

## The Origin Model of Creation & Your Original Purpose

Since the time that humans first became self-aware, we have wondered. We have wondered what we are, who we are, where we came from, and why. That wondering has led us, broadly speaking, in two distinct directions. The first is the quest to understand the physical, outer world that we experience, and the second a quest to understand the inner world of experience itself. This endeavour to understand the physical world is what we could call a scientific undertaking, and the endeavour to understand the inner world, or dimension, of who we are, is a spiritual undertaking.

Today this quest is as strong as ever, and there is a growing awareness that somewhere, somehow, these two divergent paths must come together. The following work attempts to address this and describe in plain language the place where this convergence occurs; where the scientific and the spiritual merge and complement each other as a complete and compatible understanding.

This is an entirely original expression, and it reveals new information that will help both science in its ultimate endeavour to understand the Universe, and *you* in your ultimate endeavour to understand yourself. Consequently, Origin presents a '[Theory of Everything](#)'—that long-sought, holy grail of science that would fully explain and link together all aspects of the Universe. And at a spiritual level it offers an opportunity for personal empowerment and healing that, if embraced, has the power to transform your life and the world. This is guaranteed.

The essence of the work is to present a revolutionary description, or model, of reality; one that shows how everything came to be, and our place in it as human beings. This is done in a way that is simple to understand, logical, and independent of any academic discipline. Origin builds a new conceptual framework that supports all our discoveries to date about the nature of matter, mind, and spirit and resolves them into a comprehensive, comprehensible whole.

One of the things that makes the Origin model so sound and powerful is that it addresses, at the very core, one of the greatest mysteries of all time—gravity; that fundamental, experiential force that holds everything together and makes possible the physical realm. The cause of gravity has been, and remains to this day, [a complete mystery](#) to us. But now, for the first time ever, that cause will be revealed and the mystery solved.

The second major revelation in this work—that until the moment you read it, has been perhaps an even deeper mystery to humanity—is that through an understanding of the Origin model, the opportunity presents for you to see, understand, and come to know the exact reason for your existence as a creative creature on this planet.

The third major revelation—and perhaps the most valuable—is that with a thorough understanding of the reason for your existence, it is possible, again for the first time, for you to see the indisputable reason for the cause of human suffering and the dysfunctional, disrespectful behaviour we often exhibit toward each other, our planet and its creatures. With this clarity, it will be possible for you to implement the necessary actions for real change to occur with newfound confidence.

Now this might all seem like a giant claim, and it is. Nonetheless, if you have somehow stumbled upon this information, then you are ready to hear it. So strap in, we are going on a wild ride...

### **Current Creation Theories and Ideas**

Let's go. The beautiful thing about the Origin model is that there is no requirement for you to have any knowledge of complex mathematics or science for you get a grasp of how the Universe came to be and, in turn, how everything came to be, including yourself. In fact, the less you know, or think you know, the easier and more valuable this journey will be. All that is required to understand and embody the essence and value of this work is for you to bring an openness and willingness to observe and apply your own experience of living. By this measure, it is possible for everyone to understand, because everyone has lived experience...

Throughout the work there will be references to the better-known and accepted fields of science that underpin our understanding of the Universe and its functioning—specifically Relativity and Quantum Mechanics—so if you do wish to get a general overview of this, alongside an equally general overview of the search for meaning that led to them, then please go [here](#).

And finally, before leaping down this eternally deep rabbit hole, it is important to note that the approach taken in developing the Origin model is very different—in fact quite the opposite—to the traditional approach taken when trying to understand things. Rather than examining, deconstructing, and analysing 'what is out there'—existence—in an attempt to understand what it is and where it came from, the approach here is to

start with an understanding of where it came from—the beginning itself—and then logically extrapolate development from there.

This is an undertaking never attempted before, and the starting point is to gain a clear understanding of creativity, or how the creative process works. This is foundational to your understanding, because everything in the physical world exists by way of it being created by someone, or something, somehow. This is indisputable. All things in existence are the end result of a creative process. Therefore, to be successful in any attempt to understand any of these things, it is imperative that the creative process itself is thoroughly explored and well understood.

But before we get into these exceedingly new and liberating ideas, let's first have a quick look at the current beliefs about Universal creation and the substance it is made of.

The prevailing cosmological model of the origins of the Universe, and the one that is currently taught in schools throughout the world today, is the Big Bang theory. According to this theory, the Universe came into existence during a period of 'inflation' about 13.7 billion years ago. Not unlike a balloon will expand when blown up, the Big Bang theory tells us that the Universe swelled at an incomprehensible rate, from an infinitesimal something to almost the current size it is today within only a fraction of a second. It states that the early Universe consisted only of energy and that this energy then somehow congealed into particles, which then assembled themselves into simple atoms like hydrogen and helium. These atoms clumped into galaxies, then stars, and within these fiery furnaces, all the other elements were then forged. All this occurred with a healthy dose of some inexplicably mysterious gravity, and a touch of the other fundamental forces as well.

Einstein's theory of General Relativity goes further than this to predict that the state of the Universe before the Big Bang was something called a singularity. Although this hypothesis is questioned by some today, there is no evidence to disprove it and no definitive alternatives offered. So, stay with me—and one of history's most brilliant minds—to see how the singularity will now take on new meaning.

The singularity is hypothesised to be a one-dimensional point containing infinite mass (energy) in an infinitely small space.

Let's unpack what this definition is telling us. 'Infinite mass' effectively means 'absolutely everything physical in the Universe', and 'infinitely small' is the next best thing to 'nothing at all'. This statement, then, makes no real sense. It is a complete paradox—everything inside nothing, or nothing containing everything. By this definition

the singularity, then, is pure and ultimate potential only, which is fair enough given it is hypothesised that everything has arisen from it.

The singularity is not only the hypothesised state of potential before the Big Bang. It is also thought to occur at the centre of a black hole which, as the name suggests, is an invisible hole in space. Black holes are celestial phenomena that exhibit intense gravitational pull and, as a result, nothing—not matter, radiation, or even light (hence the blackness)—can escape from them. They suck in everything that goes near them, and this makes them a tough phenomenon to study. Nonetheless, the existence of them is apparent to astronomers through the effect that they have on their surroundings. What happens inside them, however, is a complete mystery, except to say that the singularity is at the centre. This doesn't help us much because that, too, is a complete mystery—and a hypothetical one at that.

Black holes have a boundary or edge to them, and this is called the event horizon. The event horizon describes and defines the place where energy can only just begin to escape from the intense effect of a black hole's gravitational pull. Effectively, this creates a spherical zone around the centre as a field, or shell, that defines the hole, and it becomes a 'point of no return' for anything that approaches it. See figure D.

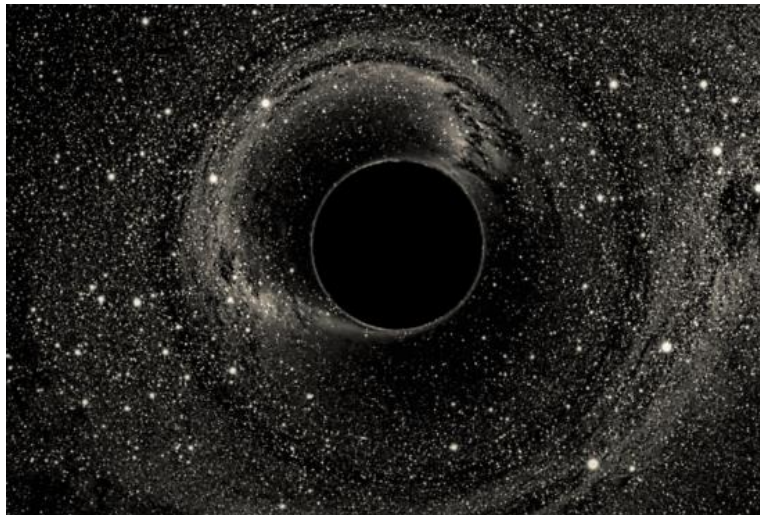


Figure D — A Black Hole (Image courtesy of Simulating eXtreme Spacetimes (SXS) collaboration)

Small black holes are scattered throughout the Universe, and they are believed to have formed after the collapse of stars that have burned out, or 'used up', all their fuel. There

are also other black holes that are supermassive and are found at the centre of every galaxy.

It is interesting that the Big Bang theory cannot seem to get any further back or behind this idea of the singularity being there at the beginning of the Universe. Noticeably, this suggests that the singularity is something from which everything came or emerged, and consequently something that is always there at the beginning of creation.

Equally, because the singularity is believed to be something that remains or occurs when a star ceases to be, this indicates that it is also there at the end of creation.

Further, because the singularity is hypothesised to be at the centre of every galaxy as well, this suggests that it is present in and throughout creation as it unfolds in every moment.

And finally, because the singularity cannot actually be found in existence, but everything still points to it being there, then clearly it must be something that is non-physical or non-existent. Logically then, when we put all these indicators together, we can see that the singularity is simply always there, or in other words, it is a creative potential that is eternally present.

The possibility now arising that the singularity is an ever-present potential within, or behind, or at the core of, creation suggests that there may be something about it that could provide us with valuable clues to understanding the creative process by which all things come and go in existence.

Traditionally, and certainly in any attempt to explain the nature and process of creation to date, a theorist must make several assumptions upon which to build the theory. For example, the Big Bang theory assumes that there was some kind of 'bang' or rapid expansion effect that began the Universe, and although there may appear to be evidence that would support this, it is not necessarily true. Furthermore, a bang is an effect, so the next reasonable and perhaps even obvious question to ask after such an assumption is, 'What was the cause of the bang?'

This question has been investigated and debated since the Big Bang theory first arose, and at this point the agreement is that there doesn't need to be a cause of the Bang because the maths doesn't require it. But is this really a satisfactory explanation for an intelligent person? The fact that Quantum physics shows us that some events can happen randomly and spontaneously is no evidence that there is not a cause. It is merely a convenient way to avoid a seemingly impossible challenge, yet a challenge that must ultimately be met and understood.

The increasingly popular M-theory and String theory that attempt to explain the nature of matter (existence) and the way it works are also built upon quite a few assumptions. They are emerging models that assume or theorise the idea that 'vibrating strings' form the basis of all matter. The idea of vibration being at the heart of existence is perfectly reasonable, as it is one that corresponds with many metaphysical models of the nature of existence as well. But nonetheless, if it is true, then what is it that causes these strings to vibrate? This is obviously a reasonable and intelligent question to ask both the physicist and meta-physicist.

Both M-theory and String theory, as they stand today, are also heavily dependent on the existence of around ten or eleven extra dimensions to help hold the theories together. The idea of these is purely hypothetical, however, and to date no such dimensions have been found.

Assumptions are not only the domain of science. People who believe strictly in the word of the Bible, for example—specifically the opening chapters of Genesis—believe that everything was created by Divine will; that the Universe came into existence only as an expression of one all-powerful Being, God.

If this is the truth, however, then a fair and reasonable question arises, 'Where did the ideas come from for the vast array of fantastic, elaborate creations and intelligent creatures that have come into the world?' Is the suggestion that Almighty God just made it happen because He/She wanted to, a satisfactory explanation for the reason and purpose of life as we know it? And if so, what would be the mechanism of this God's creating?

It comes down to the notion that although it is logical for us to think that for anything to come into existence it must come from somewhere or something, it has proved exceedingly difficult for us to discover or work out what it might be. Therefore, without knowing the answer, it leaves us with little choice other than to make assumptions to then build on. Those assumptions feed the theory, and the closer a theory comes to explaining the situation, the more that we are compelled to discover or prove the assumptions the theory is based on, not unlike the futile search for the luminiferous ether back in the early 1900s. But these days, investigations of this nature come at great expense to people, economies, and the environment; and most often with no real result in terms of getting any closer to truly understanding the nature of matter and how things are created.

Unlike any other investigation into the beginning of the Universe and the nature of existence, the Origin model makes no assumptions at all. There is no requirement for

you to assume anything for the model to develop, and because of this it is possible for you to build a very thorough and powerful understanding.

So, in full agreement with the predictions made by general relativity, Origin accepts the idea that the singularity was the pre-existent state from which the Universe emerged. However, while that is easy to say, it doesn't really tell us that much. What exactly is this singularity? Is it only something hypothetical, or might it speak to something quite real? How can we move forward in developing the model when this singularity is something so mysterious, and yet we are to make no assumptions about anything?

### **The Natural State**

For us to move forward in our journey of discovery about how the universe emerged, we now need to take a detour and begin exploring something that is not often consciously investigated or even associated with creation theory in any traditional way. It's not just a small detour either, it's more like a complete 'about face' from the direction we have been travelling so far. What I would like you to do now is to stop reading when indicated and have a 'look' at yourself to get a sense of your own reality.

Now, by this I am not asking you to rush off and find a mirror to study the reflection of your physical form. Neither am I asking that you start thinking about who you are, what you do or like to do, or anything of that nature. Perhaps more importantly, I do not want you to start contemplating what I might mean, or try to remember anything specifically about what you have read or believe your true reality to be. What I would like you to do is to simply cease reading, close your eyes, and look into yourself for a moment to see what it feels like to be 'you'. Please do this now.

Now, what I have just asked you to do might seem like quite an unrelated and unscientific thing to do. But it is imperative that you do this exercise if you are genuinely interested in continuing on this journey of discovery about you and your relationship to the Universe. Was it possible for you to get a sense of what it feels like to be you?

Of course it was. You are a sentient being, and most people can say what or how they are feeling, and report back with an answer along the lines of, 'I feel good, bad, sad, excited, disturbed, calm, etc'. There is no limit to the words a person might choose to describe how they are feeling at any particular moment. But no matter what you have identified as the feeling or sensation you are experiencing right now, what is of more importance is how you have achieved it. What did you have to do so that you could answer the question about how you are feeling? I am going to let you ponder that for a

while before I give the answer. See if you come up with the same answer that I am about to give. The question, once again, is, 'What is it that you have to do so that you can express what you are feeling in this moment?'

Ok, the answer is this: you have discovered what you are feeling by consciously putting your attention within yourself to get a reading on what is going on inside of you. You have formulated words to describe the feeling, and are then able to express these words if, and when, required.

Of course, it is sometimes very challenging for us to find the exact words that describe the feelings and sensations that are going on within us, and some people are better at doing this than others. Also, what you are feeling now will always vary, and will also differ from what another person feels in the same moment. But the way in which you must look with your attention to see what is there is the same for everyone, all the time. This is a universal fact, or truth.

The point I want to make here is about attention. Attention is a powerful attribute or faculty that we have as human beings, an attribute that is grossly overlooked as the tool of creativity and manifestation that it is. The generally accepted definition of the word 'attention' suggests a focus or concentration of (your) energy, and it is *you* that has the power and choice about where you direct it.

For example, it is your attention right now that allows you the experience of reading these words. You have chosen to give this matter your attention and have consequently become engaged in the narrative and the journey. Thus, you are having an entirely unique experience that is determined by the way you interpret this information, which in turn has a psychological and emotional—perhaps even physical—effect on you. The nature of your experience will differ from that of anyone else reading this, but the only reason you are having your experience is because you are giving this matter your attention.

The fact that attention is something that you alone can direct, points us to the greater reality of the 'you' from whom this directing comes. If you trace attention back in this way, you cannot help but arrive at the fact that it comes from you—the 'I' or 'me' that you refer to all day long as what you experience yourself to be. This might seem fairly obvious or perhaps a little uninteresting on the face of it, but the question that arises from it is, 'What is this thing called me?', that is, 'Who or what exactly am I?'

Of course, a question of this nature is not uninteresting at all. It is perhaps the ultimate question anyone might ever ask themselves in a lifetime. Since the appearance of ourselves as thinking human beings, collectively we have always wanted to know the



truth of who or what we are. And the seeking of an answer to this question could be seen, quite rightly, to be a spiritual quest.

So, here in the midst of an otherwise scientific discussion, we have now suddenly ended up talking about the personal and the spiritual. But is this really surprising? What we are as human beings is a creation of this Universe that we are endeavouring to understand. Ultimately it is unavoidable that the experience of being human be incorporated into our endeavour to understand, and that a bridge be made that links the spiritual with the scientific as one comprehensive, understandable whole. The quest for a correct and complete Theory of Everything—by its very definition—must be something that can do this.

For us to pull our attention back from the matter at hand—our daily lives, our involvement in it, our attachment to it, and the mental activity and emotional demands that it generates within us—is for us to begin coming back to the essence of who or what we really are, back to the essential nature of our being. It is to enter the place where we feel and experience the true reality of our lives.

But this is not a theoretical idea I am describing here, or a concept to think about, debate, consider, and believe in or not. What I am describing is a completely practical, do-able, and highly valuable exercise. For you to explore it a little more now will be of great benefit not only in understanding the remainder of this work, but in your life in general. Put the book down for a few more minutes and close your eyes. Withdraw from your senses and go within. Relax. Place your attention on your breathing. Breathe slowly. Follow the breath, in and out, and as you do, become aware of what is going on inside you. Look for the sensation within any and every part of your body. Just feel whatever is going on inside of you. If you can, identify specifically what feels good inside of you. What feels easy. And right. After a while—preferably when you have found some space, ease, or peace within you—come back to your senses and reconnect with what is happening around you from this deeper place of connection within.

Of course, the exercise I have just invited you to do—or guided you in— is essentially what meditation is, and for those of you who have explored practices of this nature, you will recognise this immediately. For those who have not, this is a great starting point. But as many meditators know, or will discover, you can spend an extraordinary amount of time mastering the skill of pulling back from the senses to come home to your being. It's a very simple thing to do in fact, but what is difficult is to move beyond the relentless movement and demands of your own restlessness and mind chatter. What lies behind all that activity is a deep, still place that is your natural state of being.

## **Redefining the Singularity**

Deep within you is this natural state of being. It is a real and discoverable place, not only within you but within all of us; something accessible to everyone all the time, no matter their age, sex, class, nationality, or health. By this definition it is clearly the only common ground that we have together, as an ever-present, non-physical reality that is universally true.

A more accurate way to express this would be to say that the natural state is the only truth, but this kind of description can easily be misinterpreted. Nonetheless, it is the unshakeable knowing and absolute truth for me. If you would like to hear about the experience that led me to such certain knowing, then you can read about it [here](#).

So, now we return to the place that we left off earlier in our development of the Origin model, 'how do we move forward in developing the model when the singularity is something so mysterious, and yet we are to make no assumptions about anything?'

We discovered that we could define the singularity as an eternal presence from which all things arise, exist and return. And, as I have just described it, the natural state is a non-physical presence that is universally true, and the place where we experience all the things that come and go throughout our lives. There is a direct relationship between the two, and my claim is to say that they are precisely the same thing. This is a pivotal point in the development of the Origin model as it shows quite clearly the place where science and spirituality finally come together.

Because of this potential connection we have with the deepest part of ourselves—the singularity from which all things arise—and because the creation of the Universe itself is nothing other than the result of creativity, it is through understanding creativity in our own personal experience that the possibility of coming to truly know how the Universe came into existence is, for the first time, possible. Understanding creativity in ourselves, and in turn, understanding creativity itself, is the only real way of getting to the bottom of this greatest mystery and solving the problem once and for all.

## **The Creative Process**

In beginning a conversation about creativity, I would like to be clear about what I mean when I use the word. 'Creativity' is perhaps something most often associated with the capacity we have, as humans, to use our imagination to ideate, conceive, and bring forth new creations. This is certainly an aspect of creativity; however, I am using the word in a

broader context to mean the process by which all things come into existence; the process that brings any kind of thought form or idea (new or old) from the non-physical to the physical.

The creative process is that which brings non-physical thoughts or ideas into the physical realm to appear as something that exists, and it is the process that first created, and continues to create, the Universe of which we are an inseparable part. It is a powerful, fundamental process; indeed, it is a mechanism of sorts. And although it is not a physical mechanism that can be seen and understood—like the engine in an automobile, for example—it is one that still has a reality as being non-physical, or psychic. It is a mechanism that enables creativity in every being or entity, no matter if that creativity is simply the process of making a cup of tea, or if it is the rolling out of a grand event called 'Life on Earth' in a Universe that we, as human beings, are a part.

There are some key components of the creative process that I would now like to name and explore. Of course, there are many words that could be used to explain or describe aspects of creativity, but the ones I have chosen to help us understand and continue our exploration are; information, imagination, idea, desire, intention, and attention. To define them:

**Information** is the ingredient that enables or facilitates the formation of ideas

**Imagination** is the act of playing around with that information

**Idea** arises from this playing around, this imagining

**Desire** is a strong feeling to experience something

**Intention** is an initiating force that begins the movement towards manifestation of an idea

**Attention** is a concentration, or focus, of energy that 'makes reality' wherever that focus is

So, for us to see how these components work together to become an ongoing creative process, lets now go in and have a closer look ...

Creativity is a process that essentially has two facets, aspects, or dimensions. The first is that which occurs by way of simply playing around with the first key component—information. And that information can be either psychic, or physical. Let me explain.

You will know from your own experience that you can work with, or play around with, information in your mind, which is to say, you can use your imagination to form new ideas. This is a mental, or psychic, process that is the reality of thinking and thought. In addition, you will also know from experience that you can work with, or play around with, things in the world around you—physical information—in the way you might have played in the sandpit as a child, or that as an adult you might play in the kitchen with various ingredients to discover a new dish to eat.

Whether psychic or physical, we can say that this kind of 'playing around' with information is an undirected or passive, imaginative undertaking, and anyone who might discover something new from this behaviour would certainly be considered to be very creative.

The other dimension of creativity is one that is more directed, or purposeful. It is an active process that brings into existence clear intentions that specifically make the physical world what it is. Together with the passive process, these two dimensions overlap and interact with each other to allow the full power of creativity that you experience and know.

For example, you might be thinking and wondering one day about a whole bunch of things (passive creativity), from which an idea will eventually arise to do something specific (active creativity). You then go about doing it, or making it, and when it is done, you get to experience the result. That result becomes information that then feeds back into a passive process of creativity from which another idea might then arise. And so on, and so on.

There is not much else to be said about passive creativity apart from the fact that it gives rise to new ideas. Active or directed creativity, however, is something quite different, and it can be broken down further to reveal the mechanism that is at work in greater detail.

To begin with, active creativity is a process that always begins with strong desire and clear intention. That intention may be there consciously as a result of a desire born of ideas formulated in the imaginative, thinking process of passive creativity, or it may have simply 'popped' into your awareness for reasons unknown. Either way, it is the beginning of a process.

An intention of its own accord, however, is something that is 'not real', in the sense that it is not substantial or physical, not yet manifest. And without it being real in this way, what it represents is of little experiential value to you.

For an intention to become real something else is required, some kind of energy input into the equation. Unless or until this occurs, nothing is ever going to happen. To give an example, if you are sitting around one day and an intention arises in you to make a cake, then that cake is not going to become real unless you do something about it. You can sit there all day, or for the rest of your life, but the cake is not going to manifest until you give it some energy that will then flow through you and move you to get up, gather the ingredients, mix them all together, and put this mixture in a tin in a heated oven for an appropriate period of time. This is how the idea then becomes real. Another word for the energy that is required to do this is attention. It is your attention to your intention that will get the job done.

Perhaps you are unaware of the process I have just described, and this may simply be because it is just something that happens so automatically and easily through you that you have never stopped to consider it. But whether you are aware of it or not, life will go on as an endless series of creative processes that bring about your experiences, for better or for worse. To better understand this process, and bring awareness to it, will help you create better experiences in your life.

To continue the 'making a cake' analogy, then what might be the point of such an exercise? Why would you, or anyone, want to make a cake?

The primary reason for making a cake is so that you get to eat it! Of course, you might not want to eat the cake at all; it might simply be your job to make it, or you may want to give it as a gift to someone else. But either way, the reason you made it—in the broader context—is so that you'd get to have an experience of the cake as a physical reality.

Many people are not aware of the fact, or do not believe, that they are powerful, creative beings. They may say things like, 'Oh, I'm not a very creative person', usually because they are not imaginative or artistic in some way. If you are one of these people, then I hope I can show you that it is simply not true. Everybody has ideas, desires, and intentions about the things they might want to do in life. They then go about making them happen as best they can. Some of those things might be very achievable, others more difficult. Some people are very successful in making their ideas happen, some meet limitations, others lose sight or hope entirely and get lost along the way. But no matter the outcome, it does not alter the underlying fact that you are a creative being capable of consciously experiencing your life as a function of what you intend. Everything you do in life is a function of this creativity. It is your own personal art and expression of energy as a contribution to the whole.

If you are feeling any resistance to this, or are having trouble seeing it, it is possibly because the process of creativity in you has not been sufficiently examined yet, and consequently, what I am saying sounds unreasonable. Perhaps it might be that what you are experiencing in your own life now is not very enjoyable, and it is inconceivable or unacceptable to you that you have played any intentional part in it. This is a very common resistance. Or, perhaps it may also be that so many things you do in life are just simply repeated behaviours and, therefore, they do not seem very 'creative'. However, just because something is repeated does not mean that the event is not a creative act. The repetition of something is still the creation of that something in the moment, and this is a fundamental functionality of the creative mechanism.

Everything that exists in the world appears to you only because it is continually being created in the way that it appears. This creative repetition is what keeps the whole show rolling and gives consistency and continuity to your experience. Without it, your body and the physical world around you would disintegrate, or rather, it would not even 'integrate' in the first place. Everything you can see in the world is being created the way it is, in every living moment, always.

To define it, then, the creative process is simply one of ideas being made real for the purpose of experiencing them. This experience becomes knowledge, that can then be drawn upon to create new and different events when required at any time in the future. The movement of energy from thought to idea, through intention to attention, experience and more knowledge from which new idea might emerge describes a cycle, phase, or energy wave of creation that is the powerhouse of evolution.

A logical question that might arise in you now might be, 'If it is intention for something that holds or continually creates itself as its own physical reality, then who or what is it that holds the intention, and therefore the reality, of this Earth and the body I find myself in?'

This is a brilliant question, and one that will be answered as the work develops. But the question I have for you right now is this; 'Can you identify and acknowledge these things we have been talking about in your own experience?' To do so will be to position yourself for a faster, deeper understanding of both Yourself *and* the Universe.

Can you see and acknowledge that you can think and that ideas will appear or form within you? Can you see that from those ideas a desire may arise? Can you see that when a desire is sufficiently strong in you, it will become a clear intention that then moves you to do something about experiencing your idea? Can you see that this 'something' you are moved to do is that you begin to focus your attention on what

needs to be done, and begin doing it? Can you see that over a period of time, and with a continued focus of your attention, you eventually bring into existence the reality of the initiating intention? Can you see that from the things you do, make, and experience in life, you then have the knowledge and capacity to make or do even more complex things in the future?

If you can see these things in your own experience, then they simply must be true for you; the truth for you.

So, for us to now understand creativity more deeply, would be to see that at the point where an intention is set to experience something, it effectively creates a potential or 'invitation' in the Universe—an opportunity for the idea to take place somewhere, sometime in the future. That inner intention is then met with conscious attention to the matter from the outside and, over a period of time, the intended creation or event manifests or occurs.

Another way of seeing it, or saying it, would be that the force of intention creates a *probability wave* of a specific nature. And then, your attention effectively finds and meets with this intention to make it real as something physical and particular in time and space. This would be the *quantum mechanical* description of the creative process; however, it has never been expressed so succinctly and meaningfully as this before.

Creativity is a process that brings about things and events which you then have the opportunity to experience. If you are genuinely interested in understanding how and why you are here, then for you to understand this process is essential. Any pursuit of knowledge that does not address this will be forever incomplete, and the answers to the big questions we seek will remain ever elusive.

## **Consciousness**

We have identified that the natural state and the singularity are essentially the same thing, however, these words are not in the common lexicon. So, as we continue this journey of discovery, I will now introduce a more appropriate word that describes the same situation but should sit more easily with you.

Being a place that is universal in nature and the place from which all things arise and return, there are probably several words that could be introduced, like, for instance, Spirit, Source, or God. But the word I am going to use, because it is less potentially conflictual and closer to our direct personal experience anyway, is Consciousness.

There has been a lot written about Consciousness over the years and, of course, there are numerous ideas and debates about what it is exactly. Opinion is generally divided between those who support the idea that Consciousness is something generated by the brain (the major implication being that at death of the physical body, consciousness—a person's life—ceases), and those who see that it is something outside or independent of the brain, implying that Consciousness is something that survives death.

Feeding into the mystery is also the question of what the universal meaning of Consciousness might be, as distinct from human consciousness or self-consciousness. And then there is a state of unconsciousness also, and therefore the very use of this word creates questions and confusion, fuelling the ongoing debate about the subject. But at the end of the day, 'Consciousness' is simply a word that points us towards something about the nature of our being, and it is not really possible for us to ever fully understand what it is.

The reason we will never fully comprehend what Consciousness is, is because the tool we use to try and understand it—the human mind, or intellect—is itself a product, or creation, of this Consciousness that we are trying to understand. So, it's a completely impossible task. The situation could be likened to how successful a computer might be if it embarked upon a quest to understand the creative energy that developed it. Even though computers today are highly capable, and we could indeed say 'clever' machines, they are still a product of us as the creator of them. They are mechanisms dependent upon and limited by the data they can collect and process. Similarly, the human mind is a data collecting and processing tool—a creation of the intelligent Consciousness behind its existence. Accordingly, it is—and always will be—something less than the energy that created it, and therefore, will never be able to fully grasp the reality and totality of the situation at hand.

Albert Einstein commented on this kind of conundrum when he stated that, 'No problem can be solved from the same level of consciousness that created it', meaning that we must always get higher, bigger or beyond anything we are trying to 'solve' or understand if we wish to be successful in our quest.

As Consciousness, it may be possible for us to come to an understanding of the human mind and many other things, but it will never be possible for the human mind to completely understand the Consciousness that created it. Further, it is not even possible for Consciousness to fully understand itself because we can never go beyond what we are in order that we may look back and understand it! This is a key point and the reason why life will always be a mystery. By its very nature, life can never get uninteresting because it is an eternal unfolding, exploration, and discovery of itself.



Consciousness is the only thing that you really have when it all comes down to it. Although, it is not a 'thing', and neither do you 'have it'—you simply are it. It is the natural state of your being and its scientific, cosmological name is the singularity.

It is an extremely challenging task, however, to either prove or disprove this inconceivable but obvious reality of Consciousness, and it is one of the most difficult concepts for human beings to grasp. We are so involved in, and attached to, the physical world that occurs in time and space that the idea of us being something out of, behind, or indeed within it, as a dimensionless, timeless reality is incomprehensible, and perhaps also somewhat meaningless.

There is, however, sufficient evidence to support the fact that this is the case, if it is viewed in the right way. To demonstrate; when you stop and do the meditation exercise we discussed earlier—of going in to get a sense of the reality inside you—is it possible for you to measure or estimate how big or small your being is? Are you five metres in diameter, a millimetre long, or several giganlitres in volume?

These are unusual questions of course, but they demonstrate the point clearly: what you are inside has no dimension. Similarly, when have you been, or when will you be? More unusual questions, but again they demonstrate the point clearly. It is self-evident that your being is always here now, there is no time about it. And so here is a clear indication that what you are, as the life within, is a dimensionless and timeless state, which is to say, it is an immeasurable, eternal reality out of, behind, or within existence itself which is something measurable and occurs in space and time.

The notion of Consciousness is steeped in mystery and debate, and although it is still generally considered to be human only, there are now schools of thought emerging that believe some animals have 'consciousness' as well. The idea that it is an attribute unique to us as human beings arises from the fact that we have an awareness of ourselves and the world we live in, unlike most or any of the other creatures. This awareness we have forms the basis of 'the self'.

The reason for our becoming self-conscious, or self-aware, creatures will become apparent later on, when we begin exploring the nature of being human in greater detail. But this human self-consciousness is something quite different in nature to the reality of the Consciousness that lies behind and within everything to appear as the myriad forms in existence.

Consciousness inhabits and animates creation and its creatures not unlike the power that flows through a computer to make it work in accordance with the hardware and

software of the device. By this analogy, the specific physical characteristics of a creature's body constitute the hardware, and the programming of its mind the software.

These things are important to understand because if this conceptual ground is not firm, the model we build from here will not endure, and its potential value will be lost. What all this is pointing to is that what you really are—what we all are—is an eternal, unlimited energy source capable of creating and experiencing events. What you are is this creative source, this Consciousness. Who you are is how this Consciousness works through you to express as something unique in the world.

Powerful creative Consciousness is your true and essential nature, but of course, you experience your life through the limitations of a human body, so it may not seem that you are an all-powerful being at times, or indeed ever. By its very nature, the body exists as some 'thing' and is, therefore, a limitation or restriction of 'everything else possible', to become something specific and useful—a human being. And then it must be remembered that these bodies we inhabit are a product of Mother Earth, and have developed for good reasons. Although today there are many philosophes, theories and just sheer guesses put forward to explain the purpose of our existence, none of them fully describe or satisfactorily explain the original intention for our emergence.

Some bodies born into this world have, or will develop over time, physical or mental attributes that further alter the creative opportunities and experiences available to them in a lifetime. The influence of our national culture, the general culture of our times, and the impact of our upbringing by parents and other significant people also become major influences that can place limitations on our thinking and power. Other restrictions occur as a result of the pains we might experience in life, the emotions that often get buried in the body as a result, and the accumulating limited beliefs they then give rise to. There is also the concept of 'karmic debt' that will limit opportunities, and this too will be discussed later in the work.

The state of your own evolved Consciousness is another factor affecting personal power. All these things limit the opportunities you have in life, and so it can be seen that although your true nature is something quite grand, you find yourself in very limiting circumstances. But it is important to keep perspective. Your essential nature is a free and unlimited Consciousness, a potential capable of eternal creation and experience. And this Consciousness was the reality before the Universe that we know emerged.

## In the Beginning

How did anything ever come out of nothing? If there was only Consciousness in the beginning, that is, nothing to speak of, then how did things get going? This is perhaps the deepest mystery to humanity and one that we will now explore.

Unfortunately, it is difficult—possible, but challenging—to put yourself in a position whereby you might be able to truly grasp the reality in the beginning before anything existed. By this I mean that as creative human beings today, there is collectively a lot of experience—and therefore a lot of information—in the human psyche to work with so that new ideas can emerge from which an intention for a particular experience might then arise.

In the very beginning, however, there was none of this; no experience, no information to draw upon at all, and consequently, no opportunity for any kind of 'idea' to form. To apply the creative process that you have now learned about, how, then, did the Universe begin, if there were no ideas to 'intend' into existence?

Remember, every conscious creative act starts with strong desire and clear intention. So, without any idea to intend in the beginning, the only intention of Consciousness possible, was to simply be itself. This is the initiating cause of creation, the beginning of our Universe.

It is now extremely important to understand the next few paragraphs. We are on the cusp of the creation of everything we know. Fundamentally, what must be seen, understood and accepted now is that the powerhouse of creation is the *movement of energy*. And, as a self-aware creature born of these movements, you have the capacity to feel and know about it through your own experience of living. It is a unique and intended feature of this self-awareness to be able to feel, identify with, and utilise these powerful movements of energy to be the creative individual that you are.

Understanding how the Universe works is not exclusively an intellectual undertaking, and for us to think that we might discover the whole truth of it by theoretical pursuits alone is an approach that will never get us over the line. The Universe came into existence long before humans and their theoretical approaches to understanding it did. Yes, the disciplines of mathematics and theoretical physics can help give us a language to talk about energy, make predictions, and develop technologies accordingly, but they are not the movements themselves.

Let's now examine the initiating cause of original creation in your own experiential understanding of energy.

Have you ever had the experience of feeling a desire to be or do something, but have no idea what it might be exactly? The feeling I am talking about is a general sensation; an inner urge, impulse, or movement—the excitement, or stirring, of possibility, but with no specific information or idea associated with it.

Perhaps you have. Perhaps you have not. But this is the closest human experience of the power of Consciousness intending without a specific idea that I can offer. The feeling is the registration of the intention of Consciousness (in your body) to simply be the totality of what it is, as an urge or desire for you to explore your own unknown potential. The feeling is expansive.

That's it. That's the beginning of the Universe.

It is difficult, however, for us to comprehend or really appreciate what this initiating dynamic of expansion is or was at the time. We are now beings in bodies, experiencing life in time and space, and we are well used to the idea that expansion means 'something getting bigger'. But in the beginning, there was only Consciousness, and so Consciousness expanding does not really mean 'getting bigger', because it cannot ever be, or get, bigger than itself. Rather it speaks to a movement, and that movement is a continuous and multidirectional flow of energy 'out' from a non-local or arbitrary place 'within'. To give it a shape would be to see it as an emanation from a point as a radiating effect.

Now, from the observations by cosmologists over the years, some have deduced that the Universe appears to be expanding and have hypothesised that there must be some form of yet-unknown energy that is responsible for this expansion. The name that has been given to this mysterious force is 'dark energy', and that's about the extent of the understanding. Yet now it is possible to see that this hypothesised dark energy is the reality of Consciousness intending, which is the force that drives and sustains the eternal development of the Universe.

Therefore, the nature of Universal intention—seen in the quantum mechanical paradigm—is something that sets an invitation for its reality to manifest somewhere, sometime, which means in space-time. Yet as quantum mechanics will tell us, and as we also discovered from our making-a-cake analogy, nothing is ever going to happen, and nothing will ever come to be, unless or until attention is given to the matter.

The force of attention—in its original and pure state—is one that comes about as an immediate, equal and opposite reaction to the expansive nature of intention. Just as intention can be seen as a movement of energy radiating outward from a point,

attention is the exact opposite of that—a focus, contracting, or concentrating movement towards that point of radiation.

It is important to note that there is no separation between the emergence of these two opposing forces, and in fact, it could equally be seen and said that in the beginning it was the focus of energy from Consciousness that created the expansion of eternal possibility.

Either way, what we can extract from this situation is that the force of intention and the force of attention are directly related and representative of equal and opposite principles. Together, these two principles coexist and overlay each other as one inseparable reality, and it was this 'attention to the matter' that resulted in the creation of something; the first thing.

By using the term 'attention to the matter', I am, of course, using a common expression for the fun of it. But the use of this expression to describe the situation is not entirely correct. A more accurate description would be that it was attention to the intention that created what we now name as the 'matter' which forms the basis of our existence.

This focus of attention, the contraction or movement towards a point as an immediate equal and opposite reaction to Consciousness intending, now defines and describes the beginning Universe as having a very specific structure that is fundamentally important to understand. The existence of this structure, and how it forms, is the missing link that resolves many, if not all, of the mysteries pertaining to creation theory—from the grand scale of universal structure through to the microscopic scale of atomic composition.

At a humanitarian level, it is through understanding this structure that we can come to see the reason for our emergence as creative beings and the ensuing cause of dysfunction in the world. This, then, creates the opportunity for us to see clearly, and confidently implement, an ultimate solution to the problem.

The specific structure that had emerged and will always emerge as a result of Consciousness intending/focusing, has a name. It is called a firmament. And the ancient meaning of this word, and the meaning I ascribe to it now and throughout the remainder of this work, is that the firmament is the substratum, basis, or foundation of creation.

## The Firmament

The firmament is an energetic reality. It is therefore not something that you can go out and observe directly, or look at as a photograph on the internet. To understand what it is, you might have to use your imagination, or even try to feel or sense it within yourself as a reality. The closest you might get to seeing it as a two-dimensional representation would be to consider something like the image generated in Figure E.

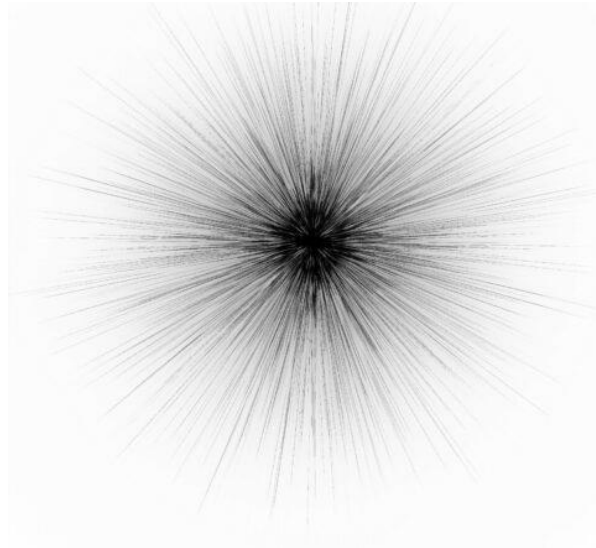


Figure E

Something important to note about the firmament is that it is not static. It appears static in a diagram, of course, but in reality, it is the dynamic result of the continual expansion/contraction movement of Consciousness. As long as the Universal conscious intention to become 'all that it can be' remains, then this basic firmamental structure will continue to exist. So, let's look more closely at what the firmament is, represents, and causes.

First, you can see how its shape represents a radiation from a point, and to all intents and purposes, this was exactly what had been created—a source of energy, or potential for light. This is significantly profound and apart from anything else, it is interesting to consider that the appearance of this light potential as a function of the firmament emerging, may very well help us understand what is trying to be expressed in the opening paragraphs of the Holy Bible.

Now, I am not Christian and by no means am I endeavouring to push a religious angle here, but in the context of what has just been revealed in the development of the Origin model, it is now possible to see things quite differently. In Genesis, Chapter 1, when God

said, 'Let there be light, and there was light' this speaks directly to the formation of the firmament out of Consciousness (God). And, that 'God saw that the light was good ...', speaks to both the fact that this 'seeing' (which is mentioned several times in Genesis) refers to the experiencing nature of Consciousness. And it was indeed 'good', because this energy now represented—or was, and is—the first and finest manifestation of existence itself from which everything else would arise. By any measure, this is definitely a very good situation.

Second, the movement towards the centre—the focus of attention—which is the reaction to the expansion that creates the light, generates a 'pulling effect' and that pull, of course, is what we experience, know, and name, as gravity.

So here it is. Finally, a clear and reasonable explanation for the phenomenon of gravity. And, of course, the implications of this are also profound. We discovered earlier that gravity was a complete mystery to science, and therefore to know what it is and how it relates to the other forces is key to understanding the Universe itself. Well, here is the explanation, and later we will see how it relates to the other forces. What is perhaps more important than understanding those relationships, however, is to see that gravity is an attractive force generated by the overarching universal intention of Consciousness to be all that it can be. It is this intention that holds everything together as a kind of cosmic, gravitational glue.

Intention creates gravity that pulls energy together to appear, or materialise, as a physical expression of that intention, whatever it might be. This is a simpler and more essential way of describing the creative process we have been talking about. Matter is the result of synchronous intention and attention arising from Consciousness.

This now brings us to another topic of great mystery and contention among scientists and philosophers—the relationship between consciousness and matter. As we continue, it will become increasingly clear that consciousness is not something generated by a specific arrangement of matter—like a brain—but rather it is that matter arises out from, and within, this Consciousness that we are.

If it is the intention of Consciousness that causes gravity which in turn creates matter which is the basis of existence, then logically a question now arises similar to the one that arose before: whose intention might it be that creates the reality you are experiencing now, and in every other moment?

This is a critical question, as it is one that relates directly to your personal daily experiences and the quality of your life. Is it that you are living in a reality that is created by Universal intention alone, and therefore everything is somewhat predetermined, and

you are simply a pawn in a game? Or is it that you, too, can influence your experiences somehow through the power of your own intention? Is there a relationship between the two, and if so, what might it be?

These questions will be addressed, but not before understanding more fully the nature of the firmament that underpins everything.

Considering the structure of the firmament a little more, it can be seen that it describes a concentration of energy at the centre of its expression which appears as a super-dense spherical body, and it is this concentration which is known and named as mass. Mass is the measurable appearance of expanding or intending Consciousness, and the 'stuff' of the matter that makes up the physical Universe.

The energy throughout the firmament gradually dissipates, becoming increasingly less dense towards its periphery. Although the mass body is the only measurable, observable aspect of the firmament, it is important to note that that mass body is effectively surrounded by an 'invisible field' which is an inseparable part of it. This field is the reach of the gravitational effect the body of mass has, and its existence is also what makes possible all ideas pertaining to 'auric fields' which some people see surrounding other people and objects.

For the more scientific among us, the firmament also clearly represents an understanding of the relationship between energy and mass. In physics, this relationship is known as mass-energy equivalence, and it basically states that mass is concentrated energy, or in other words, that the mass of something is the measure of its energy content.

This relationship is famously represented by Einstein's equation,  $E=mc^2$ . For those who are not familiar with this equation, the 'E' stands for energy, the 'm' for mass, and  $c^2$  is the constant—the speed of light (c) squared (<sup>2</sup>). In a nutshell, what the equation is saying is that energy and mass are related by the speed of light. And this is certainly true, although you will not find the explanation I am about to give in a physics textbook. This is because what seems to be overlooked, unexplained, or perhaps not understood in the first place, is that the speed of light is the measure of the movement that causes the situation. It is the measurement of the maximum possible speed (movement) of Consciousness with respect to this planet and our functionality as humans (this will be explained more fully later).

Similarly, Einstein's model of gravity is defined as an acceleration that 'warps' space-time. The movement that results from the reaction to expansion is the acceleration he refers to, although Einstein never put it in these terms because he did not see the



relationship between Universal conscious intention and the resultant acceleration that causes gravity.

If we now use the word 'fabric' to help us imagine space-time (as theoretical physicists do), then when a firmament appears in it, or it could equally be said 'appears as it', the fabric becomes distorted or warped as a function of the structural arrangement of the firmament.

So, gravity is indeed both a force as Newtonian physics describes it and an acceleration as Relativity describes it, differing only in the way we might like to see it. But not only is this contraction of Consciousness towards a point the reason and explanation for gravity, it is also the condition that creates the phenomenon of a black hole. Consequently, black holes are not just mysterious, semi-hypothetical objects disconnected from what is more measurable in the Universe, but rather they represent the very heart of matter itself as portals through which Consciousness itself is interconnected.

We could now say that this firmament was the first 'thing'. It was some 'thing', whereas before there was no 'thing' to speak of. Its emergence marked the beginning of existence and the physical world. The Universe had begun.

At the same time, there was something else occurring that is critical to understand, something that also seems to have been overlooked in most investigations into the nature of existence to date.

The appearance of the firmament, the first thing, was a creation of Consciousness, as I hope is now very clear. As it came forth from Consciousness to appear as something, it was simultaneously represented as the knowledge and memory of that something. That is to say, that the appearance of anything, anytime, as a physical reality, is not just the physical reality—it is also the Universal experience of the reality, and it is in this way that events and creations become Universal knowledge. It is also the way in which the notion of mind now arises (knowledge and knowing being an aspect of mind) and it clearly describes the inseparable relationship between mind and matter.

It would be accurate enough, then, for us to say that pure and original mind is the 'other side' of matter. When I use the word 'mind' here, I don't mean anything related to the human brain and thought. We are still at the beginning of the Universe, long before any human brains had appeared. But there is a relationship between our brains, which perceive and interpret the world, and the mind that is within matter. That relationship is that together the existence of human mind arises, and this will be discussed in greater detail later in the work.

Knowledge in the mind can be used for the creation of new and different things. The ensuing interaction of Consciousness between what exists and the knowledge of it describes the reality and mechanism of what we could say is intelligence. This intelligence is the powerhouse of the evolutionary process, and it is something that is universal, not just human. Let's have a look at what I mean.

There is no doubt that we—the creative, self-aware men and women of the world today—are extremely clever. We have worked out how to fly to the moon, we have invented robots to do all kinds of work for us, and we can make great art and music as well. Because of this unique cleverness we seem to have, there is a tendency for us to think and believe that it is our intelligence that affords us this ability and, therefore, we must be the only creatures on this planet that are intelligent. The dictionary describes the meaning of the word 'intelligence' as the capacity for learning, reasoning, and understanding. It is an aptitude in grasping truths, relationships, facts and meanings and the ability to apply this knowledge to manipulate the environment. There is no doubt that we are intelligent by these definitions, but the essence of the word is often incorrectly paralleled with what the intellect is.

The intellect is an attribute of our humanness—it is our human mind—and it relates specifically to our mental capacity to think, remember, project, analyse, and plan. It is indeed something unique to our species and has helped us develop the world to what it is today, for better or worse. But intelligence is something far deeper and wider than the intellect. It lies in or behind the existence of the bodies we live through, and it is that which enables or gives rise to the intellect. A good way to understand the difference might be to see that the intellect is to our humanness as intelligence is to Consciousness.

Intelligence is a function of Universal mind, and as we discovered, it therefore dwells in the matter of what we are—in the cells that make up the body and brain. It is this intelligence within that informs the brain to take breath into the body, for example, and it is also the portal through which we may receive true inspiration.

Intelligence lies in and behind not only us but all creatures of the Earth, and it directs their every movement beautifully and harmoniously. This is the reason why a school of fish can seemingly move as one body, or why a flock of birds can miraculously navigate from one part of the globe to another without missing a beat. Intelligence also lies in or behind every plant form, and it directs a plant's growth and appearance. And intelligence lies in and behind matter itself, as the guiding creative principle of life.

It is important to understand, however, that just because the Universe itself was now intelligent and knowledgeable of the fact that it had creative potential, this did not mean that it could just bring forth anything it wanted at any time. It could only bring forth things and events that were known through experience. So, in the beginning, when a firmament had just appeared and organised the Universe into a specific arrangement as something that would support creation, a creature such as an elephant, for example, could not suddenly appear, because there was no knowledge of anything like it. The only knowledge was that of the firmamental energetic arrangement just discovered.

It is imperative that you understand the nature and structure of the firmament entirely if you seriously wish to understand the Universe and your life. It is the foundation upon which absolutely everything is built, so the better you can understand it, the better equipped you will be. So far, we have discovered that the firmament explains light, gravity, the black hole phenomenon, mass-energy equivalence, the reason for Einstein's equation, and the mind/matter relationship.

Another interesting point is that because it is intention alone that holds everything together, then as long as this intention remains, so too does the firmamental structure that supports everything. Logically, then, if this intention ceased, the structure would disintegrate, and everything would return to be as the still condition that preceded its formation.

The disintegration of the firmament would mean the sudden release of energy held as mass at the core, and this release would be, not at all surprisingly, in accordance with Einstein's equation,  $E=mc^2$ . Effectively, this release of energy would appear as an explosion, and an event of this nature is the cause of the phenomena of supernovas—stellar explosions that release mind-boggling and immeasurable amounts of energy. Similarly, this impulse or tendency to disintegrate or 'give up' being whatever it is, at an atomic level, forms the basis of another of the four fundamental forces of nature—the weak nuclear force.

The implications of this—the fact that everything is held together only by the Universal intention of Consciousness, and therefore what might happen if or when that intention is ever withdrawn—is indeed worthy of contemplation.

Knowledge of the firmament and how it came to be is the missing link that provides the basis for a complete understanding of the workings of our Universe. It explains the mystery of gravity, and it is the expansive movement of energy within it that gives rise to all ideas pertaining to the theory of a Big Bang and an expanding Universe.

## **How to Build a Universe**

### **From One Comes Two, and Many**

In this section, I will continue building the conceptual model of how the Universe emerged, using the basic understanding of the firmament that we now have. Where possible, I will put you in the driver's seat as the creative director of the developing Universe, so I am hoping that this may be a bit of fun, as well as informative. We can play this game because the creative process is a Universal phenomenon, not just a human one, as we have already discussed.

Although an entirely new description of how the Universe came to be will emerge from the ideas put forward here, this information is secondary in importance. The primary purpose of this section is to introduce further important concepts and relationships that might help you better understand what you are involved in as a human being living on planet Earth.

Before we return to science as the source to develop this understanding further, let's first recap what we have established to date. We have discovered that:

- Consciousness is all there is, and all things arise forth from and within it.
- Consciousness has attributes that we can all sense and relate to, because what we are, essentially, is Consciousness.
- Intention is an attribute of Consciousness and arises to attract attention to it as an equal and opposite reaction. It is where these two energies meet that definable events occur.
- The first event, in the beginning, was the formation of the firmament—the foundation of existence, and the basic structure that supports all other creation.
- Light and gravity are generated as a function of the eternal expansion/contraction movement of energy that forms and expresses itself as the firmament.
- Mass and energy are related by the speed of light, which is the measure of the movement of Consciousness here in this Earthly realm.

- Anything that appears in the physical world appears simultaneously as knowledge in the world of mind.
- Mind is the inseparable 'other side' of matter, and both are functions of Consciousness.
- Intelligence is a universal phenomenon. It is the interplay—the movement of Consciousness—between mind and matter.
- The intellect is a human attribute only and relates to the interaction between Consciousness and the brain.

So, in the beginning, the first manifestation and reality of the Universe was the existence of the firmament. There were no stars or planets, because they had not yet been discovered, and there were no amoebae, birds or bees, because the idea of such life-forms had not yet been formulated, let alone materialised as physical objects. Therefore, as the creative Consciousness responsible for the next step, what might you choose to do? What *could* you choose to do? Remember, the only knowledge you have at this point is the experience of what has been created so far—the firmament—so your options are extremely limited. You are an all-powerful, unlimited potential, but you don't know very much yet...

All you could do would be one of three things. You could: 1. remain as you are, as the one and only firmament in and as the Universe, and if you did, nothing else would ever happen; or 2. you could cease the intention to be all that you can, and the firmament structure would immediately dismantle (explode) to return to the formless stillness that preceded its existence, in which case again nothing further would happen; or 3. you could reproduce yourself as the firmament that you know you are. Logically, we must conclude that this is in fact what Consciousness did, because development obviously continued.

Another firmament now appeared in the same way in which a parent cell divides into two daughter cells, as it is said in biological terms. This is the outer appearance of the inner intention ... and now there were two.

But how did this happen? What exactly was the mechanism that Consciousness used to achieve this? We might also ask, 'How does a cell divide?' And the answer is that nobody knows for sure; it just does. However, there is an answer and the explanation of this most fundamental act of reproduction is both intriguing and extremely valuable for us to know as it describes a great power that you, as a creative being, can channel.

The way in which another firmament appeared was simply the externalisation of existing knowledge. It was the psychic mechanism of Consciousness at work, and the second firmament appeared because of the intention for it to do so. It was 'attention to the intention' that brought it into existence.

The implications of the existence of 'two' are many; each of which is deeply significant and provides us with the opportunity to understand the fundamental nature of relationship in its most basic form.

First, there was now a sense of 'other' in that Consciousness could now 'see' itself as the firmament that it was, from the perspective of the first. To say it like that is perhaps a little misleading because there were of course no eyes there to do any 'seeing'. The situation was an energetic seeing, something we might refer to today as an inner knowing of the total situation at hand.

Second, the existence of these two firmaments as the whole and only reality at that time, brought about the notion and sense of 'here' and 'there' for the first time. From either perspective, the other was 'over there', somewhere else, but separate from the observing firmament. This separation was effectively a 'distance' between them as two points in 'space'. And since distance is something that indicates dimension, it is this emergence of 'other' that marks the beginning of the awareness of space-time, the environment in which Consciousness would play.

Although these two firmaments were identical in structure and in nature, it is important to note that they were still of the same Consciousness that created them. Accordingly, they existed as two conscious entities born of the same source, yet each with creative potential and power of their own, and in this sense, a better name for them now might be Beings. However, since this term is generally associated with living creatures—especially the likes of humans—it doesn't fit so well to use it at this stage. Nonetheless, the reality of a 'Being' is no different from that of a firmament—it is a creative, intelligent focal point and potential generated by the movement of Consciousness.

This universal knowledge of two could, or would, and eventually—or perhaps even immediately—did, become the existence of many. Let me explain.

Considering the emergence of another firmament, this 'emerging' must have occurred somewhere within the first firmament, because that was the only thing at the time. Logically, one might now ask, 'Where within did this new firmament appear?' And this is an impossible question for us to answer, because where might something appear in a reality that is infinite and without dimension? What we can deduce from this is that in

fact every place within itself represented the opportunity for another firmament to emerge. And therefore it can be said that every place could eventually, or even immediately, exist as another firmament—a classic case of quantum superposition.

Taking the extreme possibility—of every point being a firmament—then this effectively describes the original firmament as being one infinite sized thing consisting of an infinite number of these same things at every possible place within itself. A good way to get a sense of this condition might be to fuse together two other concepts.

Consider the reality of the ocean. The ocean is the whole, and there can be no disputing that it is one body of water. If we now take a jug full of this water that constitutes the ocean and pour it out as slowly as possible, it will deliver itself in the form of the tiniest packages, i.e. drops. In this analogy, there is nothing smaller than a drop of water, and nothing larger than the ocean itself. For these reasons, we could describe the ocean as one body of water or, a vast number of drops that make up that body of water. Both would be correct. However, this analogy alone is not sufficient to describe the actual reality of the situation.

The second concept we need to consider is the notion of fractals. A fractal is a never-ending pattern that is self-similar at every scale. It is like worlds within worlds—an eternal revealing of the same thing (See Figure F).

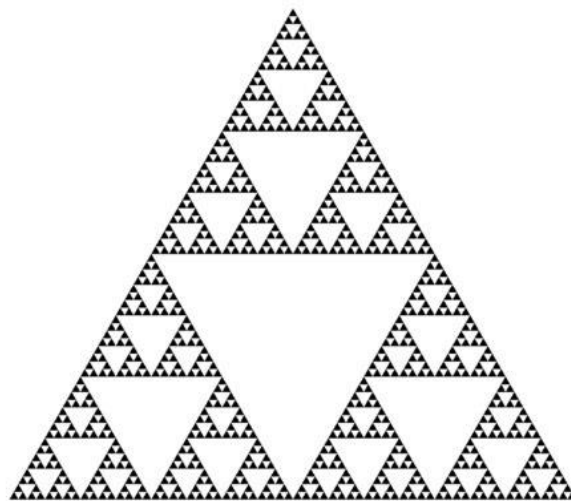


Figure F — Example of a fractal pattern, an eternal revealing of the same thing

If you look at the whole picture of the triangle, you can see that there are nine identical triangles within it. To look at any one of those triangles is to see that within them are

also nine identical triangles, and to look inside any one of those would be to see the same again. So, if you continue to look deeply into it, you experience a never-ending revelation of the same thing. To fuse the concept of fractals with the ocean analogy would be to see that each and every drop itself is an ocean of its own accord, with drops within it and so on, and so on.

The reality of this condition is interesting in many ways, not least when it comes to the idea of understanding things by 'looking' into them, as is the scientific, reductive way. If this way of looking for answers is not balanced with an understanding of the fact that the very nature of matter is ever-revealing—it is something that never, ever, ends—then it will not ever be possible to clearly grasp what is really going on. Further, not only is the nature of matter ever-revealing, but quantum theory also shows us that the very nature of energy is responsive to the observer.

When we combine these two pieces of information, it clearly highlights the limitations to what can be gained and what is truly valuable in our quest to understand things by looking deeply into them. It indicates that whatever is seen and discovered through intense experimentation of this nature is more a reflection of what is being sought, rather than any substantial or meaningful revelation.

To consider and understand the reality of what has just been described, then, would be to see that at any moment each firmament within the one 'host' firmament has specific and unique properties relative to that host. In other words; the quality of a firmament at any given point differs as a function of its distance from the centre of the host. For example, a firmament at the centre has absolute density and mass (due to the extreme gravity in this region), and one at the periphery has no mass at all (due to virtually no gravity at all). Therefore, the locus of every point along a line from the centre to the periphery of the host firmament describes fields of specific density, and the firmaments within each field have unique properties accordingly. This gradation of density and the fields generated is indicated in Figure G.



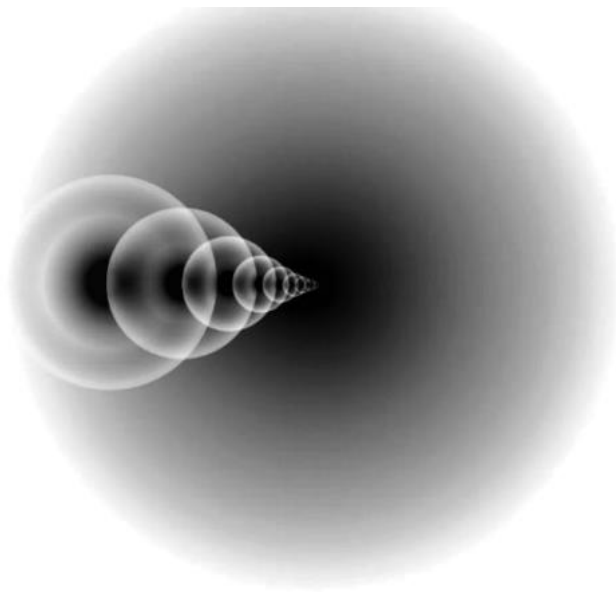


Figure G — is an indication only of the firmament structure and the relationship of others within it, showing fields of distinct uniqueness, denser towards the centre, lighter towards the periphery

The relationship between the firmament as a whole, or host, and those within it, is that firmaments begin to become increasingly defined as having mass the closer they get to the centre, because gravity is acting upon them and restricting their energy movement. This restriction not only increases the mass, it also forces the energy within each firmament (that would otherwise be an eternal and simultaneous expansion/contraction state) to begin moving back and forth, or, in other words, each firmament at every point begins to pulsate at a specific rate. It is this pulsating energy that gives rise to the notion of energy vibrating, and this vibration is measurable in space-time as wavelength.

The gradation of vibrational wavelength from the core to the periphery describes the basis of what we now know and name as the electromagnetic spectrum of energy; the measurable spectrum of this energy ranges from gamma radiation at the higher end down to radio waves at the lower end (see Figure H).

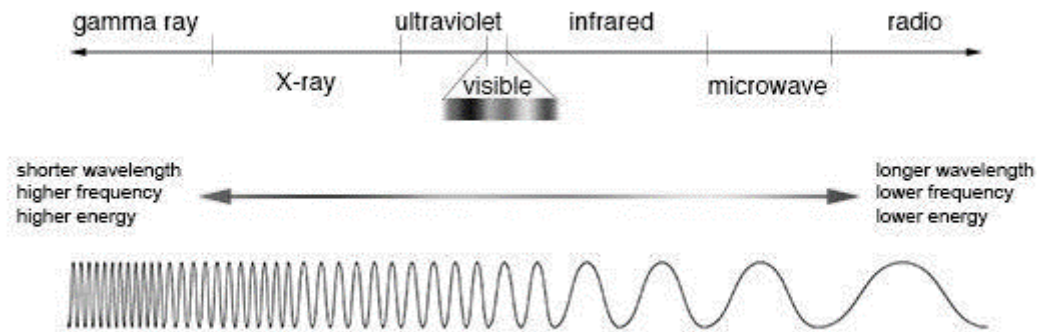


Figure H — Electromagnetic Spectrum forms as energy begins to vibrate due to its containment within the firmament (image courtesy of NASA's Imagine the Universe)

Although I have just said that this energy vibration is measurable as wavelength in space-time, it may be more accurate to see that it is something measurable *as* space-time, because it takes time for energy to move (or even more accurately, the movement of energy *is* time), and it is this movement that determines and defines space. Of course, the relationship between time and space is now well known, and was first introduced by Albert Einstein in his theory of special relativity. However, to now add to this perspective would be to see that it is vibration that determines the relationship. To demonstrate: the natural and original state of Consciousness expanding and contracting simultaneously is one in which there is no vibration. This is the entirety of the Universe and the 'container' for all other things. Having no vibration, the reality of this condition describes unlimited space, and no time, or timelessness. Accordingly, the condition is synonymous with the concept of eternity.

At the other end of the spectrum, that of the atomic, are the smallest expressions of Consciousness vibrating at the fastest possible rate. The energy movement is so fast that it represents a maximum amount of time (again, something approaching eternity, but from the other end, so to speak), yet virtually no space at all. Therefore, there is not much time and a lot of space in slow vibrations, and an extraordinary amount of time but very little space in fast vibrations.

The full range of the electromagnetic spectrum, then, is far greater than what is commonly known and represented in Figure H, and perhaps the slower vibrations would be better referred to as 'rhythms'. These rhythms would have minimal time and great amount of space and would represent the firmaments that support the larger celestial bodies. This will be discussed in the upcoming section on the solar system.

Considering the idea further—that vibration determines the nature of space-time—would be to gain an insight into the reason for time dilation. Given that any body of mass is an arrangement of firmaments that are vibrating Consciousness, then as that body is accelerated towards relativistic (nearing unlimited) speed, the motion counteracts the speed of vibration in the matter and effectively slows it down. This, in turn, slows time.

These relationships are important to understand, and also challenging to describe. With regard to the nature of the firmament, it might be helpful to see that these 'infinite number of points' we are talking about could also be considered as 'the smallest packages of energy possible'. To give them a name would be to call them 'quanta', not unlike Max Plank did back in the late 19th Century, and altogether they form as a field of quanta, or a quantum field.

Quanta are the basic building blocks of creation and represent the most elementary particles that science seeks to find and name. They form the basis of atoms that gather and join to become the molecules that make up matter in the various and myriad forms that appear as the physical world. In the next section we continue to explore how this Universe of ours is made, through understanding what, exactly, constitutes an elementary particle.

## **Elementary Particles**

Elementary particles are defined as those that have no measurable internal structure, that is, they are not composed of other particles. Because of this, they are sometimes also referred to as fundamental particles. Until the early 1960s, the elementary particles present in an atom consisted only of those indicated in the Bohr model that was developed in the early 1900s by Niels Bohr—protons, neutrons and electrons. These particles are considered to be 'real' particles, in that they exist and can be seen and held, so to speak. However, with the development of particle accelerators, the existence of new subatomic and/or virtual particles began to be theorised.

A particle accelerator is a device that uses strong electromagnetic fields to propel charged real particles (e.g. electrons and protons) to high speeds, sometimes approaching the speed of light. There are many different types of accelerators, ranging from the familiar household cathode ray tube (old-style television or monitor) through to the world's largest and most expensive machine ever built, the Large Hadron Collider (LHC)—a \$13 billion, 27-kilometre-long, underground ring of superconducting magnets that straddles the borders of France and Switzerland, near Geneva.

The primary purpose of devices like the LHC is to accelerate and smash particles together so that theoretical and particle physicists might be able to further study the nature of atomic structure and hence come closer to understanding the very nature of existence itself. In very simple terms, the way a particle accelerator works is not unlike the way you might smash two nuts together with great force to break them apart and reveal what is inside.

The best-known 'smaller particle' to be discovered via an accelerator is the quark, and quarks are now believed to be the particles that make up protons and neutrons. But there are now hundreds of theorised and 'discovered' virtual particles that result from the ever-increasing activities performed in particle accelerators and colliders around the world.

It is questionable, however, whether this approach is an effective way to finding true and valuable answers. If we apply the perspective we have just discussed—that the nature of matter is ever-revealing, and the intentions of the observer affect the outcome of experiments—it may be misguided or even unhelpful to continue looking in this way any longer. As there is no end to what might be 'seen' in these experiments, this suggests that there is no definitive answer in the matter, and some scientists are beginning to accept this.

However, the search for understanding through these extreme experiments of reductionism continues unabated and at great cost to our collective global community. Perhaps the greatest value to have come from this searching is to see that 'space' itself—the place where things appear—is nothing other than a 'boiling, bubbling brew of virtual particles popping in and out of existence', as Lawrence Krauss says in his talk *Origins of the Universe*. This statement is a quantum mechanical, mathematically stable description of the essential nature of the creative mechanism of Consciousness. It describes beautifully the raw power of the psyche, the universal mind from which all things arise.

My main point here is to highlight the fact that there is no end to this kind of investigation that we seem to be caught up in and obsessed with today. Although the technological achievement of building a machine like the LHC is truly awe-inspiring, and the outcome of some experiments performed in it valuable at certain levels, the answer to the fundamental question 'What is the essential nature of existence?' will never be found inside a long tunnel, deep beneath the ground. The answer we seek will only ever be found deep within ourselves—each of us as the individual extensions of Consciousness that we are. For this reason, and so that we can continue developing the Origin model, I am going to use only the real particles represented in the Bohr model to

further explore and explain the Universe and our relationship to it. This model provides the basis for our understanding of chemistry and biology, which are the very real, tangible and demonstrable fields of science that impact on our daily lives. The apparent existence of other elementary particles such as quarks, leptons, gluons, gravitons, bosons, fermions, mesons, muons ... and hundreds more of the like, belong in the realm of theoretical physics only, and as such are not very helpful to the ordinary person who wishes to gain a better understanding of themselves and the world they live in. Most people understand, or are at least familiar with, the concept of protons and neutrons forming as the nucleus of an atom, with various shells of orbiting electrons (see Figure I). This is where we will re-enter our discussion.

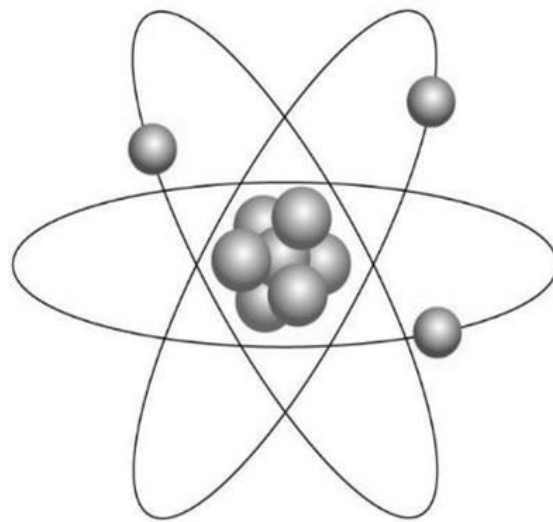


Figure I — The Bohr model of the Atom, showing protons and neutrons clumped together as the nucleus, with electrons orbiting or existing as shells around them

To gain a sense of what gives rise to all particles, we need only consider, once again, the reality of the firmament. This is the first expression of Consciousness—the quantum—and the base elementary particle from which all others arise. In the next section we discover how an atom forms to become something distinct from these otherwise identical elementary particles.

## Equal and Opposites

Remember that the firmament, the quantum, exists as an inseparable reality of the two primary creative principles of intention and attention. These principles represent equal and opposite forces that co-create each other, and it is the relationship between them that allows for the development of more complex creations and events.

As equal and opposite principles, we could also use other words to define and distinguish between them; words like in and out, light and dark, up and down, positive and negative, or male and female. And this last set of words is particularly good to use, because when it comes to talking about creativity, there is nothing more fundamentally creative than what the words female and male suggest—sexual energy. The characteristics of these principles are now reflected in and through our bodies as male and female human beings, and, of course, all the other sexed species on Earth as well.

Now it doesn't matter where we might choose to put the descriptions of these principles, because the truth of the matter is that one sex exists only as a function of the other. Neither is greater or lesser, and together they represent the two sides of what we are as Consciousness. As that Consciousness, we are not sexed one way or the other—we are neutral—but the bodies we live through are sexed as either male or female. Consequently, it is possible for us to align ourselves more strongly with one principle than the other, no matter the sex of the body we are expressing through. It is this relationship that creates the environment for the variety of gender expressions we see in the world today.

As it was original intention that created an outward expansion that manifests as a focus of attention to become a black hole and body of mass, we could perhaps say that intention is the female quality and principle, and attention is the male. Together they have brought something into existence. But we could put it the other way around if we wanted, it doesn't matter that much. For the purposes of continuing this theme throughout the work, I choose the former.

To understand how more complex things arose from otherwise identical particles—of how atoms, molecules, cells, stars and planets formed—we have to consider our creative options given the reality at the time. Remember that we cannot do anything more than what we know, and what we now know is that we are one and many of the same thing. The key to further development was in the potential of equal and opposite forces. Let's have a look at what I mean ...

The situation is similar to the previous, where we had the knowledge of being one firmament only, with the option to either remain the way we are (be neutral),

disintegrate (go back), or to reproduce (go forward). Here, the same options apply—we could stay as we are in the moment, go back to a previous state, or go forward into the unknown.

The first option is not an option for growth, so it is not an option for a developing Universe. The second option—to remain as identical firmaments—would be to continue evermore as two of the same (neutral in terms of each other). That is not very interesting and also very limiting. How could anything develop further if we are simply aware of the fact that we are two of the same, but with no real way to connect or exchange with each other?

If we want to grow, the third option—to go forward with a new idea—would be the only option. Therefore, the key was to create an opportunity for interaction between each point in some way. Looking at what we knew—knowledge gained through experience and available to us—we could see that the only other thing we knew at this stage was that of equal and opposite forces; of the male and female principles. Through applying this knowledge all kinds of new things could—and would—start to happen. In short, the only thing required now to really get the Universe going, was sex.

Remember that each firmament is an overlay of both the creative sexual principles. There is an outer and inner movement occurring simultaneously. To engage sexual relating between two separate firmaments, then, would be for the outer flow of one to meet with the inner flow of the other, and vice versa. Each would then touch and communicate with the other as an exchange of information, and a bond would form between them. To get a sense of this would be to imagine something like the image generated with magnetism and iron filings shown below in Figure J.

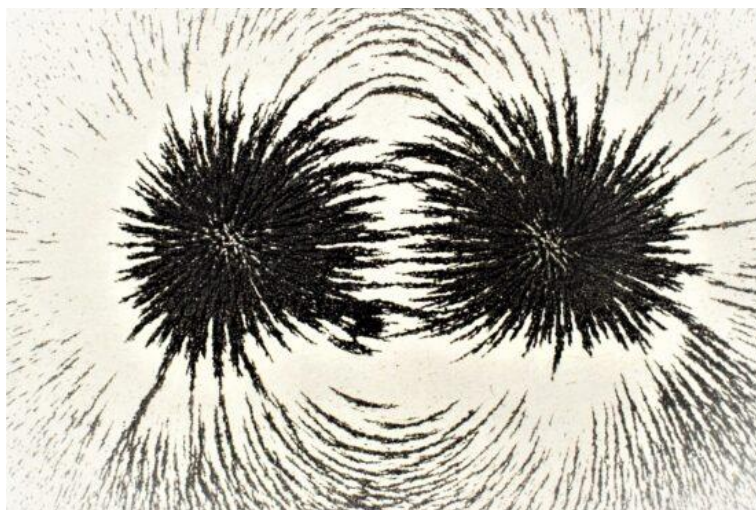


Figure J — Two firmaments relating (image from Shutterstock)

Energy moves back and forth between the two in an embrace of to-ing and fro-ing, which, if you could see it, might appear as a kind of jiggling and tumbling around each other at immense speed. This to-ing and fro-ing exchange of energy from one point to the other is also the dynamic that now gives rise to the notion of distinct positive and negative charge.

In this first simple relationship, however, the idea of a distinct charge was a relative phenomenon only, meaning that either point could only be considered positive or negative relative to the other at any given time. Further, the energy potential that arises as a function of 'two points relating' in this way accurately explains another of the four fundamental forces of nature—the electromagnetic force.

The relationship that is generated from this condition becomes a fundamental building block of creation. The best term to define it would perhaps be a pair bond. However, this term is already used in biology to describe the strong affinity that develops in some species between a pair consisting of a male and female, so the use of it in this context may be a little misleading. Nonetheless, the relationship of two points bonding through sexual attraction is such a fundamental and universal phenomenon that it is something that becomes reflected in the creations that come forth from it; hence the ultimate appearance of it in the natural creatures of the Earth. It is a beautiful and powerful condition, but to avoid confusion, yet give it a name in this work, I will use a new term: coupling. A coupling is a definite, measurable 'thing'—a self-contained creative system and building block that is representative of the first element.

## **Elemental Systems**

The coupling represents the first and most simple elemental system of two equal particles relating through the inter-exchange of energy. That exchange renders each as one sex or the other, measurable by charge and relative mass. Remember also that this coupling could still be large or small; scale is not something that makes any sense yet. But the structure of this first element was what we now know as the structure of the simple Hydrogen atom, named Hydrogen-1 or protium.

Not surprisingly, protium is known to be the most abundant element in the Universe. The word derives from the Greek meaning 'first element'. It is the simplest atom, consisting of a proton (positive charge particle) with certain mass, and an electron (negatively charged particle) of miniscule mass orbiting around it (more accurately:



existing as a fuzzy energy shell around it). What is less well known is that this coupling between firmaments is something that also provides the opportunity and basis for the emergence of any and every star/planet system.

The discovery of protium was a total experience at the time, meaning, that the Universe itself was just one protium atom, but of course it would have been that same protium atom at every point within simultaneously. Accordingly, at the micro level hydrogen now existed, but at the macro level the potential for the first star/planet relationship also existed. Development from this point onward was, and still is, an emergence of an unlimited number of 'things' that arise from this potential difference between the micro and the macro using the basic structural ingredients and knowledge gained from experience.

Those basic structural ingredients that were available to us now as the creative power of Consciousness building a Universe were single firmaments and couplings. Or to express it in terms of a scientific model, there were neutrons, protons and electrons—the basis of all atomic structure.

To understand how—and perhaps even why—more complex atoms were created from here, it might help to consider the reality of relationship between three quanta only. The same consideration can then be given to the relationship of four, five, six, and so on, to see the various ways in which they could relate and appear.

To do this marks another decision point for you as the controlling Consciousness exploring the creative possibilities of your Universe. Once again, there are only three basic options available to you: 1. remain as three neutral quanta which might be very nice but nothing much more could happen from the situation; 2. go back to a former state, which would not promote any further growth; or 3. grow through new development, which in this case would be for one firmament to remain neutral (a neutron), and the other two to relate as a coupling (proton/electron).

In an arrangement like this, the 'pulling power' or quantum gravity of the neutral firmament would attract and stabilise the tumbling behaviour of the coupling, and create it as a more stable atom of Hydrogen-2, known as deuterium. I mean stable in the sense of it having a more defined centre or nucleus of positively charged mass (atomic mass), modelled as one neutron and one proton, with a negatively charged electron shell (orbiting electron) around it.

In such an arrangement, the neutron is a single firmament or quanta that holds a coupling, to manifest as the structure of deuterium. Although neutrons are seen and referred to in particle physics as distinct units, they are not that. A neutron is an

independent field of Consciousness capable of growth. As it grows, it gets bigger of course, and that increase in size can, and will, attract more couplings that work and express together to appear as more complex atoms.

This explains why we find that in any stable atom the number of protons will always equal the number of electrons, because they are simply couplings linked together. They cannot be anything other than equal. And then the nucleus will always be seen to have an atomic mass which is part protons (equal to the number of electrons) and the remainder are neutrons, or neutron mass. This remaining neutron mass is a measure of the size and power of the growing Consciousness that supports the particular atom.

The case now arises for claiming a fifth fundamental force of nature, and we could call it growth. The reason for it is that there is a natural drive for everything to grow because at an atomic scale, quanta are always trying to expand. Remember that quanta are only 'atomic' because they are compressed by the gravity of the whole expression. Each quantum, as we learned earlier, is representative of the whole and varies as a function of its place within the whole. Quanta occurring near the centre will be dense and constricted (due to the gravitational pull), but their natural tendency is to expand (to be the whole they potentially are). This creates a situation whereby all quanta contained within a greater host expression are endeavouring to expand of their own accord, and the place where this expansion overrides the gravitational effect of the host is represented by the event horizon.

The event horizon, as we learned earlier, is a term associated with the phenomenon of a black hole, but it is also—and perhaps more importantly—a more or less stable zone where energy can interact with itself to bring forth new creation and event. It appears as a distinct edge to an underlying spherical body of mass that has a black hole as its focus. By this definition, the surface of our Earth is an event horizon, and so is the appearance of any observable celestial body of spheroid proportions.

At an atomic scale, if we substitute the word 'neutron' with 'expanding Consciousness', we can understand that more complex atoms came about due to the innate and unavoidable desire of limited Consciousness to grow. Similarly, it is this growing or expanding Consciousness that ultimately extended into more complex arrangements of matter as molecules, gathering them together to form and function as what we observe and name as the basic cell of an organism.

This idea is interesting, because the specific nature and vibration of the Consciousness that supports each and every atom, molecule, cell and organism is universal, not local or specific. By this I mean that the nature of the Consciousness that supports hydrogen, for

example, is the same, no matter where or when any specific hydrogen atom appears in time and space. It exists as a kind of recipe for that atom, and can be said to represent a collective Consciousness or group spirit of that particular element. This is a concept that relates directly to the ideas of Plato discussed in the link to humankind's search for meaning at the beginning of this work. It is in alignment with his idea of the underlying 'essential world of forms' that supports and affects the nature of existence in the 'material world', and it is also one that relates to Aristotle's idea of celestial bodies having a soul (spirit).

We are now beginning to entertain an idea that is significantly popular in metaphysics and 'New Age' philosophy. It is an idea that was also held by Einstein and the primary idea behind String and M-Theory as well—that of our Universe being a vibrational reality. And the Origin model, as you can see, is in full agreement with this. However, there is a missing piece of the puzzle here, something that remains entirely unknown until, once again, the reading about it here. There are two types of vibrational realities, and the distinction between them has never been made. Here it is...

The first, or primary, reality is the one where there is a full range of vibrations from the shortest, immeasurable wavelength of the highest frequency, representing reality as the smallest, densest quanta particles, all the way through to the longest, immeasurable wavelength, representing reality—the entire Universe—as the one whole.

The second vibrational reality is one that has been created from, and is dependent upon, the first. It is a reality that is entirely 'man made', meaning; it is a vibrational 'world' that has formed as a function of self-awareness. This is extremely interesting and important information and will be discussed in great detail later when we turn our attention to the emergence of the human being.

In the first reality, there is enormous opportunity and potential for Consciousness to grow from the smallest to the largest. As it does, its vibration progressively slows and its power to influence increases. At every stage of this growth, Consciousness vibrates at very specific rates or levels. Accordingly, each and every vibration relates to particular appearances of energy as reality. And this vibrational reality is something that reaches beyond the space and time that the appearance is made, as we discussed previously with the example of Hydrogen.

This relationship of vibrational Consciousness with its appearance as something in the physical world anywhere, anytime, is the explanation for the phenomenon of quantum entanglement—a concept that perplexed Albert Einstein a great deal and moved him to say that it was 'Spooky action at a distance.' Quantum entanglement describes a

situation where two or more separate particles relate to each other—are affected by each other—no matter the physical distance between them.

Further, the reality of vibrational Consciousness also explains the principle behind the hypothetical wormhole—a theoretical passage through space-time (predicted by general relativity) that could create shortcuts for long journeys across the Universe. Where vibrations of the same frequency or pattern occur, there is an immediate connection, and therefore no time or distance between them. In other words, from the perspective of Consciousness, there is always an immediate presence in any reality that exists as the same vibrational pattern, no matter where and when it occurs in space-time. Consequently, time and space are overcome by vibrational match. From this perspective, the Universe becomes an endless series of worlds connected by vibration, a dimension of energy tubes that twist, warp and interconnect to form the manifest world. This is the very fabric of creation, not unlike a tapestry that appears to us as something meaningful on one side, but on the other is a seeming mishmash of innumerable, convoluted and interconnected threads.

A neutron is Consciousness expressing as a firmament and it is capable of growth. Although not yet something that inhabits a more complex creation such as an animal, this Consciousness is something that could now more believably be referred to as a Being. By this definition, a Being is simply an individuated piece of Consciousness that is capable of controlling the matter within itself. To use the word now, and to give an example, the Being that supports and expresses as deuterium has a body mass of 1. It is the smallest and least powerful of all in the periodic table of elements, and it controls the matter of a single coupling only.

Towards the other end of the spectrum, the Being that supports and expresses as Uranium is far more powerful and has a neutron mass of 146 which holds and controls 92 couplings, of which the negative charge of those couplings (electrons) are specifically arranged in seven concentric shells around the nucleus. This is impressive, but of course nowhere near as powerful as the Being that supports a Cell, whose power is infinitesimal compared to the power of the Consciousness that supports a Planet, Solar System, Galaxy and ultimately the Universe itself. This hierarchical power and control by size and influence of Consciousness is a cornerstone in the Origin model.

The neutron in the simple hydrogen atom is of exactly the same firmamental structure as that which supports a star or planet, and it has a gravitational pull at the centre. In this way, the pull represents quantum or atomic gravity, and binds together with the gravity of the proton to form the nucleus of an atom. This binding of energy in the

nucleus is considered to be the strongest of the four fundamental forces and is therefore aptly named the strong nuclear force.

We now have the basic ingredients and tools to build everything else from here. We have neutrons and the strong nuclear force that holds them together with protons in the nucleus of an atom. We have protons and electrons that introduce the concept of 'charge' and the electromagnetic force. We have growing creative Consciousness behind all of it to help new ideas to emerge.

In the beginning, just as the notion of size was irrelevant, so too was the notion of time. All of the development mentioned so far could have happened in a nanosecond, or it could have taken ten trillion years. Either way, the idea of time in the way we now understand it was a meaningless concept back then. Time for us today—and the passing or passage of it—is a differential awareness only, and an entirely human construct. However, if we did want to put a human time value on these first creative events, perhaps the best measure would be to use Planck Time.

Planck Time is a term named after the notable German physicist, Max Planck who was a major contributor to the development of quantum theory. It is the time it would take light to travel (in a vacuum) a distance equal to one Planck length, which is a unit considered to be the smallest measurement of length with any meaning. Perhaps more importantly, this figure indicates the shortest possible measurement of time that could be said to be something that distinguishes one event from another so they are not happening at the same time. But the main point of explaining the development and relationship of one, two, and three—no matter how long it took—is to show how something came from nothing to become the basic building blocks of creation. Perhaps it is this exact process of development that is represented in the Dao creation myth that says:

'In the beginning, there was a featureless, yet complete 'something'. It was silent, amorphous, and stood alone and unchanging. It was called the 'Way', and it gave birth to unity, from which arose duality. Trinity then came forth from duality, and this gave birth to the myriad creatures'.

## The Myriad Forms

At this stage in the development of the Universe there was no such likelihood of any creatures appearing, so I will take the liberty of editing this Dao creation myth to mean the 'birth of the myriad forms'. Although perhaps myriad creations might be an even better term to use. From these basic elements just revealed, the Universe is nothing other than various arrangements of them, all relating with each other in terms of their capacity to do so. In scientific terms, that capacity is called valency, and it allows atoms to relate with other atoms to make molecules that, in turn, make all kinds of matter with vast and varying properties.

The bonding process by which this happens is well known, and a field of study of its own accord. As such, there is no requirement for me to say anything further on this topic, except to suggest that the way in which atoms and molecules come together to make new compounds and materials may be one that is more closely related to our own experience than we might first imagine, or than we are told by science.

The way in which everything forms in existence is a process more akin to things like capacity, tendency, willingness, agreement and cooperation. These are all aspects of intelligent creative Consciousness, the essence of which we can all know and relate to because of the fact that we are this Consciousness.

To demonstrate, let us consider a group of people who have come together from all walks of life. As this analogy goes, this group would be representative of a variety of different atoms. There would be numerous things that such a group might be able to express in terms of some new 'thing', but what will influence any particular expression are the factors we mentioned above. First, there would be the capacity that those people have to link or connect with each other and that would depend upon their physical, emotional or mental ability to do so. That capacity would equate to valency as previously mentioned. Further, there would be specific tendencies which some individuals have due to their particular makeup in the same way that various atoms have tendencies to either lose or gain electrons. The intentions and willingness of the individuals within our group to actuate or do something is another factor. If there is no willingness, nothing will happen. With willingness, something can be determined and come forth, but only if there are agreements made for certain individuals to do certain things. And the success of the endeavour will depend upon the cooperation of all those people in the moment to perform in the way that has been agreed.

The way in which information becomes available and is shared, so that new elements and materials may be discovered and formed, relates back to the creative process at the beginning of this work. To understand it now in terms of where we are in our

development would be to see that the Universe was a growing/evolving and inseparably interconnected conscious entity. In effect, it was a giant brain, and every point within it embodied the potential to process information and have experience. Experimentation and learning in every place and at every level throughout, whilst local in that place, was something that also unavoidably contributed to total Universal experience and knowledge. That knowledge could then be used where and when appropriate to further aid specific creative undertakings anywhere they may be required.

What is important to note here is that each level of Consciousness (as defined by size and vibration) was, and is, complete and perfect at its own level and place. From that place, the perspective is an awareness of anything below or within itself, but no awareness of anything above or higher than it. For example, the Consciousness—or indeed the Spirit—that supports and controls deuterium is, effectively, a completely functional world unto itself, unaware of the greater whole that it exists within. The spirit of uranium is also a world unto itself that is inclusive of the worlds of everything under or within it, i.e. all the other elements of equal or less atomic mass. As each atom, molecule, form, plant and ultimately every animal developed and came into being, so too the supporting group Consciousness of each grew and emerged with them. Every stage of this growth meant greater awareness and control of the matter at hand by that particular group spirit. And this is the way that all the myriad forms and ultimately the creatures, too, have come to be.

Let's consider, then, the reality of the situation in its totality at this point. We have an 'expanding' Universe due to the initiating movement of intention, which creates a pull towards the centre as gravity. This is represented as the whole or host firmament. There are an infinite number of firmaments within, which appear as quanta and couplings in space that forms a kind of primal plasma, and perhaps there are already various simple combinations of these emerging as basic atoms due to the natural evolutionary drive. These particles are affected by the firmamental structure of the host and subject to increasing density, heat and pressure towards the centre. This pressure then begins to mutate, forge and fuse simple hydrogen atoms (couplings) into something completely different. From it emerges a new element known as helium, and the process releases considerable energy as heat and light. This process is called nuclear fusion, and when the outward push of this fusion energy overrides the gravity of the host expression, guess what happens?

A star is born!

Now that's pretty cool, and also a process that is fairly well understood by scientists today. What is also very cool, but far less understood, is that stars could now appear

wherever and whenever because they had been discovered, experienced and now existed as knowledge in the Universal mind. And with the knowledge of 'elemental systems', the beginnings of planetary systems could also begin to form.

It has been observed and documented by astronomers that this Universe of ours constitutes billions of galaxies each containing billions of stars, some of which have planets orbiting them and appear as a variation of what we see and know as our own Solar System. Although it may be interesting to some, I do not think that it would ever be possible for us to work out the exact order of appearance of these cosmic bodies since the beginning. And neither do I think that it is important to do so, at least no more important than it might be to work out and know the exact order in which a person may have decorated their home. In both cases, it is simply a creative act of Consciousness arranging matter to suit itself.

While it is not at all important for us to know the order of the appearance of things, what is important, or at least far more interesting, is for us to see that all the galaxies, stars, and planetary systems have come into being gradually over time due to the creative drive and natural curiosity of intelligent Consciousness, and not because of random, violent, undirected explosions that seem to be a part of the more accepted theories at present.

The Universe is a beautiful, intelligent, creative, and evolving entity, and the current theories that talk of cooling hot matter, flung out from nowhere in a nanosecond and for no reason, swirling gases in which accidental occurrences brought forth planets and life-forms, are clunky, inelegant, and incomplete. A complete Theory of Everything will not only unify the forces in the Universe and reconcile contradictory but otherwise accurate theories, it will also be something simple and beautiful. And although it might be unconventional and a stretch to the conditioned mind, it will at a deeper level make sense.



## The Solar System

One of the primary points that I have tried to make clear so far in this work is that everything in existence is an expression of Consciousness, varying only as a function of the vibration and the relationships of the firmaments from which the 'thing' is made. The basic structure of those firmaments constitutes the nature of a Being—the essential nature of your Being. This is fundamental in understanding how and why everything else plays out from here, especially when it comes to understanding your place and purpose as a human being in this vast arena of space-time.

The development of the Universe, and all events that occur within it, at every place great and small, is the result of Consciousness expressing and experimenting at varying levels of vibration. Remember that this vibration would possibly be better described as a pulsation, an in/out, expansion/contraction movement of energy at varying rates. Each level of Consciousness incorporates and controls all levels below or within it, and is included and controlled by all levels above or around it. This arrangement of control is natural and unavoidable as a function of vibration, which determines the power of influence at each level. The situation represents a hierarchical structure that is now reflected in many structures of order in our human experience.

It is not humans who invented systems of hierarchy. We are merely moved to work in this way because it reflects the way that Consciousness itself is organised. For example, any business organisation involving a group of people gathered to provide specific goods or services has a hierarchical structure throughout. Without this structure, there would be no clear purpose, direction or control in the business, nor indeed any opportunity for it to be something of true value that offers a contribution to the whole. This is an example, but it is also a clear analogy which shows how things work throughout the Universe, and one that we can all see and relate to in our own experience.

At the top, or head, of any organisation is some kind of controlling, directing, or informing authority. That may be a single person, or it may be something more like a board of directors, for example. No matter which, that entity is the controlling power of the organisation where the idea and purpose for its existence is held and managed. Under that authority is perhaps a Managing Director (MD), who is responsible for implementing the idea and keeping everything on track. He or she has certain power and opportunity to act creatively in that position, but is always answerable to the board. Similarly, the board may or may not be influenced by the creativity of the MD. By this I mean that although the board holds the idea, purpose and ultimate responsibility for

the organisation, the various creative acts by individuals within it, if valuable to the whole, would be acknowledged and supported.

Under the position of MD there would be some Department Heads who are responsible for all the tasks assigned to them. Then there would be Team Leaders under them, who manage even more specific tasks. Finally, there are the workers who perform their tasks, but even within those groups there is hierarchical control as a function of seniority and skill. Control, of course, by way of recognition and respect for the knowledge any individual has, not by means of force through fear or manipulation.

Continuing this analogy—because it is the easiest, most accurate, and fastest way to communicate the idea of Universal hierarchical order—then we must now assume that this organisation is the most functional and intelligent example you could ever imagine. This is because I am analogising it with the perfect functioning of Universal intelligence itself. Later we will see why so many organisations on Earth don't work, or become powerful structures that largely serve to exploit others, whilst contributing very little to the greater good. But for now, we are in a perfect world. Everybody is happy in our analogous organisation, doing what they love to do. Everybody is in their right place. There is cooperation and enthusiasm, but no selfish agenda or ambition within any of the people, simply because they are all acknowledged and fulfilled in everything they do in every moment, and therefore there is no need for any kind of self-gratifying behaviour. Every person is working and growing naturally, enjoying, learning, and contributing to the outcome of the whole. When the time is right, they will move on to a higher level. And every time a person rises to another level, their point of view changes. The higher they go, the more they can see. More is revealed to them about the organisation and its purpose and they also gain more power and responsibility.

Each level of control throughout the organisation is representative of a specific band of Consciousness. At the inside of this band is the entry of new and growing Consciousness, and at the outside is departing Consciousness going to the next level. In the middle is the majority, simply performing the tasks assigned to that level. This distribution would follow the well-known Bell curve graph that we discussed in the link to the overview of physics and the search for meaning. Each change of level represents a quantum leap, a leap to the next band or shell of Consciousness, in a similar way that energy moves within the atom, because that's the way energy works.

In the context of the Universe, the controlling authority of the hierarchical structure that brings about our reality is the all-encompassing reality of Universal Consciousness itself. Within this reality are the Great Beings that hold the galaxies together, the MDs if you like, each exploring their own potential towards the greater expression of unlimited

creative possibilities and as a contribution to Universal experience and knowledge. Within each galaxy are numerous focal points of Consciousness expressing as the stars. We could perhaps equate these with the Department Heads. Each star is informed by the galaxy it is within, evidenced simply by the gravitational control that the galaxy has on its matter. This gravitational control is the outer, measurable appearance of the inner reality of hierarchical Consciousness intending at every level. In many cases, there are further expressions of Consciousness appearing as planets that orbit the stars and form planetary systems. In addition to this there are the firmaments/Beings that support the appearance of any moons that are in orbit around a planet. And on and on it goes, all the way down from the highest, universal awareness and power, through to every single quantum expressing as the absolute potential to simply be and do something. What makes it all work brilliantly is the intelligent communication of Consciousness and mutual respect for, and as, itself at every level throughout the structure.

The relationship between the nucleus and the orbiting entities in any elemental system—which includes any and every planetary system—is representative of coupling-style relationships; the complexity of the system being represented by the mass and number of shells (orbits) in the expression. The structure of a planetary system is essentially the same as the way that energy arranges itself and interacts within the atom, except to say that it is obviously now a matter of scale and, as such, each shell around the star (nucleus) becomes materialised as a planet through the focus of another firmament that supports its existence.

Our Solar System is a creative, elemental system, that has evolved over time to become what it is today. It is a system that began in the way that anything begins—there was an intention that was met with the focus of attention to appear as a firmament. This firmament began to express as a star from which the planetary system then evolved. Although we must remember that there was a whole Universe evolving simultaneously, so information from other Universal experimentation could have been introduced immediately rather than being re-discovered in our Solar System (to avoid the 'reinventing the wheel' syndrome).

To help make this idea of shared information from experimentation throughout the Universe a bit clearer, we can once again make the analogy with a group of people (representative of the controlling Consciousness) who develop something specific that performs a valuable function—let's say a microchip. That microchip is the product of a lot of creative input and experimentation. It took a very long time to 'evolve' it. But now that it is a known, functional device, it is something that can simply be more or less reproduced at will, to perform wherever and whenever it is required. And in this same way, valuable elements with specific properties that had developed throughout the

Universe over time could manifest where and when required, if they were necessary to the creative undertaking at hand. This, as we learned previously, would occur as an emergence from the group spirit of that element that existed beyond space and time as knowledge in the Universal mind.

Applying this information to the development of our Solar System, the description and explanation is as follows: the first firmament appeared and then reproduced itself, or attracted another to itself of equal size. A relationship between them formed as a coupling, to appear as something that is often observed by astronomers today—a binary star system; two firmaments tumbling around each other in the same way that the first two firmaments of dimensionless size did when they formed as the basic structure of Protium.

More energy gathered to support the coupling, and this began to stabilise the expression as a centre (the Sun) with a charged shell around it (again, not unlike the way the neutron began to stabilise the protium atom to form as the more distinct structure of a nucleus with an opposite charged shell around it). A firmament focused in that shell now gathered the energy together to become a material body representative of the experimentation occurring within the System. That body now appears to us and remains as a symbol of what was discovered, and its name is Mercury, the first planet in orbit around the Sun.

Energy continued to gather, being drawn in by the growing nucleus. Other coupling arrangements were captured, or formed of their own accord, and another energy shell then emerged as an equal and opposite reaction to the positive charge of the coupling held in the nucleus. The field of this new shell was lighter, due to the less dense and slower vibration of energy in the field of the Sun's full expression (which, incidentally, now extends out to the 'Oort Cloud', a hypothesised cloud of small rocky and icy bodies in orbit up to 1.5 light years from the Sun). Accordingly, different experiments could be performed and the lighter energy field enabled a thick dense atmosphere to form. It is Venus that now stands as a symbol of that experimentation.

As the Solar expression continued to evolve, another shell appeared and the focus of a firmament there became the next planet in the System; Earth. Given the knowledge we now have of Universal creative power, it is entirely possible to conceive that the body of the Earth may have materialised immediately as a version of all that had been discovered in the Venus experiment. From this basic form, experimentation then continued. New and different events were now possible due to the lighter energetic density of this planet. Among many other things, a larger, more gaseous atmosphere emerged, and this would eventually facilitate the emergence of various life-forms.

Similarly, Mars came into existence when more energy gathered to support the next shell in the System, and because of the increasingly lighter density in this region, Mars expresses a thinner atmosphere than that of the Earth.

This gradation of density that influences the appearance of the planets continues through to the Oort Cloud. In terms of the planets that are manifest and under the control of our Sun, we can see how the further out they are, the lighter and freer they can become. This explains why the outer planets of Jupiter, Saturn, Uranus, and Neptune express as 'gas giants'.

The fact that this variation of planetary composition and appearance occurs is reasonable evidence to support the basic idea of the firmament and its structure. However, it must be remembered that each planet has its own unique vibration and intention, and so there will be variation of size and composition depending on how the planetary vibration interacts with the Solar vibration.

Further evidence indicating the structural nature of the firmament can be found in the ratio of the nucleus diameter to the periphery of any elemental system. In the atom, this ratio is approximately 1/100,000; meaning that the diameter of the electron shell is about 100,000 times greater than the diameter of the nucleus. A similar ratio can be found in the Solar System whereby the diameter of the Oort cloud is also (estimated to be) about 100,000 times greater than the diameter of the Sun. This ratio shows us that the physical appearance (measurable part) of any celestial body of spheroid proportions is only a tiny speck of the whole expression that supports its existence. It is Consciousness itself that accounts for the rest and explains the mysterious and hypothetical concept of 'dark energy and matter' that continues to perplex scientists today.

### **The Earth and Life**

The Earth is a planet within our Solar System, as we all know. It is our home and these human bodies that we live through are a product of her creativity. I say her because the Earth is often referred to as 'Mother Earth' in our western culture and in many other cultures as well. For example, in Greek mythology, Gaia was the Earth Goddess, and this name has been popularised in modern times by James Lovelock who, in the late 1960s, developed a theory suggesting that living organisms and their inorganic surroundings have evolved together as a single living system. This idea is still popular today—perhaps even more popular—as an increasing number of people begin to look for answers to the escalating problems and global disruptions we face today. In other cultures, the

female Earth goddess goes by names such as Pachamama (Inca), Tonantzin (Aztec), and Bhuma Devi (Hindu) to mention a few.

On the face of it, the reason for this female labelling is no doubt due to the life-giving and nurturing qualities of the planet. However, the deeper reason is because it is actually the female principle itself that supports the Earth's existence—the male opposite of its coupling relationship residing energetically as a part of the Sun (nucleus). This relationship also explains why the Sun is associated with the male principle in many cultures as well—Inti (Inca), Helios (Greek), Ra (Egyptian), Surya (Hindu) and Sol (Roman), again to mention a few.

When we speak of the Earth, it must be remembered that it is a conscious creative Being, not just a lump of rock with some organic matter on the surface. The Earth's entire expression extends out far beyond the moon, in the region of the orbital path of Mars in accordance with the firmamental ratio. Development here is an ongoing creative exploration of possibilities by, and of, the Earth's own Consciousness, and although it is apparently the only planet on which complex life-forms have evolved, it is still part of the creative exploration going on throughout the whole of the Solar System. Consequently, everything in the Solar System is part of the expression of the Sun, because everything is under its energetic control. And then our Sun and its planetary system are contained within the greater expression of the Milky Way, and therefore subject to the influences and intentions of this Galactic Being.

The Earth body formed to what it is today over a long period—or at least what is considered to be 'long' from the perspective informed by the process of radiocarbon dating today which assumes that the rate of decay of Carbon 14 (or anything for that matter) is a constant. However, there is no real basis for this assumption, and you will now be able to see and understand the reason why. Nothing in the Universe is fixed and stable; everything changes over time, everything is endeavouring to expand towards the absolute fullness of the unlimited potential of Consciousness. Our planet grows in this way as a function of its own intention to be all that it can be. As it does, the vibration of its supporting firmament slows, gravity increases, and the firmaments (elements) contained at the surface vibrate faster. Therefore, just because something has certain properties today, does not mean that it had those same properties in the past. Accordingly, I have coined a new term to describe the measurement of time by radiocarbon dating—Standard Scientific Time (SST).

Further, the vibratory rate of matter is also influenced by human thought, and this will be explained as we proceed. Thus, if the nature of matter can be influenced through growth and thought, how can we ever be sure about the exact, or even the approximate,

age of the Universe? And how important is it anyway? Apart from learning the chronological order of events to help us understand ourselves, what real difference does it make to the quality of our lives in this moment whether the Universe is 14 billion or 10,000 years old?

The Earth formed as a direct result of passive and active creativity, and the ensuing evolutionary process. In the early stages, this creative exploration involved only simple experimentation with various atoms, molecules, and minerals, because of the lack of experience and knowledge to draw upon. As the knowledge base increased, so did the appearance of more complex arrangements of matter in the form of amino acids, proteins, and eventually basic life-forms.

As this evolutionary process continued and knowledge began to increase exponentially, the simple 'playing around' with possibilities by Consciousness led to the emergence of various and very specific ideas. It began to reveal itself as the expression of more and more complex life-forms, and eventually, increasingly mobile and intelligent creatures that would be capable of expressing and experiencing the creative power and essential nature of Consciousness itself. The ultimate expression of that to date on this planet is the human being, which we will talk about at length in the coming sections of the work.

At every point in the evolutionary process, the creations and events in the physical world were representative of the best use of knowledge towards the highest expression, growth, and, we could also say, to the highest enjoyment of the Earth Being as well. Meaning, that creativity—the very experience of being creative—is, in reality, an enjoyable act independent of any human interpretation. Creativity is a movement of energy, and it simply feels good to anything that can identify with that movement. We will come back to this idea, but for now, as the Earth evolved, it constituted an inner body of virtually countless tiny quanta/Beings that were on their own journey of creativity as they grew towards the infinite power of the whole of which they were a part. This is due to our hypothetical fifth fundamental force of natural 'growth'.

As some Beings grew to take greater control of the matter within them, the structure of the Earth formed and evolved. These growing Beings were responsible for the emergence of all the elements—the larger a Being's size, the more complex the element it could support. Cooperation between each Being linked together to form molecules, and in turn, the ordered and random patterns of crystalline and amorphous structure, as we discussed earlier in the 'The Myriad Forms' section. Minerals and crystals then began to precipitate from rising magma formed by the immense heat and pressure within the Earth body. These joined together and cooled to form rocks that helped solidify and define the shell, or surface, of the planet. The place where all this could and did occur, as

we discussed earlier, is the 'event horizon' of this planet—the place where the expansion of individual quanta overrides the gravitational effect of the Earth.

Nuclear reactions within the Earth, caused by energy releases from deep within the core, created Earthquakes and volcanic activity that further sculpted the surface of the Earth as mountains and valleys. The valleys filled with water, the inner region close to the surface filled with various gases thus forming the atmosphere, and as each day passed, weather patterns began to develop as heat from the Sun evaporated water from the seas to produce clouds.

This moisture, releasing as rain, began to erode the created form of rock to produce soil. Wind became a phenomenon, as gases in the lower atmosphere moved according to temperature differentials over the entire globe. And as each day passed, the Sun channelled energy in the form of heat and light radiation to the evolving planet.

These were the general conditions that formed the geological and meteorological systems; those which are studied and well-known to us today. But in the early days, all was bare on the Earth, there were no plants and flowers, and there were no life-forms ... yet.

As some of the tiny Beings of the Earth continued to grow and expand, out and away from the solid dense forms of fixed rocky structure and into the fluid medium—specifically into the lakes and seas of the Earth mother—lifeforms began to emerge. Experimentation in, and with, the fluids eventually produced a solution known as protoplasm—a substance containing all the ingredients that form the physical basis of life as we now know and label it.

The natural gravitational force generated by these Beings, or 'life seeds', arranged the protoplasm as a density at the core to become the nucleus of the first simple cell. These first single-celled life-forms, commonly referred to as unicellular organisms, go by names such as protocells, protista, protozoa, and other 'proto' type names, all from the Greek meaning 'first', indicating that they are considered to represent the very first forms of life.

Experimentation with and within these unicellular organisms, in conjunction with all other knowledge gained from Universal experimentation, allowed for the expansion of Consciousness and the expression of more and more complex and creative forms. New organisms began to emerge as simple methods of propulsion were investigated, towards increasing mobility. As mobility increased, so did the opportunity for the organism to be more effective in interacting with and influencing the environment in which it dwelt. And as more and more forms appeared (and also disappeared) with



increasing levels of complex structure, the ability for them to navigate and explore the surface of the Earth became increasingly possible and also very interesting.

Remember that the Earth is Consciousness, just as you are. And one trait of Consciousness, that you will be familiar with, is curiosity (being a function of the growth force). In any creative process of experimentation, as possibilities arise, so does curiosity, or perhaps it's the other way around, or both. But either way, Consciousness is curious. It wants to explore and play, and so this was the essential nature of the driving force behind the development of all the species on Earth.

The way in which this development occurred, the way in which scientists today try and piece together the past to explain the now, is, in the end, inconsequential. It is highly unlikely that anyone will ever know the exact details, and the ultimate lesson to be learned here is to see that the way in which things came and went was only ever an investigation of possibilities in the Earth matter, not unlike a child might play around in a sandpit and explore the possibilities of what they can make. Some ideas are interesting and worthy of further exploration, and others are not. Many creatures have come and gone throughout this explorative process and will continue to do so because that is the way of things.

Among scientists today there seems to be a feeling ranging from that of bewilderment to concern around the disappearance—the extinction—of various creatures over the millennia. Whilst there is no doubt that humans have contributed a great deal to the demise of many species in recent times, the coming and going of various life-forms is something quite natural and necessary, and therefore arguably nothing to be too concerned about.

Regarding the extinction of dinosaurs, for example, the reason for it would have amounted to the Earth Being telling itself something like this, 'You know, I think I'm losing interest in the dinosaur thing. They're not so much fun anymore, they're just too big and awkward. I've got a much better idea and I'm far more interested in exploring and developing these mammal forms now'. Of course, it would not have been verbalised this way because the words were not available, but the intent would have been in that direction.

And then how did it happen? By what means did dinosaurs cease to be? Was it meteor, solar flare, poisoning, or something else? How important is it for us to know? The way in which it happened is akin only to the way our analogous child might choose to make their sandcastle creation in the sandpit no longer exist for them. Kick it over? Squash it with a rock? Pour water on it? In both cases, it comes down to the fact that there is the

unique mind of a Being behind the forms that are created and destroyed. And in both cases, it is always a process of learning and/or enjoyment.

Before leaving the subject of the extinction of dinosaurs, and just for the record, the Origin view is that the dinosaurs became extinct because the Earth experienced a quantum shift. New energy came in as the realisation for a new idea emerged (the development of the mammals), and there was a quantum leap, an expansion to a higher level. Effectively, this shift increased the gravitational force on Earth, which, in turn, killed the dinosaurs. They were destroyed by gravity; perhaps losing their balance, falling over, or falling from the skies, never to rise again. Yes, it is possible that this increase in gravitational force attracted a meteor that may have helped things along. But in the first place it was expansion/gravity that did the job.

The simple unicellular organisms that first appeared on Earth were, in effect, one-celled 'brains', the first simple externalisation of the Earth's own intelligence. As more complex life-forms evolved, control centres developed as more sophisticated and separate organs in a continuing process of exploration and sensory realisation of the Earth Creation. It would be accurate to see that the brain of a creature is always the intelligent focal point, and its body evolves towards the greater mobility of its brain.

When the first simple creatures ventured out from the waters onto the land, they were challenged by the intensity of sunlight and other harsh environmental conditions. Consequently, it would have been extremely difficult for them to survive. But the Earth responded from within, from its inner world of mind (psyche) and in conjunction with the creative guidance of Universal Consciousness to which it was inseparably linked. Protective shells and skins were developed from the knowledge of existing suitable materials. The way this was achieved is a process of continuing growth and adaptation to the environment by a life-form or species. That process is known as evolution theory, specifically 'Darwin's Theory of Evolution' or 'Darwinism', and it is sufficiently accurate as far as the outer description of what can be observed is concerned. But what seems omitted from the theory is the fact that life evolved intelligently from within, by way of the vast psychic communication network of the Earth Being and as an exploration of creative possibilities.

The development of life-forms, and the ultimate expression of that here on Earth to date as the human being, is by no means an entirely undirected or 'accidental' occurrence. The idea that it is, or might have been, is true to a degree if we consider the passive aspect of creativity in the creative process. Yes, in the beginning there was a simple 'playing around' with ingredients from which certain ideas arose. But it is from

those ideas that an active creative process could be directed towards bringing specific creatures into existence.

Without this direction, it is highly unlikely that any life-form could have ever assembled itself satisfactorily and survived. The odds are just almost completely against it. For example, proteins are a very specific construction of parts and an essential ingredient in a living organism. For one simple protein to be made, a thousand or more amino acids must be arranged in a very specific order. A complex life-form such as a human being is only possible because several hundred thousand different kinds of proteins have been made in this way, and further, they must then interact with each other and get along sufficiently so that a successful functioning organism can exist.

One of the best analogies ever given for the idea of life emerging by accident alone was first offered by the controversial English astronomer, Sir Fred Hoyle and later summarised by the popular writer Bill Bryson in his book A Short History of Nearly Everything. Here it is stated that the chances of even one single protein forming by random event is akin to 'a whirlwind spinning through a junkyard and leaving behind a fully assembled jumbo jet'. The formation of life-forms, although there is a random element to it, is ultimately something that is controlled by intelligence.

The Earth is creative being, a powerful source of this intelligence. It is a firmament formed by the movement of Consciousness back and forth from the centre to the periphery that occurs somewhere near the orbit of Mars, and it is the controlling Consciousness of all matter (matters) within it. As such, the Earth is 'aware' of everything that is going on at all times.

The best way to appreciate this complete awareness throughout that the planet has would be to see how you, as the Consciousness in your own body, are also 'aware' of the many things that are happening in you at any given time, if and when you turn your attention to it. That is to say, it is possible for you to feel what is happening in your toes, your nose, your hands, and chest simultaneously, for example. In fact, it is possible, with practice, for you to feel everything that is going on in your body in any given moment, and it is in this same way that the Earth feels and knows what is happening throughout its entire structure all the time.

As a creative Being simply playing around in the matter, the Earth experimented with various life-forms and species. The results provided valuable information and the opportunity for new ideas to emerge—for small refinements to be made as physical mutations and diversification within and throughout each species. Because of this total knowledge of what was going on at any moment, the mutation of existing species and

the appearance of certain new ones is something that was not always specifically local; in other words, the expression of new ideas could, and did, appear instantaneously across the globe from time to time. Following the appearance of these new forms in this way, each would then adapt to its specific environment and provide a broader range of experience for continued learning.

The Cambrian period of history is one of the best examples of this kind of mass appearance of life-forms simultaneously across the globe. It is a period many millions of years ago, when suddenly a great number of new and interesting forms appeared in countries far apart and separated from each other by the seas. It is a period considered by many palaeontologists to be a time when an unprecedented amount of experimentation with biological mechanisms took place, and from it, the basis of almost every creature today has its place. Because of the intensity of activity at the time, this period is known as the Cambrian Explosion.

So, to begin talking now about the emergence of the human being, we are of the species Homo sapiens (meaning 'wise' man by most definitions) descendant from the earliest hominid forms that broke away from a line of mammals about 85 million years or so ago, SST. It is generally agreed that the first ancestors of this physical form we now live our lives through—Homo erectus (meaning 'upright' man)—appeared a few million years ago. The first modern human types turned up around 70,000 years ago, and it is the ingenuity and adaptability of Homo sapiens that has led to it becoming the most influential species on the planet.

This is, of course, a very quick overview of the emergence of the human form, but it is not the purpose of this work to go into any greater detail. The purpose of this work is to indicate the dynamics behind the emergence of the human being. Once those dynamics can be seen and understood, there is a far better chance that the historical details can then fall into place accurately and there may be a great opportunity for the anthropologist or historian to finally piece it all together with confidence.

So, the big burning question is, 'How, and perhaps even why, did we—the likes of you and me—come to be, out of this 'playing around' in the matter that was going on throughout the Universe and specifically on this planet?'

The answer is this: the human body is simply the best that Consciousness can create here on the Earth in this Solar System at this point in time. 'Best' in the sense that it is the most advanced vehicle through which Consciousness can express itself most fully. The intellect and dexterity of the human being is the externalisation of the essential nature of the Consciousness that created it, and this allows for a vast range of creative

expressions, experiences, and feelings. The idea of humans being made in this way is captured simply and accurately by the words, once again found in the opening chapters of Genesis, where it is said that; 'God created man in his own image.'

The details of how this creating of humankind as individual creators in the likeness of the Universal Creator itself, and the dynamics involved that now influence the quality of our experience as human beings, is a fantastic story of unfathomable intrigue. It is the deepest mystery and most fascinating sequence of events that have ever occurred in the experience of humankind and the Universe. Revealing and understanding the essence of what happened is an essential part of this work, because it explains the root cause of the ever-increasing challenges that we find ourselves facing today—from basic unhappiness, through mental illness to climate change and war.

### **The Dawn of Human Consciousness**

It is undeniable that there can only be one truth or story about how and why we, as human beings, have come to be here. By this I mean that there is only one way that it all happened, not two, three, or more. Yes, there are innumerable ideas, theories and even guesses, but there can only be one ultimate truth. To demonstrate; if we consider the development of anything, let's say that of the modern motor car, then it is clear and inarguable that it is a creation that has come into existence via a very specific order of events. It was a process that involved a lot of people over a period of one hundred years or so, and it happened for good reason; meaning, that it wasn't entirely accidental. There was a desire or need for such a creation in the sense that it was something that provided greater mobility for people, which in turn facilitated a greater exchange of ideas and increased creative opportunity

Because of our recent ability to record information accurately, the way in which the automobile came into existence can be relatively easily tracked, i.e. who did what first and when, how that influenced other people, successes and failures along the way, etc. In fact, if someone wanted to, they could write down the whole story in great detail and it would be more or less the unquestionable truth of the matter.

By this same measure, the development of the Universe, the human body, and our appearance as creative creatures is the same—there is one story that is essentially true. However, because it is such a vast story that begins before humans even existed or worked out how to record information, to determine exactly what happened is an extremely challenging task. But that doesn't mean that there is not a true story, or that it

is not possible for us to discover what it is. At some level, the information—the story—has been recorded because it exists as knowledge in the Universal mind.

Just as memories are 'stored' in our human minds and can be extracted at will (like remembering where you went on holidays when you were a child) so, too, memories are stored in the Universal mind—that place, remember, that lies behind and within the appearance of what we call the 'physical world'. Accessing these memories, however, is deep inner work that takes focus and commitment. The information that is there will certainly never be discovered while we continue to look outside ourselves for the truth, which, unfortunately but quite understandably, is what we are extremely well-conditioned to do.

So, until we can come around to including this kind of research in our quest to piece the puzzle together, a good way for us to come to understand the conditions that birthed us as creative, self-aware human beings and bestowed upon us our 'sapience', is through analogy. Additionally, to put ourselves in the place of the Earth Being itself will afford us new and greater perspectives on the reason for, and process of, our becoming. We can do this quite easily and accurately because the Earth is an intelligent creative Being, just as we are intelligent creative Beings. What I mean by this, once again, is that the Earth is a non-physical, conscious creative Being, and its body is the physical reality that we know as the Earth. I want to be clear that this is not merely an idea or a concept, but a true reality. In the same way that we go about our lives, creating and doing the things that we are moved to do, the Earth Being operates similarly.

It is possible to get a very clear picture and understanding of how and why we emerged as humans by analogising the whole story with the technological development of machines. This should not be a difficult analogy to accept or make because our bodies, after all, are *biological* machines themselves.

One of the drives behind science and technology today is to develop machines to the ultimate expression as autonomous, intelligent robots—something similar to, and fashioned against, ourselves (a case of making a 'machine in our own image'). The exact analogy I am making, then, is that the intellectual creation (by which I mean creativity directed through humans) of such a robot is akin to the creation of the human form by the intelligence of Consciousness.

Considering the challenge inherent in creating a robot that would be capable of operating intelligently and independently in any given environment, it is obvious that it is not something that could just be made suddenly without any prior knowledge. A few million years ago, it would have been impossible for anyone to conceive of something

like this, although at that time, unawares to all, the groundwork for it was being laid through the discovery, understanding, and development of the simplest tools by Homo habilis ('handy' man) and refined a little later by Homo erectus. A few thousand years ago, although the possibility of creating robots was still far from consideration, the development of more complex machines (water wheels, windmills, carts, pumps etc.) to serve needs at the time also provided a greater knowledge base that would allow the development of ever-more complex machines in the future.

It was the industrial revolution of only a few hundred years ago which rapidly progressed an understanding and development of mechanisms of all kinds. It is most likely that during this intense period of experimentation and invention, the idea to develop a humanoid type robot of some kind first dawned upon somebody as a serious possibility. This period of experimentation and growth in our human history was, in many ways, equivalent to the explosion of new ideas in the Cambrian Period that we talked about previously.

Later, in other areas of human interest and investigation, experimentation with sound and visual sensing, hydraulics, pneumatics, and servo motors, along with gyroscopes, actuators, and accelerometers were also being conducted. It has only been in the last forty years or so that the discovery and use of advanced electronics has enabled the emergence of artificial intelligence. In turn, this facilitated the very real possibility of creating intelligent robots that could move confidently and reliably in an environment, and it was therefore an undertaking that could now be focused upon with unwavering intent.

There are a few things we can see and learn from this creative development to help us understand the emergence of human beings. The first thing to note is that although there was no idea or awareness around creating a 'robot' a million years ago, there was an unconscious movement towards it as an exploration of possibilities given the knowledge at the time. This was passive creativity at work. At no point was there a conscious movement towards it until sufficient discoveries had been made, and then someone, somewhere, saw the opportunity. From that time onwards, things began to move faster as the reality of bringing such a creation into existence was, and currently still is, being consciously explored and developed as an active creative process.

This development accurately analogises the development of the human being. At first, life on Earth was simply an intelligent exploration of possibilities at a basic chemical and biological level. A 'human' could not have been made straight away because there was no idea that such a thing could exist, although the groundwork was being laid as a function of the exploration taking place at the time. At some point, there had been

sufficient experimentation done with form, mobility, and sensory perception that the possibility for something greater was seen by the Earth Being—a creature that could move, explore, and express in a way that would reflect the deepest nature of the Earth's own intelligence. And so, from that point onwards, the focus swung around to developing a creature of this nature, which would, as it turns out, become the bodies through which we live today.

In both cases of development, the growth and 'effectiveness' of the creation was directly related to its ability to move within and sense the environment in which it existed. This is perfectly reasonable because without such sensory faculties a life-form is very limited in its ability to explore, interact and express. Something that cannot move, see, hear, smell, taste, or feel is not capable of expressing the deepest and highest nature of the Consciousness that is behind its existence.

The development of sense perception is a key factor in the development of a vehicle that can accommodate and express the fullness of Consciousness. Indeed, without sense perception, the 'physical' dimension would not really exist, and there would be nothing much to discuss. This is because the things that we see 'out there' in the world and are collectively moved to name as being 'physical' are a sense perception of the Earth psyche itself. I will elaborate on this as we proceed, but for now it is enough to understand that as creative Beings we rely upon our senses to inform us that our ideas are taking place. Without our senses, it would not be possible for us to gauge this or know anything about the world we live in, and our experience would be one of an eternal, meaningless moment.

Remember our 'making a cake' analogy from before? In this creative undertaking, we had the intention to make a cake and then our attention to that brought it about as a physical reality. But how did we know this?

The only reason that we knew our idea had become a reality is because we sensed it. In fact, all five senses were engaged in giving us feedback when making our cake. Sight and touch allowed us to find and select the ingredients and navigate around the kitchen so that we didn't bump into things or put the wrong ingredients in our mix. Smell informed us whether the cake was cooking well or, if we had miscalculated somehow, that it was burning. Hearing alerted us to the fact that the timer was sounding, inviting us to check the status of our creation. And finally, of course, it was the sense of taste that allowed us the final triumph of enjoying our delicious masterpiece.

What all this amounts to, is that our senses are a feedback mechanism that allow us to interpret and interact with what is going on 'out there'. In terms of creativity, it is only



through the senses that we can come to know that what we intend is actually happening, or not. And it is the same with the Earth Being. Just as you are the Being that expresses and, through the senses of your body, experiences your ideas as creation and event, so too the Earth is a Being that expresses and experiences all things that have been created and happened since it first formed.

In this way, the Earth is a sentient Being having the total experience of everything that exists as it and on it. This experience is therefore *sensational* as the culmination of everything that is going on at any moment, in the same way that you are the one having the sensational experience now of everything that is going on in your body and your world.

So what then, you might ask, is the difference or relationship between the Earth experiencing the reality of your body and life, and the 'you' that is experiencing the reality of your body and life? That would be a fair and also brilliant question, the answer to which can only come from fully understanding the conditions that birthed us as self-aware creatures, which we are well on the way to doing.

Armed with this new information—that the Earth is a sentient Being and all the creatures on it are sensory receptors that take in and feed back information to inform it of its own creativity—let's now go back to the early days on Earth and view it through this lens.

At all times, and at any given time, whatever exists in the world we could say is the *body* of Consciousness and represents an expression of the ideas and intentions of the Being behind it which, in this case, is the Earth Being and the extension of itself through every creature it has made. In the early days, however, there was virtually no awareness of this. Even today, there is little awareness of this. Wind the clock right back to the beginning of the Universe itself and we would find that there was absolutely no 'awareness' of this or anything at all, simply because there was nothing to be aware of. After the first emergence of matter, there would have been the first glimmer of awareness—a faint inner sense of beingness, but no knowledge of what that was at all. Accordingly, things took a very long time to get going in terms of the development of life-forms on Earth because until the creation of the senses there was no way that Consciousness could 'see' and know what was going on. Without that kind of feedback, the Earth was 'in the dark', so to speak, with regard to having any real understanding of itself.

As sense organs developed, new and more complex life-forms came into existence. It was in the early Cambrian Period that the eye began to develop, and it is this that fuelled the 'explosion' of creativity and the appearance of all kinds of creatures and

forms. The Earth could now see through certain life-forms, and consequently learned a great deal in comparatively little time. It could now play around with—and bring forth—many different expressions of itself as creatures that could interact with the environment and each other to form elaborate ecosystems, which we could equally call specific *plays* of Consciousness. It would also have been around this time—perhaps towards the end of the Cambrian period—that the Earth's basic awareness first stirred and turned towards the beginnings of consciously creating a vehicle for the higher expression of itself.

Over billions of years of continued experimentation and growth, the magnificent human body began to emerge as the Earth's answer to providing this vehicle. Human-like creatures lived on the Earth some four million years ago, SST, but the earliest humans appeared in the order of a hundred thousand years ago. They lived as hunters and gatherers, and much later as farmers up until about 10,000 BCE, and from that time until now, creative man has developed at a tremendous evolutionary pace.

It was in the period between 70,000 and 40,000 years ago that humans first began to get a sense of who or what they were and their relationship with the environment, and this was the precursor to what would culminate as the dawn of human consciousness. It is generally agreed among anthropologists that it was around this time that art, as cave drawings and paintings, first appeared. This is a clear sign that early humans were beginning to identify with the things they encountered in their world. Consequently, this indicates that the faculty of memory was there or emerging, as these people could obviously refer to imagery that was not in their 'present moment', i.e. the bison they saw while hunting that day was not posing politely beside the artist painting its picture. So, it is evident that around this time, humans were beginning to develop memory.

This is an extremely important point because it is memory that allows us the self-awareness that we have and are so familiar with today. Without memory, this sense of self could not have ever begun to develop, because a large part of what we know as our 'self' is an image, or thoughts, of who or what we think we are. And those thoughts are based upon a mix of identifications with various things that are not in this moment, i.e. things in or from the past, which is memory. Understanding memory, and how it came to be, is key.

## Memory

The emergence and development of memory in the human animal was profound—possibly the most significant, powerful, and influential experiment ever performed on Earth. It is through the establishment of memory that the intellect and thinking became possible, which in turn, allowed humans to gain a sense of individuality, or self. It is also this ability to think that has enabled us to be the very creative Beings that we are today.

The suggestion that it was the emergence of memory that spawned increasing growth and creativity through humans should not be too difficult for us to accept because clearly it is the memory capacity of a computer, for example, that facilitates unprecedented creativity and growth in a technological sense. Memory, wherever and however it is established, is a powerful evolutionary tool. So how, and why, did it begin to develop in the primitive human animal?

Remember that the human body emerged as the vehicle through which Consciousness could express more fully. But what does this mean exactly?

Using the analogy of humans creating intelligent robots once again: after developing them to the point where they could move and sense the environment they existed in consistently and reliably, what might it be that would make them greater, more like us, and something that would facilitate an extension or expansion of creative possibilities?

There is only one answer: they must be made to be more autonomous somehow, made to become creative agents of their own accord, independent of us as the creator. As the human beings designing and developing these machines, we would have to look into our own experience to see what it is that gives us our capacity for individual creativity, and then affect that somehow in the robot. The challenge for us, therefore, would be to develop the robot's Central Processing Unit (CPU) to have sufficient processing power and memory (or access to memory) from which an artificial intelligence and creative ability might then emerge. So, in a similar way, the challenge for Consciousness at the time was to develop the primitive animal to incorporate the functionality that allowed Consciousness itself to be creative.

Knowing that in the natural state, memory was an immediate and inseparable part of the appearance of anything, and that the movement (vibration) of Consciousness between that appearance and the memory or knowledge of it generated an intelligent creative state, then to affect something similar in the individual primitive body could be the way to achieve the intended autonomy.

Allowing the flow of Consciousness to move or push out through the senses and reflect off the Creation—what was 'out there'—achieved the necessary effect, and it is this movement that began the development of memory and the human mind. Being possibly the most significant event in the history of the Earth, I will expand on this in much greater detail very soon. But before doing so, it will be advantageous for us to appreciate the situation prior to this powerful turning point.

Primarily, the most important thing to understand is that the senses of the primitive, pre-self-conscious animal that was to become an autonomous, creative human, were receptors only, just like all the other creatures, as we have talked about previously. As receptors, their function was to *receive* information—specifically whatever the moment was communicating to them as a function of them *being* there. Their 'being there' was in turn a function of them having been guided there from within—instruction from the psyche of the Earth from which all things are born and directed.

Effectively, this guidance from within is synonymous with instinctive animal behaviour, and the way it worked, and still works, is that information received from the environment is fed back through the senses of a creature to the psyche of its species. That information then moves the creature in accordance with its evolved programming, and the cycle repeats until death, determining the exact nature, behaviour, and characteristics of the creature in question. This cycle of relationship between the inner and the outer creates an ongoing intelligent expression and it was, and still is, a perfect guidance system that directs all Earthly events to unfold as they are intended.

Before Consciousness began to focus specifically on the primitive human animal as a body capable of expressing more fully the nature of itself, those bodies lived in absolute alignment with this natural system. They lived in the natural state—that pre-existent and eternal singularity from which everything comes and goes. As far as they were concerned (if they had had the self-awareness to be concerned), their experience was one of being completely here and now as one with the Earth—an integral part of the workings of one mighty Being.

Therefore, as an animal, the primitive human body was a sensorily receptive, biological machine that had no awareness of itself.

It is quite challenging, however, for us to get a sense of what this might really mean, or be like, as a reality because most of us today have a *huge* awareness of ourselves as a body that exists in time and space. This sense and awareness we have occurs for us because of memory, but more specifically, from what memory allows—thinking.

Primarily, thinking is the distinguishing feature that marks the difference between primitive animal and modern human beings. The very first humans could not think.

The fact that our early ancestors could not think in the way that we know thinking to be today is difficult to appreciate, but it has major implications. Without this ability, the early people had no sense of being different from, or separate from, the world they lived in. Without memory and thought, they were not able to *identify* with anything, and therefore there was no opportunity for any kind of 'identity' or entity—the self—to develop and arise.

The first humans were entirely *selfless*. They had no concept of you and me, yours and mine, and therefore they had no sense of ownership either, other than the natural sense of belonging to the environment in which they lived. Without a sense of separateness and self, nor any idea of themselves as individuals disconnected from one another and the Earth, the early humans had no personal feelings either.

Remember, they were a part of the whole, and although their bodies would have reacted to stimuli, and perhaps whimpered in pain if physically hurt as any animal today would do, they could not *identify* with that pain. Such an event would come and go, impacting upon the creature and leaving residual instinctive knowledge behind, but without the faculty of memory, the event could not be revisited, rehashed or analysed in the way that is possible for us to do today. Consequently, there was no opportunity for the energy of any event to linger and distort to become what we now know as 'emotional' or 'psychological' pain. At this stage of development, such personal pain was something completely unknown in the Universe, let alone the individual.

Further, the concept of time was not something possible for the early people. They had absolutely no sense of it because it is thinking alone that gives rise to the sense or notion of time. This is because memory facilitates our ability to differentiate between this moment now and the moment just passed, and thinking is the movement of energy between now and the past. It is this movement, and the awareness that it creates, that generates a sense of time for us. Without the ability to think, there is no time in the way that we know and work with it today. Accordingly, life for the early people was an entirely *timeless* experience.

When I say that early humans could not think, this does not mean that they were stupid or foolish in any way. They were simply animals evolved by the intelligent Consciousness of the Earth and in many ways far more 'wise' than today's humans. Would we observe the behaviour of any natural creature, the beauty of their being, the incredible displays of their interaction with each other, and the skill with which they build and navigate their

worlds, and say that they were foolish or unintelligent? No, not at all. Nature is a perfect system and if we were ever going to attribute the words 'foolish' or 'unintelligent' to the behaviour of any species it would surely have to be today's humans, who clearly live in ways that damage each other and the environment they live in.

The existence of 'non-thinking' humans is perhaps nearly impossible for us to come to terms with today, because we all think a great deal now. In fact, in almost every school and university around the world we are taught and encouraged to *think about everything*, and it would seem difficult, or even impossible, for us to stop doing it. Nonetheless, we cannot ever think our way to understanding the reality of not thinking. The 'non-thinking' early people were no less—or more—than very fine animals living their lives in alignment with the life Source as expressed through the Earth, as were all the other creatures in the kingdom. But unlike all the other creatures, early humans were the focus of an opportunity to evolve a creative creature that could be independent of the Earth's own creativity.

Of course, it is exceedingly difficult for us to know the exact details of what happened to facilitate the transition from animal to human, but as I mentioned at the beginning of this section, this information is available at a very deep level within us. To piece it all together precisely—if it is at all important to do that—would require the cooperation of many people in many areas of research. But the transitional dynamic I am endeavouring to explain here is twofold and directly related.

First, a creature was developed so that it could express the full nature of Consciousness, which in turn affected the experience of Consciousness, and second, as a result of this expression through the creature, the nature of that creature began to mutate, specifically the brain and its ability to process information.

Energy began to project out through the senses of the early human body (primarily the eyes), pushing against incoming information from the world outside. This action interrupted the natural flow of Earth Consciousness, and created a momentary and virtually immeasurable pause. It is possible, and also most likely, that there was an initiating mutation in the brain of some early tribes that facilitated this ability to project. The pause generated by this projection created the opportunity for an afterimage to form as a reflection of what was there in the moment, a reflection of the Earth psyche itself. This was the beginning of personal memory.

The image generated was a faint impression, but it was also the first interpretation of 'reality' through the human brain. Although what was seen could not yet be named, it was something that now remained and lingered in the otherwise clear space between

the psychic world and the physical world. Remember that the natural state is a place where there is no difference or separation between what is psychic and what is physical—they are two sides of the same coin, mind and matter, one complete reality of eternal being. Or, as stated before, the physical world is only a sense perception and interpretation of the true psychic world. Both definitions are correct.

In the natural state, energy flows out from the psyche and back through the senses in an immediate and eternal movement of intelligent action or play. But now, the effect of Consciousness pushing against this flow created a new vibration in between, and it was this which began the development of an entirely new environment, one that is now more commonly thought of as the psychic world. Thus the second vibrational world or reality was born, as I mentioned earlier, and this is information never known or revealed before. This new vibrational world is the place that would facilitate the development of an independently creative creature, fuel the drive towards civilisation, and at the same time unknowingly create the environment for suffering to arise.

It is important to understand that the original psychic world—the world of universal mind—is, in the first place, clear and non-existent. From the perspective of the human animal it is truly the Unconscious. However, over tens of thousands of years since the first impression was made, the unconscious has been layered over with uncountable numbers of impressions to become what is now a substantial world thick with images, sounds, smells, tastes, concepts, words, and emotions. It is a world of memory or past; an ethereal mirror image of reality itself, and to name it would be to call it the subconscious—the place that gives rise to the human psyche, or mind.

This psychic world of the human mind is a place that is built through repeated inputs from every moment of human experience. As a result, the possibility then arises for imagery to form that is representative of the external world. You can get a sense of this right now by looking at this page for a moment and then closing your eyes. It is possible, and relatively easy, for you to remember what you just saw as imagery in your head, isn't it? This is because, as the word suggests, it is a re-remembering of an image built from links in the past, i.e. things (this page, and other things like it) you have seen before.

The human psyche is now unfathomably deep, rich, and thick with information, and it is a place where many things dwell, arise, and occur. For example, being a place full of imagery, it is here that the opportunity for us to imagine is possible, and it is where we are when we dream. This subconscious world of past is also the intermediate zone we pass through and experience after death of the physical body. Further, the existence of this dimension supports all concepts pertaining to soul, karma, and reincarnation, and it

is where the self or ego dwells and draws its energy to survive and influence events on Earth.

Finally, it is due to the existence of this second vibrational world that the idea and opportunity for a struggle, or battle, between good and bad, right and wrong arises, and therefore it is the only place where any notion of evil can ever be born—and survive. In a nutshell, although the human psyche is an interesting, influential place, teeming with information and opportunities, its existence allows people—you—to be manipulated and controlled by the energies (entities) that are grounded there, to the degree that you are *attached* to it. Consequently, the essential outcome for you as a spiritual seeker—or you as someone who just wants to experience a great life—is to detach yourself from the influences of this secondary world of past and realign with your natural state of being. How to do this will be covered later in the work.

To summarise this section, its main points are: Memory has arisen as a result of Consciousness projecting out through the senses of the primitive human body and reflecting off the Earth Creation. This has formed a new environment that is now commonly referred to as a psychic world, the human psyche as we know it, and it is a very powerful place of influence. Effectively, it is a world of past, and it allows thinking and intellectual creativity to occur. This activity engenders the development of individuality, or the self, and all things pertaining to the emergence of modern humans and their civilised world.

### **The Unbelievable Ancestors of Self**

It is important to keep a sense of the reality of these transitional times, even though it is somewhat challenging to do so. And that reality is that because of the newfound ability humans now had to reflect off the Creation, the experience for them began to change profoundly. They could now 'see' the light of day and the splendour of the Creation in a way that they had never experienced before. Their eyes had been opened. But not only did the experience begin to change for each human animal body, the experience for the Earth as the creator of those bodies also began to change. Let me explain...

As I mentioned in the previous section, it was a point in time that marks the most profound event in evolutionary history; the place where primitive human animals began the transition to modern thinking human beings. And to reiterate, the nature of this transitional dynamic was twofold and directly related. First, the human animal was developed so that it could express the full nature of Consciousness and this, in turn, affected the experience of Consciousness. And second, as a result of this expression



through the animal, the physicality of the animal began to mutate, specifically the brain and its ability to process information as a result of the emerging world of memory.

This processing of information through those human bodies allowed each body to begin identifying with the Creation, and in turn, a sense of being something separate from it began to emerge. Consequently, as the identification increased, so too did the sense of separation from it, which fuelled a growing sense of individuality, or self. Or in other words; as individuality, or selfishness, grew over time, the human connection with the Earth and the natural state diminished. The human experience of Universal Consciousness began to reduce to express through each of us as what we now know and name as the ego.

From the first days of humans looking out to understand the world in which they lived until now, the brain of every body has been engaged in a long journey towards understanding that world and our relationship to it. This takes us right back to the beginning of the work where it is noted that humankind's wondering about who we are, where we came from, and why, is the impulse behind both the scientific and the spiritual quest for understanding. This ultimate understanding is the essence of the journey or path to enlightenment, being a total knowledge of both the inner and the outer. This maps the general territory we are heading in understanding the civilisation of our species, and the meaning and purpose of our lives.

As the Earth's own Consciousness continued to push out through the bodies of early humans to reflect of the Creation, more and more images of what was 'out there' began to gather in the emerging human mind to become perceptible or cognisable things.

Taking the caveman art of drawing bisons as an example once again to help us understand; after sufficient reflecting off the reality of bisons in existence, an image of 'bison' began to form in the new vibrational world of personal memory. Thus, the people of the time could express these emerging mental images as drawings and paintings in their caves. But not only could they identify with the animals they hunted each day and the environment they lived in, they could also begin to identify with all things, every thing, including their own kind. They began to see and compare themselves with others to note differences between them in appearance and behaviour, and although they could not necessarily express those observations, concepts and understandings began to stir within them. Comparisons and associations like these continued to increase, building and strengthening an emerging conceptual world as they did. After a period of time, this accumulation of conceptual imagery became information that begged to be referred to somehow.

As an extension and adaptation of the natural expression of sounds the early human animal could make, the naming of things could now begin to develop. The consistent expression of the same sound for a particular thing developed over time to become a specific word for that thing. Such a word, of course, is a noun. Equally, the actions, behaviours and relationships between those named objects encouraged the formation of other words to explain them, and this describes the development of verbs. It was in this way that the basis of language emerged.

As naming and language continued to develop, the early people found they could use it to communicate with each other. Words and phrases could be formed to share ideas, and the opportunity for increased creativity and complex social structure—indeed culture—now became a possibility. And as language continued to evolve, creative opportunities to use it also became a possibility.

The more eloquent discovered they could use language to craft and share stories about their experiences. Over time, they discovered that they could even embellish these stories with additional information drawn from memory—to present ideas to others that were perhaps more imaginary than descriptive of actual events. Naturally, these story tellers came to learn that their embellished stories were sometimes more interesting than the truth, and eventually the ability to tell stories that were constructed entirely from disparate memories became possible. Thus, the notion of fiction was born, and in the knowledge that such stories could be told and received with great interest, so, too, it may be here that the beginnings of entertainment—maybe even humour—first arose. These fictions were the first departure from observing and reporting on fact alone. They represented a kind of pseudo-reality, which in turn offered all kinds of new creative possibilities.

This is an exceedingly interesting and significant point. Before the human psyche formed, the primitive human animal could only respond to its immediate environment, the physical world. And although the awareness had not yet developed, the experience for those primitives would have been one of being and knowing where they were in every moment. If they were looking at a tree, then they were looking at a tree. Straightforward and simple. But as language developed, and people began to share stories with each other, new possibilities began to arise.

The *concept* of 'tree' was something that could now be discussed, without the necessary existence of it as a physical reality in the moment. Consequently, the emergence of the conceptual world of memory introduced an entirely new principle; *belief*. For someone who had never seen a tree before, someone else could now describe to them what a 'tree' was. And so, without them ever having had the direct experience of 'tree', they

could see it in their mind's eye, and could believe that it was true. It was this newfound ability to believe in things, and further, to believe in them collectively, that has allowed humans to unite in certain mindsets to become the all-powerful, controlling force that we now are on this planet. Ideas of this nature are beautifully expressed and explored in great detail by Yuval Harari in his best-selling work *Sapiens—A Brief History of Humankind*.

The ability for us to tell stories, share ideas, and believe in them is the main driving force behind the emergence of civilisation, and as such, those who were best at it often gained great power to influence and control others. They rose to become rulers and authorities in the tribes, communities and nations to which they belonged. For the first time, something other than evolved animal physical strength and fitness could now be used as a determiner of status.

Interestingly, today the ability to use language effectively is considered an indicator of intelligence and therefore a powerful 'fitness indicator' in a biological sense. Mate choice by both sexes over time has focused increasingly on intelligence as a major heritable component of biological fitness.

Although language was now known and being used by the early people to communicate with each other, we must remember that it was not just human knowledge—it was Universal knowledge. The developing skill and ability to use words could also be used by the Earth itself to inform or direct a person as well. This could have occurred at any time as a communication from within a person's own being. Hence, it is possible to understand how personal conversations with, and guidance from, these voices may have birthed the fundamental basis of a relationship between humans and a separate and greater source or power: God. This inner dialogue would reduce over time to become the common experience of what we now know as 'self-talk'. Coupled with some other powerful events that were about to happen, the ground for early humans believing in God or other influential forces separate from themselves would be firmly established.

The continued growth and expansion of interpretation through each early human body and brain gathered, fed, and strengthened the effective existence of the human psyche. As a place under construction, not unlike the way in which the universe itself began to form, the possibility for a kind of alter-Consciousness or phoney Spirit also began to arise as the environment became more substantial.

In the same way that all creatures have a Spirit—a unique Consciousness of their own given the arrangement and interaction of all the firmamental bodies from which it is

made—so too phoney spirits began to arise from the existence of memories in the world of past. Here in this place these emerging Spirits or entities began to realise that they could influence the Creation in varying ways and degrees depending on their strength and power.

Because they dwelled in the zone between worlds—between the psyche and the physical—these entities effectively ‘stood’ between what was intended and what appeared; stood in the way of the natural immediacy and intent of eternal creativity and expression in the Universe. This allowed them to operate as ‘agents’ of Consciousness, go-between Spirits in a real but secondary world, and they began to see that they had the power to affect existence. They learned that they could influence the behaviour of things on Earth, and the unfolding of events, by influencing and communicating through the Earth’s creatures—any human, animal, or in fact any expression in existence at all. They began to turn things into something more aligned with their own intentions, and eventually developed the power also to appear or materialise from this intermediate, ethereal world as anything they wished, and at will.

These entities were indeed powerful, influential forces, and it is interesting to note that there is a great deal of evidence to support their existence. There are stories from our ancient history that talk of a time when these entities lived and walked with mortal human beings of the day, and the essential nature of what they did has been captured and reported to us today through the myths and legends that appear in the history of every culture on Earth. These entities were the gods and goddesses of our ancient past, and the ancestors of our modern sense of self.

### **God and the Gods**

The idea that there was a time when powerful Beings lived on the Earth is perhaps entirely unbelievable, ridiculous, or at least somewhat disconcerting to many people today. Or, it is possible that there may be a faint resonance in you, and you intuit something true or interesting about this idea.

On the face of it, however, it is completely reasonable to be doubtful. As we are Beings who increasingly require hard evidence to support new information or ideas—which is a very reasonable and intelligent approach—then obviously most of us have not had the experience of seeing things, creatures, or entities appear spontaneously out of the ethers to disturb or entertain us. But, on the other hand, is it reasonable for us to wholly disbelieve or reject the writings from so many cultures that express stories of a similar idea—super-Beings with extraordinary powers participating in Earthly affairs?

Today the archaeologist attempts to piece together and understand our past from physical evidence gathered as remains and artefacts. Therefore, by a similar measure, it is also possible for us to gain a better insight into our past by seeing that the myths and legends are pointers to the conditions that birthed us as creative humans. Myths and legends, after all, are stories from long ago that have been passed down from generation to generation and finally recorded. And stories that are told and retold over time in this way usually become embellished and distorted in the process. But for us to doubt, dismiss, or otherwise categorise the myths and legends as fiction only is akin to saying that today's stories from our journalists who report on events they witness, are also entirely fictitious. In both cases, the originating event from where a story arises is true, or at least in the region of being true.

It may be difficult to accept this idea, however from another point of view it should not be so difficult at all. Today it is possible, and indeed very easy, for us to project ourselves and appear instantly to other people through the technologies of Zoom, or Google Meet for example, and soon we will be able to materialise for each other as holographic forms as well. These powers are in the direction of what we are talking about, and the only difference is that they are dependent upon specific technologies, rather than by conscious control of matter directly from within.

It is the Origin view that the drive behind the development of these technologies—which are getting faster and more real, rapidly—is an externalisation of our deep and distant knowledge that we are powerful creators capable of controlling matter directly through psychic manipulation. This power will eventually be realised through our ability to align ourselves more deeply with the principles revealed in quantum mechanics. If space is a 'boiling, bubbling brew of virtual particles popping in and out of existence', and our human form is nothing other than a specific arrangement of these particles, then clearly if we can become more consciously aligned with this functionality, we will then be able to pop in and out of existence just like the gods we are trying to emulate.

Although it may be challenging for us to embrace this idea of manipulating matter consciously from within, what is far less challenging and something perhaps everyone has experienced, is the feeling of being 'entered into' or influenced by some other force or energy that attempts to control us. In fact, people do this to one another quite regularly in daily living. Have you ever been around someone and felt uncomfortable because, if you are perceptive enough, you can sense them trying to manipulate you in some way to get what they want from you? It is a sense of being invaded or violated, isn't it? This is a version of—and indeed, a descendant behaviour from—these first controlling entities from long ago.

Something that can also help us understand the situation at the time is that the very nature of existence was different then to what it is now. Reality itself was far more ethereal, as it was not yet overly affected by the substantial build-up of past in the secondary, intermediate world. There is, of course, no way of proving this, because the entire Creation today is one that contains the existence of the secondary world, including everything we might dig up from the past. *Everything* we see and know is affected—we are living through and amongst it—so we cannot compare the old with the new and measure the difference. But the existence of the secondary world within the natural world describes perfectly the reality of the conceptual ghost in the machine, and it effectively ‘thickens’ the physical world and slows things down. It makes it considerably more substantial, turbid, difficult to change.

Incidentally, but quite importantly, it is this turbid nature of reality as it is now that slows the movement of Consciousness through it, and the speed to which it has been slowed is measured and known to us as the speed of light.

Before the development of this intermediate world, existence was freer and lighter—the ability for things to form quickly and easily was the norm. An entity could appear or disappear, or change form with little effort. To suggest this now might sound unreal, whimsical, or perhaps even magical, but the way in which it was achieved was not magical at all—it was merely a function of intending into existence the reality of what was desired. It was no more difficult for these entities to do this than it is for you to move your body in any way you wish, in accordance with your intentions. But to the early humans observing these events, it was a very different situation.

Remember, that although the early people were helping build the world where these entities could take hold and exist by feeding it with increasing interpretation and naming, they themselves had no awareness of this. Still, they were observing the performances and events, and they were deeply influenced—and no doubt quite disturbed—by what they saw.

If we read some of the stories from this time, we can see that many strange and grotesque things occurred. In fact, it is quite clear from the myths and legends that the behaviour of the gods in their time regularly involved violence, and bizarre, promiscuous sexual performances. Zeus, for example, portrayed in art as a bearded, middle-aged man with a youthful figure, took on other manifest forms to engage sexually with mortals. He seduced the Spartan queen, Leda, by transforming himself into a beautiful swan, and Princess Danae by appearing as a shower of gold. He abducted the Phoenician Princess Europa by disguising himself as a bull. As punishment, he once chained the Titan,

Prometheus, to a rock, and arranged for an eagle to peck at his liver for eternity, for no other reason than he had given the gift of fire back to humanity.

There is no end to the disturbing stories from these times. It is interesting to consider, however, that due to the nature of these performances, it is perhaps here, as mentioned in the previous section, that the idea of powerful, supernatural forces—gods—might have first arisen for mere mortals. Remember that prior to this occurrence, early humans were fearless masters of their environment, just like all the other animals in their respective ways. But now they were witnessing unusual and disturbing events that were otherwise unknown in their experience. And as they were witnessing, the interpretations they made became imagery and concepts that added to the human psyche, further strengthening the power and hold that the gods had over them. When all these factors are considered, it seems completely fair and reasonable that a strong, genuine impulse for both fear and worship of these other-worldly Beings would have arisen.

The fact that some myths report how the gods could sometimes appear from nowhere, and also had full reign of the skies, may explain why the idea that humans came from extra-terrestrial influences—from 'out of space'—is popular for some people. There is an element of truth to it. Yet perhaps more important is the fact that during their time, the entities from the intermediate world manipulated the natural reality to such an extent that intervention was eventually necessary. They were interfering with the perfection and intention of the Earth's expression—libertine sexual behaviour and violence toward mortals being perhaps the main areas of concern. It fits that humanity's deep-seated guilt and shame around sex has its roots in this place, as do our long-standing class and cultural vengeances.

If we study the myths of our ancient past, it is evident that the gods, goddesses, demi-gods, and other powerful entities present in the early days of humanity were often cruel and manipulative toward mortals. Today, it might be easy for us to want to judge these entities as being bad or wrong in their actions, but to do so would show a lack of understanding of the times. The disturbing acts and performances by these powerful forces were something more akin to a game rather than a conscious act of harm towards others. Because a sense of self, personal feelings, and the notion of ownership were still not really known or understood, there were no agreed moral codes of behaviour at the time—all of this would emerge and develop in various ways all over the world in the wake of these unusual and influential events. The entities in the intermediate world were simply 'playing around in the matter', and were no doubt enjoying the experience as well. Their interaction with the human body began to develop an awareness of the sensations possible in it, especially the powerful sensation of sexual arousal and engagement—the primary force of creation in the Universe. The

gods and goddesses loved and indulged this sensation, and, coupled with the complete freedom to express and arrange things as they wished, they were powerful forces to be reckoned with, and perhaps the greatest artists of all time.

But their days were coming to an end. As more and more entities arose, they were virtually forced to attach to specific physical bodies for their expression and sensual experience. It was simply a numbers game, with emerging entities beginning to equal, or perhaps surpass, the number of human bodies alive and available at any one time. More importantly, it was the realisation and experience of sensual pleasure possible in the physical world that drew entities to attach or embed themselves more deeply into a body. Here they began to take direct control of the body through the possession of its brain, and could continue to direct it toward the satisfaction of their own individual desires. It is this attachment to the body that has grown over the millennia to become an almost inseparable identification with it today. The extension of this attachment to, and ownership of, things in the world through the body forms the basis of the entity we now know and name as the ego (or self; the two words are interchangeable).

A good way to get a very accurate, overall understanding of the situation would be to consider the experience of a 'gamer'—someone who plays interactive computer games. From the perspective of any character in the game (which is the equivalent of the human body in the Earth story), the gamer is the controlling consciousness. Those characters, of course, would have no awareness of this, and neither did the bodies of early humans.

The gamer is an independent entity who directs the characters to have certain experiences. Those experiences register for the gamer as real sensations—the thrill of adventure, the tension of challenge, the relief of support, the despair of losing, and the ultimate satisfaction of overcoming and winning ... and it's all a lot of fun—even getting killed is not so bad, because the game can simply be reset, and off they go again.

Essentially, this describes the relationship between psychic controlling entities and the human body. The body is directed by the entity to have certain experiences. If that body happens to die, although it cannot be resurrected by any normal means, the entity can easily inhabit another body when the time suits.

Gaming is fun, but it is also a potentially addictive behaviour. When the technology develops to support the ultimate expression of gaming as a three-dimensional, all-encompassing sensory experience, it will no doubt become an extremely attractive, perhaps even an irresistibly addictive pastime for gamers, and maybe the greater part of humanity as well.



With such a technology, it would be possible for us to inhabit characters of our own choosing, our own making, and insert them into imagined environments to explore and have any kind of experience we desired. We could indulge an array of activities and sensations, limited only by our own imaginations.

In the highly competitive and sex-obsessed mindset of society today, it is not at all difficult to see that many people might choose to indulge all kinds of battles and sexual fantasies, to feel the extreme excitement and pleasure of these experiences in their own bodies.

Is the possibility of being able to do this beginning to sound familiar? This was the reality for the gods and goddesses from long ago that we have just been talking about, and it is the mindset that drives the ego today—to have what it wants for selfish pleasure alone.

With the presence of ego imposing upon the natural guidance from the Earth, the otherwise innocent human body had now become a battleground between powerful forces with conflicting agendas. At best, a cooperative balance between the two would enable rational thought and healthy creative autonomy to advance, but out of balance would create a tension that would lead to every kind of emotional and psychological disturbance that a human can know. This dichotomy is the situation we find ourselves in today. It is the *human condition*, and it impacts upon every one of us in various ways and degrees.

### **The Emergence of Civilisation**

Balancing the forces of natural guidance with ego in the evolving human body, and the events that have arisen as a result, underpins the story of civilisation and human history for the past 70,000 years or so. But perhaps more important to note is that inherent in this balancing act is the seed of personal dysfunction and the accumulative effect this inner turmoil has upon the world.

Every human born from those first days up until now faces the challenge of balancing guidance from the Earth with the force of individuality, or self. Simply stated, when the two forces are aligned, everything works extremely well in the world, as intended. But when they are out of alignment, things begin to go wrong, both in our personal experience and the world we live in. We are now going to have a look at what this all means and some of the major historical events that highlight this journey of humans coming to terms with the forces that created them.

Because of the fact that Consciousness—which we can now equally refer to as God or the Divine (and I will here and there)—is all there is, and that we are a product of this God, then every person without exception seeks some kind of emulation of, or relationship with it. Every behaviour ever exhibited towards feeling grand, powerful, intelligent, expanded, or high is simply an attempt to align with the essence of who and what we truly really are. No matter by what means this alignment is sought, the impulse behind it is universal as a seeking to be Divine.

The more conventional ways in which humans seek to find this relationship forms the basis of every religion throughout the world. Current statistics show that about 85 per cent of people across the globe today are religious by some faith. Christianity constitutes the majority with approximately 31%, then Islam at 25%. The next highest, at 15.5%, are those who claim to be non-religious, but this figure includes people who might sense the reality of a Greater Consciousness, but do not categorise it as any formal or traditional religion. Closely following this group is Hinduism at 15% and then Buddhism at 5%. The remaining 8.5% fall into a numerous variety of other religions and beliefs. These statistics clearly indicate that almost all human beings have a sense of, or seek, a relationship with a greater power as the Creator of all things.

However, no matter the specific means or beliefs by which a religion is formed and followed, an overall way to gain a clear and easy understanding of the relationship between ourselves and our Creator, and in turn understand the dynamics that gave rise to every religion and our moral codes as well, is to once again put ourselves in the position of the creative Being behind the original Creation, as we did when we learned 'How to Build a Universe'.

The development of the Earth—including the creation of humans—was an experimental and creative undertaking by Earth Intelligence. It still is. But as we can now see, the emergence of the secondary world of the human psyche allowed for other creative forces to arise and affect what was otherwise the sole intention of the Earth. Clearly, this extension of expression was intended as a desire to develop autonomous, creative individuals. However, exactly how it would impact upon the Earth and its creatures was something completely unknown at the outset. How could it have been known when the experiment had never been run before, and therefore never experienced?

The situation is similar to what we might face with the development of intelligent robots. If, or perhaps it is truer to say when, we manage to create them with sufficient artificial intelligence to become autonomous creative machines, what will be the outcome? Will they serve us, or will they destroy us? And although this idea has been at the forefront of science fiction writers for a very long time, most often with very dark

outcomes, the answer is that we cannot really know. In the same way, the Earth Being had now created animals with creative power, but with no real idea of what the consequences might be.

The situation was a first in history. The Earth was trying to control everything as it knew how, through the natural mechanism of its own Consciousness and Intelligence, but there were now numerous other creative Beings—born of this same Consciousness—who also had power to affect the Creation. If their actions were desirable and brought benefit, things could grow and continue to develop beautifully. But if their actions were not in alignment with, or conducive to, the intentions of Earth Intelligence, then clearly there would be an issue. Something would need to be done.

An analogy to help understand this situation, and allow us to consider it from the perspective of the Earth Being, is to look at the relationship that parents have with their children. Of course, this exercise can only truly be appreciated by those of us who are parents, but the dynamic I am about to describe will resonate for most people.

Our children have the potential to grow to become autonomous creative Beings that can contribute to the whole, for the good of the whole. We do our best to raise them in a way that ideally both provides for them and also allows them creative expression as they develop. Similarly, the Earth was working with developing human beings, providing for their needs and helping them grow to become autonomous and responsible creators.

Parents must allow their children the freedom to explore and experiment with their world ... but there are limits. There are times when parental intervention is required lest a major problem occur. At these times, we step in as parents and halt the behaviour, and perhaps also take the opportunity to deliver a little wisdom from our own experience.

Fundamentally, this describes perfectly the relationship between God—as expressed through the Earth Being—and humans. We are growing to become responsible, powerful creators, but collectively we are a long way from our full potential. And in the early days of civilisation, we were the equivalent of toddlers in a candy shop. The world to us then, was a total mystery and full of temptations. Controlling and educating early humans, therefore, was an extremely challenging task.

There is powerful evidence to support the fact that a significant event occurred on Earth as the first attempt by Consciousness to instruct and educate an emerging humanity en masse. It was a point in time when the primary moral code was decreed in the best way possible given the knowledge at the time, and there is both scientific and religious evidence—or indications—for this event. Fortunately, the religious evidence appears in

both the Islamic and Judeo-Christian faith, and, to a large degree, the Hindu faith as well. This indicates the possibility for agreement among most of the world's population on this matter.

The scientific story is one of a phenomenon called Vela X, and the religious story is the creation of Adam and Eve (and in Hindu, Manu and Shatrupa). Most people are familiar with the story of Adam and Eve, fewer with the story of Manu and Shatrupa, and probably far fewer know anything at all about Vela X.

Vela X was a cosmic event, a unique celestial display that scientists believe was a supernova. The event was observed as an intense ball of light, that registered brighter than a second Sun while it was active. The Sumerians of ancient Mesopotamia witnessed and recorded the event as the great God-star come to Earth, and it is believed that its occurrence directed the establishment of modern culture at great speed. It was almost overnight, in evolutionary terms, that the Sumerians gave the world writing, schools, a legal code, pharmaceutical knowledge ... and it is believed that they also introduced the first love songs—a fine demonstration of the fact that people were identifying with increasingly deeper sensations in their bodies. Interestingly, some scholars also support the idea that the roots of Judeo-Christian religion grew from this event, from the 'Tree of the Knowledge of Good and Evil' in the Garden of Eden, which is placed in the same area.

In both cases the year is determined to be in the vicinity of 4,000 BCE. But more important is that both events point to a moment in our history where a major intervention in human affairs by the Greater Consciousness occurred. The religious story is one of God creating Adam and Eve, and informing them of their place, privilege and responsibilities on the beautiful Earth that had been created. The Sumerian story is one of a powerful force influencing humankind, and bestowing upon them the fundamentals of civilisation. They represent different reports of the same event, one of 'starting again' in many ways, as all experience was considered and reworked toward achieving the original intention. It was not unlike a parent might stop an out-of-control game, asking everyone to start again and play nicely, or perhaps not unlike a gamer resetting the computer to have another attempt at the same game.

And what was the game again? What was trying to be achieved? What was the original intention?

It was to bring forth creative Beings; autonomous individuals that could explore the Creation, and express the fullness of Consciousness on Earth, *whilst simultaneously maintaining respect and appreciation for the Creation*. Therefore, as a rearrangement of

all that had been created and experienced, humanity was reformed, energetically 'tidied up' and reset for another attempt.

The roots of Christianity, Islam, Hinduism, and all other major religions as well, reach deep into history, back to the event of Vela X where the Earth experiment was assessed and the intentions of the Earth Being focused to reorder Creation to this end. Man and woman were made manifest, and in some cases, as immediate manifestations from the elements (the dust, or the 'boiling, bubbling brew of virtual particles')—as many creation myths suggest, and as we also now know is possible—rather than a birth via normal biological means. The fundamental message and primary moral code being presented to a new humanity was a request or order to obey God—to eat only from the Tree of Life—and never from the Tree of the Knowledge of Good and Evil. This clear and important message appears in the narrative of both the Bible and the Quran. So, what might it mean? What do these trees symbolise?

There is much scholarly debate around the exact meaning of these symbolic trees, however, in the context of what we have discovered, to 'Eat from the Tree of Life' means to live in alignment with God, the Earth Being's intentions. On the other hand, to 'Eat from the Tree of the Knowledge of Good and Evil' means to live in alignment with forces from the secondary world of past, where memories, and therefore knowledge at that level, existed.

It is interesting that in both Islam and Christianity, this secondary world is overseen by a governing spirit—Iblis or Satan respectively—who it is said would seduce any human that did not follow God's word. This is clearly stated in the Quran, 'I will tempt mankind on earth: I will seduce them all except those of them who are your faithful servants'. And this would be perfectly reasonable because forces or entities from the secondary world only ever have the power to successfully influence (tempt) humans in moments they are not living in alignment with (faithfully serving) God (staying true to impulses coming through directly from the Earth Psyche).

The command, however, was far more easily said than done. In the early days, it was extremely difficult for a human to know which impulses were which. There was not enough experience yet for any person to understand or know the consequences of their actions. Due to the natural mechanism of guidance whereby all the Earth's creatures are moved from within, and the senses provide the necessary feedback, then clearly the new humans could easily be led astray by what they saw. This is the essence of temptation. And even today we are still led astray by what we see in the world, and are only just coming to learn the consequences for living this way, for living 'out of alignment' with God, with Source.

It would be a long road for humanity to learn to live the way our Creator intended. And the only way that it could happen is by default, meaning, that we can only come to know what works after sufficient exposure to, and experience of, what does not work. The mechanism by which we learn this, is the underlying principle of Karma.

## **Human Guidance**

The Law or Principle of Karma is generally understood as the cycle of cause and effect—the actions we take in any given moment will affect us at some time in the future. Karma is not only concerned with the relationship between actions and consequences, but a popular interpretation of the word also suggests that Karma relates to the moral reasons or intentions behind our actions. For example, if we commit a ‘good deed’ for the wrong reasons—like making a charitable donation only to impress someone—such an action could be immoral, and produce ‘bad Karma’.

Karma is also associated with the concept of reincarnation or rebirth. The effects of any action we take in life can be visited upon us in a future life, and therefore the good or bad fortune we experience in any moment may be the result of certain actions performed in past lives.

The principle of Karma is most often associated with the classical traditions of India—Hinduism, Buddhism, and Jainism—and it is viewed as something that operates according to an autonomous causal law. By contrast, the religious traditions that emerged from the Middle East—Judaism, Islam and Christianity—perceive Karma in terms of ‘reward and punishment’ for human actions, yet its power is placed in the hands of a single Divine lawgiver, God or Allah. Therefore, what are we to make of these similar but conflicting ideas? Is there a common place from which they both arise?

Of course there is. We have clearly established that God is an all-encompassing creative Consciousness, not a single Being separate from another. Thus, the law of Karma is both a mechanism governed by God *and* an autonomous causal law. So, let’s look at how it works and the reason for its existence.

The challenge for early humans was to live in alignment with God, but it was not easy for them to determine whether a communication they received was from God or from entities in the intermediate world. It is still difficult today for us to know the difference. This is why Satan (as the symbolic ruler of the intermediate dimension) is often represented in mythology as a sneaky serpent who tempts us because forces from that world are, by their very nature, sly, manipulative and insidious, always trying to get our

attention so that they might live through us and sustain themselves. And these forces are just as present and active today. Our modern civilisation is alive with them in the guise of companies, for example, that endeavour to convince us that all kinds of 'things' are necessary for our growth and wellbeing, when this is simply not true.

For you to live in alignment with God means that you must always be moved from within by impulses from the Earth psyche, in the way that all the other natural creatures are. This is a simple, natural and extremely intelligent way to live, and when it is, the ensuing action is 'pure' because the impulse is expressed, experienced, and complete in each and every moment. However, when you do not move with these impulses, but follow 'temptations' from the external world, or your own needs, beliefs, or even fears born of your disconnection from Source, then you are immediately *out of alignment* with the pure intentions of the Earth Being. Consequently, you are out of alignment with the essential nature of *your own* being and this mismatch of action registers and remains as a substantial existence in the secondary world.

In the early days, this mismatch did not amount to much, because there was little substance to it, just as the first faint afterimage that began this world did not have much substance until further inputs helped substantiate it. But every time action was out of alignment, the mismatch gathered as a momentum of 'personal story' that lingered as the past to strengthen a growing sense of self. In this way, it could also be said that the substance of self is the karmic body.

Being an ethereal entity separate from the physical body it inhabited, this karmic body is something that could, would, and does survive death of that body, and comes again in time to inhabit another. Here the notion of reincarnation arises, and the enduring nature of this entity that can reincarnate provides the basis for all concepts pertaining to 'Soul'. By this logic, the definition of Soul would be 'an entity born of living out of alignment with God'. It is Consciousness infused with past.

Now this may seem like an unusual, atypical, or even somewhat disturbing definition of Soul, but it is not my intention to make it so. As stated at the beginning, this work is a deep dive, revealing a new perspective on reality, and as such, some things may be unsettling on the way. My intention is not to disturb; it is simply to put things in perspective. We are working towards a complete understanding of who we are, why we are here, what our relationship with the Universe is, and ultimately, how to enjoy our lives. And because you are still reading this work, the good news is that *you* are a part of the solution and have something unique and important to offer the world through which you will experience a fulfilment you have never known before.

To the extent that human action is out of alignment with the Source that has created it, out of alignment with God, the Earth Being, then the Karmic body continues to grow. And, as it grows, it has increasing power to survive and influence. Because it is a body formed from disconnection with Source, its growing presence eventually becomes disruptive and disturbing. This may take some time to show up—lifetimes perhaps—but the day comes when a person begins to feel that they are somehow not themselves anymore, or that something is fundamentally wrong in their lives. This is happening at an increasing scale across the globe now, and consequently more and more people are beginning to question and look for understanding, meaning and true purpose in life.

To come back into alignment with the Source that you are and be completely free once again, this imposter Karmic body *must* be dissolved, which means ‘undoing’ it, and releasing its existence within you. Any personal growth process of worth will facilitate this through strengthening the truth—the Source within you—which in turn dissolves the Karmic body.

To the degree that you undertake such a journey, two things will begin to happen. One, your life will begin to improve because your attention to the truth within expands your energy and draws ‘good’ things to you, and two, this expansion will also bring you face-to-face with your Karma. Inevitably this means experiencing some kind of disturbance as the Karmic body begins to release, dissolve, or burn up. This can be challenging or even somewhat derailing when it happens, but it is helpful to understand what is going on, because it is unavoidable that this occurs on your journey back home.

You will come by situations—either literally or symbolically—that will reflect, in essence, the ways and places where you have been ‘out of alignment’ in the past. And to effectively release these energies, and not get caught up in them and abort your mission, you must not give them your attention. You must hold to what is true within, and it is in situations like these that it is helpful to have a teacher or some kind of wise words to hear to help you stay on track. We will talk much more about the practicalities of working with these energies in the next section.

So this is how Karma works, and it is not so much that it is good or bad, or punitive in any way, it is just that you must go back through yourself, and whatever is in there, in order to come out the other side and be eternally free.

Another misconception about Karma is that it is equivalent to the idea of ‘You reap what you sow’, or ‘What goes around, comes around’, meaning that you get back from life what you give out or put in. This is certainly true, but it is not Karma. It is simply a case of how things work vibrationally throughout the universe. Whatever energy you are, and



live by, which is to say the things that you think about, believe in, and feel, you will draw to yourself as a reflection of that which is, of course, the experiences you have in life.

If you are negative all the time, you will draw and experience a reflection of that, and similarly, if you feel good and engaged in life, you will draw people and experiences who are in the same place. If you enjoy sailing boats, you will be drawn into a world of like-minded people who also enjoy sailing, or if you enjoy watching movies, you will be drawn to others and situations that allow you to engage with this interest. This is a powerful dynamic to understand, but it is not Karma. It is the principle behind the 'Law of Attraction' that is a very popular concept today in many New Age philosophies and teachings.

The misaligned living that builds as Karma is synonymous with the idea of humans being 'sinners' in the Christian faith. And this is perfectly reasonable. What better definition of 'sin' could there be than 'not living in alignment' with Source, with God?

Nonetheless, 'being a sinner' is a heavy burden that humanity has carried for about six thousand years now, and this has been fuelled considerably by the worst of religion—a need for power and control. Our sensitivity to any mention of the word 'sin' is acute, and it is a word that can be—and often is—used by authorities to manipulate people toward those same authority's own misaligned ends. This has been the cause of so much personal torment and suffering to innumerable people throughout history.

But there is relief at hand. A primary outcome of this work is to show that it is *not our fault* that we 'sinned', any more than it is God's fault for creating us this way. In our quest to be happy and free, to love one another and respect the Earth, it is *imperative* that we come to this understanding. Humans 'sinning' was, and is, an unavoidable part in the process of becoming responsible creative agents, just as much as it was, and is, an unavoidable challenge for God to work with the situation in the best way possible. *Nobody* is to blame, and it is our lack of knowledge in this matter that fuels people to want to look for fault in someone or something when things 'go wrong' in life.

However, the sooner we can come to see that no one and nothing is to blame, there will be a great opportunity for global healing and liberation.

So, despite God's first commands and attempts to direct and educate early humans, they could not help but be led astray by forces from the intermediate world, inclusive of their own Karmic body or developing self. This movement away from God is the 'fall' that is spoken of in religious texts, and it appears in both Christian and Islamic myth. The deeper, unrealised reason for this departure from Source—over and above the fact that

it was difficult to differentiate between the Earth Being's guidance and individual desire—was that the world was very interesting to us. Remember that an aspect of Consciousness is curiosity, and the world was a huge place to discover.

It is undoubtedly here, as we began to fall, that the 'Search for Meaning' first began, as is discussed in the appendix contained in this work. There was a lot to explore and learn about in the physical world, and it was therefore a highly alluring place to be. As such, humans could be tricked easily by the intermediate forces that could manipulate this physical world that was so unavoidably attractive to us. Perhaps this is why some religions uphold the idea that the physical world, and any pleasures derived from it, should be renounced. Yes, to abstain from physical indulgences might help a person find and stay more in tune with the inner promptings from Spirit. But ultimately it is not a complete solution because the physical world is our playground, and to eschew it is to miss the essential reason for living and the opportunities it offers.

Life continued for the next few thousand years, and humanity moved steadily further from God as it continued to push out into the world in an effort to understand it and indulge its own selfish ways. Eventually, the situation became out of hand again, and intervention was necessary once more, lest the whole show become a pointless, ugly mess, completely misaligned with Earth intention. In Christian theology, this is accurately represented by this statement, 'And God saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually'. 'And it repented the Lord that he had made man on the earth, and it grieved him at his heart.'

Now that sounds like extreme disappointment, something that perhaps a parent could relate to if they had spent considerable time and effort creating a beautiful playground for their children to play in, only to find that the children had disrespected the opportunity, run amok, fought with each other, and destroyed the beauty and opportunity of what had been created. So, what could be done to rectify the situation?

The next attempt to tidy things up, reset the story, and hopefully put humans back on track, was another important event in history—the Great Flood.

'And the Lord said, I will destroy man whom I have created from the face of the earth; both man, and beast, and the creeping thing, and the fowls of the air; for it repenteth me that I have made them.' 'But Noah found grace in the eyes of the Lord.'

This is the story of Noah and the Ark, and it appears as a major theme in both the Bible and the Quran. It is the story of God instructing Noah to build an Ark and gather together a selection of animals to go aboard to survive a deluge of rain that would last

forty days and forty nights. The ensuing flood would destroy all life on Earth except Noah and his animals, who would survive to create a new life in a regenerated world.

There are many references to a great flood occurring around 2,500 BCE in myths and legends from other cultures as well. This fact has encouraged scientists to see if there is any evidence to substantiate the story. Many interesting discoveries have been made, and several theories presented, but, as yet, there is no final agreement.

However, something interesting—and perhaps also overlooked, or even unknown to date—about the Noah story is that the instruction to take the animals aboard was not so much about keeping the physical creatures alive to procreate in a new world, but of preserving the *very idea, pattern, or blueprint* of each species as it had been developed. This is because when something no longer exists as a physical reality, it no longer exists as complete knowledge in the world of Universal mind either. Therefore, to bring the Earth to the same evolutionary place without saving the blueprint for each would mean to start again from scratch, which of course would be counterproductive.

Similarly, it is quite likely that a lot of species weren't chosen to be 'saved' at the time as this would also have been a perfect opportunity to eliminate creatures that did not serve the evolutionary expression on Earth.

However, even after cleansing the world another time, things began to deteriorate again as humans continued to be led astray, and the evidence was now mounting to show that there could be no easy—certainly no fast—solution to this monumental challenge. Ultimately, it would only be time, or Karma, that could teach the lesson. Only Karma would allow humans to come to know themselves and their Creator—the truth—through learning what is not the truth. And that has been the challenge for God and humanity since the very first days of humans having creative power.

It is evident from the religious and historical records of every nation that wise women and men have come and gone from the Earth throughout history to offer guidance or a living example for a struggling humanity in the matter of how to live. These are the saints, mystics, seers, and prophets of every nation, and there have been many since the days of Noah. Of course, the more notable teachers are those who stand as a symbol of the religion that follows in their name—Buddha (Buddhism), Jesus (Christianity), and Muhammad (Islam), for example. But no matter who they were, or are, the essential message has always been the same—if we want the world and our lives to function happily and well, we must come to know ourselves and live in alignment with the forces—the Spirit—that created us. Essentially, this means that we must free ourselves from the Karmic wheel—the merry-go-round of living from the past—and refrain from

behaviour that lures us back in. The end game is for us to live as creative individuals in alignment with God. And to achieve this, of course, is to live in Paradise.

Paradise is a state of Consciousness uninterrupted by ego, and the joy of creating and experiencing everything that arises within it. You come from this place, you have been lured away from it through the mechanism of your own human mind, and you are now working your way back to return home with wisdom. As the famous poet T.S. Eliot tells us:

'We shall not cease from exploration, and the end of all our exploring will be to arrive where we started and know the place for the first time'.

Today, awareness is expanding rapidly in humans across the globe. Modern technologies help us influence each other in every moment and this is creating an unparalleled environment for transformation. These are very interesting and exciting times. And there are many great teachers among us that can help us on our journey back home.

In the final section of this work, we will look at practical ways to help you align with your original purpose, and enjoy your life as never before.

### **How to Make Your Life Work Brilliantly**

I had a friend once who had a veritable library of self-help books, and she always seemed to be on the lookout for the next in the hope, I imagine, that it might be the one to deliver what she was looking for in life—happiness, fulfilment, purpose, belonging, relationship, wealth, or in other words, a good or brilliant life. I also had another friend at the time who, somewhat annoyed by the sight of this giant pile of books, rolled her eyes and stated that there should only be one really good book available that could deliver what all 'seekers' were looking for.

This idea has stayed with me since my friend first mentioned it, mostly in an amusing way, but it also made me wonder. If such a book did exist, what wisdom might it contain?

All these years later, I realise that I am now able to be the author of this book. And here it is:

Feel good.

That's it. That's the title and entire content of the book. Because if you examine and distil the reasons why people read books on 'how to improve their lives', or indeed the reasons why people seek any activity, process, or teaching on this subject, you will discover that what is being sought is to 'feel good'. For example, if you are moved to read a self-help book, it is because you want to understand or improve something about yourself or your life, which is that you want to feel better about your life. To feel better about things is to *feel good*. Similarly, the desire to feel good is the impulse behind reaching out to a friend, counsellor, psychiatrist, or spiritual teacher when you need help or have questions about life and living.

Another example would include the impulse in people to read books or attend seminars on how to make a lot of money. To examine this would be to see that people want a lot of money so that they can obtain the things or experiences in life that they think will make them happy, which is, of course, to *feel good*. Further, anyone who wants to learn how to meditate, do yoga or breathwork is doing so because they want to relax and find something deeper within themselves; a peaceful, easy, empowered feeling, which is a *good feeling*. And then, if you go and see a doctor and are prescribed a drug to fix a problem, or if you take recreational drugs, in both cases, once again, it is to heal yourself or feel better, which is to *feel good*.

It is true that if you examine and distil the reasons behind why people do anything in life, at the core of it is that they are doing what they do because they think it will make them feel good. Of course many people are horribly lost in this pursuit and might argue, for example, that they have to do a job that they dislike immensely and therefore the reason behind it is not to feel good at all. Nonetheless I would challenge them on their resolve, because with sufficient examination they might discover that the initiating impulse—no matter where they are in life as a result of it—was toward *feeling good*.

Everything we do in life is towards *feeling good*. And the reason for this is because feeling good is our rightful, natural state of being. It's ours, and we want it, any way we can get it.

Seeking to find a good feeling through reading books, doing activities and no end of other stimuli can be helpful. But ultimately the key to living the brilliant life you want and deserve relies solely on *your* ability to find and feel the 'good' feeling that *is* there within you in varying degrees, always. And then as an extension of this, to give your attention to what is good in life and the things that you want. It really is this simply.

However, if it were this easy to do, then everyone would be doing it and there would be no need for self-help books, healing modalities, or life teachers of any kind. People

would be continuously connected with their natural state of inner joy, and the world would be a perfectly functional, beautiful place. So, what then makes it so difficult for us to simply feel good and enjoy a wonderful life?

The simple answer is this. It is the existence of your *self*, in the way that we have defined the 'self' in this work, that stands in the way of you becoming the all-powerful, creative, vibrant being that you are, and claiming your rightful place in a divine world. As I have mentioned several times already, but now in a slightly different way, the dissolution of the self is your journey home to the divine and natural state of this Universe.

Using the information that has been revealed in this work as the basis, I will now help you complete this journey home. I sincerely hold the space for you to be successful in this process.

In the next section I will explain clearly what a good feeling is, what 'feelings' really are and how they arise to affect us in our experience of daily living.

### **What Are Feelings?**

Before human beings had any awareness of themselves as individual bodies on the Earth, there was no such thing as 'personal feelings' because, as discussed in the section on memory, the primitive human animal didn't have any notion of the personal.

The nature of feeling good, or bad, and every other feeling or sensation in between, is a function of the ability that we now have to *identify* with the powerful, and subtle, movements of energy within and throughout our bodies. However, if the primitive humans *were* able to identify with these movements of energy at the time, then they would have reported the sensation of 'feeling good' as their natural state of being. Another word for this natural state of feeling good is *wellbeing*.

Wellbeing is the registration of energy moving through the whole body, uninterrupted by any interference from the self, and identification with this movement makes a person want to say things like, 'I feel good', 'life is good', or any uplifting, life affirming version of this.

There are many words that can be used to help describe or point you to this natural sensation of wellbeing in your body. They include—but are by no means limited to—a sense of ease, peace, fulfilment, confidence, strength, joy, or belonging, and if all the animals on Earth today could identify with this sensation as we can, and express the

feeling in words, they would describe it in similar terms. But it does not need identification or description in words for it to be true and effective. The bird that sings in the tree, or the baby that gurgles away in the cot are fine examples of a body expressing the natural sensation of wellbeing within it.

Wellbeing is the natural feeling and ground state of Consciousness operating in, and as, the body. It is from this place, this sensation, that all the creatures are moved, and life on Earth is orchestrated perfectly as one eternal Play of Consciousness. However, with the presence of, and interference from, the self in this otherwise natural operating system, other feelings begin to arise. Self, or ego, is an energy field that pulls upon and distorts these natural sensations. From this arises an entirely new dimension of feeling, and it is called *emotion*.

Here we have arrived at a cornerstone in this teaching: to make the distinction and explain the fundamental difference between natural sensation and emotion, because it is these forces that move you through your daily life and affect the nature of the experiences you have.

We will now look at the differences in greater detail, because in your quest to get off the karmic merry-go-round of compromise and live the brilliant life you have come here to live, the most powerful tool you have at your disposal is your ability to distinguish emotion from natural sensation, and give attention to one, not the other. This is worth repeating; the most powerful tool you have to help you live the brilliant life you want and deserve is to be able to distinguish natural sensation from emotion, and as much as possible, give your attention only to the natural sensations—not the emotions—that you feel in your body on a moment-to-moment basis. So, let's first have a closer look at what natural sensation is ...

The human body—your body—is a body of God. It is a specific arrangement of firmaments of varying sizes and vibrations that communicate and cooperate with each other to produce the functioning organism, that is you. We have covered this information thoroughly in previous sections, but the main point now is to see that wellbeing is your identification with the natural movement of energy in all these parts that make up your body, from the tips of your toes to the crown of your head, including all the internal structure and organs in between. Accordingly, it is the intended and healthy experience of life in the cells of your body, and then in the atoms that constitute those cells. The feeling is an all-inclusive movement of energy throughout your entire body that registers to your brain via the nervous system as the ground state sensation of wellbeing.

Arising from this ground state of wellbeing are all kinds of energies that are designed to move the body in certain ways. Most of them are subtle, and to a large degree innate in the psyche of a species, like the inner promptings that move an animal to find food, nurture the young, take rest, or enjoy play. There are other energies that register more intensely in the body, and these include, quite specifically, the energy of sex and the energy of pain. Both these are powerful forces that spike temporarily to ensure the survival of a species.

For example, a body in a natural state does not live in a constant state of pain. It is only when the organism is physically hurt that pain registers, and this is designed as a protective mechanism. From pain, behavioural change can occur. The experience of pain evolves or summons a response from the organism, and this allows it to behave differently next time under the same circumstances. Eventually, an instinctive behaviour emerges in the species, whereby it has an alertness to specific dangers. Under threat from those dangers, powerful energies—materialising as *adrenalin* and *cortisol*—flood the body and move it to act accordingly.

Similarly, an animal does not live in a state of constant sexual alertness, interest, or willingness. Sexual energy is a powerful force that arises under the appropriate conditions through the release of dopamine and oxytocin into the body. This release of energy moves bodies together for the obvious and original purpose of reproducing and perpetuating the species.

This is interesting and important information to contemplate because it helps us understand ourselves better with respect to these energies. Broadly speaking, it is the sexual impulse and desire to connect or engage with another body, that has now become an energy that we associate with *romantic love*. And it is the avoidance of pain that has become associated with the energy of *fear*.

The natural sensations of wellbeing begin with the simple joy of being—of fun, play, enthusiasm, and even faith, to mention a few more descriptors that can help point you to its reality. They are feelings that extend all the way from simply feeling good to the deepest and highest sensations of *bliss* or *ecstasy*.

It is possible to get a sense of these higher sensations by considering the energy of orgasm. First, and to help make the distinction, the feeling of orgasm is *not* an emotion. It is a deep state of wellbeing or joy in the body, and because most people are vastly separated from any such depth of sensation in their normal lives, yet either consciously or unconsciously seek it, this is one reason why people can become obsessed with sex—it is a striving to reconnect with something deeper, more real, the Divine. Sex is a



subject of great interest to most people so we will come back and look at it in greater depth towards the end of this work.

So, wellbeing is concerned with the natural and intended continuous flow of energy through the body and the feeling is wonderful. However, this feeling cannot be fully experienced, or experienced for too long, while ever emotional energy is in the mix, which unfortunately is the case for most people, most of the time, today.

Emotions are feelings that arise and build as a function of the self, pulling on the natural flow of energy through the body. This pull and resultant distortion of energy is the cause of all dysfunction on the planet, from personal unhappiness, through disaster and war, to environmental degradation and climate change.

It is *essential* that collectively we come to this understanding before there is any chance for healthy, enduring change to occur on this planet. And it all begins with you. Only *you*, the individual, can come to know this, and then as each person comes to their own knowing, the collective awareness will be there. Let's now have a deeper look at why this is so and how it all works...

Remember, the 'self' has come to be by way of our ability to think. Before we had the ability to think, we were like the rest of the animals and lived in the here and now of every moment. We were timeless and selfless. And so, the sensation of wellbeing relates directly to this natural state of being. And you will know this from your own experience. Whenever you feel good it is because you are relatively present in life, that is, you are not caught up in any emotion that thinking has generated within you, for example, fear, anxiety, frustration or guilt.

Humans have been developing the ability to think now for some 70,000 years, and today we are so good at it that it seems an inseparable functionality of our existence and something that is impossible for us to stop doing or detach from. In this sense, thinking is a force of its own that has a hold over us to the degree that we cannot separate ourselves from it.

This is a powerful realisation to come to. For some people, just the mention that thinking has a hold over them, and not being able to control or direct it is the cause of their unhappiness, can make them panic and react. This is because the thinker in them is the self—an entity of its own accord—and it knows that for a person to come to realise what we are talking about here spells the end of its existence. Therefore it will, like any living entity, fight for its survival. However, you will now have a better understanding of the fact that the self or ego in you is a real, but phoney entity, and it *must* dissolve—or at least stand well aside—if you are to be happy and free.

We are now starting to get into the nitty gritty of the reality of healing and transformation. Essentially, there are only two motivating forces operating in a human being, and any authentic healing or transformative process that you might come by will be working with resolving or aligning these forces within you somehow.

The first force, or energy, is the real you, the truth of what you are, and the expression of that through your body as the 'who' you are in the world. In this place you are aligned with the natural sensations of wellbeing in your body, and you have a healthy and powerful relationship with thought and feeling through which it serves you and the world.

The second energy is your self, or ego, which is an entity that has formed over time from borrowed, or we could even say 'robbed' energy from your natural state, from God. Its feeling state is emotion, and it is an energy that must keep you thinking in order that it can sustain itself. As I have said over and over throughout this work and will continue to say until such time that this entity has been thoroughly dissolved, the self is the cause of *all* problems on Earth. It is a living entity that has a hold over humanity, and it sustains itself through making you think and feel emotion in your body.

However, through the work of countless souls and spirits over many thousands of years, this entity is now beginning to lose its grip, and a new awareness is emerging. The evidence for this is in the unprecedented global and personal challenges we are facing, the rise of 'disruptive' technologies and questioning of the status quo, and the equivalent increase in healers and teachers across the planet to help in this incredible transition.

Let's now look at how emotion arises from the interaction between the energies of *you* and your *self* operating in your body...

As a modern human being today, you will be very aware of the fact that you can easily think about, imagine, and believe in all kinds of things that are not in your moment of experience. You can be wherever your body is now, but you can also leave the reality of that sense-perceived-moment and enter the conceptual world to think about where you might like your body to be in the future. Similarly, you can choose to believe in ideas or images from the past rather than accept the reality of what you are sensing and experiencing in the moment.

This imagining and believing occurs in the subconscious through the brain, which is the interpreter of 'your reality'. Thus, as far as your brain is concerned, there is little difference between what is interpreted in the moment through the senses and what is generated in your head as a future/past reality or possibility. They are all pictures of

some kind of reality, and therefore can and do generate all kinds of feelings and responses associated with them.

To demonstrate the point: if somebody in an unhappy situation in life, perhaps somebody working in a job they hate, begins thinking about and hoping for a better future, the imagining might help generate a better feeling temporarily, but the act of doing so can pull on the reality of the moment to create a tension. This distortion of energy may then register as an excitability, or longing for the conjured reality. Or it might go the other way to create a resignation to the idea that life might not ever be any different, that it is just not possible for a person like them to experience anything better, because they are somehow limited or unworthy. Either way, coming back from this kind of projecting to the reality of one's life circumstances can then register as dissatisfaction or depression. This may be immediate, or more often it may be delayed, which makes it extremely difficult to see the relationship between projecting and unhappiness. The feelings of excitability, longing, resignation, unworthiness, dissatisfaction, and depression that we have identified here in this example are all emotions, and the energy they create lingers in the subconscious to become an additional part of the ego. This effectively *adds* to the originating unhappy state.

Another example of how the thinking self pulls on the energy of the moment to distort and become an emotion is when we project into the future about a perceived fear or difficult situation. The fearful projection will be due to its association or similarity to an event that is the same or similar in nature to something unpleasant that has happened to us in the past. Because of the pain associated with the original event, a natural response has been formulated to deal with it in the future, which would be to avoid the situation altogether. But if the thinking self energises this image by continually focusing on it, the brain thinks it is real and consequently releases adrenalin and/or cortisol so that the body can take effective action. The body is now ready to act in response to something, but that something *isn't actually happening*. So what, then, happens to this energy? What happens is that the energy turns into something else, and that something else is *fear*—a powerful emotion born from the avoidance of *perceived future pain*.

The fear generated from any such event registers in the body alongside the evolved response to the situation and becomes a substantial energy field that lingers in the intermediate world once again, just like the substance of memory. And, just as memories become the 'thoughts' of ego, the substance of this fearful emotional energy field, we could say, becomes its 'body'. These ideas are discussed in great detail by the well-known spiritual teacher Eckhart Tolle in his books *The Power of Now* and *A New Earth*, which are well worth reading.

But fear itself is not fear per se. It is just powerful energy. In its right place, it is the energy to act for survival. If the energy is summoned as the result of imagining alone, it cannot go anywhere, cannot release naturally, and therefore cannot do anything else but distort to become this lingering energy field of emotion. Fear is a master emotion that feeds many others, for example; anxiety, dread, angst, or panic.

The emotional energy field or body that is generated through imagining is not one born of fear and its associated 'negative' emotions alone. It is generated equally by excitability, but as being excited is seen as a more acceptable 'positive' emotion in society today—in fact it is encouraged in so many ways—it goes unnoticed for the greater part. Nonetheless, the behaviour of imagining 'better' realities floods the body with powerful energies—materialising as *serotonin* and/or *dopamine*—but as that energy is not relevant to the situation at hand, there is a mismatch that then registers as a feverish vibration of emotion called excitability.

Any and all future inputs that occur, from either fear or excitement about the future, gather and feed this growing emotional body, giving it increasing strength and power to influence the behaviour and experiences of a person in their lives. These invasive, lingering energy fields are basically toxic in the body, and left unchecked, they can build and spiral out of control to create a very confusing, unhappy and *unhealthy* existence. Why else do you think it is that disease—both physical and mental—is an ever-increasing problem in the world today?

Similarly, by the same mechanism through which you can project into the future, you can also reflect upon the past. When you think and dwell upon something 'bad' or upsetting that happened, this activates the response or emotion associated with it. The memory and emotional body then pulls on the energy of the moment, distorting it to register as additional emotions that we might call anger, vengeance, guilt, resentment, or remorse. These feelings then feed and mix with the original emotion, and together they can, once again, lead to an unhealthy state of mind and being. Have you noticed that when you begin to think about something bad and feel the emotion it activates, it gathers a momentum of its own, activating more thoughts that then feed the disturbance within you?

This is a dynamic that occurs not only with 'bad' thoughts about the past either. You might think about something 'good' in your experience, perhaps thoughts about 'the good times' you have had, or 'the good old days' when things were better, and you might then end up in a place similar to the first example of projecting into the future, wishing things were different to how they are now.

Another way in which emotion arises, which is almost the opposite way to that which we have been talking about so far but completely related, is when you are being prompted from within to move in some way by the 'real you', but your self resists by way of its beliefs that contradict this deeper inner prompting. This registers as doubt or resistance, and it's another version of the distortion that arises from a difference between what the real you and your self want.

The array and subtlety of emotions that can arise, and the way in which they operate in the human body are vast, and it is not possible or indeed even the purpose of this work to explore them in any more detail. What is important to see and understand is that emotions are feelings generated from the energy and existence of ego pulling on the now; from wanting, or even not wanting, this moment to be different to what it is.

Emotion is the feeling aspect of the pseudo-state that is ego, and so in your quest to be free and enjoy a functional, brilliant life, you must learn to recognise or discern emotion from wellbeing. To generate or give your attention to emotion is to feed the ego and perpetuate the existence of a world that can never serve you. To find and feel the sensation of wellbeing in your body is to acknowledge what is natural, true, and Divine, and therefore help generate a life and a world that works.

Feeling good is feeling God, and it is the name of the game. Everything then flows and works from this place in the way that it has been designed to do so. But it is a state of being, not a concept, something to believe in or aspire to, or even something to disbelieve in and argue against. It is a state of being that can only ever be lived and experienced for it to be known and effective. Can you feel any of this right now? Please go in and check.

Close your eyes. Slow your breathing. And put your attention inside your body to feel what is going on in there. Look for the good feeling of wellbeing within you. I will remind you often throughout the remainder of the work to do this, because this is the reality of what we are talking about and endeavouring to achieve. You must learn to feel what is good within you as often as possible until the time comes that this state is so strong that nothing else—emotion as we have been defining it—can dwell there. To do this is to set yourself free, to return home to the truth of your Being.

In the next section we will talk more about the nature of ego, what it looks like, and how it behaves to sustain itself in the world today.

## The Nature of Ego

So, what exactly is the ego, and how does it manifest and regenerate in the world today?

As we discussed in the sections on Memory and The Unbelievable Ancestors of Self, ego is an entity born by way of the development and existence of the subconscious mind, an environment that formed through repeated inputs of interpretation by humans since the first days of reflection off the Creation. Essentially, this subconscious, intermediate world is a world of past, and it is home to the ego. The self, or ego, was born there, lives from there and draws its energy from this place to sustain itself and perpetuate its own existence and expansion. It is a living entity or energy field and, like any living entity, or identity, it wants to survive.

In practice, the way that ego goes about this is to get the body it operates through to somehow help generate and substantiate the world of past from which it comes, the place where it is tethered. And this happens in two ways; first, the ego encourages a person to continue interpreting and naming existence so that it feeds and nurtures the subconscious, and second, it then attempts, or *tempts*, that person to identify with those things to form some kind of *self-image*.

The two are related and are dependent upon each other to have the desired effect. In other words, if the survival of ego was dependent only upon the continuation of interpreting and naming things, then it could not endure, because essentially there is nothing wrong with naming. In fact, naming is very helpful, as it forms the basis of language, communication, and the opportunity for greater cooperation and creativity. It is only when there is *identification* and *attachment* to those things that ego can develop. If there were no 'things' for the ego to identify with, and attach to, it could not exist, so it must encourage this behaviour of naming—it has a vested interest.

Ego, therefore, is an entity that exists only as a function of identification with, and attachment to, things; anything, either physical or conceptual. Nothing is spared. From this, self-image then arises as a specific collection of identifiable things, behaviours and attitudes. Here is a somewhat exaggerated example of how ego might express through a person and appear to others;

'Hi, my name is Jill. I am the CEO of *A Very Important Company*, and I don't have much time for you right now because I am extremely busy. I live in a large house next to some famous people, and I drive a very expensive car. I am also an expert mountain climber, and let me tell you some amazing stories about the things I have done. I eat most foods, and I think that meat is a necessity in a person's diet; in fact, there is scientific evidence

to prove it. I don't believe in a God of any kind, and I think that people who do are weak and misguided. I believe that the government should devote more resources to science, because that is where we will find the answers to the meaning of life. I am highly intelligent and I think that I am a good person, but the problem with the world today is that religion has divided us from one another'.

Of course, as I said, I have exaggerated and had a bit of a joke here with this example. But this demonstrates the essence of self-image—ego—speaking. Identification with position, place and associations, likes and dislikes, beliefs and disbeliefs, continual references to the past (personal story), judgement and blame of other people and things.

Self-image doesn't have to be overly positive and apparently confident either. It could be something like this, 'Hi my name is Jack. I am only a cleaner at the school—I could never be anything more than that. I am not very smart, and life has treated me unkindly. Let me tell you my sad story and you will understand my position. I don't expect that anything great will ever happen for me now. But I *am* healthy. I am a vegetarian, and I am also a Buddhist. The problem with the world today is that greedy corporations are ruining it for everyone. I believe that crystals have the power to transform humanity and the Earth, but I don't believe in aliens'.

Again, I have exaggerated a little to demonstrate the point, but you get the idea. To the degree there is ego in us there is also some kind of self-image running—the two are inseparably entwined. Self-image is the 'who' we think we are, and it separates us from each other and from the truth that we unconsciously seek. Without awareness of this we will remain stuck, and worse, we will then be moved to put considerable energy into building and maintaining the charade of who we think we are, or are trying to become.

The motivating force behind this behaviour, although entirely misdirected, is born of something quite pure. It is born of our desire to be God-like, because despite the vast and varied filters of ego through which most people operate, essentially, we are still the God that we seek. At an unconscious level, deep within, we know this. We know that creative power, joy, and the possibility for unlimited experience is our birth right. However, because ego is separated and lost through its attachment to mind-sets and the manifest world, its only course of action is to seek power there. Consequently, the ultimate goal of ego, it could be said, is 'to own and control everything in existence', because the God that we are, to use the same words, *is* in control and owns everything in existence.

To the degree that we are aligned with ego, we have no choice but to seek power in the world in this way, which means that we must attempt to control one another and secure as much as we can. This impulse aligns neatly with the evolved animal instinct to survive—survival of the fittest. Altogether, this then pits us against each other; to fight for what we believe in, force others to be like us, defend our position vehemently, and compete for and secure as much of what appears to be a scarcity of the resources required. The result? Surely I need not say.

The behaviour of identifying with and attaching to things to build self-image is fuelled enormously by the collective ignorance of our times, which is, of course, an extension of ego itself, so it becomes a very difficult trap to escape. For each of us it begins at birth. We are born into the world in a fresh, new body, and that body is completely innocent to begin with, as much as it can be nowadays. Remember, the physical world is thicker and more substantial now due to the existence of the intermediate world within it, so a body at birth is as pure as this psychic substance allows. The inhabiting soul carries with it an intention for the life ahead, something formed from the previous life/death experience that will help it on its long journey back home. Apart from any expression of specific interest, talent, or skill, it will always carry an energy that will somehow help it purify as a function of its own karma.

This might now help us see the answer to one of humanity's most challenging philosophical questions. Do we have free will or is the universe ultimately deterministic? Is there such a thing as fate or destiny, and what is the difference? And the answer to this is that it depends upon how much *past* you carry, how much karma you are adjusting in this lifetime.

Your life will always be guided by your intentions for incarnating, which in turn is a function of your desire for unique expression and experience, coupled with your karma. Accordingly, there will always be an element of predetermination in how life plays out for you, which relates specifically to your own karmic adjustment. This is fate.

However, no matter how much substance of past you carry, you are still a free and creative Consciousness always, and consequently have free will in the moment-to-moment actions that you take. This in-the-moment free will, in combination with your intention for a unique experience in this incarnation, combine to represent what becomes your destiny.

Nonetheless, underpinning all this is the fact that everything in the Universe is 'controlled' by Consciousness, in this here and now moment, where the reality of life is, and where the next moment of experience is determined. When we are completely clear



of our past—which is what enlightenment is—we become powerful co-creators aligned with this Consciousness and then the idea of fate and destiny disappears entirely—it no longer has any meaning. Immediate alignment with the Consciousness that creates us is a creative space of ‘making it up as we go along’, so to speak. It is the ultimate state of being where we know ourselves to be supremely free, deeply engaged, and completely responsible for every moment of our existence.

Because of the mechanism of karma operating in life, what we might want to see and judge as ‘bad things’ happening for some people may be an important part of their life unfolding, and therefore entirely necessary. For us to interfere might only serve to hold them back in their development. Of course, it can be extremely difficult to know, sometimes, when to intervene in a person’s life and when not to. This is another reason why it is so important for us to stay present and be moved by the energy of our natural Being, the intelligence of the Earth and its greater knowing, rather than by our own egoic reactions. Only in this way can we be guided correctly, and by correctly, I mean in a way that brings about the highest and most enjoyable outcome for all in the shortest period of time.

One of the main contributing factors to the survival of the ego entity is that we are living in a world of ignorance, in the sense that it is extremely rare for a child to be informed in truth, and encouraged to stay present in life. This, of course, is unavoidable to the degree that the parents and teachers of the child do not know themselves. But it is in this way that the biblical principle of ‘the sins of the fathers being visited upon the children’ is perpetuated.

Ego, and the related dysfunction it generates, is kept alive and well through every act by others that does not come from an alignment with their natural guidance system, with God. The specific ways in which such acts manifest are numerous, but essentially two basic behaviours are involved. The first is the encouragement of self-image, and the second is inadequate presence to help a child manage their responses to challenging or disturbing experiences. Once again, the two are related, but ultimately only presence of being is required anywhere, anytime, to help quash the development of ego and bring forward healthy beings and a functional world. Let me explain what I mean.

Encouragement of self-image occurs every time we excite or stimulate our children with things, either physical or conceptual, rather than simply being with them in the presence of love and the unfolding of their lives. It happens every time we influence them to like or dislike things in the world, and to form opinions about what is ‘good’ and what is ‘bad’, what is ‘right’ and what is ‘wrong’. This of course does not mean that we let our children run amok and do what they want, which is often the ‘wrong end of the stick’

interpretation of what I am saying. It means that we must guide them with our own realised love, truth and Intelligence, because that too is the essence of what the children are, and that is all and everything they ever want and need from us.

Self-image develops every time we encourage our children to identify with, and 'own' anything. It happens every time we ask them to *believe* in anything, or to formulate their own beliefs about things, rather than asking them to simply see the beauty in what is—as a mirror of their true essence—and guide them in the unfolding of their own discovery and expression.

Of course, it is extremely difficult for parents and teachers to do this today, as our entire education system—although beginning to change ever-so-slowly in some places—is still largely geared towards brainwashing our children so that they might fit into, and be capable of operating in, this mad world we have generated.

All events in a child's life—especially the disturbing ones—are interpreted by their developing mind and make strong impressions upon them. If the child does not have enlightened parents and teachers around them to help them see things for what they are, there is a high chance that the energy of an event will become a powerful, negative interpretation about the world, and who they are. And so, because of the paucity of aware or enlightened adults in the world, to the greater part our children begin to shrink and separate from their natural power and expression.

For example, if a young child in early school is asked to stand and read out aloud from a book, and they stumble over the words or say some incorrectly, the whole class might laugh at them. Without a wise and conscious teacher present to help them see that it was just a mistake, and to help the other children see how hurtful their behaviour was, the child who was reading might feel completely humiliated and shut down. Their interpretation might be that they are useless or not very smart, and that might become a strong belief that affects them for the rest of their lives. The pain of the event links together with their developing sense of self, and whenever a similar event looms in their life thereafter, it triggers the same thoughts and emotions. They will feel disturbed, and react.

All this energy gathers together in the subconscious where all beliefs and emotions dwell, and it strengthens the substance of ego. If left unresolved, it will affect the child's entire life and at death it will become a burden upon the soul to work out in future incarnations.

This, of course, is one example of an unlimited number of events that can, and do, occur for us as humans, especially when we are young. Consequently, most people have

buried emotional pains and associated mindsets within them that impact upon their wellbeing and determine the nature of their experiences.

Because ego, by its very definition and nature, is pinched off from Source, the vital energy of love *now*, then it must somehow get energy from wherever else it can be found. This is usually in the form of controlling or manipulating other people in some way, but it can also take the form of comparison with others, or putting down of others, which helps justify its position. The specific way in which this happens will be related somehow to the karmic body and any additional childhood wounds, but no matter the way, the primary goal of the behaviour is to get attention from other people, because a person's attention is their energy.

In its mildest form, for example, this might amount to a person forcing a seemingly innocent story, or 'important' information, upon you, demanding your attention as an audience, often against your will. Another behaviour might be that someone sulks a lot, hurts themselves, or is overly aloof, so that the ego operating through them gets some attention from you, because you might show concern and want to help. Or it might be that the ego must assert itself and its position—therefore energise itself—through the judgement of, attack on, or comparison with, other people.

At the other end of the spectrum would be the control of people through fear of lack, pain, or death. This kind of behaviour is rife in the world, and has been for many millennia through the likes of cruel and powerful dictatorships or even governments that threaten to take away our freedom—or our lives—if we do not comply with their rules and dictates. No matter where it occurs on the scale, it is essentially the same thing—taking energy from others—which the ego must do in order to survive.

Another version of this, and a very subtle and sinister behaviour it is too, is for someone or some organisation to provide for a person's basic needs (food and shelter, and then later purpose and belonging) when for whatever reason that person cannot provide for themselves. Or, certain people or organisations appeal to a person's need to be successful, rich, or famous (desire to be God-like), and can lure them into a hierarchical structure of power and control. This is a very effective and manipulative tool, because people who feel 'saved', or have had their needs met, naturally feel indebted in some way to their 'saviour'. Of course, behaviour of this kind could also come genuinely from a person who cares in the spirit of looking after another through hard times, helping them get back on track in life or encouraging them to greater heights. But the difference is that the former comes with a price, whereas the latter is simply done as *service*, a right course of action in love, with no obligation attached.

The price of being saved, or provided for, is most often that the person must then pledge allegiance to the 'Cause'—either financially or emotionally—supporting it with their devotion, and gathering others to the fold. This describes the essential nature of cults; they are entirely ego-driven structures that may offer some good in the world, but largely only serve to keep ego alive. Perhaps in the greater scheme, structures of this nature do their best work by default, whereby there may eventually be the possibility for those who have been lured in to see how subtle, powerful, and manipulative ego can be.

What sustains organisations of this nature are strict rules and beliefs—mindsets—and any behaviours or rituals that might support them. The intensity or severity of those mindsets are always indicators of how loving or how manipulative a person or organisation really is. In the state of true love, there is no necessity for rules and beliefs. It is a self-regulating system, and the only requirement is to *be* the love that you are. Honesty to this presence of being then determines your behaviour which will be in accordance with that love and in harmony with the Earth.

Although there is a place for firm rules in our world (for example, road rules are helpful in keeping us safe when driving, and certain rules might be helpful when raising our children), for the greater part they are used to control one another towards self-needy ends. If we take a closer look at what rules really are, we will see that they are guidelines or regulations that are grounded in the past. They originate from the experience of living, and therefore must be based in the past. As such, rules can only ever be 'the past imposed upon the present', and are often not appropriate in the context of what is happening in the moment. Strong alignment with specific rules may hinder the expansion of love and cause unnecessary conflict in any situation at hand.

Beliefs, rules, and the rituals that support them, are all mindsets that help bind people together in a cause, and although this generates powerful energy, it is not necessarily an energy that is aligned with love. An extreme example of the uniting power and devastating effect that mindset can generate and impose upon others would be the Nazi regime. This horrific and powerful movement was based upon the ego-driven ends of one man and his ability to brainwash an entire nation. The only reason he could build such a powerful structure was through the establishment and forceful implementation of firm mindsets and hierarchies, whilst playing on people's innate need for belonging and power.

Strong alignment with beliefs, practices, rules, rituals, and anything else that helps bind people together as anything other than the human animals that we are, is ultimately divisive, not loving. The adherence to, and imposition of them is a powerful tactic and

game of the ego that might appear to serve, but ultimately is a form of control geared to energise and perpetuate the world from where it all comes—the past.

The nature of ego, therefore, is an entity informed by the substance of the past. It is born of the past and sustains itself by keeping the past alive in any way it can. It is a troublemaker in existence, and at some stage it must cease to be if you are to free yourself and evolve. To be successful in this undertaking is to enlighten yourself.

In the next section we look at what enlightenment is, and the curious relationship between it and death. But first, please check to see what you are feeling now? Close your eyes and go into your body. Tune in. What is going on in there? Are you feeling good? Is there any resistance or pain in you? Reach for what feels good in there. Focus on it. Breathe into it. If there is emotion or disturbance of any kind, then just let it be there. Don't try and get rid of it. But don't focus on it either. Be aware that emotion in you will always want your attention. It will always try to get you thinking, because that is its food for survival. But you cannot make it stop by force. Give your attention only to what is good in you. As you do, it will expand and this expansion will dissolve the emotion and inform your life with new energy, new direction.

## **Enlightenment and Death**

It may sound somewhat odd to use the words enlightenment and death in the same sentence. But in this section we will examine and reveal an unavoidable relationship between the two. To do this, we must first understand the full meaning of the word enlightenment.

Essentially, there are two meanings to the word. One is educational and suggests a learning or understanding about something and the other indicates a spiritual state. There is an interesting association between the two, and it is this; the impulse that gave rise to the educational aspect of the word was also the unavoidable cause of the separation from the spiritual aspect. To understand this relationship more thoroughly, we have to go back, once again, to the early days of civilisation.

When the primitive human animal first developed the ability to reflect, this also marked the beginning of a long journey towards understanding what the world is, and who we are as the individuals experiencing it. We can say that this endeavour to understand is a seeking to *enlighten* ourselves in an educational sense. We have been, and still are, engaged in a process of learning the truth about ourselves, of how and why we are here, where we are going, what the world is, and the meaning and purpose of existence itself.

Collectively, we are still a long way from having or agreeing upon this knowledge. But it was this impulse to understand that began the separation from the Source of our Being, our naturally enlightened state. This disconnect from Source as the intellect grew to develop an understanding of the world, is the fall of humankind from Grace, as we have discussed previously.

The notion of Spiritual enlightenment is one that is most commonly associated with the philosophy of Buddhism, and it means to be fully awakened, free from the limits of the human mind and suffering. To be enlightened in this way is to *reduce the heaviness of your* Being by dissolving the substance of self or past within it. It is to be liberated from the weight of an egoic, mind-absorbed, emotional way of living that is not the truth, and return to the natural state of being, which is of course the Grace or Source we fell from. Together with the educational aspect of this word, the full meaning of enlightenment is for us to return to an original state, but with *the firm knowledge of who and what we are*.

The two aspects *must* come together—and eventually *will* come together—as one complete reality of being, never to fall or fail again. Either aspect on its own, however, is not sufficient to endure. For example, it would be accurate to say that the early humans were ‘enlightened’ because they lived in the natural state. But that is only half of the equation. They did not *know* who or what they were, and were therefore susceptible to being influenced and manipulated by other forces, as we have already discussed.

On the other hand, if the truth of our existence and Being *was* known beyond all doubt and agreed upon universally, a person could study the information at an intellectual level, memorise it and learn to present it like a speech, lecture or sermon. But this would not mean that the person was enlightened in the sense of being awakened and free. Consequently, they would also be susceptible to manipulation by egoic forces, and may perhaps also be tempted to use the information to manipulate others as well. For these reasons, both the understanding of who you are and the freedom or detachment from that, *must* come together to be the real and full state of enlightenment.

But what does this have to do with death? And the answer is this: in the process of becoming enlightened, a part of you *must* die. It is, of course, not a physical death, but there is a relationship between this kind of dying and the experience of departing the physical body. The dying you will encounter on your way to an enlightened state of Being is a *psychological and emotional* death. It is the death of the ego. Now let’s look at what this means and how it relates to the experience of physical death.

To the degree that what you have been reading in this work makes sense and resonates for you, then it is indisputable, although perhaps a little difficult to accept, that there can be no death. If there is only Consciousness, then there can never be *no* Consciousness, which in turn indicates quite clearly that there can be no death of your Beingness. Yes, of course your body will die, as all bodies and all things in existence will eventually cease to be. But bodies are life-forms, not the life that creates them and lives through them, just as the cake you make comes and goes but you as the creative Consciousness remain, and remain a little enriched as well, due to the opportunity you have had to both create and enjoy your cake.

This is the point and design of things coming into existence (being born), living, and dying, which is quite reasonable and logical if we think it through. If things were only born, but never died, then two things would occur. First there would eventually be a glut of life-forms on Earth and the system would quickly overload and collapse. Second, without life-forms ceasing to be, there could be no development or evolution. Without something coming to an end, there is no opportunity for something new to emerge. Death and birth, therefore, are two sides of the same coin, that coin being the reality of developing Consciousness. Birth is the opportunity for new expression, and death is the opportunity to learn from that experience. Let's look at this in greater detail.

Taking our analogy of making a cake once more, then from the perspective of the cake we, as the creative Consciousness, have brought it into existence. We have birthed it as the materialisation of our intention, a new expression in existence. As we eat it, it then disappears, ceases to be, or dies to the world. The value of it is extracted as growth and learning or, in the case of our cake, more likely just the enjoyment of it and the energy it provides.

This dynamic is analogous with the birth and death of a body. Our bodies are born into the world by the Greater Consciousness, and they move about and do what they do through life as a function of the Consciousness (natural and/or egoic) that drives them. Upon death, the value of the life experience is then extracted as vital energetic information to the Being that created it, the Earth Being. The process of death, in the natural state, is all about *extracting value*.

Before we became self-conscious humans, the process of death was one that was more exactly aligned with the above analogy. The life and death of each body enabled the Earth Being to experiment and develop, and for the knowledge to be passed on ever so incrementally as evolved hereditary traits within a species. But with the added dimension of self-consciousness and the ego, the situation changed and is now very complicated. Let's look at the differences.

For a body that has an awareness of the energy moving in it, which is what we are as self-aware human beings, the natural experience of death is this: the withdrawal of Consciousness from the physical body is a movement of reality away from us to reveal, at first, the observation of our own body and the immediate scene, as many people who have had near-death experiences will testify. Note that it is a movement *away from us* as the observing Consciousness, not of us moving away from the scene, and the subtlety of this is often lost on people who have near-death experiences, because they become overwhelmed with the realisation that their true reality is separate from the body, and that they are not dead. Experiences of this nature are truly powerful, and a great gift to the individual, but the fact that reality moves away from them, and not the other way around, is an interesting and important piece of information.

To help understand the distinction, consider the reality of your own life experience. *You* are the observing Consciousness always, the experienter of your life, no matter what happens where and when. The fact is that you are always 'here' and the world moves by you, not the other way around as most people would think and say. That is, it is normal and accepted to think and say that we move through the world, for example 'I am going to the shops', or 'I am moving to America'. These kinds of statements, although quite normal and true from one perspective, are not quite the truth of the matter and are indeed an indicator of how far we are from really knowing what is going on.

It is not that difficult to see and prove to yourself that you are always 'here' as the observer of your life. You are not essentially going anywhere in life—you are pulling it past you as a continuous stream of experiences. That might seem difficult to understand, but it is worth contemplating. What is it, then, that determines the nature of the experiences you draw by you? I hope that the answer to this question is now known, or that it will become more apparent as we continue, because it is something that can truly help you create a better quality of life. But for now, let's get back to death...

At first reality moves away from you, as you let go of the attachment to, and projection through, the physical body. Then there is a travelling, tunnelling sensation as you pass back through your accumulated life experiences, back towards the centre of the firmamental structure that supports all existence. This is the extraction of value and it is experienced as a rushing of energy past you—your own past—and a movement towards the light.

The movement is a withdrawal to the Source of your Being, the singularity that is behind existence and the place from which you come. As the light is approached, there is a feeling of overwhelming peace, power, love, and one of 'returning home'. After this,



there is stillness; the totality of Consciousness where any sense of individuality ceases to be. Words now fail to explain or describe this reality any further, as it is a place behind and beyond all words, all realities and all concepts of anything. Experience is the only indicator of its reality, and even then, it is something beyond experience. It just is.

This is the natural process of death that an enlightened person would experience or an animal would if they could identify with and explain what was happening. Now let's look at the death experience when ego is involved, which is the reality for just about every person on Earth today.

At first the experience is the same. There is the letting go of the physical body and then an observation of the immediate environment. There may now be a glimpse of the light, or perhaps a movement towards it briefly, and an awareness of going back through the experiences of your life as the extraction process is engaged. There may also be a period of disorientation, but then there is a rapid movement away as your energy is brought into alignment with that which you carried or represented while you were alive.

You travel through and have experiences that are sympathetic, or resonant, with all the beliefs you hold and behaviours you embody while alive. For example, if you are a Christian, you will experience a place that reflects your beliefs about Christianity. If you are Muslim, you will experience a place that reflects the religion of Islam and your identification with it. Consequently, a person might initially feel that they are right about everything they believed and did in life because it is clearly reflected in this 'afterlife' place. But that is only temporary, and soon registers as a sense of contraction, of being caught up or trapped in what is actually a region of density—a belief or mindset—in the human psyche. In this way release from the body at death might be temporarily liberating, but the 'destination' is not. Qualitatively, you are no better off in death than you are while alive.

This then describes the reality of karma at work and the merry-go-round nature of it. Soul can and does get stuck on this ride for a very long time, but because Consciousness is behind everything, at some stage a powerful realisation dawns and eventually there is a shift.

There is a very good movie, 'Groundhog Day' directed by Harold Ramis and first released in 1993, that captures the essence of this dynamic beautifully and quite humorously as well. The main character, Phil Connors (played by Bill Murray) is a cynical television weatherman who finds himself in a time loop, living the same day—February 2nd—over and over. Each day he experiences the same scenarios and challenges but never seems to be able to rise above them. In desperation he then takes his life, but

continues to waken to February 2nd. The fact that he cannot seemingly escape the reality of his existence, forces him to examine his ways and attitudes, and eventually he learns that the cause of his torment is his arrogant and selfish behaviour. By becoming more considerate and loving, he is then released from this disturbing time loop.

The nature of experience at death of an ego absorbed person also explains the notion of 'judgement' that arises in some religious traditions. Although the essential idea behind this is correct, it is important to note that it is a *self-judging* mechanism determined by how true to life you have been, that is, how well you have lived in alignment with the Earth Being while alive. Therefore, the idea of going to 'Heaven' is something determined by this alignment alone, and does not necessarily have anything to do with how much you believe in God or how many times you might attend church.

Heaven is a place synonymous with complete immersion in Consciousness, the vital reality of life unencumbered by ego. Conversely, 'Hell' is a place of restriction that may not be very pleasant, especially if you have lived a life of meanness to others, because you will experience something similar when you die. It is unavoidable that you do, and this is perfect justice and the brilliant education system of karma at work that eventually shows us all the truth. Both Heaven and Hell are dimensions of experience that happen now, not in some hoped for (or dreaded) afterlife place.

Physical death, then, is an experience that will vary enormously depending on the extent to which individuals have lived in alignment with Source, against alignment with ego. But how does this relate to the psychological and emotional death we must experience as we enlighten ourselves?

First, it is only ego that stands between you and enlightenment, nothing else. So, the physical death experience for the ego-aligned person is that they arrive in a place after death of sympathetic resonance with the essential nature of their lives just lived. From this place, a new life will be determined and lived at some time in the future by the mechanism of reincarnation. This will continue, as per the 'Groundhog Day' experience, until such time that behaviours are changed and there is a shift and release from this merry-go-round, or *karmic wheel* as it is said in Buddhism. At the point of death—at the stage where reality has moved away and there is an awareness of life that is simply unbelievable—there is also a short but great opportunity to glimpse a deeper truth before being diverted to destination's end. It is this glimpse that injects the energy for change ever so incrementally. The more enlightened we become, which means the less substance we have as Soul, the longer these glimpses become. This, then, allows for more rapid progress and ultimately, at some stage, we get off the wheel and become realigned with the fullness of Consciousness. This is the journey of enlightenment that

everybody is on, and the living/dying/reincarnation cycle is the mechanism by which it happens.

However, enlightenment does not have to involve physical death. The main reason why physical death allows us to advance on this path is because it is an incredible shock to us. It is the shock of release from a mind-absorbed way of living, which is to say, living in a way that is deeply attached to the body and the physical world. In death, this world—and the attachment to it—is literally ripped away from us. And, because there is usually little awareness in people about the reality of life and the Universe, having the world ripped away from us is a completely *shocking* experience. It is the extreme contrast that shocks, not unlike the experience of having the 'rug pulled out from under your feet', or jumping into a pool of cold water on a hot day. But in the space of this shock is the opportunity to see things differently, and this is the great gift of it. It allows us to bring new energy to old ways, and this begins to dissolve the substantial nature of the ego/soul. And this, essentially, is what spiritual enlightenment is about. Physical death is not necessary, but shock usually is. There is nothing like it to initiate change.

Unfortunately, but quite understandably, it is usually only when a person experiences extreme shock in their lives that they begin to question what they are doing, and become earnestly devoted to discovering the truth. This was certainly the case for me, and has been the case for most people I meet who have begun to look deeper into the meaning of life. In the same way that the physical death of our own bodies is a shock, so too is the loss of a loved one, or of something dear to us; like losing all our money, having our house burn down, or suddenly receiving news that our partner wants to leave us after 30 years of marriage. These are all shocking experiences, and they represent similar opportunities as the shock of our own physical death. Behind the experience of the event is an opportunity to see the world differently and bring new energy towards change. Awareness of, and commitment to, this process allows us to consciously detach ourselves from existence, rather than having it ripped away from us upon death. However, the price we must pay is a psychological and emotional disturbance that varies in intensity, the beginnings of which occur at the tail end of the initiating shock. For us to handle such experiences correctly is an opportunity for rapid growth, and the expansion into a new level of being that will far exceed the quality of any previous experience.

In the next section we look at personal growth and the relationship between it and evolution.

## Personal Growth and Evolution

The term 'personal growth' is one that relates directly to the process of dissolving the past within you. It is the path of enlightenment, sometimes also referred to as 'spiritual growth', and it is something quite different to evolution. Let's have a look at the differences and why they are important to understand. But first, please check in once again to see what you are feeling right now. Take a moment to settle yourself. Relax. Turn your attention to your breath and follow it in and out, slowly, rhythmically. Drop your shoulders to release any tension that might be there. Relax your jaw too. Feel for some ease, space, or joy in your body. Become aware of the sounds around you, and as best as you can join the sensation you are feeling within to the sounds coming in through your senses as an immediate state of awareness in the now. Let your thoughts go, just let them pass through. Be easy.

The notion of personal growth as I have just described it refers specifically to the sense of expansion in awareness you feel as you come to know yourself more thoroughly. Evolution, on the other hand, is the eternal process of creativity, change and development throughout the universe. There is, of course, a relationship between the two and that relationship is this ...

As a creative Being, you are contributing to the evolutionary process by your actions every day. But what you contribute is of little meaningful consequence until such time that you have truly come to know yourself, which is to say, until you have dissolved the past within you (your ego) and can live in alignment with the truth of what you are. Then you engage as a powerful co-creator in universal creativity.

So, if you engage in any process or method for personal growth, then if it is a good method, it will ultimately do one thing only—it will help you become more aligned, more loving, conscious, and present in life, from which a new way of seeing and acting might then arise. If it does not facilitate this, then it is not truly a growth path in the sense of it freeing you from the trappings of the past. For example, studying and gathering information or learning more skills and tricks in life are not indicators of becoming more loving, real and true. On the other hand, the ability to communicate openly, honestly, with courage, whilst also being able to hear and allow space for another to express themselves similarly, for example, *would* be a sign of successful personal growth in the way the term is being used. To be able to do this is not about *adding* more things to your life, rather it is about *removing blockages*.

This now brings us to a very satisfactory definition of the phrase 'personal growth', or the path of enlightenment. It is the process of removing blockages within us, of dealing

with, or working on, our 'stuff', as it is often said these days. And this is quite a reasonable term to use as it indicates extremely well the dark, disturbing, and often indescribably confusing substance of past within us that we begin to face on our way back home.

The knowledge and value of facing and dissolving the past within our Being to free and empower ourselves is quite well known. Although omitted by most major religions (certainly not featuring as a salient point), the process of clearing the past is promoted and practised today through psychotherapy, hypnosis, and other regression techniques. The process is also practised in the powerful and mysterious religious cult of Scientology, for example. Like many influential religions and practices throughout history, Scientology is founded on some very sound principles, and the driving principle behind it is that of 'processing' a person to become 'clear' through a process that Scientologists call 'auditing'. Auditing is a specific technique geared towards helping a person see and clear blockages (past events in their lives that have lodged in the cells as 'engrams') within them, and as such it can be a very successful and empowering process.

The past, and any attachment to it, is the only thing that will ever limit you or hold you back from experiencing the full joy of living, and the opportunities life offers. However, the continued use of any specific process to help dissolve this attachment may also result in attaching to the process itself. The process, or the person or organisation behind the process, can then be upheld more than the value received from it, and the net result is often the creation of another haven for the survival and growth of ego.

The cleanest way for you to face your past is to simply be present and honest in your life. This will do the work. The energy of presence is a light that shines through you and exposes everything within. Nothing can hide, nothing will be missed if this honesty to life is lived.

The reason that this works is as follows; as you consciously become more present in life, you begin to draw to you events from your past, either literally or symbolically. This is the same process you experience in death, as we discussed earlier—one of going back through your own past. You don't have to go looking, regressing, or processing to dissolve the blockages within your Being. Although there is validity to these methods—and sometimes they can be very helpful—it does entail the risk of misinterpreting what you discover, especially when it extends to exploring past lives. The cleanest, fastest way is to get out of your head, be present and true, and honestly face what comes without running or hiding from it. To do so is to engage the powerful and intelligent mechanism of karma.

But the human mind always wants to make things more complicated than they need to be, by analysing and endeavouring to describe and understand the complex nature of blockages within. And although the impulse to do so is understandable at an inquisitive, intellectual level, it is for the most part a waste of time and energy. The most valuable thing to see and know is that on the way to enlightenment we will have to face our karmic body—a complex mix of wounds and beliefs from this lifetime or before, generated from living in a way that is out of alignment with Source. It is not necessary or important for us to understand and name it any more than this. And yet the beauty of the process—the Divine justice in it—is that we *will* come to understand what we need to if we simply *don't try* to understand it. Such moments of revelation are a great gift and a powerful springboard to liberation.

If we do go looking to try and understand what is going on, or what the reason for our suffering might be, we will find no end of opportunity to name—and with increasingly elaborate terms—the nature of the 'stuff' arising, not at all unlike the way in which the scientist continues to look into matter only to find an endless arising of 'stuff' to name. The possibility of discovering and naming things in this way is limitless, because it is the act of looking that generates what arises. In both cases, it is a trick of the ego to keep us on the karmic wheel of compromised living and sustain the secondary world from which it all comes. This can be a specious trap for both the seeker and the scientist, and people snared by it can be deluded for a very long time. They would argue vehemently that they are working earnestly to find 'what the matter is' and are doing the right thing.

The right thing, however, is only ever to come back to Love, because ultimately there is nowhere else to go. And when realigned with this Love—which is of course God, the Greater Consciousness—we become wise and valuable players in the evolution of life. Not until we are clear of our own 'stuff' can we fully contribute to the whole in this way.

Next up we have a look at a very powerful personal growth tool. Responsibility.

## **Responsibility**

For you to receive the maximum benefit from this work—or anything in life for that matter—it is important that you give your full attention to it. Once again, make yourself comfortable and minimise all distractions. Take a few slow breaths, in... and out. Relax. Be as still as you can inside. And simply listen.

One of the most powerful behaviours you can adopt to enlighten yourself and take your rightful place as an empowered and delightful human in the evolution of this Universe,

is your willingness and ability to be *fully responsible* for your life. So what does it mean to be responsible, and why is it so powerful?

First, and this is an important distinction, the use of the word 'responsibility' here is about you being responsible for *your* life, not you being responsible for or about anything or anyone specific in the external world. You might and often do feel or choose to be responsible for certain things in your life; for example, looking after your children, not speeding on the highway, or telling the truth on your tax return. But this is not what I am talking about. I am talking about your ability to take full responsibility for the way that you *experience* the world. And by full, I mean *everything* that you experience, every aspect of your life, in every moment, with no exceptions or excuses.

This often seems to be 'a tough pill to swallow' for many people. And without a complete understanding of yourself as the creative Being that you are, it is also a reasonable deduction. But it is not the truth, and it is a very limiting conclusion to make. Until you can come close to, or be sufficiently open to, the truth that you seek, then the egoic mindset of our times will entice you to play some kind of 'blame game', with a tendency to hold external causes accountable for the state of your life and the world. The reason for dysfunction and discontent, this mindset would argue, is poor government, greedy corporations, or lack of resources. There is, of course, no limit to finding fault in the ways of the world or others, but rarely is there an awareness in people that the state of the world at any given moment might have something to do with them.

It is interesting to note that people are generally quite happy to take responsibility for their lives and the world when everything is going well. 'I have worked hard for this, I deserve it', they might say, or 'I have learned how to manifest what I want, I am a powerful creator', or even 'I have been good, I am blessed, God is on my side'. But what about when things don't go so well? How often is the same proud claim made then?

Let's face it, you don't have to be very wise or courageous to attribute good fortune to yourself or your blessed state when everything is going well. A better measure of wisdom and courage would be how well you can take the same responsibility for dysfunction and unpleasantness when you experience it.

So why is this so? Why do you have to take responsibility in this way if you wish to be free, happy, and take your part as a valuable player in life?

Now that you are familiar with the Origin model and the nature of this work, you may well know the answer to this question already. If there is only life, the One Consciousness behind and within everything, and this is the essential nature of what you

are, then it follows that everything you experience must somehow be an expression of this Creative Consciousness. Therefore, to *not* take responsibility for your life experiences is to basically deny your own power as a creative Being.

This blatant lack of responsibility is a major contributing factor to the increasing feelings of disempowerment that so many people feel today. You may have heard it said that with great power comes great responsibility, but perhaps a lesser-known, more valuable truth is that with great responsibility comes great power.

It is wise and liberating to be fully responsible for your life, for all the joy, insight, revelation, or power that you ever feel as a result of living your life, no matter the external stimuli that may seem to be the cause. Similarly, it is equally wise and liberating to be responsible for any disturbances that arise. Because whatever you experience in life is *yours*, no one else's.

Taking this work as an example: if it was universally and fundamentally true that what I am presenting here is inspiring (or disturbing, or however you might like to judge it), then everyone would have the same experience of it. Clearly this will not be the case, and in fact I have no idea how this information will impact upon my audience. I do know, however, that it will be different for every person, because the work is only a mirror: it is a piece of existence, and existence is nothing other than a sense perception of the Earth psyche, the inner world. In this way, whatever a person experiences with respect to it, or with respect to the world in general, can only ever be a reflection of their own inner world or state. Therefore, whatever *you* see here is a reflection of *your* own inner state. It can be no other way.

To take responsibility for your life, then, would be to see that whatever your experience of reading this material, it's all about you. If you see any truth or wisdom here, then it is yours. If you have any disturbance, then it is yours also. And it is quite likely that you do experience some degree of disturbance when reading this work, because this is the practicality of becoming enlightened when it comes down to it, which is what we are here to do. The purpose of this work is to help generate an enlightened state and effectively achieve something of value, not just have a nice discussion about a few things and then go our separate ways, unchanged. This is a deep dive into the psyche—your psyche—and if you stay with it, it will speak to and energise the very depths of your Being. Consequently, there is great potential power here. Your power. And the energy of this will burn out, or dissolve the blockages within you, if you are ready and willing for that to happen. This 'burning out' is the cause of any disturbance—it is the emotional and psychological death of the ego, as we discussed in the section 'Personal Growth and Evolution'.



Some of the clearest, but ever-so-subtle, evidence that indicates the general lack of responsibility people take for their own lives today can be found in the way they express themselves when sharing information about their experiences. Awareness of what I am about to say, combined with the ability to refrain from doing it, is a powerful way to begin taking more responsibility for your own life, and hence empower yourself.

Have you ever noticed how people use the word 'you' when sharing information about themselves? For example, somebody might be sharing information with you about their experience of losing a job and finding a new one, and they might say something like this, 'You know, when you lose your job you feel terrible at first. But then, after a few weeks it gets better, and you realise that there are new opportunities. And then, when you start a new job it can be so overwhelming. You don't really know what to do and you are worried that you are going to perform properly'. Communication of this kind is very common. If you have not noticed it before, watch out for it now.

Why do we speak like this? The experience being shared belongs to the person sharing it, not their audience, as the word 'you' in that context suggests. In the above example, it is completely possible—responsible and healthy—for the speaker to substitute every 'you' with 'I' or 'my'. The same sharing would now look something like this: 'When I lost my job, I felt terrible at first. But then, after a few weeks I began to feel better, and I realised that there are new opportunities. And then, when I started my new job it was so overwhelming. I didn't really know what to do and I was worried if I was going to perform properly'.

By using the word 'you' instead of 'I' when talking about yourself, you subtly avoid taking full responsibility for your life. Further, you implicate your audience, and are unconsciously endeavouring to manipulate them to think or feel the way you do. The next time you become aware of people talking like this, turn your attention within and feel what is happening. You may feel a pull on your energy, a slight discomfort, or a contraction of your Being. Conversely, observe what happens within when listening to somebody who fully owns their experience: there is ease and space around receiving the information. There is an expansion of being, a willingness to open and share. More energy, more love, is generated. From your side, be mindful of the words you use when sharing your personal experiences with others. Observe the difference in your energy when you consciously own what you are saying by using the words 'I' and 'me' instead of 'you'.

These are interesting and empowering exercises. To be able to speak and own everything that you say through the wise use of language is one of the most empowering behaviours you can adopt.

To take responsibility for life by owning all your experiences and not holding someone or something else responsible for them, is to begin to turn your life around and direct it towards the power and lightness of natural Being. Of course, there will be times where it will be extremely challenging to take responsibility for what is going on in your life. But what other choice do you have? Holding anyone or anything else responsible for what is going on in your life will never get you where you really want to go. When life is extremely challenging, it may be helpful to tell yourself something like this, 'I don't understand what is going on at all, but I take full responsibility for my experience of it. One day I may understand, but until then I trust that somehow, everything is ok'.

Taking responsibility for your life is a great challenge, but one that pays enormous dividends. And in these days of quick fixes and fast tracks to everywhere, this honesty to life is the real deal. It is an approach to living that *will* transform your life, dissolve your problems, and set you free. But please, don't just take my word for it. If you are genuine in your quest to live a better life by whatever measure that may be for you, then please try what we are talking about here, and see for yourself. Do your best to see and accept that it is you, as an extension of the One Creative Consciousness, who creates the experiences you have. Leave your rational and doubting mind out of it, as best you can for the time being. Simply take responsibility for it all ... and watch what happens ...

This is a very powerful life practice. But it is most important that you don't go looking for, or expecting, any specific outcome from living like this; just be mindful of what happens in the following moments, days, or weeks of your life. If things begin to change for the better, then the fact that taking responsibility was the cause will have been demonstrated to you; it will be the truth for you, your truth, *the* truth. If it doesn't work, nothing is lost except perhaps a little of your time in trying something new. Either way, please do not accept or reject this information at face value. To do so would mean that you have chosen to believe or disbelieve me, either of which is unhelpful if you want to discover the truth and be free. This is a major point, and the subject of the next section.

### **Knowing and Believing**

For you to be able to differentiate between what you believe, or believe in, and what you truly know from your own experience of living is a primary determinant of the quality and real value of your life. As we have covered earlier in the section 'The Unbelievable Ancestors of Self', it is our ability to think and believe that has enabled us to be the creative creatures that we are today. It is this same powerful faculty, however, that can be, *and is*, an insidious and puissant influence in so many areas of life.

It is inarguable that anyone who chooses or needs to believe anything, or anyone about anything, clearly cannot *know* the truth about the 'thing' in question. For example, if I can play the piano then I know that I can play, I don't have to believe that I can. If I have seen the Eiffel Tower, then I know what it looks like, I don't have to believe it. And if I have smelled a rose then I know how it smells and the feelings it evokes, there is no requirement for belief. Consequently, living by strong beliefs rather than by experiential knowledge can be a dangerous game and arena to play in. Let me explain because this is ever so important.

Clearly, there is a fine line here. It is entirely healthy, advantageous, and indeed *intended* for us to be able to operate in a conceptual world, share ideas, and continue creative exploration and expression through our bodies here on Earth. However, being open to new ideas and holding them lightly for the purpose of potential creative outcomes, is something entirely different to believing things. Believing is when we invest energy—a part of ourselves—into an idea that we *do not know* to be true in our own experience, and this can lead to no end of dysfunctional outcomes. Here is an example to help demonstrate the point. I am going to share some information with you ...

'I live on a property in the bush. At the bottom of the property there is a small hill, and if you climb to the top of that hill and peer over the other side you will see a field of purple grass. Towards the end of that field there is concealed tunnel that leads to a small underground village, and in that village lives a rare tribe of people who have green skin and are only one metre tall. They are a very advanced culture, and have developed technologies to assist them in teleportation and intergalactic travel. I know this because I have been to where they live, and have travelled with them to other dimensions'.

Now, what can you do with this information?

You could immediately recognise the truth of it, if you, too, had been to the place I am describing and had the same experience—it would be your unquestionable knowledge, and there would be no need for you to believe or disbelieve me; no reason for any conflict to arise. However, if you have not had the direct experience, you only have three further options.

The first option you have is to dismiss outright the information I have given you, and perhaps see me as some kind of mad or deluded person. You may then refuse to listen to anything further I had to say on the matter, and possibly deny yourself a powerful experience, if what I am telling you is true.

The second option is that you could be open to the idea that the story I have shared with you *may* be true, even though it is out of your experience and sounds unlikely or suspicious. This would be a respectful and intelligent response. There is no investment of your energy in simply being open to new ideas; they will either prove to be correct or incorrect, and either way it matters very little, if you have nothing riding on the outcome.

The third possible response is that you are fascinated and excited about the information—the story—and choose to invest some of your energy into it, which is to say, you might *believe* me.

But why would I want you to believe me? And why might you want to believe me? These are good questions that point us to the very core of the problem about belief.

Let's first consider the position of me, the storyteller. If what I am telling you is the truth, then, if I am an empowered person living in alignment with the true Source of my Being, I have no need at all for you to believe me—it doesn't matter to me what you think. If you are interested and open to what I am saying, then I can take you to the place I am speaking of or give you directions to find it, and you can have the experience yourself. Perhaps if I wanted to, I could also be a little entrepreneurial, and charge a fee for my services. But not any part of me *needs* you to believe me.

However, if I am not empowered in life by drawing my strength and direction from within, then I will have a tendency—indeed, an unconsciousness requirement—to get you to believe me. Why is this so?

This is a critical point. We all need energy. Life energy to sustain ourselves. In the natural state, this energy is provided in every moment from within as the feeling of wellbeing that guides us. But for those of us who are not connected in this way—which is pretty much every person on the planet in varying degrees—we must find and appropriate energy from the outside. Other humans are a primary potential source and target. And so, the foremost reason that I might want you to believe what I say is so that I can *get energy* from you.

Apart from the energy I receive from you by way of getting your attention for a moment as I speak—which is a natural function of the exchange when communicating respectfully with another—if I can get you to believe me, then I also get your energy at a much deeper and enduring level. If you believe me, it means that you have invested some of your energy into me and my ideas, and this is ego at work once again, as we discussed in the section 'The Nature of Ego'. The sole reason I want or need you to

believe me, the sole reason anyone wants or needs anyone to believe them about anything, is simply to get *energy*.

Now let's consider the position of you, the audience. Why might you want to believe me? Although there may seem to be many reasons, with sufficient examination they will distil to reveal the primary reason that there is *something in it for you*. The story I have told you has appealed to something that you want, need, or desire. Consequently, because it seems that I have something that you want, there is a certain power imbalance in the relationship. I can now confidently ask for something in return, even though, if I am not telling the truth, I know that I cannot ever deliver at my end.

For example, if I claimed that just upon meeting these people from below the purple field you would immediately look and feel ten years younger, or that after being with them for only a few minutes you would realise your true purpose in life and be ready to return home with renewed vigour, you might become very interested in meeting with them. It would then be highly possible and also reasonable for us to make a good deal: I'll take you to the green people, if you bring me cows, gold or make me King, for example. Of course, if I am telling the truth, it might be a reasonable deal. But if I am not, I'll have to string you along for as long as I can, and invent all kinds of other stories to distract or entertain you for as long as possible. All I have to ensure is that I don't take you anywhere near the hill at the bottom of my property such that you might come to see I am not telling the truth.

The behaviour of continuously fabricating stories to avoid the truth consumes enormous vital energy, the same energy that is required for the sustenance of our existence. Accordingly, more energy is required to fuel such behaviour and if it is not sourced from within then it must be taken from others. As you can see this creates a snowball effect of more and more taking, more and more deceit, which feeds the growth of the egoic-centric world.

Today, people are persuaded and coerced into believing so many things. And although this may seem harmless on the surface, perhaps even necessary at times, it can and does have dire consequences. Because ego effectively derives its entire sense of existence from beliefs, and because it is an entity that wants to survive, it is unavoidable that it must rise up to defend any perceived threat to those beliefs. Consequently, it is the need for ego to create and expand the beliefs that support its existence, coupled with its defence of anything that might threaten them, that underpins almost every human conflict throughout history.

The more that people collectively believe a story, the more the story gathers as a substantial reality in the human psyche, and those people then draw power from it. The storyteller gains power through the attention they are receiving, and the people gain power through gathering together—uniting—in the belief. This gathering together generates a strong feeling of connectedness, purpose and belonging in the group, that on the one hand might seem to serve, but on the other will divide and cause conflict to a far greater degree.

Another danger that arises from strong attachment to mindsets is that to blindly believe what somebody or some organisation says, rather than knowing it in your own experience (or at least being open to it until you do know that it is either true or untrue), you will tend to hold that person or organisation responsible for whatever happens to you with respect to that belief, good or bad. Again, this is because you will have invested energy into their ideas; you will have aligned with them, attached to them, and because of this you will then tend to hold that person responsible. If the belief serves you, you will tend to elevate, idolise, or worship whoever authored the ideas. If it does not serve you, you will tend to condemn or denigrate them. This kind of behaviour is behind the rise and fall of many powerful people and organisations throughout history. It is still prevalent today, and will continue to be so, as long as the responsibility for life is transferred to anyone or anything other than yourself.

There is never really a need for you to believe, or believe in, anything, if you spend a little time examining this, and better still, if you can come to realise it in your own experience. Knowing is a quality of the empowered person, whereas belief is the powerhouse of ego. The purpose of your ability to think and believe is to enable your creativity only. In its right place it is there to serve. Misplaced it is the cause of all troubles in the world.

In the next and final section of this work we look at and practise the most powerful skill you can develop to help you dissolve the ego, empower yourself, and step into the life that you came here to live.

### **Practising Presence**

It is possible for you to deeply align with the primary forces of this Universe and truly come to feel and know that you are a valuable player in the co-creation of events here on Earth. This alignment is a wonderful feeling of power and connectedness with yourself, others, and the world around you. Contained within the feeling is the

knowledge that you are in the right place, flowing with life and doing exactly what you are here to do.

Experiences of this nature are a taste of how good life can be, how life is meant to be. And most people have had experiences like this here and there throughout their lives. But rarely do they endure. Why is it so that we can experience such power and flow in life, and then at other times it just doesn't seem to happen?

In the remainder of this work, we will look at the reason why and perhaps more importantly, we will practise how to find and stay in this wonderful state of flow.

So, let's get into it. Let's get straight into the body where the experience and reality of your life is. Please see that there is no life outside of you really—what is out there is all observation, a reflection through the senses. *Your* life is within, so let's now go in and begin to align more consciously with it.

Begin by closing your eyes and become aware of your body breathing. Take a few deep breaths in and out. Drop the diaphragm down to draw air into your lungs. The belly extends as you do this. And then let go and allow the air to release. Continue to breathe like this slowly, consciously, and follow the breath as an uninterrupted flow of air in and out of your lungs—a smooth, rhythmical movement of energy, rising and falling, over and over. Be easy. Relax.

Find and feel the sensation of being alive in your body somewhere, the feeling of ease and wellbeing, warmth, tingling or joy. Put your attention in your toes and feet and look for the feeling in there. Let it rise up through your body, your legs, your hips, torso, hands, arms, shoulders, neck, lips, cheeks, nose, ears, forehead, and through to your scalp and the top of the head. Feel the whole of your body buzzing now as one complete system. And with each out-breath sink deeper and deeper into this sensation, into what is the essence of you.

Allow your thoughts to waft through your mind as if you were watching clouds form and move on their own journey to who knows where, but in the knowledge that what they are is not *you*. You are the watcher, the Consciousness, the life.

Feel the wellbeing, and if you notice any emotional pain or disturbance in you, then allow that to be there also. Just allow it to be there, but do not focus on it specifically. This is a key point. The sensation of wellbeing you can feel is you, the real you, whereas any disturbance is only ever some aspect of your past arising, an aspect of ego dissolving within your Being. Resist the temptation to think about this. Or anything. Breathe. Relax. Be easy.

It is important that you allow the disturbance to be there in your body, if there is any, and don't ignore it, deny it, or run from it. And it is equally important that you do not focus on it either. This is a fine balance to keep, and perhaps the idea that you are simply holding any disturbance with your wellbeing, your love, is the best way to approach and handle what is happening.

Focus on the wellbeing. Feel it as a descent into, and expansion of, your Being, because that is what it is. Wellbeing is not a static state, it is a movement—an alignment with the firmamental expansion/contraction structure of Consciousness that creates your whole body and Being. To focus on it affirms and strengthens this fact, this truth of what you are. The more you focus on it, the stronger your alignment with it becomes, and it shines to dissolve all disturbances, the past, that is in you.

Do this exercise often, as a daily practice is best. To find and feel the sensation of wellbeing in you, is to align with what is true in you, on the purpose of your being, and from here you will be guided in the fastest and most pleasurable way. And at the same time this focus on your truth will stir up what is not true within you, the ego. So, take your time with it all. It took time for ego to form, so it will take time for it to be dismantled. Fortunately, it takes far less time to dismantle or dissolve than it did for it to form, not unlike it takes far less time to demolish something than it does to construct it. Further, although this is work that will benefit you, it is also work that dissolves ego in the collective human psyche. The more that you do this simple practice, the better off you, everybody, and the planet will be.

This ability you have to feel the wellbeing in your body, however, is only one half of the equation in becoming present and true in life your life. The other half is to be sensory-aware, from this place; aware of all the sounds, smells, tastes, and sensations where your body touches the Earth and all its creations.

Allow the sensory information of this moment to simply arrive and meet with the inner sensation of wellbeing without any movement of the mind to name what is going on. The mind will always want to identify with things and name them. If thought, or the temptation to name things arises, just let it pass through, come back to the breath, and start again by focusing on the sensation of wellbeing, of what feels good in your body.

You may now try opening your eyes. Be aware though that being our primary sense, it is very easy to lose your inner connection when your eyes are open, very easy to be pulled out into the world through distraction. But of course, to have our eyes open is the reality of living, so it is powerful to practise and strengthen this skill as we are doing here now. Open your eyes, but be sure to stay feeling within.



To simply allow information to arrive and meet with the sensation of wellbeing within is an exercise in *receiving* through the senses, rather than trying to name and understand the world. Naming things, you may remember, is the action that facilitated [the emergence of the human mind and our ability to think](#), and we are now endeavouring to transcend this. To give in to naming and thinking at this point will only be counterproductive.

Wiggle your fingers and toes, or move your body slightly. Or even, move around the room if you can, all the time feeling the wellbeing within, never leaving that sensation, that inner reality that is you. This is to help show your body, to help train your body, how to be in the world more consciously. How to be guided from within. How to allow the inner wellbeing, your own intelligence rising up through you from the Earth psyche to inform and move your body. This is practise.

And smile. It is a serious business dissolving ego within, something that can take a very long time. But something that must be done if you wish to be free. So remember, that part of you that is doing the dissolving is the real you, your wellbeing, your joy, your love. So smile. Because a smile comes from this place.

After some time and practice you will find that eventually there is no real difference between what you feel inside and what comes to you through the senses—the two dimensions meet to become the reality of Being that is neither within you nor outside. You and this moment become One, in a place that you cannot exactly position in time and space. This is the natural state.

So, what are you feeling right now? Do you feel an ease and peace within, perhaps a quiet inner strength and power? Something that feels closer and more authentic? I sincerely hope that you do. But see and know that this experience is because you are practising presence, consciously feeling in your body and attentively reading these words. As a result, your true self or nature is centre stage right now and it feels easy and good, and rightly so. This is the natural sensation of being alive, uninterrupted by ego, the way that life is meant to be.

However, there is ego in you as well. It can be no other way until you are completely free. Your ego may be very quiet right now, but it knows that what you are doing here will destroy it, and it does not like this at all. While you remain present, ego cannot do anything, it cannot get a foothold, for there is nothing for it to get a hold of. But you must be vigilant. Ego will take you when you are off-guard, when you least expect it. And it may also do so with increased force now, because it has been threatened by the light of your Consciousness that you are expanding as a result of this exercise. It may want to fight back hard to regain its status, and when it does, it will move to get your

attention somehow, as a seemingly harmless thought or indulgence of emotion that will then lead to its rising again. Or it may happen suddenly, as an event that excites deep emotion, drawing you into a conflict or drama of some kind.

No matter which way it tries, the reason and mechanism is the same. Ego is a living entity that wants to stay alive. And it will do this by getting you to identify in some way with your thoughts and emotions, the substance of past within you, where the body of ego resides.

This is what disrupts the natural flow of life and the way it is meant to be. This is what throws you from the joy of natural being. And when it does, you may start to doubt the validity and power of your flowing, uplifted experiences; they may diminish to seem more like a dream, and in time you may resolve that they were only ever peak, rare, or lucky things that happened to you. But this is not the truth. You are a Divine Being and your right is to feel the flow of life, a continuous adventure of creative opportunities and experiences.

It can be extremely disturbing or depressing—and even sometimes significantly debilitating—however, when this loss of connection and flow occurs. But to understand it a little more now would be to see that any heightened state of being will always bring up unresolved energies from the past. Remember, this is a function of the enlightening process; any activity that generates an enduring state of presence effectively expands your Being, shines the inner light of your Consciousness, and illuminates all the dark areas in your life. As these energies are exposed, the flow of your life will falter until they are resolved through transmuting them to become an integrated part of your expanding Consciousness.

Further, it is the nature of ego to always try and take charge by getting you to identify with, and attach to, something—it is part of its survival mechanism. Accordingly, it is never the case that the natural, enlightened state is a place that you arrive at, and the work is done. It is a state that must be sustained by your ever-vigilant presence and honesty to the moment. Therefore, when it comes to experiences that are pleasing to us, like the power, ease, and even magical feeling of flowing with the energy of life, the ego can get very excited and may want to ‘make something’ of it. It will attempt to hold on to the experience, and perhaps project about how clever, blessed, or lucky you are, and what it might mean in terms of your value or your future. This egoic behaviour has the effect of drawing you *out of alignment*, and consequently, the flow ceases.

To catch any attempt by ego to reassert itself is simply to notice what is going on inside of you at all times. If you notice that you are feeling agitated, angry, or bored, that your mind is drifting or that self-talk is dominating, then powerful work can be done.

Noticing is sufficient. To simply notice and watch means that you do not get caught in the trap, because what is 'noticing' is your Consciousness, your Love, the real you. And therefore, in this simple act alone, you disempower ego and empower what is true. Every time you catch it attempting to take hold of you through mind chatter and emotion, you weaken it and, in time, it will have no further place in your life.

Practising presence as we have been discussing and doing here now for the last twenty minutes or so, is the way to strengthen your ability to be true in life and live as originally intended. It is to align with the essence of who you are and be guided by the Earth's own intelligence to contribute your unique offering to the world.

This is [your original purpose](#).