

# The Higher Jihad Of Love

(Inner Struggle)

JUST BE LOVE



The Journey Home

Pure Love  
Oneness  
Beingness  
Okeness  
Peace  
Bliss

# **THE HIGHER JIHAD OF LOVE**

## **JUST BE LOVE**

### **A JOURNEY TO YOUR REAL SELF**

# Preface and Acknowledgements

I AM a unique, precious and perfect person just like you; identical in essence, because we are each a part of the energy, or consciousness, or awareness, of the infinite potentiality called God, by some people, or Source, or All that is or Brahma, or Allah, or Yahweh, by others. The names vary, but the essence is the same, even though the perceptions of what the essence is may vary enormously.

We are unique, precious and perfect, because as there is no physical, emotional and mental replicate of any of us in all of creation, that makes us precious; we are perfect in each moment because we are the sum total outcome of our own choices interacting with the choices of all the other expressions of God, human or otherwise in the remorseless expansion of creation.

For this incarnation experience, according to the Lords of Akasha, "I chose to experience the whole gamut of human expression". I strongly desired to be a male to female transgender, and for a large part of my life I believed that there was something wrong with me and I was searching for tools to correct it. The 37 songs in this book and the books, films, music and the people I was led to, taught me that there is no right or wrong, only thinking makes it so, as every event is neutral. We are one in God/Spirit/essence and every choice that any part of creation makes affects **All** the rest, just as the movement of every grain of sand changes the mountain. The motivators of change are the thoughts, feelings, words and deeds that we entertain. All our choices are essentially a choice between the spirit based vibrations of love, which unite and uplift us to our oneness in spirit through, love, joy, gratitude, peace and bliss and the ego/survival based vibrations of fear, which ultimately take us back to oneness, but through the pain of separation, competition, destruction, pride, desire, anger, apathy, grief and shame.

I have opted for the path that this book is about – The Higher Jihad(inner struggle) of Love, choosing to do what love would do, even if it is contrary to general social standards. Jesus says that we are complete as the essence or image and likeness of God. Nothing can be added to or taken away from us. We are here to remember our oneness and greatness and perfection. Once we realise this, we can begin to practice his two greatest commandments: Love God with your whole heart, strength, soul and mind – care for everything as it is a unique expression of God; Love your neighbour as your Self. Both your Self and your neighbour's Self are real and identical bits of creation as the energetic image and likeness of God. Your 'self', which you call me is illusion. So we are all identical units of God with different expressions as a consequence of our choices and experiences in this world of illusion.

The text explains the laws that govern creation, the effects of which are unavoidable. The songs give indications of who we are and the positive choices open to us. Due to our uniqueness and varying levels of awareness, the impact of any particular choice will vary from person to person. However, as more people choose the path of Love, we will recreate paradise or heaven both internally and externally for each of us.

The text and the songs were inspired to me, to be shared with all of you – the other parts of me in God – to accelerate the creation of love and harmony through cooperation on our beloved Earth, Mother Gaia. Hence we can radiate vibrations of love, joy, gratitude and peace to the rest of creation as we are all one in God/Source.

I offer my deepest gratitude to the following groups of people who have been my teachers and helpers and lovers: My parents, Camillo and Ema De Souza, my family and friends and

perceived “enemies” for mirroring to me the aspects of ego/illusion I needed to address in myself to be able to realise “We Are One!” and Nothing matters! It just is!

Authors who have made great efforts to share their realisations, to improve the lives of millions of people: Louise Hay, Wayne Dyer, Bob Proctor, Napoleon Hill, Dale Carnegie, Dr John De Martini, Marci Schimoff, Janet Bray and Chris Attwood, Christie Sheldon, Aine Belton, Joseph Smith, Tim Ortner, Dr David Hawkins, Abraham and Esther and Jerry Hicks, Ian Gawler, Paulo Coelho, Richard Bach, Alexander Lloyd and heaps of others;

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Dear friends and brothers, sisters and teachers: My ex wife Geraldine and daughters in this life, Lila and Francesca, Margaret and Ross Murray, Gabriele Baccini, Mary Skipworth, Roy Pires, Anna Wilson, Sabine and Joe Valas, Ferdy Martyres, Delida Rondon, Maria Blanco, Satti Devi, Nelly Marchand, Rena, Orlando Fernandes and family, Elizena DeSouza, Francis DeSouza, Marian DeSouza, Shirley Bowry, Sushila DeSouza, Sebastian DeSouza, Sharon DeSouza, Eugene Remedios Maggie Baptista, Leo Saldanha, Lorraine Readman and Marizinha D'Cruz and Mangada my aya(nanny).

My special thanks to the people who helped make this publication a reality:

The first recordings were done by Andy Steynor of Dynamite Music in Perth, Western Australia and the backing vocals were by Andy Steynor and Brad Capper. They were on a CD titled Happy People = Happy World (16 uplifting songs) and the artwork of the same was done by Darryl Tan.

The rest of the songs were recorded by Orlando Fernandes in his Studio AngelAV in Panjim, Goa India. ([www.angelav.com](http://www.angelav.com)). The artwork of the second CD was inspired to me and created together with the artwork in the book by Alisha Fernandes, Orlando's daughter. The second 16 songs were recorded on a CD titled “JUST BE LOVE”, which is an acronym for “Joyfully, Unite, Share, Trust, Beautiful Eternal Love – and LOVE is – Love Only Victory Ensues. This is the last song on the CD. The remaining five songs were recorded by Orlando late in 2016. We jointly did the artwork for the third CD, “We Are One!”

I give deep heartfelt thanks to God/Source/All that is, in me and all creation for the honour and privilege of serving on this project and the many blessings I received as I came across the people and information that were generously provided on my path, as they reflected many aspects of The Higher Jihad of Love by just being love, on my journey to my Self.

I especially pray and give thanks that this material reaches those, who are on, or aspire to be on the Lower Jihad of Fear: Al Qaida, Hamas, Boko Haram, The Taliban, IS, The Syrian Government and other governments who react to violence with violence. May they reflect on this message and open their hearts where infinite love is stored, and choose to become Jihadis of Love because lovers are **all ways** winners. It is better to get to heaven through joy than via hell, through pain.

May this material lead you onward and upward, through love, joy, gratitude and the “peace that passeth all understanding” to bliss as you realise that we are one another, in essence, seeking to remember our oneness and divine perfection in UNCONDITIONAL LOVE.

I know that some people have already benefited from this work and pray that you will as well!

**Bon Voyage!**

# Introduction

Congratulations on deciding to read this book. Your higher Self or Spirit has guided you to it because you are ready to be exposed to all the ideas included here. They are based on absolute truth as interpreted from my perspective with guidance from Source. If you choose to keep an open mind as you read the contents, they will offer you a challenging but refreshing new way of viewing who you really are and your real purpose for coming to this incredible Planet Earth – one of the most difficult schools in the Cosmos.

I wish to suggest that, even though you may be challenged by some of the concepts, you read through the whole book at least once, as things may be clarified, as you progress. However, if as you read, you review your life and the consequences of your choices to think, feel, speak and act, you will realise that the outcomes correspond directly to your choices. The beauty is that by simply making new choices, which correlate more closely to the outcomes you desire, you can achieve them. Guaranteed! However most of our choices are dictated by the subconscious mind. Nevertheless, when we are seeking the truth, we realise that every person place or thing we encounter on our life journeys are opportunities that our real true Spiritual Selves have created to enable us to transcend the dream of illusion we have chosen to experience, but got lost in, by believing the illusion is real.

Please enjoy the journey, with love, joy, gratitude and peace to guide you!

The following poem/song, No. 1 “Lead and I Will Follow”, which was inspired to me, may assist to open your heart to the contents of this book.

## **No 01 LEAD AND I WILL FOLLOW**

Lead and I will follow, with love to light the way,  
Test that I may learn, Spirit knows the way.  
To the source of my true nature, teach me how to listen,  
To Your wisdom and guidance through my heart, to love, serve and rejoice.

Chorus (2x)

As in God's plan I play my part, to love and care and share,  
With all people and all things, the Earth, the bough, the beasts!

Repeat the verse and choruses once more.

All the songs in this book were inspired to the author over a period of many years and carry a message of hope and practical reasons to help us make choices that uplift us and speed us toward the goal of remembering and living our true, real, infinite and eternal spiritual nature. The first CD Happy People = Happy World was only recorded after the author was sharing some of the songs with a medium , who started to scold him for not recording them , because “they were given to him to share!” **Enjoy!**

# The Origin.

In the beginning there was absolutely nothing – at least that was detectable by human senses or even the machines we have today – hence scientists are still searching for “the God particle” from which they believe everything began. Perhaps there was to human perception, as we know it now, a void with absolute darkness and total silence and stillness. Yet, the whole space was filled with a type of energy or for want of a better word, an intangible non manifest Being of infinite potential, and more important still, with a consciousness and awareness of Itself being everywhere or omnipresent, infinitely powerful or omnipotent and knowing everything or omniscient. This Entity or Beingness with these unlimited powers, that is undetectable by the human senses or undefinable by human intelligence, is the source or original cause of everything that has been created. It is not only the only real entity or energy that exists, but, it is present in and connects everything that exists, whether it is detectable or not, by the human senses or machines. Machines are included here because they can detect and measure sound, light or other physical details that are not measurable by the human senses. Hence this Beingness is the All that exists and the All in all. This is the simplest explanation I am given of the original or first Creator or God as it is commonly known. Its Presence or Consciousness or Spirit or Essence is the only real part of and the driving force behind all creation that is manifest or even the energies of light, sound, electricity or radio waves that are not manifest to the human senses.

There was absolute WHOLE-I-NESS or oneness and interconnectedness. This concept is represented by the word holiness but the meaning it implies today is totally different to the original meaning and has therefore misled many a human in their search for the truth. With whole-i-ness all interactions were symbiotic and therefore complemented and supported each other. The underlying driving force was unconditional love, which is a fundamental quality of God as are oneness, beingness, okeness and peace. Hence the so called heavenly realms were created and populated by beings of love that were parts that could be considered as divine droplets or sparks of the original Creator. The bible describes the beings as “the image and likeness of God”. They were in fact holograms or holographic parts of God, which means they were identical in quality but different in size and possibly intensity of action. However they all had the ability to co-create with God or as prompted by God using their free will to choose any course of action granted to them of God.

Just as God and the original humans created everything out of “nothing”, a crude example of the same is a magician, who produces things out of “nothing”. The “nothing” is the only real thing, because it is unchangeable in its essence and it has the power and knowledge to take any temporary physical or non physical expression. This essence, or God, or spirit, never dies or decays. It is infinite and eternal. On the contrary all temporary expressions, be they of sound or light or shapes, have a limited duration of expression which could vary from a fraction of a second like a spark of a gas lighter to millions of years like the earth. They all deteriorate or break down eventually to smaller and smaller particles and finally to vibrations and eventually to the stillness oneness and beingness, the whole-i-ness that is God, that had never changed in the first place as it is the only part that is real and indestructible.

So we have two types of energies. The first is the source of everything - original cause – that has infinite potential to create, which is infinite and eternal; and all the other energies, which are the visible or invisible effects of creation which have a limited duration of expression. The human spirit falls in the first group while the body/mind falls in the second group.

Please pardon the emphasis on and repetition of what is real and unreal because confusion in this area is the basic cause of human problems. The real – God – has the following basic qualities: oneness, beingness, okeness and peace fused together with unconditional or pure love. They are infinite eternal and unchangeable, the foundation and origin of all creation –

original cause. It is impossible to define and measure. The unreal or temporary are the effects of creation - all that is measurable and also variable in form, texture, colour, use, lifespan etc. They are the source of conflict because they are the reason for rules, preferences, dogmas coercions, etc. If some of the basic elements of creation called quarks and photons by quantum physics were imagined as the plasticine of creation then all visible and invisible creation is an illusion as every expression is only temporary. It is like a shadow created by the sunlight falling round an object. It not only changes as the sun moves, but disappears when the sun sets or a cloud blocks out the sunlight. What most people do not realise is that between the parts of an atom there are large spaces so most of the space it occupies is "empty". This is part of the illusion of the "substance" of materials.

As the concept of God is very difficult to define in the terms of human experience it remains as the greatest mystery that humans can encounter especially if they rely only on the human mind to understand it. Why is this so? The human mind and the brain act like computers that can only relate to experiences or procedures programmed in the software and are only of historical value or fantasy. They are totally dependent on historical experiences, from which false deductions may have been made due to cultural or family or personal experiences, for example a Muslim believing that "All non-muslims and Jews in particular are bad!" or future fantasies based on the same false premises for example "We will have peace and a better life if we eradicate what we believe to be bad!". The vast majority of those who nurture these extreme and flawed perspectives tend to reject totally any possibility that some people may be good and can be cooperated with to create a better life for all involved **right now**.

On the contrary the human Spirit, is the divine particle or spark or droplet of God, and it is infinite, immortal, eternal, untarnishable, all knowing, loving, loved, lovable etc. It is what keeps the body alive through its awareness and consciousness and subtle energies, which are withdrawn from the body at the time of physical death. This is the true and real nature of **every human being. In essence we are identical!** Hence, a person aware of this fact never judges, compares or needs to understand like the human mind with its limited perceptions. Since its fundamental nature is unconditional love, it serves, allows and accepts with compassion and discernment, fully aware that the other person, though physically separate is identical to itself in essence and what it appears to be doing to them it is doing to itself. In reality the perceiver of every action or gesture is only seeing those elements that he/she has to resolve within his/her being, to be free of his/her own illusions, because "It takes one to know one!" from The Way of Mastery.

In Eckankar, which is an ancient religion that has been revived in the public arena relatively recently, one of the names for the light and sound of God is "Hu". Hence Hu-man is God-man, which is man as the image and likeness of God. This refers to his spiritual nature, his essence or soul, his real being. Another indicator of man's true nature is given by God telling Moses to tell the Jews that "I AM", when he was sent to free them. We refer to ourselves as "I am" and when we use this prefix to refer to ourselves in a derogatory way we should bear in mind that we are taking God's name in vain as we are God's image and likeness and therefore our true nature can only express those negative qualities by choice in a temporary manner. The same applies when we refer negatively to other people, because God also said to Moses "I AM THAT I AM!" so when we talk about others we are referring to God.

All this about our true nature is what humans are here to remember – who they are and why they have come here at any given moment in time. They have chosen to experience different facets of physical living through interactions with humans, mother nature and inanimate objects in order to experience the nature of illusion, as they love, serve, allow and accept the outcomes generated by their choices with joy and equanimity. This also allows each human and God/Spirit as a whole to have a tangible sensory and or physical experience of the so called opposites or duality, without which, neither extreme has any meaning.

Whether the description of God as suggested in this text is accepted or not, we may ask ourselves: "If God is omnipotent, omniscient and omnipresent why create anything at all, with all the complications that process generates?" The explanation given to me is that creation is an attempt by a being of infinite love to produce something good and whole – harmoniously interacting for the greatest good of all – and at the same time beautiful or pleasing to the creator. Hence the statement after each creation "It is good!" Believe it or not this was felt and said when each human was created including you and me. That's the beauty of love (God) in action. So creation is in essence, the game of God. It is a bit like a very wealthy philanthropist funding the development of an unconditionally loving, caring and eco-sustainable community. It is also for the parts of God to experience duality to be able to appreciate their own true nature, which is pure love, awareness and peace.

So once the decision was made to create, through God's intention and fiat or decrees the first vibration or movement of God's essence happened and from the all knowingness and unconditional love of the creator the transitory worlds of duality and illusion were created over aeons of time in the earth time sense but instantly in the spiritual sense. That this occurred instantaneously in our time and the scale or speed of its manifestation is inconceivable to the limited human brain. It is perfectly understood by spirit, which is the driver of the whole process of creation. It is as fast as imagining it, decreeing it and it is manifest.

However as God is the epitome of love and peace the early creations were of a very high vibratory nature, which correspond to the spiritual realms. They were good in the sense of beneficial to all contained therein, holy (whole and balanced) and beautiful, which is pleasing in appearance to all. This was the fabled "Garden of Eden" of the Bible. Pure harmony reigned there. Discord or conflict did not exist there until the fabled eating of the fruit from the tree of good and evil which stood in the middle of the garden.

It is important to clarify the meanings of some of the terms used in this text. As God is love, peace and spirit and also the source of all creation, the word God is a good acronym (abbreviation) for **Goodness On Demand** this corresponds to the advice "ask and you will receive". Good is **Good Options On Display** – positive options or choices that benefit everyone or at least the majority of stakeholders. Evil is **Energy Veil of Illusion**. In the real sense, all of creation is an illusion, as it is all transitory – not permanent - but evil is intended to refer to negative aspects that affect individuals or groups of stakeholders in a way that is harmful to their mental, emotional and physical well being. The devil is therefore a **Deified (God like) Energy Veil of Illusion**. This is anything imagined or material, that some people believe is powerful, and affects the results of their choices by either delaying or stopping them from achieving their desired goals. It is an excellent mechanism for denial of personal responsibility and even to pass on blame for failures in the achievement of personal goals. However even this energy is God sourced, but qualified by free will and fear based so we as God particles in action can experience the negative illusion.

At this point we come to some very important concepts, so please bear with me in the hope that I will convey the message imparted to me, to you, as accurately as it was given to me.

Although God is the original creator and present as the substrate or foundation of all creation many different cosmoses, universes and worlds such as planets with living beings were created. Hence a spiritual hierarchy was created from God – the original source – to sub Gods, to angels, to humans, to devas - group leaders of spirits such as Undines (Water Spirits), Sylphs (Air Spirits), Salamanders (Fire Spirits) and Gnomes (Earth Spirits). These groups include beings of folklore such as fairies and elves. They are instrumental in the process of combining elements into molecules and into more complex forms until all physical forms are manifest and growth or evolution back to the original expression can take place. The Findhorn Community in Scotland is one place on earth where people have learned to communicate with these spirits to care for nature and grow delicious healthy produce without



harmful chemical inputs. Most humans are unaware of these matters simply because they have been surrounded by the illusion of living for so long, that they believe the illusion is real, mainly because it is detectable by the human senses and confirms what they have been taught.

In different worlds different models of creation were developed with different levels of techno elements. Hence here on Earth we see how humans have progressed from being pure perfect spiritual entities who worked with the original creator's plan to create the whole gamut of creation through the process called evolution, to themselves becoming physical in nature by a lowering of their vibratory level from that of bliss, peace, gratitude, joy and love to the lower negative emotions of pride, anger, grief, apathy, guilt and shame. It was at the lower vibratory frequencies that humans began to participate physically in the evolutionary process. Hence initially at higher vibratory levels they could communicate with the spiritual beings that control the elements of nature, fire, water, earth and air. However as their feeling capacity was overwhelmed by their sensory indulgence (S IN) they forgot their spiritual nature and creative abilities and began the slow evolutionary mental and emotional growth from being nomads to cave dwellers to eventually becoming even astronauts and landing on the moon. But even higher technological levels are glimpsed via UFOs (unidentified flying objects or spacecraft) managed by what we call extra terrestrials. Even more significant is the fact that on a spiritual level, channelled revelations or teachings about the history of humanity or healing practices to cure the human body of dis-ease or scientific advancements as revealed to Isaac Newton with the "Law of Gravity" and Einstein with the "Theory of Relativity", have allowed humanity to "progress" to where it finds itself today, lost in a mammoth, egotistic, sensory struggle between the dream of physical living and their true selves as pure immortal, eternal spirits that have chosen different roles to play, as compared to their neighbours, in the divine game of creation. Some of these revelations have come from the star systems Orion, Sirius, the Pleiades and the planetoid Chiron from Master Chiron. Others have come from a group consciousness called Abraham as in the teachings published by Esther and Jerry Hicks.

However with the Earth Experiment, two key ingredients were added that may not be present in other worlds. We were programmed to have "free will" and "unconditional love" These aspects are depicted in the song No. 2 "I AM Spirit, I AM Free". The first verse is mainly the words of "The Scientific Statement of Being" from page 468 of the book "Science and Health with Key to the Scriptures" by Mary Baker Eddy – a truly enlightened soul.

### **No 02 I AM Spirit, I AM Free!**

1. "There's no life, truth, intelligence, nor substance in matter  
All is infinite Mind and it's infinite manifestation, for God is All in all.  
Spirit is immortal truth, matter is mortal error  
Spirit is the real and eternal, matter is the unreal and temporal.  
Spirit is God and man is God's image and likeness.  
Therefore man is not material, he is spiritual!"  
So be ye perfect as your Father in heaven is perfect.  
You can do what I can do and even more.  
Know the truth and it will set you free!

2. I AM Spirit, I AM perfect, image and likeness of the creator, matter conforms to my decrees.  
I work with forgiveness, love and truth in all creation hence sin does not exist in me.  
I AM one with the Christ, the eternal child of God.  
I AM one with the Creator, the Creator is one with me.  
I was born to do the Creator's will, to sow love, truth and harmony  
In all creation, both living and non living, I joyfully do what I came to do.  
I AM Spirit, love and truth, I AM free!

In a healing course called “Holographic Kinetics” delivered by Steve Richards, I learned that the expression “Draconian Laws” mirrors the lifestyle on a planet called Draco, where the slightest deviation from the rule of law is punished harshly so everyone is **coerced** to behave within the rules of the society. This is impossible on a planet like the Earth unless it is inculcated through the entire educational process and even then it would take a very long time before everyone was reprogrammed voluntarily. However a key lesson on Earth is to learn to choose wisely using free will.

Through Christian metaphysical teachings as imparted by Carola de Goya from Venezuela in the series of booklets called “Selecciones Metafisicas” and the information revealed by Master Chiron to a beautiful soul called Jan Thomas, who founded “The International Association of Chiron Healers Inc.” (IACHInc.) in Australia, it was revealed to me that the Earth Experiment was an attempt to create a society with a high vibratory level based on unconditional love and altruism, with telepathic communication at a feeling/heart level between humans and the elements, plants and animals and nature spirits, leading to highly symbiotic relationships – a win - win for everyone. This succeeded so well that the spiritual guardians of this process decided to allow beings from worlds of a lower vibratory nature to incarnate here in the hope that, by resonance, their vibratory level would be raised to a more positive one. However two things happened to impede the achievement of that goal. Some of the beings used brute force, to subject humans to their way of thinking and behaving, on the basis that might is right – a feature of some current autocracies or totalitarian regimes. Others used sensual seduction, a craving for repeated sensory gratification and the false associated power it gives one, which is ego based. This may have been the part of the plan of the so called fallen Archangel called Lucifer, which later led to the allegorical eating of the apple by Adam and Eve in the Garden of Eden. Either way it is only different expressions of God or Source or All that Is creating interactions that give all the beings involved opportunities to take steps back towards their true love based nature as creation advances remorselessly. Although all creation is an illusion, initially in the Garden of Eden only the “good or positive and symbiotic illusion” was experienced. However it could not be appreciated for its goodness until the “bad or so called negative illusion” was also experienced. Here unlike the biblical message of the fall from grace it was most probably a part of the divine plan for the beings of that time frame to experience both sides of the coin of good and evil and use their free will to choose between unconditional love, their true nature, and fear. The consequences of the choices are decided by universal or cosmic laws that no being can evade.

Some of this is depicted in the life of Prince Siddhartha who eventually became The Buddha. While he lived in his father’s palace he was protected from any encounter with poverty and suffering. Once, he slipped outside the palace and was astounded to encounter those powerful facets of life. So he embarked on a search to find the cause and the solution to the so called “social problems” or suffering - please note I say cause and solution - because by dealing with the cause - not masking the effect or problem with band aids one resolves the problem permanently.. When he finally got enlightened or discovered the truth, he realised that both the lives, of cravings or gratification inside the palace and the ones of poverty and distastes or aversions outside the palace were forms of bondage of the human spirit to the senses and therefore both were forms of suffering. This is the fundamental lesson that most of humanity, nearly 85% according to Dr David Hawkins, has still to realise. The freedom sought is the result of realising this truth and living and letting others live in such a manner that all can coexist peacefully and this constitutes The Higher Jihad of Love, that is choosing to just be love all ways.

Some of those who incarnated here brought and developed material or scientific knowledge that swamped the feeling abilities through which Earth’s people communicated. Feeling communication is heart based through our oneness in spirit. It is a compassionate way of relating to one another based on unconditional love and cultivates deeper understanding and empathy. It is symbiotic in purpose and nature and leads to cooperation, unity and

harmony. Knowledge communication is more superficial and limited to the conscious mind and the brain, which is a glorified computer. It is focused more on sense gratification, the ego, status, competition and control. It is fear based at both the conscious and the subconscious levels. It readily leads to conflict and division. It is based on the limited and often erroneous perceptions and conclusions of the intellect that are instinct based for physical survival.

One example of how little people know about the reality we are living is given by the following story. In a healing course that I attended, we were told that a person in prison wrote to the Australian Tax Office claiming thirty million dollars, which he claimed, had been deposited there in his name. They disputed the amount and when he discussed it with them the amount owed was not thirty million but three hundred million. According to the storyteller as he was in jail it could not be paid to him but was paid to his family. Somehow he had discovered that planet Earth is part of the Galactic Federation. At some point in time more than three hundred thousand years ago, when Earth was in a pristine state, aliens were allowed to come here and mine minerals and export them back to their worlds. In exchange they had to pay the leaders here royalties which were held in trust for all the inhabitants and to be used for the general good. So when any person is born an account is automatically opened in their name and used to sustain them when they are unable to do so for whatever reason. This would explain, in part, why we can afford to have not only a very high but increasing prison population but also why most governmental programs do not deal with the causes of problems that lead to health and social conflicts but use band aids by treating the symptoms as the allopathic medical industry does, simply because it guarantees business growth. Please be aware that this happens at a sub conscious level and is based on ignorance of the true impacts of one's actions. These are excellent ways of creating "jobs or contracts for the boys" those who share the viewpoints of the perpetrators of these types of policies. The goals of these types of people are usually personal, or group, material wealth, either at a family or an ethnic group level, power and control of the masses, rather than general well being for people and the environment and the encouragement of people through education and motivation to love themselves and one another and to cooperate to enhance the greater good. That would be based on our oneness in essence, as we all originate from the same source called God, and as such, are identical in essence but different in expression through our individual choices of how and where to participate in the divine plan by creating the good, the whole-I and the beautiful. The emphasis would be on the full awareness that whatever I do to another or the environment I do to myself since we are one in God/Source/consciousness.

Another aspect is suggested by those that advocate the right of individuals to personal sovereignty. According to them when we register the birth of a child it is being handed over to the state and the parent only remains as a carer on behalf of the state, for which, in more affluent countries they are paid a stipend. Some of this is reflected in compulsory national military service even though the person may be a conscientious objector to aggression as a means of resolving issues. Another way the state coerces parents is by suspending payments of the stipend if parents do not vaccinate their children in spite of increasing evidence that the practice is as barbaric as chemotherapy in the treatment of cancer, which is like using a sledge hammer to crack a small nut. The matter is clouded by the fact that due to, the inculcated fear of being subjugated by another ethnic or religious group people will act, like unreasoning animals, ostensibly to defend or protect themselves or their culture. This will always only cause more anger, bitterness and resentment. So the issue is never resolved but temporarily suppressed by force. This is totally contrary to the path demonstrated by the teacher/saviour of the world, Jesus of Nazareth, whose love was so unconditional and infinite that he could love those who destroyed his physical body, which was a temporary clothing for his spirit to operate in this world, and even plead for them with the creator God "Father forgive them for they know not what they do!" His reward was a return to his spiritual, incorruptible nature, when he resurrected on the third day. This was

the way of love and service that he came and demonstrated for us by achieving his own liberation from the chains of material, sensory, illusion that makes up all of creation. He showed the way, but most of humanity, 85% and falling as more awoken to the truth, is lost in the world of sensory gratification through likes or dislikes, and they feel highly justified in both cases, even when they are conscious of the fact that they may be actively seeking self harm as in the case of narcotics, tobacco, alcohol and over eating or eating an excess of sugary foods.

These attitudes and behaviour patterns have created the fabled battle between good – love based systems – and evil – fear based systems – and, by choices made in the past and/or the present in this and other worlds, they have lead to the development and destruction of successive civilisations on planet Earth. Nevertheless these are only small blips on the path of the divine goal of a harmonious creation as love is the eternal winner as it unites and builds while fear divides and destroys.

The ego, with its computer like fear based nature, does not discern or intuit. It compares and matches patterns and follows rules. What is worse, is that when the ego is highly stimulated by excessive joy – love included – or trauma, either physical or emotional pain, the analytical part of the conscious mind is switched off and all the events that are perceived by the senses are recorded as equal to each other and harmful in the sub conscious mind. This means that in the future, if similar triggers or events are detected the previously programmed fight or flight reactions are activated. This in part, explains addictive behaviour, post traumatic stress disorder, and many other diseases. However, through explanation and example people en mass can be motivated to strive for the greater good for themselves and all other beings as taught by teachers or ascended masters like Jesus, Krishna or Buddha and even Mahatma Ghandi, instead of being manipulated for the benefit of individuals or small power groups as in the case of dictators, fascists or religious fundamentalists who motivate so called Jihadists of Fear to commit murder.

One group encourages a return to one's true, real spiritual identity as spirit or consciousness – be in the world but not of it - and the freedom that generates through cooperation. The other group fosters the entertainment of temporary illusory emotions and the fleeting sensations they generate in the mind/body/emotion complex even at the expense of all the qualities such as love, health and peace to gain power through competition and coercion. Spirit/consciousness is capable of choosing to sacrifice it's "life", which is just a series of acts in each incarnation, in order to experience and contribute to the expansion of creation for the greater good, while ego is so attached to its illusive, precarious existence that it will sacrifice everything else, and finally by default the body that sustains it, all for a few temporary illusive sensations of "achievement" and "control" or "power". Spirit knows how to enjoy the life journey and savour each eternal now moment, irrespective of what is really happening, while ego acts, or better said, reacts based on past experiences or its mirage like dreams of the future.

What I am attempting to describe is amply demonstrated in The Scale of Consciousness as researched and calibrated by Dr David Hawkins MD. PhD. There one sees that the energetic action of Spirit is encouraging and uplifting towards mental states that are more productive and positive for the individual as he or she by choice passes from courage, at 10 to the power of 200 to neutrality to willingness, to acceptance, to reason, to love, to joy, to gratitude to peace, which measures at 10 to the power of 600, where oneness, beingness, okeness, unconditional love and peace are the essential qualities. This is the peace of total awareness and power and acceptance where one is more at one with God. All karma is paid up, both positive and negative and one serves to assist other parts (beings that are incarnate or not) of the body of The Christ, the eternal child of God, to remember and consciously seek the same liberated state as themselves so that they can step off the roundabout of reincarnation, unless it is to serve others as a teacher or avatar. To my awareness, according to Dr Hawkins MD PHD, only four people or beings have been calibrated at the upper end of the

scale of consciousness where the frequency of their vibration reached and is 10 to the power of 1000 or higher. They are Jesus, Krishna, Buddha and Zoroaster. Hence, they were so God realised that they commanded enough energy to produce instantaneous “miracles” if they so desired, and became role models for others who are intentionally on the path back to oneness. However, all this is only a small aspect of the diverse experiences one as a Spirit has chosen to have, although most tend to appreciate only those events where the predominant feelings are either “nice and desirable” or “painful and rejected” in this world of duality.

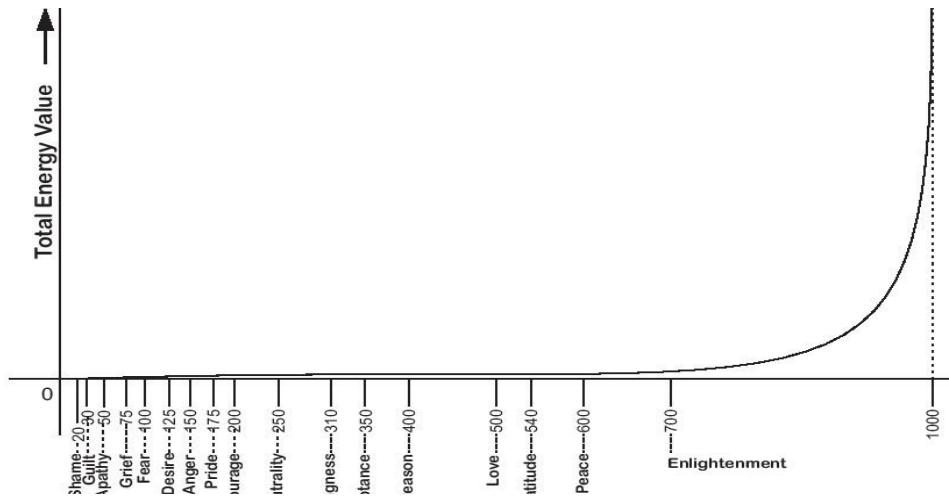
On the contrary the vibrations of fear decrease in frequency from 10 to the power of 175 , of pride, to anger, to desire, to fear, to grief, to apathy/hatred, to guilt, to shame which measures at 10 to the power of 20. This can slow further through total absence of feeling or sensation and perhaps reach God at zero, but it is through the ego or fear illusion one has chosen to live where the predominant feelings are “painful or undesirable”. I use the inverted commas because to a masochist pain is pleasurable, which shows why all the illusion is only perceived as “good or bad” entirely on the basis of the values and the experiences of the subject being affected. That is also why beauty is only perceived through the eyes of the beholder. In addition, Buddha was absolutely right when he taught that both cravings and aversions are causes of suffering, because both are forms of bondage or being chained to the illusions that we have chosen to experience by incarnating on this earth.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↓ 200	Affirmation	Empowerment
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive	Frightening	Fear	↓ 100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓ 75	Regret	Despondency
Condemning	Hopeless	Apathy	↓ 50	Despair	Abdication
Vindictive	Evil	Guilt	↓ 30	Blame	Destruction
Despising	Miserable	Shame	20	Humiliation	Elimination

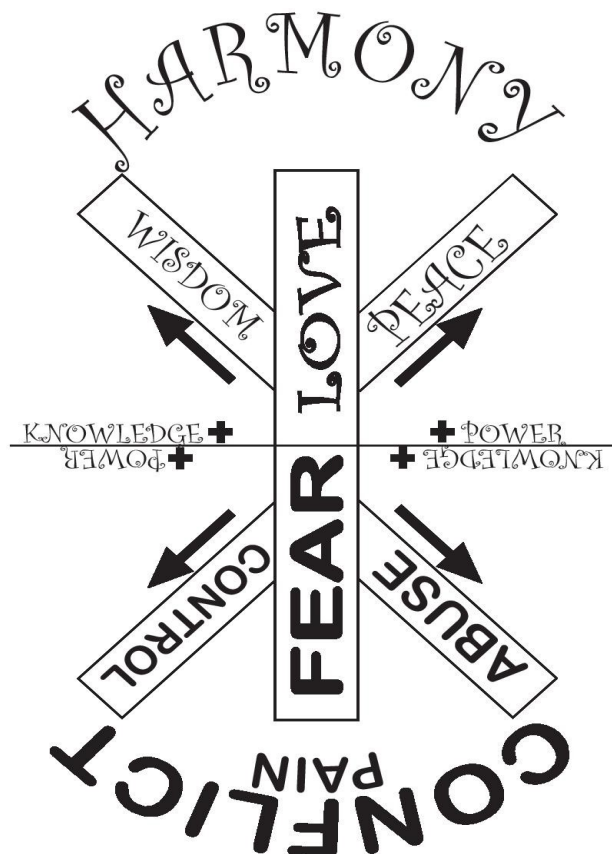
**Table 1: Map of Consciousness from Dreamcatcher.com on the net  
Downloaded from [www.dreamcatcher.com](http://www.dreamcatcher.com)**

The last two paragraphs describe why the motivations of the forces of Spirit/love tend to be open, liberating and allowing, because one is aware that all is illusion while the Spirit that is ones true nature is always intact and untarnishable. As Jesus stresses in The Way of Mastery, “you are complete as Spirit and nothing can be added to you or taken away from you”. On the contrary the motivations of ego/fear tend to be closed, constricting, and controlling because one is identified with the ego and fears loss of the “treasures” one has accumulated at any given time. These could vary from one’s beliefs, to copyright, to physical

property or money one has accumulated. The Table 1 of The Map of Consciousness From Dreamcatcher.com on the internet and the Illustration No 1 of the Scale of Consciousness is from the first edition of Dr David Hawkins MD. PhD's book Power Vs Force.



**Illustration 1: The Scale of Consciousness from Power V/s Force by Dr David Hawkins (Frequencies from Zero to 1000 to the Log of 10)**



**Illustration 2: The Cross of Choice**

indicate clearly, more elements related to the said scale than have been mentioned earlier in the text. However, the Illustration 2 that was inspired to me through the exhortation of Jesus to “take up your cross and follow me”, demonstrates in a simple way the consequences of choosing the option of love or the option of fear.

Again in essence, Spirit is aware of its eternal, immortal nature and so allows itself and other expressions of Spirit, people, plants, animals or even things, to express themselves freely. By focusing on the higher vibratory levels of joy or above, the physical expression of Spirit, in our case the human body, becomes immune to dis-ease of any kind. Dr Hawkins in *Power vs Force* states that on three occasions after he was declared terminally ill by medical professionals, he recovered by raising his vibratory frequency above that of joy. Conflicts in the mental/genetic/cell memory/emotional programming of humans are the cause of dis-ease because they disturb the equanimity or peaceful state of the being and the harmonious energy flows. In the Japanese religious sect called Mahikari, they have a saying “Spirit first! Mind follows! Body belongs!” This sums up exactly what happens in the body mind complex. The outcome is dictated by the choice of either love or fear. It must be stressed that allowing is the essential choice as indicated by Byron Katie. She wrote that “There are three types of business: My business! Your business! And God’s business! And my duty (*to myself*) is to mind my own business!” Parentheses by the author. Allow others to mind their businesses.

On the contrary, with ego, the victim, blame, and pride elements predominate. Judgement and comparison are considered right and even necessary, even though all, and **I repeat, ALL** the assumed “understanding” of situations is flawed because it is based on incomplete information. First the sensory perceptions are incomplete because they are conditioned by a person’s beliefs, based on past experiences and conclusions and societal programming of the perceiver. Hence the ego, which is itself a computer like illusion created by the human mind, has a field day creating conflict and dissonance, which leads to dis-ease. Conflict, which is a direct product of fear based actions, is the chief way that the ego has of asserting its illusive existence through control of what others are doing and at the present moment the majority of humans have bought into that paradigm, which is eventually self destructive through pain.

However, there is hope! Dr Hawkins has calibrated that around the year 1990, just before the turn of the century, the average calibration for humans on the Earth has risen to past the 200 level to the log of 10 mark as follows: (Truth vs Falsehood page 89)

- from 90 to the Log of 10 at the time of Buddha
- to 100 to the Log of 10 at the birth of Jesus the Christ
- it rose slowly till in 1990 it jumped to 205
- In November 2003 it rose to the level of 207, but it may have receded a little with major negative financial and social events that occurred.

The enormous significance of this is that the overall vibration for the earth is on the positive uplifting side and **it is up to the present generation to choose the path of love, caring and cooperation with one another to recreate heaven on earth**. A sobering thought is that 78% of the world's population was still below 200 at that time but the remaining 22%'s efforts and focus were sufficient to tip the scales in favour of good after a very very long time. All this demonstrates is the amazing and powerful impact of the higher states of consciousness of love or above on the vast majority at lower vibrations. In *Power vs Force* it states that one person at level 700 counterbalances 70 million individuals below level 200; and one at level 300 still counterbalances the energies of 90000 people below level 200. So raising our level of vibrations benefits not only ourselves but everyone and everything.

The beauty of the whole life game is that at a core level all the players are seeking serenity and harmony, which is the essence of the love and peace and of God. Even more beautiful is that love is patient, kind, forgiving, nurturing and allowing. All the beings involved are permitted to have opportunities in different incarnations in this and/or other worlds to experience love in diverse forms and the opposite which is fear so they can make rational choices as to which path to take in any situation to rediscover or remember their true nature, which is the love, peace and full awareness as the image and likeness of God, and enjoy their life journeys by practising it. This would enable them to cancel all their karmic debts and get off the roulette wheel of reincarnation into the earth school where the majority are consciously or unconsciously making choices that create more bondage, as they are fear and ego based. All can consciously make choices that relinquish the path of suffering and return to heaven/paradise even while living on earth as it is all a mind game as Jesus demonstrated. This is literally by realising who one is, infinite, eternal, untarnishable Spirit, and being in the world but not of it. This means enjoying life without attachment to the illusion as that is what enslaves one to the wheel of reincarnation.

God is the consciousness and awareness behind all creation and is an energy that embodies love, knowingness, oneness, beingness, oneness and peace. The vibratory energy is very high, as was explained in the Scale of Consciousness. It has only a very distant relationship to the negative qualities that have been attributed to God because they are of very low vibratory frequencies. As Jesus the Christ asked "Would a parent give a child stones if it asked for bread?" God's attitude is perfectly reflected in the poem "Footprints in The Sand ". Each being is an expression of God and the part of us that is real, infinite, immortal and untarnishable is often referred to as our higher selves. The Higher Jihad of Love is a journey within oneself to rediscover that real loving part of ourselves and be able to choose to be in heaven now.

### **Footprints in the Sand**

One night I dreamed I was walking along the beach with the Lord.  
Many scenes from my life flashed across the sky.  
In each scene I noticed footprints in the sand.  
Sometimes there were two sets of footprints,  
other times there were one set of footprints.

This bothered me because I noticed  
that during the low periods of my life,  
when I was suffering from  
anguish, sorrow or defeat,  
I could see only one set of footprints.

So I said to the Lord,  
"You promised me Lord,  
that if I followed you,  
you would walk with me always.  
But I have noticed that during  
the most trying periods of my life  
there have only been one  
set of footprints in the sand.  
Why, when I needed you most,  
you have not been there for me?"  
The Lord replied,  
"The times when you have



seen only one set of footprints,  
is when I carried you."  
Mary Stevenson

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What most people, including their teachers, are unaware that God is so wise, that God created Universal laws which inexorably (unfailingly) ensure that everyone reaps exactly what they sow. Hence, everybody must realise that whatever happens in their lives is a direct consequence of their past choices as a payback **or** as a choice to learn and grow. The other aspect is that we all started from absolute purity, but we forgot this as we got involved with the illusion. God and our individual identical spirits, which are God in each of us, are always providing our ego based personalities, which the majority of people believe are their real selves, with opportunities, not only to experience and extend creation, but also to return to our true pure nature. So nobody else is ever to blame for anything that happens to us. Every event is a co-creation for all involved in it to receive exactly the lessons that they have chosen to have. False teachings to the contrary are propagated in order to control the masses using the fear of the negative consequences of their negative choices. In the average human condition it is "normal" to blame God for the shortcomings – pass the buck – but to take personal credit for the successes. If all people were taught with love, and just being love was encouraged **under all circumstances** there would be no room for negative outcomes as according to the Law of karmic compensation one could only reap love. One must be aware that the negative karmic debt would still have to be paid, but because of the new emphasis on love it would be greatly diminished in intensity when it is paid. The love of God and the sort of commitment we can make to reap only goodness is reflected in the song No 3 "Lord of Infinite Love and song No. 4, "I Pray Serenity" and God's attitude in Song No 5, "Rest in Me! Trust in Me! Walk with Me!".

### **No 03 Lord of Infinite Love**

1. Lord of infinite love, Spirit, truth, life principle,  
You're omniscient, you're omnipotent, You're all present, All in all.  
I'm Your image and likeness, You made me , hence I'm Your child,  
I do Your will, love and forgive and serve all.

Chorus

I love only You, I worship only You, I follow only You, please show me the way home!  
I praise You and thank You, for the teachings I've encountered on the way.

2. You're my Father I'm Your child, like the Christ I do Your will,  
I share my wares, love and forgive all Your creation,  
I choose my thoughts, and my feelings, all my words and all my deeds  
To promote love, truth and peace in all the world.

Chorus

### **No 04 The Serenity Prayer**

I pray serenity to accept the things I cannot change  
I pray courage and commitment to change all the things I can

And I pray true wisdom to always know the difference  
And to always act with unconditional love  
In all my thoughts, all my feelings, all my words and all my deeds,  
Towards all I encounter in my daily life!  
I thank You Father/Mother God! Amen!

### **No 05 Rest in Me! Trust in Me! Walk with Me!**

1. I'm the Birds and the trees, the flowers and the breeze  
I'm the grass and the earth under your feet.  
I'm the moon and the stars, the sun and the clouds  
I surround you all the time with love.

Chorus

Rest in Me! Trust in Me! Walk with Me! All the days of your life!  
Think with love! Feel with Love! Speak with love! Do with love towards all!

2. When you think and feel with love or speak and do with love  
You will reap only love all your life.  
You will heal all your hurts and calm all your desires  
That cause tension and pain on your path,

Chorus

3. When you ask your Source with love for all you need to live  
And you trust all your needs will be met  
Energise all your desires and affirm they will be met  
They will manifest on your life's path.

Chorus

4. So I surround myself with love, think, feel, speak, do with love,  
Towards all I encounter on my path  
By my sowing only love, I'll reap only love  
And rejoice every moment of my life.

Final Chorus!

I rest in You! I trust in You! I walk with You all the days of my life  
I think with Love. Feel with love, speak with love, do with love towards all!  
I am love incarnate here creating joy!

In the next section let us look at the Seven Universal Laws that dispassionately govern all creation, so that we co-create with Source anything that we desire simply by working in harmony with the laws and deliberately create within ourselves the vibrations of the things we desire.

# The Seven Universal Laws

## The Law of Mind or Mentalism

The Law of Mind states that “Everything that we can sense is a creation of mind and therefore it is an illusion!” Most people would not accept this as they claim that they can touch, taste, smell or see and hear things. However let us look at the following analogy. If I took some plasticine and made some forms with it, such as a donkey or an aeroplane or a fruit, would they be real objects? Most people would agree that they are not real but only figurative representations of the real things. However bear in mind that the so called “real things” are only figurative representations of certain ideas or concepts of their “inventors” by employing molecules and atoms in different combinations. Now if we take it a step further, if we classify atoms and subatomic particles as the plasticine of creation, everything our senses can detect is not real. This is also true, because in a spiritual sense, something that is real is unchangeable and eternal. All of creation is an illusion because it starts to degrade to its original essence from the moment of its creation. Accelerated degradation happens when the life force is withdrawn from the body at death as in the case of animals and humans.

In quantum physics one of the smallest particles known so far to science is a photon and the behaviour of this particle is affected by a person’s intention or thought, which is expressed just prior to the feeling or even action. In addition, just as our solar system consists of the sun with several planets rotating round it – the Earth is 93 million miles away from the Sun – each atom has a nucleus made of protons and other particles and electrons rotate round the nucleus like satellites with lots of space between them. Hence even very dense things like lead have vast spaces within their components. Therefore the physical solidity is an illusion. As for the durability even lead can be changed because most of it is “empty” space. I put empty between commas because although it is empty to our sensory apparatus, it is filled with vibrations of different kinds.

Another aspect is that mind (note with a small “m” to denote the human mind) is like a computer and can only operate on the information and instructions fed into it. Hence when the tall sailing ships first arrived in America, the natives could not “see” them initially because they had no previous experience of them and therefore no mental image to compare them with and therefore recognise them. This also works in a different sense related to human attitudes and behaviours. On Dr David Hawkins Scale of Consciousness the levels range from 0 to 1000 to the Log of 10. In our world only four beings, that I am aware of, have reached the maximum – Jesus, Krishna, Buddha and Zoroaster.

The lower emotions rate as follows: Shame – 20; Guilt – 35; Apathy – 50; Grief – 75; Fear - 100; Desire – 125; Anger – 150; Pride – 175; Courage – 200. All the frequencies below 200 are draining and debilitating. From 200 upwards the frequencies are energising and uplifting and expanding and have the following frequencies: Neutrality – 250; Willingness – 310; Acceptance – 350; Reason – 400; Love – 500; Joy – 540; *Gratitude – 570 (this is the author’s estimate)*; Peace – 600; the level of enlightenment: Bliss – 700 – 1000.

In his book titled “You are the Answer” author Michael Tamura describes how during a hold-up in a bank in Chicago in the USA, where two masked men had everyone on the floor in fear and only one person - he himself - was at the frequency of Joy, as he was fulfilling an instruction from Spirit to see the humour in every situation, he could not be seen by the robbers because his vibration was so much higher in frequency than their vibrations, which were probably at fear or desire. He had to spend 3 hours in an attempt to explain to police why he could not be seen by the robbers, when the security cameras showed him standing,

in full view of them, and smiling, while the other people were on the floor terrified. This demonstrates how limited mind is and how distorted the perceptions detected by mind can be.

Now it must be stressed that though everything manifest is an illusion, there is a Mind (note capital M) the Mind of the Original Creator, or God or the Source of all manifestation, that knows everything that exists and all the interactions involved between everything. Through consciousness Mind expands creation and adds all new information to its database. This Mind is real, a part of the eternal essence/consciousness/awareness of the Creator that is intangible to human senses and science and is unchanging and eternal. It records every minute detail of expanding creation – the illusion.

Mind is essential as a tool to focus energies to either create new things (invent), or copy old ones, or to set goals to be achieved and to measure the progress towards them. It is to be used with awareness and care to achieve the positive and desired results. It needs to be mastered and directed by the Spirit of the Christ, the eternal child of God that every human represents, by being a part of that same Spirit or Essence of the Creator. As a result the outcomes generated are good, whole, beautiful, symbiotic and uplifting of all creation, to increasing levels of harmony, amid awareness of our true nature – perfect pure spirit – co-creating with God. Thanks to the Mind that we are as the image and likeness of God, we can dare to assume our position as co-creators with Source/God.

As mind and thoughts or ideas are the first step in any creation one must be careful and choose wisely the thoughts one entertains, Each thought has a vibrational frequency. The universal Law of Attraction states “That which is like unto itself is drawn!” So you attract the vibration you entertain. You reap what you sow consciously or subconsciously.

Vibration was mentioned in The Law of Mentalism. In the next section we will study the Law of Vibration.

## **The Law of Vibration**

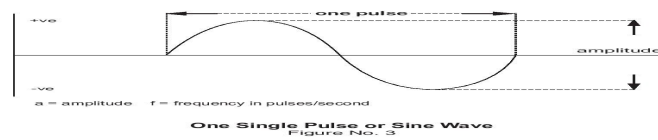
This law is very simple because it states that everything vibrates –whether it is tangible to the senses or only to mechanical devices. What does vibration mean? It means there is a movement of energy between a positive extreme and a negative extreme around a base line. As this occurs over time a sine wave is produced. The distance of the movement between the two extremes is the amplitude or height of the vibration. The total length of the movement through one cycle of positive and negative movement is called a pulse. The number of pulses per second is the frequency per second. See Illustration 3.

As I have mentioned earlier we are spiritual beings who have come from a realm of absolute harmony to this world of duality and physicality, to experience it and to contribute to its evolution to higher more harmonious states of expression, through choices based on conscious awareness. The wave has a central balance level and as the positive and negative oscillations or movements are equal the energetic balance is maintained. As the positive and negative energies neutralise each other the effect overall is stillness or neutrality.

An example of the interaction of the different energies as the frequency increases is given by Carola de Goya in a series of spiritual teachings called “Selecciones Metafisicas” - (Metaphysical Selections). A solid disc is made to rotate faster and faster. As the speed increases it gets hotter because of the friction between the surface and the air and the higher frequency of vibration of the molecules. It also starts to make a sound from a low deep bass note to higher treble frequencies and also the colour changes as the frequency of vibration increases until it reaches a point where it disintegrates. Three qualities related to

frequency are demonstrated. The increase in frequency of rotation raised the tone of the sound and the temperature till it became white hot before disintegrating. It also changed

colour as the frequency rose. At the end, the vibration was too high for the molecular and atomic components to stick together. This is a bit like the reverse of the Big Bang Theory, although that theory, though false, is of matter forming from the formation of and cohesion of particles from nothingness – at least to our senses. In reality what happened is a slowing down of frequency from a very high frequency, at a spiritual level, to a slower one of material expression in this three dimensional space - time world of illusion. As mentioned in the example of vibratory differences in the Scale of Consciousness at the high spirit world frequency of vibration nothing is visible to the vast majority of humans. As the vibratory level was lowered light and sound (the word) were manifest and this progressed until through the



### Illustration 3: A Single Pulse or Sine Wave

evolutionary processes as well, everything was manifest as we now know it. In the case of the wheel the opposite happened. As the frequency rose, the sound pitch rose, until at 15,000-20,000 hertz it was inaudible to human ears.

How does all this relate to us? First it demonstrates that the expression of matter varies with the frequency of its vibration – another indication of its illusory nature. Second, we are spiritual beings, absolutely perfect holographic (identical except in physical, mental or emotional expression) pieces of God or Source, **connected to all creation** at a high spiritual vibratory level. By choice, we have incarnated in this world to experience it and to contribute to its evolution and to better appreciate our original nature. Initially we were fully aware of our true nature as spirit with infinite potential to create through communion with everything, that is, symbiotic communication - communication intended to benefit all involved - which experience fulfils our mandate as rulers of creation, in this time space dimension. However through either coercion, sensual seduction and/ or misinformation, described in the chapter on creation, and by total immersion in the illusion we call life, we have forgotten our true nature and we have got trapped in cycles of reincarnation, always seeking at a subconscious or a conscious level our true nature, which is Love, Joy, Gratitude and Peace that is an omniscient, omnipotent and omnipresent and incorruptible, infinite and eternal part of God or Source.

Again, it is the personal choice of each person, either consciously or unconsciously such as attachment to cravings – things they “like” or aversions – things they “dislike or even hate” which lead them to “suffer” as Buddha put it. Jesus put it a different way, “It is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of heaven”. Please note that rich refers not only to monetary or material wealth but also to those who think they know everything and choose to be self righteous and judgemental or compare

people or events assuming that they understand everything - including assumed mental and emotional baggage.

To enter the kingdom requires that we be humble and realise that, as a human expressions, we know nothing and therefore cease all judgement and comparison because it is always based on incomplete information. Even if a person shares "everything" they know about themselves we can never get the whole picture because most people are in denial about some aspects of themselves so any judgement or comparison would be inaccurate. Instead if we seek to cultivate the vibration of Christ consciousness (pure love), which is our true nature and see or call forth the same, that is present in all others as infinite, unconditional love, we can discern or be guided spiritually and accurately by our Christic nature, to know the true causes of the present outcomes and be able to choose for ourselves or advise others of appropriate solutions that result in changing the causative elements to create the desired results. As stated by Abraham the group of spirit guides of Esther and Jerry Hicks it is better for us to project that we see the best in others, even though our senses detect the opposite, because that is the energy we will send them and it will assist them to change in a positive way. Please be very aware that we can only recognise the "negative" aspects because we have done that and know what it signifies. Jesus reiterates that "It takes one to know one!" Hence, all that they are doing is mirroring to us what we need to change in ourselves until only love is left and that is all we will see. It is important to stress that without behavioural change nothing will happen. That is why most allopathic medicine alleviates symptoms but doesn't cure dis-ease. It often acts by blocking sensory alarm or healing systems such as pain and temperature, respectively.

It is important to keep our vibrations at positive, creative levels on the Scale of Consciousness. Love or above is the best because it can result in rapid if not even immediate "miraculous" physical healing as well at the vibration of joy. Encouraging people to concentrate their energies in Love, Joy, Gratitude and Peace with a good dose of reason and even sending them the energies consciously as co-creators, can produce seemingly "miraculous" changes. But they have to also desire the changes and do it themselves and learn the lessons they have chosen to have. One can only facilitate the process and support their efforts. It is important to remind people that in both "good" and "bad" situations to remember "This too shall pass!" and strive to maintain their equanimity or peace. On the contrary if they slip into negative vibrations they feed the undesirable vibrations that sustain the dis-ease. Here it is also crucial or very important to remember that whatever is requested spiritually is given to us immediately but the physical manifestation depends on our faith persistence and degree of energisation of the process. As more of us do this we come closer to our at-one-ment with our true harmonious nature of oneness and love and bliss.

It is important to stress that it is not desirable to do healing for others because the people are denied the opportunities they have chosen and have been facilitated to them by Source for them to learn, grow and rediscover their true spiritual natures. In addition, no healing should be done without their express permission, because one would be infringing their free will choices and that would cause negative karmic consequences for the healer.

It is worth the effort to consciously create and sustain positive vibrations because our efforts are amply rewarded as we attract the quality and quantity of vibration that we sustain according to the Law of Correspondence/Attraction.

## **The Law of Correspondence/Attraction**

This was first revealed to me by through "Selecciones Metafisicas", the teachings of Carola de Goya, where she describes the "Seven Universal Laws" that govern all creation as described by Hermes Trismegistes. I was more recently reminded of it by Rhonda Byrne's book "The Secret", which itself was based on the teachings of Abraham, the self named

group of spirits, channelled by Esther and Jerry Hicks and disseminated by them as the teachings of Abraham. Carola de Goya stated that it is called The Law of Correspondence - "As above, so below!" It only dawned on me recently that it is the same as what Rhonda Byrne calls "The Law of Attraction" - "That which is like unto itself is drawn!" The first way of looking at it implies that patterns of expression are repeated from the simple to the most complex in all creation. Hence the pattern of our solar system of planets rotating round the sun is repeated at the atomic level with the atom having a nucleus and electrons whirling round it. In our daily living most people may choose to live in a house, protected from the weather, sleep on a bed, have services of electricity, water, sanitary facilities etc. However, as described by the Law of Attraction, they have different levels of comfort, luxury, In the type of house, belongings, furniture, clothing, vehicles, etc. depending on their level of thinking, which decides at what frequency they are vibrating and what they attract into their lives. Hence depending on their level of awareness and commitment and focus they can have a house that is anything from branches and leaves with a wood fire for cooking and light and a stream for water to a mud and wattle hut, to one of bricks with corrugated iron for a roof to a luxury mansion in a very expensive neighbourhood, like Beverley Hills, to a grand Palace like Buckingham Palace of the Royal Family in London. The basic life pattern is the same but the increasing complexity and affluence is the result of the vibrations created by the individuals through their levels of awareness, desires and the goals they set. These are brought into reality by their commitment, focus and dedication and persistence as they use tools such as creative visualisation and affirmation together with action plans to monitor and guide their efforts to achieve their goals. However as Abraham states in the book titled "The Vortex" by Esther and Gerry Hicks the most important element is the feeling vibration one sustains, as the Universe will respond to that vibration, using the Law of Attraction. There is no such thing as luck involved. The surprising, synchronous, desirable events that occur, on the way towards the goals, are the result of the universe responding to the vibrations that they are emitting. The universe/creation/God/Source supplies whatever one asks for, provided the request is clearly defined, timed by a deadline, and consistent or resonant with the vibration of the person. In the Mind, Body, Etheric, Emotional Complex (The MBEEC complex) that has been created by each individual spiritual being, all the memories, both the positive and negative ones of thousands of past lives and the current one are stored in the individual's energy pattern. More than 95% are stored at a subconscious level. These memories act like a hidden software in the computer called the mind to enhance or sabotage any goals sought by the person. They include cravings and aversions created by the outcomes of past choices and define the perceptions and beliefs of the person. It is necessary, for the goals to be achieved successfully, for the vibrations of the goals to be consistent or resonant with those of the conscious and subconscious perceptions and beliefs of the person because, as above – so below, one can only manifest above what is programmed in the conscious and subconscious minds. Scientists have demonstrated that if there is a conflict between the mind (conscious desire) and the heart (subconscious desire or belief) the heart wins. Although this applies to individuals it affects all the levels of creation in every moment from their biological families, to their local communities, the districts or other political units of space they are located in, to their countries and the world, Gaia and cosmoses. So what vibration are you choosing to share either consciously or subconsciously with the rest of creation from moment to moment? Is it one of love that uplifts humanity and motivates it to ascend into its true nature, which is infinite unconditional love? Or is it one of fear with scarcity, senseless murder, pillage and destruction? By correspondence it will return to you so that you can experience what you have created. As time is an illusion and does not exist in spirit, you may experience the effect in this or future lives in this dimension or your spirit may be experiencing it at the present moment in this or other dimensions. Please remember we are all droplets of the same sea or sparks of the same Universal Flame that is the Source of everything – often referred to as God, Allah, Yahweh, Brahma etc – hence as we are all one in God, whatever we are doing to another person or animal or plant or thing we are doing to ourselves; hence the sincere exhortation to "JUST BE LOVE"! It is not only a duty, it is actually a priceless pleasure to know that the effects of your choices

have made not only your immediate contacts feel better but the ripples have improved the vibration of the whole of creation. Now the effect of those choices will be a pleasure to reap when they return to you by the Law of Attraction. As stated in the Law of Vibration at any given moment equal positive and negative vibrations cancel each other if they are opposed, while two simultaneous positive or negative vibrations have a greater effect as they are added together hence your choices can neutralise or exaggerate existing conditions and your choice is entirely your responsibility. Hence the Master Jesus advised us to turn the other cheek and walk the extra mile because the only thing one can forfeit or lose is the body, just another temporary material illusion one has been given the privilege to co-create and experience. The vibrational outcomes of all the energies of all the beings in a given area summed up explains why in some groups of people or places there is always conflict and destruction while in others there is harmony, and material and spiritual progress. This is also illustrated by the diagram of The Cross of Choice Illustration 2, which reflects what Jesus meant when he said, "Take up your cross and follow me!" Will you consider and choose only the Cross of Love and reap the benefit of Harmony?

In late 2015 Alex Lloyd published a book "Beyond Will Power". This text fully acknowledges the domination of our behaviours by the subconscious beliefs created through ancestry, culture, politics, the media, education etc and more importantly gives us processes to reprogram the subconscious so that it is an asset and not a liability towards achieving our goals. This would be an excellent tool in your success toolbox.

Every moment, through every thought, feeling, word and deed (TFWD), that we choose to entertain, we are feeding our individual, societal and environmental matrix with the positive or negative energies we entertain. These decide the outcomes for us as individuals and eventually for all of humanity and all of creation. What outcomes do you wish to **know** you were responsible for creating either alone or as a group?

One of our most important reasons for incarnating is to remember that we all are Christs – the immortal, untarnishable, eternal spiritual children of God, or Source, that is infinite, unconditional love. We are love incarnate by choice to have a material/time/space experience and contribute to the harmonious expansion of creation. We do this by recognising that all "other" humans are Christs, each having unique experiences by choice and therefore deserve our love, respect, compassion and help, if requested, because we are all parts of THE CHRIST -the eternal child of God – and what we do to them is done to ourselves. The false ego/mind, that thrives on division and conflict as its only source of nourishment, would insist that the "other" humans are "separate" beings with whom we are in competition for survival. We need to realise at a heart level that we are Spirit, that is perfect, immortal and eternal and if we lose any of the illusive material creation including our bodies it does not detract or add to our spiritual nature at all. This is similar to the essential nature of the human body not being changed by the clothes or adornments being placed on or removed from it.

We uplift all other Christly expressions as we choose to raise our vibrations from courage through, neutrality, willingness, acceptance, reason, love, joy, gratitude and peace to bliss. They are identical to us in spirit but they are having and creating for us the experiences, both of us chose to have, as they make choices and contribute to the expanding wave of creation. **Everything we experience**, without exception, is a consequence of our choices. They affect every aspect of our lives. At the end of the day only we are to blame or are worthy of praise for whatever happens in our lives. We have to consciously and persistently change our vibrations through the thoughts, feelings, words and deeds that we entertain to change our outcomes. This is guaranteed to occur because the Law of Correspondence or Attraction operates implacably like all the spiritual laws.



This and the other laws interact with The Law of Polarity that follows. It is about the duality we have chosen to experience by coming to this world through the MBEEC that we have co-created with God/Source.

## The Law of Polarity

This is also called the Law of Opposites and it is one of the fundamental things we have chosen to experience in the world of maya or illusion. “Everything has its opposite”! As a spiritual being one can know about opposites in colour, sound, texture, taste, location, etc. but these are perceivable only at an intellectual or so called scientific level. All are either single, gross or very subtle individual expressions of the single Source/God. The slight differences or nuances are what entertain our testing apparatus – the senses. These feed signals that are based on accurate or inaccurately perceived data to the computer we call the mind. Based on the information and conclusions of past experiences stored there, we decide whether we like or do not like whatever we perceive irrespective of its true nature. All of this is happening in a scenario of maya/illusion, because all manifestation is in a state of change. Nothing is fixed or static though we may think it is because the rate of change is extremely slow as in the case of more dense and therefore apparently solid objects. Our conclusions are often based on past or present experience or even conditioning by family, cultural, social, religious or national perceptions or beliefs. All these are in a permanent state of change. Never the less they assist us to have likes or dislikes, that can also be referred to as cravings and aversions. The mind convinces us that our stance or position is “right”. We become self righteous. We then generate suffering as we do our best to defend our stance or try to convince those who perceive differently to change their perspectives to conform with our own choice. The suffering is generated by ourselves by being attached to and enslaved by our own perceptions and beliefs and not allowing others to enjoy theirs. We effectively choose to mind their business instead of our own and choose to feel upset, when they do not comply with our insistence, and end up blaming them for our feelings – a perfectly negative “some believe normal” victim mentality.

Freedom results from understanding that we came to experience all the polarities at all the physical, mental and emotional levels but at the same time being aware that it is all a mirage or an illusion that is changing from moment to moment. It is all transitory and each perceives differently because of their different histories and therefore values and beliefs. Everything is neither good or bad or right or wrong, it simply **is a neutral event** at a given moment in any context. The conclusions are usually the result of man made rules designed to serve the objectives of those who created them. These often do not coincide with the highest and greatest good of all who are involved in the process.

It is important to be aware that the so called opposites are only the extreme conditions of a common theme. Hence hot and cold are grades of temperature and light and dark are intensities of the same colour or of the degree of the presence or absence of light. So one is only defending preferences which could change under different circumstances. It is never worth the stress to argue, discuss or differ over minor details. It is much more sensible to choose to be happy rather than right because that lifts one on the scale of consciousness to love, joy and peace. The opposite happens if one insists on being right. The rewards are frustration, hurt pride and even anger. It is even more important not to split hairs and get upset about it, and live and let live, because Dr John De Martini has stressed in his book The Breakthrough Experience that at any moment in time all the opposites are present in harmonious balance. This occurs at the individual and even global levels. It is only because we focus on only one part of the event to the exclusion of the other parts that we perceive good or bad. Again this is only based on the boundaries **we are conditioned to accept as true** in our judgements.

Jesus in the Way of Mastery suggests that we look at events with the innocent curiosity of a child “That is an interesting event occurring in the sky of my awareness”. No judgement, comparison or need to understand. We also have the choice to be aware that “This too shall pass!” because everything that arises in time passes in time. We can also seek the blessing in the situation. For example if someone does something that we dislike we can realise that all they are doing is mirroring to us our own behaviours that we are either in denial of or unconscious about them. This is true because Jesus reminds us that “It takes one to know one!” We must have done that to be able to recognise it through our brain/mind computer. So how do we resolve the strife we have generated? Perhaps recall when we did it – recognise it was a choice to experience that type of event and its consequences and learn about it. So we can ask for and accept forgiveness from the victim and forgive ourselves and release it from your consciousness. We can also choose to have compassion on the one who helped trigger the response in ourselves, and not only forgive them, but thank and bless them for mirroring the pattern to us so we could take measures to release that undesirable baggage. In the Way of Mastery Jesus suggests the following affirmation to free oneself from the issue of judgement:

“I judge you not! I extend forgiveness to myself for what I have created.  
I embrace you, I love you, I free you to be yourself.  
I bless you with the blessing of Christ.”

We all carry a lot of baggage through our cravings and aversions and we would be literally blissful if we released them all.

In Vipassanna, a form of Buddhist meditation, this is done by watching the sensations created in the body by cravings and aversions without any reaction of any kind. They all appear, rise to a peak and then decrease till they disappear. The energy gets dissipated or used up by not reacting. Another way is to see the humorous side of the event and laugh it off and release it. This also dissipates the energy and the consequent attachment. That is possibly what Jesus intended when he said to his disciples “Watch and pray that ye enter not into temptation!” The undesirable is usually designated as “Evil” which I believe is a good acronym for **E**nergy **V**eil of **I**llusion. Sin is an acronym for **S**ensual **I**ndulgence. The watching and praying is to act with love, joy and gratitude for the infinite blessings we take for granted... On the contrary judgement, comparison and the insatiable need to understand are the negative reactions that feed the undesirable patterns and make them more difficult to change. Besides it is said with certainty, that “What you resist persists!” because as we saw in the Law of Attraction we are focussing on the undesirable vibrations and attract more of them. A timely reminder from “The Vortex” is to see the good in them and thus encourage it to manifest.

In dealing with people one also has to look beyond the material emotional mirage. One sees and looks at the essence or spirit of the person, their divine spark that is pure, immortal and infinite and untarnishable and identical to our own spirit and call to it to guide the MBEEC to choose the path of love. The greatest effect is achieved when we change ourselves and project the desirable traits. Then by example and resonance the co-spirit is motivated to change as Jesus demonstrated in his life and stated in the be-attitudes. Yes it is be attitudes. This process is reflected in a scientific study which noted that when approximately two thirds of a tribe of monkeys were taught a new behaviour the rest who had no direct contact with the teaching procedure knew it perfectly. Again this is also because we are all identical and connected in spirit – we are one. This also means again that whatever we do to another we are doing to ourselves and “all” the “others”.

A further concept to bear in mind about polarity is that “the ends meet”. This is because they are different degrees of the same quality and all that is happening is energy is being replaced to manifest more of the opposite nature. This is fertile soil for a brain/mind that thrives on being right and conflict rather than “Live and let live!”

The most significant aspect to appreciate regarding this law is that each being is on a unique personal journey. It co-creates with other beings and God/Source and Mother nature and ongoing events, the precise experiences that each one involved in each experience, needs or has attracted, to learn and grow back to a full consciousness of their true love/spirit nature as the image and likeness of God, that chose to play the temporal game of illusion, which we call life. Each being has the free will to make new choices to achieve their goals by stopping re-acting to events, which perpetuates them, but instead re-fusing the energies using this and the other laws to focus their efforts towards the definition and the achievement of their more desirable goals. Hence they can consciously create mental and emotional patterns, free of judgement, comparison and the need to understand, and consequently, with appreciation, joy, gratitude and equanimity, attract what they desire and believe would be the highest and greatest good for all involved at any given moment. This is conscious, deliberate, creation, instead of unconsciously creating and suffering the results.

Between the extremes of polarity oscillates the pendulum which is the essence of the next law which is The Law of Rhythm or Cycles. However one may cultivate the awareness that no matter where the polarity or the pendulum is positioned one always has a free will choice as to how one responds and hence creates one's future outcomes from moment to moment.

## The Law of Rhythm

This is The Law of Cycles or Rhythm. It is symbolised by a pendulum with the weight oscillating between the extremes of different pairs of polarities. The most obvious is day to night to day again. Other cycles are the Phases of the moon, the changing seasons, emotional cycles, biorhythm cycles, etc. Some cycles may be very very long such as the Cycle of the Zodiacal Signs, where the earth spends around 2000 years under the influence of each sign, so the full cycle is around 26000 years. We were under the influence of Pisces during the last 2000 years and moved to the influence of Aquarius around the middle of the last century. Some cycles are difficult for the mind to contemplate as they cover millions of years, such as the Cycle of Creation, where everything is created from apparently “nothing” by the word of God/Source. It develops and peaks and finally dissolves in time into “nothing”, which contains everything. This is what humans have named Source, God, The Tao, Brahma, Spirit, etc.

As stated earlier, good, bad; things we like, crave and want; and things we dislike, reject and even hate are created by applying human rules and boundaries, which are further coloured by the personal programming and therefore the unique perceptions of the perceiver. **Every thing, event, person or situation is neutral.** It just “is what it is” until we judge and compare it in relation to specific criteria. However there are things like sensations triggered by programmed emotional reactions to sensory perceptions fed into the brain/mind, which follow a cyclical pattern where they start, grow and peak at one extreme or pole, then weaken and pass through a balance point and grow and peak at the opposite extreme or pole and then weaken until they return to the balance point and may remain there until triggered again. The cycle spread over time produces a sine wave as in Illustration 3 since change is the guaranteed aspect of creation. However, we can maintain our equanimity by observing the event objectively, with innocence and without judgement, while we reassure ourselves that “This too shall pass!”.

While we are waiting for the change to happen we can still use the Law of Mentalism to focus on visualising the positive benefits of the event and hence maintain our peace. We can apply the Law of Polarity to focus our minds on the opposite pole or we can use the Law of Vibration to cheer ourselves up by seeing the humour in the situation. Hence no matter how “negative or bad ” or “positive or good” the event we are dealing with, it is our awareness of and use of the universal laws, that allows us to address whatever happens with equanimity or even joy. In addition, once one is aware of how the laws operate the best option is to all

ways pick the option of being love, which is our true nature. This means we can only reap love. Perhaps the most appropriate choice is to just observe the changing scenarios without any judgement comparison or attempt to understand the hows, whys and wherefores of everything. This is the pure awareness of God/Source/All that is, which we are. These types of choices guarantee success in any venture and contentment on the life journey.

The most simple and starkest fact, that the majority of people do not heed and act accordingly is that **“We reap what we sow!”** Just as a mango seed cannot produce a rose plant, every TFWD we entertain are the seeds we sow. These faithfully produce the harvest we reap as we will see in the next universal law The “Law of Cause and Effect”.

## The Law of Cause and Effect

This law simply states that “Every Cause has an Effect!” Hence all that we perceive or even detect using electronic instruments are the effects of an infinite number of causes, which were initiated by Source/God – the original Cause. That original cause exists as the essence of all manifestation and also as an undefinable, formless, matrix substrate of potentiality prior to any form of manifestation. Hence the teaching in Catholicism that “God is everywhere.” This also reiterates the concept that all manifestation is an illusion that is initiated by thought or intention and brought into form by the aggregation of atoms and sub atomic particles, which are the plasticine of creation. Here it is important to attempt to clarify who or what is the true cause of the effects. In reality there is only one causative force Source/Spirit/God that initiates changes as a response to the intentions of all its manifest parts - that is all creation – especially the reasoning free will of humans. “Ask and you will receive!” This is the Law of Attraction in action

When it comes to humans and other life forms that can move in response to external stimuli such as gravity, light, sound, temperature, food sources, etc there are increasingly more complex networks of reason or feeling. In humans reason is at its highest for our planet. We are essentially spiritual droplets of God/Source, which is the Ocean of Spirit, the fount of all manifestation.

The true purpose of all creation is a choice by the divine to express and experience its omnipresence, omnipotence and omniscience by generating increasingly complex elements that interact in a harmonious way. However as the level and complexity of creation increased as in the Law of Correspondence, although there is only one original source/God a hierarchy of command was generated to address and manage different levels or aspects of creation. Hence both monotheism and multi-theism developed. However each Spiritual droplet in the sense of Water or an Ocean being Source, or in the case of Fire as Source, each divine spark is created as the holographic (identical) image and likeness of Source/God in quality. The same applies to every unit on each level of the hierarchy, the only difference being, a greater scope of awareness, action and responsibility at each higher level. However, the elements on the advancing frontier of creation, while fully aware of their nature as perfect Spirit chose to come into physical manifestation for at least two reasons:

- 1) To experience the material world through the senses while occupying a material form;
- 2) to extend creation by co-creating or being instruments of Source to create new forms of expression to extend creation.

Note: Creation is continuously in a state of flux – either expanding or contracting and then expanding again, as occurs when a catastrophe happens. Things are destroyed and then rebuilt.

However, once the droplets or sparks come into human form, they are seduced, coerced or simply distracted, while immersed in the immense variety of sensations of the illusion, into

forgetting their true nature and purpose. The vast choice available to experiment with, experience and modify, constant appeals of the ego/mind, plus peer pressures, religious misdirection and punitive legal systems help them to feel like powerless mortal beings, identified as the MBEEC, who are at the mercy of forces that are external to their beings. They forget that they are immortal and powerful co-creators with Source. This is “The Secret of the Ages” which avatars like Krishna, Buddha and Jesus came to reveal to the masses. The aim was a freedom of the whole son-ship by each being realising their true nature and living it in full cooperation with their peers and the rest of creation. This can only be done by shedding the illusions of the ego, which emphasise separation and fear and powerlessness. At the same time people could consciously adopt and live the positive motivations of their Spirits, or higher selves whose nature is unconditional love, and which promote oneness and cooperation, This is the external expression of The Higher Jihad of Love.

The common thread to both paths is that one reaps what one sows – the cause is the choice made to follow a particular course of actions and the effects are totally consonant with the choices that are made. There is no luck or external force involved as many people assume. If other co-creators modify the outcome a bit it is only because other earlier choices of the recipients predicated the actual result, which all those involved helped to co-create the outcome. Both paths even reach the same destination, Source, but **one path does it through fear and suffering and the higher vibratory path does it through love, joy and peace.** Hence God/Source, which is infinite, unconditional love does not punish or even need to monitor what the “children” that were created are doing as the laws do it without flinching. They are inexorable in their action. However, some people teach that there is a Law of Grace, where Source/God intervenes by reducing or cancelling the karmic debt so the spirit can progress to a higher vibratory level faster. This may be true because it is often stated “With God anything is possible!” and we are God in action. Another possible scenario is that the change of focus in thoughts feelings words and deeds tipped the scales enough so the karmic retribution was not so severe or the focus on the changed goals was so intense that by the Law of Attraction they were achieved as nothing is set in stone as even quantum physics has revealed.. Intention, focus and intense energisation facilitate quicker responses. What is certain is that without a change of behaviour and focus nothing would change. Doing the same things can only produce the same results. This is guaranteed by the laws!

In addition, as each being is a co-creator in the elaboration and maintenance of its temporary tool the MBEEC, by intention and focussing all its energies only to return to unconditional love and oneness, through service with unconditional love, only the good, the holy and the beautiful can be reaped by both the Law of Cause and effect and the Law of Attraction.

This is essentially the way, the truth and the life that Jesus spoke about:

- The Way – Unconditional love of God, Oneself and all neighbours
- The Truth – We are one so recognise the divine in everything
- The Life – Cooperative, loving, service to uplift all of creation to a state of harmonious interaction. Do to others as you would have them do to you! Hence, serve, allow and accept the outcomes without recriminations as everything is in divine order. It always is exactly as it was consciously or unconsciously created by all the participants. In addition every event has a lesson and a blessing, to lead us back to a knowingness and use of our true nature – that of Source, which is infinite, eternal, omnipotent, omniscient and omnipresent.

The benefits are not necessarily through material comforts, status or power as these are all transitory conditions that are ego based, which moth and mind can corrupt. The real blessings are reason, love, joy, gratitude, awe, and peace in a oneness with all that is, that is

eternal, unifying and incorruptible. In addition, with this focus we “recover”, through Self Realisation, our incorruptible original spirit nature and are released from cycles of reincarnation in material form to repay karmic debts created by our earlier choices.

We have had a vast number of incarnations and we therefore receive pointers on the way as people and/or events mirror to us the elements we are still projecting, be they desirable or not. We only recognise them because we have been there and done that, but not transcended it, so we still judge, compare and strain to understand everything. As we progress up the scale of vibrations and focus more and more on love or above i.e. love, joy, gratitude and peace we sow positively. We cease to re - act to the negative and reach the state of full remembered Christhood, which is full awareness of our spiritual nature, that we started with, as the pure, immortal, loving, loved and lovable children of the divine Source, God. These are qualities of Source that are eternal. So it would benefit us greatly to remind ourselves of this by stating often “I AM loving, loved and lovable forever!” as Jesus suggests in ‘The Way of Mastery’ and be aware that everyone else is the same as well.

Hence to accelerate the remembrance of the freedom and creative power that we are in essence, we need to pay close attention to the Law of Cause and Effect and choose wisely. Jesus teaches us in The Way of Mastery that every event is an opportunity that we have created to take a step close to our true nature by living the be attitudes. These are based on unconditional love and the total absence of fear, which is the domain of the ego/mind.

Compassion with ourselves and others is a high priority as we query the pain or issue that is triggering the negative behaviours in all of us and in our companions who mirror the same to us. We can all ways choose to respond with unconditional love and forgiveness to both ourselves and them. By freeing them we free ourselves. We bless them and ourselves by being grateful for the lessons and opportunities they have given us to be free of enslaving beliefs and behaviours. Always remember, what we do to others, we do to ourselves, because we are one in God/Source.

We will now proceed to the Law of Generation, which allows the game of life to continue, albeit with changes on the way.

## **The Law of Generation**

This law is beautiful in its own way, like every aspect of creation without exception, and acts interacting with the others. It is the Law of Reproduction or multiplication but it also extends to initiations and new beginnings when new choices are made, which radically change ones course in life. The leading edge expansion of creation depends on this law. A fundamental aspect of it is that creation started from the One, the consciousness of the Source/God. At that time there was pure awareness. However from the first stirring and before the first word was uttered vibration and duality was generated. Vibration has a positive and negative side to each cycle. This was the essence of the first expression of masculine and feminine which are required for this law to operate to procreate, reproduce and multiply. This gender identity has been known about by metaphysicians before science identified it in atoms – the nucleus or core is positive/masculine and the electrons whirling round it are negative/feminine. Spirit/the Creator is positive and earth/matter/the executor is feminine. Thought, ideas, imagination are aspects of the Spirit/Mind of the Creator while actions, words, matter are qualities of the feminine executor. This ensures that creation is forever regenerating and expanding. Most humans are only aware of gender as related to living beings to procreate or have fun through sex. That is only a minor part of its role. Its major role is to ensure the harmonious expansion of creation in balance with the other universal laws. It facilitates the harmonious union of all the ingredients to occur so creation can advance positively.

We as humans are honoured and privileged to be chosen or allowed by Source to be present in this time space dimension as co-creators with It. Hence we bring into manifestation both existing and new – to us – patterns, behaviours, technologies that are more appropriate to the changing needs of creation as it unfolds from moment to moment. We are incredibly blessed, as being on this frontier we have the opportunity to experiment with and experience the new developments - at least new to us.

However there is a corollary! Are we doing it for our egoic natures, the Me! Me! Me! What about me! Or for the We! Who are one with and in Christ and God/Source? When we choose the highest and greatest good and benefit for all, all ways, we create the good, the holy and the beautiful. This uplifts and refines the vibration of consciousness not only of humanity but of all of creation. We become stewards who procure maximum harmony at each step through, unconditional love and cooperation applied with wisdom. The whole evolves and progresses together. Some aspects may cease to exist as creation changes but new and more appropriate creations will come into existence according to the needs of the times. Balance and bliss will be present as a new paradise of harmonious interactions is generated. We started from there and by the Law of Rhythm we will pass through that pole of harmony again at a new, higher level of consciousness thanks to the Laws of vibration and Correspondence. This will happen after using our minds to create exciting new beneficial illusions to experience – Law of Mentalism. However as we rise in consciousness we will do this with greater awareness of our true nature as immortal, perfect, Spirit, playing the game of material life (illusion). All would be winners as we reap what we sow, because we would be sowing from a basis of unconditional love.

We also become more acutely aware that we as God in action co-create together with other beings all our experiences, no matter how bizarre or “good” or “bad” we perceive them to be. We do so through our choices and the Law of Attraction either to experience the new and learn and grow in our limited material sense or to pay karmic debts or reap karmic rewards, which are the consequence of earlier choices. The real benefit of this is when we are aware that we are being given a chance to enjoy our entire life journey if we acknowledge and accept our creations without judgement or comparison. Hence when things do not turn out as hoped, for example, the dinner got burnt, we accept it equanimously, avoid blame, guilt or shame and can go to the corner store and get a take away to cover our present need – an example from The Way of Mastery. Later with the same equanimity we can modify our process of creating the meal to produce a more desirable outcome. Unfortunately with a number of spiritually sleeping beings, they expect a different outcome without changing any behaviours. For example some expect an improvement in health while pursuing self destructive behaviours in thoughts feelings words and deeds. They may even add toxins in the form of allopathic medicine which most frequently suppresses symptoms, rarely cures, and produces side effects.

The Law of Generation guarantees an expression according to the pattern that is present. Hence seeds of different species reproduce only plants of that species. However through natural selection, survival of the fittest, change occurs slowly over long periods of time and the weakest are eliminated. However with genetic modification there is insufficient time to test the effects of the artificial genomes not only on their own species but also on other species, insects, animals and humans. Hence both may suffer negative consequences. In humans the desire to save lives even at great expense ensures survival of the weakest and a debilitation of the gene pool over time. Modification of the genetic pattern modifies the vibration of the original species so it interacts differently with the rest of creation. In the case of wheat in India, hybrids created by crossing different varieties yielded more quantity but of lower quality with greater disease and pest susceptibility. This was compounded by them being used in environments they were not designed for. The same is happening in the case of human health with the eating of highly processed foods that have been stripped of fibre, proteins or fats and micro nutrients.

However, most humans are not aware that by applying these laws with acute awareness and spiritual discernment they can use their innate abilities as co-creators made in the image and likeness of God/Source to produce apparent miracles. They can manifest and multiply matter, generate healing, influence climate and even resuscitate the dead. All it requires is to build awareness and skill through practice. The Earth is progressing towards a major rise in consciousness and the negative events like wars or natural disasters are some of the cleansing mechanisms, whereby those who are resisting the changes will “die” and pass to the spirit realms from where they will be able to incarnate into other similar worlds to continue their spiritual evolution. Those who survive will cooperate to rebuild a more caring, loving, nurturing environment for all beings resident on Earth and for the benefit of Gaia/Earth herself. The guides are Jesus, Krishna and Buddha and other Ascended Masters and other spiritual beings who have advanced in conscious awareness to higher levels. We can all taste these delicacies of experience now, if we choose to just be love and to cooperate, using the Law of Generation to co-create the greatest and highest good for all of creation. We would increase awareness of our thoughts, feelings, words and deeds to release all attachments, and share, care and cooperate to uplift our brothers, sisters, parents and neighbours who are one with us in Christ the eternal child of God. Whatever we do to anyone we do to ourselves because of our oneness. Hence, choose well, choose wisely as you use the laws to remember who we are – God = Goodness On Demand incarnate. One can learn and live the Creed and the Litany of the Christ to put the The Law of Generation and the other laws into action on a daily basis.

## **The Creed**

1.       The Source of all creation is infinite, pure love that is omniscient, omnipotent and omnipresent.
  
2.       I AM a spiritual, immortal, holographic replicate of the Source/Creator, with a specific life purpose in each incarnation in this and/or other worlds.
  
3.       I discover my true nature as I follow the examples and live the teachings of way-showers such as Krishna, Buddha and Jesus the Christ.
  
4.       I experience my true nature as I live with unconditional love, joy, gratitude and equanimity towards all I encounter in my daily life.
  
5.       I choose to practice unconditional love, joy, gratitude and equanimity in my thoughts, feelings, words and deeds towards my Self and all creation, at all times.

## **The Litany of the Christ**

Some of our qualities, inspired to the author, are listed in this litany. I AM means “God in me is.....” and, the response is I AM that I AM - the name of God according to Exodus in the Bible. We are affirming the qualities in ourselves by using the name of God .

Om	I AM that I AM
I AM	I AM that I AM
I AM omnipotence	I AM that I AM



I AM omnipresence	I AM that I AM
I AM omniscience	" " " " "
I AM silence	
I AM oneness	
I AM stillness	
I AM beingness	
I AM the All in all	
I AM the All that is	
I AM life	
I AM serenity	
I AM love	
I AM truth	
I AM wisdom	
I AM justice	
I AM mind	
I AM vibration	
I AM correspondence	
I AM polarity	
I AM rhythm	
I AM cause and effect	
I AM generation	
I AM intuition	
I AM vision	
I AM mastery	
I AM a creator	
I AM a chooser	
I AM a doer	
I AM an allower	
I AM sound	
I AM light	
I AM co-operative	
I AM worthy of good	
I AM abundance	

I AM generous

I AM discernment

I AM empathy

I AM compassion

I AM patience

I AM praise

I AM humility

I AM strength

I AM respect

I AM forgiveness

I AM health

I AM service

I AM allowance

I AM acceptance

I AM joy

I AM gratitude

I AM peace

I AM bliss

I AM freedom

I AM

Om I AM that I AM

In the next chapter let us have a more detailed look at who and what we are and perhaps our fundamental purpose in the Game of Life.

## Who / What Are We!

So, Who are we? Here, before we answer the question, it is important to reiterate that absolutely no event occurs by luck, chance or coincidence. Every event that occurs is co-created by all the beings involved in it. This happens because all have created an opportunity for themselves to learn and grow, through choice, towards greater harmony or greater conflict, within themselves and with the rest of creation they interact with on their evolutionary path from moment to moment. The choices are made consciously or subconsciously, the latter because of past experiences and outcomes. When the choices are made subconsciously, and the subconscious always wins, people insist they never chose the outcome. However The Law of Attraction is unfailing in the vibration it responds to. The only way to overcome this programming is to reprogram the subconscious using techniques one finds in processes such as The Journey, Neuro-Linguistic Programming, Silva Mind Control, self hypnosis, forgiveness of oneself and perceived aggressors etc.

We are holographic replicates of God or Source. As explained earlier, we are identical in quality, but not the same in expression, size and/or scope of action. It is a bit like a cell in the human body that has the complete genetic and cell memory imprint but executes a specific function at that moment in time. It is linked to all the other cells, as we are to God and creation, by consciousness and every minute choice and expression of the cell affects the whole being although in a minuscule way. As Master Chiron put it "The movement of every grain of sand changes the mountain". The changes are happening from instant to instant in everything, manifest to our senses or not, but only become apparent to us when the magnitude reaches a point that is detectable by our grossly limited senses. However, there is a finer level of perception - intuition - which works with spirit in the non manifest realms. It can detect more subtle changes than the physical senses, but it needs to be trained through constant use and trust.

So we have a God that created everything. Why create Hu-mans? Here an important point needs to be explained. In Eckankar, an ancient but recently revived religion of the light and sound of God Hu is one of the names of God. This is consonant with the fact that humans are holographic replicates of the essence that is God. So in reality each human is a teeny weeny mini God and all co-create with their Source the evolution and the expansion of creation and the experiences each encounter on their respective life journeys.

When God or Source decided to start creating from its essence many sub-levels of God were created to attend to specific aspects of the evolving manifestation. However there was always cooperation and working from a basis of what we call love to create harmonious and beneficial extensions to all aspects of creation. Note that the original CEO, God, is absolutely perfect and may have all the concepts clear, but as the ideas and info flow down the chain of command to Sub-Gods, humans, Angels, Devas, Nature spirits, small deviations in the original plans may have occurred. These generated some conflicts over time. However as Source is perfect and unfailing, there is no error or failure because Source, through each each mini-God or human is merely trying different possibilities to advance and expand creation - a bit like what science believes occurred in the process of evolution. Irrespective of these variations that occurred the first and fundamental characteristic of the illusion called creation was generated - that of duality, when the Universal Law of Polarity or Opposites was created. As changes were initiated to return to harmony the Law of Rhythm or Cycles was created so events started occurring at one point of a cycle and then slowly evolved to manifest at each extreme of the cycle before returning to the starting point. The Law of Mentalism was the first law, because any creation is only initiated by a mental idea or thought. The Law of Cause and Effect is implicit in all the processes as any effect has to be preceded by a cause, especially in the world of logic and linear reason. All change is initiated by a thought that is pursued to full expression by a series of small actions or causes that

modify the expression until the desired effect is achieved. This is only bypassed according to quantum physics and the Law of Attraction when intention, belief, focus and the energetic creation of the desired feeling vibration coincide. According to some enlightened people – ones who have transcended the illusion and then taken around a decade to ground themselves to be able to function effectively in this time space illusion – there is only one cause Source/God - and creation expands remorselessly, Maybe that is why Jesus said “of myself I do nothing, but my Father does all things through me.” and when Byron Katie became Self realised she also became aware “that her body was being breathed and thought.”.

As a result of this happening on a continuous basis, either instantaneously as in spiritual dimensions, or over aeons of time, as in our space-time dimension, cosmoses, galaxies, multiverses, universes and solar systems right down to planet entities like our mother Earth have been created as an expanding wave of manifested creation. In different worlds and dimensions infinite numbers of beings have been created and they have evolved to adapt to the specific socio environmental conditions of their particular worlds. There are some like the role of Mr Spock, a Vulcan, in the TV series Star Trek, who have computer like logical minds and have difficulty understanding human emotions like love, hate etc. which very often impel us to act illogically. Also the myriad of beings we read about in "Fairy Tales" or even Science fiction probably exist either on the earth or in other worlds of other vibratory dimensions. These are recorded and decoded by our spirit or consciousness which is connected with all of creation. It is the Consciousness called God that motivates the information to be revealed to us, when we are ready to appreciate it and use it wisely either through science fiction stories, or scientific discoveries or spiritual perception and communication, the last one being used as a normal occurrence in the Spiritual community called Findhorn in the North of Scotland. There, people work with nature spirits to produce food in harmony with nature. All are different types of illusions created by spiritual beings to exercise their God given ability to create and experience the effects in the material time space dimension as expressed on earth.

Humans were just another experiment, where some highly spiritual beings got together to create material expressions of God across the whole scope of creation. The emphasis was to be placed on love and peace between all aspects of creation both living i.e. moving, thinking, feeling and others non living i.e. static. It is important to remember here that consciousness - the core aspect of God to our perception - pervades everything. This is God as the essence of everything, despite the different physical expressions. It is this consciousness that records vibrations of whatever it has contact with. Hence a person with enough sensitivity and/or spiritual guidance can describe the qualities of another person from an item that the person has handled for example, a flower, keys, personal jewellery etc. as their vibrational imprint remains attached to the article.

Humans are spiritual beings having a material experience in order to learn about and enjoy the different aspects of duality, while at the same time contributing to the expansion of creation. This is also because without the experience of duality only one aspect such as for example love cannot be appreciated. At any given moment the positive and negative energies are in balance at any level of correspondence and comparison. This may not appear so to the senses because they are not only limited in their range and capabilities but they are also guided by the human mind to ignore some perceptions. An example as related by Guru Maharaj Ji is that he once arrived at a town where a foul smell from a processing plant filled the whole atmosphere. He was amazed at how the residents could live with such a stench. However even he noted that by his third day in the town even he was barely conscious of the smell.

So we are spiritual, immortal, loving, lovable and loved beings, who have chosen consciously or subconsciously to experience different aspects of creation. And here lies the base issue. **We have come so far from our source that we have forgotten our real,**

**immortal, eternal, complete, perfect and untarnishable spiritual nature.** This has been encouraged by the mind (mental computer) that we created to experience the ego and duality; and those beings of terrestrial or extra terrestrial origin who have used and continue to use all forms of organisations and the media to control and use humans and earth's natural resources through the mechanism of divide and rule. At a personal level, sensual and ego based distractions are used to ensure that people do not seek their true nature; at a communal level friction between people based on religion, race or colour or gender ensures whole nations can be controlled and all development or progress, either materially or spiritually, is stifled.

According to metaphysical teachings as given by Godfrey Ray King and Mark and Elizabeth Claire Prophet, Carola de Goya and more recently Master Chiron, as earth was being created beings from other planets of a very high spiritual calibre were sent here to create a spiritual Eden or paradise of absolute harmony and of a very high vibratory level. In this aspect the Bible is right, that humans were created in the image and likeness of God, so they had phenomenal powers, which are present in every human being but because of lack of awareness and use they are expressed by very very few people. They include what are referred to as extra sensory perception such as clairvoyance and clairaudience. Jesus was right in the parable of the talents, if you do not use the talents you lose them. They lived in harmony with the material world and with one another. There was no ownership. Sharing and cooperation were the norm, always acting for the greatest and highest common good. Gnomes (earth spirits), Undines (water spirits), Sylphs (air spirits) and Salamanders (fire spirits) devas, angels, fairies, elves etc. are all examples of spiritual beings working together in a different dimension to assist in the advance of the frontier of creation in our space time dimension. Bi-location and telepathy were more common on Earth and between Earth and other realms or vibratory dimensions.

There were waves or stages of evolution and as the levels of harmony were so great the leaders of the Galactic Federation decided to allow beings of a lower vibratory level to come here or incarnate here in the hope that their vibratory levels would be raised through resonance as a result of the visitors living with humans. These beings brought with them concepts of the ego and separateness, ownership, competition, power and control for ego aggrandisement at a personal or group level. Prior to this. there was communion - full communication - between humans and the beings that populate and manage the natural world at an emotional, feeling, heart, intuitive, level and all beings chose options that favoured personal and group harmony. Communication was through feelings and non physical via spirit. The feeling patterns of each being were large and open and overlapped as there was complete trust. With the development of the ego and increase in material technical knowledge imported by the new inhabitants, and the expansion of the mind, linked to sensory perception and sensual satisfaction, the vibratory levels on Earth deteriorated from the high ethereal levels of immortal spiritual perfection to the low levels of mortal transitory physical material expression. With increasing sensual distractions and logical reasoning and the development of new social systems fomented by the ego and separate individuals and a strong focus on the physical/material, as tangible to the senses and therefore "real", communication between humans and the nature spirits was broken. Further more, by focussing on the gross, material and the associated sensations humans forgot their perfect, immortal, spiritual nature and their oneness with all of creation. They completely identified with a separate, mortal, ego based identity that transited from or back to mythical spiritual realms called heaven and hell through the processes of birth and death. Unfortunately due to ego, divide and rule based education, and misguided social programming, some of it religion based, most humans are presently ignorant of and distracted from seeking their true spiritual nature and heritage. The original creator God and the lesser level "Gods" in the spiritual hierarchy that governs the evolution of creation are of such unconditional love that beings or "souls" are created and given thousands if not millions of opportunities to experience different aspects of creation until by choice they choose to

seek and remember their original, pure, untarnishable, immortal, spiritual nature and cease the reincarnation process. This occurs through a process of increasing awareness of the futility of ego and sense based lives or incarnations with all their traumas and blessings as opposed to living with love, joy, gratitude and peace in bliss and in communion with all of creation at a spiritual vibratory level. Eventually all souls will voluntarily seek that harmony and when that At-one-ment is reached, then, and only then, will the body of The Christ - the eternal child of God - be whole again and free and completely resurrected from the bondage of illusions. This is because the Christ is like a human body. When one part is dis-eased the rest feels it and when it is healed harmony prevails everywhere.

It is important to stress the following points:

- The situation at any given moment for anyone and everything, individually or collectively, is the correct outcome for all the energy inputs
- Each being, consciously or unconsciously experiences exactly what they have created as a result of the functioning of the universal laws on their inputs. They reap what they have sown!
- If one thinks the undesirable they attract more of the same as they are energising it. If one embraces it as self created, they only have to change the parts of their actions that created it into more appropriate ones that would generate further desirable outcomes and focus on each outcome in turn. The Law of Attraction guarantees the desired outcome.
- The Universe or God, or better Consciousness, ensures that every event is such, that each being involved in the same, receives exactly what was requested by conscious or subconscious choice to learn and grow, materially and/or spiritually, or karmic consequence.
- We are all one in Spirit/God/Christ/Consciousness. Hence what we do to others we do to ourselves and to God. The same applies to forgiving or praising or criticising others. It is important to unconditionally love and forgive ourselves and recognise and be guided by our **Selves**- our real, true spiritual natures. This is important, because our **Selves will all ways choose the option of love** and we can only do the same to others in the measure that we can do it to ourselves. Love will willingly lay down its life for a friend – another version of itself – especially in a manner in which other "friends or enemies" are not harmed. That is what The Higher Jihad of Love is about because the **Self** knows that the body and the ego are temporal while **It** is infinite, complete and eternal.
- Loving God is loving and caring for all creation that is an infinite diversity of perfect manifestations of God. Hence the two greatest commandments of Jesus The Christ:
  1. Love God with your whole heart, soul, strength and mind.
  2. Love your neighbour as your Self.

To practice these one can add - Do to others you would have them do to you!

This is our prime purpose as we experience the different aspects of duality at first hand. Jesus sums it up in The Way of Mastery when he says that in answer to the question "Who are you?" we should reply:

"I Am the extension of love in form,  
I have never been born and will never taste death.  
I Am immortal and eternal.

I shine forth like a sunbeam to the Sun.  
I Am the effect of God's love,  
And I stand before you to love you!"

Life is varied and perfect as it is. It is the sum total of all beings (not only peoples) choices and karmic consequences. The only way to change situations is by each person choosing to change by making small changes to their own routines to raise their vibrations to more empowering energy levels. This affects the whole as explained earlier. We have three choices:

- Do the same and get the same results
- Follow fear based suggestions and get worse outcomes
- Consciously choose to progress onward and upward on our journeys by increasing our awareness with every d. Hence we deliberately select, with full awareness, those thoughts, feelings, words and deeds that lead us to freedom from judgement, comparison and the need to understand and from expectations, which are the result of the previous three. This frees us to focus on creating preferences, so extreme disappointment is avoided, while we focus only on the activities that contribute to achieving our desired outcomes. Practising being a Christ, a co-creator with God, and acting with unconditional love from moment to moment automatically guides us to choose the options that are best for the highest and greatest good of all.

When this is done diligently and one's vibration is sustained at joy or above, Consciousness responds via the Law of Attraction interacting with the other universal laws and the desired outcomes are guaranteed for the initiator and/or conscious co-creator and all of creation.

It is also a quality of humility to realise and be fully aware that it is the Father/Mother God/Source that is directing the show and doing everything and we, as incarnate Christs, are instruments of the divine will being done. There is no right or wrong because as Jesus teaches "All events are neutral". Consciousness selects exactly the right players to satisfy their conscious or unconscious or karmic needs as requested. What is supplied is usually focused to facilitate rediscovering one's true nature and one's purpose which are respectively, unconditional love and oneness, service, allowance and acceptance. These when cultivated with awareness, eliminates mindless re-actions, which avoid re-enforcing the negative, and instead lead eventually to one "being in the world but not of it" - spirit acting in matter - and to "the peace that passeth all understanding". There is nothing to understand. Just be, and enjoy the journey, being and sowing only love in all its forms. Positive karmic consequences are guaranteed for the initiator and all who are affected.

Those who are a lot lower on the Scale of Consciousness will not feel much difference but those who are closer in vibration to these frequencies will be motivated to copy them because they will sense that the benefits to be derived from these types of choices are congruent with the deepest desires we all share, to be in harmony with our origin which is love, peace and bliss.

This is the essence of the message of **Just Be Love**, which is **The Higher Jihad of Love** and why it is the most desirable path. It takes us back home to Source, where every moment - the eternal present - in a time and gift sense is savoured to the maximum for the blessings that are always present.

At the moment, most people are encouraged to react to fear based programs or those which generate illusionary and fleeting sensations of pleasure and the emotions generated by watching other peoples fictional life experiences as presented in films and soap operas. We are better off having personal experiences with all their positive and negative consequences. They eventually contribute to us developing wisdom from direct knowing and to our being able to be more proactive for both our personal and joint creations for the highest good of all. This eventually leads to increasing harmony at all levels of creation. To progress at a reasonable pace in this process one releases attachments to concepts or people or material

goods, as these are the emotional baggage that limit the scope of our awareness. The detail is to discover how to do this.

Attachments are the strands of the wire cable of slavery to maya or illusion. We are effects of the original cause - Source /God /Consciousness. By ourselves, meaning our temporary mind, body, emotion, etheric and energy forms we can do little or nothing as separate entities, like blades of grass blowing in the wind or even worse their shadows. However, when we transcend the concept of separation, which is a tool of the mind to keep us enslaved, and live our oneness, and resolve to serve - working for the highest and greatest good - and go with the flow of expanding creation, always seeking "win win" for all, fomenting and encouraging perceptions of at-one-ment in us and all we contact, then and then only our intentions will coincide with the divine will, which always acts for the highest and greatest good of all. Jesus meant this when he said "Of myself I can do nothing but my Father does all things through me". He also said "If one asked the Father for bread He would not give stones". In this context the mind may allege at times that we are being short changed - even by God. However if we check our track record intuitively we may discover that the results obtained may be the effect of karmic consequences we came to resolve or simply lessons we have chosen to learn and grow or we sabotaged our intentions by entertaining doubt, or focussing on the undesirable by fearing its happening. In this context it is useful to reiterate here that all events are opportunities, like stepping stones, on our journey back to oneness with our Source/God and the Consciousness or God is so omniscient that it presents us with the exact events we may need to give us chances to recognise and transcend the self imposed limitations in our perceptions of people and events which result in us making biased erroneous choices.

**ALL** that we perceive and attribute to others is a mirror of what we have projected and therefore experienced in our past actions in this and/or other lives. It is still active in our beings or our energy pattern. It may also be from parallel lives. Our spirit is one so everything we have experienced is recorded for future reference and use. These are issues which we still need to resolve because we have not dealt with them and released them. Hence we are being reminded of their presence in us. Jesus says in the way of Mastery "It takes one to know one." Hence if we choose the path of Spirit, love, truth and wisdom we can ask our higher selves to bring up the events where we did the things we perceive. We can own it as self created and forgive all involved, especially our material selves, unconditionally and transcend that aspect of duality that we chose to experience. This is the basis of true self healing as such events cease to cause us to re - act with self righteousness. We re - fuse those energies with the balm of forgiveness or even re-imprinting the event with a more favourable outcome for all the parties involved by changing the inputs, after forgiveness is complete. This is re-programming the mental computer record. Hence we release the negative behaviour patterns and can even be grateful to those who reflected them to us for our attention, action and subsequent growth towards freedom. Our positive behavioural choice could be a motivation for the ones who initiated the process of our becoming more aware to change their own behaviours to more positive and beneficial ones. When we create and rehearse new behaviour patterns fully aware of our oneness in spirit we train ourselves to act from our true nature which is unconditional love and goodness. This is excellently reflected in the song number 6, "Our Journey".

## **No 06 Our Journey**

1. While our bodies are a sleeping, then our spirits come out to play  
They begin to tell us stories, about our lives, past, present and to come'  
All the blessings we have created, all the traumas we need to heal,  
To live lives of pure joy with all around us all the time



Chorus

So choose to listen and learn and remember all the while  
How to turn the other cheek and to walk the extra mile!

2. By our sharing and our caring for our neighbours both near and far  
All the animals, birds, reptiles, fishes, all the herbs, bushes and trees  
We are creating a new heaven, we are healing all the pain  
Many blessings in the present, a joyful future for those to come

Chorus

3. All the things that happen to us we have chosen to learn and grow  
To realise that we are perfect, pure light, love, wisdom and truth  
Spirit children of the Creator that is pure, unconditional love  
By cooperating, not competing, we rebuild a world divine.

Chorus

4. No more judging, no more comparing, no more need to understand  
All that happens in the present or a past that's filled with pain  
Live each moment full of gratitude for the privilege of being alive  
To work share care all together, loving blessings all the time

Chorus

5. Be lively, be cheerful, be calm and understanding  
To yourself and to all beings that you find on your life's way,  
Be loving, be forgiving, be grateful to all beings  
That give you many chances to learn and grow through trials.

Chorus

6. When death's sleep overtakes you, your heart will fill with joy  
When from spirit, you can see all, that you've done through your whole life  
Pure loving, pure giving, pure sharing all the time  
Happy people, better living for the ones you left behind.

Chorus

7. Tears of joy, tears of sorrow, tears of gratitude from all  
For the one who gave them blessings, every time they crossed your path  
Great example, Let us follow and release all our pain  
Enjoying our journeys, loving, sharing, heaven in the here and now.

Chorus

Coda to Chorus: We are one and all divine!

However, if we choose, consciously or otherwise because of past programming, to continue to re-act with judgement, comparison and lack of understanding, with the negative emotions of anger, resentment, shame guilt, grief etc. we not only reinforce the negative behaviour patterns, making us more likely to repeat them in the future, but we also tend to elicit a similar, response in those to whom such energies are directed, incurring more negative karmic debt for all concerned. As our purpose is to re-member and be the unconditional love we were created to be, we are better off turning the other cheek and walking the extra mile as this assists us to clear karmic debt. The consequences of this are more love, joy and gratitude for both our spirit and mind, though the latter may only acknowledge this grudgingly in the present, but possibly more agreeably in the future after reviewing the positive benefits of such choices.

The importance here is loving one's Self to the point of no return, because it is better to be happy and at peace rather than righteous and unhappy, because not only is it difficult to reason with one who believes he is right but it is not one's business to do so. Our purpose is to improve ourselves and let others follow by personal choice. Furthermore we are choosing the path of "Do to others as you would have them do to you!" By agreeing to disagree or even refusing to engage in a discussion about a matter because a party is intransigent one avoids generating more conflict, which is the main purpose of the mind, as otherwise it has nothing to do. Spirit/love all ways has lots to do as it uplifts and encourages its creation the Mind, Body, Emotion, Etheric Complex (MBEEC) to higher and higher levels of love, cooperation, sharing, giving and through oneness and resonance generating similar responses in other people. Since our essence/Spirit/Consciousness is the same, from the same source, as more people follow the new pattern by the time approximately two thirds learn the pattern the rest will be aware of it with a choice to follow as in the hundred monkey syndrome. There, when 65% of the monkeys learned a certain behaviour, the remainder of the group knew it even though they had had no contact with the ones who were taught the behaviour. Separation is only a physical, mental illusion. All the droplets or sparks of the spirit/God are **IDENTICAL** whether they manifest as humans or other "inert" matter. They are different physical expressions of **the one whole I - GOD**. In the case of the living sentient beings it is choices to experience different aspects of creation that has created the outward differences. But these are transitory and therefore an illusion. The essence is not only identical but connected as consciousness and pure awareness. After experiencing and contributing to the expansion of creation we have the option of relinquishing the illusion by transcending it through recognition of its true nature and returning to our initial oneness of Love and peace that is Source.

As long as dissonance or karma, whether it is positive or negative, remains in a being it is obliged to reincarnate to experience the opportunities to transcend the cravings or aversions till further reincarnation is unnecessary, because balance is achieved. Further incarnations may occur by choice and permission to perform specific activities to facilitate the harmonious expansion of creation - or the return of those "lost" in the illusion to the reality of oneness love and peace. When this happens with all the incarnate beings the Christ – the eternal child of God – will be whole again and there will be communion through feelings and the heart rather than through the mind. If we are rigorously honest with our true spiritual selves we can realise that by habit and/or choice we allow the agitation of the waves (events) occurring at the surface of the ocean of beingness, with all the noise, glitter and interactions, to mask the oneness, peace and harmony that exists at the bottom of the ocean of beingness on a permanent basis. By raising our awareness and emptying ourselves of the illusions of duality, we can experience that peace in the midst of any agitation – like being in the eye of a hurricane - where it is still, although it is in the centre of the storm. Only practice and increasing awareness by reminding oneself of one's real Christed nature makes this experience more frequent until one is liberated from the illusion by being ones true **Self**.

As Jesus teaches in 'The Way of Mastery' it is as simple as this. Attend to your daily chores with joy, to the best of your ability. But every hour, for five minutes be aware of who is

directing the play of your life. It is not the mind but the Christ that you are. Practice love, joy and gratitude and feel the deep peace and oneness this develops in your being in each now moment. Then you are behaving like the lilies of the field and the birds of the air. Trust increases and all worries and fears vanish. They are of the past and the future. Eternity and heaven are in each now, a **present**, to be enjoyed.

To be successful on The Higher Jihad of Love, which is to achieve your God realisation, can be done anywhere. Where you live and the people around you are sufficient. All people and events are your teachers and mirrors of what you need to address to Just Be the Love you are. You do not have to bother about what others are doing. That is their business. Yours is to increase your awareness of who you really are – A Christ – incarnate to love, experience and serve and allow. Work on yourself and raise your vibration to love or joy or above to gratitude or peace. You bless all creation by doing this because we are one in God.

An appropriate song at this point is Song No. 7, “Who Am I, Who Are You”.

### **No 07 “Who Am I? Who are You?”**

1. Who am I? Who are you? Who are all the folks we see?

We are all spirit beings, made in God's image, likeness, spirit and love.

Chorus

We are one in the spirit of the Creator! We are one in the love of our Source!

We are one in our knowledge and wisdom of the All in all and All that is!

2. What are we supposed to do? Sow love peace and harmony!

Through our choices to be love, in all we think feel say and do.

Music

3. How are we, supposed to be, achieving love, peace, harmony?

By choosing love, releasing fear, caring, sharing, forgiving, loving, the far and near.

Chorus

4. Where are we supposed to act to reveal our nature as love?

In all our daily activities, living love, truth, compassion in our lives.

Music

5. When are we supposed to do all that leads to serenity?

Every moment, the eternal now, aware of all we choose to think, feel, say and do.

Chorus

6. We will build a world of love, truth, wisdom and harmony

Heavenly living in the now, as we reap all the love that we've sown

Chorus

## SUMMARY

So what can we conclude from what we have read, and I hope understood, so far: There is an awesome, unfathomable entity that is called God, or Source or Spirit, or The Tao that is consciousness, which includes full awareness of its Omniscience, Omnipotence and Omnipresence. It underlies or is the essence of all manifestation. It is undetectable by the human senses and machines, and most humans are totally unaware of Its existence. It is the ultimate cause of everything the All that is! (expressed) and the All in all! (expression) in the game It is playing, that is called creation.

Its purpose as the Parent of all creation is to create harmonious relationships between all It creates because Its primary intrinsic quality is pure love, which is unconditional.. However it has created Universal Laws to govern all the interactions between the created elements. These act irrevocably and defy any manipulation least of all by all the lower material levels of creation. This includes all humans who are lost in the illusion of material sensation.

God, as the peak of creation in the Earth time/space dimension, created human beings in Its image and likeness. Hence they are holographically identical to God. Each being is a co-creator with free will, experiencing the created illusion and contributing to its expansion in whatever it does, because it contributes to the store of knowledge of different possibilities of doing things. Each being expresses itself differently because of the unique choices it has made in its evolution and its unique perceptions of all events.

Irrespective of whether each being is conscious or not of its choices, every thought, feeling, word and deed (TFWD) acts as an input to manifest whatever that being experiences. Hence the first axiom Jesus gives in The Way of Mastery is that people are at least partly responsible for everything that happens to them, no matter how bizarre, – and I cannot stress enough - for **EVERYTHING** - that they encounter on their individual life journeys. So there is absolutely no justification for blame or victim-hood in the game of illusion we call life.

Humans are created perfect, sinless, birthless, deathless, eternal and immortal spiritual beings that in essence are loving, loved and lovable forever by God their creator. They are spirit experiencing and contributing to the extension of the play/illusion of material creation. They use co-created temporary physical bodies to house their true spiritual nature in each embodiment in the material world of the Earth's time/space or other world dimensions. The fact is that due to their total immersion in the material over many incarnations and false education/teachings or indoctrination, sensual seduction by mortal mind and the ego or pseudo self, they have forgotten their true nature. They are totally unaware of the immense power they have as the pure untarnishable spiritual beings that they are. They also ignore that they are permanently connected to God and to each other because they are convinced of the illusion of separate physical expressions.

However, thanks to our spiritual guides among whom some of the most exemplary are Jesus, Krishna and Gautama Buddha, who came to experience creation and show us the way back to our true nature and source - God – more and more humans are seeking and finding through diverse means the tools they can use to resolve their conflicts and rediscover the unconditional love, Joy, gratitude and peace, which are their birthright as children of God. The simple fact that you have chosen this book and read till this page means you are a seeker on your path to freedom. Congratulations! Onward to victory!

A Reminder! Your ego/mind may complain profusely about the numerous repetitions in the previous pages. Please start practising this sharing by being aware that it is only to give you repeated opportunities to absorb this message that is intended to facilitate your remembrance and living of your true spiritual nature as the image and likeness of Source/God.

# THE TOOLS TO ACCESS FREEDOM

## Tool Number One – Be aware that there is a God.

The first tool and perhaps the most important one is to acknowledge that there is a single source of all creation, not manifest to the limited human senses. That source is unfathomable and indefinable to the human mind. It is present in everything that is detectable or not by the human senses and/or machines. Different people call it by different names: Source, Spirit, Essence, Consciousness, Awareness, Pure Love that is beyond all the romantic connotations, Allah, Yahweh, Brahma, God, Father, Mother etc. Or whatever you wish to call it. In this text it is referred to as God, Source or Consciousness with its first expression being love.

Irrespective of the name It is the only element of creation that is real, eternal, omniscient, omnipresent and omnipotent and deserves our total awe, love appreciation, joy or celebration and gratitude. It needs nothing and demands nothing from humanity. The song No. 8 "Praise to The Creator" is suggested listening for this tool. We do not have to do anything for God because God is complete, but it is a beautiful gesture to acknowledge and appreciate not only God's presence but to be grateful for the opportunities given to us as spiritual children to experience and contribute to the expansion of creation. Acknowledging God's presence also assists to remind ourselves of who we are and the powers we have as the image and likeness of God. As we cultivate awe, wonder, love and gratitude towards God it motivates us to do the same towards all of creation as God is present in everyone and everything or conversely everything is a different expression of God.

## No 08 Praise to the Creator!

1. We are spiritual children of Almighty God the Creator of heaven and earth  
Incarnate here to implement the Creator's plan of love and harmony  
We've been given all the talents and the things that we may need  
To do what we came here to do, hence we all sing God's praise

Chorus

Praise to the Creator, the Son and Holy Spirit  
Praise for all that they permit to help us learn and grow  
Praise to their wisdom, and their love and power.  
That guide us all to love and live in peace and harmony.

2. We've evolved in different places and as a result  
We've got different colours, tongues and creeds  
It was all a part of the Divine plan, cause we love variety  
But we're all one in spirit cause we're from the same Source  
That loves and cares for all of us, hence we all sing Its praise.

Chorus

3. Our lives are mean't to love serve and advance the Creators plan,  
We're the instruments of God's will being done  
All the living and non living depend on all of us to co-exist in harmony

By our caring and our sharing we sow love and truth and peace  
We dispel all fears of scarcity, so we all praise our God

Chorus

4. We've all got free will to do the things that we believe are right  
In our thoughts, feelings, words and deeds  
All the things that happen to us all through our lives are the results of what we chose  
God's the law, God's just and loving, in and around us all the time  
Hence we all sing Its praise!

Chorus

\* Praise to the Creator -This song was inspired or channelled to the author after reading the book  
Prison to Praise by pastor Merlin Carrothers.

### **Tool Number Two – Love your Self unconditionally.**

The second tool is that no matter what we think feel say or do as a MBEEC it is necessary for us to acknowledge and love our true **Selves** as spiritual children of God – droplets if God is imagined as an ocean or sparks if God is imagined as a fire. If we wish to be truly free, we must also love and appreciate the physical self/body that we have co created for this incarnation. Love it as the temple of your **Self** in this world and do things to improve it if you wish. It is important to love yourself 'warts and all' because the warts are only surface variations you have created. We are **ALL**, without exception, children of God, identical in essence but varying in the MBEEC expressed by each of us due to the choices made and experiences we have chosen and had in our current and past incarnations or life journeys in matter. We also need to love ourselves, warts and all, because no matter how we look at ourselves, we are unique in physical expression, perfect in essence and precious because we are children of God without a copy in all of creation. This is absolutely essential since we can only love anything else, including our neighbours, to the extent that we love ourselves.

At this point it is important to clarify some concepts to ensure that we are reasoning on the same basis of logic and truth. The self with a capital S (Self) is our true spiritual being which is identical to everyone else's Self and also the consciousness/awareness that is God. This Self is what sustains our being. In each incarnation we choose and co-create with God, an MBEEC or body, with all the parameters of race, gender, colour, size, intellect, etc. which our Self and our life choices help to sustain. The MBEEC is to our spirit as clothes are to the physical body. It is what we have chosen to express in the current incarnation and is compatible with the trials and blessings we have chosen to experience. It is desirable that we consciously choose to nurture and nourish our MBEEC so that it is a fitting temple for our Self rather than to abuse or poison it by our thoughts, feelings, words and deeds (TFWDs). However for different reasons, which we will discuss later, most people believe they are the MBEEC, and what is worse, they still choose to abuse themselves in different ways.

### **Tool Number Three – Love your neighbour as your Self.**

Love your neighbour as your Self seems a difficult task for most people who do not love their own Selves, and even more so, when they are lost in the illusion of being separate from the neighbour. So the first thing is to practice loving your own Self. Let me give you an example. There was a young man who felt unloved and unlovable because he rarely received cuddles from his mum. He developed a sense of being unloved, rejected and unworthy of love. When he was 45 years old he received a birthday card from his mum which stated in bold letters "You're a Son to be Proud of!" He burst into tears and literally sobbed. His wife queried as to

why he was crying instead of being happy. He said he had never felt acknowledged like this before. Later on reflection he realised that his mother had never received cuddles from her parents in her childhood, but instead a lot of emotional and physical violence from her mum, so she did not know how to demonstrate the cuddle type of love. So she never learned as a child to show her love or appreciation or to praise by cuddling. However he also realised that she did show her love in a different way to what he wanted or expected. If he expressed a liking for some confectionery like a Mars bar, she bought so many that he got sick of them. That was her way of demonstrating her love in his childhood. He had more positive experiences with his dad as he grew up. These feelings and his final feelings about them, doing their best with the tools they had, is reflected in the two songs on the CDs, No. 9 and No 10, "I Love You Mummy"! and "God Bless you Daddy"! That young man was me. This example teaches that instead of assuming we should verify by asking and at the same time realise that God, in other people or forms or events around us is demonstrating unconditional love all the time so that at any time our so called positive (likeable) and negative (undesirable) energies are in balance.

### **No 09 I Love You Mummy!**

1. There's a lady in my life, she's a lady I can't forget  
She's the one who gave me birth into this world  
Whether she's far or whether she's near I feel her love of a special kind  
That's backed me up through the ups and downs of my life till now.

Chorus

Yes, she's my mother and I'm proud of her, I sing this song for her to know  
I love you mummy thank you so much for all your caring all through the years.

2. She tried so hard as I grew up to give me love and comfort too  
A clean warm home, good food to eat, smart clothes to wear  
I didn't realise how much she'd done till I looked back through all those years  
At a fine lady, who gave me so much of her life.

Chorus

Coda: I love you mummy, God blessed me with you  
the greatest mummy in all the world!

### **No 10 God Bless You Daddy!**

1. There's a man I love but I've rarely told him so  
He's kind and warm with a heart of pure old gold  
He's given me love since the day when I was born  
Yes he's my daddy and to him I sing this song.

Chorus

I love you daddy, I'm proud of you,  
And I thank you for all you've done.

God bless you daddy, may you be happy  
That's your prize for being so nice!

2. He taught me many things as I grew from year to year  
to fly a kite, how to hunt and how to fish,  
Those lovely memories I will treasure all my life  
Of my dear old daddy who was oh so very nice.

Chorus (fourth line repeated)

It is important to stress that the Self we love is identical to everyone else's own Self. We allow and accept, without judging comparing or condoning, the self that the neighbour is expressing because that is their chosen journey and none of our business.

Another detail of this tool is: Who is my neighbour? My neighbour is anyone I contact at a physical, visual, auditory, emotional or mental level. In fact everyone because they are children of God, who are identical to my Self, but they are having different experiences by personal choice. We co-create every interaction with our neighbours and they mirror to us the issues or qualities we need to attend to and transcend in order to avoid reincarnation in this limited and restrictive school of illusions for the spirit. We can choose to be grateful to them when they mirror to us the things we need to deal with to achieve our freedom from reincarnation. I repeat we co-create with all our neighbours the exact scenarios we all choose to experience to learn and grow by overcoming our limitations to realising our true nature as pure untarnishable, eternal, loving, lovable and unconditionally loved, spiritual children of God. By vibrational resonance and intention, cosmic law, especially The Law of Attraction, has brought us together to work together for all of us to overcome all illusions and Christ to be whole again. Another way of looking at it, that some people may prefer, is that God is so fantastic as the master cosmic computer programmer that He/She/It places the right people together in each event so that each gets the right lesson or opportunity they have sought consciously or unconsciously in order to have a maximum chance of remembering and living their true nature of infinite unconditional love, joy and peace.

These first three tools are summarised in the two greatest commandments that Jesus stated:

1. Love God with all your soul, all your strength and all your mind! (Care for and appreciate and be grateful for everything)
2. Love your neighbour as your Self! (Love everyone).

#### **Tool Number Four. Practice Being the Christ You Are!**

This affirmation given by Jesus in The Way of Mastery sums it up:

"I AM a creator of all that I think and see and experience.  
I am free always. Nothing impinges on me  
But the thoughts I have chosen to hold within.  
Nothing imprisons me but my own perception of imprisonment.  
Nothing limits me at any level or dimension of experience  
Save that which I have chosen."

You can practice being the Christ you are through the constant awareness of and the practice of four Axioms that Jesus gives us in "The Way of Mastery".

#### **Axiom Number 1**



“I am created as my Father created me to be. I am free.  
And nothing sources my experience but me in each moment  
Nothing has an effect on me whatsoever, save that which I  
Choose to allow to affect me.”

So everything, and again I stress **EVERYTHING** that comes into your awareness on your life journey you have co created to learn and grow by remembering your true nature, which is the Christ that Jesus demonstrated in his last incarnation 2000 years ago. The universe or God only facilitates the occurrence of each experience as requested from its infinite store of resources. The Christ is a metaphor for the infinite, eternal, unconditionally loving, loved and lovable spiritual child of God. All people – the holographic image and likeness of God constitute the Christ. They were created to experience, enjoy, rule and expand creation. Each being is like a cell in the Christ. As separate physical bodies when we reach the realisation that duality is an illusion and transcend all concepts of separation and transcend our karmic debt which is the consequence of reacting to duality we transcend the frequency of love to that of joy to that of peace and finally to bliss.-deep awareness of our oneness with all and therefore with God. We may then dedicate our lives to being of service and examples, like Jesus or Buddha, so that other people may be motivated to choose to seek the same state on their journeys down their unique paths until Christ is whole again. We do this by unconditionally loving, forgiving, serving, allowing accepting everything with total equanimity, irrespective of what happens on the way.

This was impeccably demonstrated in the life of Jesus especially during the passion and the way of the cross, which culminated in him saying “Father forgive them for they know not what they do!” in spite of the epitome of abuse, torture and humiliation. The MBEEC (the spirits clothes) were shredded and destroyed but the Spirit/Christ was untarnished and was able with the aid of 'Spiritual helpers' to resuscitate the body in a spiritual/physical form.

The important point one hopes that the reader will acquire from this information is that every choice, conscious or unconscious, in ones TFWDs from this and past lives, which are recorded in the subconscious mind, contribute to creating the experiences you have. You need to change the quality and quantity of your choices as TWFDs to get exactly what you seek through Universal Law. Always be aware you reap what you sow so choose wisely, so that the negative impacts on others or the environment, which are other expressions of God is minimal. So acknowledge and take ownership of your creations and change the outcomes by changing your TWFDs appropriately.

## **Axiom Number 2**

I need do nothing! **Wow!**

This appears totally contrary to the first axiom, but it is 100% true. Remember what we said at the start about God being Omniscient, Omnipresent, Omnipotent but silent and still in a void. If we practice this to the ultimate we would in effect be declaring “Be Still and Know that I Am God”! When one chooses to be quiet and inactive as in meditation then one's true nature. Spirit or our Self has a chance to communicate with our conscious mind to guide us. The din of activity and multiple choice deadlines of daily life make this communication difficult or impossible. Sometimes our Self through conscious or subconscious actions leads us to stop and be still and reflect. This is done through crises of health, accidents and injury, financial or relationship problems etc. Most people immersed in the illusion dismiss it as bad luck. They miss the point and continue behaving the same. They then blame others or circumstances for things continuing the same. They are not aware that if you do the same thing you always did you will get the same result you always got.

Jesus recommends repeating this affirmation daily, morning and night for five minutes until it is embedded in the subconscious mind and one's whole being. In reality we do not "have to do" anything. He says we do not even have to live or strive to do anything but we actually do so mainly out of fear of the consequences of non compliance. We have the option of choosing to live with love, joy, gratitude and peace for the opportunities we are given from moment to moment to experience, learn, grow, enjoy and contribute to the wonder and variety of creation. As a corollary to this Axiom he suggests that we eliminate the words "should, must, have to, and ought to", from our statements because we need do nothing unless we do it by conscious, willing choice.

### **Axiom Number 3. Life is a series of opportunities to live fully!**

"I do not live any ordinary moments  
With each breath, my experiences, are the stepping stones  
Laid before me of God to guide me home.  
I will bring awareness to each moment  
And allow it to teach me how to forgive,  
How to embrace, how to love and therefore how to live fully"  
from Jesus in The Way of Mastery.

This Axiom goes against the grain of most of what is inculcated in us by society, namely the duality of right and wrong and ownership of what is "yours" by written agreement or not. This is because everything is on loan to experience and share and create. But really it is stressing that negative events are presented to us so that we can acknowledge the fact that we have acted that way and forgive ourselves for doing similar things and through empathy, to forgive others for entertaining similar negative energies as they could have achieved the same outcome without generating conflict. I would add that we may consider being grateful to God in the perceived "perpetrator" for the mirroring and the consequent opportunity to forgive and heal ourselves. Hence it is a moment to moment activity to be aware of what or who is pushing our buttons and then asking the Self to show us the hidden causes. And then forgive ourselves by stating as Jesus teaches in The Way of Mastery:

"I judge you not.  
I extend forgiveness to myself for what I have created  
I embrace you and I love you.  
I free you to be your Self.  
I bless you with the blessing of Christ".

With this done constantly, we are polishing the diamond that we are until it is totally free of tarnish and can radiate God's love and light unobstructed as we be and live the Christ nature that we are.

### **Axiom Number 4. Your paramount relationship is with God! Jesus teaches:**

"The only relationship that holds any value at all  
Is your relationship with God, your creative source,  
The depth of the ocean"

First please allow me to clarify the metaphor "the depth of the ocean". The ocean is analogous to the whole of creation and human beings are like droplets of water and foam on the waves at the surface – here one moment and gone the next – by merging with the water. By us retreating from the stresses of the do-s and the sensual stimulations at the surface to the depths where silence and stillness prevail, as in meditation we can calm our beings

enough to be able to hear what we would really enjoy doing and what we incarnated to do as instruments of the divine will.

On the other hand the purpose of the axiom is to stress that the desire to want, to have and to experience and to do etc. Is the key to the other Christ qualities of Love Joy Gratitude and service and all the resources of creation such as money, affluence, health service, power etc. are valid and acceptable inputs for us to be of service to God's plan and recognise our oneness with God. This is even truer, when we acknowledge who wields the true power when we say like Jesus "Of myself I can do nothing, but the Father does all things through me. However it is important not to get attached to the resources. That impedes our progress.

Other people's likes, dislikes, preferences or expectations are of no importance. We can do a simple exercise to identify what it is that we really want and desire to do, that would bring us fulfilment and joy and contribute to the divine plan. We sit for fifteen minutes, take several deep breaths to relax and then ask what do I want? or What do I desire? Then see and feel whatever comes up into consciousness for a minute or two and then write it down on a piece of paper without judgement or censorship. Repeat the process four or 5 times. Repeat the process with a fresh sheet for seven days. Then analyse all the information to see if any patterns emerge. This is literally communicating with your Self to define your next steps in life. You can then decide which thread is the predominant one and decide to pursue it. This helps you focus on your role in the divine plan of creation – to extend, with divine assistance, that which expresses love in the world. This process is well described in The Way of Mastery.

Most of what has been described in relation to the axioms is reflected in the song No. 11 The I AM Prayer – an affirmatory version of the Lord's Prayer taught by Jesus to his disciples ; the song No. 12, I'm A Spirit Child of God; and the song No. 2 "I AM Spirit I AM Free". All three were inspired to the author together with their melodies. The last two happened after reading "Science and Health With Key to the Scriptures" by Mary Baker Eddy and the first verse of IAM Spirit I AM Free is "The Scientific Statement of Being" from the same book..

### **No 11 I AM Prayer**

Beloved, Almighty, Glorious and Holy, Creator God of all,  
Immanent in all your creation I AM Your child.  
I'm the instrument of Your will being done  
I AM living on Earth as I'm one with You in spirit  
I AM sharing Your blessings with all Your creation  
Forgiven by all creation in the measure that I forgive all creation,  
I'm leading all creation away from temptation,  
Delivering all creation from the power of evil  
Living a life of good conduct, love, truth and peace  
and selfless service toward all creation  
In accordance with Your divine will, under Your grace, in a perfect way  
Thy Spirit, which I Am is the kingdom, power and glory  
In eternal immortal manifestation!  
All this I AM! Amen! Amen! Amen!

### **No 12 I'm a Spirit Child of God!**

1. I'm a Spirit child of God with a body made of clay  
God's love and life and truth I AM and that's the only way

To do God's will and work God's plan in peace and harmony  
My spirit's real, the rest is false, that's what Christ came to teach.

Chorus

Guided by my spirit and working with the Christ  
I'm God's perfection manifest just like a shining light  
With perfect health prosperity and peace within my heart  
And love and praise for all God's made and all the human race.

2. Through my thoughts and feelings, words and deeds  
My spirit sows the seeds of the love I give and wealth I get to satisfy my needs  
Through spirit's lead I do defeat all negativity  
And live in love and truth and peace with God eternally

Chorus

3. No matter what my senses say, they're just false mortal mind  
I'm spirit pure, a part of God, my only real true guide  
That's why I've love, life, truth and peace health and prosperity  
In all I think feel say and do for all humanity

Chorus

4. Infinite love and the truth are my only guides  
To heal all wounds, make friends of foes, save sinners, raise the dead,  
That's why I think, feel, say and do of we instead of me  
So that the human family feels God's reality.

Chorus

As a conclusion to this tool Jesus, with infinite love, in The Way of Mastery, reassures us of our Christ nature and encourages us to be aware and grateful and in awe of the miracles we create from moment to moment. We do this by our purposeful intentions followed by perfectly executed actions even in things as simple as raising a hand to one's head or sitting up in bed. Most of us except those who have at some time been bedridden and recovered take our lives and these blessings as I refer to them for granted because we rarely pause to reflect on what goodness surrounds and fills us.

As an example the author was born in Kampala, Uganda in East Africa. The family moved to the coastal town of Mombasa in Kenya. They had a comfortable house with an immaculate garden, a fantastic climate with no extremes of temperature, beautiful easily accessible beaches, and a large selection of fruits and vegetables etc. Servants tended the garden and cooked and cleaned in the house and washed and ironed all the clothes. His family did not appreciate the heaven they were residing in until a decision was made to migrate to London in the United Kingdom. He was welcomed by sleet (a mixture of snow and rain) at London's Heathrow Airport on 10<sup>th</sup> April 1965 and short, cold, wet and dull days. The latter were also frequent in summer and autumn although the days were longer. There were no servants to do any chores so he had to learn to do them – this later proved to be a blessing in disguise, when he went to university.. However even at that stage it was many years later, when on reflection he realised what a blessing it was to have parents, siblings and friends and he started to treat them as the priceless jewels that they are. However, “Better late than never!”

If just one person benefits from this book by their life and creation becoming a teeny weeny bit more loving, joyful, grateful and peaceful this effort will have been worth it.

### **Tool Number 5 Licence to Live!**

“You can do what I can do and even greater things than these”! Jesus the Christ.

The beautiful big hearted, kind and loving man called Jesus of Nazareth exhorted us in his humility and magnanimity to do what he did and even surpass him by living as Christs – equal children of God with different missions and experiences in the game of expanding creation and working under the guidance of Spirit/God/Consciousness. Other statements were:

- I and my Father are one (we are spirit, we are one)
- I am in my Father and my Father is in me (oneness)
- Of my self I can do nothing but my Father does all things through me. (we have helpers in spirit to help us realise things with our Self. We are God in action.)

So what is the barrier to his recommendation “to live life to the full”. The answer is fear. We choose to live small and conform lest we are criticised and marginalised from our peer groups. We identify with the ego and mind, whose only food is the confusion caused by fear, contraction and any negativity. Instead we could choose to rely on our Self or Spirit, which guides us to act with love, joy, gratitude and equanimity or peace, outside the box of conformity as we seek new and better ways to live, love and serve ourselves and others in order to generate a more harmonious extended creation. With fear, we do or remain in jobs we dislike and associate with people we dislike. This is so because we have become slaves of an ego based status and material artefacts and use all our time working to fund them instead of seeking first the Kingdom and allowing the others to flow freely into our lives automatically as Consciousness/God knows what we require even before we realise it.

We can choose to stop and evaluate where we are and what we truly want and then chart new choices and behaviours to succeed in our new goals. Here the re-discovery of our Christ nature could be allocated the highest priority by conscious choice. It is hoped that these tools will facilitate the goal of remembering our true nature, each of us as a Christ, the effect of God's love incarnate temporarily in material human form to experience and co-create a harmonious creation while interacting all ways on the basis of love in the eternal now – Love All Ways!

### **Tool Number 6 Whose business is it anyway?**

The most beautiful and brief way of addressing this aspect of living is described by a beautiful open hearted soul called Byron Katie in her book *The Work*. I have never met her personally but feel her nature through her writings. This is also evidenced by the probably tens or hundreds of thousands of people she has helped to become better expressions or more loving expressions of their true natures. Some of what she teaches is present in the song No 13, “Just Love”, which was inspired to the author at midnight in a hotel in Surabaya, Indonesia in the year 2000. This song was also an acknowledgement, an apology and an affirmation to his ex partner and his daughters.

## No 13 Just Love!

1. Perhaps I was conceived with love or maybe with a lot of hurt  
But I've found that it was a part of my life's game  
That I chose to live to learn to love and not to hurt  
To forgive and share with patience and just love

Chorus

No matter what you think, you feel, you say or do I only see  
The perfection that is your true real being  
A spirit conceived with love in wisdom and harmony  
To learn with, share and enjoy with all and me.

2. I've been impatient for you to learn to survive without any pain  
Please forgive me for projecting my own fears  
I didn't stop to understand your need, to search for and find your feet,  
And live your life according to your own creed.

Chorus

3. All the things in all the world made by man or boys or girls  
Can't compare with all the joy that I choose to feel  
At your looks, your touches, your smiles, sincere thanks and heartfelt praise  
As we love and live our lives in harmony

Chorus

4. You're God acting in my life, like the birds, the flowers, the trees,  
Sunrise, sunsets and the moon and stars at night  
I can never express in words, all my thanks and gratitude  
For your thoughts, words, feelings and guidance to live just love

Chorus

Coda: I love you simply because you are just love!

Byron Katie stated that there are only three types of business for individuals at a personal level:

- My Business
- Your Business
- God's Business.

God is the CEO and director of the film called Creation. He/She/It directs things to happen in accordance with the divine plan's requirements to meet creation's needs at the most optimum time and place so as to provide the greatest benefit to all. So everything is God's business. At this point it occurred to me that as God is consciousness and the essence of everything is consciousness, if a rock wanted to be in a different place where the environment is more agreeable, God could motivate a person to throw the rock to the desired spot, because "with God everything is possible!"

The other person's business is obviously what they have to attend to and nurture.

Finally My Business is to attend to and nurture my own business. That is to say, my job is to **mind my own business** and perhaps, start with loving myself purely and completely and unconditionally as a unique, precious and perfect expression of God.

When we point to other people and make a comment we are minding their business and even worse sending them the energies present in our comments. This has negative karmic consequences for us and them. The interesting part is that the three fingers pointing back to us remind us that we have the same probably to a greater degree. We have some of the same at least because as Jesus taught "It takes one to know one!" They are in fact doing us a favour mirroring to us a quality we need to address in ourselves.

A more humorous version that was indicated to me is that the thumb finger pointing up signifies God the CEO/Creator watching. It is ALL God's business anyway.

In Byron Katie's books, where she demonstrates using the work she clearly shows how the process of "The Work" demonstrates to people how they project beliefs about themselves on to other people, events or situations and then upset themselves by minding the other sides business instead of attending to and resolving their own issues. This proves it takes one to know one but in addition it suggests that our Self uses others to bring our attention to issues we are avoiding or denying and therefore slowing our progress to Self realisation. Life gets so much easier when we mind our own business unless approached for assistance.

## **Tool Number 7 Some obstacles to a fulfilling life experience.**

### **Unforgiveness**

As stated earlier there are three types of business. Iyanla Vanzant who I saw speaking on the topic of radical forgiveness on an internet web cast of the World Tapping Summit 2014 said that Paul Ferrin said that "every nail you hammer into your brother's hand keeps you nailed to the cross". It is imperative that we forgive and release the "perceived" offenders. Firstly because we are here to give and get love as we cooperate for the greatest and highest good of all. When we are love and give love we only reap what we sow – love. So what about what they said or did or felt? We created it because for some unknown reason to our conscious mind we needed a reminder about the issue involved.

According to the Law of Attraction we are reaping what we have sown in the past, and by the vibration we are maintaining now. We are being alerted by the issues that are being experienced by us in each now moment. Nothing is right or wrong as all events are neutral. Hence it is our perceptions and programming that judge them as right or wrong. Although we may consciously disagree we could choose not to react and return the matter with love to the initiator as it is their business. We may add the forgiveness affirmation from earlier or what Jesus said "Father forgive them for they know not what they do!" When we release the matter we get the form of love called peace. This does not eliminate the choice for us to reflect on the reason for the event and forgive ourselves and any others involved in the original event. If we persist with un-forgiveness which is a form of self righteousness, we are nailing ourselves to the cross of suffering, while they are blissfully unaware of our choice.

Another form of self protection, which benefits the person who is projecting the perceived negative energies to us is given by the Count St Germain the Avatar for this new Age of Aquarius:

"I surround myself with a wall of the Violet flame of transmutation of the Holy Spirit, that is impenetrable to all negative energies. They bounce back to their point of origin transmuted into peace, love, well being and health for the benefit of all who are affected by this action".

We now come to the three elements we could choose to release if we truly want to be free:

### **Judgement Comparison and Understanding.**

Spirit allows whatever happens because it loves to mind its own business unless requested – Ask and you shall receive. However, mind and ego which are great buddies in the game of illusion, which is creation and the people in it. They love to use the three elements continuously because it creates strife and gives them something to do. It is similar to a group of powerful wealthy people who own weapons and arms factories and construction companies. They use mind the ego and fear to promote discord so instead of people cooperating to solve issues with win - win outcomes they compete to punish and demonstrate one upmanship. They purchase the weapons to destroy each other. The wealthy ones make a profit from the sale of the weapons and the rebuilding needed. Meanwhile the antagonists lose all round.

The same applies to the use of allopathic drugs. The three elements generate lots of negative emotions on the Scale of Consciousness of Dr David Hawkins PhD. – shame, guilt, apathy, grief, desire, anger and pride. These lower our vibratory level, waste our energy reserves and undermine our immune systems as they are all forms of fear. Depending on the type, intensity and frequency of the stresses we generate different types of diseases. Bugs and out of control cells or viruses as in cancer and aids respectively, can only thrive when the immune system is weakened as the repair and clean up rate is slower than the rate of spread and destruction by the infection. The vast majority of drugs are expert at relieving symptoms – pain, nausea, temperature etc. So the mind is persuaded we are better. Unfortunately most drugs have side effects because they are alien to the body and these require new drugs for the new symptoms to be suppressed. Very very few drugs cure, because nearly all of them do not target the primary causes of dis-ease, which are stored negative emotions or mental or physical abuse of the body. The worst part is that “where ignorance is bliss tis folly to be wise!”. Most people are convinced doctors are all knowing Gods and follow their instructions precisely. However with the internet and the dissemination of alternative treatments to allopathic medicine, increasing numbers of people are choosing more life enhancing and successful drug free alternatives.

People are not informed about the possibilities and the simplicity of some alternative techniques. The author came across a book “Another Face of Cancer” where the authors related how many cancer diagnosed people refused allopathic treatments and with a positive mindset and healthy diet they lived normal active lives for from a few months to several years. They only suffered painful deterioration in approximately the last month or two of their lives. This is totally contrary to allopathic treatments especially chemo therapy or radiation, which are not only barbaric to the body – like using a sledgehammer to crack a nut – but they guarantee huge profits to their sellers.

The author had an enlightening personal experience where he burned the left side of his left hand with boiling water escaping from the radiator of his overheated car. It was 12:30pm during his lunch break as a bus driver in Perth Western Australia. He queried why this had happened as he had to return to work to complete his shift. He got a thought that stated that he spoke a lot about spiritual healing, so he was being tested to see if he practised it. He put his hand in cold water to ease the pain and inflammation and then began to affirm that as the image and likeness of God and being a spiritual being the injury was impossible and an illusion. He repeated the affirmation and concluded that he was as perfect as his Father in heaven was perfect, nothing was amiss and he gave thanks to The Father, Jesus and Mother Mary. He spoke repeatedly, with conviction to the colour swelling and pain, ordering them to leave as he was perfect and repeated his thanks. He returned to work and drove his bus while continuing the affirmations and thanks. About 3.30pm he decided he need do nothing more. At 6.30pm when he reached home after his shift, his hand was totally normal. Here belief in the truth coupled with his tenacity and authority and persistence without



entertaining any doubt achieved the desired result. No drugs were involved. Most people even in religious institutions are not encouraged to “Be ye perfect as your Father in heaven is perfect!” That is what Jesus exhorted his disciples to be. However not everyone can be tarred with the same brush as to application and effectiveness of healing because of their varying abilities, intentions and the karmic issues they may have come to deal with.

## **Judgement**

One way to deal with judgement is described in the song No 14 “Let the Lord Do the Judging in the World”!

### **No 14 Let the Lord do the Judging in the World**

1. There's no such thing as good or bad, or right or wrong or weak or strong  
They're all just concepts of man's pride, unlike this little song.

Chorus

Let the Lord do the judging in the world, Let's share with others what we can  
And try to understand the different people in this and other lands.

2. There's no such thing as clean or dirty, smart, untidy, rich or poor  
They're all just parts of prejudice that get us in a twist.

Chorus

3. There's no such thing as friend or foe or peace or war or mine or yours,  
They don't mean much if we just try to live the little song.

Chorus

Judgement is probably the worst of the three, because it is nearly always based on insufficient information even in the case of diligent scientists. Why you may ask? The first reason is that because in any aspect of creation, mortal man's ignorance is almost as great as God's omniscience. The Hindu sages retrieved a lot of information from records held beyond the veil of material illusion in the spiritual dimensions. Some of the things are only being “discovered” scientifically in the last century in spite of being written about millennia ago. Spirit or consciousness underlies everything and therefore records even a single hair falling from a head. The human mind is grossly limited by the scope of detection of the five senses. This is so even if machines are used to increase access to information because of inadequate research on side effects, which may take a long time to manifest. Allegations have been made for years that high tension power lines significantly affected people living within a certain radius. This was only officially acknowledged in the last decade or two. Besides there is little information about what happened in the near or distant past or even past lives that could be affecting people's present conditions. Strangely enough shamanic healers, who are looked down upon by most doctors, are trained to enter other spiritual dimensions to heal problems at the level of cause and they cease permanently without side effects. Some ethnic feuds span generations or even millennia like the Arab – Israeli conflict. But the people and their leaders refuse to acknowledge that violent solutions only breed more violence – Law of Attraction in action. This is aggravated by the fact that there is an expectation of violence. Even in such a prolonged conflict if sufficient love and peace seeking people on both sides united to feed the situation with positive expectations, love, joy,

gratitude and peace could be a reality in a relatively short time. This is also true because the positive uplifting energies carry astronomically more energy than the negative ones as shown in the Map of Consciousness on page 13.

Furthermore, and this applies at a personal level, it is the subconscious mind, that acts through the heart feelings, that has recorded every detail of our past and present lives and stored them in its own data banks. It does a marvellous job recording all events. It uses this information to decide survival oriented actions based on the outcomes of past experiences in relation to pleasure, pain and survival. The conscious mind is only aware of those interactions that we wish it to be aware of using reason, and even in that case, some people hide or distort information to preserve their ego based image. So any judgement is futile.

As far as scientific technology is concerned thalidomide is a contraceptive pill that caused deformities in fetuses, Chemo therapies and radiation for cancer and aids are barbaric treatments analogous to using a sledge hammer to crack a walnut. The nuclear reactor disasters at Three Mile Island in Pennsylvania and Chernobyl in Europe and Fukushima in Japan and even the genetic modifications marketed by Monsanto are activities where it has been amply demonstrated that the forces involved are uncontrollable by modern technology. They blatantly lie about levels of safety and security. However, it probably is part of the divine plan for each being involved, to get the opportunity it needs to return to oneness,

When the author was working in Urban Expansion Planning for some cities in Venezuela he came across books such as *The Secret Oil Wars* by investigative journalists that at least partly explained one cause for some of the wars in the world. It was for power groups to secure access to mineral resources especially gas and oil. They would be unnecessary if people co-operated instead of competed. Urban expansion planners in France published "Let the Polluter Pay" and agricultural researchers in France and Holland published a book on the effects of chemical fertiliser use on the quality of grain and dairy products in Europe and their subsequent effect on human health. This food chain effect has been categorically demonstrated in the case of feeding farm animals genetically modified foods and some effects on humans are beginning to surface, but it is not being given any priority in the media to alert people. It appears that governments are turning a blind eye as they did with the effects of tobacco smoking on human health and a lot of them still do with the effect of alcohol consumption on human health and social behaviour. This type of information like Rachel Carson's book titled "Silent Spring" - probably the world's first warning about the ecological impact of chemical use in agriculture, from the 1950s appear to have been relegated to some obscure bookshelves while business is allowed to carry on as usual.

The same applies to discussions on the effects of the use of fossil fuels on global warming. In Australia some prominent politicians still insist that the negative effects are exaggerated, so they propose self regulation by the main culprits – the mining and energy industries. They oppose charging polluters to save the environment but stress poor energy users like pensioners and the unemployed by cutting social security benefits to a greater extent to balance the budget. They recommend more research to verify the extent of the problems instead of gleaning best practice norms from more advanced countries to start addressing the problems **now**. This is an excellent political tactic to avoid taking action against the main perpetrators because their profit margins will be affected. They still permit the deforestation of old growth forests instead of promoting and funding the planting of commercial forests for subsequent harvest. The same people have reduced incentives for the manufacture and installation of sustainable electrical energy production in favour of fossil fuel use.

Please be assured that the author is not against technological research and development. Nature has been doing that since the start of creation. The problem is that with a more accelerated pace motivated by ego based benefits the impacts on nature and people are inadequately assessed needing to be addressed at a later date by weak corrective measures. This is amply illustrated by the time it took to stem the oil flow from the BP oil rig

Katrina off the coast of Florida in the US. A similar issue occurred in the Timor Sea but it was given a lot less publicity by the media and those affected were not able to get sufficient compensation for the damage to their livelihoods which are sustained through fishing.

The song No. 15, "We Are Flowers", of flowers singing to humanity, indicates how most people would like to be treated. It was inspired to the author while driving home after attending a course on healing with Australian Bush Flower Essences by Ian White in Perth, Western Australia

## **No 15 We are Flowers**

1. We are flowers jewels of the plant kingdom,  
With unique colours, shapes essences and scents.  
We all serve the chorus of creation, with patience love and harmony.  
We have sight feelings and emotions and we give our gifts freely  
We all like some kindness and gratitude for our efforts to serve humanity.

Chorus

Please treat us kindly with some love, Ask permission to modify our lives  
We appreciate consideration, just like all the human family.

2. We are all made by nature spirits to a pattern in the master plan  
Of molecules, the plasticine of creation, allowing manifestation on the Earth.  
Gnomes and Undines, Sylphs and Salamanders are nature spirits who help us multiply  
Please be grateful for all that they are doing to help us bloom and serve humanity.

Chorus

3. We feel hurt when we're shown indifference or handled callously by any human beings  
After serving with lots of love and patience a kind word makes us feel differently  
We can't move or cry out or express ourselves, when we give up our unique qualities  
We feel joy, when we get some love or nurturing with music, songs, or talk or empathy.

Chorus

4. You can use all of our vibrations of essences, shapes and colours and scents  
For your food, healing, visual satisfaction, we joyfully accede to your will.  
If you choose pardon, love and gratitude in your thoughts, feelings, words and deeds,  
Towards us, yourself and all creation, we'll rebuild paradise on this Earth.

Chorus

Coda: We're here to benefit all humanity!

What can those on the path of The Higher Jihad do? Visualise and project images of the desired win win outcome and energise it by repetition and abundant gratitude to Source. Do this in groups if possible because the energy is magnified geometrically. So if two people were doing it, it would be like four were acting. This technique was used by James Twyman to cancel the first order to start bombing Iraq during the first Gulf war after the Iraqi invasion of Kuwait. Individuals can, using their higher selves, generate subconscious mental discussions with proponents of non beneficial actions at a mental level, where they explain

the advantages and karmic consequences of the different courses of action. They can conclude seeing the people doing the beneficial action. An option that the author recommends is that people all over the world chant the songs No. 16, "The Great Invocation" and No.17 "A Daily Invocation" daily at the same time. Spiritually the energy generated is multiplied geometrically, so the impact would be enormous. If 85,000 people chanted at the same time it would be as if 7 billion people in the world were doing so. This option is offered on the website [www.justbelove.org](http://www.justbelove.org).

### **No 16 "The Great Invocation"**

From the point of light within the mind of God,  
Let light stream forth into the minds of men.  
Let light descend on Earth.  
From the point of Love within the heart of God,  
Let love stream forth into the hearts of men,  
May Christ return to Earth.  
From the centre, where the will of God is known,  
Let purpose guide the little wills of men,  
The purpose, which the masters know and serve.  
From the centre of that we call the race of man,  
Let the plan of love and light work out  
And may it seal the door where evil dwells.  
Let light, love and power restore the plan on Earth.

### **No 17 "A Daily Invocation"**

May the infinite unconditional love from the heart of the Creator God  
Saturate the hearts of all people especially their leaders  
And manifest in all they think and feel. I pray God's love guides all that I think and feel.  
May the infinite knowledge and wisdom from the mind of the Creator God  
Penetrate the minds of all people, especially their leaders  
And manifest in all they say and do. I pray God's Wisdom guides all that I say and do.  
May the infinite peace and harmony of the spirit of the Creator God  
Reign in all people and all creation, especially their leaders  
And manifest in all they think feel say and do.  
I pray peace/harmony guide all I think, feel, say and do.  
May love, wisdom, peace and harmony, reign in all people and all creation  
The call compels the answer! We reap what we sow!  
Our choices create all that happens to us!  
I pray love, wisdom, peace, guide all to live in harmony!

### **Comparison**

After entertaining themselves with judgements, the mind and ego have a field day comparing on the basis of duality. As with judgements they have little or no information of the precedents or what happened in the past to create the present situation or of the goals or intentions of those involved. Nevertheless they judge and compare people, situations, events, things, etcetera using the parameters of duality, good/bad, right/wrong, higher/lower, etc. However this is a tool that is widely used in marketing to persuade people towards one's point of view. A classic example is funding. For example: "The previous government assigned \$50 million to this project (no time scale given) but this government will raise it to

\$250million over 5 years". There is no detail of the immediate annual assignment and a future government, or the same one, can change it anyway due to so called economic necessity.

Either way, apart from being flawed in itself and a waste of one's energetic resources, which could be directed towards and focussed on the achievement of one's own goals, comparison is mostly related to other peoples business so it is preferable to adopt the stance that "It is none of my business!" and release it completely This also has karmic consequences for those who indulge in it because of the energies they direct towards the objects of the comparison which tend to reinforce the negative aspects which are usually the basis for the comparisons.

## **Understanding**

Having seen how flawed judgement and comparison are it is totally futile to believe that with those incomplete inputs one understands things or situations. This is only possible to a very limited degree if one can access the akashic records or like shamans or some spiritual healers if one can access the past to truly identify the causes of the current issue. However even with these inputs one may be closer to the truth but does not have the whole picture because future intention or purpose is missing. It may be preferable to allow and accept what is happening because it is after all the unique responsibility of each being involved to seek solutions to their issues and the widest paths are love and forgiveness of oneself and any others involved.

As we are all linked by consciousness some beings who are already Self realised may be able to assist if requested but they are wise enough to know "not to venture where angels fear to tread".

Most of what I have written in this section is based on judgements and probably includes a lot of assumptions. In a spiritual sense everything is in divine order and each person is getting exactly what their choices have defined. It is possible that the divine plan has programmed an increase in frequency of the vibrations on planet Earth. This could signify that as a result of all the choices made so far there will be some changes on the earth where those who are more spiritually aware, loving and cooperative in disposition will survive simply because they are willing to work together and their vibrations are already at a higher frequency. Jesus in The Teachings of Lord Sananda says that those who do not survive will get a chance to reincarnate on a different planet similar to earth to continue their journeys while those who are left will cooperate to create a more loving and caring society based on oneness and unconditional love, the precursor of a new Golden Age.

## **PEOPLE + ADULTS + CHILDREN + BABIES**

All people irrespective of their colour, creed, race, gender, age, education, etc. are all, without exception, beautiful both inside and out. Outside with warts and all, because they are unique temporary expressions of God - no one or no thing anywhere in creation, let alone on earth is like them. Even if there are physical similarities there are personality differences. They are precious because of their uniqueness and also the unique experiences they have had over thousands of incarnations as they experienced different aspects of creation and contributed to its expansion. They are also each in their unique way perfect because in each moment they are the outcome of the sum total of all their choices and they are located in exactly the right place with the right people from moment to moment.

The internal perfection, which is the same in all creation as it is of consciousness, apart from the earlier points which refer to transitory qualities like body, emotions, memories etc, is the pinnacle of perfection, which is the same in all creation, the Spirit / Consciousness / Self /

Awareness or essence that is God – the image and likeness of God, the spark or droplet of God, their true, real eternal Selves.

Now for an interesting topic: Many lives?

As creation progressed and the Earth Experiment started, advanced spiritual beings like Sanat Kumara from Venus came here and by the evolutionary process – trial and error – the “Garden of Eden” was created. Each being had a perfect spiritual body. For all that I know they may have been just blobs of light with love, free will, consciousness and awareness as they enjoyed the variety of the garden. As increasing sensory stimulation was experienced after the so called tasting of the apple, and possibly even sex, though it is not specifically stated in the bible, the vibratory level of the beings dropped until a physical changing world with temporary physical bodies was experienced.

The high spiritual vibrations, spiritual awareness and purity of the first humans enabled them to sustain their bodies for hundreds of years. As they forgot their true nature and cross bred with aliens and entertained more negative energies, that are ego based, the life span decreased. In more recent years with new technologies and greater spirituality and new ways of perceiving and living, life span is increasing again. Perhaps, it is the Law of Rhythm in action also. More important is the fact that there be greater quality to the added years. As more people become aware of the Universal Laws and live according to them and as spiritual beings they learn to access and use universal and God intelligence through consciousness not for ego aggrandisement but for the highest and greatest good of all sentient beings including nature, life span and the quality of life will continue to increase.

For spiritual beings to experience the world of matter, choices, emotions, consequences, cooperation, competition and all the opposites of the Law of Polarity they have had to have a long series of incarnations in this and/or other worlds. According to “Journey of Souls” and “Destiny of Souls” by Michael Newton PhD. souls are created in clusters and have a free will. They may choose to incarnate- through specific parents, in specific places where they will be presented with certain learning experiences through other members of the cluster, or they generate events others can learn from. Hence, all children who complain to their parents “I didn’t choose to be born!” are mistaken. Those who choose to commit suicide should also be aware of this and the fact that before they incarnated higher spiritual beings assessed and confirmed their capability of dealing with all the issues they could face. God is love! God created souls and gave them free will and a core of unconditional love. God does not force anyone to do anything nor test us. The Universal laws maintain the balance. Pure love all ways remains pure, unperturbed love.

But there is something else that is important that everyone should know. We get what we ask for and reap what we sow – it could be just a passing comment or thought. The author had the following experience in India:

He had fallen from the roof of his house and broke his right wrist and had cuts on his head. On previous occasions he had had fractures on both his feet and had broken his left wrist. After the latest incident while recovering and reflecting at home he mused “I have injured the five extremities like Jesus”. So as a spiritual seeker he said to Jesus “If you are testing me, the only one missing is the left side wound.” but unlike Jesus on the temple top – thou shalt not test God – he said “Bring it on”! And forgot about it. The next day at 10.00 AM he had a road accident and fractured his ribs, which punctured his left lung. He was told by a Catholic priest that Jesus would never do such a thing but probably other mischievous spirits took up the challenge and with the help of the universe he reaped what he had asked for. So be careful what you say as every statement is a decree and elicits a response from the universe. The Laws of Attraction and Cause and Effect never fail like all the seven universal laws.

He has had transvestite inclinations and been conscious of them since the age of 11 years. He lived with a lot of guilt and shame because of religious programming and the fear of family or social rejection just as gays experienced a few years ago. One day, several years after being married with children he was guided to a psychic or medium to whom he explained his internal conflict. Her guides gave him the following explanation:

In a past life he was a beautiful girl child born into a peasant family. In that incarnation his present wife was a man in another family and he was in love with her. However his parents promised him in marriage to a rich man's son because of his beauty. This would have resulted in an improved social status and financial help for the parents. Before the marriage he had an affair with his wife, who was a man in that lifetime. This was discovered, he was disowned by his parents, publicly humiliated and killed and her mother prepared him for burial. He reincarnated through the same parents in this life and his wife was the man he loved in the previous lifetime so all were given an opportunity to heal the past trauma.

Ironically, history repeats itself because his wife was rejected again this time for other trivial reasons. However at present nearly 40 years later after he got married against his parent's wishes, both parents have passed to the spirit world after healing the non-acceptance of the wife. Praise God because all floods (traumas) eventually return to the normal course (love) of the river.

And so with all people. We have made repeated choices and experienced the consequences. But the time has come for us to remember and be our true nature, which is love, and to always act to give and receive love with grace. We can only do this if we release the habits of judgement, comparison and the need to understand. They are futile unproductive activities. Instead we can practice looking beyond the illusion, which is the body, and all that exists which is temporary. As perfect spirit or pure consciousness, we can choose to look directly at and call forth the pure spiritual nature of those we interact with.

When organisations or individuals make rules or laws to protect or save people from injury or other painful consequences they are doing what doctors do. They treat symptoms and not causes. It is good for business – fine revenues – but does not cure the ailment. It moves it from one time space area to another. Perhaps what is required is for us to encourage people to love and value themselves more and therefore care for themselves and those who are connected to them and make their choices in a more conscious reasoned way. Instead we stage car rallies followed by injunctions to keep to the speed limit. However more recently some advertising is being more focussed in a preventive context, which is more desirable.

Different people have different awareness and abilities and they vary with age and circumstances so the appeal to really love and value themselves by remembering their true nature and purpose, and their potential to do infinite good, may be a more powerful way to address infringements than punitive measures. As the author healer Iyanla Vanzant said "if one is told to forgive someone they may refuse because there is too much negativity present. But if they are told that, only as a result of forgiveness they can heal pressing health or relationship problems, if they truly want to be healthy and happy they will do so". I would add that if they were encouraged to truly love themselves and reflect on the other person's true nature, as love they would not want to harbour any negativity but rather transmute it into love truth and peace and send it back to the originator. According to the Ascended Master Conde St Germain we can surround ourselves with the Violet Flame of Transmutation of the Holy Spirit as an impenetrable wall to all negative energies. These bounce back to their senders after the negativity is transmuted into love, joy, gratitude and peace.

Here I am guided to add the following:

There is nothing to forgive (except perhaps oneself) except to give love or respond with love. Maybe they have to be thanked for co-creating the lesson one needed, that allowed one to learn and grow by responding with love. All feelings, emotions, conclusions are created by

the receiver and within the energy field of the receiver and not by the sender. They use inaccurate judgement, comparison and understanding, they assume a lot – make an ASS of U & ME and suffer the consequences but they often blame others for their own self created feelings. When they practice “the truth that sets us free”, “I am the effect of God's love and I stand before you to love you!” they break the bars of the prison of fear. Only love can do that and all they have to do is to practice Just Be Love! all ways.

You may listen to the song No. 18 “I Am Love Truth Wisdom and Harmony”. Please bear it in mind as you read on.

### **No 18 I AM Love, Truth, Wisdom and Harmony!**

1. I was born from mother Earth, a human child with lots of hurts  
Who was focused on all things outside of me.  
I grew up and went to school and learned that science makes all the rules  
Our leaders know all, doctors heal and we must eat to live.

Chorus

I was searching for so long, I was weak but now I'm strong  
I Am love, truth, wisdom and harmony. A child of God pure perfect spirit,  
Born here to learn this truth, and share God's love and peace with all humanity,

2. I studied hard and made the grade, got married and was a success  
But I found there lacked purpose in all I did.  
So I started on my search to find the truth of who I Am,  
Why I was born here, and what I'm supposed to do.

Chorus

3. I heard of Jesus Christ a man, who taught that God's inside our being  
Him we must love with all our heart, strength, minds and souls,  
And our neighbours as ourselves, so through prayer I searched and found,  
In Jesus' Sermon on the Mount, The way, the truth, the life he taught and lived.

Chorus

4. I started loving, forgiving and sharing, found new joy, no need for daring,  
Drinking, eating or illusions of drugs and things,  
They are temporal illusions that disappear in time unlike, works of love, truth, wisdom and harmony,

Chorus

Coda: I'm a spirit child of God, born to create harmony h e r e!

### **ADULTS**

These are supposed to be grown up humans, responsible, dependable, capable etc. Most, at least on the surface, are people programmed with a lot of useless information from years of “education” and also by religious, racial, cultural, parental, and peer pressure sources. Few allow themselves to think and re-evaluate what is the truth and act on it as our spiritual



leaders Jesus, Buddha and Krishna showed us and exhorted us to do. Most conform to cultural behaviour patterns, which include blind obedience to distorted religious teachings or to political groups even to the extent of becoming suicide bombers. Unfortunately these are only human size versions of Stealth bombers, or B52s used in Vietnam for indiscriminate bombing, or Harriers or F26 fighters. All are focussed on destroying the other – the enemy. There is total ignorance of our oneness – what I do to you I do to me and to God and also of the fact that they and their “enemy” have identical core natures which is love.

The dream of separation is well entrenched and competition is encouraged to achieve survival, supposedly of the fittest. In ancient communities, cooperation and caring for all of the clan and nature was encouraged. This is in stark contrast to the western way as depicted in the Biblical Ten Commandments

AMERICAN INDIAN	JUDAIC or MOSAIC
1. Treat the Earth and all that dwell on it with respect	1. Thou shalt not have other Gods before me
2. Remain close to the Great Spirit.	2. Thou shalt not make unto thee any graven Image.
3. Show great respect for your fellow beings.	3. Thou shall not take the name of the Lord thy God in vain.
4. Work together for the benefit of all mankind.	4. Remember the Sabbath day to keep it holy
5. Give assistance and kindness wherever needed	5. Honour thy father and thy mother
6. Do what you know to be right.	6. Thou shall not kill
7. Look after the well-being of mind and body	7. Thou shall not commit adultery
8. Dedicate a share of your efforts to the greater good	8. Thou shall not steal
9. Be truthful and honest at all times	9. Thou shall not bear false witness
10. Take full responsibility for your actions	10. Thou shall not covet
(Exodus 20)	

The American Indian ones are more invitations to express love in different forms, while the Judeo ones are prohibitions and negatively focussed. They encourage the opposite from the point of view of mind and the brain. Through NLP (Neuro Linguistic Programming) Richard Bandler and John Grinder discovered that the brain works by making pictures with words because all words have meaning except no and not. Hence if one assesses the statements of the two sets of commandments the American Indian all generate positive desirable images. Except for “Remember the Sabbath day and keep it holy” and “Honour thy father and thy mother” all the rest of the Judeo ones generate undesirable mental images and effectively encourage the undesirable behaviour.

The same happens when we speak to one another especially to children. If we use no or not the effect is the opposite of the one desired! For example:

I told you not to throw it on the floor --instead of-- I told you to place it on the table. The child responds to the negatively phrased picture and gets punished.

Another useful aspect of the American Indian commandments is that they actively encourage nurturing all life. Although the Judeo one categorically states Thou shall not Kill! According to the Bible, they justified the same to appease an angry YAHWEH with sacrifices. After appropriating the lands of the Palestinians, where they set up home saying God gave it to them, they have spent millennia defending their ownership with tit for tat actions that carry on till today. All these violations of the law incur karma and from time to time groups of souls have chosen to sacrifice themselves to clear their own and their group karmic debt. This is depicted a lot in the bible where land was conquered and appropriated and later the same happened to the conquerors – we reap what we sow. Perhaps the events perpetrated by Hitler in Germany, Pol Pot in Cambodia and the carpet bombing in Vietnam, or even the My Lai massacre in Vietnam or Twin Towers in New York could simply be examples of retribution or payment in accordance with Universal Law.

When people come to a fiery end as in a house accident or something like twin towers or Waco in the US who knows how many of the victims had killed using flame throwers or napalm bombs or other similar devices. In the case of an earthquake and a consequent volcanic eruption in Colombia where thousands died through landslides and floods a Christian Metaphysical explanation of the event was that the conquistadores were very cruel people. They and their collaborators reincarnated in the area and Universal Law did the rest. The water was symbolic of the tears the Incas shed when they suffered.

While in Venezuela at a spiritual meeting a person queried why a person, who to all appearances was spiritual kind etc. had a lot of unpleasant things happening to him. The answer from a person who had the ability to review past lives was that in his previous incarnation he was a greedy despot and this was part payment of the karmic debt and some was training for the spiritual path he had chosen a bit like the trials of Job in the Bible. In Destiny of Souls Michael Newton PhD states that prior to incarnating a soul is shown different options of some of the things they can expect to experience in different family options and it is a free will choice where they go. Jesus affirms the same in the Way of Mastery. Everything happens by choice and co-creation. The Universal Laws ensure justice and the Cosmic Computer, God consciousness, also ensures we get what we asked for at the most appropriate moment.

## **CHILDREN**

Children are actively in the process of absorbing or accumulating all the programming adults have by copying what they sense or through genetic imprinting and cell memory. In the book "I'M OK YOU'RE OK" Psychiatrist Thomas Harris MD who developed transactional analysis by studying children with behavioural problems found that we all have three modes of behaviour: The Parent; The Adult; and The Child. The Adult is the objective reasoning mode, the Parent is usually authoritarian and all knowing, and the Child is usually expected to be submissive and assumed to be ignorant., I am exaggerating the differences with words as the situation is improving at an increasing pace so just as an Adult would always treat the other adults as "I'M OK YOU'RE OK!", meaning, we are equal and honour each other, increasing numbers of parents and children are doing the same. Other options are:

Parent or Bully to Child or victim      I'M OK YOU'RE NOT OK!

Child or victim to Parent or Bully      I'M NOT OK YOU'RE OK!

and finally

Parent, Adult or Child to Parent Adult or Child - I'M NOT OK YOU'RE NOT OK! when both are feeling bad.

The beauty of the process is that the children were so smart that they agreed that the first thing to do in a situation of conflict was to shake hands and say I'M OK YOU'RE OK. This

signified we are both fine and equal so let us calmly analyse who was acting the Parent, the Adult or the Child in the case of each person and then agree new behaviour patterns that reflected I'M OK YOU'RE OK. It worked excellently!

A humorous example of copying the example was of a two year old nephew of the author walking to the corner shop with his grandfather to get some sweets. He limped just like granddad although there was nothing wrong with his legs. Hence beware parents who tell their children do what I say and don't do what I do. The negative has no effect and the result reflects the picture offered which is worth a thousand words.

Through transactional analysis it was found that children imprint and adopt all behaviours that make them winners. Anything from tantrums, to violence, abuse, stealing, cheating etc. The pictures and outcomes decide their choices. However more and more children are becoming more spiritually aware and are able to see human auras – energy fields round the human body, whose colour varies with the emotional state, health status and energy of the individual. They can communicate with the spirits of parents, grandparents or friends who have died. Increasing numbers have outstanding intellectual abilities to the extent that in China new curricula and entertainment and recreation is being sourced for them, to be delivered in special schools, as current material that is available is boring for them. They are estimated to comprise around one percent of the child population. The western countries may be lagging behind.

Children are amazing and they are eager to learn whatever contributes to their well being. However, the consumer society of today is only placing emphasis on ego and sense gratification, which is shallow, fleeting and expensive, like all fashions. They are not being educated to develop values, set goals and persist to achieve them, and to love and care for themselves and one another by maintaining high positive vibrations to take advantage of the Law of Attraction.– although recently I came across a project Children Teaching Children vis a vis the environment, sponsored by Target Australia, which is very positive. They can be encouraged to realise how each of them are unique, precious and perfect and they have incredible potential to enjoy life and do good if they re-discover their true natures and use them to do dramatic things in the material world. In Siberia in Russia at an alternate school a group of children between the ages of 7 and 17 years designed and built their own school by accessing the necessary information from the Universe. This is stated in a series of books called “The Ringing Cedars of Russia”.by Vladimir Megre.

It is paramount for children especially, and all people, to learn to love themselves and they can be encouraged to slow down and enjoy the journey and smell the flowers, meditate and reflect, keep a daily journal to discover, who they are, and see how they evolve over time, and include love, joy and gratitude in all they do.

Two songs that are relevant to this part are: song No, 12 “I'm A Spirit Child of God”; and song No.19 “Two Little Wonders of the World”. The latter was a tribute to the author's own daughters and the final verse was channelled to him while it was being recorded:

### **No 19 Two Little Wonders of the World**

1. A boy and a girl fell in love, so they married each other and made a home  
They wanted to have children and lo and behold, They had two little wonders of the world.

Chorus

One's called Lila! The other Francesca! One's a flaca, the other gordita,  
Both are bonita, both are alerta and most of all simpatica.

Chorus

2. Lila's very clever and reads a lot, she plays the banjo and she likes to sing  
She loves her mum and dad and Cesca too, She's a little wonder of the world.

Chorus

3. Francesca's also clever and colours with stones, she sings sweet songs and she likes to dance  
She loves her mum and dad and Lila too, She's a little wonder of the world.

Chorus

4. Mum and dad have had a bumpy ride, they love one another and their children too  
They're proud of them and happy and give thanks to God  
For their two little wonders of the world.

Chorus

5. "The children of the world are all unique, precious and gifted in different ways  
When reared with love and joy they all prove to us, they're all little wonders of the world!".

Chorus

## **BABIES**

Babies are very special and need the most love and care because they have recently left the spirit realm of love and peace, which is vast and free to confine themselves in a womb as a foetus and finally be expelled into the world, often painfully, through a narrow birth canal to strangers, possibly lights, sounds, heat, cold and strange coverings away from mum's comforting warmth and heartbeat. They love being carried and fussed over and can never be spoilt by too much love. Just carrying baby orphans in a US hospital once a day reduced the mortality rate by 50%. A lot of child rearing books that recommend how babies should be treated and weaned at different stages should be taken as guidelines as all children are different and grow and mature differently. The author distinctly remembers how his youngest daughter was lost when her dummy or pacifier was taken away from her. He knows now it was totally wrong. He should have allowed her to choose when she was ready to do without it.

The other thing at this phase is to let them know they are eagerly awaited and welcomed and loved unconditionally. They can be spoken to while they are still in the womb. A French man, whose wife was pregnant, used to speak to his daughter while she was in the womb. After she was born at as early as three months when he spoke to her she used to raise her head on her mat and search for him. Another case is of a baby who was born in Canada. Her mother used to practice prenatal breathing exercises. When she was two or more years old in the US there was a prenatal exercise breathing program on the television and the girl started to repeat "Breathe out!" and "Breathe in!" but to the rhythm of the Canadian method.

There is a further highly important matter related to babies and children and perhaps even adults. When they are in the womb or asleep, or unconscious for whatever reason, people should avoid arguments or negative conversations because when the word "you" is heard the subconscious records it as directed to the one who is sleeping. This creates emotional scars at that tender stage and limits the expression of the child as it grows.

The song No. 20 "Lullaby" on the CD is for babies, both pre and post-natal and also for young children, to be played as they go to sleep or even while they are asleep. The chorus was sung to the author by his parents and the verses were channelled to the author. They re-assure the child that they are loved and welcome and brave unique and precious.

## **Song No 20 Lullaby**

Chorus

Go to sleep my baby, close your pretty eyes  
Angels up above you, keep a wary watch on where you lie  
Great big moon is shining, stars begin to peep  
Now it's time for little babies to go to sleep.

1. Oh you pure and precious little baby, thanks for choosing us  
To nurture and love you in every way we can, to help you to learn  
To love and care for yourself and all you encounter in your daily life on the earth.

Chorus

2. Clever little baby always remind yourself, you're unique, precious and perfect,  
With special talents of your very own of love and peace and wisdom,  
Kindness, caring and sharing, towards yourself and all that surrounds you.

Chorus

3. You're a unique precious being, conceived to enjoy every moment  
Of your life journey on the Earth. By loving and caring for yourself and all around you,  
You will be blessed with a life of contentment and joy, full of love and harmony.

Chorus

4. You're a courageous little baby, for choosing Earth as your school  
To learn to love and trust yourself and think, feel, say and do all that is good.  
All you have to do is to sow love, truth and harmony in all you encounter in your daily life.

Chorus

## OTHER SNIPPETS

While around 25% of human expression and behaviour is attributed to genetics, the rest is due to current and past life recordings in the subconscious and an ancestral legacy in the cell memory. Every cell has a complete record but the information is held in the subconscious mind to as much as 95%. This influences the behaviour of the person and no amount of punitive discipline will change them. It is the cause of antisocial behaviour and even detrimental behaviour towards oneself. Some are caused by inviting negative entities into one's life while under the influence of narcotics or alcohol or the stress of emotional, physical or sexual abuse. As time passes more causes of what is called deviant behaviour are being found. One of them is super intelligent children bored by current teaching curriculums as far as scope depth and challenge is concerned. A more subtle area is that since the latter part of the last century the Earth has passed from the Piscean Era to the Aquarian Era. The symbol of Pisces is two fishes in water. Water represents the emotions. A man carrying a jar of water on his shoulder is the symbol of Aquarius. This signifies the emotions have been contained and we are in the era of the mind and spirit. Air and space travel are indicators of this change and perhaps in the future we will remember how to bi-locate, move the body from one place to another without machines, as in Star Trek, and just as Jesus did. In spirit, we can go anywhere in cosmos and soul travel in time and space and to other dimensions or Spiritual Realms. The techniques are being rediscovered in this era and they are being disseminated by religions like Eckankar, a religion of the Light and Sound of God. Furthermore, since we entered the new millennium, all people will have a number 2 in their birth date as opposed to the of the previous millennium. The 1 numerologically represents the "I", ego, me and personal aggrandisement at the expense of all the rest. The 2 represents "WE", us, that is, I with you and with nature. As more cooperation and caring is involved the children being born more recently will have a stronger dissonance with parental attitudes and behaviours.

Finally and even more important is that, as taught by IACHI (The International Association of Chiron Healers Inc.), as information and technology increased as humans evolved the feeling diamond of the spiritual pattern shrunk as more knowledge was accumulated. However since the start of the Aquarian Era and the new millennium and with the help of the Law of Rhythm the amount of useful information has peaked and the feeling diamond is expanding with each new generation. This means our intuitive faculties will improve. This also requires a big leap of faith for parents of the children being born now, to interact with and understand and cater for the needs of the children being born now, with a greater conscious awareness. In this respect the author was amazed at how his grandson at less than two and a half years old was trying to have a reasoned conversation with his daughter using words that he understood, but were too hard for him to pronounce correctly. It appears that love, patience, total sincerity and honesty are the main keys required to produce a new generation that will co-operate to recreate paradise on Earth.

According to "The Aquarian Gospel of Jesus the Christ" in a pyramid in Egypt, when Jesus went to the Chamber of the Dead after being acknowledged as the Logos, he saw a young girl who was the sole mourner behind her mother's coffin. She left the procession to help a bird that had been wounded by an arrow. He asked her why she left the procession. She replied that her mother had taught her that life was like a wave on the shore. We come and do what we came to do but our purpose was to care for the living. And Jesus bowed his head in amazement and said "No wonder the prophet said that out of the mouths of babes comes such wisdom!" So they deserve our love, care, teaching and gratitude for choosing us and teaching us. Thank You God for blessing all Children, everywhere and all ways!

The song No. 20, "Lullaby" on the CD is for children, especially babies, including pre-birth and it is never inappropriate to sing the song No. 21 "I Love You Deeply Now".

### **No 21 I Love You Deeply Now**

1. We chose to incarnate together, To learn and grow from each other  
And realise our true nature, Is pure love and simply divine

Chorus

I have loved you deeply, I love you deeply now,  
I will always love you, cause we're one and all divine

2. I'm sorry I rarely told you, how much I really loved you,  
and how much I valued, the love and joy you brought into my life

Chorus

3. No matter what's happened before, What we've thought, felt, said or done  
Let's grow and discover our true nature, that's pure love and simply divine.

Chorus

4. Our choices can create a bright future, let us live and enjoy every moment  
By loving and sharing with each other, our pure love that's simply divine,

Chorus

### **CHOICES**

Now we come to the really entertaining part of this dialogue between us. Who does what? Ultimately it is God/Consciousness that does everything and oversees everything. But it is delegated through a long chain of intermediaries from Sub-Gods to CEOs to managers, to supervisors till we come to ourselves at the coal face: the tinkers, tailors, soldiers, sailors, rich men, poor men, beggar men and thieves, All have connection to God through consciousness with two basic tools love which is our basic nature and free will, apart from the others like wealth, relationships, body etc. The two mentioned first are key deciders in our lives.

The basic choice we are making at any moment is between love and fear. Love implies openness, willingness, trust, optimism, faith, courage, allowance, acceptance, sincerity, peace, joy, gratitude, humility, oneness, beingness, oneness, uniting, building, creating, co-operating etc. These are alotropes, or different forms, of love just as steam, ice and liquid water are alotropes of water. On the other hand the alotropes of fear are destruction, constriction or contraction, doubt, mistrust, cowardice, control, judgement, comparison, the need to understand, anxiety, pessimism, sadness, dissatisfaction, division, separation, egoism, pride, anger, resentment etc.

Although it is a repetition I would like to remind the reader of the cross that they are choosing to carry with the diagram of the effects of the choice to make either love or fear the central theme of their life journey. See Illustration No 2 THE CROSS OF CHOICE on page 14.

An excellent song message at this point is song No. 22 "Love is the Only Solution".

## No 22 Love is the Only Solution

Chorus

Love is the only solution, it uplifts and it brings light, changing sadness into joy  
Love is the only solution, I choose love to heal myself and all the world.

1. When I'm patient, empathetic and discerning,  
I'm using forms of love just like a healing balm,  
To calm emotions and search for new solutions,  
That help us all be winners in the world.

Chorus

2. When I'm caring and I'm sharing and forgiving,  
I'm using forms of love just like a hearty meal  
To reassure and create hopes of better outcomes  
For those who are upset and desperate

Chorus

3. When I smile and joke and laugh without offending  
I'm using forms of love just like a gentle breeze,  
That uplifts and carries spirits towards heaven  
Where love heals all wounds and creates a new joy.

Chorus

4. Hence I choose through joy, wisdom, celebration  
The only seeds of love I will ever need to sow  
To change fear into any one of loves forms  
That combine creating heaven on this earth.

It is useful to be aware that daily, thousands of thoughts and ideas pass through the mind and brain. Most are ignored until something either remotely or very familiar crops up. When a familiar sensation appears it is entertained. From this point on it begins to influence the being. Because the sensation is a craving or an aversion, the mind/brain, conscious and subconscious, though the latter is more powerful, begin to feed it to repeat the sensation and this soon creates a habit pattern. This is not only a mechanical thing linked to one person. At the same time as this is being repeated in different people a spiritual entity called an "Egregor" in Spanish is created. It could be love or fear based. To survive it needs to be nourished with the same energy that created it. So it does a round of all its co-creators and gets energy from the ones that **re-act** as they did initially. This is the essence of habits. They are repeated to reproduce the sensations they generate. True this is also reflected in the physiological, chemical changes in the body but the controller is thought. Medically one would take drugs to block some of the response mechanisms but most of them have side effects. One way to deal with it is to choose the path of love and decide what is best for oneself and creation and decide a course of action with new choices based on self-love and new behaviours to replace the old pattern. They would include reaffirming one's self worth, self praise, encouragement and self reward for progress. With repetition the habit is changed. The other way is that having made a firm choice to break the habit, when the Egregor comes to tempt one to get its feed one can calmly but assertively speak to it and tell



it that the situation has changed due to new choices being made so to get lost. It withdraws but also gets weaker and gets to know that there is no reward here and after repeated failures it stops coming. Problem solved without drugs.

Eventually as we have come from the spiritual realms by lowering our vibratory rate we will seek more and more ways to raise it and that can be done easily after due practice by raising our vibrations to love or joy, gratitude or even absolute peace using thought or meditation. We will all do this eventually, as we become aware of the true nature of the illusion we have chosen to experience and got trapped in by ego and the mind. We will even use spiritual means and helpers to nourish and maintain the physical body by sustaining it by the alchemy of prana or life force in the breath. There are lots of and an increasing number of people living this way. As the pendulum of rhythm goes back towards spirit as is happening in the new age of Aquarius we will be more happy to interact with each other in projects with more altruistic motives with the aim of healing the entire spiritual body of Christ as all God's children are freed of illusion.

Who knows, perhaps by our example, we may motivate some beings currently carrying the cross of fear to choose love and they will change and guide us and others on the road back to our conscious oneness with God. In the Way of Mastery Jesus says when he was being nailed to the cross he prayed blessings for a Roman soldier who was about to hammer a nail into his hand and their eyes met. The soldier realised how he was being used by his superiors, so he put down the hammer, walked away, became a God realised, ascended master and went on to help many souls. They are friends in the spirit world.

More practical ways of lifting people's vibrations is by giving them better opportunities to live well. This was a realisation of Mohammed Yunus founder of the Grameen Bank. He developed 'Micro Credit', where he loaned out very small amounts of money to committed enterprising women with low interest, unlike loan sharks. He helped them to dramatically improve the quality of their lives. Instead of giving them charity he helped them to work so they could help themselves.

Another person is Jasmuheen who encourages people to become breatharians, where the body is nourished by the breath and the spiritual alchemy of the prana or life force in the air we inhale, using the process that was revealed to her by the Ascended Master Conde St Germain. This particular process appears impossible to most people, but it is the next major frontier in human evolution back to our spiritual nature where we can sustain the body without killing plants and animals and damaging mother Earth. Some humans are already living in this way and on one of the healing courses the author followed he met a person who had been a breatharian for twelve years and he looked physically healthy. He was the partner of the co-author of Jasmuheen's book "Pranic Nourishment".

In the aspect of choice we can always choose the option that would extend and sustain love and allow love to be the guiding force via our intuition. We can always seek the win-win option because as Jesus said "What doth it profit a man if he gaineth the whole world at the cost of losing his own soul!"

At this point it would be most appropriate to listen to the song No 23 "My Choices".

### **No 23 My Choices**

1. The Choice is mine to be divine, to sow with love and reap with joy,  
In all my thoughts, all my feelings, all my words and all my deeds  
This these with which my soul I feed. In this simple way I humbly pray  
All creation to serve on my life's way,

2. When I focus on all the goals I set,  
Through my thoughts, my feelings, my words and my deeds  
The Law of Attraction will realise them,  
And help me to advance the divine plan.

In this simple way I humbly pray all creation to serve on my life's way

3. When I project all thoughts for humanity and mother nature to live in harmony  
By caring and sharing for one and all, the divine plan of healing on Earth will dawn.

In this simple way I humbly pray all creation to serve on my life's way.

4. When I love myself, my neighbour and all that I find on my journey of joys and trials  
I help to create a tsunami of love that uplifts all people and nature with joy.

In these simple ways I humbly pray, all creation to serve on my life's way.

## **ATTITUDE**

It would be fantastic, yes I wrote fantastic if all the choices we made were all consciously or subconsciously based on love and win win for all involved and aimed at making our lives “Flourish”, which is the title of one of the books written by Martin Seligman, a Cognitive Psychologist. It seeks the highest and greatest good of all involved and implies success with balance, satisfaction, serenity, contentment in all the areas of our lives – mental, emotional, career, relationships, health, financial and spiritual. Remember with “I need do nothing” maybe one can satisfy all the parameters on a mountain top or in the forest in a cave or a penthouse in Paris or a mud and wattle hut in Africa or exactly where one is now and doing what one does now. The key is to realise what would make one flourish and then go and do it with love, joy, gratitude and peace.

This is demonstrated by the cases of adult children, “spoiled or not”, from comfortable or rich American homes. They were placed in environments where they were forced to be more accountable and experience a different culture.

The first case is of children who were given everything but did not work, slept till late, they were untidy at a personal and room level, and inconsiderate towards the parents needs. They behaved like societal parasites. It was me me me me me and me!

A group were selected to participate in an experiment, where they were placed in different work situations and given tasks with certain responsibilities. At the end of each week the one who did the worst would be eliminated and the one left at the end would win a prize of X thousand dollars. Most of the attitudes were of being free-loaders – they could live off their parents – and devil may care with the associated habits. However for probably the first time in their lives they woke up to the idea of achieving something that both they and their parents could be proud of and it would be a reward for their parents for all they had done for them. All of them changed their attitudes as a result of the experience because they realised they were missing heaps of positive experiences that life had on offer. One of them who was eliminated in the first round immediately changed his attitude, decided to value himself, made new choices, set goals and with a new optimism turned his life around to the pleasure and pride of his parents and with a massive boost to his own self worth.

Now let me stress that is not the main purpose of our lives. It is to know that the real “ME” is an incredible, infinite, eternal, immortal, perfect, loving, lovable, loved, talented, spiritual being who has chosen to experience the physical illusion in all its facets and contribute to co-creating the good, the holy and the beautiful. So we experience life to the full in a way in which we have love and consideration for ourselves our neighbours and the environment as we seek, re-discover and evolve back towards our true nature that is the love of God incarnate in human form. The benefits that accrue to others are merely the flow ons from the

abundance we generate by choosing to just be love as we express our true nature via the alotropes of love. Optimism trust, self worth and self confidence are all attitudes we can choose to adopt and cultivate till they are embedded in our consciousness to propel ourselves upward towards our oneness, beingness, okeness and serenity as love and peace.

Some people choose the alotropes of fear and lose the battle before they start as the Laws of Attraction and Cause and Effect work implacably to generate the fear outcomes which they are entertaining with the relevant impacts on themselves and those whom they interact with.

It is absolutely amazing how our feelings can be transmitted to others as in the case of the wife of Dr David Fernstein, Donna, a Clinical Psychologist, with 40 years of accolades to her name. She was working to help a client of hers to heal herself. They began to work on the heart chakra and suddenly his wife began to feel a deep sadness and heartbroken at the loss of something very dear to her when she was 4 years old. When she told her client this, the lady said that is how she felt when her brother died when she was four years old but never gave it a thought. However after they worked to release the bottled up grief the lady was able to be more natural and loving and come from the heart in her marital relationship and her health improved. The author had an experience in a journey course where he was guided to his heart, where the problem was and he found that he had a concrete barrier round it with pointed metal stakes facing the outside and a soldier patrolling round it on guard duty. By the end of the process the barriers had been removed a garden installed round the heart tended by the former soldier. The problem is that he does not know how it really affected his now adult children with whom he has some issues. Here again the attitude of grief or feeling rejected may have played a part, even though it was at a subconscious level, but changing it, brought relief and allowed him to flourish. In the case of Donna the feeling of the client was sensed by her from the subconscious mind because she was sensitive and open hearted.

The other case of children, was when a group of comfortably well off American children were sent to a Central American country to live with the natives for a short time to experience the difference. At first the fear alotropes of judgement, comparison and lack of understanding predominated because of the lack of amenities, education, poverty, limited dietary choices etc. However the attitudes of openness, sincerity, love, generosity, welcome, trust, etc. allowed them first to become curious and then to embrace the entire projection of the family and the community. This is because love is more contagious than fear and they could not resist the heart to heart, trusting, sharing, allowing, accepting, which the community had with each other and the visitors and the open hearted non judgmental nature of the children. They were tear filled and saddened when the time came to leave, but they had learned one could be deeply content with very little. It came down to how much one was appreciative, positive and grateful for what one had and how much it was shared selflessly. A lot of us take the little blessings for granted but that gratitude alone would be enough to dispel any depression!

In his book "Learned Optimism" Martin Seligman describes how a positive optimistic attitude facilitates success, better health, achievement of goals and a better quality of life, while pessimism achieves the opposite. Again this is an example of the Universal Laws in action. Can you guess which ones? We certainly reap what we sow. Even more important, as the title suggests, he said we can learn and develop a positive, optimistic outlook and hence dramatically change our outcomes – Law of Attraction in Action. It is all a result of the choices we make. This aspect is described by a social researcher who decided to teach about philosophy and literature and the arts to a group of people who were stuck, living from hand to mouth on social security payments. As a result of this initiative all the participants changed their focus and created more rewarding and comfortable lives for themselves where they were totally self reliant. In this case the issue that probably blocked any desire to have a

“better” or perhaps a more rewarding life initially was an absence of values they had about their purpose in life, role in society, responsibility to themselves and their families and to society as a whole. They probably also had a good dose of apathy and grief or even shame which they swapped for courage, willingness acceptance etc. A tiny example of this type of situation happened to the author when he was sharing a room with a cousin while he was attempting to study a two year A level course in one year. Daily he used to step out of his day clothes into his pyjamas at bedtime at night and vice versa in the morning. The room was a mess by the end of the week but he alone tidied it at weekends. Then he invited his cousin to tidy it together with him and both agreed to keep it tidy. On the second or third day after this, his cousin on returning from work said to him “ It feels very nice to come into a clean and tidy room doesn't it? The author retorted “Have you never experienced this before?” However after a couple of more days the author threw a couple of things about to make it feel more lived in, warm and homely, probably the effect of habit kicking in in spite of the earlier conscious decision. That is why it takes awareness and persistence to change habits.

So what attitudes are we seeking on The Higher Jihad of Love? Some of them are: Optimism, Courage, Openness, Willingness, Persistence, Allowance, Self Praise, Confidence, Self trust, Belief in success, Worthiness etc.

Two songs related to this section are: Song No 24 “Today's Gonna Be a Great Day” and Song No. 25 “I Am Happy, I Am Happy, I Am Happy”. Do you feel better, perhaps more hopeful just listening to the titles?

### **No 24 Today's Gonna Be a Great Day!**

1. Today's gonna be a great day no matter what turns up  
Come rain or drought or heat or cold it's gonna be a great day  
I'm feeling better, better and better in every single way  
No matter what I see or hear it's gonna be a great day.

2. I am a living perfection of the loving presence of God  
I work in love, and truth, and peace to benefit humanity  
According to the divine will, under its grace in a perfect way  
That's why I am always happy, just feeling better, better and better!

3. I'm feeling better, better and better so I wish you all the same  
Because we're all from the same life source, just playing different life games,  
Games of loving caring and sharing, living, creating and daring,  
From now till forever I wish us all to be, happy, better and better!

Better better & better on every single day! Better better & better in every single way!

4. Today's gonna be a great day, in every single way,  
Come rain or drought or heat or cold it's gonna be a great day  
We're feeling better, better and better in every single way  
No matter what we see or hear it's gonna be a great day  
Always happy and better, loving, sharing, forgiving  
Just better, better and better! We're gonna have a great day!

## No 25 I Am Happy! I Am Happy! I Am Happy!

Chorus

I am Happy! I am Happy! I am happy! With my peace and my love and my health,  
I'm feeling better, and better and better, that's why I will always sing  
Thank you Lord of all the people, for giving me all I've asked  
I will share the three gifts you've given me, sowing peace, and love and health  
I will share the three gifts you've given me, sowing peace, and love and health.

1. When I ring this little bell of mine of peace and love and health  
It's my wish for the people the world over, that the sound waves will carry to them,  
You can do it, you can do it, oh please do it,  
With peace and love and health the whole world over, the wars will come to an end.

Chorus

2. Our parents and children and neighbours, all will benefit  
From more resources available to spend them in making this a better world  
By loving and caring and sharing, we'll create more harmony,  
Where the people can all live happily in peace and love and health.

Chorus

3. That's how in the years that lie ahead, the countries of the world will unite  
The people of the world will be one nation, guided by one Creator of all,  
They will care for one another and all nature, recreating paradise on Earth  
Where the people will all live happily in peace, and love and health.

Chorus

### **PRIORITIES – PREFERENCES & EXPECTATIONS**

In order to prepare any plan or strategy it is useful to start by deciding what is important to us. We are here to experience different aspects of creation and contribute to its harmonious expansion. Our greatest asset after our consciousness is our equanimity. So we can choose to cultivate the ability to cease all re-actions that disturb it. However we have chosen to like or dislike certain people, places or things and so we wish to get them or reject them as fast as possible. However, if we look deeper and check how much, the things or whatever can make us more comfortable or secure, and even more important, facilitate our return to oneness, and at the same time, advance the divine plan of creating the good, the, holy and the beautiful, we can prioritise our list of desires. The low priority ones go into preferences. This includes all the things out of our control that other people or beings need to do, or actually do, including the weather. If they happen as preferred – Good! If they don't happen as preferred – Still good!. Hence one's serenity is preserved. It is important to preserve our serenity because without it our ability to reason or even intuit is diminished.

The rest go into prioritised expectations, where the bar is set high enough to challenge us but not excessive enough to stress us and contribute to failure and personal recriminations. Most recrimination is counter-productive as it de-animates one, instead of being a source of motivation to succeed. Analyse what elements prevented the successful outcome, decide strategies to overcome them and forge ahead to success. One must beware of falling into the pit of perfectionism. On the basis of ones resources, such as knowledge, finances,

materials, external assistance, time etc. we can cultivate patience and compassion for our selves as one does the best job one can with love and joy and gratitude. Praise one-self with each step or phase that is successfully done. This is energy enhancing. Always love and praise yourself, and cheer yourself on without pride, as it is a reminder that you love yourself and you are doing your best. If the time lines are realistic the deadlines will be met with minimal stress. Beyond Willpower by Alex Lloyd, has some excellent processes for reprogramming the sub-conscious obstacles we carry that oppose our success. From the aforementioned it is useful to stress the differences between preferences and expectations. Preferences do not generate disappointment and recrimination if they are not realised as expectations do. The latter generate more hope of reward for success or disappointment for loss or failure in some way and therefore they require more diligent selection, focus and action to ensure successful results.

## **DESIRE – FOCUS -PASSION -VEHEMENCE**

A thought once entertained can become a wish, but this is usually vague and generalised with little purpose or direction for example I would like to have a car. To make it a desire one would specify the make, model, why it is wanted, how soon one would like to get it and perhaps the utility it would have among other things. One could go into greater detail on the points to refine the desire.

While focusing on this desire to the exclusion of other desires with a lower priority and deadline, one would energise the desire with visualisations and affirmations of how it feels when realised with all the associated sensations. This energisation and focus on the goal converts it into a passion that is pursued with enthusiasm and joy. It even more importantly raises one's feeling vibratory level and point of attraction to higher levels, where the Law of Attraction can produce the desired outcome by matching the vibration one is emitting. This is stressed by Abraham, the non dimensional guide of Esther and Gerry Hicks. One can use vehemence, assertive, and authoritative commands, based on passionate belief to dispel any counter-productive elements from the process for example "Be still, and know, that I am God! I command that the T Cells rally and eliminate all the rogue cancer cells and armies of healer cells move in to reconstruct healthy tissues in accordance with the Creator's perfect plan for me! And so it is now!" This kind of statement can be used for all situations: health, relationships, career, finances etc. always bearing in mind and visualising and affirming and giving thanks for the outcome **REALIZED IN THE NOW**. Our minds and the universe act like computers, which we are continuously programming. If we say it exists and energise it, they will create it to make the illusive reality fit the pattern that is projected. In Greg Braden's "Secrets of the Lost Mode of Prayer" we do not ask in prayer. We give thanks for what is given already because God knows what we require and spiritually the giving is done instantaneously. It also feels great as we get excited, give thanks, and praise God as the flow on benefits of the process are felt. Doubt and unworthiness inhibit the manifestation of what is desired. One way of countering them is to state emphatically "It is done!" and to any "What ifs?" retort vehemently "It is powerless! It is done!"

## **REORGANISING - REPROGRAMMING AND REFRAMING**

The programmed is the sum total of all the ideas, concepts, beliefs, attitudes, and behaviours etc. in relation to any desire, goal or subsequent outcome. This is the result of a person's past or present, life choices and consequences, including all acquired parental effects, genetic, cultural and environmental effects. Napoleon Hill taught "Anything one can conceive and believe, one can achieve!" However if in the programming stored in the subconscious there are counter-productive paradigms and beliefs, to those held in the conscious mind, the subconscious wins.

To change this it is necessary to access those elements in the subconscious and reprogram them or reframe them in a context that is favourable to the desired outcome. This is relevant

to all present or past life events that one is either conscious of or that one can revive into consciousness by different processes like for example meditation or some alternative healing processes like "The Journey". One first decides the process and/or beliefs one needs to change and what the desired ones are. Then one enters the Alpha state of the mind. This is the first level of the subconscious with a frequency of 7-13 Hz per second. One does this sitting or lying down in a comfortable position and then joining the thumb, index and middle fingers of both hands and looking towards the forehead with the eyes closed. One takes three deep breaths, visualising healing light energies coming from God and entering the body through the crown of the head and flowing towards the feet harmonising energies, removing blockages, healing and relaxing the body and the mind. Then on the mental screen one places a picture of what needs changing. After a vehement affirmation "This is false!" one mentally rubs it off the screen and replaces it with the desired outcome with as many embellishments of love, joy and gratitude as possible and a triumphant conclusion "This is all I accept and so it is now!" As the brain cannot distinguish between a past or present event, or between the existing condition and an imagined one, but only responds to what is programmed the new desire's realisation is facilitated. Hence one can create a store of positive beliefs. An example to eliminate the belief in scarcity one can go window shopping with a hundred dollars in one's pocket and see oneself being able to afford, and mentally buying, literally thousands of dollars of things one would like to have without spending a penny. The brain would believe they had been bought and reduce the belief in scarcity. This is all further enhanced by using positive, believable affirmations, framed in the present tense to bolster the qualities that are being instilled by the programming or reprogramming.

A highly significant action that one can take to raise their awareness from moment to moment is to monitor, one's thoughts, ideas, self talk and actions in relation to one's desires and goals to ensure that they are totally congruent and synergise the achievement of the outcomes instead of sabotaging them for example Effusive thanks for the positive events that are happening and foreseen towards achieving the goal, instead of focusing and worrying about possible negative events, the What ifs! - that could affect it. Here trust in the universe to facilitate the achievement of the goal at the most opportune moment is vital. To develop that trust one is urged to daily list and give thanks for the positive occurrences one has experienced thus also developing an attitude of appreciation and gratitude for the goodness one is facilitated and surrounded by on a daily basis. This can only attract more of the same.

Another aspect is to complete and resolve all the partial commitments such as promises pending fulfilment, returning borrowed items, initiating small regular payments of debts, with one's creditors etc. Clearing all clutter in one's environment even to old medicines, clothes that are not used, books, shoes, household artefacts that are obsolete or not used. This not only makes space for the new, but also helps to harmonise relationships with oneself and others. This also clears the space for new desires to be fulfilled. Clutter is said to be one of the greatest blocks to manifesting. One's whole mental state is disordered and confused if there is a lot of clutter around.

Finally the monitoring of one's TWFD to make sure they are congruent with ones desires and goals can never be over emphasised, so it is repeated here.

An excellent and joyful song to reflect a lot of what is described in this section is song No. 26 "Happy People Band". It was inspired to the author at 10.00pm while in bed with his wife and children at his parent's house in London prior to Christmas around 1989. The last verse was inspired while recording and came from the heart.

## No 26 Happy People Band

1. Listen all you people, no matter what your country, colour, race or creed  
I have a simple recipe, just prepare it calmly, with love and lots of patience  
And happy you'll be.

Chorus

Come along and live this way to join the happy people band  
If you wish to learn to work and play at living very happily.

2. Define your goals, strive to achieve them, enjoy it as you do so if you wish to be happy  
love yourself, your family as well, loving all your neighbours and more happy you'll be.

Chorus

3. Care for the Earth, the air and the water, use all energy only for the good,  
Love all plant life and animal life as well,  
That serve us in so many ways and more happy you'll be

Chorus

4. Adore the one and only God that created the cosmos  
so that all this creation could live on in harmony  
Recognise God's presence in all that you think, you feel, you say and do  
And more happy you'll be.

Chorus

### MANIFESTING - BLESSINGS - GRATITUDE

Now for some very, very, good news for everybody! There are an infinite number of things that we succeed in manifesting during our lives and even on a day to day basis and, even more important, that **we do so successfully!** Every TFWD that produces a change is a manifestation but we have programmed ourselves to take it for granted. It would be fantastic if we re-cultivated appreciation and gratitude for the blessing of being able to do **ALL** that we give ourselves permission to do. So be aware that as competent spiritual beings, in material bodies, co-creating with the Father/Mother God or source we are performing miracles from moment to moment. A simple gesture like taking a step or raising your hand is a miracle, when one pauses to reflect on all the processes that had to be realised to perform those simple acts exactly as desired. Jesus stresses this in "The Way of Mastery" So we are all miracle workers and we automatically, manifest lots of things and situations in our lives, according to our beliefs and abilities, as we play the life game of illusion. But how many of us choose to remember and live our real, true, Christed nature consciously to create the good, the holy and the beautiful? And always acting from love?

We came to experience creation so we co-create and experience every facet we can imagine within the scope of the Universal Laws. However few of us immersed in duality realise that very often what we consider opposites are merely different aspects of a common quality. So hot and cold are degrees of warmth on a scale. Both are temperatures. How or why or where or when they express as different depends on many factors. So really comparison refers to different degrees of the same quality influenced by different



circumstances. Even then different people have different perceptions of what they perceive to be hot, or cold in different circumstances. Therefore, artificial rules are made to force people to agree to different parameters. It is this artificial definition that lends to the beliefs of good or bad or right or wrong. All events are neutral as Jesus teaches in The Way of Mastery until rules are created and applied. This is the origin of sin and guilt and shame.

Furthermore, if we wished to experience everything in creation as the goal of life we could not do so because there are too many variations on the same theme and that is not our purpose. We get bored with having and not having as we try different life experiences until as stated in the case of opposites we realise that our true nature forms a part of the underlying consciousness that is God and it is that – indirectly and as a part of us – that is the initiator, the doer and the outcome of each event because we are all one. We eventually get to know that consciousness or awareness, which is infinite in power, knowledge and presence, because it permeates everything, based on a foundation of love, beingness, oneness, peace or bliss is our true nature. Who says you may say? And I respond “I say, exactly as it was explained to me, by those further on in The Higher Jihad of Love – a personal struggle or personal, internal and whole-I war or journey – back to God, the everything in “nothing” at least to our senses. The prophet Mohammed was absolutely right when he said to his followers, on returning from a battle, that the battle was the Lower Jihad and The Higher Jihad was a personal struggle within ourselves, because that is exactly what it is, a personal struggle between truth and illusion. The truth that is true always is that you are not the body, your name, race, colour, shape, education, wealth, ancestry etc. Your true nature is identical to that of every other human being on Earth and to the essence of all creation – Consciousness/Awareness/God - it being the spark or droplet that is the image and likeness of the creator. It is infinite, immortal and therefore eternal, loving, lovable and loved forever. So you are sinless, birthless and deathless with infinite awareness. Marianne Williamson was able to say we are afraid of the beauty and power we have because we have allowed ourselves to be deluded into believing that we are ignorant, impotent sinners by politicians, religious teachers, formal education and family and social pressures and also aliens living on Earth with ulterior motives that do not include the well being of “earthlings” or their beloved planet Mother Gaia. These people are exploiting our true nature of love, kindness and generosity. They wish us to believe that we are only meat and bones in a sack of skin with a brain and senses that are satiated by external sensations including physical food. That we have a single life with a limited span, we're despicable sinners, and totally powerless, even against the despots who some of us choose to elect as leaders or who assume power, using violence or fraud, and maintain it using coercion and repression.

The sad or beautiful part, depending on how one looks at it, is that we have co-created all the trauma and the chaos that we see and also the beauty and the comfort, to be able to experience them all prior to aiming higher towards our true nature. Once we achieve it, our conscious experiences and understanding of the illusion and compassion for the part of us still floundering about in the illusion, may allow us to choose to return to be way showers like Jesus the Christ and Gautama Buddha were for us.

Even before we pass through to the other side, through the process called death or otherwise, we can choose to seek and develop and use the inbuilt qualities we have to manifest and multiply things as Jesus did with the loaves and the fishes so we do not have to destroy nature for our needs. We can aspire to and become breatharians where we nourish our bodies from the breath instead of having to grow harvest store and cook food, saving ourselves a lot of time and energy, while we help to prevent environmental degradation – Thou shalt not kill! We could also have better bodily health as spirit knows and can supply exactly what our body's need. This gets easier as we seek less sensory stimulation through eating and socialising round food and drink. Already after decades of misinformation, people are awakening to the dangers of tobacco, alcohol and the superficial temporary relief of allopathic medicine with negative side effects. They are also realising the health and financial benefits of eating more natural and less because we shit less and are

healthier as we save the energy used to process and eliminate the excess. By not poisoning ourselves in this way we are not only healthier and save money but live longer and healthier.

The greatest cause of disease however is a deviation from our basic nature of love into the negative energies of shame, guilt, apathy, grief, fear, anger, inordinate ego based desire, and pride. Other variants are revenge, jealousy, addictions etc. These energies are depressing and draining.. The body has 72000 subtle energy channels called nadis and 144000 chakras or energy centres where they cross and energies interact. The negative or painful emotions, when stored in the body, so as not to feel them, block the energy flows and disease starts at that point till it finally manifests. The map of the Scale of Consciousness of Dr David Hawkins MD PhD from page XXVI of Truth vs Falsehood sums up beautifully and succinctly the following perspectives of a being at each level on the scale – God View, Self View, Level/ Log (frequency of vibration to the Log of 10), Emotion and Process. See Illustration 1

As long as we are in this world of illusion of time and space and matter, we are bound to the experiences of the lower levels of the scale as we rise in frequency by choice and effort to monitor our TFWD and choose to Just be Love we reach Love at  $10^{500}$  to Joy at  $10^{540}$ , and peace at  $10^{600}$ . At joy or above body healing is automatic. After peace we start venturing into the metaphysical realms with a full awareness that everything is self expressing with consciousness/awareness as the only guide.

As we raise our vibration and access our spiritual nature our ability to penetrate and control matter, made of molecules – the plasticine of creation - increases till we can perform, by intention, so called miracles in the conventional sense as the events are not explicable by the mind or logical scientific knowledge. In a sense it is only accelerating a change in the matter to a strongly, desired condition, with focused knowledge, belief and faith. The intention has to be unwavering. Hence in the case of the woman who was healed by touching Jesus' garment, he felt that virtue was gone out of his energy store, it had been drained, but he confirmed to her “Your faith has made you whole!”.

Dr. Hawkins has measured four beings, he is aware of in his life, who measure at the frequency of 1000 to the Log of 10. They are Jesus, Buddha, Zoroaster and Krishna. All are using their beings as teachers and way showers to the rest of humanity, which in the majority is floundering without direction in the illusion of sensations at the lower levels of the Scale of Consciousness. The error that most of them fall into is that they wish to jump on the scale from guilt, shame or anger to love, joy or peace. This is impossible because the vibrations are so dissonant. Esther and Gerry Hicks in “The Astonishing Power of Emotions” and “The Power of Deliberate Intent” explain well that the easiest and guaranteed way to achieve one's desires is to bear in mind that The Law of Attraction works by attracting the same vibration. Hence in the lower frequency negative emotions one can achieve the result by raising one's vibration in small steps until it is at the level where the attraction is feasible. The Law of Attraction kicks in and “voila” you achieve your desire. It is entirely a mind game where you choose the positives that you can focus on in any situation, to lift your vibration successively to higher levels. These are all things that we have learned to take for granted like good health, knowledge and capability, helpful friends, peers and relatives, prayer, support groups, creative visualisation and affirmations etc. and most important seeing the outcome realised and feeling the emotions of joy, gratitude and peace for the outcome. Affirmations, together with positive self talk and praise and planned focused action are powerful aids to achieving one's desires.

Dr John De Martini was dyslexic when he was young. His primary school teacher told him that he would never amount to anything. That is not true of anyone as we have infinite potential. He decided otherwise. He wished to uplift and motivate people to help themselves, to improve their lives and help to create a better world. Paul Bragg an author and spiritual teacher/healer, in some of his seminars, gave him his first insight of his ability to succeed in

his goal against all odds. He told him to repeat to himself "I am a genius and I apply my wisdom!" until it was embedded in every part of his being and to live it. His surfing colleagues laughed at him when he shared this. But he was not deterred. He not only overcame his dyslexia, he became a Chiropractor and is now an international best-selling author and speaker with books and seminars and other audio material that has already motivated millions of people to clarify their life purpose and use their abilities to optimise all areas of their lives.

It is a step by step process that requires commitment and perseverance. However, if one identifies and counts and is grateful for ones blessings on the journey it is a rewarding and joyful process. One should not expect dramatic miraculous changes- quick fixes or one will be disappointed. These are like the symptomatic relief of allopathic medicine which does not resolve the causes, so they recur after a time. Here we are not cutting weeds to control them. We are uprooting them and inactivating their seeds and planting and nurturing new seeds of vibrant positive outcomes. Hence we can produce abundant harvests of love, goodness, joy, gratitude for ourselves and all we interact with and the world. We are one and our grains of sand will make the mountain of the world a teeny weeny bit better. As more people do the same a critical mass will be reached where the rest will follow automatically and heaven will be recreated on Earth.

Again we come to the purpose of the book. The title is The Higher Jihad of Love. This is a journey of an inner personal struggle or battle - a Jihad - between our real nature and illusion, or love and fear, commonly symbolised by good and evil. The other false meaning is a holy war as some Muslims are led to believe to convert everyone to Islam, The Koran does not teach this, or to punish people who belittle the Prophet Mohammed or Islam. The Prophet himself has stated categorically that the external Jihad, the physical journey, war included, is the Lower Jihad and the internal struggle to better oneself, is the Higher Jihad.

The first meaning is totally acceptable because we choose to incarnate here and no one tells us about Universal Laws and how they operate and how we reap what we sow. So we act as prompted by our basic survival instinct. We are also encouraged to have a lot of distorted perceptions such as God is a male father figure, who is stern and punishes wrong doing, that varies from group to group. Luck is blamed or blessed, according to whether outcomes are favourable or not, instead of praising the doer for their positive choices and actions which guaranteed the outcomes according to Universal Law.

It has also been made easier to blame some person, thing or situation (circumstances) for what happens to us instead of us taking full responsibility for being the co-creators of every single event that has affected us. We created or attracted those lessons or payback. Therefore tit for tat reactions, especially in a negative context are to be avoided as it is reaped by the creator. That is why The Master Jesus taught us to turn the other cheek and to walk the extra mile, because we are complete, infinite and eternal spiritual parts of Source/God.

When one knows one's true nature, and why one is here, it still takes courage but it is easier to do, because one realises, as Jesus did, prior to and during his passion that nothing could affect his essential nature. This realisation allowed him to pray "Father forgive them for they know not what they do!" The common attitude of retaliation is highly desirable in some fundamentalist religions, because of the pay-offs in wealth, power and control. Other beneficiaries are the arms and the legal industries and all the suppliers and builders who pick up the pieces after the spiritual options are ignored and infrastructure is destroyed and people are displaced. None of the real sufferers or the victims appear to be aware that by their TFWD they are reprogramming the replay of similar events, probably with the same soul cluster but in the same or different country and race until they learn the lesson and do things differently as taught by Jesus or Buddha or Krishna and get more positive outcomes and pass to a higher class. To my perception the other meaning of Jihad "Holy war" is a

misinterpretation of the true meaning by vested interests because it appeals to disoriented fanatics. Besides I believe holy is an abbreviation of whole I. The Whole I is our true spiritual nature – the image and likeness of God - and the battle or war, and that is exactly what it is, and a very ferocious one at that, is for the Soul or our higher Self to remind us of our true nature, pure love, so that we can finally opt out of the illusions of limitation, sensation, duality, cravings, aversions and suffering as we acknowledge, remember and finally experience and live our true nature again. As perfect, eternal children of God we have so much love and goodness to share that no form of the lower vibrations can get a toe in the door. Another way of looking at this is that as we realise our oneness with all, there is no judgement or comparison or need to understand, so we can just be, and peace reigns supreme.

Looked at from a more egoistic perspective, what I am saying is altruistic, utopian nonsense. The Master Jesus said it was no use preaching to the virtuous as they were already saved. He also said whatever you have done to the least of your brethren, you have done it to me. This is true because we are one in Christ and God. We are also doing it to ourselves as there is no separation in oneness. He also meant to include those who were sick, disorientated, antisocial, poor, etc. So this is a sharing but we need to be discerning not to dangle pearls before the uninterested as they will trample them into the dust. Finally regarding detachment from the illusion to seek and find the truth he said to the rich man “Go sell all you have, give it to the poor and come follow me”! But like the majority of us he found that too difficult to do.

At this point three songs: song No. 27 “O Cosmic Lord”, song No. 28 "Jesus, you're the Saviour of the World" and song no 5 “Our Journey” illustrate some of the points discussed.

### **No 27 O Cosmic Lord!**

1. O cosmic Lord eternal God be Thou my light from now  
With Your heart so pure, Your love so warm be Thou my guide from now  
Thank You for the people around me, thank You for the things You've given me  
Thank You for the talents You've given me, Oh I'm so proud of Your work in making me  
With Your help I'll achieve all the goals You've set for me.

2. O cosmic Lord eternal God I have peace in this heart of mine  
By my understanding all the things that happen in this world so torn  
I am patient and kind with all living things, I have confidence in all my abilities,  
I will always serve and honour Thee and be so proud of Your work in making me  
With Your help, achieve all the goals You've set for me.

3. O cosmic Lord eternal God, I pray that divine love will flow  
Into the hearts and minds of men that use violence to achieve their goals  
Change the greed and the avarice to empathy  
Change the anger and resentment to compassion  
May they love themselves and all who've injured them  
An be filled with joy at the chance to work with love  
To heal all the pain and build harmony again. Amen!

## **No 28 Jesus, Saviour of the World**

Chorus

Jesus you're the Saviour of the World, you came to teach us the way  
To do what the Father wishes us to do to make His plan come true

1. We adore only God's spirit behind all forms that our senses are able to detect  
Share or blessings with all of God's creation with love and caring and respect,

Chorus

2. We forgive and love ourselves as instruments of God's will being done  
Do the same to all of our neighbours no matter their country, colour, sex or creed.

Chorus

3. We do only those things that we like to be done to us as well  
Towards all of God's creation in thoughts, feelings, words and deeds.

Chorus

Although I have referred to the Creator as God, Spirit, Father, Mother, It etc. I feel the need to digress a little bit here to include as part of the Mother God, Mary, the mother of Jesus, who a lot has been written about and who did not realise the full import of Jesus' mission till after the resurrection, and Mary Magdalene, who a lot has been suppressed about by the Catholic Church, but who most clearly understood Jesus' message as related in the gospel she wrote. It corresponds to the underlying message of this text. It could be detailed in future versions of this book or a separate book for those who have ears to hear. Both these women and Mother Earth Gaia and our biological mothers, represent the feminine principle of God/Spirit, the physical one, the caring, nurturing one in this time, space illusion of Planet Earth and the song No. 29 "Mary Immaculate" which was channelled to the author prior to the celebration of the birthday feast of Our Lady of Vaillankanni in Perth, W. Australia, refers to the three mentioned and our biological mothers who have undertaken the role of Mother God towards us. This is a tribute to the feminine principle of the Creator God without which we could not exist. The feminine is equally important as the male, because without the two there is no regeneration. So religions that denigrate the feminine are assisting their believers to create negative harvests.

## **No 29 Mary Immaculate**

1. A long long time ago, back in Judea, was born a girl child, who was called Mary  
Feminine Principle of the Creator God incarnate here on Earth, to bring us Jesus

Chorus

Mary Immaculate, Queen of Creation, Mother of Jesus Christ and our mother too  
We heed thy guidance to pray and do God's will, share all our blessings, love and forgive,

2. She was raised up in the Lord's temple, taught by the spirit about love and truth  
About her mission to conceive Jesus, the Christ, The Logos through the Holy Spirit.

Chorus

3. She did the Creator's will, gave birth to Jesus our way shower who bled and died for us  
She bore the agony of all his sufferings, repaying all the pain with infinite love.

Chorus

4. She was carried up into heaven, where she was crowned the Queen of Creation  
She prays for all of us before the Creator God still overflowing with love, the Queen of Peace

Chorus

Returning to the earlier discussion, the Master Jesus has reminded us on various occasions to "Seek ye first the kingdom of heaven and all the rest will be added unto you!" The world of illusion teaches us exactly the opposite. Seek ye first the sensation or sensual gratification and succumb to the distractions from the truth and forget the rest because you are here to enjoy. My perception is that we are here to appreciate and enjoy everything in the full awareness that "This too shall pass!" So we do so without attachment which is a form of slavery to sensation, or possessions, which lead to undesirable habits and addictions. We therefore remain bound to the world of illusion and reincarnation in the same. We can only achieve the goals of material and spiritual freedom if we reflect very diligently on what it is that we wish to achieve and what is the order we are placing with the Universe through the vibrations we create with our TFWDs. We must change any incongruence between the desired and the TFWDs and when the resonance is the same the outcome is guaranteed by Universal Law. Crystal clear desire and focus for the highest good of all are the signposts to the goal of selfless, divine service. Again the prayer/song No. 27 "O Cosmic Lord" comes to mind because what we are intuitively guided to do is where we are to focus our energies, as a preacher once sang a hymn of a single line "God knows, God loves, God Cares!" The energy that is God is unconditional love in expression. Our focus on positive or negative, love or fear, produces what we reap. We have to be clear if we are doing things for ego aggrandisement or divine service to really co-create a better world as each option generates a distinctive feeling, either self-satisfaction or contentment and expansion on the choice of love or dis-satisfaction, resentment and contraction with the choice of fear. Having money, comfort, style etc. is ok by God but the purpose it serves is more important to the way it facilitates the divine purpose. Here we sometimes have a need to ask for patience and ask for and be open to receiving the guidance needed to know if our intentions and efforts are truly the divine will.

I will now share my own life example of how I had been blocking my own access to the resources I believe I require to serve better. On the morning of 27/2/14 I was watching Nick Ortner interviewing Pamela Brunner on the Tapping Solution on the internet on "Reconciling Money and Spirituality – How to be Spiritual and Abundant" I realised that I had been putting limitations on myself all my life by my self-talk.. I wanted a large comfortable house to be able to have talks on spirituality and self improvement and healing, etc. I got the house years ago but I did not realise much because I was affirming, "I really do not want a lot of money for myself I want to serve a lot of people.", "I would be happy to live in a single room with basic amenities and a minimum of material possessions." I literally created the second option but the first remained incomplete because of miscellaneous problems especially lack of finance and lack of clear goals and an action plan to realise them and the right vibration. In retrospect I realise that things moved forward in spurts, when I decided to and followed through without hesitation to execute specific activities, but I did not have an action plan of activities with specific deadlines. While this was happening, I have spent a fortune on the illusion of the game of shopping for women's clothes, so at the present moment I have enough to give 20 women and still have heaps to spare – a striking example of The Law of

Attraction in action. This was to fill a void created by not reaching the primary goal and also due to karmic effects. The activity gave lots of ephemeral sensual gratification, some of them linked to guilt and even shame, but vigorously justified by the mind.

However the time has come to refocus and advance till victory is achieved by living the way, the truth and the life guided by my Christ nature. However one thing is clear. God/love is kind, supportive, nurturing and unfailing, because She has provided all that during the whole time and allowed me to dish out some of the same to the brothers and sisters I have encountered on the way. I have had the joy of advancing onwards, one step at a time.

## **GOD LOVE AND EGO LOVE**

The end bit, speaking about how God/love supported me is a good part to start this section about God Love. God is love and we are love incarnate to experience the illusion in all its forms. The love that God and we are, as our essence, is infinite and unconditional. It serves allows and accepts people as they are because it addresses their true nature, which is the same as our own nature. The ego on the contrary believes in separation and projects conditional love that is fear based. This operates on superficial qualities for example with aspiring brides and grooms, education, race, colour, finances, beauty etc. all ephemeral qualities. However people end up attracting their vibratory match.

However for those on this Journey, Watch out! - As I share my mistake with you. I sincerely feel that I did not have at a conscious level any of the requirements for grooms I listed earlier when I chose to get married. I believed "commitment is of the heart" and the couple build a life together. Besides, as I described earlier, our connection was also karmic. I had a deep seated feeling of unworthiness, even though I had a post graduate degree and my wife had secondary education. This underlying belief and the fear based behaviours it generated ultimately persuaded her to leave me fulfilling the belief of unworthiness.

When most people are attracted to one another they do so because they are seeking support in some way as in romantic love, career, or status but unbeknown to us we are also committing to a process of learning, healing and growing in true love that is pure and unconditional. This can be entirely successful and both can come out winners if there is honest, supportive, respectful communication, involving what the Buddhists call "mindful listening" to ensure one has got the intended meaning and "empathetic listening" to ensure one has intuited the correct feelings of the speaker. This is "God Love" in action. I had neither because I was external, material focused, to the exclusion of my partner's insecurities and fears. I put my goals on hold on two occasions to allay the insecurities and fears and set common goals, but lack of communication on both sides eventually led to a painful divorce. Time is a healer and every day I appreciate more the benefits and blessings of the original union. With Byron Katie's The Work I will not commit the same mistakes again.

I presently know a young lady who is enthusiastically planning her wedding that is going to be a costly and sumptuous occasion. When I asked her if she had discussed with her future partner their personal goals and aspirations, material, financial, social, educational spiritual and career goals, and if they had thought of how many children they would like to have and what qualities they would like them to have and why, she looked at me with a blank face and said "No!" I had done exactly the same, except the wedding was less sumptuous with very few guests. The other exception is that I did have a goal to get a farm and establish a social project for children and families that were socially or economically disadvantaged.. Perhaps I spoke so much about my project that my wife did not get a chance to disagree or ask for clarification. I myself was not clear how it would be done, trusting in divine guidance and assistance. We achieved a lot, but that may be the topic of a different book.

The point I wish to stress is linked to judgement comparison and understanding. It is excellent to communicate at the heart level and agree. But one of the reasons we are brought together, especially if we have embarked on The Higher Jihad of Love, is to be

confronted with the dark side of our personalities as mirrored by our partners, families or other people in the situations that we co-create. The crux of what I am saying is that we have to raise our awareness to disallow judgement, comparison and lack of understanding, to be able to forgive ourselves and others the 70 x 7 times, that may be required to transcend criticism and condemnation, to the point of thanking the others, for mirroring our issues to us so we could deal with them. A lot of people say it's a cop out from doing what one may be aware hurts another person. They refuse to accept that the person is hurting themselves by choice. The concept of people or even the universe assisting us to co-create issues so that they can be resolved is not acceptable to them. Even karmic consequences that transcend life times to manifest are alien to them and unacceptable. They miss the point that it is the mind and the ego that deny responsibility for their feelings because they attach the same to their self worth. All they have to do is forgive themselves and adjust their TFWDs to transcend the problem. Some of them encouraged by the mind and ego are comfortable with the blame game and victim stance as it draws people to "help" them so they get "friends". The constructive option is to evaluate the issue objectively and then consciously decide and adopt adjustments in TFWDs to transcend the issue permanently by everyone benefiting and growing. This is even more feasible if the parties become more aware of their true natures as Christ and love incarnate, because they have less inclination to defend their egoic natures and mind based perceptions. Love never judges, it embraces all things, it trusts, it allows and forgives, because Universal Law restores the balance. Guaranteed!

It is funtastic, heady and even crazy to fall in love, even though it includes all the aforesaid, to make the journey even more funtastic as one deals with the glitches during the journey. When lovers and partners interact it is important to be aware of and call forth the Christ natures of themselves so that the ego does not use fear based assumptions and presumptions to undermine or destroy the relationship. This is the strongest aspect of ego based love.

The following five songs demonstrate some of the aspects of God love and Ego love:

### **No 30 A Feeling Deep Inside**

1. I've got a feeling deep inside, it's a feeling I can't describe  
It all began, when I set eyes on you.  
I saw a lady so warm and gentle with a heart of kindness born  
God said to me she's going to be your partner for life.

Chorus

We've shared some good times we've had some bad, but all-in all we can't be sad  
We've one another, two lovely daughters, we're well and happy so let's be glad

2. Four years we courted one another, through films and dances and parties few,  
Our love grew deeper warmer and stronger as time rolled on.  
Then came the day when we got married, your dress was white my suit was blue  
God blessed us both for better and better in seventy two.

Chorus

3. In 74 and 77 we both had two gifts from heaven,  
The good Lord gave us two lovely babies to share our lives  
With all your work and all your caring, your kindness, warmth and understanding  
They're both now two smart little ladies like yourself



Chorus

4. As years go by your warm and tender, like a rose in the sun at noon,  
Warm to my sight, cool to my touch, so my love glows  
This love for you just keeps on growing, with each warm look, each touch, each smile,  
Let's keep on sharing, that lovely feeling deep inside,

Chorus

Coda: This love for you just keeps on growing, with each warm look, each touch, each smile,  
Let's keep on sharing, that lovely feeling deep inside,  
Let's keep on sharing, that loving feeling, deep inside.

### **No 31 My Darling I Love You**

1. I met you on an autumn evening. I felt a deep love for you girl.  
Your simplicity, your sincerity, your kindness and beauty, all made me happy.

Chorus

My darling, my darling I love you! You're holding my heart in your hands,  
Yesterday, today and wherever you may be, I will always love you.

2. I fought to be by your side, I'm striving to make you happy,  
All the things that I think, I feel, say and do are intended to make you happy.

Chorus

3. We met to live life to the full and to share our feelings of love,  
All the things that we've said, and the others that we've done are etched in this heart of mine.

Chorus

4. At times I love you less. More often I love you deeper  
And the Lord's my witness, there'll never be a time, when I'll stop loving you.

Chorus

### **No 32 All I Know is I Love You So**

1. I loved you a lot, from the moment we met,  
I love you with all my heart I'm just crazy about you,  
I just want you to know, that I pray it will always be so  
I share all my love, and all my warmth, between God and you,

Chorus

Oh my dearest darling I love you so much;  
So much, oh so much, that I don't know how to tell you so

2. Let's forgive and forget, all the things that we did,  
All the things that we said, even what we thought and felt,  
that have caused us upsets, since the moment we met,  
Let's surround ourselves and immerse ourselves in God's true love

Chorus

3. Now that we are at peace, in our hearts and our minds,  
In our thoughts and our feelings, even all our words and deeds,  
We can share our love, with the whole wide world,  
And do all the things, that we've wanted to, in a joyful way.

Chorus

Coda: All I know is I Love You So!

### **No 33 A Wedding Waltz**

1. Today is the day of your wedding, you're beginning a new life together  
From the start of these celebrations, when two souls were united,  
Happiness is built together, slowly, slowly but surely  
We pray to the Lord that you be happy, your lives filled with infinite love,  
We pray to the Lord that you be happy, your lives filled with infinite love.

2. On this the day of your wedding, a day of lots of hope,  
Of having children and lovely possessions, with love and understanding,  
We ask the Lord to bless you, and help you achieve all your dreams  
We pray to the Lord that you be happy, your lives filled with infinite love,  
We pray to the Lord that you be happy, your lives filled with infinite love.

### **No 34 Bridal Farewell**

1. Now is the hour, when we must say goodbye, as you are leaving on your honeymoon  
And as you go, we wish you all the best, lots, and lots, and lots, and lots of happiness.

2. Please be aware, that life has ups and downs, but you can let your love make you strong,  
If as you go, you face life hand in hand. You will be happy in all the years to come.

Coda

So once again, we wish you all the best, lots, and lots, and lots, and lots of happiness.

### **DECREES OR FIATS**

According to the Bible the Spirit of God with full awareness decreed "Let there be Light!" and there was light and later on the same for day and night. We as droplets or sparks and holographic parts of God have exactly the same power. That is why, when a baby is learning to stand or walk, when parents have a greater fear of it falling down, instead of them focusing on helping and encouraging it to walk, and it falls, they say "I thought it was going to fall!" The Law of Attraction and the mental vibration of fear of it falling produced the result that was feared. The opposite happens when they are encouraging and supportive. However

they tend to believe it was a quick learner simply because they are unaware of the universal laws and how they operate. It depends on what energies are actively focused on the baby's attempts irrespective of whether, it was consciously or subconsciously done. Another example of a decree, whether it is expressed orally or not, is thinking about what is happening to a friend or family member and after a very short while the phone rings and they are on the line. This proves two things: We are all connected by Consciousness or Spirit and the connection is instantaneous. And secondly, the call compels the answer. During the Bosnian conflict a lady friend of mine was taken in spirit out over Bosnia, and with her present, thousands of angels were radiating love to the country to help end hostilities. This was done with her present because by Spiritual Law spiritual beings are not allowed to help anyone, unless the help is requested. Her invite represented the prayers of all who were asking for the assistance.

In a similar tone every TFWD is a form of a decree of our intentions. More books are being written like the Intention Experiment by Lynn McTaggart which have proved that intention is so powerful it can modify pre-recorded magnetic tapes of information even though they are stored under conditions where they cannot be tampered with electronically.

So we have to be careful of what we decree. The third Commandment is Thou shalt not take the name of the Lord thy God in vain. As God identified itself to Moses as I AM! IAM that I AM! It is no coincidence that we refer to ourselves as I AM! As we are the image and likeness of God and have the same qualities as holograms, therefore, when we refer to ourselves or others in a derogatory manner we are violating this commandment. Worse still we are decreeing that to ourselves and suffer the consequences. We send people the energy that we judge them as even as we do it to ourselves. The brain and Cosmic or Universal Law, do not distinguish between jokes and serious statements. So cease judging and comparing, criticising and condemning yourself and others. You reap what you sow.

In I believe the middle part of the last century an anonymous writer composed what is called The Great Invocation - song No. 16:

### **The Great Invocation**

From the point of light within the mind of God  
Let Light stream forth into the minds of men.  
Let light descend on Earth!  
From the point of love within the heart of God  
Let love stream forth into the hearts of men  
May Christ return to Earth!  
From the centre where the will of God is known  
Let purpose guide the little wills of men  
The purpose which the masters know and serve.  
From the centre which we call the race of man  
Let the plan of love and light work out  
And may it seal the door where evil dwells!  
Let light and love and power restore the plan on Earth!

This song No. 16 is a decree for the positive God qualities to saturate mankind's clouded consciousness to help return Earth to a state of harmony. The author was guided to ask for the same message in a way that is more related to our present awareness and including a personal commitment. He was given song No.17 "A Daily Invocation". The universe supplied the author with melodies for both verses to be chanted. Jesus the Christ said "where two or more are gathered in my name I Am in the midst of them". And God is everywhere in and around us. When two or more recite the chants or make any prayer it is multiplied geometrically. So if two people do it, it is as if 4 people were doing it. And if ten do so it is like

a 100 doing so. If we can get 90,000 people to chant or recite the chants at the same time, it would be as if 8.1 Billion on this planet are chanting. Imagine the energy that would be mobilised for a good purpose. The call compels the answer, so even if fewer people do this the effect will be positive, as every grain of sand changes the mountain. So I invite you the readers who are seeking for or are already on the path of the Higher Jihad of Love to commit yourselves to daily recite or chant the verses at a specific time according to the time charts that are on the website at [www.justbelove.org](http://www.justbelove.org). More grains of sand will help the mountain of Love, Joy, Gratitude and Peace to reveal itself quicker on our beloved Mother Gaia.

# THE HIGHER JIHAD OF LOVE

## JUST BE LOVE

### A Journey to your real self

Once again I ask, What is “THE HIGHER JIHAD OF LOVE - Just Be Love – A Journey to Your Real Self!” - about? It is our free will choice to experience and enjoy life to the fullest, even as we co-create to change it, while being totally and I repeat **totally** consciously aware at all times that we are Christ/Spirit/Love incarnate of God to experience the world of illusion and contribute to its improvement. Our purpose is to be aware we are all one family with the same essence of the Awareness, Consciousness and Love of God though we have different expressions directly related to the experiences we have chosen to have in numerous incarnations. As one family created by God we have a responsibility to love and care for everyone using every TFWD with unconditional love as we choose to or are guided to by God, which is in us -our essence - and is the essence of everything around us ie in which we move, live and have our being.

We are in the world but not of it. We are birthless, deathless, sinless, infinite and eternal, all leaves on the tree of life called God and everything we do to others we do to God and to ourselves because we are one in God/Spirit/Consciousness/Love.

By living this Jihad with unconditional love we eventually transcend all our attachments to matter and sensory illusions in manifest or non manifest form and experience the joy and peace that passes all understanding as we release the dross we have been clinging to for thousands of incarnations in this and/or other worlds.

We graduate to a life in the spirit realms from where we serve God by helping our other parts to come to at-one-ment until finally we all merge back into the oneness, stillness, beingness, omnipotence, omnipresence, omniscience that is our divine source, God!

I thank Source/God/my Self for the honour and privileged of being chosen to have these songs and message inspired to me to be shared with you my other selves, the readers.

**I pray and give thanks for the blessings of**

**LOVE, ABUNDANCE, HEALTH, GOOD RELATIONSHIPS, JOY,  
GRATITUDE, AND PEACE TO YOU THE READER**

**AND TO**

**ALL CREATION!**

**AMEN!**

Let us wind up with one of the latest songs that was inspired to me, **Song No. 35 “WE ARE ONE!”** Followed by a final exhortation from **Song No. 36, “Go for It! No Worries!”** And last but not least, Song No 37 “Just Be Love!” that symbolises the purpose of The Higher Jihad of Love “**Just Be Love**”.

# Namaste!

It means "The Spirit in me honours the Spirit in you!"

## No 35 We Are One!

Chorus

We are one in spirit we are one, we are one in the Creator we're one  
We've incarnate to experience lots of negativity,  
To realise it's God's awareness that we are!

1. You are me making a different choice, to co create all that we want to have  
Both the good and the bad, the joyful and the sad, two opposites of the illusion we call life.

Chorus

2. All the living and non living as well, that our choices create and destroy,  
The animals the birds and fishes, the herbs, bushes and trees,  
The Earth, the Fire, the Water and the Breeze,

Chorus

3. But the law says we reap what we sow, so my family my neighbours and my friends  
Be careful what you choose, in all you think, feel say and do  
Cause you will reap the harvest of your seeds,

Chorus

4. Having experienced the good and the bad, as we live this illusion we call life,  
Just like Krishna and Buddha and Jesus the Christ, We can choose to just be the love we are.

Chorus

5. Back to oneness, beingness, okeness and peace, and the pure love in essence that we are  
We all journey every moment by the choices that we make,  
To God's awareness that in essence we all are,

Chorus

6. We can choose to be in heaven now, by doing all we love with joy and gratitude,  
To the best of our abilities, we can choose to be in heaven now.

Chorus

Coda: So we are in heaven in each now!

## **No 36 “Go For It! No Worries!”**

Chorus

“Go for it! No Worries!” that's what the Aussies say,  
“Go For it! No Worries!” in a kind and caring way,  
If you go for it no worries and give it all you've got,  
Just go for it, no matter the odds, you'll sure come out on top.

1. I'll go for it no worries and keep my spirits high  
I'll channel all my energies, I'd rather strive or die.  
I'll go for it with all my heart, take all the leads I get.  
If I go for it, no matter what the odds, I'll sure come out on top!

Chorus

2. If I set my goals with passion, conceive them and believe  
Define what I'll give in return and the date when I'll succeed,  
If I strive and thrive with love and joy, write down my action plan,  
Daily read it, see it in my mind, my goals I'll sure achieve.

Chorus

## **No 37 I Am Loved Loving and Lovable Forever!**

1. Just be love, Joyfully unite share and trust, beautiful eternal love,  
When you love only victory ensues!

2. I am loved, I am loving, I lovable forever  
I reveal Christ to the world, cause I'm God's love incarnate as Christ.

3. I am love, joy, appreciation, gratitude and peace  
I reveal Christ to the world, cause I'm God's love incarnate as Christ.

4. I am love. I pray for all those who are lost,  
Through the illusion based choices they've made, cause I'm God's love incarnate as Christ.

5. My most fervent prayer is for all people to choose to just be love  
And reveal their Christ like natures to all, cause we're all God's love incarnate as Christs.

6. When all make this simple choice, and we are loving, caring, sharing as Christs  
We'll bless all people and nature as well and recreate paradise on this Earth

7. Just be love. Joyfully unite share and trust, beautiful eternal love,  
When you love only victory ensues!

Coda: We are love!

# THE GREATEST PRAYER

This prayer is for all Higher Jihadis of Love to recite to any person, place, thing or situation, because each has the same essence of Spirit underlying it.

## 1. Let us. Just Be Love!

This is an acronym for Love's eternal test under stress. Joyfully, unite, share, trust, Beautiful, eternal, Love! Love is Love only, victory ensues.

## 2. Ho Opono Po No!

This is a Hawaiian forgiveness and healing prayer, which means:  
I'm sorry! Please forgive me! Thank you! I love you!

## 3. Namaste!

This is from Hindu philosophy and means "The Spirit in me honours the Spirit in you!"

## 4. Peace Be with You!

## 5. Gloria en Excelcis Deo!

Latin for: "Glory to God in the highest!"

## 5. Amen!

Therefore it is!



Think it! Feel it! Say it! Live it! Be it!

Peace be with you all ways!



**CHART No 1**

**THE HIGHER JIHAD (INNER STRUGGLE ) OF LOVE**  
**JUST BE LOVE**  
**A JOURNEY TO YOUR REAL SELF**

<p><b>FEAR BASED EXTERNAL LIFE</b></p>	<p><b>PURE LOVE BASED INTERNAL LIFE</b></p>
<p>EMPHASIS ON PAST FUTURE AND EVERY THING</p>	<p>EMPHASIS ON PRESENT MOMENT NOW, NO THING</p>
<p>INCOMPLETE            MATERIAL – MIND BODY SENSES EGO            COMPETITION            SEPARATION            DOING            AGITATION CONFLICT            VALUES RIGHTS/WRONG            SCARCITY HOARDING</p>	<p>COMPLETE            NO FORM, HEART, SOUL, SPIRIT            COOPERATION            ONENESS            BEING            PEACE HARMONY            OPENESS NEUTRALITY            ABUNDANCE SHARING</p>
<p>JUDGEMENT COMPARISON NEED TO UNDERSTAND            DISSATISFACTION</p>	<p>SERVES ALLOWS ACCEPTS            EQUANIMITY</p>
<p>CRAVINGS            MIND DEPENDENCE            SUFFERING</p>	<p>HEART PEACE            HARMONY</p>
<p>AVERSIONS</p> 	
<p>BONDAGE            HELL            DEPRESSING</p>	<p>FREEDOM            HEAVEN            UPLIFTING</p>
<p>Shame-20            Guilt-30            Apathy-50            Grief-75            Fear-100            Desire-125            Anger-150            Pride-175            Courage-200            Neutrality-250            Willingness-310            Acceptance-350            Reason-400            Love-500            Joy-540            Gratitude (Author's)            Peace-600            Bliss-700</p>	
<p><b>SCALE OF CONCIIOUSNESS TO THE LOG OF 10</b></p>	

**I AM A SPIRITUAL BEING , COMPLETE, INFINITE AND IMMORTAL**  
 with no loss or gain possible while playing the game of Illusion "LIFE"

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You are another me! Everything is an expression of me that 'other' mes have co-created by conscious or unconscious choice as we all journey on The Higher (spiritual) Jihad of Love to Harmony and Bliss or The Lesser (material/sensual) Jihad of Fear to conflict and pain. The destination of both paths is eventually the "oblivion" of pure conscious awareness (consciousness) – Pure Love, Oneness, Beingness, Okeness Peace and Bliss.

The energy of love is a powerful energy of creation surpassed only by joy, peace and bliss. It is the glue of all creative endeavour. Fear is the opposite and though weak in magnitude it destroys or deters advances in creation.

This text and the songs form a package intended to motivate all my mes to join me on the path of The Higher Jihad of Love. We reap what we sow! Hence, by making love our preferred choice ALL-WAYS we can achieve the reward of being the love we are in essence, entering the kingdom of harmony, and reaping the material rewards we desire by creating that which benefits All That Is through Self Mastery.

Please be prepared to have some of your ideas and beliefs challenged by the literary style, presentation, and the truths and their implications as described in this package. The truth of love being the answer to our inner longing, and us being love, can only be verified by making a sincere attempt to apply these tools in our daily lives.

Remember that we are complete! Sowing only love allows us to enjoy the present life as we co-operate, share, serve, allow and accept our 'other' mes in ways that make all of us winners. The joy may be enough to motivate us to repeat the game with other mes in this or other worlds.

Enjoy! Share! And Happy Journeying!

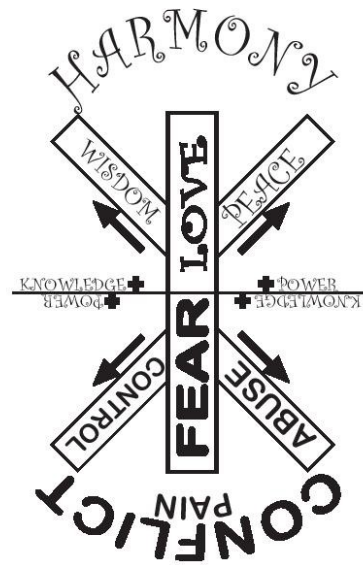


**Vincent D'Souza** is an aspiring transgender, who for many years believed that there was something wrong with him. His search for the truth led him on The Higher Jihad of Love. The songs and the text were inspired to him and he was guided to share this facet of the truth to accelerate the conscious awareness of heaven on earth in each now moment.

**HP=HW**

Happy People = Happy World  
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The Cross Of Choice