realms of consciousness being accessed. When we look into a mirror, we can see that it only reflects back a small segment of the larger room around us. We know that there is more to the world than what we see in the small segment of mirror reflected in a room. There is also much more to the universe than what we see reflected in the world. The external senses only detect and reflect back a small segment of our vast inner reality within the context of four dimensions. However, when we stand poised between two mirrors, we see infinity. When we realize that the inner and outer worlds are like those two mirrors, we have touched upon a metaphor depicting the reality of our inherent, infinite multidimensional nature. The human being stands poised at the threshold of conscious awareness between the inner world of "the creator" and the outer worlds of "the creation."

Practicing through meditation to focus awareness on the inner senses will ultimately enhance the outward senses of our experience in the physical world. After mastering this, we come to a stage where we are able to listen inwardly to the music of the universal spheres while hearing outwardly and seeing infinitely inward while gazing upon the limitations of the external world. All of the senses blend into a multidimensional experience of the many worlds within worlds. The internal third eye opens. We may develop clairaudience, clairvoyance, clairsentience, remote viewing and telepathy among other traits. These abilities should not be the ultimate goal of the spiritual aspirant. In fact, when awakened, they often become a stumbling block to further spiritual awakening. Many are tempted to latch onto this stage of awakening as the end or ultimate goal of the spiritual journey. It is important to emphasize that these psychic traits are merely the by-products of a particular segment of the spiritual journey and should not be given to the ego/personality to misuse. The best practice in overcoming the temptation to glorify these by-products on the spiritual path, is to continue to focus moving beyond them towards more attunement with the Higher Self and ultimately Cosmic Consciousness.

In addition to meditation techniques, there are external exercises that can aid in our cultivation of the inner senses. Chanting, music, and other forms of sound can positively enhance the elevation of one's resonance, whereas discordant music or sounds will disrupt the frequency of vibration negatively. Traumatic visuals can

also disrupt the frequency vibration, just as well as pleasant visuals can soothe. When thought is focussed on trauma, we add to the trauma in the greater collective world. When thought is focussed on beauty, we bring more beauty to the created worlds. While inhabiting the physical dimensional planes through a physical body, it is very beneficial to use the vocal chords and ears to practice with the vibrations of frequency. Singing bowls and Tibetan chimes are great aids to use in realigning our scattered energies to focus within. It is likewise very beneficial to use the pure essential fragrances of aromatherapy, creative visualization techniques, and other sensorial aids to align our consciousness in harmony with the higher resonating realms. Whatever external techniques are used, the portal to the Higher Conscious mind is only opened through the journey within, as we learn to utilize the inner senses. These external techniques can aid in aligning the physical and emotional body with the etheric body to help open the channel to the Higher Consciousness until we learn to hold our alignment with our Higher Consciousness without the use of spiritual tools.

There are many spiritual mantras and toning techniques that can be used to bring us in harmony with the rhythm of the cosmic pulse emanating from the Source. The external process of toning through the vocal chords is the mirror image of the outward spiral of creation and can lead us to the understanding and experience of *intoning*. Intoning is the art of using the inner senses to tone inwardly without making any audible sound heard in the lower dimensions. Mastery of this is attained first through the practice of outward vocal toning and then persistently disciplining the conscious focus inward to train and sharpen the inner senses. During meditation, when practicing intoning, it is helpful to keep the eyes closed with as little distraction in the outer world as possible in order to focus within. What is important to understand at this point is that the process of intoning is the alignment of the consciousness with that highest of high resonant frequencies at the Source and to be very aware that the human ear, vocal chords, or other physical faculties are not necessary to align our consciousness with higher dimensional levels of resonance. In fact, the physical senses are not designed for the purposes of hearing the higher frequencies and can be a deterrent to opening up to them. Whereas the external senses fall within the limitations of the lowest four dimensions, the internal senses have no

such restrictions and are designed to access higher frequencies. Singing the highest notes on a piano keyboard through the limited apparatus of the physical vocal chords appears impossible, but is quite possible to do inwardly. After we master the art of intoning, we can listen with our internal hearing to align our consciousness to the higher resonant frequency at the Source. The origins of creation at the Source can be traced back in this manner, and experience of these truths can be ascertained.

The extent of conscious awareness that is confined to the three dimensions of height, width and depth of the physical plane is merely a product of lower level frequencies of vibration and self-defined boundaries of beliefs. These boundaries are not solid, although it certainly feels and appears to be that way in the physically manifested world. From the lower frequency levels of the physical plane to the highest resonance, all of created manifestation consists of vibrating energy resonating at various sound frequencies. Experience on the physical plane feels solid only due to the fact that the physical body is vibrating at the same rate as other solid physical objects.

Frequency of vibration is the explanation of astral projection or OBE's (Out of Body Experiences). The astral body is another level of conscious existence that is vibrating at a slightly higher frequency than the physical body. When consciousness elevates to this slightly higher vibration, then consciousness inhabits the astral body. The laws of resonance apply to whichever level our consciousness inhabits. During an OBE, it does not mean the physical body disappears, as in the case of death. It simply means that our consciousness has shifted its awareness temporarily to another level of resonant awareness, in this example, the astral plane, while the physical body lies waiting in repose. Everyone does this most often unconsciously during the sleeping hours, and at first it might be a novelty to those who become conscious during the sleeping dream state on the astral level. As consciousness elevates the resonance beyond the physical vibration level up to the slightly higher vibrating astral body, the conscious experience of the OBE usually includes hearing a very high-pitched sound almost deafening to the physical ears. Herein lies a very loud clue to the principles of the frequencies of resonant sound. It is called an "Out of Body Experience" simply because consciousness raises its awareness out of the physical body. However, consciousness still inhabits a body, in this case the astral body, except it

is of a higher vibratory pitch than the physical body. While consciousness inhabits the astral body, all the normal functions of the physical body, such as breath, pulse and heartbeat, continue to function from the programmed unconscious mind. Slightly different laws apply in the astral plane and beyond to the causal and etheric planes. Consciousness travels closer to the speed of thought on the astral and causal planes, and becomes the speed of thought on the etheric plane. Remembering the astral travel experiences after consciousness returns to the waking physical realm sometimes causes confusion to the conscious mind. Having no reference points of comparison to the physical plane, some often dismiss the experience as just another weird or bizarre dream. In the light of the conscious mind, most dreams appear weird and bizarre because they occur beyond the confines of the fourth dimension of linear time, and different dimensions are being accessed during sleep through the subconscious, unconscious and Higher Conscious minds. Whether in a sleeping dream state or the waking state, consciousness functions at one of these four levels of mind. The astral plane is very close in frequency of vibration to the physical plane and should not be perceived as a state of higher evolution simply because the rate of vibration is slightly higher. It is the plane of emotions and desire. For the most part, the spiritual awareness level of the individuated Souls inhabiting this plane are just as unconscious as those dwelling on the physical plane. Many earthbound Souls get trapped on the astral plane at their passing from the physical plane upon death. Because of the close proximity of resonance levels between the astral and physical planes, these earthbound Souls are still identifying with their emotions and desires. They may even unknowingly attempt to interact with the like desires and emotions of those on the physical plane. A spiritual adept would encourage these Souls to release their attachments to the physical plane and focus on the Light for counsel on the next phase of their Soul's evolutionary path. Becoming aware consciously during astral projection is only one of many potential experiences during the early stages of spiritual awakening. The Masters consistently suggest to the adventuring multidimensional traveler to by-pass the astral plane altogether and seek out the upper echelon dimensions with more highly refined and purified frequencies closer to the resonance of Divine Love.

During sleep, our consciousness is freed from the limitations of

fourth dimensional time, and so the dreamscape appears to jump around out of any linear sequence. The symbols of the dream in relationship to each other are what hold the meaning, and upon waking, if we try to recall the dream, our conscious mind then attempts to string it out linearly to make sense of it. OBE's are another level of dreaming, but so are the waking world experiences. Like the metaphor of the nesting eggs, multidimensional consciousness is dreaming a dream within a dream. We successively awaken from one dream into a more expanded version within the greater cosmic dream.

Unlike OBE's where consciousness returns its focus away from the astral realm and back to the slightly lower resonance in the physical body, in the case of physical death, consciousness recedes from the physical body altogether. As the Higher Consciousness removes its focus from any incarnation on the physical plane, the specific thought patterning that held the body in place now breaks down the matter composing it through decomposition. This is true for all physically manifested forms. The material realms are created from thoughts, which generate varying levels of resonant vibrations. Whether individually or collectively by the greater world at large, as soon as the thought patterns for any manifested forms shift and change, the physical world breaks down or is recreated and restructured in a new form. In the case of ancient historical artifacts, the thought image is held in the personal and collective unconscious until some greater shift takes place in humanity that may shift the vibration of thought generating the object or places. The arguments as to whether to preserve certain sites that may be meaningful to one group of people and discredited by other groups is a clear example of this. As the planetary logos and the solar logos shift and expand their consciousness aligned with the evolution of Divine Plan, the form of the planet and solar system changes, and so on throughout all realms. Because this occurs over a cycle of eons, the changes are not easily noticed by the non-awakened personal and collective conscious. Form follows resonance. Resonance is generated by thoughts and beliefs. As we shift our resonance, the form will change.

The Boundaries of Beliefs

Contrary to yet another popular saying "seeing is believing," it

is more accurate to say "believing is seeing." What we believe is what we will experience in the external world. For the most part, our belief systems are buried in the unconscious mind. All too often what we may think we believe consciously can be in direct opposition to the real belief system harbored in the unconscious level of mind. The foundation of our very limited belief systems create events in the physical world, as well as imaginary boundaries like the lines that divide countries or the ones that define our ethics. A simple way to uncover underlying belief systems is to consciously monitor the rambling thought patterns running through the conscious mind and observe what emotions may erupt. For example, if the thoughts rally around "can't" or "not possible" or "it's always been that way," these are sure signs of a limiting belief system generating those thoughts. No amount of spiritual visualization will manifest anything to change in our life in contradiction to those limiting beliefs let alone birth a Divine Plan. Feelings of helplessness, frustration or anger will likely accompany these thoughts. In the realm of the Higher Conscious mind, all things are possible, but when placed within the context of our limited beliefs, a good majority of possibilities are rendered improbable. The walls of our boundaries of beliefs must crumble, shatter or gently expand in order to traverse the various levels of multidimensional resonance consciously. Whether personally or globally, it is the level of our resistance to changing our beliefs that dictates whether our boundaries shatter radically or shift gently. Certain patterns of beliefs that the structure of the world is based upon have been in a looping repetitive mode for so long that a very deep groove in the collective consciousness has been carved. At times revolutionary upheavals have occurred to incite the much needed changes to expand collective awareness, but most times revolutionary upheavals have just created a repetition of the same pattern and nothing really changed even though it may appear so on the surface temporarily. Instances such as these have given birth to the phrase "history repeats itself." The Masters teach evolution rather than revolution. Evolution is the most elegant and effective means of real change. All paths are individual while still being intertwined within the whole. One individual stepping beyond the collective limitations will render change in the greater whole simply by that one individual taking the first step.

Beliefs are formed by patterns of thought often adopted at a

very young age in life or influencing the present life circumstances from other concurrent lifetimes. If a child is told repeatedly that they "can't," then they will adopt the attitude of "can't" into some level of belief system, no matter how much they may rebel against such conditioning. "It's always been that way," or "That's just the way the world is," are common excuses made by the personal and collective unconscious programming and adopted by the ego's voice that keeps the world from evolving.

Patterns of thought vibrate at different frequencies. The adhesive holding these thought patterns of belief systems in place are the vibrations of the emotions. An outburst of emotion does not reflect that change has occurred. More often than not, it is an outburst of the same emotion in repetitive pattern signifying the ego stubbornly clinging to a belief system. If we pay special attention to these signs, we can trace our wounds linked to belief systems and conscious healing can occur. A person holding the belief "I am a victim" will create pain through attracting people who will appear to hurt us or take advantage of us. Someone holding the belief "I must martyr myself to be appreciated" will create the pain of disappointment time and again when appreciation is not constantly bestowed upon him or her by others. Another holding the belief "I must do everything to please others" will craft their life according to other people's wishes rather than the dreams of their own Higher Self. By looking in the mirror of our emotional reactions to the world, we can see our wounds and the beliefs they are steeped in more clearly in order to heal the rift that separates us from our Higher Consciousness.

Divine Love is the highest resonating frequency and exists beyond any limitation of our beliefs. It is the purest spiritual essence of consciousness at the Source. One does not have to believe in it for it to be true nor does it need to prove its truth. It is beyond all belief. Divine Love is Truth. It simply exists, and it is boundless. Because it is beyond all belief and does not need us to believe in it for it to exist, all that is required of us is to align our consciousness with the Truth of Divine Love. We can do this by expanding our belief systems step by step until we move beyond the need for them. On extremely rare occasions one might choose to abandon all belief and awaken instantly to Divine Love. The Soul of someone who attains this is likely to already be deepened by a multitude of conscious experiences to the extent that integration of the Divine is more immediate. For most

of us on the spiritual journey, we take the steps of initiation and integration in gradual increments. These steps consist of busting one by one through the illusory limitations of the ego's belief systems to embrace more of our Truth.

Fear is the lowest resonating frequency. All fear based belief systems are the product of thoughts and emotions that vibrate at low frequencies. All things are possible, and all things exist. However, it is impossible to experience Divine Love and fear simultaneously for fear creates the walls of separation that can only crumble by allowing Love in its place. We must make the conscious effort on the spiritual path to elevate our resonance above fear to behold the truthful presence of Divine Love. As our resonance heightens, fear and all illusions of separation dissolve in the presence of this love. Just as it is possible to lower resonance to exist in a fear based illusion, so it is equally possible to raise resonance to exist at the threshold to the inner sanctum of the *One Conscious Being* at the Source. As long as our consciousness remains in the lower fear ridden frequencies, the longer we remain oblivious to the Source of Divine Love that radiates from within. The false boundaries of our consciousness that are defined by the limitations of fear must erode to allow the presence of Divine Love to be revealed to our conscious mind in all its glory. Fear is best conquered by confronting it and walking through it to move beyond it. Step by step, as we conquer our fears, we break down those patterns of thoughts that form the restrictive belief by releasing the constricting emotions holding them in place. Constricting negative emotions are released through the process of transmuting them to their higher vibration. The constricting emotions must first be identified and felt intensely to understand how they keep us locked within their restrictions in order to release us from their bondage. We can do this through the safety of inner meditative techniques or other healing therapies and modalities. Transmuting anger into passion or pain into compassion is the understanding of the thought patterns of fear that keep these emotions locked in place. When the patterns of thought shift and the emotions are purified and transmuted, it frees up this previously constricted energy to vibrate at a faster frequency. Our beliefs then have room to expand, and we can literally embody more of the light and love that is our true spiritual essence.

Signs along the road map of major shifts in the belief system of the awakening collective conscious playing out on a global scale can

be witnessed, for example, in such poignant metaphoric dramas as the historical demolition of the Berlin Wall. As the walls of the belief systems in the collective consciousness shifted, the physical walls came tumbling down as the reflection of those changes. Where once there was repression and separation, the walls burst forth in celebration of more freedom. All belief systems still stuck in place or shifting can be monitored and gauged according to the life events taking place first personally, then globally and eventually our awareness includes the universal level. The beauty of consciousness is that everything exists within the *One Conscious Being*, and all we really need to do is pay attention to our personal growth and evolution. Whatever personal healing of our emotions and expansion of our belief systems that we accomplish invariably affects the global and universal levels of consciousness. Whenever we feel helpless or alone in the sea of humanity, the Masters wish to remind us that everything counts towards the whole collective. It counts if we personally add more fear to the fear, and it counts when we personally awaken to express more love.

In the beginning was *The Word*. Thought waves create resonant sound. The sound of the thought creates *The Word*. The resonance underneath all words holds clues to the creation process in the manifested worlds. Every image in the externally manifested physical realm, as well as the inner landscape of dreams and visions, can be deciphered as a metaphoric reflection defining the level of the state of consciousness perceived. During the self-reflection stages of the spiritual path, the metaphor of imagery is the language of the Soul, which brings the depth of meaning to creation. At the beginning of this chapter, the question was posed, "What is the pure essence of joy, beauty and love, and how can we awaken to it?" We awaken to it by understanding the meaning of *The Word* through the form of the imagery in the outer world as reflected in the depths of our Soul. Words are the manifestation of thoughts, and thoughts are patterned into belief systems. Decoding the meaning of the words will expand awareness and shift the limiting beliefs.

A physical wall may reflect that we either have boundaries in our beliefs that need to be broken through or it may reflect the definition of our boundaries of spiritual ethics and character, those lines of principle we will not cross over lest we sacrifice the beauty of our Soul. A rose reflects the delicate softness of beauty, and its fragrance

will aid to elevate our resonance to align with that beauty. Tapping into the real essence of spiritual beauty renders words to be spoken more softly and loving. Why is it that a rose is always referred to as being the ultimate in beauty rather than any other flower? In the ancient science of aromatherapy, the pure essential oil of rose has been measured as the highest resonating essence above all other oils. Resonant vibration underlying the image and physical manifestation of the rose is the resonance of beauty, and its aroma aids in uplifting our resonance to the truth of our own spiritual essence of beauty. Resonance is the truth of the reality behind all images or forms. We can literally take the metaphoric meaning of manifested forms to infinity and back by understanding that the form of images and the words that describe them will reveal the many traits of the positive aspects of our spiritual essence or reveal where we are constricting its expression. These are just a few examples of the unfathomable mystery of metaphoric meaning in the endless images of creation. First, we must break through our beliefs about the manifested world in order to tap into and express the truth of the meaning of spiritual essence within all form.

The nature of our spiritual essence is remembered as we open the portal to the Higher Consciousness by unveiling the unconscious mind to the conscious level of mind. A greater understanding of the meaning of metaphor in the imagery will cause revelation to awaken our consciousness in alignment with the purity of our spiritual essence. Each journey of individuation will reveal personal meaning within the global and universal meanings. This is the uniqueness of each individual Soul. Each individuated Soul resonates a different tone, which blends together in the wholeness of the *One Conscious Being* creating the symphony of the spheres. As long as each individual continues to remain out of step with the rhythm of the cosmic pulse, the discordant imagery of the outer world will reflect this dissonance in grief and strife. One by one, as individuals realign in tune with the greater harmonics, the collective awakens as a whole to the higher symphony.

Our consciousness resides within self-created walls defined by the various beliefs we hold about our self-esteem, self-respect, self-reliance, self-worth and self-acceptance. Most importantly, these boundaries of self-definition need to be expanded in order to experience the fullness of our multidimensional existence, for how can we

embody our spiritual essence of Divine Love, if we are unable to hold ourselves in high esteem, feel worthy of love, accept and respect ourselves, or have the self-reliance on our Higher Consciousness to lean upon? How can we expand this love to the global and universal spheres, if we are unable to emanate this love in our own personal sphere of awareness? Each step we take towards accepting and forgiving ourselves and embracing the traits of self-love brings us closer in alignment with our Higher Self.

During my inner journey of *The Dream of the Snake*, the sound of the flutes aided in raising my resonance to bypass my ego and break through the barriers in my conscious mind allowing me access into the realm of the unconscious. From there I opened up the portal to my Higher Consciousness, which allowed me to experience my higher resonance that was previously bounded in place by the form of my ego's limiting beliefs. Removing the masks and costumes during this inner journey was the metaphor of removing my ego's limitations about my true nature. Through this healing ritual of sacred sound, the structure of my belief was gently shifted, rearranged and allowed for a more tranquil song to be sung through the essence of my being. Understanding the ancient transformation metaphor of the snake shedding its molten skin, I left behind old patterns of belief awakening from yet another level of dreaming to more conscious awareness of my Higher Self.

Relating back to the metaphor of the nesting eggs, as our consciousness exponentially expands to new dimensional levels, we quite literally transcend our previous experience of the limited self. Contained within each new sphere of conscious awareness are all prior levels of experience. Evolutionary growth through awakening spiritual awareness is not linear. It is exponential.

To offer a simpler explanation to these abstract concepts, we can break it down in a color coding system of the nesting egg analogy. As an example, let's call the very smallest nesting egg red. While our consciousness inhabits this field, its awareness is that of red. Consciousness would be able to detect everything relating to the color red in its awareness. If we were to experience something of another color, we would not register it, or perhaps we would place it in some category of "unknown phenomenon." Our experience of the color red will be limited to our biased beliefs about what the color red is supposed to be based on our surface reflected experiences or what we

were told the color red is, rather than tuning into the direct experience of the multidimensional vibration and harmonic tones of red. Until we "become the experience," the outward senses perceiving the physical plane will only offer us an experience limited to the reflected surface level of three dimensions. Then, let's say, something occurs to expand our awareness level, whether it be a consciously sought after healing technique, a gestalt awakening or the impact of a life occurrence outside our regular normal realm of experience. While our consciousness inhabits the awareness level of the red egg, it may be that we intuit with our inner senses the next level of consciousness, in this case another larger egg just beyond our immediate grasp. This might trigger the quest to explore outside our normal realm. It might also be that a life event orchestrated by our Higher Self occurs to shatter or crack open the egg of our awareness enough to glimpse new levels of awareness. For our example, it only matters that consciousness somehow woke up from one level of dreaming itself in the sphere of the red egg to find itself in or seeking a broader realm of experience. Our awareness now inhabits the second nesting egg, which we will call orange. What happens to the experience of red? It is all still there, but now consciousness includes both red and orange. As more instances of awakening occur, we can call the next level of nesting egg yellow. While inhabiting this larger yellow egg, red and orange are still both within consciousness. Now the curious property in the physical three dimensional world is that, just as in those nesting eggs, when you snap the toys together, you can only see and touch the yellow one through the physical senses. The red and orange may be there in memory or forgotten and buried in the subconscious and unconscious levels of mind hidden temporarily from direct conscious experience, and so it is with our experience of other dimensions. While we are in the yellow realm, we tend to block out the awareness that we once inhabited the red and orange spheres by obstructing the experience in the unconscious mind. In actuality, consciousness splits off the red and orange aspects into external projection of objects and events from the unconscious level of mind. Within the limitations of four dimensions, our experience of the spheres of consciousness beyond our present awareness level are blocked from perception until we are able to expand into them. This is not true of multidimensional awareness for we awaken to our existence on multiple levels consciously and simultaneously.

To parallel how this example applies to the physical dimensions, our consciousness begins its physical experience by inhabiting the atomic structure level. The awareness level quantum leaps in stages to that of molecular, then cellular, mineral, plant, and animal. Each new quantum leap in awareness affords consciousness new avenues of experience and expression through creation. For the spiritually uninitiated human being, awareness level is blocked from the memory of these experiences in the other kingdoms that are hidden in the vast storehouse of the unconscious mind. Prior to multidimensional awakening, we have no memory of our experiences of consciousness at the level of atomic structure, mineral, or subsequent levels of matter. If we choose to examine the level of human consciousness closely, we will be able to rediscover these experiences and hidden traits of consciousness hidden within the unconscious mind to integrate them into the present awakened point of awareness. Multidimensional awareness renders the opaqueness of the metaphoric nesting eggs of the levels of consciousness transparent. The once imaginary walls obscuring the various levels become more translucent with each level awakened to. We become self-aware on more levels of consciousness now all overlapping rather than having our experience limited to the reflected surfaces of three dimensions of the physical plane while trapped in the fourth dimension of linear time. When we awaken to multidimensionality, we are gifted with new creative abilities. Where once our consciousness was compartmentalized and limited, now we can blend and merge the colors of creation into new hues or however many mathematical variations available at this new level of awareness. Number is infinite, and with each new dimension added to our awareness, the infinite possibilities of creation multiply. If this boggles the mind, then it is the limitations of the conscious level of mind struggling to expand which finds difficulty in grasping the abstract truths offered. The Higher Consciousness is the level of mind that fully comprehends this and so much more.

Expanding conscious awareness beyond the limitations of the three physical dimensions and the often-elusive fourth dimension of time awakens the *god being* within us to its existence on multidimensional levels. This is achieved in stages through the process of integration.

TWO



The journey to the center of the Self is never-ending and is the only journey where true and lasting fulfillment will be found.

INTEGRATION

It is of primary importance in spiritual awakening to understand what is referred to as integration. We must first remove the obstacles blocking the unconscious mind in order to gain entry to the Higher Consciousness. These obstacles are the ego's attachment to patterns of beliefs and the emotional adhesive that holds them in place. Purification of the emotions and accompanying thoughts of stagnant belief systems can be attained through various methods. Through this purification process, the spiritual aspirant learns to recognize self-imposed limitations by becoming conscious of repeated patterns. Taking the initiative to break through these boundaries broadens the horizons of conscious experience beyond the unconscious repetitive pattern. An understanding of the impact of our personal purification will then bring a deeper understanding of the global purification and our place within the greater universal mythology of Divine Plan.

On the spiritual journey, individual sparks of the whole of consciousness choose the path of awakening to individuation within the *One Conscious Being*. In order to accomplish this, these sparks of consciousness fall into a period of darkness within the Light of the *One Conscious Being*, a state of illusory separation from the whole. This period of darkness blocks the individual Light sparks of consciousness into a state of ignorance of the multiple and infinite

aspects of the *One Conscious Being*. It is the proverbial "fall" referring to the lowering of the vibration from the heightened resonant vibration of Divine Love of the *One Conscious Being*. This "fall" creates the unconscious realm. We literally fall into an unconscious sleep. Aside from the instinctive animal level of reactive fear as survival against the threat of harm referred to as "fight or flight," all other fear falls in the category of "fear of the unknown." Unconsciousness equates to ignorance. What is unknown creates fear in the small-mindedness of the ego persona. Ignorance reverberates with the low vibration of fear. Bliss vibrates at a very high level of resonance in increasing intensities. As stated in the first chapter, ignorance keeps us from our bliss. To know bliss and joy at increased intensities is to consciously know God/Goddess. The dark, unknown of the unconscious realm of mind must be consciously entered in order to return to the Light fully awakened and empowered. Multitudes of life expressions in the physical form world are manifested from out of the unconscious realm. All imagery and scenes created ultimately will reflect whether our consciousness inhabits love or the state of fear. This manifested stage of creation is called involution or descent into matter. It is the exhalation of the Cosmic breath of *Aum*.

The physical plane is experienced through the reflection of a myriad of forms at various stages of evolution in the four kingdoms of mineral, plant, animal and human. In the external reflection, consciousness inhabits the mineral kingdom in the first dimension appearing stationary. Consciousness evolves to the second dimension of the plant kingdom with the roots growing into earth in one direction and with branches, buds or leaves sprouting in the opposite direction. The next stage of consciousness expansion is the animal kingdom extending awareness within the three dimensions of depth, height and width. At the stage of evolution within the fourth dimension, the human consciousness becomes self-aware by the passage and recording of linear time in the form of memory and anticipation of the future through the projection of imagination. At the animal level of consciousness there is no ability for self-reflection because there is no awareness of the past, the future or history. There is just the present moment within the three dimensional existence.

Since the "fall" from higher resonance is a temporary state in the temporal world of form, the human ego is created as the tem-

porary vehicle of perception in the temporal landscape and is in a deep state of unconscious sleep. Because of its inherent temporary nature, the ego aspect of human consciousness is utterly threatened and fearful of its annihilation. Separated by ignorance and fear from Divine Love at the Source, it continually perpetuates the beliefs and feelings of being unloved. The striving of everyone to find love is buried deep in the unconscious underneath the ego's surface like a song of the siren luring us back to the ultimate safety within Divine Love. Because of the "fall" in vibration, separation from Divine Love is the only reality the ego knows since its only function is designed to inhabit the physical world of limitation. In the landscape of the vast unconscious, the open doorway to the Higher Consciousness beckons with a shining Light to each individuated spark on its return fully awakened in wholeness. On both conscious and unconscious levels, the ego senses its function as temporary and reacts to its surroundings in the physical world from the limitations of this belief in the fear of its annihilation. All fear of death is based in the ego's innate understanding of its function as temporary and its resultant fear of dissolution. Because we give too much credence to the ego aspect of consciousness, the ego stubbornly clings to the ultimate lie of the temporal in opposition to the truth of our spiritual essence that we are immortal, multidimensional *god beings*. The Higher Consciousness is perpetually aware that the temporary vehicle of the ego is not the true reality of its existence. Destruction of the ego is not the goal on the spiritual path. We merely need to return it to its proper function until its use becomes outmoded through evolution to the higher realms. While we inhabit the physical body, the ego is quite useful for what it was originally intended to be as a window to the external world. While on the path to self-discovery, the conscious mind must find techniques to bypass the ego to achieve union with the Higher Self. Some may refer to this effort to subdue the ego's hold as "wrestling with the devil."

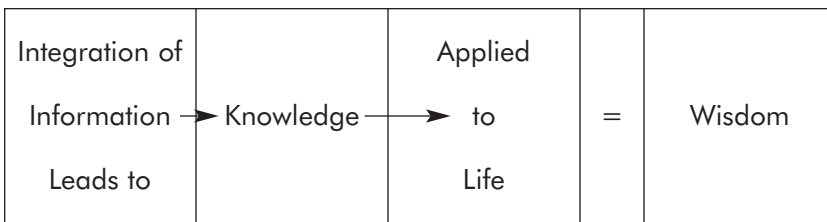
Upon involution, the stages of evolution are spurred by the Higher Self to bring the unconscious pieces of its many selves home to conscious awareness. Being human (*the human being*) is the stage that is the turning point of evolution on this return to wholeness of the awakened and empowered *god being*. It is the inhalation of the cosmic in-breath of *Om*. The human being is the grand experiment stage and Divine blueprint of creation within Divine Plan, as revealed

in the phrase “made in God’s image.” All forms in nature can be mathematically and geometrically measured against the human form, and a further in-depth study of sacred geometry proves the truth of this esoteric science. The Master Thoth declares that all of creation is designed by mathematical principles based on number. As more pieces of the mathematical puzzle of creation and Divine Plan are uncovered, we are able to witness ourselves awakening quite literally in the midst of the awesome beauty that is the perfection of creation. Being human is both the central measuring point of creation and the turning point from the external spiral of unconscious involution to the internal spiral of conscious evolution. Human beings are the bridge between God/Goddess and manifested creation. We are the point of consciousness of the creator awakening within its creation.

Integration is the step by step process of rousing the individually separated parts of the whole from out of its unconscious sleeping mind on the return path to conscious wholeness fully individuated within the *One Conscious Being*. It is of great aid to remember that it is a process approached in stages. In order for consciousness to reflect upon its many aspects for the sake of self-understanding, the fourth dimension of time is created by stringing events out in a linear fashion. Proverbially, the Higher Self scatters its many aspects in fragments across the dimensional creation grid to first identify and then reassemble each piece together within the wholeness of its Self.

The Higher Self may provoke Gestalt awakenings spontaneously. Aside from this, one can consciously choose to proceed along the path of awakening in the multidimensional realms. The journey home begins merely with the single thought and inward questioning that there must be more to conscious existence than we presently comprehend. At every stage that we grapple with the question that there must be a purpose or reason for our existence, it opens up the space for spiritual evolution. Merely asking the question sets our foot upon the spiritual path. From there we must take the next steps. These inner questions and thoughts are the instigators of our conscious evolution. The very question is the beginning of each spiritual questing; the Spirit seeking to know itself in created manifestation and answered through the reflection of the Soul. Integration enables us to become more conscious of the unconscious. As we seek with the thoughts of our conscious mind, it sends

out a signal to our Higher Consciousness, which allows our Higher Self to find us in the maze of its fragmented pieces. This truth is evident in the statement, "Seek and ye shall find." Through this seeking, we become more consciously awake within the vast realm of our Higher Consciousness. With integration of new information comes knowledge that can be applied to our daily lives. As we learn to apply and live this knowledge, it becomes wisdom, which is a function of the Higher Conscious mind and a component of Divine Love.



Reflection upon creation is a function of the integration process. Thought occurs to manifest through form and imagery in order for consciousness to reflect upon its many aspects. The three dimensional physical plane is only one of many avenues that the multidimensional Higher Self experiences through this manifested creation process.

Consciousness is inherently creative and is the source of all creation. Being innately creative, it has devised some tools to utilize for the aspirant on the path of awakening and integration. All of the spiritual tools described herein are designed for the same purpose of first seeking and then integrating the fragmented aspects of consciousness blocked off in the realm of the unconscious mind. They are slightly different methods that accomplish similar results. Some of these tools include, but are not limited to, shamanic journeying, healing the wounded rift of the inner child and adolescent, meditation, psychotherapy, dream work, soul retrieval, shadow work, and what some refer to as past life regression. I prefer to use the term accessing other lifetimes. One of the side effects of multidimensional awareness is the erosion of the boundary of believing that time is linear, which aids in aligning consciousness to the reality of simultaneous time. All manifestation and creation is occurring simultaneously in the present now moment throughout the multi-dimensions, and that is why conscious-

ness can freely visit any aspect of it at any "time." When these methods are approached with the proper spiritual intent, they are very powerful to incite the experience of awakening.

Integration is a two-step process. First is the act of retrieving the split off fragments of the Self from the unconscious level of mind to bring them into the light of the conscious mind. After this is accomplished, it is not enough to simply know what fragmented aspect has been retrieved and revealed without gaining self-understanding. The second part of integration is the process by which the conscious mind must gain the understanding of the fragmented aspect and how it relates to the larger picture of the wholeness of the Self. True integration occurs at this second stage, which is the alignment of the conscious mind with the Higher Consciousness. Many who have stumbled along the spiritual path believing they have healed a fragment of their Soul on a return to wholeness only to find the old pattern repeating over again surely know this to be a fact. Understanding the source of the pattern locked in the unconscious mind is the key to unhooking its repetition. Conscious application of changing the pattern aids in a heightened awareness to not repeat it. In a manner of speaking, we can now reprogram the unconscious to run more improved programs.

An underlying mystery of multidimensional consciousness, including the arena of physical manifestation, can be found in the term relationship. It is in the relationship of the fragmented parts where awakening occurs. On the physical plane of consciousness, the cell awakens in its relationship to the greater physical body and vice versa. A leaf awakens in its relationship to the branches and the greater part that is the tree. As its roots dig deeper and branches span higher, the tree becomes more aware of its expression of "tree-ness" than its previous experience of being the seed. The human being awakens in stages through its relationship to the Higher Self on the etheric plane, and in doing so awakens to all of the individual aspects of the *One Conscious Being* in revelation of the truth of its spiritual essence. Relationship of the inner spiritual awareness to the external world is the recognition of the truth and meaning of consciousness reflected in the manifested form. It is through all stages of relationship that the integration process occurs.

Inner Child and Adolescent Healing

During the human spiritual journey, there are two sure areas along the Soul's path where consciousness gets hooked in a repeating pattern. Everyone at some point in his or her childhood experiences a wounding. It is a re-enactment of the initial pain of "the original fall" of vibration and the subsequent feelings of separation from the Divine Love of the *One Conscious Being*, the separation from Mother/Goddess and Father/God. An infant child perceives the human parents as God/Goddess expecting to receive from the external world the Divine Love it knows at the Source of its own being. Thus the projection onto the external world begins the journey. When the human parental or any figures of authority in the external world of the infant fall far short of Divine Love, this initial pain and wounding occurs. It is the source of all emotional abandonment issues and will literally replay itself over and over again in our adult lives in any number of ways, shapes or forms and in all sorts of situations. No matter how much love we receive from the external world, it will always fall short of Divine Love. We may find ourselves reacting overly emotional to a work situation, a relationship, or any area of life that causes us to repeat this initial pain of childhood. Blindly we then project this pain onto the present outer circumstances believing that it is the current circumstances causing the pain, when it is really a replaying pattern of pain from our childhood. Follow it further back to discover it all begins with the initial separation from Source. The pain repeats its pattern as a consistent reminder that our consciousness is cut off from the Source of Divine Love. The mechanism of this pain is our wake up alarm system registering that we are still asleep in the unconscious rather than awakened in the bliss of Divine Love.

In addition, everyone at some point in his or her adolescence gets hooked in a deepening of that initial wound. Adolescence is a time where the ego is manifested in the expression of consciousness to just about one hundred percent. Adolescence is also a time of feeling invincibly immortal. During the teen years, we may feel that we can escape death, conquer the world and manifest our biggest dreams with this feeling of immortality. This is the initial glimpse of the immortality of the Higher Self, but this glimpse is through the naïve eyes of the uninitiated. Naivete must shatter to awaken the ego from its illusions of immortality as perceived through the eyes of the

temporal ego. Shattering the ego illusion and reopening the wound is a necessary stage in awakening to embody the truth of the immortality of the Higher Self. At this secondary stage of the wounding, something occurs in our consciousness to crash our higher aspirations and visionary dreams. Whether it is a major event not turning out as expected or authority figures beating our aspirations down from lofty heights, some incident occurs to jar us awake to the mortality of dreams and physical life. It is the crash and burn of the myth of Icarus, as his son flew too close to the sun. Later in life, we may again either recreate this same sense of failing to achieve our successes, whether in the physical or visionary realms, or are so locked in fear that we fail to even make the efforts to manifest any of them. However seemingly small or large that these dreams and visions may be to the perceptions of others or ourselves, the situations will always feel magnified by the pain of our reopened wound. Our pain can be so acute and overwhelming in childhood that we learn to convert it into anger at a very young age, which is much easier to embody and express. Anger is a diffusion and a mask of pain. Venting anger does not heal the underlying pain. Anger is a sure sign that belief about the initial wounding of pain still lies harbored in the unconscious mind. By the time the suppressed pain reaches our adolescent years, it can turn into some pretty heavy angst.

The rift of this painful wounding in these two areas of consciousness must be uncovered and healed in order to grow beyond its repetition in our lives. This is done through inner child and adolescent healing work. Many people have begun this process with the help of healers and therapists and have found great results in becoming conscious of their childhood and adolescent patterns replaying front and center on the stage of their present adult life. Becoming conscious of the wounding is the first step. The second stage is to understand the spiritual gifts that have been hidden behind or underneath the fear of attaining the dreams of the Higher Self. The integration process for this healing method is that once the pattern is recognized the conscious mind must keep a vigilant watch for the repeating patterns. As the patterns unfold time and again, the conscious mind recognizes the repetition and can then work at changing the pattern. Each subsequent time it gets easier to recognize and easier to catch before acting or reacting from the past. In this way, consciousness awakens more in the present moment and

can choose to act consciously, and eventually Higher Consciously, rather than reacting emotionally and unconsciously acting out the past patterns.

Healing the inner child will transmute the pain of the wounding into the many gifts that may have been lost in childhood. The spiritual adult can reclaim the child's sense of wonder and awe at the newness of each day, breathe new inspiration into creativity, or once again access the exhilarating energy of anticipation just as a child feels on Christmas Eve. This exuberant anticipation is one of the fuels of the creation process, while wonder and awe are its rewards. In the same manner, healing the inner adolescent can refuel or resurrect a lost dream or free up the energy to dream new ones. No matter how traumatic or happy the memories of our childhood or adolescence appear, there is always powerful creative energy that is locked in the unconscious during these stages of the Soul's awakening path. It is important to understand that the healing process of the initial wounding continues across multiple, simultaneous lifetimes. Patience is called for throughout the spiritual journey. Love is patient. As we learn patience with ourselves, we learn self-love. As we learn self-love, we become more patient with others. Our wounds will reopen time and again in order to reveal the important lesson of learning to release all attachment to pain as a learning ground and step fully into the arms of Divine Love. Pain teaches us what pain is. Pain is the repression of the expression of love. When we consciously choose to be finished learning through pain, the expansive landscape of Divine Love awaits to be explored.

Shamanic Journeying and Meditative Visualization

The traditional method of shamanic journeying is a technique used by many indigenous elder wise men and women taught to apprentices and students most importantly through the guidance of the actual experience. Many, but not all, shamans and medicine men ingest *ally plants*, otherwise known as psychotropic plants, as an aid to access the spirit realm through the unconscious level of mind. It is not necessary to ingest any stimulant whether manmade or naturally grown to awaken to multidimensional awareness. One can learn to master this art of meditative journeying with or without a teacher

or guide. In either case, it takes great discipline of quieting the ego's inner dialogue and the diligent practice of inner meditation techniques. The use of psychotropic plants is a quick method to bypassing the ego. However, like all things in the material realms, the overuse of them can also be abused. The overuse and dependence of any tools on the spiritual journey over time can create further blocks to attaining communion with the Divine. Becoming dependent on anything other than the guidance of our Higher Self can incapacitate us on our spiritual path. If one is not guided by a responsible teacher or diligent when treading down this pathway, instead of working with the ally plant as a tool, spiritual power may be handed over to the plant in the form of dependence without one even realizing it. The ultimate goal is absolute self-reliance on the Higher Self. When working with the Ascended Master guides, they will not take anyone's power away but will simply guide and point the way to our own self-empowerment. The plant level of consciousness, however, is not as evolved as the Spiritual Ascended Master level and beyond in the higher resonating realms. It is up to each individual to learn discernment between giving power away to the Spirit realms of minerals, plants and animals, rather than properly using them as power tools on certain periods of the spiritual path. Some individuals choose to forgo them altogether and find other methods that work for them. Everyone's path is unique even though similarities can be shared. Some may need the path of overindulgence in certain substances and then swing to abstinence in order to find a balance. Keep in mind when using the other kingdoms as tools on the spiritual path that the integration of consciousness requires all facets to ultimately be incorporated into the whole. Relying totally on one plant essence continues to block off all other aspects of the *One Conscious Being* in the unconscious. There are various levels of self-aware consciousness in all of manifestation. If we find ourselves resonating in harmony to one species for a time, then we must follow due course until it is time to outgrow that level and move on. We must be ever vigilant about our individual intuitive knowing of when to shift to more refined levels of self-awareness.

Meditative visualization and shamanic journeying are actually one and the same practice. There is some confusion in the spiritual community between these two terms. Shamanic journeying tends to hold a more exotic aura to some people because of its ancient trib-

al and aboriginal techniques that have almost been lost to the modern civilized world. Associations with the many facets of earth medicine and animal totems ring true to this method. Whereas shamanic journeying in linear terms tends to be thought of as a more or less ancient rite, meditative visualization is often thought of with the New Age movement as being "new." Associations made with this method are often of angelic realms and extraterrestrials. Some may not be sure whether the fairy kingdom falls into the world of shamanism or New Age. Linearly speaking in historical terms, meditative visualization is also an ancient technique introduced to this plane by the Ascended Host in times of Lemuria and Atlantis. It matters not whether you call it shamanic journeying or meditative visualization for this is just a further incidence of the ego's tendency and attempts to separate and compartmentalize. What is important to understand is that both methods are tools used to traverse into the unconscious mind, and, although they may appear to be different, they are in actuality based in the same principles. In either case, it is just a matter of which archetypal area of the energy of the unconscious mind we are tapping into and which portals to other dimensions are accessed during the journey.

Through shamanic journeying or visualization meditation, the spiritual traveler seeks to consciously access the unconscious areas of consciousness. The unconscious realm is so vast, that the ego/personality could very easily get lost in its maze, and the conscious mind would be completely overwhelmed without the integration process. We can discover the portal to the Higher Self in this vast realm of uncharted consciousness, and the doorways to other dimensions can be unlocked. Similar to the sleeping dream state, this inward journey may find the aspirant coming in contact with all sorts of images, beings and strange landscapes, with the regular known laws of physical experience being transcended. Unlike spontaneous dreaming, the unconscious realm is entered consciously during meditation or shamanic journeying for the express purposes of mastering consciousness and harnessing the energies of creation. In these inner worlds, we can leap into deep canyons without falling in order to transform our fears through acts of empowerment to discover that the laws of the physical realm do not apply in other realms of consciousness. We can indeed shape-shift into the form of a bird sprouting wings to fly. Conversations with the multidimensional aspects of

consciousness in all forms, faces and images can quicken the spiritual aspirant to the realization that the expression of consciousness is not limited to the three dimensional world.

Some people have relegated the practice of creative visualization and shamanic journeys to being just figments of the imagination. In truth it is indeed imagination, which is creating the experiences. In fact, everything throughout all dimensions, including the physical plane, is created and manifested through the energy of imagination. Imaging is the process of form created by thought vibration. With the practice of this inner journeying, we are able to eventually learn to consciously access the fifth dimension that is sometimes referred to as the *Imaginal Realm*. The fifth dimension opens the portal to the source of all imagination. All form manifested on the physical plane ultimately springs from the *Imaginal Realm*. Until we become conscious within the fifth dimension, form is generated from the unconscious level of mind. It is a valid experience in exploring consciousness and just one of a multitude in the multidimensional universes. The Masters caution us to not dismiss the realm of imagination as being simply pure fancy. It is a very real and potently powerful energy of creation originating from the Source. Eventually, with practice, the aspirant may encounter a teacher in the inner world, who may also arrive in the physical plane. Other precognitive incidences of dreaming events that occur later in one's life are further evidence of the blurred boundaries between the dimensions.

Just as we can share experiences with other people where our collective agreement overlaps on the four dimensions of the physical plane, we can also share experiences with other people journeying with us in the multi-dimensions. The more we share these multidimensional experiences with others, the more we awaken to the realization that each level of consciousness reveals even deeper relationships to the many aspects of the Self within the *One Conscious Being*. There are many instances where I have journeyed inward together with my apprentices and clients. With the aid of the Masters, I guide them on an inward journey into the landscape of the unconscious. Once they arrive there, I allow them to see and experience without imposing suggestions. Through my Higher Conscious mind, I am able to quietly stand as witness in my inner eye to some of what they see and experience. It is a high honor to stand witness to the moments of those awakening on their path, and this spiritual gift of

telepathic rapport comes with the responsibility of discernment and confidentiality. Divine allowance in sharing the inner experience is for the purposes of offering guidance to those learning to interpret the meaning of the images. After we emerge once again in our shared external world, we relate our experiences to find many instances of identical or similar imagery during conscious trance states of travel through the inner realms.

Gaining access to the unconscious mind in order to traverse these landscapes consciously may not always be easy for the beginner. It takes great discipline for anyone not familiar with the practice of meditation or quieting the rambling thoughts of the ego to gain entrance to these realms. It can be of great assistance to have a guide familiar with the process to aid you during this segment of the spiritual path. Someone familiar with the metaphoric meanings of the interior landscape can also be of help in translating the experience of a shamanic journey or visualization meditation during the integration into the conscious realm until the aspirant is able to decipher the language of the Soul on their own. With each new multidimensional level we awaken to, there will be the illusion of imagery to confront. Discernment is necessary to understand the experience of the imagery in terms of its spiritual essence. The meaning of the image is what holds the resonance of truth. Integration of the spiritual meanings of the images at each stage in awakening consciousness is imperative to maintaining the balance between the four levels of mind. This holds true with the externally manifested world of images, as well as the internal world of visions and dreams. The meaning of the image remains the same whether beheld within or without. At each evolutionary stage, integration ensures the balance of attaining wisdom rather than entertaining states of psychosis. If the aspirant is not an adept familiar with inner guides or voice of the Higher Consciousness, before journeying too far into the unconscious realms, it is suggested to find a teacher able to offer assistance in integrating the experiences when returning to the conscious level of mind. Some people experimenting with psychotropic plants or hallucinogenic drugs unable to integrate the experiences have crossed over that boundary into psychosis. The Masters remind us always that there is but a thin line between enlightenment and insanity. Maintaining psychological balance on the spiritual high wire is the purpose of the phases and stages of integration. If the uncon-

scious mind were to open up fully all at once, it would so overwhelm the ego that insanity would be instantaneous like a tidal wave crashing on the shore devouring all in its path. The unconscious mind is so immense that to awaken to it fragment by fragment strung out in linear time is the necessary process of integration. If large portions of the unconscious overwhelm the spiritual traveler at any point on the path, the aspirant must create the space for integration and full understanding of the experience to regain balance before proceeding further into this realm. As immense as the unconscious mind is, the Higher Consciousness is infinite and eternal. Integrating pieces of the unconscious bit by bit prepares the way for merging with the Higher Consciousness.

Soul Retrieval

Soul retrieval is a similar method of accessing areas of the unconscious that are veiled from the conscious mind. In the same manner as a childhood or adolescent hook prevents one from expanding beyond the present stages of evolution, fragments of the lost or hidden portions of our Soul may be acting out the drama of our personal mythology in our childhood, other lifetimes, parallel lifetimes and even alternate realities. Soul retrieval is one way to uncover the patterns of our personal mythology in the unconscious and reintegrate the lost fragment.

There are two ways to experience soul retrieval. One way allows a shaman or intuitive healer to do it for you. Unless you are a spiritual adept and can journey by your own inner guidance, the second way is to have a teacher guide you to do it yourself.

In the first instance, the shaman or intuitive healer will travel into the unconscious realms to retrieve the part of the Soul that has been severed from conscious awareness, usually due to a trauma in this lifetime or another. Each shaman or healer works with varying ritualistic methods and some include using the breath to blow the missing part of the Soul back into the body. It works in the etheric level on the principle of the vibration of the breath. Other times a shaman may extract something that appears invisible to the physical eye in the auric field of the body to unblock the energy. Once again, the breath is used to suck out the vibration of the negative energy.

Allowing another to perform this healing can offer a more immediate remedy to a recurring pattern that has been difficult to uncover on one's own. If self-understanding or revelation occurs during this process, the healing may be long lasting or permanent. If understanding of the cause of the rift is not arrived at, it may be a temporary change, even though at the time of the healing because of the power invoked it may feel like a complete healing. What the healer or shaman does is to elevate the resonance of their consciousness to the higher level of healing. The healer may be very powerful with the ability to hold your resonance to the higher state of healing that is needed. However, when you leave their presence, if you are not able to maintain the same level of resonance as during the healing session, this will cause a temporary rather than permanent healing. In either case, this healing method is more often than not a positive experience because it can aid the spiritual aspirant to elevate their consciousness even temporarily to the state that is necessary to begin to understand that level of self-healing. The experience of this type of healing energy work can very well be the teaching of it. Soul retrieval performed by a healer can work to the aspirant's benefit by teaching that all healing is ultimately self-healing.

The second way is to take the conscious journey on one's own into the spirit realms through the unconscious to retrieve the missing fragment of the Soul. Attempting this in the beginning stages of spiritual awakening usually requires an external teacher or guide until the aspirant can find their own inner guidance and exercise spiritual discernment.

Other Lifetimes, Parallel Lifetimes and Alternate Realities

To clarify the difference between *other lifetimes* and *parallel lifetimes*, other lifetimes are experiences of the Soul's path in the same space but on different linear timelines. Parallel lifetimes are experiences of the Soul's path in different space but within the same linear time frame. In later chapters of this book, the simultaneity of all existence beyond the concept of linear time is addressed, and reincarnation is explained with a broader multidimensional overview. For

purposes of explanation of the differences of these terms used so frequently in the spiritual community, examples using the structure of linear time must be utilized to aid as a tool in these definitions.

Here is a random sampling of examples to simplify the abstract quality of this enigma. Let's say for the sake of the example that the consciousness is focussed in a lifetime in New York, which begins in linear time of 1960. Simultaneously, the consciousness is inhabiting numerous lifetimes of its Soul's path perhaps in France in 1870, in China in 350 AD, Atlantis in 12,000 BC, the United World Federation in 2302, and more. Even though time appears linear in the physical dimensions, all lifetimes exist concurrently. These examples would be considered other lifetimes occurring in the same three-dimensional space of the earth plane but in different linear time frames.

Parallel lifetimes would be created as offshoots to any of the existing lifetimes described above. At some linear point of reference in the lifetimes, a choice is made to veer off into a completely different Soul path direction to explore more options of experience. This is not to be confused with imagination prior to manifestation or fantasy projections of possibilities. Parallel lifetimes are physically created as separate tangible experiences along the same linear timeline, but in a different space. For instance, John Doe, born in New York in 1960 lives ten years in that linear time frame. At age ten, a conflict of future choices may arise. Faced with the choice to become a doctor or an artist and unable to follow both directions during one linear lifetime, the John Doe lifetime will split into creating a parallel life. The Higher Self clones the body and creates the physical space for a secondary existence along a parallel timeline. This secondary parallel life follows through to be an artist while the primary part of the Soul that is John Doe continues on its course and becomes a doctor. They will never meet up with each other in the same space even though they occupy the same time frame, but their energies will at times siphon off from the parallel lifetime or add extra energy to the other. The doctor life may take up art as a hobby and this would enhance his parallel lifetime's efforts as the artist. The artist lifetime may continue an interest in medicine as a part time study course, and this will enhance the primary life. The John Doe artist would never visit himself as John Doe, the doctor, for a medical check-up. The John Doe doctor would never visit the art gallery and bump into John Doe, the artist. The parallel lifetimes would occupy different

lifestyles in separate spatial areas of the earth grid, but during the period of the same timeline.

The Higher Self chooses to create parallel lifetimes according to the evolutionary path. Although there are pre-dispositions to certain patterns, nothing in creation is completely predestined. The power point to elicit change is the point of choice in each present moment, whether unconsciously, consciously or Higher Consciously. Everything within all experiences is already and abundantly available to choose when consciousness is so ready to align with and experience the choice. If the Higher Self assesses that creating a parallel life expression will enhance the Soul's journey, it will follow the law of elegance. The highest choice will be made from the vantage point of the Higher Self perceiving through the realm of all possibility to attain the goals of evolution within the blueprints of Divine Plan. It all follows the Universal Law of maximum return for the minimum of energy expenditure. This is just one example of the most eloquent use of higher principles of energy and its expression in creation. Not every major choice in a lifetime will split off and choose the experience of a parallel life. The determining factor lies within the Higher Consciousness, as it makes the choice of what is best for the evolution of the Soul on its path of awakening. The majority of these parallel creations remain in the unconscious realm, while we are consciously focussed in the present moment, unless accessed through the various techniques described herein or through the sleeping dream state. There may also be instances of random *bleed through* from the unconscious into the conscious mind of these other experiences of both parallel and other lifetimes either in the waking state or in the sleeping dream state. Experiences of this sort may feel like overlaps of multidimensional consciousness.

Alternate realities are created as another form for the Spirit to express itself along the Soul's path of evolvement. The fundamentals of alternate realities is the basis of multidimensional existence. We ultimately exist in all dimensions simultaneously. That is the truth of the consciousness that is our Higher Self. Other lifetimes and parallel lifetimes exist in the physical four-dimensional earth planes. When we travel consciously in the multidimensional realms, we are tapping into alternate realities of our Higher Self. These can be of any number of familiar or unfamiliar energy patterns with or without form, light abstractions, extraterrestrial lifetimes, ad infinitum. There are no

limits or boundaries to the manifested expression of the Higher Self.

Some methods that can aid in the transporting of consciousness to these other experiences of parallel lifetimes and alternate realities would be through dreams, certain states of meditation and/or shamanic trance journeying until we become conscious within these realms. No matter what method is utilized, be mindful that they are all tools to allow the conscious mind to slip through the portal to the unconscious realm. Some may find an affinity to one tool over another. Eventually all tools on the path are discarded. Through accessing the unconscious realm fully conscious, we can then step over the threshold to communion with the Higher Consciousness. The limitations of the fourth dimension of time will be transcended, and the initial experience of true limitless freedom of multidimensional existence can be tasted. We can visit any number of other lifetimes that the Higher Self has sent out to probe the physical dimensions of existence, or we can consciously merge with alternate realities.

Through the experience of visiting and reviewing other lifetimes, we can gain access to the dramatic hooks in consciousness being played out simultaneously through the many levels of manifestation that keep us locked in a repetitive emotional pattern. The repetition of the pattern is the key to the lesson through all lifetimes holding the secrets of the personal, global and universal levels of mythology within Divine Plan. These patterns may have influence over certain conditions in the current life expression of the Soul but would not be the cause of any current condition. In a certain respect, they feed each other energy or siphon it off by its restrictions until that energy is freed up and released to focus elsewhere. The point of power to choose wholeness over fragmentation is always in the present moment. Even though the scenery, the characters or the events may seem exotic and completely different, there will be a familiar and repeating pattern of the lesson to be learned in all lifetimes. When unraveling the entangled knots of our particular patterns, we all must ultimately awaken to the lesson that Divine Love is the only and true reality. We are never abandoned by Divine Love. We temporarily choose to shift our focus away from our existence in the love of the *One Conscious Being* onto the holographic reflection of the imagery of our unconscious mind playing like a movie on the screen of time and space. The temporal is temporary. We chose this path to learn to become the immortal *god being* reclaiming our power to create in

the multidimensional realms.

Accessing other lifetimes, parallel lifetimes and alternate realities are some tools to use in recovering more of the fragments of consciousness in the integration process. These tools and methods described herein can be a tremendous aid along our spiritual journey. As we awaken to more of our experiences in other lifetimes and alternate realities, we expand our consciousness to the experience of simultaneous time.

The term *future self* describes the infinite possibilities within the realm of probability open to manifestation. At every singular moment of choice, the probability factor of what possible futures will unfold as actual experience is quantified. This statement will give an idea of the limitations of probability nestled within the infinity of future possibilities. At times during waking consciousness, we may get glimpses of a future event as a bleed through. Other times, we may dream the possible future, and then we experience them in the physical realm. Déjà vu and other terms have been used to describe some of these experiences.

The Dark Shadow and the Light Shadow

Another method of working with the hidden energies of the unconscious mind is to do what is sometimes referred to as *shadow work*. Much has been written and uncovered about the personal and collective *dark shadow*, but there seems to be less general cognizance of what is referred to as the *light shadow*. In brief, the dark shadow consists of portions of the psyche that are played out in the mythological dramas through the distortions of ego fears as the negative traits of any archetypal energy. These traits are hidden in the unconscious, and what occurs is that the average person's psyche projects them externally onto other people and events in their personal life, as well as the global arena. Doing shadow work is to face these proverbial inner demons emanating from the unconscious by confronting them and owning them. Admitting to oneself that negative traits are harbored and unconsciously acted upon is only the first half of the shadow work. The second half of shadow work is to understand the positive aspects, referred to as the light shadow, that are hidden further underneath the negative aspects, which must be


brought to the light of the conscious and claimed. There are many spiritual gifts gleaned from the *light shadow* to be utilized on the path of claiming the heritage of the *god being*. In the case of someone who is a habitual liar and projects that onto others, when owning that portion of their dark shadow, they can then claim the beauty of revelation of Higher Truths. For others who may have a dark shadow that cowers in fear, once they conquer their fear, the spiritual warrior archetypal energy is engaged. The light shadow would reveal their spiritual armor of Divine protection and a lack of fear of upholding the Higher Truths. Further study and the important need to do the self-examination required of shadow work will aid all spiritual aspirants in their awakening and integration.

All throughout the many stages of awakening consciousness, we are challenged with learning spiritual discernment. How do we know which images hold real truth of our Higher Self and which might possibly be tricks of the ego mind? Integration is the course of spiritual discernment. It is the path to distinguish between the voice of love and the voice of fear. Encountering fearful imagery reflects a clinging to ego fear. A simple test along the way is to pose the question, what would love do? Then inwardly listen for the answer and exercise discernment. Would Divine Love intentionally frighten us with images of monsters and demons, or is it a ploy of the ego? Would Divine Love hurt anyone? Is it even possible for Divine Love to hurt? If pain is in the equation, how can Divine Love be present? Just as ignorance is not bliss, Divine Love does not hurt. What we so often interpret to be love at the human level is simply emotional attachment via the limitations of one or two chakras and distortion of the ego's perceptions. The energy of Divine Love radiates from within the Heart of Hearts and emanates through all chakras equally. Pain is an indication of the absence of love. Divine Love is the soothing salve for all pain.

Integrating the many fragmented parts of consciousness into awakened wholeness is to understand the axiom "heal thyself." This requires a serious commitment to our spirituality. It is a disciplined path of learning to consciously access the various realms of consciousness and harness the powerful energy of the creative principle. Initially, beginners on the spiritual path may seek outside themselves for an external guide or teacher for answers. Many want quick and easy solutions to attaining instant enlightenment. Others are looking

for their psychic fortune to be told. These are sure signs of giving power away to the ego's attachment to outcomes. A true spiritual aspirant is the one that places their spiritual relationship with the Divine Source as the highest priority, for how can Divine Love be expressed in all areas of life unless it springs from the very Source to pour through us to this plane? The Source of Divine Love is only found within through meditation. Internally, we can access the level of consciousness of the Ascended Host who are always there to guide. From within, the Higher Self teaches us to become the adept, and from the stage of the adept to the merging of the conscious mind and Higher Consciousness at the stage of mastery. This is the path to true self-empowerment. This path ensures that we consciously reclaim our spiritual power along the journey rather than give it away to another person, a cult, the limitations of belief systems or anything other than reclaiming the empowerment of the true spiritual essence that is the Higher Self. We prepare for mastery through integration and by stepping into the role of the spiritual adult.

Three



In the center of the chaos of creative forces lies the still, deep waters of the innermost Self. This is the Sea of Tranquility.

THE PASSAGE TO SPIRITUAL ADULTHOOD

There comes a point during the spiritual integration process when we must accept full responsibility for all of our actions and reactions to all events in our life. This is the passage from spiritual adolescent to spiritual adult. The main characteristic of this stage is releasing blame upon anything external to the Self and claiming full creator responsibility as the Higher Self. Until responsibility is claimed, the ability to respond with love to one's own creation, as well as the Divine Plan of creation, is postponed, for they are one and the same. Blaming the product of creation on things or perceived circumstances outside the Self keeps the creator in the adolescent stage rather than attaining the consciously awakened state of the *god being*. This is typical adolescent behavior that we all can witness reflected in the usual stages of puberty. Just as we must outgrow our infantile and adolescent ways to grow into physical adulthood by accepting the many responsibilities of life, this is also a stage on the spiritual path of awakening to our multidimensionality that must be outgrown for the true power of the spiritual adult to emerge. Until we do, we will remain as adolescents without the ability to direct the will and consciously create in accord with the Higher Self.

A baby infant born into the world has no ego and does not at first realize it is separate from the mother. This stage of the physical

birth process mirrors our infancy in spiritual terms, as our Higher Self gives birth to the many physical lifetimes. Floating in the mother's womb of oneness, we pass through the birth canal from out of the unconscious realm and into the third dimensional physical world and the fourth dimension of time. The birth stage at each phase of evolution always represents the first enactment of the Soul's path of individuation. Hovering between these worlds, the newborn is unable to distinguish between the conscious and unconscious levels of mind. In the early stages of our awakening spiritual process, we are like infants when we teeter at the edge between the unconscious and conscious minds. Behind the veil of forgetfulness during our innocence, our creative powers exist unconsciously. Just like a toddler learning to walk, step by step we learn to exercise our spiritual will to take Higher Conscious action.

The consciousness of children by the age of two awakens to separate from the mother and begins to develop an ego. When the toddler first learns they have a separate identity, this is the stage referred to as "the terrible two's." The will of the child is exerted through the ego to test this newfound individuality, as the toddler may throw tantrums and express a loud "No" to test the reactions from the parent. During these early testing grounds of childhood, the intensity of emotional pain, anger and frustration is far too overwhelming to the conscious limitations of the child to process and integrate. A child does not have the necessary psychological tools to grapple with the intensity of the energy of raw emotion. This stage mirrors our spiritual frustrations of misunderstanding, misusing or mishandling our creative power. We are birthed into the physical realm with all of our spiritual power intact at infancy, but our naivete prevents us from consciously accessing and harnessing it. As children, we devise psychological means to cope with the intensity of our powerful emotions. Childhood is a time when all psychological defense mechanisms are adopted and employed. They may include but are not limited to taking on the role of victim, martyr, people-pleaser or the need to control others or situations. The repercussions of the ego's identification with any of these roles may include self-punishment, self-sabotage, self-denigration, etc. Any mechanism or belief system that denies the greater Self and places emphasis on the limited lesser self through the ego needs to be deconstructed in later years. One of those mechanisms is to stuff the emotion back into the

ocean of the unconscious until the consciousness develops more along the Soul's path. The intense emotions will surface from the unconscious again later in life for the adult to heal the initial wounding and transmute the emotional energy to its higher resonance for the sake of understanding spiritual power. Another coping mechanism is to build psychological defenses against the intensity of pain by creating walls of ego arrogance to further separate the ego from the Source of wholeness and, therefore, all others. Arrogance is a direct assault against Divinity for the human ego to claim to be better than all sentient beings throughout creation, and, therefore, God/Goddess at the Source. It is a survival mechanism for the wounded child and serves its function well during childhood. As we approach adulthood, it becomes a handicap to our empowerment, and this psychological mechanism must be deconstructed if one is to realign with Divine Love at Source. Guilt is another coping method and a human fabrication of the real emotion of anger. Guilt is anger we don't feel we have a right to express. As children, when our demands for unconditional love are unmet, we may feel hurt and get angry with our parents or our concepts of a Supreme Being. If we feel we shouldn't get angry with our parents or fear the authority of our parental figures, we may convert that anger into guilt. In addition, parents or other authority figures may project their learned guilt and shame on the child teaching them to mimic the same. In later years, some embrace religions that mirror this fear of the parental figures in the form of the "wrath of God" who will judge and place punishment upon them if they do not follow the rules of the religion.

As children grow into teenagers, they develop their ego to just about one hundred percent to varying degrees depending on the personality type. The adolescent ego is completely self-centered and blames everything external to it. Refusing to take responsibility for any of its actions, it insists that everything that happens to them is someone else's doing. Immersed in its self-centeredness, the adolescent ego is convinced that the whole world revolves around it and that the attention of the whole world is focused upon it. Issues of low self-esteem are confronted over the smallest occurrences. A teenager's ego can also become even more inflated with too much attention due to popularity based on superficial reasons. Everything feels blown out of proportion to the teenager because the ego is blown out of a normal proportion within consciousness during adolescence. At

this juncture, the ego develops the dangerous belief that it always has to be right to justify and validate its self-centered existence. Self-righteousness is dangerous in the harmful negativity that ensues because the ego will go to any length to prove that others are wrong in order to make itself appear right in its own eyes and to convince others of its validity. What is the number of deaths and injury from wars, battles and fights waged because one person or an entire nation of egos had to be right in order to make the other person or other side wrong? The spiritual truth at this stage on the path is to discover that, although the ego believes it is the center of its world, the Higher Self knows its true existence is at the core and center of the Source within the *One Conscious Being*. As adolescent creator beings, we fumble in an attempt to utilize the ego as the vehicle of creation. That is not the ego's function. Its place in consciousness is meant to be the threshold of perception between the inner world of consciousness and the outer manifested world. The ego's function is not designed to interpret the external events of creation or attempt to control external events through manipulation.

By aligning our conscious mind to our Higher Consciousness, we step into spiritual adulthood and recognize that we are indeed powerful *creator god beings*. We begin to take responsibility for the thoughts and emotions of our beliefs that define what kind of world we create. Evolving beyond adolescent ego behavior to embody the empowered spiritual adult is the lesson for the entire human race.

We are the offspring of God/Goddess, and the earth is our creative playground. We are gifted with this landscape to create and manifest from our thoughts, beliefs and emotions. Humanity is confined within the limitations of the four dimensions that consciousness inhabits at this level of evolution. Like children fenced in a schoolyard with swings, toys, basketballs and hoops, we can run amok within the confines of the fence playing and experimenting with our tools of creation. As we witness the behavior of children in a playground, we can find the parallel of our own lack of spiritual adeptness. Figuratively speaking, in our spiritual immaturity, we may throw sand in each other's eyes trying to share land space. We fight over grown-up toys like cars or houses, and nations wage war over land, oil and natural resources. We hurt ourselves when we fall and scrape our knees in our own perceived shortcomings. Just as children in a schoolyard are not given the keys to drive cars until they grow and

mature, we are not given the keys to the multidimensional kingdom until we spiritually mature. Evolving to spiritual adulthood in this garden of manifested thoughts we attain more conscious access to the energies of creative potential.

Fifth Dimensional Responsibility

With more acceptance of responsibility for our actions and their subsequent impact on the world and others, the more conscious creative power we are able to utilize. There are laws in society that do not allow adolescents to take on the responsibilities of adulthood until they mature, and there are universal laws in place that ensure that Divine Plan throughout the Cosmos is carried out according to Divine Will. Under the auspices of universal law, a spiritual aspirant does not gain entry to the mysteries of the higher creation principles until their consciousness has matured enough to handle the power of intense raw energy in a responsible manner. Access to the raw, powerful energy of creation is meted out by the Higher Self in increments according to our awareness level. If the full extent of the higher powers of creation were placed in our hands without the necessary rites of initiation and purification process, our unchecked negative thoughts and collective raging emotions would blow the universe to smithereens in an instant. This is not a possibility according to Divine Plan. Within this four-dimensional sphere of the earth plane, the higher resonating realms are guarded against any negative residue from our thoughts and creations. Negative thought patterns vibrate at a very slow rate. The very high resonance of Divine Love on the higher planes is beyond any negative disruption from the lower resonant levels of consciousness. Referencing the nesting egg metaphor, the Spiritual Hierarchy of conscious awakened beings are very much aware of all the activities in our fourth-dimensional earth plane. There are built-in safeguards within Divine Plan against the disruption of the higher evolutionary process from anything created through errant thoughts. A protective seal of energy had been placed around the sphere of consciousness that is the four dimensions of the physical earth plane. Higher dimensional frequencies were sealed off for an interim within the Divine Plan of evolution so that we could be left to evolve and grow into the spiritual adult on our own. That

seal has since been removed from the vortex, which now opens the portal in mass consciousness to the fifth dimension and beyond.

The Spiritual Hierarchy resides in the higher resonating dimensions of Divine Love. From their overall perspective, their will is exerted in line with Divine Will. The *One Conscious Being* sets the pulse of the cosmic rhythm of creation, and the Spiritual Hierarchy carries out Divine Plan. The Spiritual Hierarchy consists of many tiers of awakened consciousness throughout the multidimensional levels of creation. Resonance of Divine Love is down-stepped through these levels of awakened beings frequency by frequency until it reaches the earth plane. This is the rhythm of the cosmic pulse of the Divine Plan. Our responsibility is to raise our resonance to meet this energy. Until we awaken from our unconscious dreaming to accept the role of spiritual adult, we will remain out of harmony with the Divine pulse of creation. Humanity is the only kingdom out of step with the cosmic pulse.

Our Higher Self exists at the level of the Spiritual Hierarchy and beyond to the Source of the *One Conscious Being*. During or after our purification process, as we surrender the ego's will to give way to the will of our Higher Self, we get in tune with the rhythm of the cosmic pulse. All we need to do is open our hearts and minds to receiving this higher vibration through inward meditative focus, and we can be saturated in this love that will raise our resonance and dissolve the negativity. First ask, then be willing to receive. It can really be that simple, if it were not for the stubborn resistances of the human ego. Taking the initial step to quell the negative ranting voice of our ego is our first task. Surrender is the key to unlock the mystery. Surrendering the will of the ego over to the Divine Will of the Higher Self is the key to freedom from limitation. It sounds so easy until we hear our ego voice making excuses for everything. Every time the ego makes an excuse, we must dispel it by replacing all excuses with responsible thought followed by responsible action.

Our personal and individual path of evolution is synchronous with the will of Divine Plan. Awakened we follow the prompting of serendipitous synchronicity, and it leads us to the center still point of wholeness unfolding in each now moment. In each awakened moment, we bring the unique gift of our presence to the world, and in return receive the real gifts from the internal world. Unconditional giving and the willingness to receive are two forms of expressing the

same energy. Giving is masculine active, and receiving is feminine passive. Giving is offering, and receiving is allowing. Giving is also withholding, and receiving is also not allowing. When we withhold our angry lashing at the world and work it through in a safe environment, we are giving others space for peace. When we refuse to allow others to lash at us in anger or cause us physical or emotional harm, we are giving ourselves the space for peace. Receiving always comes from within, and giving is always extended externally. Space is created within, and expanded outward. Whenever we receive from the outer world, we are ultimately receiving the gifts generated from within. Whenever we give to the outer world, we are giving back to the Source that which it so freely distributes at the origin. Consciousness is self-generating. Like all manifested things, it is one singular motion with the appearance of duality. There are no lines of separation within the wholeness of Source.

When we destroy parts of the planet, ourselves and each other, it is a lesson for us to learn how we destroy our world through fear and separation. If we join in cooperative unison and embrace each other and the world as one, it is a lesson for us to learn how to create our world through the unity and wholeness that is Divine Love. We are being watched over by the Spiritual Hierarchy like loving parents watch over children. Guidance is always and ever with us when we open to it. Their work is to teach us to become independent spiritual adults by reclaiming our power.

Wherever we look around and witness the devastation and eruption of fearful activities, it is a loud message that the consciousness of the collective consensus inhabiting the planet is still very much in the child or adolescent spiritual stage of evolvment. Wherever we witness others blaming, we can peer into the mirror of our own ego's blaming behavior. Imagine a world where everyone suddenly stopped blaming and just took responsibility for creating whatever is in our lives and the world. Imagine the empowerment of a world full of spiritual adults.

For clues to the presence of the adolescent stage of the spiritual path, we can examine how we respond to our world. The spiritual adolescent dwells in a sea of fear and feelings of worthlessness. With these feelings of worthlessness comes the ultimate feeling that we are powerless to consciously choose. The power of choice goes unrecognized when we blame our fate on external circumstances, as

if some force outside ourselves is acting upon us. Events unfolding in our lives are created from the beliefs we harbor in the personal unconscious. Our personal beliefs connect to events unfolding in the global community created by the collective belief systems harbored in the collective unconscious. While in the stage of spiritual adolescence, we perceive ourselves to be helpless victims in a sea of perpetrators, be they other people or institutions like governments and large corporations. We completely forfeit our spiritual power over to the perceived perpetrators.

In every moment we have choice. Perusing the menu of life, do we repeatedly choose actions that are detrimental to others and ourselves, or are our choices acts of graciousness based in unconditional love for self and others? Rather than blaming, the spiritual adult takes the initiative of self-examination. One of the greatest tasks for the spiritual aspirant is to bust the ego's limited definition of itself and replace it with the truth of its higher nature. The way to do this is to take responsibility for all actions, whether conscious, subconscious or unconscious. Even if we do not know why we behave a certain way or react a certain way, the spiritual adult is the one that steps forth and can claim responsibility for their behavior. This first step sets the tone to discovering the patterns of behavior that stem from our unconscious beliefs. These stages of spiritual childhood and adolescence are all part of the Soul's path leading us to accept the full responsibilities of the spiritual adult. Each act of taking responsibility for what transpires in our lives garners us with understanding our power as the *creator god being*.

As our collective world moves through this passage from spiritual adolescent to spiritual adult, it is our first task to take responsibility for what we create individually. After all it is our individual creations from the basis of our beliefs and emotional resonance that add to and make up the manifested world of the collective consciousness. We are all part of the one collective. By purifying and healing our fragmented selves into the wholeness of our Higher Self, we heal our fragmented world. Responding to the greater world is a natural by-product of accepting our personal impact.

We are waking up to realize the vastness of our spiritual essence, but not quite understanding how to fit it into the small concept of the physical body according to the ego's definitions. Trying to function as an awakened multidimensional god being within a limit-

ed self-image will not work. It is like growing to an adult and then trying to fit into a child's clothing.

The spiritual adult knows without a doubt that he or she is a powerful *creator god being* who creates experience from the high magic of choice. Attaining this stage of spiritual adulthood affords us the power of conscious choice in line with the Higher Self. Each and every new moment we hover at the threshold between infinity and the temporal world faced with two choices. We can choose to give into the temptation of the ego's fears and deny our true spiritual essence, or we can open our hearts to love and seize the opportunity to embody the truth of our Higher Self. At each pivotal point of choice, it sets the motion for cause and effect. As we seek to understand the original cause of our personal choices and creations, we find our way back to the Original Cause at the Source of Divine Plan. The effects of our choices are then witnessed in the manifested outcome. We can review if our choices are based in fear or aligned with Divine Love in the reflection of our experiences and our reactions to them.

The conscious creator must break the pattern of continuously heeding the ego's voice whispering that we have no choice but to accept another person's version of reality. There are as many versions of reality and experience as there are individuated aspects of consciousness, as well as collective consensus dramas playing out simultaneously. As we align with the Higher Consciousness, we realize that we indeed have the power to choose which version of reality we wish to experience. With this alignment, the ability to recognize and discern from repeated patterns comes more easily. We become conscious co-creators with our Higher Self by placing our trust in Divine Love and aligning with Divine Will to carry out Divine Plan.

Spiritual adulthood begins by making choices founded in love, beginning with self-love. Spiritual mastery at the stage of spiritual adulthood is a fountain of compassion for everything in its path. Love in return can be seen in the reflection of the created world of beauty and feeling the ecstatic emotions of joy. Undaunted by the temptations of the ego's voice, the spiritual adult dwells within the Sea of Tranquility. It is a very real place emanating very real energy from the center of the *One Conscious Being*.

Four



*The call comes forth from the Source, "I AM."
How then shall we respond?*

INITIATION – THE STAGES OF AWAKENING

Divine Love is so omnipotent and so powerful that it must be approached in stages at the level of our human consciousness. It is also so gentle and compassionate as to not overwhelm. Too much all at once is not in accord with Divine Plan. Initiation is a part of the plan designed to allow us to confront our fears, conquer our weaknesses, and face the many challenges of the spiritual path in incremental steps. Multidimensional levels of esoteric initiations are experienced throughout the awakening to higher resonant awareness at the level of the Spiritual Hierarchy. For the purposes of this volume, initiation is addressed on the human being level of awakening.

Initiation is integral to the purification process. In the initial stages, initiation begins with the element of earth on the ground and foundation of spiritual commitment to pursue the spiritual path with steadfastness. Upon this ground of commitment, consciousness immerses in the waters of the emotions to purify. Purification through the breath is the initiation by air and the cleansing of constricting thoughts. Initiation by fire burns away the dross of all negativity in the flames of Divine Truth.




Spiritual initiation can be described as a test of the strength of our spiritual character on the path to empowerment. Each test is always orchestrated by the Higher Self with the overview of infinite perspective. Initiation is the test of discernment for the awakening

consciousness between the ultimate truth of the Higher Self and the falsehood of the ego. The most efficient path to attain the goals on the return to wholeness is assessed at the Higher Conscious level of mind. From out of the sea of all possibility, opportunities to bring the conscious mind in alignment with that of the Higher Consciousness are chosen or ignored by the human being. It is the gift of free will for the human being to take the initiative by stepping consciously into the initiation. If these opportunities are ignored repeatedly with ego interference presiding, life circumstances will eventually be arranged by the Higher Consciousness via the avenue of the unconscious mind to bring about the opportunities for *quicken*ing. Confusion around the term *quicken*ing can be more clearly understood to describe an accelerated growth spurt or Gestalt awakening of consciousness, in addition to meaning the exact moment the Spirit/Soul enters the physical body in the mother's womb. In principle, they are one and the same. Every awakening is a spiritual birth, and every birth is an awakening. Gaining the proverbial keys to the kingdom and attaining access into the esoteric spiritual mysteries are the rewards of the trials by initiation on our spiritual path. It takes great strength of character and discipline to consciously enter the true path of the spiritual initiate. Even if the human being repeatedly forestalls on accepting the path of initiation, after many lessons learned throughout lifetimes, the stubborn will of the ego at some point in conscious choice always succumbs to the Divine Will of the Higher Self. The Higher Self never forces the will of the ego, but simply waits on the threshold of eternity with the patience that Divine Love is and offers up endless opportunities of choice.

The Higher Self sets up the challenges of initiation in many of life's circumstances. Upon these testing grounds, we develop spiritual integrity and ethics. With each choice presented, we are faced with the challenge to indulge our ego in hurtful gossip and/or self-denigration or to speak words of wisdom and soothing love. We may be faced with the choice to hide fearfully behind our ego facade or stand courageously in the light of our truth, and we may even be faced with the choice to sacrifice a lifetime to choose a fearless death on ethical principle over living a fearful life. Each choice to align with our spiritual integrity brings us closer to home on this journey. There is no judgment placed on any of our choices other than facing the negative or positive consequences of each choice through the laws

of cause and effect.

We are born and exist in the state of grace, but the state of grace is quiescent. Our evolutionary path would cease and be stagnant, if we were to remain in the state of grace without the rites of initiation. The Higher Self probes the consciousness of the human being with the enigmatic question of “why” agitating it to become restless enough to pursue an answer. This infuses the human being with the energy to grow beyond its present state inducing the human to stretch its awareness to reach towards the Higher Self. The meeting ground is communion, as depicted in the illustration below by the Star of David, one of many sacred geometrical symbols. This diagram is the flat, two-dimensional representation of the multidimensional Merkaba. Communion occurs upon the common ground of being when the Higher Self awakens within humanity and the human being awakens to the Higher Self.

Ascent	Descent	Unity
		
<p>Humanity State of Grace at Involution</p>	<p>Divinity Instigates Ascent Through Evolution</p>	<p>Communion of Human with Divine</p>

Pondering or studying the realms of the Divine in a religious sense should not be confused with actual communion with the Divinity that is our Higher Self. To read and study spiritual works and focus the mind in contemplation to sharpen self-awareness is of great benefit in the integration process, especially when confronted with profound spiritual experiences which may be hard to place within the context of previous stages of awareness. It is not suggested to abandon study but is greatly encouraged by the Spiritual Hierarchy. However, true communion with the Divine through meditation should always remain the steadfast goal on the spiritual path. The word communion is a combination of the words communication and union, and the definition of the root word is “mutual participation.”

How often do we allow for the mutual participation of our Higher Self in our daily activities? Daily communion leads to atonement. The root word atone means "at one with/harmony," which brings us full circle back to resonant vibration. Harmony occurs when a lower vibration is in accord with a higher vibration. Harmony equates to tranquility.

Through the many stages of initiation we ask the question, "Who Am I?" In doing so we echo a mirrored refrain of the Source of creation emanating the AUM. We are precisely what we perceive ourselves to be at any point in consciousness, however limited or expansive. During the human ego phase, we believe ourselves to be far less than the truth that is the Higher Self. Our ego believes that we begin and end right where our skin leaves off. The limiting beliefs we are encased in create separation and judgment of the created world and ourselves. The Higher Self knows that consciousness has no beginning and no end.

Limited belief structures of the ego around the value of self-acceptance, for instance, would create the experience in the manifested world to reflect the perception of others not accepting certain qualities or aspects of ourselves. In that moment, we are defining ourselves as a being without worth. Each encounter and instance in our experience will reflect this message to us as appearing to originate from the external world. This holographic projection outside us is where the confusion lies for many along the path, and it is here that so much of the creative potential and power of the inherent *god being* gets siphoned away. The Source of everything comes from within, and it is on the journey within that we trace our way back to the Source.

Consciousness evolves from the highest resonance down to the lowest vibratory rate and simultaneously evolves from the lowest resonant rate of vibration on up. This is the process of involution and evolution, the descent and ascension. The descent is the sleeping phase within the unconscious, while the ascension is the awakening. Within the context of multidimensional awareness of simultaneous time, this all occurs concurrently and non-linearly, although there is a rhythmic pulse to creation. Everything in all dimensions of manifestation and consciousness already exists in the Realm of All Potential Possibility. Infinite number along with paradox allows for new creation within eternity. Number is infinite, and the infinite pos-

sibilities of arranging or rearranging these many fragments is the infinity of the creation principle. We have eternity to arrange and rearrange the infinite combinations of fragmented consciousness.

Using the metaphor of clothes on a clothesline, the conscious mind strings experiences out on the linear timeline for the ability to understand our fragmented segments. Just like we can see the difference between the stripes of a shirt and the plaid of a pair of pants hanging on the clothesline, we can view the separate fragmented parts of consciousness through the tool of linear time. Consciousness strings events on the linear continuum to observe evolutionary progress or the lack thereof by comparing repetitive patterns. Linear time is like a canvas upon which we can paint our life expression. It affords us the opportunity to step back and see if the colors feel right or are smudged. We can detect if it represents a clear picture as our conscious feedback system. Linear time affords us the opportunity to observe the creative process in a slow motion learning curve and is a handy tool to use in certain stages of evolution.

At a certain point in the evolution of consciousness within Divine Plan, we learn to merge the fourth dimension of time into the fifth dimension. All in accord with Divine Plan, the rhythm of the cosmic pulse has quickened the third and fourth dimensional planes to a higher frequency resonance within the larger nesting egg sphere of consciousness of the fifth dimension and beyond. The Higher Self has stirred within us the quickening. This has already occurred in the universal scheme as a huge ripple through the frequency levels. As it descends into the lower resonant frequencies of the material planes, in order to function in this higher resonance, the Great Purification both individually and collectively has been in effect as part of Divine Plan. The Great Purification consists of a greater opening of the unconscious mind for that which is hidden in the unknown to be revealed. Anything not aligned with Higher Truth is being exposed individually and collectively for examination. All is unfolding in alignment to Divine Will. Conscious alignment to this higher frequency occurs with a lack of ego resistance to it. Some already are conscious of this, while others are in the process of further waking, and still others are in great resistance. Ego resistance creates more friction within us and a greater discomfort with the resonating frequencies of the higher dimensions. Some are consciously aware in many more dimensions beyond the fifth. Once consciousness reaches the fifth

dimensional level of awareness, it does not need to stop there but can now continue to expand experience into further levels of multidimensional awareness.

Initiation occurs individually, globally and universally from the portal of the Great Central Sun, which is the doorway to the Greater Cosmos. The dual star system of Sirius in the external world is the imaged reflection of the Great Central Sun in the internal world. Sirius is the portal to God/Goddess energy at the Source. There are many other Great Central Suns beyond the beyond with manifested universes of their own. Within the rhythm of the cosmic pulse, individuals may or may not be in harmony with the greater initiation unfolding throughout the multidimensional spheres of consciousness. Although the portal to the fifth dimension is open, not everyone will choose to access it or understand how to utilize the new energies. Passing through the many stages of initiation on the spiritual journey, the aspirant attains the level of spiritual adulthood. The spiritual adult takes the initiative to align with the greater initiation at the universal and cosmic levels stepping into and carrying out their individual mission attuned to Divine Plan.

The only sense of a hierarchical order to evolution resides in the fact that evolution is expansion of conscious awareness. Expansion is all-inclusive. Limitation is exclusive. The Higher Self is expansive. The human ego is limited. Evolution is about becoming more conscious, more knowledgeable, more empowered, more self-aware and embodying more Divine Love. Any reference to becoming more evolved does not imply superiority over lesser aware beings. The Masters do not wish us to bow down to them but rather to walk alongside them. Once again referring to the nesting egg metaphor, the larger eggs contain all the smaller ones. The smaller nesting eggs representing the limitations of conscious awareness are made of the same ingredients as the larger eggs, which represent the expanded conscious awareness. All seeds hold within them the greater potential of becoming more. As stated earlier, when consciousness awakens on each new level of dimensional existence, it includes each and all prior levels of experience. Existence in the fifth dimension includes the entirety of all experience of the four dimensions of height, width, depth and linear time. Just as the seed contains the image of the flower, the flower in blossom is still the seed in another form, but it exists in more dimensions of expression as the blossom.

With the merging of the fourth dimension into the higher dimensions of awareness, the integration process and stages of awakening through initiation need not be measured in terms of it having to “take a long time.” One’s path of initiation can now be greatly accelerated by various methods and techniques, and quantum leaps are experienced purely through the simple act of surrendering the ego to the greater “I AM” presence at the Source of being. Nevertheless, the higher intensity of the resonance must be physically acclimated to in phases, and integration of each experience of expanded consciousness must still be attained before advancing further. Both initiation and integration can occur more immediate within the energy of the higher dimensional frequencies.

Aspirants searching for self-understanding may experience numerous stages of the initiation process. Although there is no real linear order to any individual path of awakening, there are certain symptomatic conditions that might be recognized by specific attributes.

One day we may awaken, as we smack into our *wall of lies*. With this awakening, it feels like our whole life has been a lie up to the present point. This is indeed a truth. As in all lesser truths, it is a partial truth, but nevertheless may feel like a total truth due to the surge of power that accompanies the awakening. Any limited expression of our personality self that is less than our authentic Higher Self is in certain terms a lie. This one is always a rude awakening to be sure. In fact, we may bump into a succession of stages of the *wall of lies* until we fully awaken from some die-hard illusions and beliefs about the reality of the higher truth and our existence in it. Even though it may feel harsh to the sensibilities, there is a benefit to this stage being a rude awakening because it helps insure that we truly awaken from continuing to live the lie. Our Soul needs to fully rouse from its deep embedded sleep within our self-created lie. It is merely the sleeping forgetfulness and separation from the full awakening to our multidimensional consciousness that keeps us perpetuating this myth of limitation defined by the ego.

Vulnerability at this stage of awakening is sometimes the hardest to feel comfortable with. It may feel as if we lost our protective skin and our nerves are exposed. We are left without all the old defenses that kept us in an illusion of safety from feeling pain and suffering, but it is our very defense mechanisms that create the pain and the suffering. Vulnerability is wherein the true power of the god

being dwells. It is extremely powerful to allow ourselves to be vulnerable enough to touch and be touched by Divine Love and fully express this love without the defense mechanisms. When the initial shock of hitting the *wall of lies* wears off, more expression of our Higher Self emerges. We feel more confident to express ourselves closer to the truth of its being. We are beings of love. It is a relief to free up the energy previously expended in maintaining the lie of the limited ego.

As we reach out and extend ourselves in this newer definition, we then bump into and bounce off of the *wall of lesser truths*, which may not be so abrupt, but can even feel comforting in small ways. We now seek to understand our new definitions within these more expanded boundaries. As more potential of our Higher Self emerges, we feel it to be the highest truth, only to learn that it too is once again just a partial truth. At this stage of awakening, we also learn that it is just the beginning. We may even learn that it is always beginning.

As each wall of our limitations crumbles its barricade to reveal the magnanimity of our spiritual essence, freedom is the gift bestowed. True freedom occurs when we learn to accept and express the highest of all high truths. When we are able to dissolve all walls and boundaries based on beliefs and eternally and infinitely exist within the heart of the one ultimate truth, we fully understand that love is all there is. Love is simple, but creation is complex. Whereas love can be expressed in the simplest gesture, the genius of creation will be found in the complexities of detail, but only Divine Love can conceive of the genius that brings creation into fruition. Each step of embodying the ultimate truth of Love/Wisdom brings us closer to spiritual mastery in all dimensions.

The levels and stages of awakening beyond the lower resonating dimensions initially moves us to accessing the raw energy of imagination in the fifth dimension. Life feels new again. Visionary dreams resurrect or we birth new ones. Eventually, as we are able to traverse beyond this fifth dimensional level, we further our journey to approaching the experience of bliss, ecstasy and tranquility. Evolution of consciousness is perpetual and eternal, as well as exponential. Love reaches and stretches throughout all infinite possibility to experience its totality. Since it is infinite and eternal, there is no beginning nor end to the avenues of expression that love will seek.

There are no boundaries to its wholeness. It is everywhere and all at once. Love is boundless. This is our true spiritual essence. As extensions of Divine Love in its experience of expression or repression, we are equally graced with the freedom to choose limitation or to reside within our boundless sea of multidimensionality.

Initiation is the challenge to discover and then be true to our spiritual essence. With each choice, we face various levels of initiation. We either choose to deny our whole self in sake of our ego or choose to embody as much of the truth of our spiritual essence as is called for in each moment. With each choice to align with our Higher Self, consciousness ultimately awakens to the simple but powerful realization that "I AM that which I AM."

Five



Ascension begins by choosing to take the first step knowing that you are already chosen.

THE SPIRITUALIZATION OF MATTER

Consciousness has always existed and will always exist. The expansion of consciousness becoming more self-aware is infinite and eternal throughout the creation principle. Space is infinite, and Light is eternal.

The Source is One, but, in order for the One to become self-aware, it must have a vehicle or a way to project itself for reflection. How can it do this when it is omnipresent and omnipotent? Why does it need to do this if it is already omniscient? What would be the purpose of creation? How does the One project itself for reflection when it is *All That Is*? How would we know what we looked like without a mirror? In much the same way as we need a reflective surface to perceive what we look like, reflection is the key to self-awareness of the *One Conscious Being* macroscopically, as well as microscopically for each and every individuated Soul through the multitude of expressions of all sentient beings.

Omniscience, Omnipresence and Omnipotence

Omniscience means to have infinite awareness and universal knowledge. The *One Conscious Being* is omniscient because it is *The Creator*. In other words, the *One Conscious Being* is infinitely self-aware of its many components of consciousness because of its reflection on its own creation.

Omnipresence means being present in all places at all times. Although creation begins with Original Cause, it is also this Original Cause blueprint that permeates all of creation throughout the multi-dimensional realms of consciousness simultaneously in the many manifested worlds. This simultaneity beyond any illusions of linear time is the omnipresence of the *One Conscious Being* within its creation. Wherever there is the Light of self-awareness, the *One Conscious Being* is everywhere all at once. Wherever there is the dark void of space, there is the fertile ground for new creation and further expansion of the Light of self-awareness. This appears to be a paradox because it is.

We, as the offspring made in the image and likeness in the material creation, become self-aware of the *god being* within through the initiation and integration stages of our individual evolution. In this text, the phrase “image and likeness” refers to consciousness and the basic principles of creation as energy. As we become more consciously aware of our alignment with the Divine, the self-awareness of the *One Conscious Being* evolves and expands exponentially. There is no separation in consciousness other than the varying degrees of multidimensional self-awareness measured by the frequencies of resonant vibration. The more self-aware the individuated consciousness becomes, the more levels of multidimensionality it inhabits consciously.

Creation is not stagnant or meaningless. Omniscience is truth, but within the confines of limited fourth-dimensional understanding, it also might lend us to believe that the *One Conscious Being* is stagnant, already finished, and somehow complete. These are terms of limitation confined to the lower resonating dimensions of goal oriented belief systems. It may serve us better to replace such limiting beliefs with the concept of wholeness. The *One Conscious Being* is the whole of the *All That Is*. Does this mean that the whole of this consciousness is already and completely self-aware? If it were, wouldn't it have to be placed in some finite terms of stagnation and lack of further self-aware expansion of its consciousness? One answer to diagramming the abstract is the perspective that the *One Conscious Being* is aware of all the potentiality that exists non-manifest as visionary ideal, as well as all of the actuality that is manifest as the outplay of its cosmic creation.

Omnipotence means a force of unlimited power. Cognizance of

the greater truth reveals that consciousness is omnipotent, all-powerful to harness the forces of energy and create throughout the multidimensional spheres. Harnessing the forces of the energy of creation is accomplished through directing Divine Will. In doing so, expansion of self-awareness continues throughout all levels of the *All That Is*. If this were not true, it would leave open the possibility that the evolution and expansion of our own self-aware consciousness may at some point catch up to God/Goddess and become the *All That Is*. Then again, that would signal finality for us, as well as the *One Conscious Being*. Thankfully, there is no such thing as finality in the *All That Is* of infinity and eternity of self-awareness and/or creation. This is where the real beauty and perfection of creation is realized in knowing that there is always more. There is always more Light of knowledge to gain, more creative power to harness, and more space to expand the Light of self-awareness into. Creation is an experiment, and those that deny the power of revelation through creation miss out on the beauty of spiritual essence at the core.

I pose these questions and answers here as a preamble for what follows. Hopefully, the following paragraphs shall summon forth revelation that Original Cause and all subsequent creation is a question and an answer. The Masters offer up a gentle reminder that even though infinity and eternity perceived from the context of linear time is riddled with enigma, we must continuously embrace paradox for it is the reality of the many within the One on all levels of consciousness. They wish to remind us that we are both the question and the answer and that the *One Conscious Being* is living, breathing to the rhythm of the cosmic pulse and evolving as we are. At the level of the Higher Consciousness, we are in constant communion with the Source. It is at this level of awareness that the seeds of idealistic visions are sown and are set forth to ripple through the many dimensions of creation.

What follows is merely an outline of the basics of the creation principle. As in all things, it is necessary to understand the basics before advancing to more complexities. There are multiple universes and dimensional frequencies that are so far beyond our comprehension at this level of awakening that this book is not designed to address, but I must in all good conscience allude to their existence. Withholding the hints to such inferences does not serve Divine Plan. Alluding to the reality of the greater Truths beyond these samplings

of the Truth opens up the gates of consciousness to seek more knowledge. The portals to these higher dimensional frequencies are open for any and all to traverse and explore when the way is made clear on each individuated path.

Original Cause and the Language of Light

The primordial ocean of being is the absolute silence of pure self-awareness before the sound is uttered on the breath of its being. The feminine aspect of the *One Conscious Being* is this primal void prior to creation, which I refer to as the womb of The Goddess or Divine Mother. It is the yin, the Soul, and its energy is magnetic. It is the darkness and the mystery of the unknown. The feminine principle is original conception and is a state of being. Within this primordial ocean of silence, the feminine aspect conceives of the initial self-awareness of its very existence creating the original thought of "I AM."

The Divine Father, as the masculine principle, is original action and is a state of doing. It is the yang, the Spirit, and its energy is the solar electric Light. This is not the state of reflected light that is prominent in the four dimensions of this earth grid. Solar electric Light is the brilliant luminosity of intelligent self-awareness.

Light and sound are synonymous. There can be no separation of the Light from its accompanying resonant vibration of sound. Within the dark and silent void, the primal conception of the feminine stirs the Light of self-awareness causing the masculine aspect of the *One Conscious Being* to vibrate this resonant sound in the exhaling breath of AUM. In the beginning was *The Word* and *The Word* is AUM (pronounced Ah-Oo-Em), which translates into the resonant sound of this breath as "I AM." This exhaling breath of vibratory sound is the first action of self-awareness of the *One Conscious Being*, thus the term Original Cause. First comes the conception of thought as feminine primal cause, and then creation through the resonant vibration of the masculine principle follows as its manifested effect. The use of the word "breath" in this context is in reference to the rippling forth of vibration and should not be confused with the air that is taken in and out of the lungs in breathing through the physical body.

I AM the Alpha (AUM) and the Omega (OM), the beginning and

the end. The creation cycle begins with the sound *AUM* emanating from the Source of the *One Conscious Being* and ends with *OM*.

Cosmic Feminine Principle	Cosmic Masculine Principle
Soul	Spirit
Yin	Yang
Magnetic	Electric
Lunar	Solar
Night	Day
Silver	Gold
Darkness of Mysterious Unknown	Light of Knowledge of Self-awareness
Silence	Sound
Passive	Active
The Pause Between the In-breath and Out-breath	The In-breath and Out-breath

The "I AM" (*AUM*) is the original Light of intelligent self-awareness, which sparks the new thought and question to arise within the *One Conscious Being*, "I AM what?" The questing and creation process reverberates throughout the multidimensional realms in search of the answer, as the initial vibration of *AUM* ripples forth creating *All That Is*.

All cause has effect. Original Cause effects all of creation throughout all levels of multidimensional consciousness. What is the effect of this first act of Original Cause? From out of the void, the feminine aspect of the *One Conscious Being* through the law of magnetic attraction curves the space around the first Light of self-awareness creating bubble like spheres of universes. This spherical trapping of the Light is the creation of the original atom. At the core of all atomic matter is the Light of self-aware consciousness at the level of its evolution. Every atom is a universe and within each universe is the original atom. Remember to embrace paradox and allow yourself to be paradox. What appears to us as outer space is actually a reflection of inner space.

Light, as intelligent self-aware consciousness, projects thought vibration in the form of the images of creation onto the inner surface

of the universal atomic spheres. Curvature of space reflects the images back upon consciousness. Each thought vibration generates the masculine electric spark of solar energy that is the electron, which is held in attraction by the magnetic core at the nucleus of the feminine principle. Feminine space is both within the atom at the nucleus and also surrounds the atom. The magic and beauty of creation is in the space between. Electromagnetism is the basis of the magnetic Soul curving space around the electric solar light of Spirit. A combination of the silver rays of magnetism with the electric energy of the gold solar light is the sacred alchemy of unification at the core of creation.

As consciousness curves the feminine space around the solar light, this creates spiraling vortices of electromagnetic spin. These laws hold true from the spiraling of galaxies to the level of sub-atomic particles. The feminine principle of magnetic attraction holds the solar electric Light of the electron in its spin. The spin caused by the interaction of these two primal principles creates the field of gravity. Gravitational pull created by the spin holds the thought patterns of atomic energy cohesive until the vibration of thought frequencies change. At the core of all atomic matter is the feminine center of magnetic attraction for the original super electron for there is only One. In translation, the principle of creation is one and the same at the Source as it is throughout all of the levels of matter creation. The original electron is a dynamic force, and it is harnessed by consciousness and utilized as a tool of creation similar to the way we harness electricity and use it as a tool to make appliances work. Like the wires in the electric socket direct the energy of electricity to its outlet and feed the energy into making an appliance become animated in its use, consciousness harnesses the energy at Source to animate matter. Within the creation process, the masculine principle of the electron force will always seek the feminine center of magnetic attraction, and the feminine center of magnetism will always attract the electron force. All subsequent electrons are subdivisions and exist within the single primal created super electron. This super electron is essentially a field of pulsing, electronic energy permeating everything throughout all realms of creation, and its potent energy is the sovereignty of Archangel Metatron. More detail into the angelic realms is given in a later chapter.

Thus, the *One Conscious Being* divides itself into dual aspects in

order to create a vehicle of reflection for self-awareness in search of the answer to "I AM what?" The singular "I" of the *One Conscious Being* is now within this dual projection/reflection process of the "I AM" (AUM) both within the form as creation and also as the observer of the reflection upon its creation. In night dreams, daydreams, visualization and waking, there is always the ability for consciousness to step actively into the scene or become the observer.

There is a saying, "Like Attracts Like," which is a maxim that applies throughout the creation/reflection process. Consciousness attracts the experience of that which is the identical reflection of its thought process. As stated in Chapter One, thought patterns revolve around conscious or unconscious belief systems and can be identified by observation of the thought process. Magnetic energy of the feminine attracts the electronic energy of the masculine because they are simply dual aspects of the *One Conscious Being* and are of the same essence at the Source. Consciousness in reality does not separate into duality.

The aftereffects of the *One Conscious Being* dividing itself into the duality of the masculine/feminine creation principle is to beget the third number in the creation process as the reflected image of creation. This original blueprint replicates infinitely in the variety of form and image and eternally with each conception of new form. Everything within creation is based on the mathematics of geometry and number. Number is born out of the repeating frequency of the vibration measured in pulsating intervals. No matter how high or low the frequency, all vibration creates a pattern. Number is primary to the form because it is the frequency rate of the vibration that dictates the outcome of the particular pattern of the form. Beneath all thought forms throughout multidimensional existence are the archetypal geometrical designs created by the frequency rate of vibration of the sound that is Light. The only area of consciousness where there is no creation or vibration is within the deep, dark stillness of the void that is the womb of the feminine prior to conception of thought vibration. I refer to it as the pause between the in-breath and the out-breath of the vibration of creation, the feminine space of consciousness where the Soul finds comfort and rest from the activity of creation. As a conscious multidimensional traveler, it is possible to move one's consciousness to this total state of being still within the feminine void by ceasing all thought and, therefore, ceasing to manifest thought vibration.

Light is sound. Sound is vibration. Sound is creation. Sound is also destruction. Higher vibrating frequencies will always break down anything manifested on the lower frequencies and either transfigure matter to its higher level through spiritualization of matter or destruct and decompose. Where there is Light, there is the movement of vibration. Manifestation is the outcome of the movement of vibration. There are "shades" of light in the lower resonating reflected worlds, but the brilliance of the pure White Light is reserved for the highest of frequencies as a state of *absolute knowing*. Gleaning self-awareness and the meaning inherent in spiritual essence from reflected imagery is but one phase of the spiritual journey. Moving beyond imagery into a state of *absolute knowing* is the achievement of Cosmic Consciousness. This is intelligent self-awareness after the creation/reflection process.

It is due to the passive nature of the dark, still void of the Divine Mother principle that lends it to be more obscure to the awareness of the general consciousness in studies of spirituality. There have often been negative connotations projected upon the feminine principle. Due to its mysterious nature of the dark unknown aspects, it can be confused with the darkness of ignorance, which simply adds to more fear that ignorance breeds. Fear of the raw powers of creation and destruction is also unconsciously associated with the Divine Feminine. Focus of the general consensus tends to be lent to the Divine Father principle as the Supreme Godhead, when in actuality the Divine Mother/Father are inseparable dual aspects of the *One Conscious Being*. Through meditative practices it is possible to be in the void of the absence of thought vibration and still have self-awareness of the pure *state of being-ness* that is the Divine Feminine. Being self-aware does not require thought. It is equally possible through meditative practices to enter into the state of Cosmic Light vibration and attain self-awareness of the intelligent wisdom of the Cosmic Light. Both are areas of self-aware consciousness that are *states of knowing*. The absolute *state of knowing* does not require thought or action. This is the ultimate state of pure existence. During meditative practices, to seek absolute refuge from all creation is to seek the center of the Divine Feminine aspect and reside in the quietude of the void in the *state of being*. This *state of being* should not be confused with the feminine state of conception or the subsequent reflection upon its creation. The *state of being* is primal and a return

to that place in consciousness is to return to the womb of the Divine Mother. Residing within the void prior to thought vibration can be likened to "rest and relaxation" of the Soul on its journey through the expression of Spirit within creation. In some circles of spiritual healing, this is referred to as a spiritual rebirthing. It is a returning to the original womb prior to conception and prior to the unconscious experiences within the human mother's womb. Existing within the *state of knowing*, which is the Cosmic Consciousness of brilliant white Light is the Divine Masculine principle of creation sometimes stated as "I and the Father are One." At this level of conscious awakening, consciousness exerts active Divine Will to create from the resonant heights of pure vision. This is the stage of the awakened master co-creator or Christ Consciousness.

Taking masculine action in the manifested worlds without seeking the feminine reflection on creation is to repeat the errors and blunders of the creation process unconsciously and unenlightened. The fourth stage is a repetition of creation, which is further explained in the next chapter included with an explanation of how awakening in the fifth and sixth dimensions opens up to creation that has never been and, therefore, has never been repeated.

An esoteric understanding of sacred geometry reveals that the masculine principle is associated to a straight line while the feminine principle is curved. Light would appear to travel in a straight line or quite literally be everywhere at once except for the curvature of space bending it back upon itself to create atomic spheres of reflection. This initial combination of the magnetic field of the curved feminine space and the electric charge of the solar masculine sound of Light gives form to the fire letters of the sacred *Language of Light*. A simplified similarity may be noted that when we shape the form of the cavity of our mouths while speaking, the sound of words will change. The Language of Light is the highest and most refined vibration at the Source rendering it the archetypal blueprint of the sacred geometry of creation. In esoteric terms beyond a fourth-dimensional definition or understanding, the color of the fire letters is a combination of the masculine gold and the feminine silver, which appears as a golden/white Light. Brilliant white Light is self-aware Light not manifested. Golden/white Light is the balanced duality of masculine/feminine at the Christ Consciousness level of self-awareness embodied in the manifested states of higher resonant creation. Energy at the

Source is so purely refined and potently powerful that consciousness must match this purity of resonance in order to exist there. The realm of the fire letters is the threshold to the inner sanctum sanctorum of the *Holy of Holies*. Another term to describe this inner sanctum is the *Heart of Hearts* at the center of Source, and the word holy is synonymous with wholly. Great reverence is required and demanded by this very high level of intensity of vibration to consciously access this innermost sacred temple. While embodied in the physical, the threshold to the Holy of Holies can only be reached by raising one's resonant vibration of consciousness through inner meditation. The human ego must be totally quelled into humble submission in order to approach the higher power of Divine Love.

The *Elohim* are the Council of Creator Beings that sit at the threshold to the throne of the Holy of Holies. The Elohim govern the energy of the archetypal blueprints of creation at the Source to oversee and initiate carrying out the Divine Will and Divine Plan of God/Goddess. Each of the Elohim emanate the energy of pure thought in ideal form through the many levels and tiers of the Spiritual Hierarchy. The Spiritual Hierarchy is divided into tasks to carry out the covenants of Divine decree. From the emanations of visionary Light at the Source, the Spiritual Hierarchy carries out Divine Plan throughout the many octaves of creation within the multidimensional universes.

As the potent energy at Source ripples its resonance into creation, the high vibration of the pure white Light breaks into the prism of colors known as the *Rays and Flames*. What is referred to in esoteric terms as the *Flame* is the source of the electric/magnetic spark or charge that ignites at the Source of creation. What is referred to as the *Ray* is the band of energy vibration radiating from the origin of that interaction. Idealized thought vibration creates the spark as the *Flame*, and the *Flame* radiates the energy of the resonant vibration as the *Ray*. The vibration of the *Ray* then ripples forth lowering its resonant frequency in phases to create the many octaves of creation. Do not confuse the prismatic breakdown of the brilliant white Light at the Source into the *Rays and Flames* with the rainbow prism of colors that are reflected in the lower four dimensions. The *Rays and Flames* are the higher resonant frequencies of color spectrums in the multidimensional realm beyond the rainbow. Further explanation on the levels of octaves and the electromagnetic spectrum can

be found in the section of this book on *The Rainbow Serpent*.

In brief summary, the feminine principle of the *One Conscious Being* conceives of the idea of its "I AM" existence, and the masculine principle resonates the Light of self-awareness as sound creating the vibration of *The Word*, which in turn creates the patterns of the archetypal Language of Light. The original sound and all subsequent sound would not take on form, in other words would not have wavelength or frequency, were it not for the feminine principle curving space into the many rippling tones and colors of creation. Although intelligent and self-aware that it exists, the resonant sound that is the Light would be everywhere at once without form and definition or self-reflection on the meaning of its existence. The masculine principle, as the solar electric force, projects the light of resonant sound onto the magnetic reflective screen of the universal spheres of atomic matter. Particular wavelength frequencies of each sound create the many forms of holographic images. Holography is the science of light that reflects an image, but, if that image is broken into many smaller facets, each facet still contains the entire image. Within each fragmented image of the broken facets of a holograph, the whole picture becomes less distinct, and so it is with the varying levels of resonant vibration in the lower dimensional frequencies of creation. This is how manifestation is a reflection in the external world of the internal universe and somewhat an external illusion like a house of mirrors.

What is referred to as the outward breath of the original sounding of *AUM* is the "anim." Anima is the universal feminine Soul, and its meaning can be traced from its Latin root. Anima mundi translates to mean the world Soul. Animus is the universal masculine Spirit, and its meaning can also be traced to its Latin root. Jungian psychology also equates these words with the archetypal masculine and feminine principles within. In the patterned formation of words such as these, as well as animated and animal, great depth of meaning can be deciphered from decoding the sacredness in language through the mathematics of the Qabala. Do not be concerned that these references herein are made only to the English language of words, for a close esoteric study of numerology and linguistics will prove that all language is based on number. Although ancient Sanskrit, of all languages, is the purest resonant form to the fire letters, words in every language will equate to the same meaning as its numerical equivalent.

There are three letters with three distinct tones in *The Word* that

formulates from the resonant sound *AUM* (*Ah-Oo-Em*) signifying the third stage of the creation of matter. Offspring of God/Goddess in its many forms are now created. The Masters with great levity within this paradoxical truth say, "You are now created. Welcome to the world." The Holy Trinity formula can be intuitively and mathematically understood as follows. The Father is the whole of creation and the master creation principle. The Son is *The Word* made flesh creation in the image of the master principle, and the Holy Ghost or Holy Spirit is the spiritual essence of all things at their core as reflected by the Soul through the creation process. "I and the Father are one" can be understood that the created offspring in the form of the Son (*human*) embodies the same powerful creator principles as the "Father" at the Source. We are made in the image and likeness. We are made from and embody the likeness of the raw forces of creative energy at Source, but we are made in the image of the Divine blueprints of the *Adam Kadmon* based on the original imaging of the first *creator god beings* emanating from Source. The human being level of creation is the offspring of the original *creator god beings*. The original *creator god beings* are the offspring of God/Goddess Source energy. They are not the Ascended Masters for they were never born of the human womb. They are the Master *creator gods* Thoth, Ra, Sekhmet, and many more. On the other hand, the Ascended Masters were all born of the human womb and by attaining the spiritualization of matter ascended to their inherited positions of power to become Master *creator god beings* like their forefathers Thoth and Ra and the others of our spiritual ancestry.

It is at the third stage of creation that the "I Am what?" is revealed to the *One Conscious Being* through the reflection process on the multitude of its created forms. Upon reflection on its creation, the *One Conscious Being* proclaims, "I AM each blade of the grass. I AM the mountain. I AM the cow, the tiger, the rabbit and bird. I AM the stars in the heavens and the earth in its orbit. I AM all these things and more."

In the lower resonating fourth dimension, reflection on creation is distorted through the ego's limited perspective. The feminine aspect reacts through its perception of the images of creation through the feedback of feelings and emotions. Emotions are equal to the thought that generates the energy. Thought patterns generated from the Source of Divine Love will evoke the higher resonating

emotions of joy and bliss and the imagery attuned to this vibration will manifest. Fear based thoughts generated by the ego will generate emotions of anger and pain, which create events and imagery that reflect the same. Emotions effect the creation process through vibration. Uplifting emotions instigate positive change to a new form of creation and fear based emotions can destroy and breakdown creation. Discordant thoughts and emotions will equally create disarray. The Master creator god Thoth reiterates to clarify again that all of creation is based upon mathematical principles. All words are formed from numerical value based on the resonant vibration and wavelength frequency. Emotions that equate to their partnering thoughts will dictate the fluctuation in the patterns. Certain patterns of vibration create destruction while other patterns of vibration create harmony and balance. This is why the Masters often say, "Choose your words carefully." Divine Plan is moving towards the awakening to conscious choice of the many words that emanate from the caring vibration of Divine Love in order to create the many worlds made in the image of Love. Attuning to the vibration of Divine Love ensures that dimensional transitions will be soothed by the healing salve of protection and compassion. Remaining aligned with negative ego thought processes will induce destructive energies of fear based illusion.

Multidimensionality is infinite multitudes of created macroscopic universal spheres of trapped light with successive microscopic versions of universes within them. The *AUM*, the out-breath of involution, spirals its vibration into the involvement of manifested creation. In the naming of each and every thing in manifestation can be found the power of the laws of the creation principle through higher mathematics, numerology, the Tarot, alchemy, the Qabala and sacred geometry. This, of course, includes the personal names of each person, which are very powerful, as it is at this stage of creation and evolution that consciousness becomes self-aware of the named and the nameless. Every word and every name of the many within the *One Conscious Being* is the "I AM" or "AUM" of all that exists manifested in all dimensions. The Masters teach the principles of conscious creation by using the "I AM" command and again offer a gentle reminder to carefully and specifically choose the words that represent the higher thought process while invoking the "I AM" mantra. Like dominoes lined up and tipped against each other falling in

beautiful train-like succession around a spiraling course, Original Cause, the tone of the *AUM*, sets the rhythm of the cosmic pulse for all creation that follows. The many-tiered multidimensional worlds are manifested from the varying levels of resonant vibration and wavelength frequency into *The Many Words* (the many worlds) that branch off from the initial *AUM*. Numerical formulas create the Tree of Life. All words and their variations are branches emanating from the trunk of the Tree of Life that is the archetypal Language of Light fire letters. Variety in the diversity of the forms and themes of images represents the fourth stage of the principle of creation. Variations on a theme reflect the numerical infinitude in just the myriad of styles of a basic archetype, such as a chair, a dress, or the many species of flowers and animals. Multiply that infinite variety throughout the multidimensional realms of conscious creation, and there will be found an infinite multitude of worlds and universes of imagery made manifest. Every thought manifests somewhere in the multidimensional levels of consciousness.

The masculine Spirit breathes the out-breath of the sound of *The Many Words* of creation manifesting the images. The feminine Soul then perceives the images reacting to creation through self-reflection and emotions, which generate more thoughts. Filtered through the foggy lens of the ego, emotions at the lower frequency vibration, such as pain and anger, are constricted within the limitations of fear. Higher vibrations are the more expansive emotions of bliss, peace, tranquility, gratitude and joy. New thought brings even more self-awareness and draws upon the deep well of meaning. The deeper the Soul delves into the meaning of *The Word*, the more depth to the meaning of self-aware existence is revealed. The masculine Spirit is the Light of intelligent self-awareness, but it is the feminine Soul that reveals the wisdom and understanding of spiritual essence to further enlighten the Spirit. Throughout creation the Light expands eternally and infinitely. Understanding the spiritual essence and core meaning of existence is a bottomless, infinite ocean, and the quest for knowledge and wisdom is eternal. The *AUM* is only the beginning or alpha half of the creation process.

Whereas the *AUM*, the *anim*, is the exhaled breath of creation and involution, the *OM*, *atom* (*at Om*) is the inward breath of evolution. Atomic at the nucleus is the meaning of the core of the creation principle at Source, and there is a strong hint of infinity in this state-

ment. In Hinduism the Sanskrit word *atman* or *atum* means breath and translates as the innermost essence of each individual. Digging further into the roots of *The Word* and rearranging some letters will find that the Arabic word *amin* is the same as the Latin *amen*, which in essence is the same as the Indian root Sanskrit word *Om*. Amen is always recited as a closing or ending remark after a powerful statement. In India, *OM* is considered as “the all encompassing word of God” representing the Hindu holy trinity. Although there are schools of thought that consider the *AUM* and the *OM* to be one and the same, they are not identical in sound or resonance, which is clearly indicated in the slight differences in spelling and pronunciation. All tone is measured by frequency of vibration, and the *AUM* will strike a different resonant tone than when toning the *OM*. The *OM* frequency of vibration breaks down old thought patterns and aids in realignment with the vibration level at Source. Toning *AUM* aligns consciousness with the original state of the “I AM” self-awareness. Clearing the mind and focussing intent on the thought pattern is imperative to raise the vibration to that of Divine Love when toning. Spiritual mastery begins in these stages to understand the basic principles of creation as a precursor to awakening to the *creator god being* level of power. Elevation of consciousness to resonant levels beyond the fourth-dimensional frequencies in the creation process follows after these initial basic steps are understood and mastered.

The masculine Spirit quickens or animates the animal, and the feminine Soul brings more knowledge of self-awareness as this animation of creation spurs the animal to become the *human animal*. Another quickening evolves the *human animal* into the *human being* and then more animation of Spirit and reflection of Soul into the next stage of the spiritually awakened *god being*. Being made in the image and likeness is the blueprint of the *Adam (atom) Kadmon*. The awakening consciousness of the star that we are, the *god being* within manifestation, is the fifth stage of creation. *Adam* is the meaning of the atomic nature of the Divine made manifest within creation. *Kadmon* is the meaning of the human being becoming consciously aware of the Divinity within the *Adam (atom)* or Divinity within the atomic manifestation.

At this fifth-dimensional level of awakening, we must then consciously claim and harness the powers of raw energy in the activation of the Merkaba to arrive at the sixth-dimensional level of cre-

ation depicted in symbol by the three dimensional version of the Star of David. Chanting "Hu" during activation of the Merkaba is the activation of the 'Hu' within 'man' or the true Divine Adam Kadmon Human form. This chant is pronounced "hue" the same as the pronunciation of the word "human." When the Sufi Whirling Dervishes spin and chant "Hu," they are employing a ritual of spinning the physical body horizontally to open their consciousness to the vertical energy of the fifth dimension. It is a fourth-dimensional ritual performed on the physical plane that can initially prepare consciousness for the advanced level of Merkaba spin. The sound of "hue" is also an esoteric hint of harnessing and balancing the tones and colors of creation at this level. Color and sound therapy modalities are a wave of the rippling future vibrations of unfolding Divine Plan. Quite literally this is the stage where heaven meets earth. Conscious balancing of the feminine and masculine energies within the field of energy referred to as the Merkaba is the challenge of the sixth dimension. The fifth, sixth and seventh-dimensional levels of the creation process will be addressed further in Chapter Six. Consider this volume to be a roadmap of multidimensional consciousness and the harnessing of the energies of creation not intended towards in-depth study of Merkaba techniques. The seventh dimension brings us full circle to the evolutionary spiral of consciousness that asks, "Who Am I?" and finds its answer in the reflection.

HU AM I? I AM HU-man.

Do not confuse the reference to the inward breath of evolution with chanting in the physical realms. Chanting and toning the *AUM* or the *OM* sacred sounds are done externally through the physical body as an exercise for the purposes of aligning consciousness to the primary sounds of the creation principle to manifest in four dimensions. Spiraling inward on the spiritual inhalation breath of *OM* is the evolutionary path. Returning to *OM* (at-h'OM'e) is the alignment of consciousness with its essential meaning of existence at the core of the Source, and the subsequent awakening in the inner world to more depth of self-awareness gleaned from the meaning of its creation. As the conscious Light of self-awareness comprehends the spiritual essence of existence, it awakens us from the illusions of the

ego to what is real. All higher resonating dimensions exist within. Accessing them is through conscious meditation on the internal sound vibration.

There are two letters in *The Word* of the resonant sound OM. It is the balancing of duality back into the One at this fifth phase of creation, and this is done within its creation on the return path of evolutionary ascension. Awakening within creation through evolution is an attainment of more self-awareness on all levels of consciousness from the lowest vibration to the highest. It is all integrated, and there really is no separation of consciousness at any level in this process other than the illusions of separation created from beliefs and fears temporarily holding consciousness in a repeating loop of recycled patterns until it elevates to another level of resonant vibration. Multidimensional self-awareness through the varying frequency vibrations of consciousness is not only possible it is truth. As our consciousness evolves, our cellular structure evolves with us. The evolution or inhaling breath is the OM of omega, omniscient, omnipresent, omnipotent, omen, omnifarious and omnificent. The outward spiral is but a reflected image of the inner spiral of evolution. Reflected creation is the omega or end process to manifestation. It is not the "be all to end all creation," but is the end of a process. There is no end to creation, because then the creation process begins all over again in spiraling cycles and in higher vibratory evolutions. Evolutionary creation is not just the awakening of consciousness to its spiritual essence but also consists of the claiming of power as the god being to co-create aligned with Divine Will. I AM the Alpha, the beginning of creation, and the Omega, the end result through its evolutionary awareness. The Alpha is the question and the Omega is its answer. God/Goddess as creator and creation becomes more self-aware of its inherent spiritual essence through all of its creation in the *All That Is*. There is no separation between God/Goddess and the Self, but there is distinction of the individuated Self as a portion of the whole that has access to the ingredients of the whole. There are dimensional realms resonating far beyond the Alpha/Omega field of resonance with more advanced knowledge to be accessed.

The AUM and OM are primary tones of the creation process. With each new multidimensional vibrational frequency to be attained consciously, there are different access codes and tones with varying functions. The tones and codes are revealed when the aspi-

rant is ready. The way is prepared the moment the aspirant chooses to seek more.

Descent and ascension occurs simultaneously. When the inhaling or exhaling of the breath of resonant vibration on any multidimensional level of awareness ceases, all creation comes to a balanced center, and the center still point is attained with the Light of pure self-awareness. Consciousness does not remain in the center still point eternally, and another creation cycle of in and out breaths continue. Eastern spiritual teachings refer to these cycles as yugas. Human in-breath and out-breath of the physical vehicle is the microcosmic version of the macrocosmic in-breath and out-breath of creation. Attaining the center still point of complete balance can be accomplished through intense discipline during meditation or masterful focus at the human embodied stage no matter what degree of dimensional awareness the individuated consciousness is awakened to. Breathing exercises are another spiritual tool that can be used to acquire the mastery techniques of conscious creation. A multidimensional traveler can move consciousness from breathing through the human body to the rhythm of the cosmic pulse of breathing to the cycles of the yugas and then return back to the breath of the human form. Meditative practice of this movement of consciousness through the multidimensional levels of resonance will eventually lead the aspirant to the level of omnipresent awareness of the Masters.

Alpha	Aum	Anim	Outward Spiral	Involution/Descent
Omega	Om	Atom	Inward Spiral	Evolution/Ascension

There are unlimited levels of multidimensional self-aware consciousness all the way from the earth plane on the return to Source. As we raise our frequency of vibration, we are able to tap into many of these other levels of consciousness. Similar to different floors being accessed by an elevator in a high-rise building, consciousness can move frequency resonance up or down the levels. As on this earth plane, when we exit the elevator door to step onto the floor of a building, it may be our first time visiting that floor. Until we find our way around, we sometimes get lost or may have to ask directions. When we are comfortable with that floor, it is no longer new. We may choose to get back on the elevator and go up or down to exit another floor and explore.

During the evolutionary in-breath from the atomic back to Source, we learn to master each of the levels in order to balance the out-breath with the in-breath. Like learning new steps to a dance, with each level mastered, the movements become more graceful. As we balance on the return path of the in-breath, we awaken to the initial out-breath simultaneously.

As above in the higher resonant frequencies, so below in the atomic matter worlds of trapped Light. What is true for spirit is also true for matter. Science is the exploration of matter. Higher science is the understanding of consciousness and energy, which is the Source of matter. To understand consciousness and energy will reveal the mysterious workings of matter in the physical and biological world.

The Adam (*atom*) Kadmon is made in the image and likeness of the original Master creator *god being* to become self-aware and evolve beyond the Master creator *god being*. Just as the balance of the two into one occurs in the electromagnetic atomic structure of manifested matter, the offspring children of physical parents must learn to balance both their mother's and father's attributes within themselves. As children of our physical parents, clues of our spiritual essence can be uncovered when we recognize which traits and weaknesses of both parents that we embody. Strengthening those weaknesses and enhancing the attributes opens to possibilities that were not previously available to our parents. This is evolution within the physical realm, which emanates from and reflects all the way back to the Source. Evolution is not necessarily the natural outcome of creation, but is the result of conscious involvement in creation and awakening reflection upon it. Evolution is the expansion of the Light of self-awareness. Something entirely new is created with this balance of spiritual essence within us as the physical child of human parents and the spiritual child of the Master creator *god being* created from the God/Goddess Source energies.

Harmonizing the dualities that may appear to be in opposition between the masculine and feminine principles is the task of the spiritual aspirant. The masculine is focussed on the empty form of the image, and the feminine reveals the meaning inherent in its essential content. Delving below the surface appearances of form to search for the hidden and esoteric meaning of images is the Soul's awakening to the understanding of its spiritual essence where there once was only the reflection off the surface of empty form. Balancing

duality throughout all aspects, phases and stages of conscious endeavors is a task of spiritual mastery. There is absolute perfection in this mathematical formula of creation when understood and consciously applied to our spiritual path of personal growth and evolution, as well as planetary awakening in the ascension process.

We cannot approach this understanding within the limitations of fourth-dimensional awareness of linear time, yet there is a pulsing rhythm to this creation process, which is vibration. As the eons spin and spiral into the exhaling breath of creation and with the reflection of the inhaling breath of evolution, the spiral creates the Milky Way, as it simultaneously creates the human DNA. Wherever we find our individuated selves on the involution or evolutionary spiral is right where our consciousness is awakened at any point. Throughout the eons of AUM and OM creation, the question of "what" is answered in the many forms, the question of "when" is answered by conquering the enigma of the illusion of time, and the question of "who" is answered by the many individual soul paths embodied in the human. We may find ourselves answering the question of "where" by awakening to the many levels of multidimensional consciousness. The question at this point in the evolutionary spiral is that the *One Conscious Being* is asking, "Why AM I?" We may be only beginning to find any real answers to the "why" of our conscious existence because the *One Conscious Being* is in the process of asking this question, and we are part of the response. Our current stage of evolution within Divine Plan is just a part of the multidimensional answer.

Any level of awakening, the gestalt or the "aha" Light that goes on in our consciousness, is a clear indication of alignment with the essence of our Higher Self. Any state of confusion is an indication of our continuing search for meaning and knowledge. Inward spiraling is the spiritual journey, the conscious awakening to Source and an acceptance of the power to create in the multidimensional realms as the *creator god being*. Understand this phrase, *god being*, to mean consciously awakened to *being one with God/Goddess at Source as co-creator*. Being one with God/Goddess is a very powerful statement of realization and an equally powerful mantra, as in the statements "I and my Father are one" and "I AM that which I AM."

Even though the examples given previously in this book were depicted in a linear fashion, reincarnation is not a linear occurrence. With a greater understanding of resonant frequency of vibration,

reincarnation can be described more accurately as a simultaneous reiteration of the sound vibration throughout the multidimensional realms. The degree of resonant vibration and wavelength frequency determines which incarnation level of evolution the consciousness inhabits at any given point of spiritual awakening. Different keys of sound and tone reverberate through the different octaves of the multidimensional realms of consciousness. Various levels of sound vibration create the variety of forms of incarnation. The Soul experience at the mineral, plant or animal level reiterates a certain pulsing vibratory thought pattern indicative of the species and kingdom. At the human level, it pulses at a different frequency. Over different lifetimes, the pattern is repeated and changes slightly with each evolutionary awakening. At the point of the evolutionary awakening, the thought pattern elevates to a higher level on the resonant spiral. The reiteration of the sound that can be likened to any concept of linear reincarnation is a repeating pattern of wavelength vibration like a song that is played over and again. The song may be sung by a different person or played by a different orchestra with a different arrangement, but it is still the same song. It is still the same repeated pattern of vibration, but with variations in the nuances. So it is with the abstraction of reincarnation. In any past life regression or soul retrieval exercise, we set our consciousness to align with a certain segment of vibration to seek the repeated pattern. As we align with this pattern, the forms can be revealed in all of their clothing of matter in the many dramas of the personal and collective myth being enacted. Searching the many reiterations of the particular vibration of sounds that manifest our many life expressions to discover the underlying pattern of repetition is like finding a scratch in a record that makes it skip. Soul retrieval and past life regression methods can help us make the needle unstuck in the groove so the beautiful songs of our Soul can play in all dimensions uninterrupted. Exercises to find the repetitions are devised in order to learn the lesson of reflection that the Soul yearns to express. What is important to realize is the meaning of the lesson on the evolutionary path to uncover more of our spiritual essence. We can reclaim whatever spiritual power is being lost or siphoned off in the unconscious level of mind hypnotized asleep in the illusion of the material realms. When we discover the sound reiteration of the layers of existence in the repetition of the many incarnations of the Soul, we can understand the meaning of

the particular song that is repeating itself. There are lessons inherent within this repetition, and energy is freed up to create elsewhere when the lesson is learned so that consciousness can elevate to higher vibratory levels. With understanding gained, we can then choose to sing a new song at a higher vibration of resonant sound to experience new levels of creation.

The Rainbow Serpent

The aborigines of Australia have a mythology called The Rainbow Serpent. Various versions of a serpent creation myth can be found throughout ancient tribal peoples around the globe. The aborigines embody the origins of the tribes inhabiting the earth, and theirs are the oldest of creation myths depicted in cave paintings dating back tens of thousands of years. The Rainbow Serpent of the myth is always associated with vibration and flowing waves of energy, which is the wavelength frequency described earlier in this book. They refer to it as a rainbow because of the prismatic colors of the visible and invisible electromagnetic spectrum. Like many creation myths of ancient tribes, the Rainbow Serpent is androgynous having both masculine and feminine qualities.

The matter worlds are the condensed energy of God/Goddess Source. Waves of electromagnetic energy fold back upon themselves from the curving of space around the Light that is sound. This enfolding creates wave patterns of varying tones, which are one and the same as different hues of color. Color and sound are synonymous and the word "tone" can easily be recognized to apply to both.

The Sanskrit word *nada* translates as a vibration of the etheric or subtle body and is symbolized in Figure 2 below. The spiral snake-like shape is at the core of the creation principle.



FIG. 2

It is difficult to attempt to describe something that has no movement into fourth-dimensional terminology. There really is no movement or motion to describe this resonant vibration, but a symbolic analogy could be likened to a concentric, circular spiraling out from the Source, yet with the addition of up and down waves like that of a roller coaster. Just like the strings of an instrument, the spiraling waves emanate a higher or lower pitched sound. At the Source of this emanation of *AUM*, the frequency is at the highest rate of vibration and pitch. It spirals into creation through a myriad of levels, down stepping a pitch with each concentric spiraling circular movement. If this spiral could be measured, the point farthest away from the Source would be the lowest resonant frequency of vibration. Imagine a stone tossed into a calm pool. As it makes the rippling of waves in concentric circles from the point of entry, the circles become larger. The larger the circles, the more space between them and the less frequency. As the waves reach the shore, the wave moves back upon itself and returns toward the center from which it first emanated. Even as the waves move back upon the center, the center is still rippling forth more waves. Now imagine the center of this rippling of the waves where the stone was tossed to open up to the depth of the pool, like a spiraling vortex or eddy. At the center, which would open into the infinite realm of all possibility, would be the portal to the fifth dimension and the higher realms. All of the concentric rings of rippling waves would be creation throughout multidimensional tiers. This is the external spiral of created manifestation, which also reverberates in a spiraling return process back to the Source on reflection just as the waves hit the shore and return. The *Aum* is the sound of creation initiated at Source and the *Om* is its echo, a principle that holds true from macrocosm to microcosm. Multiple dimensions add more complexity to this simplified model of resonant vibration. Creation is complex.

There is a pulsing rhythm to this light and sound show. First there is the silence of the void, and then the sound reverberates, followed by silence, followed by sound. In this way creation is discontinuous. It pulses on and off with a rhythm like breathing in and out. Music holds a key to understanding the rhythm of creation. It is the silence between the tones that distinguishes the creation of music from one continuous droning monotone. Pitch varies with the rate of vibration, and the multidimensions reflect the infinite variety of com-

binations. Music reveals the many colors of creation, and that is why it is referred to as the universal language. For one to listen in on the center of Source at the Heart of Hearts in the Holy of Holies, there is a simultaneous silence and the highest pitch of resonant vibration occurring equally. It is as if the sound vibration is so highly refined and intense without pitch that it is almost like silence, and equally the silence is so complete as to be described in our terms as deafening that it is like an intense vibration of sound. This is the absolute merging of the dual aspects of the One. Only when the sound emanates out from the center of Source are the many tones and hues of creation made manifest in variation.

There are seven color wave frequencies in the visible light spectrum known as the rainbow. Beyond this are the invisible waves on the electromagnetic spectrum. They are radio, microwave, infrared, ultraviolet, x-ray and gamma. Returning once again to the nesting egg metaphor of the many levels of consciousness, we can also apply this analogy to the wave frequencies of resonant vibration of the electromagnetic spectrum and beyond.

Since light is sound, we can utilize the music scale to reveal the pattern of resonance in creation. There are seven notes to the scale that are also the seven colors of the visible spectrum and of each of the seven chakra vortices that create the physical body. The eighth note in actuality occurs by jumping to a new octave and repeating the seven notes of the musical scale. Do, re, me, fa, so, la, ti returns to the original "do" note but now at a higher vibration. When in reverse, it jumps to the next octave at a lower vibration. The higher vibration is indicative of the closer proximity to Source, and the lower vibration is indicative of the farthest reaches of the dense vibration of matter creation. Match this up against what is presently known and termed the electromagnetic spectrum (See Fig. 3). You will see that there are seven wave frequencies. Within those seven right in the middle at the level of the fourth is the visible light spectrum also broken down into seven color frequencies. The fourth level within the seventh is always the centering midpoint to each octave of creation wherein balance is achieved in each octave. It is at the fourth level that the key can be turned to open the portal to the other dimensions. Contained within the visible light spectrum are the seven colors of the rainbow. This reveals a clue to multidimensional frequency through light and sound. Beyond the electromagnetic spectrum resonant fre-

NESTING EGG DIAGRAM OF ELECTROMAGNETIC SPECTRUM

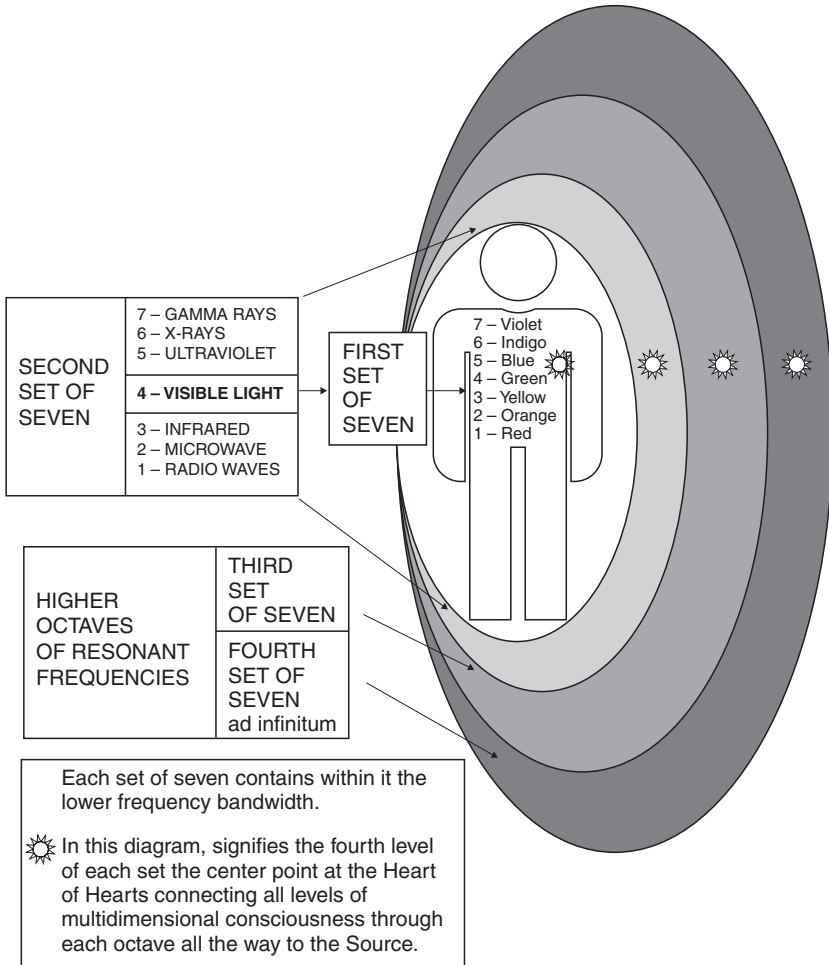


FIG. 3

quency jumps to yet another octave and, like the nesting egg metaphor, contains the seven visible color tones, as well as the seven wave frequency tones of the electromagnetic spectrum invisible to the human eye. Even though the illustrated figure depicts the dimensional frequencies to appear beyond the physical body, they are consciously accessed within to expand consciousness into the higher vibratory levels. This pattern of seven tiered octaves occurs ad infinitum to higher and higher frequencies. When does it stop? When the frequency arrives at pure balance, consciousness hovers at the threshold of the Holy of Holies of the silver/gold Light of the inner sanctum sanctorum. At the center of that is the brilliant white Light of God/Goddess Cosmic Consciousness. Creation emanating from light, which is sound and color is infinite and eternal. When does it all just return to pure white Light? It already is the pure white Light of intelligent self-awareness at the Source, which, through the levels of frequency vibration, refracts in prisms of color spectrums creating the *All That Is*. The white Light of Source is within the original atom, which is also within all subsequent atomic matter. Once again we are reminded to embrace paradox. To return conscious awareness directly to Source is to get to the Heart of the matter. In other terms, that is the same as saying the Light of intelligent self-aware consciousness is in the very center of all atomic structure everywhere at once yet with only the appearance that it is separated. The icon that appears as a star in the illustrated figure is for the purposes to show that there is only one Source of the Light and that it is at the center of all levels of vibration.

The pure white Light of self-awareness continuously creates through sound vibration of thought waves. Reflection upon its creation expands the pure white Light exponentially reaching into more depths of the space that is the feminine Goddess, the mysterious dark unknown, to reveal to itself even more of the Light of self-awareness infinitely and eternally. Conscious evolution adds Light to the Light that is already.

The Word made flesh, the *Adam Kadmon* created in the image and likeness, is the point of conscious awareness that turns consciousness away from the outer reflection in the created matter worlds. Focus is turned inward through meditation on the spiraling journey back to the core of the Source awakened to the realization "I AM." Aligning conscious awareness with the resonance at Source

and harnessing the energy of creation consciously is spiritual mastery. Whereas we, on our individuated spiritual soul paths, do not become the *All That Is* of God/Goddess but awaken to our alignment to the Source of God/Goddess and subsequently see the reflection of our spiritual essence in matter as made in the image and likeness. When our individuated consciousness is aligned to the Source, we are then able to co-create aligned with Divine Plan by utilizing higher conscious awareness of these principles and raw powers of creation.

With the Spiritual Hierarchy carrying out the blueprints of Divine Plan, there are phase shifts between resonant frequencies stepping up a few notches continuing this process. As we spiral individually and globally into the higher frequencies, what in essence is happening is that we are jumping the spiral to the next level of frequency vibration. The wavelength frequency is shorter at the higher resonance, and it may now seem apparent from this explanation how it appears that the time between thoughts manifesting into events is accelerating on this plane of the earth grid. Linear time from the perspective of the higher dimensions is an illusion. What occurs at this level of evolution is that the resonant vibration frequency is shorter, and the resonant frequency of thought vibrates at a faster rate. The distance between the wavelengths is measured by the frequency of occurrence. As this distance becomes shorter at the faster rate, manifestation of things and events occurs more rapidly. While we continuously hold a repetitive thought pattern, the pulsing rhythm is shorter and the thought can coagulate into matter more readily. The Masters caution us to be mindful of our thoughts, for fearful thoughts whether generated from the conscious or unconscious mind will generate fearful outcomes in the manifested worlds more quickly, as well as more frequently. Frequency means how frequently the vibration occurs. The up side is that images in line with the Love of Divine Plan will also manifest more quickly and powerfully.

The spiritual goal of Divine Plan at the level of physical experience is the spiritualization of matter, which is a refinement of the density of matter at the lowest vibration elevated to higher levels. This must be accomplished Higher Consciously so we become more self-aware of the "I AM" creative power within ourselves in true alignment with the *One Conscious Being* rather than an overemphasis of ego inflation. This process of the spiritualization of matter applies to our

sun, the earth, all the planets and everything in this universal sphere of creation. There may very well be many unique and different Divine Plans occurring in other universal spheres, but it is not the task of this work to map them.

The four phases of transition throughout consciousness in this alchemical process of descent and ascension are transmutation, transformation, transcendence and transfiguration in the four bodies of the etheric, mental, emotional, and physical.

Transmutation

Transmutation means to change to a higher form. It is accomplished when consciousness recognizes patterns of restricting emotions, releases them through a purification process and elevates the energy of the emotion to a higher resonance. For example, during the process of integration when the pain of the initial wounding is uncovered and recognized for the lesson it offers, the spiritual aspirant can transmute the pain into the higher resonance of compassion for the Self, and therefore compassion for all sentient beings. Anger likewise can be transmuted into its higher resonance of passion, which is the companion emotion of compassion.

Transformation

Transformation means to change the outward form or appearance. In spiritual terms, this occurs when the patterns of thought that make up the form of beliefs have been shifted, crumbled or otherwise rearranged. As this previously blocked energy is freed up, consciousness shifts to purer thought forms and elevates to a higher resonance. Manifestation in the created realms then changes form. The atomic particle, cell or molecule, which contains all creative potential, transforms into the next phase of its evolution. Because the potential of all creation is within each form of manifestation, as consciousness shifts its level of awareness, the manifested form changes accordingly. Form is not limited to the shape of objects or things on the physical plane. It can be interpreted to also mean that the form of expression the spirit takes in the world will change anywhere from choosing a new way of speaking, a new way of living or a new way of carrying yourself while walking through the physical world. The

form of how we choose to live our life, as well as the many forms of the physically created world, literally changes during the stage of transformation.

Transcendence

Transcendence means to rise above what was previously. It is the next phase of awakening consciously following the transmutation of emotions and the transformation of beliefs. Once more to refer to the metaphor of the nesting eggs, as we break through the pre-existing barriers of our beliefs, we transcend our prior level of awareness. We must first step consciously into the unconscious territory of the unknown parts of ourselves. As we experience more of this potential, we integrate it into our self-awareness. Consciousness quantum leaps from one sphere of awareness to the next level. This is transcendence.

Transfiguration

Transfiguration means to change the appearance to that which is exalted. It is the alchemical change that occurs within the physical body, when all four bodies (Fig. 4) are purified in alignment. This occurs through the many stages of transmutation, transformation and transcendence into transfiguration by elevating the physical body to its higher resonating Light body. With the purity of Divine Love in alignment with Divine Will, the radiance of the Higher Self shines forth. Transfiguration is the final stage of the spiritualization of matter at the *Adam Kadmon* or Christ Consciousness level. It is the purification of emotions and thoughts and the refinement of consciousness to a higher frequency of vibration.

These stages of the four-part process are repeated to varying degrees many times on the path of awakening. Each turn of the spiral of this process brings us closer to the inner sanctum of the Holy of Holies. Be aware that our conscious awareness can multidimensionally travel to these higher vibratory realms to commune with the Ascended Host and the Spiritual Hierarchy prior to manifesting the Light body in the Realm of Permanence with the Ascended Masters. Raising awareness to the resonant level of telepathic communication with the Spiritual Hierarchy is not the same as the transfiguration of

THE FOUR BODIES

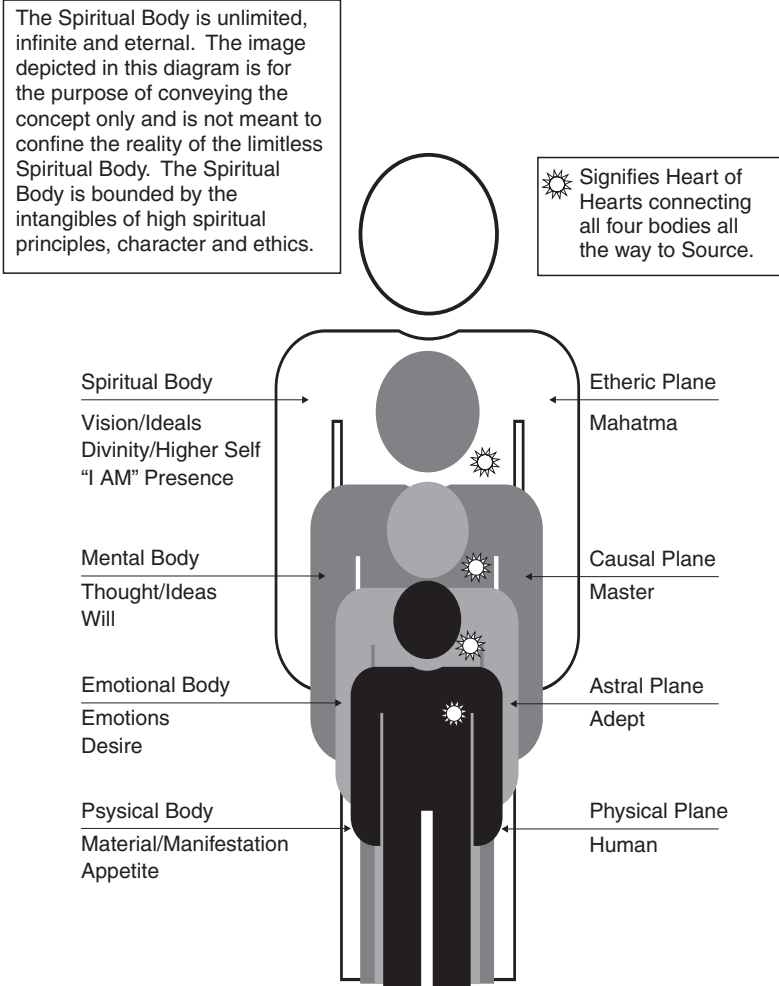


FIG. 4

the physical body to the Light body. The spiritualization of matter is accomplished through steps and stages of this process in order to refine physical matter to a higher level of vibration.

The Four Body System

Ascension through spiritual mastery is the process of balancing the energies of creation through the four-body system (Fig. 4) to create the Light body. Raising the resonant frequency is a step by step refinement of matter on the inward spiral of creation. Only personal purification of individual consciousness through spiritual mastery will refine the matter of the physical vehicle. On universal levels, what is often referred to as the Great Purification is a refinement of matter in all spheres of creation. The Great Work is the alchemical process of separating the wheat from the chaff. In laboratory alchemy, there is a process of burning off the dross through varying stages. Changing colors within the test tube radiate the different phases of the purification process. What remains is called the feces, and, through more process of purification to the stage of its essence, the *Philosopher's Stone* is created. *Philosopher's Stone* is a spiritual term for the purest spiritual essence of any substance. As in all ingredients throughout creation, this same principle applies on all levels. Whether essential oils are being extracted from plants for their pure spiritual essence properties, or the gold/silver Christ Consciousness Light body is attained after the dross of the lower nature is burned off through rites of initiation in the transfiguration process, the same alchemy principle dictates. Within the human body, negative constricting thoughts and fearful emotions must be separated by identification, then transmuted through the Kundalini solar fire of initiation. What remains after many repeated stages of the alchemical process is our pure spiritual essence.

Even though other universal spheres of creation may be created for other purposes, creation in all spheres is within the *One Conscious Being* and in holographic terms reflects the *All That Is*. The Masters remind us to never underestimate the importance of our role in Divine Plan throughout the *All That Is*, and we are honored and revered for our conscious participation in all phases of the Great Work of purification.

Following the chart below, consciousness at the human level inhabits the physical body, yet in the early stages of the evolution of consciousness still exhibits animal instincts and appetites. Human beings are equipped with the intellectual faculty to reason. The intelligent reasoning faculty is a great tool, but can also be a great hindrance on the spiritual path. When the ego is allowed to use the reasoning faculty to justify its petty behavior and perpetuate the false inflation of its limited self-image, this is one of the greatest inhibitors to awakening at the awareness level of the *god being*, the *Adam Kadmon*.

The Four Bodies	Traits	Plane of Existence	Level of Awakening	Reflection in Matter
Spiritual Body	Vision/Ideals – Divinity /Higher Self “I AM” Presence	Etheric Plane (threshold to the Monad)	Mahatma (Elohim) /Cosmic	Mineral Kingdom
Mental Body	Thought/Ideas Will	Causal Plane	Master /Universal	Plant Kingdom
Emotional Body	Emotions /Desires	Astral Plane	Adept /Global	Animal Kingdom
Physical Body	Material /Manifestation Appetite	Physical Plane	Human /Personal	Human Kingdom

The ego is completely identified with the dense realm of matter, the body and all physical objects. As long as the identity remains caught up in the ego, consciousness will remain “dense.” When we shift our consciousness in steps and phases to the Spirit/Soul, enlightenment is attained. Matter lightens when thought vibrations become more refined.

At the stage of spiritual adept, the aspirant works to purify the emotions and desires of the emotional body through transmutation. Emotions and desires on the astral level incite physical cravings. Purifying the emotional body will eliminate the cravings of the lower

appetite and desires. The human ego would like to believe in the superiority of its false image thinking that mankind at this stage of evolution is above and beyond the animal kingdom, but it is the other way around. The animal kingdom reflects the unchecked desires, greed and viciousness of the human ego, but it also reflects the higher aspects of strength, beauty, grace and gentleness of our potential true Christ Consciousness or *Adam Kadmon* nature. Animal-like behavior of the human being is animated in the animal kingdom for us to witness our behavior and evolve by balancing the anima and animus, the universal masculine and feminine principles. The masculine embodies desire, and the feminine embodies feelings. When humanity conquers the lower aspects of its animal nature, transmutes the base emotions of all animosity into the higher resonance of compassion and Divine Love, the animal kingdom will then reflect this higher nature by a drastic change in its outward behavior. When there is an end to enmity between humans as prophetically declared, the lion shall lie down with the lamb. There have already been instances reported in the headlines mirroring this behavior of a tiger living on a farm that lovingly mothered and cared for a lamb and a domestic cat mothering and protecting a wild mouse. These omens of the unfolding of the Divine Plan should not be taken lightly but as sure signs of humanity's greatest potential to create a Golden Age like none before. Just as humanity has difficulty killing and eating their domesticated pets, this will reflect in the movement away from the practice of raising animals for cruel slaughter for the sole purposes of sustenance. During the practice of cattle slaughter, the animal howls out a shriek of anguish, which releases the fear-based adrenaline hormones and artificial steroids into its flesh. The flesh of the animal is then ingested and this energy is recycled in this repeated violent pattern. From the higher perspective, these actions are perceived as barbaric, in relation to the once sacred ceremony of honoring the animal and only taking what was needed in the hunt for food. As humans stop slaying each other in domestic violence and acts of war, as well as the cruel slaughter of animal life forms, there will be a greater movement towards vegetarianism, which will then give way to living on *prana*. The raising of such large herds of cattle also depletes the landscape and releases toxins into the air, whereas vegetation creates the air we breathe. Replacing the breath of oxygen with *prana* is achieved in very

advanced stages of meditation when all the five senses are withdrawn from the external sensorial world and moved through the chakra vortices in the spinal column raising the resonance of consciousness to the twelfth chakra level. Living on prana is not a matter of simply withholding the breath from the physical body and is only accomplished through steady yogic disciplines of a one-pointed awareness.

The small-mindedness and petty self-importance of the human ego must be conquered to allow for the effulgent reality of being made in the image of God/Goddess to shine forth on the earth plane and throughout multidimensional consciousness. After sometimes long and arduous disciplinary tasks of monitoring the ego and quelling its appetites, the adept next moves to the stage of mastery by controlling the thought through the will. As long as there is still one errant thought, the adept will remain at this stage and must focus all will and intent on mastering the quiet stillness of the disciplined mind. This may be the most difficult stage of mastery for thought occurs faster than the speed of light. It becomes more evident how the Ascended Host has gained mastery over the trapped light of atomic matter by mastering the mental plane.

When the adept graduates to the next level of mastery, thought is directed into causation Higher Consciously on the causal plane in accordance with Divine Will. All thought generates creation from the causal plane. However, at the lower levels of awareness, diluted with ego interference, muddled emotions and polluted thoughts, the manifestation will be created through distortion or may never even materialize on the physical plane due to blockages from the limitations of belief systems. The true spiritual master is aligned with Divine Will and Original Cause, which opens the path to the Mahatma level of consciousness at the Source. Mahatma is another term for the level of the Elohim creator beings. The higher emotional vibrations of Divine Love diffuse into the many component energies of compassion, joy, bliss, ecstasy, peace, tranquility, awe and so much more to manifest in the many higher resonating realms.

Aligning the conscious mind with the Higher Consciousness opens up the awareness and the ability to transfigure into the Light body. Just as the slight increase in the rate of vibration elevates the level of consciousness from the physical body to that of the astral body, a much greater increase in the rate of vibration elevates the

physical body into that of the Light body. Unlike astral travel where consciousness separates awareness from the physical body to focus on the astral realm, the spiritualization of matter is the conscious unification of aligning all four bodies in resonance with the Divine. The prelude to the achievement of this alignment with the higher resonance of the Light body is accomplished through many repeated stages of the transformation, transmutation and transcendence process. This same process is applied on individual, global and universal levels. Spiritual mastery opens to the Higher Consciousness "I AM" presence at the level of the etheric plane to align with Divine Will. This energy is down-stepped through the planes and many dimensions of planting the seed thoughts of high ideals and visions of the Divine Plan that will in its season blossom in the physical planes. Dimensions are delineated by resonant tone of harmonic energy vibration. Planes can be described as spheres of manifested conscious existence.

In the reflected sphere of dense matter, the level of the human on the physical plane is its own mirror image, the turning point of evolution. The animal kingdom reflects to the human kingdom the unchecked desires at the level of the astral plane. The plant kingdom is reflective of the seeds of thoughts and ideas that blossom or fail to take root from the mental plane. At the level of etheric plane, it is the mineral kingdom that reflects the higher aspects of our spiritual essence qualities reflected in the preciousness of gemstones in the form of gold, silver, crystal and diamond, etc. (See Fig. 5). At first glance, it may seem that this diagrammatic map of consciousness is inaccurate, but it is an accurate depiction of the paradox of the circular spiral of involution and evolution. On the involution spiral of creation, the mineral kingdom is the first kingdom of creation in the matter realms. This pattern is laid out in the biblical book of Genesis. First the land with its minerals of the earth is created, then the plants, then animal, then comes the Adam and Eve of the masculine and feminine principle embodied. All of the kingdoms are created in their multitude of various forms embodying all of their essences to be reflected. Once again the paradox is that as the *All That Is* manifests simultaneously, it is the awakening of consciousness that follows the spiraling of involution and evolution. During the involution process, we embody the lower vibratory nature of each kingdom. On our journey along the inward evolutionary spiral, we return in full circle

REFLECTION OF SPIRITUAL ESSENCE OF THE FOUR KINGDOMS

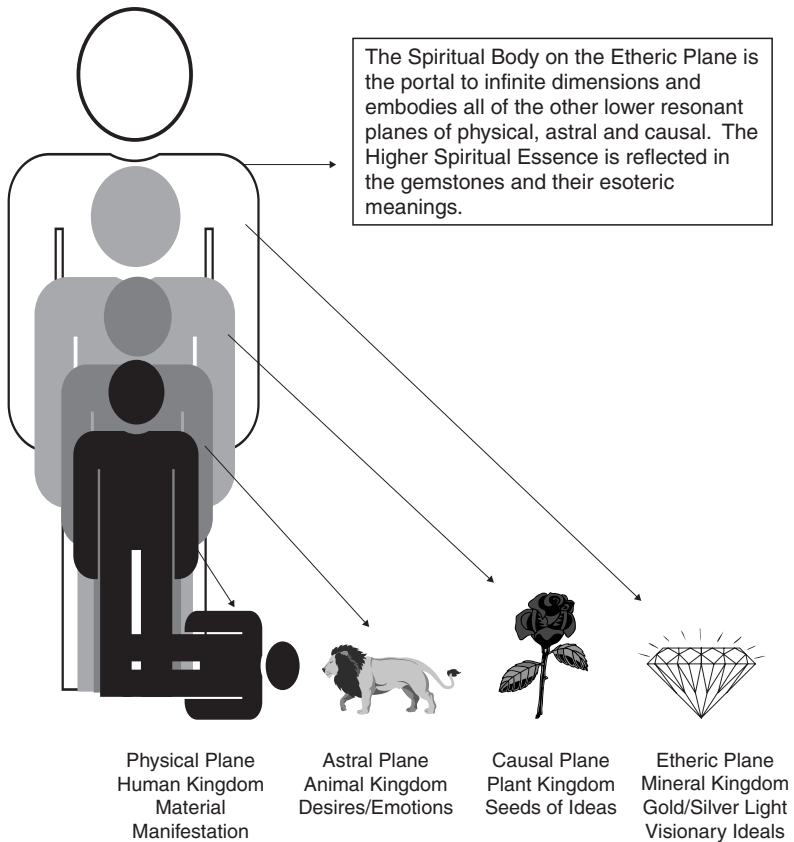


FIG. 5

throughout all kingdoms to realize the higher spiritual essence of each particular kingdom.

This is but a brief overview of the four stages of the spiritual path of ascension in accord with the purification and alignment of the four-body system to the level of Ascended Mastery. Even though reference is made to the spiritual body as a body, at the level of the Ascended Masters there is no need to confine consciousness to any limitation of form. Mastery over the lower vibratory levels of matter dictates the form that may or may not be used for the purpose of carrying out Divine Plan. At the level of mastery, consciousness is beyond the ego entrapment of the matter worlds with full conscious control over matter. Energy is manifested into its higher form of pure spiritual essence. The Ascended Masters walk among us unseen to those that are not able to raise their resonance to their level of existence. Although this is the basic roadmap to follow upon the descent into matter and the return ascension to Source, all paths of this individuation process are unique in the expression of the Soul and Spirit. This uniqueness is not lost in some cosmic ocean after all such individual striving to awaken, for ultimately nothing of essence or substance is discarded but that which is not in harmony with Divine Plan. Everything of spiritual value is gained and added unto the *One Conscious Being* in the unfolding plan of Divine causation. In the sacred science of alchemy, the dross of the lower nature is burned off through the solar fire of Kundalini, and what remains is the purest essence of spirit made manifest. Waking up to oneness does not mean blending back unconsciously into a cosmic ocean of God/Goddess awareness that we originally masqueraded ourselves to in order to individuate. Let not the small-minded ego cling to its idea of separation and fear of losing its miniscule identity in place of beholding the magnanimity of the Divine made manifest right here and now at this present awareness level. Waking up to oneness means to behold the many variations of the Divine made manifest in all forms of creation throughout all multidimensionality. Divine Plan is so perfected that it includes spontaneity, uniqueness, and a host of wonders beyond comprehension. Awakening to this divinely choreographed dance of creation is the awe and wonder of its perfection.

The Twelve Chakra System

Some of the initial steps to be taken in the refinement process of the four body system are to balance the masculine and feminine energy, which I describe in more detail in my book, *In the Garden of the Goddess*. Balancing the relationship between these primal energies brings a basic understanding of the principles of creation. All creation is thought made manifest. First comes thought from the feminine principle then comes deed enacted through the masculine principle.

Pertaining to the physical body system, the right hemisphere of the human brain governs the left side of the body, and the left hemisphere of the brain governs the right side of the body. The right hemisphere of the brain is feminine/intuitive, while the left hemisphere of the brain is masculine/logical. Metaphysically, the right side of the body is the active/giving side, and the left side is the passive/receptive side.

In addition to balancing the masculine and feminine energies within, purification of the emotions will clear the paths of energy and lead to opening and balancing the alignment of the seven chakras in the body. Understanding the chakra vortex systems of energy is another sign along the roadmap of how energy connects in the overall grid of creation. Chakras are energy vortices of harmonic tone and color. They are individual, spherical levels of self-awareness nestled within the greater awareness of the Higher Self. Chakra is an Eastern Indian term for these vortices of energy that function as connectors to portals of dimensional vibratory frequency. Errant thoughts generated through the ego from limiting belief systems and their companion constricting emotions will block the energy flow from the Higher Self to these centers. Blockages of energy in any one of the chakras can literally cut off the conscious connection with the higher realms. With meditative practice, conscious focus can be centered on clearing and alignment of the chakra centers. The term "blockage" refers to an almost stagnant state of energy not to be confused with the less intense states of imbalance within the chakras.

There are seven chakras within the energetic boundaries delineating the physical body. Two additional chakras below the body connect with the earth plane and three beyond exist in the etheric body of the Higher Self. The seven colored chakras of red, orange,

yellow, green, blue, indigo and violet/white break down prismatically from the pure white Light of the Higher Consciousness to create the rainbow auric energy field of the human body. These seven centers are generated from the Higher Consciousness with purified spiritual thought and higher resonant emotions, such as bliss, serenity and the pure joy of the creation process. Their intended higher spiritual purpose is as follows:

Divine Aspects of the Seven Chakra System of the Human Body	
1st Chakra – Red	To create the foundation of security that Divine Love is
2nd Chakra – Orange	Endless fount and wellspring of eternal creativity
3rd Chakra – Yellow	Spiritual power and harnessing the energy of the higher resonant emotions of bliss, joy, tranquility, gratitude, et al
4th Chakra – Green	Divine compassion on all levels of consciousness
5th Chakra – Blue	Communication of Divine Will
6th Chakra – Indigo	Intuitive faculties and telepathic rapport with all levels of consciousness
7th Chakra – Violet/White	Conscious awareness and alignment with the Divine Source

Distortion and blockage of these purified energies occurs within the context of the “fall” of vibration into the unconscious level of mind. With the ego’s lower resonating self-perspective of separation and fear, accessibility to the highly refined energies of the Higher Consciousness gets distorted to sometimes beyond recognition of its higher purpose. Thought becomes manifest through this distortion, and first chakra security issues become based in fear, while higher forms of creativity are replaced with an overactive sex drive in the second chakra. Emotions are then springing from this insecurity and are fear-based in pain and anger in the third chakra. Many have a closed fourth heart chakra without the flow of love, which leads to rampant heart disease. Communication that springs forth from the fifth chakra

will be littered with words of denigration, hurt and gossip of the ego centered self. For the spiritually uninitiated the sixth and seventh chakras may even be completely blocked. It may now become apparent why the need to purify the thoughts and emotions is necessary for realignment with the Higher Consciousness to flow the refined energies of creation through the balanced chakra centers.

To create the physical body, the Higher Consciousness emanates a sequence of tonal resonant vibrations, which in turn align on the magnetic grids of the original geometrical blueprint of creation for the human form. Unique characteristics of the variations of this form are registered in the DNA along with the original blueprint. The harmonics of the chakra system within the body are the octaves of notes in our musical scale. Each chakra color is a tonal vibration. Our Higher Self literally sings us into being. Chanting, toning and higher resonant music can aid to align our consciousness with that of the Higher Self. All manifested forms are created through vibration. The eccentric scientist, Tesla, experimented with sound to shake the foundations of buildings. Joshua at the "Battle of Jericho" sounded the trumpets to bring down walls. Vibration creates and destroys, shifts and changes, recycles and rearranges. Tonal alignment with the Higher Self shifts our form.

In addition to the seven chakras that create the body, there are five additional chakras in the spheres of creation beyond the personal physical level of awareness. These higher resonant tonal and color vibrations can not be detected with the human ears or eyes. To the uninitiated, these energy bands are as of yet unimaginable hues of the higher multidimensional realms beyond this spectrum. Meditation to raise the resonant awareness is the tool to attune to these frequencies. Two of the chakras beyond the physical body ground our energies to the earth plane level of manifestation. Three of the chakras of the etheric body link us to the Higher Self, all other individuated selves and the potential seed energies of the awakening *Adam Kadmon*. This extended twelve chakra system beyond the seven basic physical chakras maps the reality of our multidimensional existence (Fig. 6). Once again, the Masters wish to remind us that the original blueprint of creation at the Source of all consciousness and energy is replicated throughout all dimensions within this universal plan.

Energetically the esoteric number twelve aligns with the Council

THE 12 CHAKRA SYSTEM

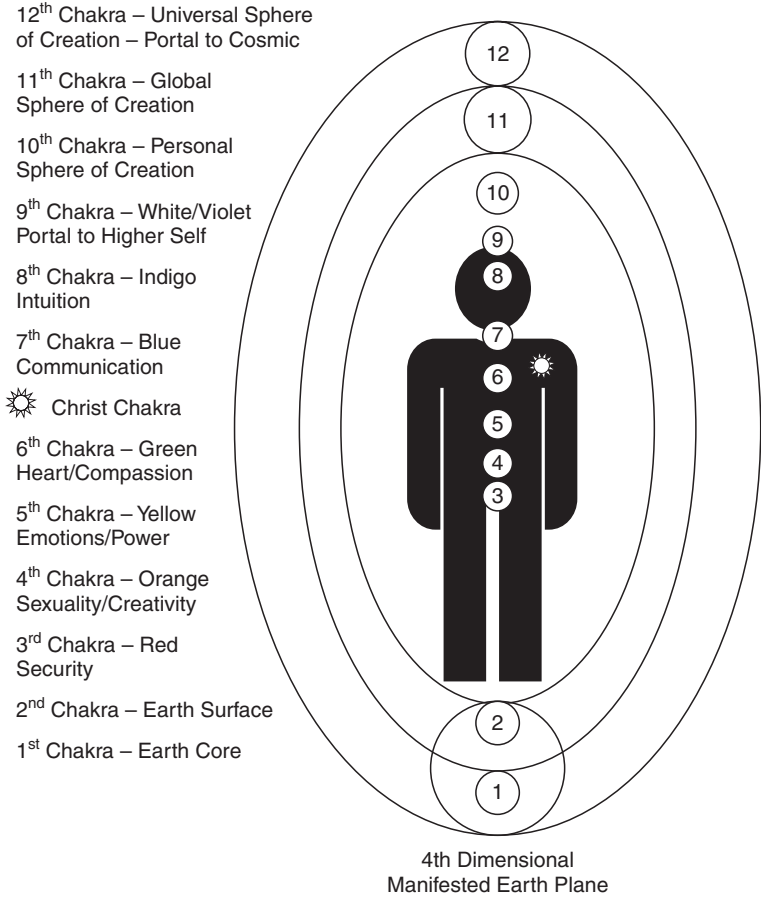


FIG. 6

of Twelve within the greater Elohim that preside at the threshold to the Holy of Holies. In the sacred geometry of the Fruit of Life can be seen the twelve spherical extensions representing the twelve governing Elohim from the center sphere, which represents the Source. Another reference to the pattern of twelve is the number of disciples depicted in the references of the manifestation of the Christ Consciousness. Although many works have stated the reality of twelve strands in the human DNA, there are only two physical strands in the double helix. Esoterically speaking, beyond the physical plane there are twelve energy bands connected to the double helix of human DNA, which act as the conductor of information through thought vibration within Divine Plan.

The ninth crown chakra correlates to the seventh chakra in the seven chakra system of the body and is the bridge to the tenth chakra and connection to conscious awareness of the Higher Self.

The Higher Self is awakened to all chakra levels of creation. There is also an etheric heart chakra just above and slightly behind the physical heart chakra, which opens to the Heart of Hearts referred to as the Christ chakra. When the energy of the seven bodily chakras is balanced in the physical fourth heart chakra, it awakens this Christ chakra. Opening of the Christ chakra is the center point of balancing all twelve chakras into the One. The Heart of Hearts is the pathway to the Wisdom/Love aspect at the Source of the *One Conscious Being*. True cosmic compassion is activated when this alignment occurs.

The tenth chakra is the individual level of awakening at the personal sphere of creation. This sphere envelops the seven chakra system within the body and the personal sphere of creation prior to awakening to the Global/Earth Surface chakra. Within this conscious awareness sphere are reflected all personally manifested events and objects enacting the personal mythology.

The eleventh chakra is the individual level of awakening at the global sphere of creation. This chakra is connected to the second chakra - Earth Surface and envelops the global/earth sphere of creation prior to awakening to the Universal level of awareness. All globally manifested events and objects enacting the global mythology are within this sphere of conscious awareness. Glimpses of this level are experienced during and prior to the full awakening at this level. It is not a reference to our average understanding of global

news or events. Awareness of this chakra level is to be omniscient of all things manifesting in the global sphere of creation.

The twelfth chakra, the individual level of awakening at the Universal sphere of creation, opens up to the portal of the cosmic complexities of creation and the enactment of universal mythology. This chakra is connected to the first chakra - Earth Core and is one and the same. As above, so below. As within, so without. The very core center of the earth is in reality the portal to the infinity of the multidimensional Cosmos. Remember that the solar Light and feminine magnetic center is within the original atom and every replicate atom. The outer is but a reflection of the inner world of consciousness. The phrase "as above, so below" refers to higher and lower levels of resonant frequency. The phrase "as within, so without" refers to the external holographic reflection of light produced in matter by the wavelength of the frequency imprinted on the ether from the projection of internal thought. For every individuated human Soul manifested in the earth plane, there is a star in the galaxies to reflect its higher evolutionary aspect of the lunar magnetic/solar electric fusion at Source. The pathway to the stars is not in the external world but is the path within. Just as the nucleus of every atom is a star, the center of the earth is a star and the center of the human is a star, all in varying stages of evolution of the awakened conscious Light of Divine Love. The human being is the geometrical blueprint for all creation and is the stage of awakening to the mastery of harnessing the Light of Divine Will while consciously directing it through the Wisdom/Love aspect into creation. The Masters are omniscient and omnipresent to all things on this universal twelfth chakra level. They have the ability to telepathically converse with a multitude of individuated Soul's on the earth plane simultaneously, as well as confer with the Spiritual Hierarchy in carrying out Divine Plan. No appointment or schedule is needed to hold council with them for their awareness exists within simultaneous time. Ever ready to respond to our plea for guidance, it is their role in Divine Plan to fulfill.

Twelve Chakra System of Universal Awareness	
12th Chakra	Universal Sphere of Creation – Portal to Cosmic
11th Chakra	Global Sphere of Creation
10th Chakra	Personal Sphere of Creation
9th Chakra	Violet/White – Crown – Portal to Higher Self
8th Chakra	Indigo – Third Eye – Intuition
7th Chakra	Blue – Throat – Communication
6th Chakra	Green – Heart – Compassion Christ Heart Chakra
5th Chakra	Yellow – Solar Plexus – Emotions/Power
4th Chakra	Orange – Sacral – Sexuality/Creativity
3rd Chakra	Red – Base – Security
2nd Chakra	Earth – Surface
1st Chakra	Earth – Core

The twelve chakra system resonates within the electromagnetic fields surrounding the DNA impressing upon it the new encoding of Divine Plan, as it is occurring spontaneously via the channels of hierarchical consciousness from Source all the way through to the physical. Human DNA can be likened to a computer memory chip that stores, updates and transfers the data of Divine Plan. This is a two-way implementation of down-stepping the frequency of vibration from Source, while simultaneously we must raise the resonant frequency of our conscious awareness. Even though the Spiritual Hierarchy is always available for guidance, they cannot do our work for us. We must make great effort on our path to meet them halfway.

It is of interest to note that the number thirteen comes from twelve within the One in the patterns of creation. The human ego has once again impressed its limitations of superstitious projection upon the number thirteen due to its fear of annihilation. All number holds its valid place in the creation process. Number is the multidimensional roadmap of infinity.

In addition to aligning the energy of all the chakra centers by conscious attention on them through meditation, energy healers can use Reiki, hands-on, or other means to help balance this energy. Ultimately, we must work with any external healers consciously to maintain any lasting powerful effects for the ultimate aim on the spiritual path is to become consciously self-aware and empowered on all levels of being.

Clearing, opening and aligning the seven chakras that create the physical body is the preamble to Kundalini awakenings. Although some people have experienced spontaneous Kundalini arousal, it is more commonly achieved through great discipline and focus of the mental faculties. Complete quiescence of the ego mind is required to consciously raise this most potent spiritual energy from the base chakra to the crown chakra. It is the ultimate balance of the magnetic feminine energy and the electric masculine energy of the electromagnetic creation principle within the physical body. The magnetic feminine is reflected in the moon, which governs the tides of the oceans. This is a metaphor to indicate that the feminine principle governs the tides and pulsing rhythms of the greater ocean of being. The dynamic electric masculine is the Kundalini energy of the solar fire, and its arousal from its sleep coiled at the base chakra becomes magnetically aligned with the seven chakras on its path up the etheric spinal column of the physical body. Activation of the pineal gland in the brain is the result of awakening Kundalini energy, which sends a signal to the brain to resonate the vibration of bliss and ecstasy chemically releasing endorphins. This vibration is carried throughout the entire four-body system aligning all twelve chakras. Dictating the cycles and rhythm of the cosmic pulse of unfolding Divine Plan, the feminine moon reflects the Light of the masculine solar sun to rouse the Kundalini of the earth evolving into a star complete with its own new planetary solar system. Before that will occur within Divine Plan, there will be an incredible Golden Age upon the earth. In the physical body, Kundalini awakening activates the *antahkarana*, a vortex of light that is the connection of the conscious mind to the Higher Consciousness. Activation of the solar fire in the physical body is the beginning of initiation into the Divine Hierarchy, the solar and galactic realms of conscious awareness. At the eleventh and twelfth chakras, Kundalini activation is the initiation of the Divine marriage of the masculine solar fire of the galactic heavens with the depths of the feminine world Soul. It is not necessary to awaken the Kundalini in order to align the physical chakras with that of the earth and Higher Self chakras. Meditative visualization practices can aid greatly in balancing these energies to open the doors to multidimensional awareness. Kundalini energy is powerfully potent and must be approached with great reverence so as not to burn out the nervous system of the physical body. This refinement process of the four-body

system must be approached in the steps and stages described previously in this chapter. There are many initiation stages to varying degrees of awakening to a myriad of levels. No judgment is placed on the level to which consciousness attains. What doesn't get accomplished in one lifetime, is being accomplished in any number of lifetime expressions to achieve the evolutionary course. It is not a race, and there are no awards or trophies awaiting accomplishment of spiritual achievement, but the disciplined spiritual path is replete with rewards. The rewards are freedom, bliss, joy, love, awe, wonder, grace, gentleness, tranquility, peace, ad infinitum in ever increasing levels of intensity. The Masters always question why we would postpone claiming the inheritance of our gifts.

Ley lines and power points of the earth are the meridians and chakra centers of the earth body. Stellar constellations reflect the meridians of the earth, as well as the meridians of our human physical bodies. There is no randomness to the astrological alignment of the stars for it is yet another segment of the map of Divine Plan. The microcosm is a reflection of the greater macrocosm. Infinity runs in both directions within and without. The deeper our awareness reaches within, the farther reaches of outer space will be reflected as meaning to these depths of our spiritual essence selves within the *One Conscious Being*.

As greater depths and more expanded heights of the Higher Self are experienced, many times the ego/personality aspect may feel overwhelmed by the "I AM" presence of the greater reality. We must learn to translate and incorporate the abstract experience of multidimensional reality through the limitations of the lower dimensional frequencies of vibration. It is an ongoing process of descent and ascension on all multidimensional levels of consciousness followed by periods of integration. As the Higher Self down steps its energy to probe consciousness into the lower frequencies of vibration, the ego/personality aspect must expand the space within its conscious limitations to allow for this frequency to awaken within the human experience. The *god being* then awakens within the manifested creation of the physical plane in the body of the ego/personality, and with each stage of integration, the descent/ascension process takes its steps personally, globally and universally. This is the enactment of the tri-fold mythology within Divine Plan.

Consciousness only embodies within matter as much knowl-

edge as it can contain in any point of reference. With each dimension accessed, new levels of knowledge are integrated and must then be applied to life events to attune with the Wisdom/Love aspect. The Wisdom/Love aspect is the conscious application in the creation process of Divine Plan. Intelligence can construct a bomb, but Wisdom/Love would never consider doing so. Knowledge without the Wisdom/Love aspect and its components of compassion and empathy leads many astray from aligning with Divine Plan.

Six



*Whoever shall sit and wait for guarantees
remains asleep.*

THE CREATION PROCESS

The goal of conscious creation is twofold. In previous chapters, we addressed the meaning of spiritual essence revealed in the depth of the Soul and consciousness as Light awakening to more awareness of the Higher Self through alignment of the four levels of mind, the four bodies and the twelve chakra system. The second step is to harness the power of the energy of creation and direct it Higher Consciously attuned to Divine Will.

The purpose of the physical realm is an experimental laboratory for conscious creation. Earth is a practice ground to learn how to harness the powerful energies at the Source and manifest the dreams of our Higher Self, which is the same as taking the steps towards spiritual mastery and conscious alignment with Divine Plan. Dreams and visions of the Higher Self are always in accord with Divine Plan.

What is the distinction between consciousness and energy? Consciousness is intelligent self-awareness. Energy is power. Energy is composed of the tools of creation, the atomic, electron, magnetic, gravitational and mechanical forces to name a few and is raw, untapped power prior to consciousness harnessing and directing it. Consciousness is primal. Energy is secondary. Consciousness at Source is the creator and generator of energy. At Source, the conscious creation and generation of energy is self-perpetual. It is never exhausted of its resources for it creates endless energy from out of the void of nothingness other than the pure existence of conscious-

ness. Energy becomes power at the point that consciousness directs it. The energy of the unconscious is a reservoir of untapped power until consciousness directs it consciously. At certain points in evolution, intelligence is not necessarily indicative of self-awareness. It takes a pristine balance of the masculine rational logic with the feminine intuition to attain intelligent self-awareness, otherwise referred to as Wisdom/Love. The stage of evolution of the *Adam Kadmon* is the point of balance that acquires the ability to consciously harness the energy at Source to become the empowered human being for the purpose of co-creation with the Spiritual Hierarchy.

Energy is neutral. Consciousness determines the outcome of how energy is utilized, whether negatively or positively dependent on the purity of the thoughts and emotions. The level of self-aware consciousness impressed upon energy during the creation process is equal to the level of evolutionary creation manifested. If you want to understand the power and energy of creation, meditate on the center of the atom. Merging consciously with the energy at the center of the atomic structure is the principle of fusion. Holding on to the perception that the energy at the core of atomic structure is separate from consciousness can be compared to the separation that occurs during the process of nuclear fission. Fusion is the formula for merging consciousness into the One and harnessing creative power. Fission is the formula for fear and separation and the subsequent damage it causes throughout creation most especially on the levels of denser matter. Fusion is unity. Fission is separation. Within Divine Plan, all must merge into the One, fully conscious, yet with individualized immortality of the Spirit/Soul intact.

The light of the sun in our solar system is the product of nuclear fusion and models the solar energy of creation. The moon in the night sky is the product of the reflection of the light back upon consciousness. Its dark side represents the vast void of non-manifest potential prior to the light of consciousness shining its awakened state.

When a human being is creating the events in their life via the unconscious mind, many fear-based images may be encountered in the external reflection, as well as many Higher Conscious surprises manifesting, which we may or may not perceive as gifts from God/Goddess. Some may call it luck or chance, but there is no such thing anywhere within Divine Plan. There is free choice, which leaves open the door to debate coincidence and luck. Technical and

mechanical Laws of the Universe exist whether or not there is debate of their existence. The avenue of accessing the Higher Conscious aspect of mind is via the unconscious mind until the conscious mind opens up to direct communion. A human being may choose to react or take action that is deemed negative because of the level of fear involved or may choose to acknowledge or refute alignment with Higher Consciousness when the miracles of our higher gifts manifest via the unconscious mind. From the higher perspective, negative does not hold the meaning of bad or wrong but simply implies limitation and restriction of the full experience of spiritual freedom. Ignorance breeds more fear, and more fear breeds more creation of nightmarish results. Knowledge holds the keys to freedom from the dictates of fear. Wisdom is the nurturing, protective mother.

Energy is the solar fire of the sound that is Light. Solar fire refers to an aspect of raw energy at the Source and should not be confused with the energy of the flame of fire that burns in the lower four dimensions. Everything manifested in the lower four dimensions is but a dim reflection of its higher spiritual essence or the distortion of images through fear. Solar fire, the eternal flame that never dies or goes out, does not need wood or other combustible materials for it to ignite. It is self-perpetuating, as are all aspects of the raw energy of creation. Without the solar fire aspect of the sound that is Light, there would be no manifested creation. Self-aware consciousness would remain stagnant within its own limited self-awareness.

Spirit animates the flesh through the vibratory resonance of thought. A highly evolved conscious awareness vibrates at a higher resonance because the thought vibrations are more highly refined. Neurotransmitters in the physical brain respond to the level of vibratory resonance and send signals through the nervous system. The nervous system is the communications system of the entire body. Functioning like a computer, the brain processes which of the four levels of mind is being accessed and ignites a charge in the synapses sending the vibratory signals along the pathway of the nervous system. The nervous system carries the vibratory signals of thought to each cell. In some cases, damage can be caused to the physical system if the increase in resonant vibration is too rapid causing the synapses in the brain to misfire or even burn out. In other cases, imbalances in the body chemistry can cause similar damage, and the nerve endings short out. Brain cells that are damaged and die

out are like bad segments on a computer hard disk, and the brain does not compute to full capacity. Emotional shocks and traumas also add damage to the physical nervous system. Purification and raising the resonance in the body in a step by step process is needed to ensure the preservation of the atomic structure during all stages of ascension. Practice of meditation on peaceful and serene thoughts will create the proper vibration to send this signal through the nervous system to all parts of the living organism of the body. All cells and molecules are consciously self-aware of their function within their living sphere of influence.

The four major elements are the building blocks of the physical realm. Fire is the electric charge, air is the static charge, water is the conductor of the charge, and earth is the grounding. A macrocosmic and microcosmic breakdown is as follows. The Great Central Sun emits the solar charge of the idealistic thought vibrations of Divine Plan. On the physical realm, the solar sun ignites and radiates the higher thought vibrations of the Great Central Sun infusing the earth plane with the electric charge, but also on the physical realm, thought patterns are generated by the individual and the collective consensus. The thought patterns of humanity interact with the idealized thought of Divine Plan through the element of air. Depending on the transmission and reception of the thought vibrations generated and received by the individual and collective consciousness, this interaction creates a static charge disturbance or aligns with the higher vibration rhythmically to create a harmonious pulsation. The thought vibration is then conducted through water to all portions of the earth, which is then grounded in the physical earth.

Within the individual physical body, the thought vibration sets off the electric charge creating a synapse in the brain. The breath regulates the rhythm of the vibration with an intermittent static charge, while water conducts the vibratory charge to the nerve endings saturating the cells to be grounded in the tissues, muscles and bones.

In universal terms, the Great Central Sun emits the electric charge of higher ideals, which are carried through the Ether to create the rhythmic pulse of planetary evolution. Liquid Light is the higher version of water and the conductor of higher thought vibration, which is then grounded by the magnetic grids around the earth completing another cycle of the spiral of creation.

Element*	Energy Function
1. Great Central Sun 2. Fire 3. Synapse Spark in Brain	Electric Charge
1. Ether/Prana 2. Air 3. Human Breath	Static Charge
1. Liquid Light 2. Water 3. Bodily Fluids	Conductor
1. Magnetic Earth Grid 2. Earth 3. Tissue/Muscle/Bone	Ground

*Sphere of Influence: 1 = Universal; 2 = Global; 3 = Personal

As each individual purifies the four-body system to align with the rhythm of the cosmic pulse, the collective conscious aligns with the cosmic pulse of Divine Plan. A Golden Age like no other will be made manifest on the Earth plane. We are the flowering seeds of this potential to blossom in the bright Light of the future sun.

Purification through the four elements is as follows. Drinking six to eight glasses of pure water daily soothes the nervous system, as well as saturates the cells to conduct the electric charge of the nervous system carrying the thought vibration. Breathing exercises calm the nervous system through the element of air to regulate static charge and eliminate negative thought vibrations. Static charge in the air makes everyone irritable because it is the manifestation of aggravated collective negative thought vibration that creates the static. Water clears and neutralizes the static charge. Eating pure whole foods from the earth grounds the electric charge magnetically to avoid burn out of the physical system, and fire through sunlight charges up the system when depletion occurs. The radiation of the sun is powerful, and great caution should be taken to only absorb small amounts of it at any given time.

The Angelic Realms

Archangels and the angelic realm are not of the human kingdom, but are names given to specific energy fields of consciousness for designated use in the creation process. Unlike the human kingdom, the angelic realm is not a realm of evolution. It is a realm of energy that remains undifferentiated in form or function. As archetypes, angels have always been depicted in drawings or art as golden light beings with wings, and imagery of certain objects, such as a sword or scepter, may be perceived in connection with these energy fields also. One meaning can be gleaned from the wings as representative of flight, which equates to the freedom to elevate resonance beyond the lower density of four dimensions. More so the wings are indicative of the electromagnetic waves of rippling energies emanating from these potent fields of energy. The etheric aura of the human has wing-like energy waves emanating from the position on the back of the body, and some confusion to being called "human angels" comes into play. This is not to deny the fact that the spiritual human being does embody the essence of angelic traits. Symbolic meaning of a sword cuts away the false image of the ego and reveals spiritual truth, while the scepter is the power of the spiritual human being to harness this potent energy of creation. Gabriel's trumpet signifies the resonant sound of vibration. When we interpret the associated symbols of the angelic realms, the angels fulfill their other task as messengers to teach us about harnessing the raw energies of the higher frequency vibrations. The angelic realms are only self-aware to the point of their function within the *One Conscious Being*. This energy does not evolve or deviate from its function, but the truth of this does not diminish the powerful intensity of the angelic energy fields. It is the realm of the raw, pure elemental forces of energy. The angelic realms resonate at the level of the purity of Divine Love while holding the keys to the tools of creation. Our perception of angels as magnanimous and tremendously huge entities is also indicative of the powerful intensity of the raw forces of energy that these fields are. However powerful these energies are, they are still consigned to being aspects of the *One Conscious Being*. Consciousness is the powerful creator and director of all energy.

As stated earlier, the archangel Metatron governs the realm of the electron. Alignment with the Metatron field of consciousness will

provide direct understanding and access to this realm of the solar electric energy of creation and all subsequent realms. Likewise, the four elemental energies that make up the material creation of the earth plane are each governed by an Archangel. Uriel is the Archangel that governs the element of earth, Archangel Gabriel of water, Archangel Michael of fire, and Archangel Raphael of air. A sampling of the reflection of the spiritual essence of each is as follows. Earth is the foundation of spiritual commitment and when searching for Truth at the Source, within the earth is the ground of all being. Water reflects the purity level of our emotions. If water is reflected as turbulent in either waking life or sleeping dreamscapes, turbulent emotions of anger or fear are at play in the unconscious and spilling into the conscious realm of mind. A clear, still pond depicts tranquility. Air reflects the winds of change through changing thought patterns, but can sting and bite if *The Word* is not purified through the use of this elemental force. Tornadoes are the collective thoughts that are generated by unchecked rage. Air is the sword that cuts away the false from the true. Fire is the torch that lights the way illuminating the Truth and is but a reflection of the mighty eternal flame of solar electronic fire at the Source. In the solar fires of initiation, the lower nature is purified. Just as we can get burned by fire or use fire for the comfort of warmth, the powerful forces of our energy can literally destroy and burn the lower vibrating resonance of the matter worlds, if we are not aligned with the warm emanations of Divine Love. Just as the elements are utilized to create the physical world, the elements are used to breakdown matter. Negative thoughts and emotions repeated within the frequency cycle of fourth dimensional time eventually causes erosion of the matter worlds. Harsh winds and water erode rock and soil, and harsh thoughts and feelings erode humanity's highest aspirations. There is always more meaning to be found if one chooses to delve into the understanding of these energies more profoundly. Conscious experience of the many realms and dimensions is the ultimate teaching. Encoded within these energy fields we call angels is all the data pertinent to its function.

The fairy realms are to the animal and plant kingdom, as the angelic realms are to the human kingdom and mineral kingdoms. Devas govern the energies of manifestation throughout the animal and plant kingdom. Calling on these energies helps to align with those kingdoms Higher Consciously to gain more self-awareness of

the spiritual essence reflective of those realms. When working in the garden, whether the internal garden of the Soul or an external garden of earth, you can call on their energy to help you grow things more beautifully. Like all of the inner realms of meditation, you can meditate and ask them to reveal the innate spiritual essence behind their form. Invite them to teach you. The veils between the realms are not that thick if you know how to penetrate them. It is all very real in the sense that the manifestation into form of the myriad aspects of God/Goddess is real on many planes and many levels of consciousness for the purposes of self-reflection through creation.

Absolute truth only exists at the perfected balance in the exact center of the Source. Alignment with the center of Source is attained within the exact center point of the consciousness of the awakened *god being*. Just as there is no absolute truth beyond the perfectly balanced center point of Source, but truth is comprehended in the degrees to which consciousness can fathom; there is no absolute time or space. Each dimension that consciousness awakens in is relative to the energy vibration of that dimension. Different laws apply to each dimensional frequency merely because consciousness awakens to a higher understanding of the mathematical complexities at other levels of the creation process. The simplicity is that there is only One, and the One is Divine Love. Within that simplicity of One is the infinity of complex number of creation. Paradox abounds.

The magic and mystery to the formula of creation on the earth plane can be simply stated that thoughts and feelings equate to "space." Primarily they exist in the feminine *state of being*, which exists beyond the fourth dimension of "time." When thoughts and feelings are "acted upon" or "reacted to" in the external world of events, we "step into time" bringing the thoughts and feelings into the masculine *state of doing*. Throughout the entire creation process, thoughts and emotions exist within the feminine realm of being and are fueled into expression through the dynamic drive of masculine solar fire. One of Einstein's many contributions to this plane was his formula that energy can never be destroyed but only converted from one form to another. Everything is made of energy, which to reiterate is thought vibration generated by whichever level of evolutionary consciousness. A simplified example would be the dynamics of converting a piece of coal. If the coal is burned, it releases its energy into heat transforming it to another form of energy. If the coal is

compressed with intense pressure of vibration, a diamond is created. In the human kingdom, we experience and express the raw emotions of anger or pain in their patented form, such as crying, brooding, yelling, tantrums, outbursts of breaking things and sometimes hurting others physically or verbally. However, if we take the energy of these raw emotions and dance and sing it out or express it in some other creative manner like exercise or painting rather than yelling or crying, we are literally converting it to another form. This is one method of transmutation and transformation. By consciously harnessing this emotional energy and directing it more positively, we can understand it in order to transmute it to its higher equation through the fusion process of merging into Divine Love with our beloved Higher Self. This is transcendence. The conscious co-creator first creates the space through expansion of consciousness and then fills it with meaningful content of spiritual essence expressing energy in its highest resonating form.

As thought is generated in the three dimensions of space, when our consciousness shifts its focus, the sense of movement is experienced in the physical worlds creating the illusion of the fourth dimension of time. For example, it may be as simple a thought as getting up to walk to the kitchen to get something to eat. All thought is generated from one of the four levels of the mind, whether subconsciously, unconsciously, consciously or Higher Consciously. To further illustrate the example, if the thought is generated by the unconscious, it will be the reaction to a belief about food and eating. The thought may be tied to emotional patterns generated from a belief around comfort, such as "food is soothing to my emotions." On the other hand, it may be an unconscious form of action that attempts to stuff those emotions back into the unconscious by stuffing more food substance in the mouth where expression of the emotions is being inhibited from being spoken or able to be talked about. The basis of all addictive behaviors will be found in the unconscious patterning of emotions and thoughts. If the subconscious generates the thought, it may be the body registering a patterned memory of always eating at a certain time, like lunch at noon, rather than listening to the natural rhythm of what the body requires and when depending on its ever changing needs. On the conscious level, it will be a matter of recognizing the body's need for sustenance through the rumblings of the stomach. Where we will find the awareness of what precisely the

body needs for sustenance in line with purification and the appropriate chemical balance of the physical body in regards to emotions and environment is on the Higher Conscious level of mind. Everyone's body chemistry varies and not all suggested paths of diet and intake are appropriate for everyone. The awakened *god being* listens to and makes choices to act from the Higher Consciousness rather than reacting to a subconscious or an unconscious prompting. Choices generated from the non-awakened levels of consciousness will always be "reactions" to the other levels of mind. In the stages of awakening from the unconscious aspects of mind to the conscious aspect, we may find ourselves listening to the prompting of our Higher Conscious mind one moment and back in the unconscious mode of ego reactive behavior the next. Like learning to drive a stick shift automobile, our motions may be choppy until we learn to glide through life on the prompting of our every step by the Higher Self. It is all part of the process of becoming more self-aware of consciousness on all levels. When imbalance occurs, we are simply to remind ourselves to realign. These incidences call precisely for patience and forgiveness remembering that it is a process of awakening and integration.

As any thought is generated, it is put into "movement" by our will to act upon it. Not only is the thought generated from one of the four levels of mind, our choice to put certain thoughts into action also generates from one of the four levels of mind. We obviously don't act out our every thought. If we react subconsciously or unconsciously, we will move into automatic pilot robotics and repeat past patterns. Conscious reaction may hold a certain amount of awareness of recognizing a repeated pattern, but possibly with the lack of understanding or enough will power to make a Higher Conscious choice. Heeding the voice of the Higher Consciousness will ultimately always make the highest choice for well being on all four levels of mind and body not in the temporal sense of short-term enjoyment of the ego pleasures, but in the realm of infinite and immortal states of bliss.

No matter what level of mind makes the choices and takes the action, our consciousness shifts its focus away from the current activity to the moment of walking to the kitchen. Time does not move us there, and we do not move through time. Consciousness shifts, and we act upon it creating the illusion of movement of the objects around us. How this really occurs is the structure on the subatomic

and atomic particle level of all objects in the physical world, including our physical bodies, break down in a split nanosecond of movement and restructure with each fraction of a gesture. It is a rapid fire thought process. The thought to take action fires the energy into breaking down and rebuilding the physical structure on such microscopic levels as to go unnoticed by the average eye. Some clairvoyants are able to see the trail of this occur in the imprint on the ether. Metaphorically, this can be compared to the drawn cells of cartoon animation and that each new animated cell is slightly altered enough that when viewed in rapid succession on the screen, it appears to be fluid movement. Manifested creation is discontinuous. Everything in motion in our world blinks on and off, but from a fourth-dimensional perspective appears to be one smooth flow of movement. It is mind boggling to the conscious mind level of thinking as to how this break down and reassembling occurs so rapidly, but contemplation upon this truth will give a clue to the frequency of resonant vibration at the different dimensional levels. Thought vibrates faster than the physical eye registers the speed of reflected light, and, therefore, thought breaks down and rebuilds the trapped light of atomic structure faster than the physical eye can behold.

The Masters suggest in all dealings in the world to maintain a centered place within you. Step back from any and all situations before reacting to them. One tool is to create space between you and the situation. To do this, take a few deep inner breaths and external breaths. This will create a more peaceful rhythm within you. Then consciously think through the thoughts before taking action. This is a tool to aid you in learning to “take conscious action” rather than “reacting” emotionally. Practice stepping to this breathing rhythm through all actions.

Assess the feelings and emotions surrounding each situation. Although it is one of our most difficult tasks, do not judge any emotions. If judgement arises, forgive and let go. Simply assess the emotions and observe them, while feeling them inwardly. Express them if needed in a safe environment through creative means in order to purge and purify. At all instances possible, be aware not to direct your emotions at others. Create the space to go within, feel the emotion, assess it in order to purify and transmute it to its higher essence. Within the Great Work of the purification process on earth, all feelings are erupting more frequently, as well as more violently and

explosive. Be mindful to not allow feelings to erupt in situations with others, thereby disrupting the peace within and without. By not judging ourselves, we learn to stop judging others.

Another tool that goes hand in hand with creating space is to manipulate time to assess your reactions to the events in your world before acting upon them. The ego relates completely to linear time creating anxieties and worries in relation to it. The illusory appearance of "linear time" is accelerating into manifesting things more rapidly. Therefore, there is a need to manipulate the illusion of time. This is done through practice in meditation. In deep meditative states, our resonance is lifted to rise above the ego, and we literally move beyond linear time into the higher dimensions that pulse to the cadence of Divine Plan. When we step back into the flow of linear time, we will have gained a greater understanding of the mastery of manipulating time by moving beyond the fourth dimensional level of awareness and into simultaneous time. Eventually, meditative practices will lead more and more to the pace of walking fully conscious in the manifested worlds aligned with the rhythm of the Higher Consciousness.

A matrix grid of thoughts and feelings connects the earth plane. Each individual embodies personal thoughts and feelings and creates personal events within their individual tenth chakra sphere. There is a matrix grid underlying collective reality woven by each individual's thoughts and feelings. This global matrix of the eleventh chakra sphere is connected by the invisible wires of "time and space" and is held together by personal and collective thoughts and emotions. When an individual changes their thoughts and emotions in their personal sphere, it directly affects the larger grid. To continue to war within you or with others strengthens the larger global grid of reality creation towards war and strife. To find peace within creates peace without.

Collectively when an individual's thoughts crisscross the grid with another's like-minded thoughts the matrix strengthens either positively or negatively. When an individual's thoughts are at odds with another, the matrix weakens in those areas. During global group meditations with all individuals focussing intent on peace, this permeates the entire grid and breaks down the areas of the grid which are woven with thoughts and emotions of strife, war, despair, lack and hatred and reinforces it with peace. Once again, a

reminder that we must work consciously with the Spiritual Hierarchy, as they cannot do our portion of the Great Work.

Regarding the illusion of the passage of time from day to night, as consciousness divides itself into duality, the light of day is created from the masculine principle and the feminine principle creates the night. It is all relative to what dimensional level of perception consciousness exists in. There is some truth that the embodiment of the masculine and feminine principles within men and women are as different as night and day until the balance of the two occurs within the One. Dusk and dawn are the magic moments of this harmony, sometimes referred to as "the crack between the worlds," revealing the beautiful colors of creation when balancing the duality of the masculine and feminine principles within the oneness of the Higher Self. Rather than focus on separation because of their differences, the human task is to uncover the inherent beauty of how these energies complement one another. Completion of the two into One can only be accomplished within and will then be reflected in the world of manifestation in relationship to all external objects. The split in consciousness of the masculine and feminine is part of the "fall" into unconsciousness and is a primary lesson to learn to balance these powerful, potent energies of the creation principle at the Source. Relationships between the dual aspects reflected in the outer worlds are keys and clues that can be viewed as a mirror to understand what is at the roots of the raw power of the creation principle. All external relationships are a mirror to reflect where we still need to harmonize and balance duality until, we too, like the Ascended Masters, have integrated duality within and spiritual mastery is achieved. The conscious co-creator is then born. The Masters, once again with their sense of levity say, "Welcome to the Realm of Permanence." However, do not be fooled by the use of the word permanence, for all levels of manifested form are transitory.

The Realm of Permanence is the seventh dimensional resonant vibration and beyond of the Spiritual Masters who can hold their thought aligned with Divine Will throughout eons. It takes eons to hold the thought of a planet in its evolution. Sanat Kumara is the planetary logos holding the idealized visionary thought patterning of the earth in place throughout all phases of its evolutionary path. All things must pass eventually, and the Realm of Permanence is not a realm of unchanging matter but a realm where matter is refined and

beautified. It is a realm where the purity of spiritual essence is solidified, as in the Philosopher's Stone of alchemy. Because the higher resonance is of a shorter frequency wavelength, the duration of thought manifestation in the higher realms can be held longer. Because of the intensity and strength of focus of mastering the energy of Divine Will, thought patterns are held steady without waver. Divine Will is the absence of any and all self-doubt.

Multidimensional Blueprints

The blueprint of creation through Divine Plan is a "matter" of becoming more. Expansion of consciousness is the key to evolution and creation.

The enigma of the fourth dimension of time must be comprehended from beyond the fourth dimension. An esoteric understanding of it takes a multidimensional perspective. Although from the fourth-dimensional perspective time appears to travel in a straight line from past to future, if it is to be described in terms of movement, we return to the curvature of a circular spiral motion. When you combine the straight line of the masculine with the curved of the feminine, it creates the beautiful spiral of evolution witnessed so often in the manifest world from the Milky Way down to our DNA. The three dimensions of height, width and depth (Fig. 7) are curved by the fourth dimension of time (Fig. 8) creating a toroidal shape (Fig. 9). Remember that the feminine principle curves space causing the Light of self-awareness to reflect back upon itself, which creates the illusion of time. In a multidimensional sense, the use of the word "time" can be replaced with the term "frequency cycles." Reference again to the metaphor of the moon governing the tides will reflect the feminine principle setting the rhythmic pulse of creation. Considering the confusion of the rational mind thinking that time is linear, hopefully this explanation will clarify that any observation of movement within the four dimensions is cyclical and occurs in pulsing repetition rather than linearly. A straight line does not cross itself again but has the ability to veer off in two directions infinitely. The feminine curvature of space creates the fourth dimension of time so that we may encounter our "Selves" time and again in order to "Know thyself." What appears as movement in a linear fashion is, in fact, vibration

**THREE DIMENSIONS OF
HEIGHT, WIDTH AND DEPTH**

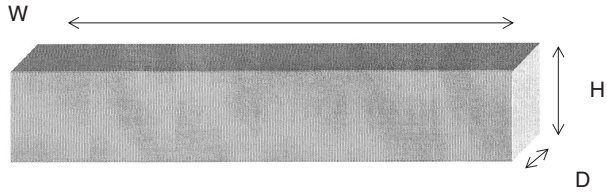


FIG. 7

**CURVED SPACE CREATES
FOURTH DIMENSION OF TIME**

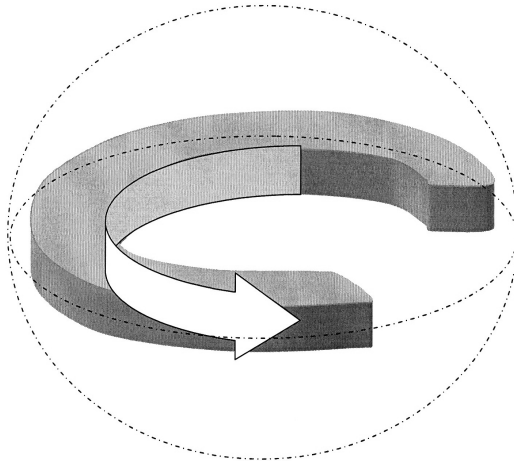


FIG. 8

**TOROIDAL GEOMETRY OF
FOURTH DIMENSION**

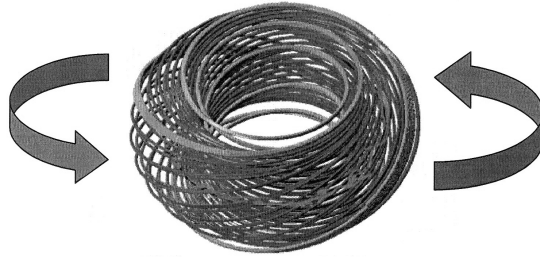


FIG. 9

THE FIFTH AND SIXTH DIMENSION

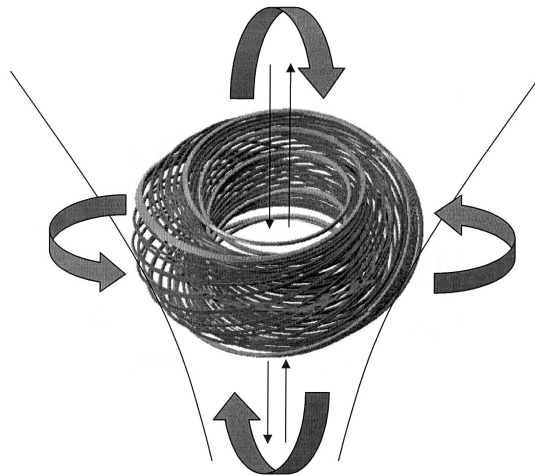


FIG. 10

rippling around the toroid shape of a spiraling vortex of energy. Consciousness shifts its focus within this toroidal shape to move around in cycles within its fourth-dimensional parameters. This is revolution. As the electron revolves around the atomic nucleus, the moon revolves around the earth, while the earth revolves around the sun. The planets orbit around our sun within the Milky Way. The Milky Way spirals from out of its core.

The pattern of energy flow is that of turning in upon itself and coming out the other side like a Mobius strip effect. Confinement to this donut-shaped fourth-dimensional existence keeps consciousness in a repetitive pattern mode throughout all of "historical time." Personal and global history literally repeats itself within these dimensions because nothing new occurs unless consciousness opens to spiral into the fifth dimension of awareness and beyond.




Repetition can be witnessed in the same fashions coming around again, shoe styles cycle through the different generations, while the skirt lengths rise and fall like the tides. The Revolutionary War is the Civil War is World War II is a revolving door of wars that continue in four-dimensional revolution. Everything enclosed within the toroid of four dimensions is recycled in a horizontal motion. It is recursive. The recursion is embedded within Divine Plan at this level in the design of evolutionary progress in order for us to learn through the actions of cause and effect through repetition. As stated earlier, the *One Conscious Being* and Divine Plan are not stagnant. Within the blueprints of creation and evolution is the freedom gifted to all individuated Souls on the path of awakening to jump the spiral of evolution at any given moment of choice. Paradox enters again with the truth that it is individual choice, as well as a collective consideration. What one does effects the all and what the all does effects the one. Graduation is upon those who strive to exceed previous limits and levels of awareness.

The fifth dimension is a wormhole of energy at the center of the toroid (Fig. 10) and is the realm of new and limitless self-generating imagination from the Source. A small percentage of people throughout history have been multidimensional travelers. By either consciously or unconsciously tapping into the fifth dimension, a few were able to bring through art, music, inventions, discovery of higher sciences, and anything not previously created into manifestation in the lower four dimensions. Others have mastered ascension to the

Realm of Permanence and beyond. A swirling vortex of energy, the fifth dimension perpetually funnels through the center of the toroid, stirring up activity in the lower four dimensions towards evolutionary creation. Taking into consideration that there is no real sense of direction in the Cosmos and for the purposes of drawing this roadmap, the fourth dimension is basically a horizontal dimension. Within its limitations is the action of choosing between either/or. One must choose to move either horizontally or vertically but the capability to move in both directions at the same time is not available. Moving up and down vertically in this dimension is also a horizontal movement in the sense that there really is no sense of direction. Within the fourth dimension, the limitations to be able to move consciousness in one direction only linearly should be clearly ascertained. It can also be stated that the fifth dimension is a vertical field of energy, but only in the sense that it adds a new dimension to the fourth. Horizontal and vertical are terms that are relative. Relative to "what" in this instance would be dependent on which dimension our conscious self-awareness was oriented in. From the fifth-dimensional perspective, the three dimensions of space and the fourth of the cycling circular movement of time can be seen to sit somewhat horizontally within the higher resonating dimension of the fifth. Awakening to the initiation level of the *Adam Kadmon* occurs at the fifth dimensional frequency of vibration. At this level, energy moves through the center of the toroid and swirls through and around the lower four dimensions. When combined with the sixth dimension, it creates a second toroidal energy field.

A brief introduction to the energy of the sixth dimension is that of Chaos and is being explored by certain scientists of Chaos Theory. Paradoxically it is both a churning sea of chaos and absolute stillness simultaneously. Harnessing and consciously spinning energy simultaneously both vertically and horizontally activates the Merkaba energy field around the fourth-dimensional physical vehicle. With conscious awareness focussed on the combination of the fifth and sixth levels, as well as the first four dimensions, picture two interlocking doughnuts, one horizontal and the other vertical, and then spinning in opposite directions (See Fig. 10). A meditative exercise is to focus on simultaneously spinning consciousness from top to bottom like a Ferris wheel and left to right in a clockwise direction like a merry-go-round. At the stage of the awakening *Adam Kadmon*, the

conscious traveler harnesses the energy of the sixth dimension to activate the Merkaba. It is a term for the Light body of a higher resonance than the physical body that extends far beyond fourth dimensional measurements. Consciously harnessing the paradoxical energy of the sixth dimension of Chaos teaches us to balance this new experience at this level of awareness. It is the spiritual mastery stage of the awakened *creator god being* of balancing the two returning to One.

		
<p>1st to 4th Dimensional Horizontal or Vertical (up & down or back & forth direction but not simultaneously)</p>	<p>5th Dimensional Awakening Consciously to the Awareness of Adam Kadmon</p>	<p>6th Dimensional Horizontal and Vertical Spin Simultaneously – Activation of Merkaba</p>

Fundamentally our consciousness grounded in the earth plane in fourth-dimensional terms is horizontal spin. If we remain in horizontal spin, a repeated pattern and cycle of creation will reoccur. In fourth-dimensional consciousness, there is literally nothing new under the sun. Reaching this level of awareness at the fifth and sixth dimensions allows the conscious multidimensional traveler to tap into the raw creative energy that is the balance of masculine activity and feminine tranquility. Here we find the beginning clues to the dynamics at the Source of electromagnetic energy. Throughout the lower dimensions of the physical world, the attraction/repulsion nature of the energy of the electric masculine and the magnetic feminine can be witnessed. The sixth is the dimension of balancing the state of doing and the state of being simultaneously without a seemingly lengthy time lag between manifesting the two energies in a

back and forth motion. To walk through the lower resonating physical world within this awakened sixth-dimensional state of balance brings a sense of powerful repose to one's state of being while involved in any activity. Paradox permeates the creation principle throughout all realms, but the sixth dimension is the learning ground to consciously rise above the split duality of "either/or" and hold the resonance of "both/and."

Dimension	Kingdom	Levels of Conscious Awareness
1	Mineral	Depth
2	Plant	Depth/Height
3	Animal	Depth/Height/Width
4	Human Animal	Depth/Height/Width /Linear Time
5	Spiritual Human Being	Depth/Height/Width /Linear Time/Awareness
6	Adam Kadmon	Depth/Height/Width /Linear Time /Awareness /Simultaneous Time
7	Master Threshold to Next Octave	Depth/Height/Width /Linear Time/Awareness /Simultaneous Time /Power

With this balance of the sixth dimension comes purposeful and focused action culled from the seventh dimension. At the seventh-dimensional level, creation becomes Higher Consciously empowered. The seventh dimension is the Realm of Permanence in the creation process. Once again, it is not the finality of multidimensional conscious expansion or the end of creation. Understanding the focus to direct the will, remain balanced within the masculine of dynamic, active chaos and the feminine tranquil state of being, draw from the endless fifth-dimensional pool of the imagination and manifest in the multidimensional realms is the accomplishment of conscious awareness at this level. "On the seventh day he rested" is the esoteric message of pausing at this threshold before we springboard into yet another quantum leap to the next octave of dimensional consciousness.

In the microcosm and the macrocosm, as above, so below, the “spin” of atomic particles follows suit of the “spin” of the energy of these seven dimensions. Higher Consciously spinning atomic matter both horizontally and vertically simultaneously is the key to teleportation at the level of spiritual mastery on the sixth and seventh dimensional levels. There are seven tones within each dimensional octave, and a myriad of octaves resonating at various tones in the multidimensional existence of the *One Conscious Being*. Eight is the symbol of infinity in the seven tiered nesting eggs of consciousness throughout creation (Fig. 11). Eight is also not the end of the dimensions, but represents the symbol of infinite cycles of the creation process.



FIG. 11

Whereas time was experienced as appearing to be strung out on the linear continuum, consciousness now awakens to the reality of simultaneous time. Linear comes from the root word line. Picture a straight line moving through a circle. To think, act and function in a straight line eliminates all of the experience of the surrounding area of the circle. The rational aspect of the ego mind, which manufactures the illusion of time functioning linearly, is like the thin line running through the circle. Conscious awareness of simultaneous time is “being the entire circle” including the rational line running through it. Now imagine the circle as an ever expanding sphere and the present conscious moment as a point within that sphere. The focussed point of consciousness has the freedom to shift its focus to any other point within the sphere or “be” the entire sphere. This is the freedom of conscious multidimensional travel through the vehicle of self-awareness. With this imagery in mind, open up to the realization of how much more choice that affords us in creation, manifestation and conscious experience of the multidimensional realms.

The very slow rate of frequency vibration within confinement of

the lowest four dimensions of space allowed for the creation principle in this sphere of consciousness to be a long and drawn out process. A thought or vision conceived of may have taken ten years in a linear sense to manifest. It was the built-in safeguard for our thoughts to manifest so slowly, or the negativity of our thoughts would have no sense of space for reflection. The mirror image of the physical world is created for the purpose of revealing to us repeated patterns in order to learn to undo the negative emotional forces within us that create them, as well as the positive feedback from our thoughts. If the frequency would be heightened during the childhood and adolescent stages of our spiritual path, our negative thoughts and emotions would destroy the creation before having the linear time to reflect on where we make our mistakes in the creation process. A potent emotional vibration, such as rage, would destroy instantly, whereas in the drawn out linear time frame of the fourth dimension, rage may take longer to devastate culture and the environment through warfare and belief in separation through difference rather than harmony through diversity. Over time, frequent outbursts of rage and anger surely destroys the ground upon which love may have initially blossomed in any and all human relationships in the same manner that the bombs of war destroy the landscape and further divide the greater human family. As stated earlier, all relationships whether personal or nation to nation on a global scale are mirror reflections of aspects of consciousness emanating from one of the four levels of mind to teach us through reflection. Also stated earlier was the explanation of how emotions emanate from thoughts as vibration manifested and that unchecked thoughts and emotions can disrupt and destroy creation. Entropy is a law inherent within the first four dimensions for a purpose. Thoughts that are made manifest in density eventually erode into entropy. Everything shape-shifts. Thoughts shift and energy of manifestation shifts to shape-shift our environment. Entropy is meant to break down and deteriorate matter due to its imperfection on the lower frequencies of thought vibration. Mastery at the seventh dimensional level is perfection of the true beauty of spiritual essence within created manifestation.

Within the context of the three physical dimensions of space, the fourth dimension of time is a valid dimensional experience and should not be relegated as something of unimportance in the overall scheme of Divine Plan. Just as in elementary school we must learn

the basics of mathematics and language in order to move to higher levels of education, we must also learn the basics of the elementary mathematics and the use of language through *The Word* in the thought creation process. In order to graduate to an understanding and utilization of the higher laws of the Language of Light, we must first be able to learn the basics of the vibration of verbal language. The same holds true with the concepts of linear time, simultaneous time and multidimensionality.

As our consciousness awakens within more dimensions, time is seen as the illusion that it is against the backdrop of simultaneous time. All things exist everywhere and all at once. Awakening within the fifth dimension affords a self-aware opportunity to perceive that the fourth dimension is the circular, cycling of repeated patterns of consciousness. The cycle is now jumped to the next spiral of evolution. The once difficult to grasp concepts of eternity and infinity now open up to us, as we find ourselves in a new playground of creation.

As mentioned in a previous chapter, there was a seal to the vortex of the fifth dimension around the lower four dimensions set in place by the Spiritual Hierarchy of the Ascended Host. Within the Divine Plan, there is no such thing as a "permanently closed system." That would imply that entropy pervades the universe, and thankfully this is not the case. The previous parameters of the third and fourth dimensions have been changing drastically. According to the rhythm of the cosmic pulse, it may appear that the lower dimensions are still cut off from the higher realms, but that is due to the measurement of 12,000 years in earth time of the yugas, a Sanskrit term for the greater cycles of unfolding Divine Plan. A yuga is the measurement of the combined evolutionary awakening of consciousness on a cosmic, universal, global and personal level. As the Spiritual Hierarchy experiences expansion of consciousness, this energy of creation is rippled throughout all dimensions of consciousness. Time is measured in the fourth dimension by the cycles of the earth's rotations and revolutions around the sun. The spiraling evolutionary path of the cosmos is measured in eons or yugas around the Great Central Sun. Eventually, the consciousness of Sanat Kumara expands and evolves beyond their present function in the Spiritual Hierarchy as the planetary logos. Because of evolution, consciousness is not rendered stagnant in any dimension.

There are intrinsic laws within the creation principle one of

which is the Law of Resonance. A brief explanation of the parameters of the Law of Resonance follows. If two people are in a room, the vibration of their consciousness must equal. If one of them is resonating at a lower rate of vibration, that person must bring their resonance up to the other higher resonating person, or the person resonating at a higher rate of vibration must lower theirs to equal that of the lower resonating person. One of the two people must raise or lower their resonance to equal the other, or they must both compromise and meet somewhere mid-point to attain equilibrium within the Law of Resonance. What does this exactly mean in terms of life and living? If a person is sitting in a room aligned with their Higher Self and resonating attuned to Divine Love, and another person enters the room resonating at the level of ego fears and the lower vibratory emotions of hatred or anger, one of the two must change their resonance. Often, it is hard for a person resonating in a lower state to bring their resonance up to a heightened level due to their ego clinging to fear. When this happens, the lower resonating person will quite often exit the room if the person with the heightened resonance refuses to lower theirs. It is equally difficult for a person resonating higher thought patterns to lower their vibration without feeling great discomfort. During channeling sessions with the Masters, when Divine Love enters the room, some people have to leave the room after a while because of their inability to hold their resonance high for an extended length of time. As stated earlier in this book, Divine Love and fear simply cannot occupy the same space because of the vast difference in the levels of resonant vibration.

The resonant vibration of the fourth-dimensional earth plane is raising and continues to accelerate to a faster frequency. Faster is exactly what this means. Our thoughts are manifesting much faster before the perceptions of our three dimensional eyes. Where once there was a lengthy time lag between thought and manifestation, this buffer zone has diminished greatly. This shift to higher resonance is a jump in the evolutionary spiral. Referring back to Chapter One in the section on *Resonant Frequency*, as you can witness from this expanded diagram in Figure 12, frequency is measured by the number of waves that pass by in a given cycle. Now imagine the center of the Source of the *One Conscious Being* emanating the many tones of creation. These resonant vibrations close to the Source are the shorter wavelengths at the right of the figure, whereas the vibrations

of the lower density of the fourth dimension are longer in wavelength at the left of the figure. As these resonant tones of creation spiral out from the center, the further from the center they reverberate, the longer the cycle of the wavelength, and the longer the span of the cycle of manifestation between the wavelength frequency. The closer they are to the Source, the shorter the distance between the resonant sound that is Light and manifestation (Fig. 12). At the center of the Source is the absolute, serene silence of the void in harmonious rapture with the beautiful music of the spheres. There is no appearance of any cycling of a time lag in the resonance of rapturous tranquility. This is the Source of the energy of creation. This is Divine Love of Cosmic Consciousness. At the highest rate of vibration, Divine Love is a constant.

Back down to earth, the accelerated rate of vibration is increasing, and with it our sense of time is shifting from linear to simultaneous. As the resonance on the planet approaches the next higher vibrating tier in the spiral, our consciousness is shifting from separation to wholeness. Wholeness is the multidimensional layers of existence overlapping, bringing with it the simultaneous awareness of the many layers of manifested existence into our conscious experience. Our most fearful images from the unconscious realm are manifesting faster on a personal and collective level. This means that the dreams of our Higher Self can and will also manifest at an accelerated rate in line with our higher purpose. We are in need of purifying our thoughts and emotions in order to make way for the Divine Plan of creating the higher dreams of joy, beauty and love in manifest form.

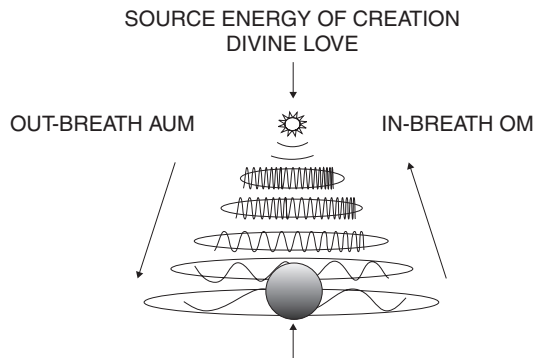
In quantum physics it has been stated that light is both a particle and a wave. The Light is a wave on the spiral of creation, and it equally pulses with a vibration that is a rhythm, as it becomes a particle and then back to a wave, etc. Referring back to the section in this book on the resonance of music and the pauses between the sounds, it is the same principle in both theory and application. Consciousness creates all things from the energy of pulsing signals of thought vibration. When these pulsing vibrations of thought are combined with each other, they become waves of thought patterns. The Masters reminds us to approach the understanding with the combination of both the feminine intuitive nature and the masculine rational reasoning faculty. Balance between the two will aid in under-

WAVELENGTH FREQUENCY SPIRAL OF CREATION

LINEAR DIAGRAM OF WAVELENGTH FREQUENCY



SPIRAL DIAGRAM OF WAVELENGTH FREQUENCY



Gaia/earth consciousness is evolving and ascending to a higher resonating dimension.

FIG. 12

standing the abstract realms of the higher resonating multidimensional universe.

As we step fully awakened into the fifth dimension, we find ourselves in a vast new realm of unlimited imagination. At our creative fingertips is an unlimited supply of new images to play with. Because evolution of conscious awareness is all-inclusive the old images are still available in the scrapbook of the unfolding annals of historic time. These images can be upgraded and reused if one so chooses. More importantly, from out of the fifth dimension there is a limitless fountain of new image to now create from and entire new depths of the meaning of spiritual essence to be revealed.

From the awakened conscious perspective at the cross-point where infinity meets eternity, the sea of endless potential bubbles and froths like an ocean of ideas emerging to rest upon the ever present moment of Now. It is simply to ask the question, "What will Divine Love create now?" With that question set into motion, the universal energies quicken their pulse to bring forth the myriad of tools at the creator god *being's* fingertips.

Tools of Creation

Vision

The term vision may be confusing if the human ego is allowed to interpret it. Vision is not confined to the range of sight of the physical eyes. True vision exists in realms far beyond the human ego's ability to comprehend. That is why we must open to our Higher Consciousness in order to align with the visions of Divine Plan emanating from the Source.

The visionary will always be ahead of their time in the externalization of Divine Plan. A visionary must be willing to either permanently release or temporarily suspend the restrictions of the past in order to quantum leap into the unknown future. This future is the realm of higher dreams and visions and is the state of awakening consciousness that is eternally becoming more. The visionary future is not a marked place in time but is the state of conscious expansion. The illusory past is continuously recreated from underlying belief systems that cage consciousness within its own limitations. The past is

the state of constriction. Each present moment is the point of power to effect change or evolution of consciousness.

The world is in great need of visionaries to ensure its evolution. Because the collective world is always a few steps behind, it will never be quite ready to accept the proclamations of the visionary at the point of time the vision is presented. From out of its constricted state, it is this same world of consensus population that often condemns the dreamers. Such condemnation from the external world may incite a visionary towards the temptation to embrace the martyr syndrome. There is but a fine line between a visionary dreamer and a martyred saint. Martyr chokes off the dream at its roots and, if not outright inhibiting its fruition, may taint its manifested form. A visionary must hold steadfast to the vision while simultaneously refusing to martyr oneself for the sake of the vision. The task that lies before them is to gracefully lay the foundations of their vision so that others may walk more smoothly into the future. Bringing pieces of the greater dream to the world in small doses in order to make them palatable for everyday consumption can aid the visionary in their task. Seeking sole claim to any vision entices the ego to become martyred if or when recognition is not given for having been the first to impart the vision. Awakening fully conscious within the higher vision is a precious gift in and of itself. There is so much joy in presenting this gift to the world free of martyrdom, which is the reward of the visionary. The destiny of the very world that condemns the visionary today depends upon these same visions to create their future of infinite tomorrows.

Vision is a powerful tool we are gifted with as *creator god beings*. What kind of world do you wish to create? You must envision it first and then allow the steps towards building and manifesting that world to be revealed to you through intuition and guidance. Follow the synchronicities like breadcrumbs through the maze of choices and decisions that bombard us daily. Listen to the whispers in the wind, the silence of the stars and the hush of the ancient forest. If you do not have access to the elements in the world, shut out the droning noise of the external world, and listen to the sound of creation within yourself. There are whispers from your internal wind. The breath of your being whispers to you internally. In between the heart-beat and breaths, listen to the internal silence of the star that you are emanating deep from within your core. You are a being of Light.

When you can silence the internal ranting of your mental rambling thoughts, you will learn to feel the hush of the ancient forest that nurtures your growth. The flora and fauna of new thoughts will sprout within you.

Within the seed is the vision of the tree. Envision your spiritual essence like the tree branching out in expression of your true nature. The roots know not what they seek as they reach into the darkness of the interior of the earth other than the nourishment of the soil and water, food from the Soul. As the roots dig deep into the feminine darkness of the unknown, the branches and leaves reach towards the light of more self-awareness as the masculine expression of Spirit. The leaves and branches know not what they seek other than the light. As they reach towards the light, they become their full expression. Their green, lush beauty shines forth frolicking with the whistling wind. Each leaf emanates the energy of creation. It gives us oxygen for the breath of our being, and as we breathe in the essence of the trees, we reach with expression extending just like the branches and leaves towards the light of our Higher Self. Evolution is a state of becoming more than what was prior. What was once a seed of a thought is now quite literally the Tree of Life. From this Tree of Life springs forth the Fruit of Life. In reaching towards the light, in this very simple act of becoming our full expression, we generate the energy that literally gives life to life. In this action of reaching towards the light, we become our full expression. We awaken consciously as the starry god being creator dancing across dark space in an array of the many vibrant colors of a new world.

Envision the dream that lies within the seed of your being the spiritual *god being* you are becoming. Ask of your Higher Self, "What is the essence of this being?" Then be willing to listen to its voice. It is your very own voice at the awakened level of higher consciousness. Seek and stretch towards the light to reveal the joy, the bliss, and the beauty of the Soul in expression.

Seek first always the essence of your being. Dig into the darkness of the hidden parts of your self through your roots. This is where you will find your Soul. This is the very substance of which you are made. Here you will taste of the core essence of nourishment. It is not a physical substance, but the pure raw energy of creation. Here is where you will find the truth of expressing your spiritual essence. Then through the harnessing of energy into the coagulation of atom-

ic structure, the manifested form of spiritual essence is captured for fleeting moments like flashing pictures of the unfolding vision projected against the rich, black backdrop of eternity. An infinity of manifested dreams come true. The sleeping Soul awakens, and the dream is "real"-ized. You are the dream that is always becoming more.

Vision is indeed a powerful tool. The tool of vision utilizes the endless sea of imagination. The fifth dimension is the imaging of the shape and form of the resonance and vibration of sound and color. Sifting through the maze of potential reality creations, the *creator god being* sets their focus upon one single ideal and the subsequent ideas as its offspring. From this foundation the *creator god being* begins to build an entirely new world and one that has never been made manifest before.

You must first build the foundation of this new world by raising the resonant vibration above the lower vibrations of fear. The new foundation is the common ground where the human being merges with the Higher Self. Where the ego once embraced fear, the ingredients of a new foundation based in Divine Love is the ultimate sense of safety in all things.

What would a world be like with the foundations of beauty, joy and love manifested from the base of such safety? With the foundation of beauty, the creator can envision beauty in motion. What does beauty in motion look like? The dance of beauty appears before the inner eye of visualization in a burst of colors erupting from the void. The colors merge and mingle, then separate into their own singular radiance. What is the color of joy? How does Divine Love manifest in all its glory? What new shape and form of this love can I express?

These are the questions the multidimensional awakened *creator god being* asks. These are the questions that the multidimensional awakened *creator god being* answers through the powerful act of conscious creation aligned with Divine Plan.

Thought and image are just two of the tools of the master mason and architect of creation. Vision is the secret elixir of the new world, a creation of something entirely new beyond the recycling, repetitive patterns of the past and into a future that has never been. If all is occurring simultaneously, how can there be reference to a future that has never been? All of manifestation occurs simultaneously, yet there is always more to be created to add to the *All That Is*. In the darkness

of the feminine womb where the Light is yet to shine, there exists all potential future creation. The omnipotence of God/Goddess is unlimited creative power and the potential of all possibility to come into existence. Creation is not stagnant but ever new.

Harvesting Desire

Desire is the fuel and energy behind the manifestation of pure thought. Spiritual mastery is knowing where the thought dwells. Recognition of negative fear-based thoughts must be attained first to banish them from the creation process. The spiritual master transmutes the lower desires of the nature appetite into the highest desire to enter into conscious communion with the Divine. Desire must turn its attention away from the lower nature of ego attachment and transmute into the unquenchable thirst for pure communion with God/Goddess. Once the lower nature is subdued and the idea seeds of the higher vision are planted, they must be nourished and nurtured with love. The heart center is the source of this nourishment. The aspirant focuses their intent from within the heart center upon the vision, thereby nourishing the idea seeds with the purity of Divine Love. This is the harvesting of desire within Divine Plan.

If fear presents itself behind the thoughts, then the desired outcome will be a frightful experience. If Love is the motivator of the desire then the many facets of Divine Love will manifest in glorious tribute to the very act of creation itself.

Expectation is a component of the energy of desire. It fuels the thrust to the outcome of creation. However, do not let anticipation force a premature birth. If anticipation is given to the ego, impatience arises and the creation may be delayed or dissipated. It is also imperative to not allow anticipation to foster disappointment. This keeps the novice *creator being* locked in a revolving door of failure and the entrapments of the lower resonance of ego. True expectation is the state of knowing it is so without a trace of self-doubt. It is the conquering of the lower nature of ego desire to align consciously with the Higher Self and attune to Divine Will. Alignment with Divine Will is the absence of all doubt. The intense resonance of the higher dimensions of creation permeating our existence may overwhelm the novice creator at first. Sit within the inner temple of the Higher Self in meditative communion. Remember this is an awakening to allow the

Higher Self to set the rhythm to the pace of the cosmic pulse. Patience is a key component.

There is something termed the *dream vapor stage*, wherein some visions never quite materialize. Often we return to our former self-doubts or patterns of self-punishment believing we failed at our purification process. When this occurs, it is helpful to remind ourselves that we did indeed do the clearing work and purification of our emotions. Sometimes it is just a matter of being unable to hold the new intensity of the resonance for a long enough period of time in order for the manifestation to be impressed upon the raw energies of creation. Once again, remember to be patient and be persistent in holding the vision without waver and without a shred of doubt. If you find yourself wavering and teetering on the border of doubt or fear, simply remind yourself in each instant to step back into the safe arms of your Higher Self. Other times we are holding a vision but we are out of step with the cosmic rhythm. We must consistently attune to Divine Will to understand the pulsing rhythm of the greater creation plan. In doing so, we may find that we are enjoined to hold the vision steady for the world long before the world is ready for it to manifest. The latter is a true test of spiritual mastery and our strength to stay aligned with Divine Plan in the face of all external upheaval. Holding a vision of future world peace with wars erupting around the globe takes the absence of all doubts and total faith in Divine Plan.

Directing the Will

Awakened consciousness harnesses the power of creation through will, directs thought and image through will and manifests through will. This is the formula of higher creation through spiritual mastery. If the constricted nature of the ego is allowed to harness the will, negative distortions will be manifested and created. In the case of dictatorship, the will of the dictator overrides the will of the people for the people give over their power to the ruler. The dictator may or may not do what is best for the good of all, but may rather dictate what is only to benefit his or her own selfish ends. The Higher Consciousness is aligned with Divine Plan and manifestation through this power of creation is Divine Will power. What is in line with Divine Will in accord with Divine Plan is for the good of the all, as well as the good of the individuated consciousness within the whole. Devoid

of any ego influence, this is the only avenue where the good of the One is good for the *All That Is* because the *One Conscious Being* embodies the all. Where separation is perceived, conscious awareness of Divine Love is absent.

In opening and aligning the chakras, the consciousness awakens in the heart center. Just above and slightly behind the physical heart chakra is the etheric Christ chakra or the Heart of Hearts. Whereas the will to take action was previously directed from the area of the solar plexus or third chakra through the ego/personality, the awakened multidimensional *god being* now chooses to consciously direct the will through the Heart of Hearts. The ego functions solely in the thin sliver of the logical/rational mind. Multidimensional consciousness transcends the limitations of the ego and begins to inhabit the Love/Wisdom aspect of consciousness radiating from the Heart of Hearts.

Concentrated thought and image is directed through will. Surrender to Divine Will comes with the total acceptance of the Higher Self at any given point in the time/space continuum representing the moment of *Now*. The *creator god being* straddles the threshold where eternity/infinity intersect into the present moment. Hovering on this empowered threshold allows the *creator god being* to access the infinite and eternal nature of the energy behind all of creation.

The ego has free will as a gift of the Divine Will, which is the free will to align itself with Divine Will and experience the unfolding of the Divine Plan or to refute it. When the ego chooses not to align itself with Divine Will, it creates suffering and pain. This is the built-in detector system of the lesson of the ego to awaken to the Higher Self. When we awaken to the folly of our ego, we more consciously strive to stay aligned with our Higher Self and Divine Will. In those moments of alignment, Divine Love flows freely and life unfolds magically with ease and joy.

The Divine Plan is, was, and ever shall be. For as long as the ego chooses to ignore the voice of the Higher Self, it will remain in its own self-created nightmare of victim, martyr, blame, manipulation, control and all the fearful insanity of the behavior of the lower ego nature. Divine Plan does not cease to exist just because the human ego, collectively or individually, tends to ignore the reality of its presence. The human ego has no such patience as eternity and lives in the shadow of the threat of mortality. This is not the truth of

the nature of the Higher Self, but mere delusion of the ego. Overcoming the fears and limitations of the ego and aligning with Divine Will is a key component to Spiritual Mastery. It is the birthing process from the human being to the awakened spiritual *god being*.

The four steps of the ingredients of creation in line with Divine Will are to first envision, next harvest desire, then direct the will and lastly allow and expect the magic of creation to do its work without a shred of doubt.

Conception and Perception

The creation process can be divided into two phases. The initial phase is conception, which includes the ingredients of the vision of imagination, desire and will. Imaging the ideal form and shape of the creation, the desire aligns with Divine Will. Harnessing the raw power of the energy of creation, Divine Will is directed into proper action to carry out Divine Plan. Manifestation is birthed. Perception is the second phase and is the afterglow of birth, the reflection when looking into the mirror of the Higher Self to behold the self-realized *creator god being*. The *god being* feels the joy of "realizing," making the dream and vision real in the manifest worlds. Realization is attained from the revelation of the meaning of pure spiritual essence at the core. Birthing the dream consciously from out of the absolute void through the energy of Divine Love rather than fear is the empowerment of this journey. Within the perception lies the innocence, awe and wonder of the magic and raw beauty of the power of creation. The *god being* awakens to their innate power to create Higher Consciously, to make manifest in the many worlds of form quite literally the very stuff that dreams are made of. The creation cycle is completed with the perception of the original conception first born out of the dreaming world as the seed of a vision.

Dreams Made Manifest

Joy, elation, and triumph lead to tranquility and rest. The creator rests within their creation surrounded by the new reflection of the greater spiritual essence. Limiting boundaries of perception are pushed out a little more and the *creator god being* realizes the

expansion of consciousness. The creation process begins again with the manifestation of a new, more expanded version of the dreams of Divine Plan. Creation being cyclic, infinite and eternal is never complete. Creation continues on its infinite and eternal path, but now with a greater awakening to the depth of wonder, majesty and awe, as a co-creator aligned with Divine Plan. If your ego hesitates and thinks that you are not a part of Divine Plan, do not believe its lie. Everything and everyone throughout all of creation is the Divine Plan.

At first we may stumble and fall, pick ourselves back up and get back on the path, only again to fall. We may get discouraged and revert back to old patterns of believing we are not making any progress in our mastery, but the strength of spirit always rallies. Little by little we learn to trust our higher knowing. Taking the risks of jumping into the unknown abyss of our Higher Self comes easier and with greater confidence in understanding the process. Soon we realize we have become adept and yearn for even more spiritual freedom. What happens when we master this phase of our evolution, as we awaken to becoming the conscious *creator god being*? Creation through the resonant vibration of sound and harmonics in the lower dimensions equals entropy. Whatever is created in the lower realms of the dimensions must eventually break down and disintegrate. Ashes to ashes, dust to dust. It breaks down because it is meant to in the lower dimensions of the experimental plane of creation. The lower dimensions are like a clearinghouse for purifying the energy of the thoughts and emotions. It is due to the errant negative thoughts and muddled emotions of the ego that allows the world to manifest from the unconscious level of mind in distortion to the higher principles of the Laws of Divine Will. True spiritual mastery overcomes entropy and creates in the Realm of Permanence. The spiritual master creates an immortal permanent body. Even this level of masterful creation and the term permanent is an illusion. Consciousness is always in a state of flux. The Masters create the immortal Light body to traverse the multidimensional stages of conscious creation for the purposes of further evolution and conscious awakening. However, even though it is called the immortal body, their consciousness is not limited to or by this body. Being limited by definition or confined to any physical embodiment or plane of consciousness is not the truth of spiritual freedom. We are in truth also not limited by our physical body except for our lack of mastery to evolve beyond. Whereas those

of us in the physical realm may feel trapped within the limitations of the physical body until death releases our attachment, the Ascended Host has mastered the creation process and can consciously step in or out of any form they choose. They can put on their immortal body or remove it like we put on and remove our clothing. Their consciousness is not confined to the limitations that we impose upon ourselves. They have conquered the ego and escaped its grip of death and karmic reincarnation.

The next step of mastery after learning to create in the lower dimensions of the material world is to reverse the process and create internally rather than externally. It is enough of a challenge to learn to maneuver within the lower dimensions before jumping ahead of our own progress personally and collectively. Remember that whatever level in the evolutionary spiral that consciousness resides in is not to be judged. Higher resonance does not mean better than the lower anymore than a child in first grade should be perceived as less precious a commodity than an adult or college graduate. The lower frequencies were never designed to be painful, but pain is a clear indication that we are out of synchronicity with our Higher Self. While traversing the spiritual path, we may be prone to belittle the physical experience, as though it is not equal to the higher realms. This is another ploy of the ego's resistance to giving up its hold to surrender to the Higher Self. Throughout this writing, be aware that any reference made to the Higher Realms is a reference to the faster rate of vibration in comparison to the lower rate of vibration in the lower realms of manifestation. It is all one and the same consciousness in different phases and stages of unfolding Divine Plan of evolution.

There are no guarantees for life is an experiment. The awakened *creator god being* stirs and mixes the energies in the alchemical cauldron of the Self and then sits perched on the edge of expectation beholding its creation. The awakened *creator god being* abandons fear of the unknown and consciously steps into the mixture to awaken within the creation as the empowered co-creator of Divine Plan.

Seven



Restlessness makes way for a new rhythm, the pulse quickens, and the heartbeat once out of step with the cadence of the Cosmos now beats in harmony to the music of the spheres.

THE COSMIC PULSE OF THE UNIVERSAL HEART

Although the energy of the fifth dimension was previously hidden to the collective consciousness by a veil of esoteric secrecy, it has always been accessible to anyone knowing the keys to the portal. The ancient mystery schools of initiates have been taught these keys and others may have unlocked the doors of consciousness on their own through varying methods. Presently, the door is open, but the spiritual aspirant must still take the initiative to step over the threshold.

Our universe was, is and always will be a multidimensional universe within a multidimensional Cosmos replete with many multidimensional universes. In accord with Divine Plan, the collective and personal unconscious mind has been opening its portals ever so slowly to allow more conscious access to the higher resonating dimensions. Having been asleep within the minimum of four dimensions, consciousness awakens within the fifth and beyond. What occurs at this stage of evolution is a shift in collective consciousness, an exponential quantum leap of conscious awakening, albeit a grand shift. The vortex is unsealed. The gates are open. Upon arrival at the threshold of the fifth dimension and beyond, as we pass through the open portals of these consciousness gates, our awareness is both that of naïve innocence and increasing doses of the wisdom of the ages.

At the core of the *One Conscious Being*, this fountain of everlasting creation, the Goddess conceives of the ideal vision. In effervescent hues of overtones and rapture, the rhythm of the cosmic pulse reverberates yet another phase of the Divine Plan, ever new and ever changing. The pulse ripples through the many electromagnetic spectral layers of resonance via the awakened consciousness level of the Spiritual Hierarchy carrying out the Divine Plan in co-creative harmony with the Source. Does this symphony fall on deaf ears? He who has ears let him hear, and he that hath eyes let him see. Open the eyes and ears of your Heart of Hearts and listen to the orchestration of Divine Plan. Behold the beauty of the “Hu-man” made manifest in the image and likeness of the first *creator god beings*. Dance to the steps of this greater rhythm.

The Birth of the Real Self

The Great Purification is accelerating as the heightened resonant frequencies accelerate. Personal and collective nightmares erupt forth from the unconscious realm into the fourth-dimensional world playing out our personal, global and cosmic mythologies to heightened intensities of energy. The manifestation at this heightened intensity increases the events in number, as in “frequency” of similar events, as well as events occurring on much larger scales. Why? The level of resistance to accepting responsibility for what is created in our personal, global and universal community is the degree to how large or intense the scenarios that are being enacted on our personal, global and universal stage manifest. What we see reflected in the external world is the larger mirror of our muddled emotions and the secret recesses of our psyches riddled with fear that need to be confronted and forgiven. The Great Purification is a process of revelation. It is the great unveiling and revealing. The demons of the unconscious must be revealed and exposed as the false images of fear made manifest so that we may awaken from the lies of our limitations and give birth to the realness of our Higher Self.

As we experience the heightened resonance of the fifth dimension and beyond, it can often feel as if we are literally jumping out of our skin. In a metaphorical sense, this is true. We are outgrowing our old skin like the molting snake, as we drop the barriers of our

self-defined limitations. In the higher scientific sense, it is also true because of the process that needs to occur for the physical atomic structure to assimilate to the higher frequency of vibration. Higher levels of vibration will break matter apart in the density of the lower vibration realms. This is why the spiritualization of matter is a two-fold descent and ascension process between the physical realm and the Higher Self achieved in many steps and stages. The atomic structure of our physical bodies and the earth must stabilize in this higher resonant energy of the fifth dimension and beyond. During this stabilization, multidimensional awareness must be integrated into the conscious level of mind. Integration is quintessential. Although this resonating energy of the higher dimensions may feel extremely intense and overwhelming, it doesn't have to be. Adjustments of our awareness level must be made and acclimated to. Relaxing the ego's attachment to the status quo and releasing fear is a sure solution to alleviating any feelings of discomfort. Part of the challenge is learning to balance by accepting that this is the new norm of energy levels. The increase of energy may feel like a pressure or a hyper drive speed. It may feel like it hits us in waves of intensity and then subside as if it lessens somewhat like a tidal wave flooding the shores of our sensibilities one moment and the ebb of the tide receding and draining us the next. This sense of fluctuation is the course of our consciousness and our physical bodies stabilizing within the higher resonance. We are learning to dance the steps of an entirely new dance to a tempo and a rhythm that has never been before.

True creation is unique, new and original. The Divine Plan is not a recurring act of creation. It is ever new at the Source where ideals formulate into manifested ideas through the many levels of awakening consciousness. An idea will always be the lesser counterpart of an ideal. Ideals exist at the highest level of resonance at the threshold of the inner sanctum. Because of the Law of Resonance, manifested ideas and thoughts in the lower vibratory realms of creation are always less vibrant than its original intent of the highest ideals existing at the center of Source. Within the boundaries of the fourth dimension, prior to the opening of the fifth-dimensional portal to the mass consciousness, all things reoccurred in repetitive cycles, so we may find ourselves projecting a limited fourth-dimensional perception on any understanding of the dimensions beyond. Divine Plan is not generated from within these limitations of the lower dimensional

frequencies. It emanates from beyond the boundaries of four dimensions. Awakening from our recurring nightmares and dreams, we see through the eyes of our Higher Self. We see the beauty of the plan. It is flexible, spontaneous, ever shifting yet secure in the foundation and truth that is Divine Love.

Through the many layers of unconsciousness that blind us to the truth of our spiritual essence, we peel back the veils one by one. These multi-tiered awakenings are births that create fertile ground for even more births of the real self. Each smaller nesting egg of awareness is engulfed within the larger framework of the next dimensional level of awakened consciousness.

Self-definition of the ego/personality was once that of height, width and depth. We have been conditioned to asking fourth-dimensional questions of how often, how many, how tall or short, how heavy or light, how much make-up to wear, how high is the mortgage payment, and so on. The truth of our spiritual essence cannot be confined to these limits. When these false barriers are lifted, we discover that our essence is bounded by a new and broader sense of spiritual ethics and character. How can we measure love, beauty, joy or freedom? The truth of our spiritual essence is magnanimous. Magnanimity does not fit into four dimensions. It spans the multidimensional levels of consciousness from infinity through eternity. Just as our spiritual essence is too vast to fit into four dimensions, human consciousness is not expanded enough to grasp the abstract nature of infinity and eternity. Step by step we learn, understand, accept and embrace more of this truth. We cannot measure that which is immeasurable and limitless. Instead, we now define our essence by whether we are expressing joy, beauty and love or repressing them. Our new boundaries are the ethics and integrity of the Higher Truth. Co-operation and harmony is the new cadence between the self and others. New questions are posed in this quest for our truth to uncover what our ego has worked so diligently to keep hidden from us.

There is no end or beginning to knowledge. It is inexhaustible, perpetual. Knowledge is pure Light. There are no mistakes in language when we say that someone with a great deal of knowledge or genius is "brilliant." Divine knowledge can shine through everyone in varying forms of genius as proclamation to the truth of brilliance of the Light that we are. Leaving behind the long, dark nightmare of our unconscious sleep to awaken within the brilliant pure Light of our

true spiritual essence is the birth of the real self.

In the physical dimensions, this birth begins as consciousness awakens within each cell. Just as the cell awakens to the body, the *god being* awakens within its physical creation in full awareness of its four-body system. Through spiritually opened eyes the light of a new day, the light of a new dawn is beheld. The inner senses begin to replace the outer senses. We begin to see sound and hear color for they are one and the same vibration. What we once experienced as the taste of flavor and the aroma of fragrance merge into resonant harmony of new sounds and colors. The nerve endings just under our physical skin expand into our now multidimensional universal solar-magnetic grid lines of awareness, and we taste the textures of energy rippling throughout creation. Where once there was impact through touch, it becomes the will to direct energy to impact creation. Atoms collide and coalesce into the fusion of new and ever changing forms. The resonance of the many-colored worlds dances in vibrant jubilation bursting like flames across the void.

We embody a quiescent balance on our return home awakened now within the state of Grace. Briefly we rest upon a secure yet ever-shifting foundation of being. Peaceful feelings pervade our aura. Self-doubt may arise. We catch ourselves and realize the lie. Soothed by the energy of the calm after the storms of our resistance, will we fall into complacency? We have come to realize that a foundation is just a resting place, nothing more and nothing less. We hesitate, but we leap into yet another unknown territory of consciousness to explore more. We may stumble, fall and rise again renewed.

Do not be fooled by the rational ego mind. Do not listen to the voice that may try to convince you that your Higher Self is now birthed in totality or you are finished on your path of awakening. With each awakening, we die to our limited selves and are birthed in a brand new world, a world to express the more expanded version of our self. We are more whole, more complete, but we are never finished. The Higher Self again agitates us with questing for answers to more questions. There are more consciousness deaths and rebirths to come. This is not a cause to alarm. Why not welcome this news with an open heart? Rejoice in the newness of each birth of the realness of the Higher Self and the infinity of creative potential. It is the key to our very own salvation ensuring us that we are indeed saved from the drudgery of repeating the same painful patterns. We are

our own saviors. It is the dance of creation and destruction and creation again, and we are learning to choreograph creation.

The ego balks at accepting spiritual power as the *creator god being*. Power has always been ours, but we have simply set it down. The scepter lies at our feet, yet we hesitate to pick it up. Did we think someone else would come along and create a new world for us? It is our moment of grand glory to pick up our scepters, shine our light powerfully yet humbly, and step gracefully over the threshold into the fifth dimension of conscious co-creation.

There comes a point along the path when this process of death and rebirth in levels of consciousness becomes easier. With each awakening we become more adept at handling the process, our egos surrender more willingly, and we awaken more gracefully. It is a dance. Allow the rhythm of the cosmic pulse to lead you gracefully into the movement. With each new step taken, the multidimensional *god being* creates in harmony with the greater rhythm.

We awaken to the truth of our spiritual essence, the Higher Self. We question how we could have lived a lie for so long. We ponder what other lies we may still be clinging to and what truths are hidden beneath them.

There is a greater rhythm to the cosmos. Dropping the need for our ego/personality to "drive our car," we begin to move to the rhythm of the resonance of our Higher Self. As we align our consciousness to the higher resonance, we move to the tune of our greater being in other realms beyond time and space. We still exist in time and space, but are no longer bound by its limitations. Now our playground is time, space, imagination, chaos, creation, light waves of pulsing rhythmic energy, sacred geometrical grids. We begin to understand and speak a new language, the sacred Language of Light. The cosmic pulse of the universal heart beats in rhythm with our human heart. We are enveloped in Divine Love within the Heart of Hearts. The *AUM* breath of involution breaths us into form, as the *OM* inward breath of evolution calls us home.

The ego is impatient in the context of its linear time frame. Learning to let go of the ego's sense of time means ending the need to measure in terms of the three physical dimensions. How is time measured in the ego's realm of height, width and depth? The ego measures time with "how long" or the volume of "how much." Opening up to the greater cosmic pulse of activity in the inner worlds

is to feel the slower rhythm of the higher resonance of eternity and infinity. The worlds within worlds of the multi-dimensions are full of paradox. The paradox of the cosmic rhythm is that, although the higher dimensional frequencies vibrate at a faster rate, this creates a slower rhythm. Consciousness resonating at higher frequencies exists more and more in the ever present *Now* moment, which is the threshold and portal to infinity/eternity. With conscious awareness of infinity/eternity, what is the rush? The ego's impatience wants everything immediately, which places the demands on the external manifestation process with anticipation of results. The ego is also easily distracted from the reality of the inner worlds by all external activity. This creates a separation from the infinite and eternal reality at our Source. The Higher Self has no impatience and knows everything needed for its expression is called into existence within the conscious present moment. With this knowing comes the conscious choice to choose whatever it wishes to create and experience from the awakened point of infinity. This choice is conscious, deliberate movement and is always aligned with Divine Will. The cosmic pulse taps out its rhythm through the multi-spheres of consciousness. It is the song of the unfolding of Divine Plan, and the Divine Plan manifests throughout eternity in infinite ways. There is so much occurring simultaneously throughout the multidimensional realms of consciousness, and although the intensity of the higher vibration feels accelerated, our consciousness needs to slow itself down in the sense of becoming consciously present in more dimensions than the four of the lower physical realms.

The Higher Self, fully awakened in its creation of the many bodies, exists at the threshold of awakened infinity throughout eternity. The realm of all possibility is its playground, whereas the earth plane is the kindergarten of the Soul's journey. All realms are equal in their relationship to the *One Conscious Being*, but there are grades and degrees of individual consciousness comprehending this relationship.

The ego will appear to get quite frantic at the dissolution of time as it once experienced it in its perceived safety net within its ideas of limitation. It is imperative that the emerging Higher Self takes the driver's seat in consciousness and doesn't allow the ego to attempt to control the outcome of any creative endeavor. To the ego, it will seem as if all of the foundations of security based in old belief structures have crumbled out from beneath us. This is, in fact, exactly what

must be accomplished in order to make that quantum leap across the great unknown. What the ego is unaware of is that the Higher Self not only exists beyond the abyss of the great unknown, but the authenticity of the authentic self is the abyss also. The unrevealed aspects of the abyss of the unknown are perceived by the ego to be life threatening for the ego clings to its mortal perceptions of the physical body. Once the leap is made, it is within the expansion of the multidimensional consciousness that the awakening self realizes that it is indeed the pure essence of life itself emanating from the very Source of all creation.

The Many Gifts of Love

Awakening consciously in the multi-dimensions brings the gift of spiritual freedom. With each new taste of freedom, we wonder how we could have ever kept ourselves in the prisons of our self-defined limitations. We wonder how much more of our true essence we have yet to fathom. This wonder at the birth of our truer essence sets the stage for yet another questing, as the dance continues. The music varies with each new octave of conscious awakening, and a new dance is choreographed across the multidimensional grid of creation. From out of the fifth dimension the raw energy of imagination is used in creating and manifesting from an entirely new realm of imagery. Where once there was nothing new under the sun, now there is everything new within the Central Sun.

Divine love is blissfully orgasmic. It is our natural state of being. Why would God/Goddess want us to experience anything less than their experience of ecstatic bliss?

Love is expressed or repressed in all possible infinite and eternal ways. It is only for us to experiment with expression and/or repression in all ways. Within the attributes of Divine Love, there is no judgment. Source does not judge what choices of free will are exercised. Whether we choose to repress or express love, dwell within a state of pain and fear, or simply rant at the heavens for our plight, there is no judgment but that which we place upon ourselves, and subsequently often place upon others. However, as long as we continue choosing to remain in fear and pain rather than opting to be cradled in the loving arms of our Higher Self, the more suffering

we will cause for ourselves and for others. That is our free will of choice. It is our choice of accepting responsibility for the impact we have on our personal, global and universal spheres of creation or continuing to shirk our spiritual responsibilities.

Returning to the state of Grace is to ultimately learn that there are no mistakes and ultimately nothing to forgive. Under the law of Grace, all is forgiven before it even occurs as a seed of a thought. As we step outside this state and choose the individuated process of awakening via the unconscious to the Higher Conscious, it is our evolutionary path to return to Source fully conscious of what the state of Grace truly means. With the practice of forgiveness of self and others, we understand the true meaning of the state of Grace. Learning to love unconditionally is the evolutionary step of moving beyond the initial stagnation of the perfect state of Grace. Unconditional love begins with our self. We only need to muster the courage to stop self-punishment. This courage comes through the expression of more love. The self-punishment ends when we stop repressing love and begin expressing it in all places and in all ways.

Freedom is a gift of love. Love cannot be contained, and it is only in the attempt to do so that we are able to break free from containment and savor the true taste of freedom that love is. Release yourself from self-imposed containment, and thereby you release the world.

Harmony is a gift of Love. It is in the disharmonious times that we can truly recognize the discord of feeling out of step with the continuing and ever beating pulse of Love. Listen to the rhythm of your heart beating within the greater Heart of Hearts, and, thereby, the world is in greater tune.

Abundance is a gift of Love. We can discover the magnitude of blessings that we have to offer in the myriad of restrictions we place on ourselves and our world. Abundance is not limited to objects in the physical realm to measure our worth. There is no shortage to joy, beauty, peace, gratitude, freedom and Love. As we acquire more freedom and joy, we can give the gift of freedom and joy away without encumbrance. The more you give, the more freedom you gain to give even more freely. Give abundantly to yourself and others, and, thereby the gifts of the world flow freely.

These are but a few of the many gifts of Love reclaimed in the process of awakening to multidimensionality. Divine Love is self-generating, self-sustainable, given freely of and unto the Self and, there-

fore, to all selves within the *One Conscious Being*.

Eventually consciousness awakens even beyond imagery. Evolution of self-awareness slows down to a "point of stillness," but different stages of energy continue to be explored. This point of stillness is at the center of creation. This point of stillness is the first and the last dimension of human evolution, the Alpha and the Omega. It is the sound of Original Cause and the silence before the sound. Original Cause is the eternal song of creation singing an ever new song in ever new ways in ever new keys and ever new days. There is no song without the silence for within every song there is the separation of notes by the pauses of silence. The primal silence of the void before Original Cause is wedded to the sound of the song of creation.

Within the yugas of Divine Plan, another multidimensional cycle completes itself, but there is always more beyond the beyond. A star is born. Another Central Sun among the many sons claims its birthright. The Light of individuated self-awareness shines in the dark void of space, the womb of The Goddess. From out of the silence of the void heralds another new song.

In the multidimensional experience, there are worlds within worlds to infinity. Infinity of number is equal to the infinity of creation. The beginning without end is the end without beginning.

Where are the worlds that have gone before?

Where are those yet to come?

Within each atomic nucleus

Is the Heart of the Central Sun.

Appendix A

**CHANNELED MESSAGE FROM
MASTER CREATOR GOD THOTH**



6-10-03

Behold! The messenger is not the message. Seek ye always the Highest Truth beyond the ramblings of the small mind. Give not your power away to things. Give not your power away to others. Give not your power away to the external world of unfolding events but claim it from within. You are the creator of all events. You are the god being in disguise as ego. Take off the ego mask and reveal the beauty of the One in heavenly rapture.

The secret of the double triangle is the secret of multiple mysteries. Nothing is as it appears. All is layered upon layers of the many dimensions. With each new dimension conquered, new laws are revealed. One can ascend the earthly dimensional plane and return just as easily as one sleeps and then awakens. Each task is only as difficult as you make it to be. Difficulty is in the struggle with the ego's hold on consciousness.

The silver disc above the coiled snakes is the balancing tool of the two into One. The star is the core, but it is upon its Rays that the Truth is made manifest.

More is said in the fullness of silence than in the drone of a thousand empty voices.

Healing the rift between the lesser self and Greater Self, heals all selves. The Healer is the one that aligns with Truth to embody Truth. The patient is the one that denies and awaits their time of Truth rather than claiming their Truth. The Healer has the patience of Eternity. The one that aligns with Truth dissolves all time.

To be the messengers of Peace you must embody Peace. If one erupts in violence, one teaches violence. If one walks in Peace, one teaches Peace.

Study the paradox that when one walks Lightly upon any shore, one makes a deeper and lasting impression. A beacon will only shine when the outer covering is removed to expose the Source of the Light generated.

One who walks in darkness cannot lead others to reveal their own Light nor can anyone cast their shadow within the brilliant Light of Truth. Be the example. Be the Light that extinguishes all shadows.

Those who follow the path of darkness blindly are but the shadows cast by those that lead them into darkness, for how can they see their own Light within when their gaze is focussed outward upon those that stand casting them as shadows on their path? You are the creator of events, you cast the roles played in all events. Who among you cast others in the roles of shadows on your path? The ego that looms large to cast such shadows is the one that denies the power of Truth most defiantly and defends the false power of the ego the most loudly.

Align with the Highest Truth and the path is smooth. Align with the ego's whims and the path is strewn with obstacles. Inherent to its nature, the ego will always deceive. To deceive others is only to deceive one's self. To follow the ego's deception is to walk the path to death. To deny the ego any and all power is to embrace Eternal Life.

Be forthright and truthful in all actions, and your rightful place is claimed among the Highest of High.

Tarry not at the altar of desecration for the road to return is
made long.

When the message is digested, its nourishment is eternal. When the
message is embodied, the Truth is made manifest. The messenger
is not the message unless the Truth is embodied. All are on a
path...but which path? There are many paths, but there are only
two choices. The path of Truth is the path less trodden. When that
path is walked, the way becomes Light. You are the Light. The Light
becomes manifest as the Truth incarnate. Then the messenger
truly is the message.

Behold! I bring these glad tidings that each and everyone has
this birthright.

The Golden Rays are upon you. The Golden Days are already.

9-08-03

Possibilities are only as endless as the sea of imagination is
free to flow.

A river of tears will drench the land to make way for fertile growth. The
last tear cried will be the first joy born. Earth is rising from its depths
into a new Light. Will you rise with it or be crushed by the rising tide?

What secrets lie harbored just above and behind the Heart?
Turn the key, open the door, let Love flow, let Light know.

Possibilities abound in the endless sea of infinite morrows, but the
gates must swing free from encumbrance.

Your neighbor's load is heavy while yours is Light. This brings the tears
to flow over the land. Sorrow is not the way to pave a path of Light.
Light is the Way to pave a path of Light.

Eternity is but yours to ask. Infinity is but yours to receive. What is
made of flesh is made of spirit, what is spirit is born of flesh.
Spirit must evolve the flesh. This is the only path for flesh.
All other paths lead to ruin and waste.

What is lost today is gone forever. What remains is emptiness. What is
gained today is gained forever. What remains is the Absolute.

The mystery of the Pyramid is no mystery at all. The greater mystery
dwells far Beyond the Beyond.

Crystalline structure reflects and refracts. Light is refracted and
reflected infinity times infinity. Light will never be totally attained.
This is the beauty of the Eternal.

Walk with me through the Halls of Amenti.
To enter these Halls is to walk the Supreme path.

Walk with me and your Fathers before you.
Welcome home beloved Heart.

Appendix B

“I AM” MANTRAS

*I AM free and clear of all karmic, emotional,
and monetary debt.*

I AM the ideal plan of perfection made manifest.

I AM the perfect embodiment of Divine Love.

I AM the fulfillment of my Highest Dreams.

*I AM that which I AM.
(a caution to keep ego out of the way and
to use this mantra only to align with
Divine Source in harmony with Divine Will.)*



ABOUT THE AUTHOR

Sharon Shane is a channeled intuitive, spiritual teacher and author.

Since 1997 she has written a series of online e-mail newsletters entitled, *Awakenings*, *Endless Possibilities*, and *Spiritual Essence*. Her poetry has been published in the holistic magazine, *Aromatherapy Journal*.

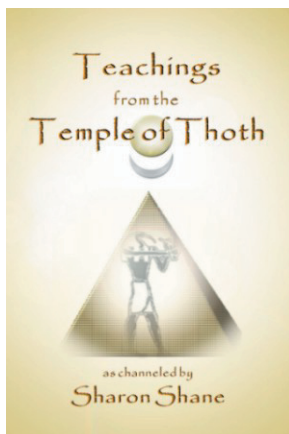
She has worked with indigenous healers to integrate their teachings from South America, Greenland, Mongolia and Native American.

All spiritual work of Liquid Light Center aims to align with the Spiritual Hierarchy in the unfolding of Divine Plan. In accord with the Ascended Masters, Sharon implemented the invitation for global participation of *The Great OM Event* in May of 2003 and was invited by the Mevlana Supreme Foundation to speak at "The Call to World Peace by the Universal Brotherhood" in Istanbul, Turkey, in November 2003.

In addition to *The Rhythm of the Cosmic Pulse*, the author's first book, *In the Garden of the Goddess*, is also available from Liquid Light Center publications.

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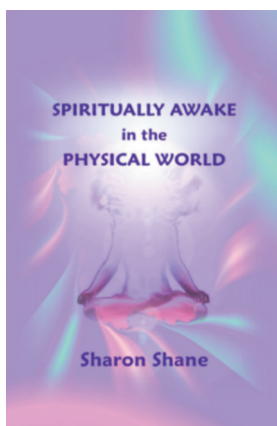
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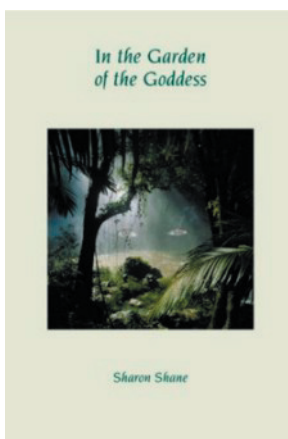
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Spirituality / Channeling

THE RHYTHM OF THE COSMIC PULSE

Roadmaps of Multidimensional Consciousness



SHARON SHANE

THE RHYTHM OF THE COSMIC PULSE is designed as a roadmap to guide the spiritual aspirant through a greater understanding of the multidimensional levels of consciousness and the metaphysics of the creation process.

Along with an introduction to the basics of attaining spiritual mastery, this second book by Sharon Shane, defines the Great Purification process from the personal, global and universal perspective. With the loving guidance of the Spiritual Hierarchy, the author ventures into territory of outlining the fourth, fifth, sixth and seventh dimensions within the greater matrix of unfolding Divine Plan.

THE RHYTHM OF THE COSMIC PULSE points a proverbial arrow of conscious awareness as if to say "You are Here" at key points on the map of awakening to multidimensionality. This work invites the spiritual seeker on a journey to the center of the Heart of Hearts within the One Conscious Being.

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