

***Handbook
for
Ascension***

-or-

How to be the real you

Based on an original manuscript compiled in 1999

by Artrias

(aka Gordon Rosenberg)



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About the Author

Artrias is the “higher self” name of a multi-dimensional being also known in 21st century third-dimensional reality as Gordon Rosenberg, visionary, poet, essayist, metaphysician and sound and vibrational practitioner. Gordon rediscovered his real self and awakened his intuition through years of exploration and practice with many leading edge technologies and ancient disciplines. He has taught classes in deep relaxation, self-discovery and expansion of consciousness. A former journalist and long-time small business owner, Gordon lives in Bend, Oregon. Artrias lives in all dimensions everywhere.

Disclaimer & Book Focus

I don't pretend to have all the answers to any of the profound questions and issues raised in this book. I do hope it may be a jumping off point for new discoveries for you. I believe my Source to be quite authentic and I certainly present this material with the utmost sincerity and optimism.

Throughout the book, there are visualization and sensory exercises intended to help you get in touch with energies, feelings and emotions in your body and mind. While there's no actual exercise and little or no physical movement involved in these processes, they can nevertheless be very powerful. Some people may choose to skip these exercises altogether, if one is at all squeamish about feeling one's own body deeply, or facing issues and memories which one may carry in the body. I feel this process of opening to the body is very essential in learning to recognize and clear one's core issues. This is why I've been doing all these exercises and visualization processes myself for many years. I know from personal experience that these exercises will often open one to the wonders of one's own being, as well as to one's fears and reservations.

You must decide for yourself if this expansion process is right for you. And know that you may choose to get qualified assistance in dealing with any issues which may come up during the exercises or any other part of this book. This book is not intended to heal you of serious or long-term conditions, either physical or mental. Anyone suffering from these, or who feels they need assistance of any sort, is advised to seek such help. This includes mental or therapeutic assistance, if you feel the energies, memories or emotions which may be released are more than you can deal with on your own.

Any use of the information set forth herein is entirely at the reader's discretion. The author and publisher are not responsible for any adverse effects or consequences resulting from the application of any of this information in one's life. As with any form of teaching, I suggest that you use whichever information seems appropriate for you and discard anything which doesn't speak to you. Also, please use this book wisely and share its contents only with those with whom you feel an affinity or whom you believe may be sincerely interested. There's never a need to try to convince anyone that these theories and ideas or any others are appropriate for them, if they are in resistance. I sincerely hope the book may assist you in your life process.

Gordon Rosenberg

Preface

Imagine it's the first decade of the 31st century and you've picked up a copy of the latest report on 21st century humankind. This report is based on the recent discovery of a Handbook for Ascension originally compiled a millennium earlier. The author of both the 21st century handbook and the 31st century overview is Artrias, a multi-dimensional and timeless "energy" which manifests through many individual beings and many places at once, and is currently incarnated in both the 21st and 31st centuries. How can this be? Imagine that time as it's known on present-day Earth is but a human construct intended to keep things occurring in some illusion of order for the sake of our limited minds. Beyond the mind's need for this illusion, everything may happen at once throughout the universe.

In this limitless perspective, time travel isn't about time or distance at all, but merely about moving between dimensions, something a growing number of even 21st century humans are finding quite possible. We might see the 21st and 31st centuries as arbitrary labels given to different dimensions, or different addresses, each occurring at the same time. The 31st century Artrias is aware of his/her true state as a limitless energy made up of many manifested beings and capable of "traveling" easily between the two centuries and an unlimited number of other places and times. If this seems like science fiction to you, it's fine to read this book as if it were fiction. There may still be lots of useful information here for you, from whichever side of the 3rd millennium you choose to view it.

Chapters 1 through 4 are written from the point-of-view of 31st century Artrias, looking back at the human situation at the beginning of the 3rd millennium. Ensuing chapters present the original Handbook for Ascension in its entirety, featuring its many expansive visions, alternative viewpoints and practical exercises pertinent to 21st century humans who seek to break their old patterns and accelerate their awakenings. You may notice that 31st century Artrias speaks of self as plural – "we" rather than "I" – in that century's higher dimensional perspective. Also, 31st century Artrias goes simply by that collective name – customary for that time/dimension – while 21st century Artrias yet uses an additional "aka given name" which appears on the copyright and author pages.

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Introduction: Being Multi-Dimensional

We are all multi-dimensional beings. We live on the human dimension and we live on many other dimensions at the same time. Our human lives are interlaced with emotions and circumstances which are particular to this dimension, but which do not exist on other dimensions. We incarnate into human form only to learn what this dimension has to offer us. Once we learn the lessons of that particular lifetime, we're free to move on to more experiences in new places. The only thing which keeps us attached to the human context is the belief that we still have more to learn here. Once we let go of that belief and transcend this dimension entirely, there's no further need to return here.

The human experience is one of incredible opportunity, and often incredible challenge as one struggles to make sense of this realm. Beings incarnate here to express themselves in certain ways pertinent to their soul growth and/or to become what they've always wanted to be here. Many continue the work of very specific projects or potentials from lifetime-to-lifetime, using the tools and materials available each time. This, by the way, is why some people immediately take up specific work of particular past beings, often at a very young age. This may be seen as multiple incarnations of the same spirit. Yet contrary to popular vision, people really have no particular need to come here and serve humanity per se. The real reason one incarnates here is to serve oneself, or more aptly, to serve one's "higher self". One comes here to learn what one needs to know to both be a more evolved human being and to function more effectively on all levels of reality. If you believe you're here only to serve humanity, it's likely because that's your own chosen way of learning about yourself so that you may ultimately transcend this place. In this sense, no one really needs to do anything in particular here, including serve one's fellow humans, though that's certainly an admirable way to spend one's time here. We are each here to learn about ourselves by doing the very things our souls want to work on during each incarnation.

This interwoven multi-dimensional existence far transcends all aspects of human consciousness. Human life is but a small part of all existence; a form which expresses but by no means represents all of existence. Humans are free to express themselves in all ways possible while they're on this planet. There are no limitations to how one can act, think or believe while here, other than those which are self-imposed in one way or another. We're free to have whatever experiences we want here, good, bad, or indifferent. Many of those experiences may be interpreted as horrific or catastrophic in some way, yet they are precisely appropriate for each being in that moment. We each have the experiences our souls mandate for as long as we incarnate here, or we go on to experience other dimensions to work on similar or different issues. When we're tired of having human-related experiences, we simply choose a new venue. It's quite possible that many people here at this time are fast approaching a stage where they declare themselves

done with the human experience altogether and are indeed ready to incarnate elsewhere. In fact, the entire game as we've been playing it here may be rapidly changing because most of us aren't willing to play it that way any longer. The human experience, then, is but one of perhaps an unlimited number of possible experiences in all of existence.

Why would one choose to be human, to see oneself in a world of limitation? It's primarily to learn about oneself in ways which can only be done in this form. We may also be having lives and experiences in a dozen, or many dozen, other dimensions at the same time. Remember, time as we know it is something specific to this human world. How could it be any different? How could one's human consciousness have full awareness of anything as it may be in other dimensions? How could we see time as it either does or doesn't exist on a dimension that we can't personally experience? At least, how could we see or experience any of that – until we transcend the limitation of thinking we're only human beings who exist merely on this dimension and then sort of dissolve into nothingness when we leave here? We are not mere humans who have no need to exist any other place. We are not limited to this reality, to this single dimension. We can expand beyond it anytime we want – without leaving our human forms.

How can we do this? We can begin to learn that we're multi-dimensional beings by looking deeply into ourselves, by unveiling all our higher aspects which can never be defined solely by human context. We have within us many clues to our multi-dimensional existence. These clues are put there by us, by our own multi-dimensional selves, or our souls, to help us find the way back to our unlimited multi-dimensional reality someday when we're ready. If you're one who is ready to look into yourself to this depth, to find yourself as you exist on all levels of your existence, the exercises and information in this book can assist you. You can learn to ascend to your own multi-dimensional reality and become the more expansive being of which you're capable while still living in human form. It's only necessary to let go of the need to hold onto limiting beliefs about yourself, to let go of parts of you which choose to see reality in merely human, or physical terms. You can transcend these limitations and become the multi-dimensional being that truly lives in your human body, and in many other forms at the same time.

How do I know this is possible? I know it for myself because I've personally transcended the belief that I'm but a mere human being who ceases to exist when I leave here. I've seen my higher, or multi-dimensional, self many times, and I know for myself that it's real. Of course, you must decide whether or not this is all true for you. It doesn't matter what you want to believe about yourself. You're free to be, or think you are, anything while you're here. Speaking for myself, I don't fully understand why anyone would choose to hold onto potentially frightening beliefs about oneself, such as that one dies out of this planet and either no longer exists in any form, or goes someplace really bad because of all the things they may have done or not done while they were here. I don't know why people would believe such things, because I've transcended the need to believe such things and I've seen so much more about myself. But if you still hold onto such beliefs, then this book probably isn't for you. This book is about hope, and logic, and reality, and discovering within us the obvious proof that we're multi-dimensional beings capable of great things – now and forever, wherever we find our souls.

I also know that we're capable of discovering how we're each inextricably linked with every other being here, and with every other being in any form in the entire universe, or universes, or however one chooses to define all of existence. We are each part of the eternal oneness of all creation; it could never be any other way. We are one with everything because we choose to be one with everything, and we're not here to hold ourselves back from this realization. It's only because our human selves often perceive of ourselves as less than multi-dimensional beings trapped in human bodies that we are afraid of our true gifts and fail to share them with others. It's by sharing our gifts with others that we grow into the beings we are, that we transcend the need to see ourselves as perhaps struggling or limited humans who are incapable of giving ourselves fully. It's only because we may want to consider ourselves hopeless or helpless in order to eventually learn that we're none of that. We can choose to be the powerful beings we are anytime we're willing to let go of our limiting beliefs and see ourselves in truly multi-dimensional terms. We can become what we really are by believing that it's possible and setting out to prove to ourselves that we are much more than human.

There's nothing wrong with being human. It's only because we often get attached to the limitations of human reality and believe that's all we are that we forget our true and expansive selves. We must learn to transcend the limitations and perceived limitations of human reality in order to be more than we typically are while in human form. Most people here up until this time have been content to see themselves in terms of the struggling or limited human in order to fully experience the disappointments and failures of human reality. Why would we do this? Usually it's to learn more about what we are by being less than our true selves. We learn that we're limitless by experiencing entire lives of limitation. Then we go on to live new and more glorious lives elsewhere in the full knowledge that our limited human reality was only a training ground of sorts, a place to learn about our deepest emotions and sensations while being in a confined sensory human form.

What do I mean by confined sensory? I mean that human experience is typically limited to that which one can experience in a single body. Whatever goes on in that body is one's full experience of this reality. The human body is a marvelous self-contained unit by which we each sense this reality around us. Our bodies contain everything necessary for interacting with this dimension, for learning about ourselves "from the inside". We see what's happening around us, we hear it, we smell it, we taste it, we touch it. We learn through our five senses (or through whichever ones we each have available) how to interact with our third dimensional existence. We learn how to see ourselves as unlimited beings temporarily confined within limited bodies of form. It's actually a marvelous opportunity to experience existence as if we were singular beings, separate from all of reality. Once we're tired of living according to that belief system, we begin to transcend it and expand back into our fully conscious selves.

This is the point in one's evolution where this book picks up. It's for those who wish to transcend the belief that they're limited beings trapped in human form. It's for those who wish to see themselves as fully transcendent beings capable of living on many levels of

reality at once. It's for multi-dimensional beings who are ready to once again accept their full dimensionality, but this time without the need to leave their human forms in order to rediscover it. I know this is possible because I've done it to some degree, and I can help you learn to do it, too. Why would you want to do this? It's very simple really: Once you learn to transcend the belief that you're limited to your human experiences while you're here, you become a much more imaginative, creative, and self-fulfilled being. You become much more of who you really are. You learn to give yourself to this world, here and now, not in some far off time or place. You learn to express yourself fully and be what you've always known in your heart you could be. In short, you learn to be yourself while you're still here to enjoy it.

Chapter 1: Looking Back at the 3rd Millennium

(In this chapter, Artrias of the 31st century looks back at the beginning of the 3rd millennium from the time of its recent conclusion, to present an overview of the human race today and the grand new adventure on which we're about to embark.)

The 21st century was a time of great uncertainty for the human race, which in its recorded history to then had faced continual strife and challenge and which at that time stood on the brink of yet another potential worldwide catastrophe. Centuries-old predictions seemed to be forecasting a possible end to human civilization as they knew it and potentially the end of all life on the planet. It was certainly a time for re-visioning the future, a time for choosing from several possible outcomes for mankind.

These possible scenarios were to be dramatically played out in the first two decades of the new millennium. Looking back from our perspective at the beginning of the 4th millennium, we see how significant that time was to become in humanity's history on planet Earth, and we see how it helped lay the foundation for the tremendous growth which the species has realized throughout the 3rd millennium.

Fortunately for all of us as it turned out, humanity was to be greatly assisted in this growth experience by the onset of powerful energy shifts on this planet and throughout the universe. Shifts which very much enhanced information sharing within the universe. Shifts which brought considerably more universal wisdom to 21st century humans. These changes on the universal level appear to have come just in time to assist many in reaching a higher dimension of consciousness.

We've determined that upon entering this period most beings on Earth were quite confused about their true identities and the nature of their world and its place in the universe. These beings seemed especially uncertain about their own skills and roles, specifically by the common perception that they were less than who they really were. For the most part, people lived their entire lives largely in a fog of their own making. This may be difficult to imagine from our place in their "future", but such was the state of things then. Looking back at their challenges, we realize that our advancements since have been astronomical in virtually all aspects of individual awareness and social interaction.

Why was life on this planet so primitive then – particularly in terms of human relationships and human consciousness? Largely, it was because beings chose to have that kind of reality. This may seem rather odd, why people would choose to live entire lives pretending they were something other than they really were. But they chose to experience that limited reality in order to grow in ways that may have been enhanced by

not knowing their true identities. You may say that people were pretty much acting out entire lives – actors on a stage of life – to see what they may learn. And they were often acting less than civil to each other in the process – a very curious way of life indeed!

Perhaps you can remember times in your own evolutionary journey in which you felt as if you were acting in some way. Perhaps you can remember feeling cut off from others in your environment. Perhaps you've felt other than your true self. Many of us remember lifetimes in which we or those around us pretended to be something that really made little sense. We may have tried to live here separated from Earth's prevailing growth patterns, in order to learn what it was like to be disconnected from the True Reality. All of us who lived on Earth in that time period were acting in one way or another. And many of us were alive then.

Of course, this world has changed so much since those days that it may seem surreal how most people viewed life then. For instance, do you remember a time when you thought you were “only human”? That is, that you were but the physical form walking around this planet, with little memory of any other place or time in your existence? Do you remember when you first began to wake up? When you first saw yourself for who you really are? When you knew for certain that you extend far beyond the time and place of this world? Perhaps you were part of the Great Awakening of Earth at that time.

For most people here prior to the beginning of the 3rd millennium, it had been a very long and drawn-out process of awakening. It had taken many centuries and many lifetimes of often hideous circumstances for most people to even begin to glimpse themselves as they really were. This is because they were playing the game of “human life” very well. They were doing a wonderful job of forgetting nearly everything real about themselves. They were going from lifetime-to-lifetime as if their present circumstances were all that was. This made sense in terms of how people chose to see themselves for the purpose of growing within the human context. Of course, it makes no sense at all from today's perspective of reality. But that was then, and now is now.

We're blessed to have true hindsight now, to be able to see things as they were. We know intuitively what feels accurate or inaccurate about reality. People then may have believed they had hindsight, but in truth their memories were mostly clouded by their judgments, or by outdated perspectives of reality. Because of the nature of that existence, they could not fully remove themselves from the old ways and old beliefs, which were simply built into the system. Now we've evolved beyond the need to pay particular attention to past events. But in those days, the past still seemed very real to Earth's inhabitants, and they had difficulty trying to remove themselves from its often stifling influence over their lives. Most held onto their pasts as if they were defined by all that had happened to them; even fiercely defended their right to be who they'd always thought they were. It was difficult to change when seeing oneself in those rigid terms.

Today, we see the Earth as it truly is, as but one step in the evolutionary process, as a place where one's soul decides to incarnate for a time in order to learn particular things that are pertinent to this form of life. We know that we're only here for a short time in

terms of our eternal perspective of existence. We see that we're not here to hold onto beliefs about our human lives left to us by others. We see that we're not bound to believe any particular way or thing, in order to be here. But most of this ability to see in this way has come to us in the past millennium. Before that time, most people's lives were largely controlled by the past. They were largely dependent on their beliefs about reality and their perception of a future to come.

There was virtually no way for them to break free of past limitations until they learned who they were from a more cosmic perspective. And most people here were still apprehensive about seeing themselves in this more expansive image. They still identified with their own perceptions, or with the prevailing perceptions of human reality, so much that they couldn't see those limitations. Often, when individuals moved outside the norm of behavior or identification, they were shunned or even persecuted by the masses to such a degree that they'd either be forced back into alignment or destroyed in one way or another. Quite often, others around them would see their apparent divergence as threatening and would try to force them to live according to the prevailing beliefs. One sees now how the species grew so slowly in those days, and often even went backwards for long periods of time.

People then may have thought they held different beliefs. Those in certain parts of the world may have believed there was relative freedom to think or act however one wanted. But the truth was that outside a rather limited range, most everyone accepted certain norms of behavior and thought which it was very difficult to go beyond. Most people of that time found it immensely difficult to express themselves in ways that had not been long accepted as Earthly reality. Even though there were those among them who found life here pretty intolerable, there was still incredible pressure on them to hold onto past beliefs and act in alignment with mass consciousness.

Fitting within this norm ultimately became more and more difficult for those on the leading edge of the consciousness shift. Each of those beings had to choose whether to stay in the current configuration, or leave and perhaps come back at a time when life on Earth was more compatible with his or her knowledge. Many were indeed choosing to leave for this reason at the beginning or the 3rd millennium. It simply had become too painful to stay here. For them, compromising their wisdom to such a degree that their inner pain was intolerable became itself intolerable. Many awakening people were literally awakening themselves right out of human consciousness. It was as if they could no longer stuff their expanding consciousness into a limited human perspective, into a prevailing human perspective of how life was "supposed" to be lived here. They chose to leave rather than endure the pain of trying any longer.

There is never judgment about such decisions – at least not on the higher realms. As we here now know, it's always right for a being to choose whether or not to be anywhere in any form. Yet, many people on Earth at that time felt pain and confusing when their friends and loved ones chose to leave. Why would such a good person with so much to offer this planet choose to leave at a time when they seemed so needed here? There may have been as many answers to such questions as there were beings involved. But, in

general, it may be seen as a choice to be somewhere more beneficial for that being's energy, or soul, at the time in question. Of course, another great disparity in knowledge between then and now is that many or most beings on this planet then were very afraid of "death", or what they perceived death to be. The prevailing opinion seemed to be that death was something to be feared because it ended life. Again, we have the misperception that life was only something that occurred while one was in his or her present human form, and that all would be some kind of oblivion after that.

Many cultural and religious beliefs may have led to this prevailing misperception, but at the root of it was probably the great amount of fear which controlled much of human existence at that time. People often felt that much of life was to be feared, that if they didn't do things a certain way they would be harmed or destroyed. This perception caused many people to do things in the name of security which contributed in large part to their own insecurities. That is, they acted according to mass consciousness rather than trusting their own intuitions, causing a "split" in one's soul. This thought process may be difficult for us to understand from our present perspectives, but for a long time on this planet a relatively few beings controlled most others by perpetrating belief systems that kept them in a continual state of fear.

What caused all this to begin changing at that time? It was largely the aforementioned shift of energy that was powerfully affecting the entire local universe and beyond. Indeed, there was a change of energy throughout the cosmos, through all known and unknown universes. This change began to bring the people of Earth, and the beings of all worlds everywhere, more into alignment with each other and with "universal wisdom". We use this phrase to represent all the knowledge available to all beings everywhere. Those alive on planet Earth at that time began to see through the veils which had kept them cut off from much universal knowledge in order for them to have the growth experiences pertinent to Earth existence.

After that time of the "great energy shift", it became possible for the beings of Earth to see much more of universal reality. Those who chose to come here then, in new incarnation, came in with the knowledge of the universe comparable to that commonplace to most other worlds. In essence, Earth was no longer to be used as a training ground for souls who chose not to see their true identities. It became a place for seeing oneself more clearly, and therefore having a more complete image of one's true reality while one was here. You could say that the time of living lives of misperception was then ending here, ushering in with the new millennium a time of greater wisdom and more fulfilled lives.

Chapter 2: Expanding Cosmic Energies

(In this chapter, Artrias of the 31st century further reviews the human condition at the beginning of the 3rd millennium, as the initial stages of the great energy awakening began to open individuals of that era to the expansive realities of their own universe.)

How did the universe-wide energy wave introduced in the previous chapter facilitate a shift in human perspectives on Earth? To begin, we now know how a rather small energetic shift at the universal level can bring about great changes at the planetary level. This is what was happening at the beginning of the 3rd millennium. The universe's energy was being tweaked significantly enough to bring about great changes to Earth's solar system. All the planets of this system were significantly affected in order to bring about an entire "reordering" of the system. We know now that the environments of many planets were changed enough to bring about new life on those planets. We also know that the universe is continuing to shift beyond anything we may formerly have recognized or believed. We see this all around us now that we can see so clearly beyond previous human perspective. The great changes we've witnessed for the past millennium are continuing and are bringing about new realities throughout the entire universe, and certainly in our local solar system.

In our little corner of the cosmos, we've seen our planet rapidly shifting into something of a "way station" for beings traversing the universe. Of course, we know now that this happens all the time on an energetic level. But it was necessary to facilitate greater recognition of it among the prevailing Earth species then in physical incarnation. This was the role Earth was to play in the coming realignment of the universe, and the great shift was called for as the 3rd millennium began. The shift in energies coming to this planet brought immediate changes to human consciousness and the prevailing human perspective. Those changes had immediate and very positive repercussions for the entire planet. It was time for the human race to grow up and lend a hand to the evolution of the planet, rather than continue threatening its very existence, and this was all rapidly put in order.

As soon as the people of that time began waking up, there were those who saw new visions, or imagined they were witnessing paradigm shifts that would soon affect the entire human race. These visions were often accurate, though the relatively few individuals having them were often seen as unbalanced in some way. This was one of the reasons it was so difficult for some to stay on this planet during that time of great transition. They often knew what they were seeing; they were certain life here was changing but were so often ignored or even condemned that it was very painful to have

those visions. Their choice to leave the planet was often made easily on the soul level, but was carried out over years of physical disengagement.

We now know that one's soul often mandates in advance what must happen while one is incarnated here, to set the stage for one's next incarnation. This was happening quite frequently at that time in history. Many beings were transitioning to put things in place for a great shift in consciousness to come. It would have been virtually impossible to tell the majority of people here then what their world was soon to be like, given how attached most were to it being how they'd experienced it. Yet the changes were coming, and with them were soon to be many new Earth inhabitants with far greater abilities to see and know.

The very existence of the greater energy flows from the universe had been accelerating the growth and conscious expansion of previous generations, though it may not have yet been noticeable to the mass population. In truth, each and every being on the planet at that time was feeling a pressure to open to a new consciousness. Of course, many were uncomfortable at the thought of changing at all, or the sensations that change was causing within them. Some of those in such resistance chose to leave the planet rather than grow. The shifts in energy, the changes in life style, the new ways of being, simply were too painful for them. It was easier for these beings to leave and come back later with a new perspective and new roles to play in a new world. Unlike those who left because the old world wasn't changing fast enough for their comfort, this group left because they refused to allow themselves to change. So the planet of that time had people coming and going in great numbers for various reasons. The result was a large and almost overnight shift in the composition of beings here. This shift facilitated a powerful and nearly immediate change in reality, or in how the general population viewed the world.

How did all this happen so quickly? We see now that the changes in energy coming into this solar system actually brought about shifts in perspective everywhere in the system. Life forms living in other places found it possible to enter this system more easily than before. The enhanced energy vibrations coming to Earth enabled greater transmissions of energy from their places in the cosmos into this region, and brought about new communication with the beings living here. This in part opened up this region for exploration by others who now knew more of what to expect when they came here.

The new energy waves also made possible the expanded exploration on various levels of consciousness by beings from Earth, in ways which had formerly only been dreamed. The altered energetic vibrations facilitated people's transportation to parts of "space" that had previously been unknown to Earthlings. We witnessed a complete re-visioning of space in the early part of the millennium as beings from here interacted with those of other worlds. A balancing of energies throughout the cosmos facilitated this exchange. Now, of course, beings from other star systems come and go at will from Earth, riding those energy waves that began coming here at the beginning of the 3rd millennium.

Beings from other star systems were also then able to check out Earth from afar in terms of perhaps their own immigration here in future lifetimes. This brought about a greater

mix of universal energy and experience within the beings of Earth at any given time, greatly expanding the levels of consciousness here. Earth was no longer a provincial little outpost at the far edge of a relatively minor galaxy. The doors had been opened to outside worlds in a way similar to what must have happened on a global level centuries before as people began exploring outlying parts of their own planet.

A difference here is that this time it was done with far greater consciousness and with little need for the exploitation of others. This “more evolved” intent was mostly to share knowledge and expand the consciousness of whomever lived here at the time, whatever their native origin. This transition makes total sense to us today from our higher perspective, but as the 3rd millennium began such an enlightened perspective was anything but the common perspective here. Many, if not most, beings were still living with an assumption that they were here to accumulate all they could at the expense of others and to have as much control over others and the world as they could acquire. Such beliefs were soon to die out here, but in those early years of the 3rd millennium they were still running rampant and were very much affecting human behavior.

What was the nature of the accelerating energies coming to the planet at that time? Well, they weren't unlike the energies which have continued to come here during the entire 3rd millennium. The significance is that it was the first time energies of that magnitude were permitted to enter this part of the universe. Until that time, this solar system and its prevailing forces were not ready to receive that level of energy. Once these energies were received here, the changes were immediate and quite substantial. The energies themselves were of quite high vibration and were the kind of universal energies which are intended to bring immediate change to various regions of the cosmos. In fact, they were the very same energies which we now know formed the Earth as a habitat of a fairly experimental nature. When these energies began accelerating here at the beginning of the 3rd millennium, it was because a “universal decision” had been made to advance the level of consciousness here, and the appropriate energies were summoned at a far greater intensity.

Let's explore a few of the immediate changes brought about by these new vibrations. First, as alluded to above, people were immediately able to see greater aspects of themselves. They could begin visualizing changes happening in their own bodies and energy fields. Many people began to become aware of places where their bodies were releasing old energies, memories and beliefs. They literally began seeing places in their bodies where they had been holding onto those beliefs and they began learning ways to release them. This would have seemed impossible to most people a few short years before, but in the early years of the 3rd millennium it was to become quite normal, and it was to bring new levels of personal wellness to the planet.

People everywhere developed abilities to see into and beyond their bodies in new ways. “Auras” were easily visible to those who wanted to see them. Energy fields in and around everything became apparent. People learned to see and eradicate “negative” energies from their own bodies and energy fields, and they learned how to avoid taking on other non-beneficial energies. What was formerly known as “second sight” become more “first

sight” as everyone found themselves acquiring the ability to see on levels formerly believed possible for only a gifted few. You can imagine how this single perceptual shift was enough to shake up many people’s belief systems. And it was only the beginning on what was to come!

The energy which forced this change in the human condition also began bringing many changes to the physical world as it had been known. The entire solar system, along with much of the universe around it, began experiencing great shifts. One of those shifts was that the densities of many objects changed dramatically, and with that came great changes in gravity and its affects on physical objects. For instance, it became possible to transport objects through the air that would have defied such easy movement in the past. By the way, this also brought with it recognition of how some of the great structures of the past, such as the pyramids, were actually constructed. Circumstances weren’t always what people had believed they’d been here, and now they began seeing the past with new vision. You can imagine how witnessing huge objects transported through the air may have been too much for some people to accept. Yet, this was one of the early and primary affects of the energy shifts here. Even gravity – thought to be the basis of all “modern science” – became a relative force.

One of the greatest universal changes of that time was in the great increase in the amount of “light” coming here – both ordinary physical light and inter-dimensional light of frequencies not previously seen here. A great expansion of the magnitude of light from the Sun and other objects literally created new forms of human bodies and greater transmission of various kinds of light through all objects of the universe. This solar system saw an expansion of light which far surpassed anything that had been witnessed here before. All this began to shift people’s perceptions of their own bodies. People became aware that they weren’t the same dense beings they may have formerly been, or thought they were. It became possible to see light in all that one was, light at the basis of all one did here. In other words, the beings of that time became more aware that their true energies were that of light, rather than dense physical matter.

This is primarily why they could see light in everything and why they could see this light emitting through their own bodies. They could see themselves as both a source of light and as a transmitter of the universal light and energy that was coming here. As you may guess, this caused many people to rather “freak out” at the knowledge that they were more than dense physical matter. While it was true that many previously had very little knowledge of how their bodies functioned or looked inside as even dense matter, they had at least gotten used to that illusion. A sudden shift in perspective to one of light was more than many could easily accept. Yet, the escalation in personal sight was a necessary step to lift this previously rather “backwater” planet to its rightful position in the galaxy. Until beings here could see more clearly the truth of their own reality, it was impossible for them to relate to those who were already traveling the universe in search of them.

Chapter 3: The Ascension Begins

(Artrias of the “future” continues to explore the state of 21st century humanity and the new energies coming to assist individual and planetary expansion.)

Let's look now at some of the shifts in human consciousness which facilitated immediate changes to physical conditions of the planet at the beginning of the 3rd millennium. Firstly, I should reiterate that many humans who wished for things to stay the same here found it particularly difficult in the first few years of the millennium. The great changes in the energy coming to the planet brought about a fairly rapid awakening in many people. This awakening occurred in both those who were intellectually ready for change and those who weren't. For those who were ready for the change, who had prepared themselves mentally and emotionally, it was a relatively small step to accept the new energies and the great promises they brought. But for those who were attached to the previous reality, there was great discomfort, and for some outright rejection of changes they saw happening around them. There was really no way to accommodate these changes within their psyches, and many chose to leave here one way or another in order to not have to deal with such shifts. However, many others saw this as an opportunity to make a leap in consciousness that on some level made perfect sense to them, though they may never have explored such higher consciousness in that particular lifetime. To these people, it just made sense somehow.

For those who were ready for the shift, they pretty much immediately began realizing the changes mentioned, and lots more. They found their own energies increasing; they may have had new realizations come immediately; they may have found out that they knew lots more about how the universe works than they formerly acknowledged; they may have found ways to relate to each other immediately which far transcended any ways of the past. Some people even found they were naturally telepathic and could communicate wordlessly. This one change by itself brought about a transformation of the human species, as people no longer needed to search for the right words, or even the same language with which to communicate.

Can you imagine the instant change in human consciousness when many people found they could communicate with each other simply by forming the intent to do so? Can you imagine what it was like to see everyone else's perspective instantly, rather than having to guess at what was going on in each other's mind? Of course, such a leap in consciousness required firsthand knowledge of how to deal with this greater awareness of each other, how to cope with the ability to literally know what the other was thinking, or more accurately, perceiving. Imagine the surprise many experienced at learning they already knew how to deal with this skill, that it was indeed second nature to them, something they carried in them from other places.

At this time, people coming to this planet learned that they could communicate intuitively with each other because they'd always had this skill, but that it was one of the many talents they'd suppressed when they came here in order to learn what it was like to live without it. Imagine how so many people began to open to themselves when they saw that they no longer needed to express themselves in the very limited ways of the past. Words themselves became mostly obsolete as people remembered how to communicate in ideas or thought processes or images or visions, and how to do so instantaneously. Each new being coming onto Earth beyond the first few years of the millennium came with the awareness that he or she had this skill; there was no longer a need to hide it from oneself.

The intuition itself became one of people's greatest skills and it was used to expand the planetary consciousness almost overnight. If you're a historical scholar, look back to changes occurring around the year 2008 and you'll find out how powerful this medium was in accelerating changes in the physical world. That's when it became most apparent to the majority of people here that something significant had happened in their intuitive capacities. [Since this report is being transmitted back to a time in the 21st century prior to that year, we're having to do it the slow way via common language. Imagine how much more effectively we'll be able to do so intuitively in the near 'future'.]

Perhaps the next great advancement in human consciousness, after the development of the intuition, was the awareness that everyone here is innately connected with each other in very powerful ways. To us today, this has been obvious for centuries and we live our entire lives knowing that everything we do is directly connected with everything and everyone else. But in those days this came as something of a revelation to many. When people began to see that they could do many positive things simply by willing or allowing it to be, great changes quickly began happening. No longer was it possible for "negative" or "dark" energies to control events happening on this planet. Dark forces and manipulative beings were simply overwhelmed by the positive expression of new energies coming to the planet and universe. Any residual dark forces left here were immediately dispatched from this place.

Shining a light in a dark place eliminates the darkness, and this began happening all over the planet at that time. The darkness was no match for the powers of light and love coming here. The ability to direct this light to anyplace they wanted from wherever they were was a very powerful tool for conscious "light-workers" of the time. There was no longer a need to physically transport oneself from one place to another on the planet to have such positive effect – one needed only to send light there. Such distant techniques had been known and practiced by a few for many centuries prior to that time, but it was in those few short years that the masses became aware of their skills and began to use them in earnest. It all came with the expansion of consciousness and the removal of the veils which had formerly shielded most people from this knowledge.

Next, people became aware of the great love they had for each other and for all of creation. Once one sees that one literally IS all of creation, it becomes virtually impossible to see "other" as apart from oneself. This is what happened on Earth at that

time in history; everyone suddenly felt compassion and connection with all others. Or at least the ones who remained felt that; some left because they couldn't deal with the challenges it brought to their former belief systems.

Imagine what it must have been like to suddenly know that no one was really your enemy! Can you imagine feeling love for everyone, in particular for those with whom one may have had major differences, or even for those with whom one was warring? It must have been an incredible time of light and awakening which we may possibly only be able to imagine, since we don't have in our recent memories the feelings of hate and violence against one another that had been previously quite common here. Imagine giving oneself permission to forgive oneself and everyone else for virtually everything that ever happened here .. the relief which must have come from the new sense of joy and peace prevailing in that moment. These are feelings we accept as reality today, since they've been our way for so long.

The kind of love that became accepted reality then must have redefined the concept of love itself. This since most people before that were predisposed to see love as something that happened between individuals, rather than what was given by the universe to everyone as fully as they could accept it. Love as a cosmic force was still a rather new paradigm for the masses, and most people were still coming to terms with their ability to allow love of any kind into their lives. Most people were still dealing with the old human phenomenon of believing for some reason that they weren't capable or worthy of receiving love, even love from each other.

This may have been the primary factor in much of the distress on the planet; this belief that one wasn't worthy of receiving and giving love. Imagine how distressing it must have been for a being to come here and begin believing he or she wasn't capable of being loved. It must have been an incredible paradox on the one hand to know that one was a kind and loving being of universal proportions, and yet have to conceal that knowledge from oneself and believe one was but a struggling, miserable little being who didn't deserve anything.

Such was the previous human condition for many, as the prior veils here largely kept people from seeing their greater selves until it was time for each to awaken. This suppression of consciousness seemed to have made many people rather miserable for all of their lives, or until they learned to awaken in ways which relatively few did before this millennium. At least few within their memories of what they called "modern history". In truth, there were many more advanced civilizations here, but we're looking at just one time in history that the people of that time often considered (wrongfully) to be the most advanced here. Their agreement to limit their seeing at that particular time actually played a great part in the eventual opening of this planet to universal wisdom, and they are to be commended for coming here then and playing that role. And remember, many of us were part of that world, too. Apparently, it was necessary for beings to become that lost from their true natures before they were ready to open to a new reality and facilitate the planetary transformation. We may not fully understand why this was the case even now, but it was merely the way the universe mandated the plan to be played out on this

planet.

In our present time, we see that love and light are natural energies of the universe available to all in plentiful amounts. But then there was a belief in shortage and people actually thought that if they didn't compete for things someone else might get more of it. This included love; there was this prevailing assumption, if not voiced, certainly in most people's psyches, that there was only so much love to go around and if they believed they should have any of it at all they often found themselves competing for it. The knowledge that one can have all the love they want merely by allowing the universe to give it to them was reasonably new to this world in the first decade of the millennium. Most people were still acting as if the only way to receive anything was by competing for it.

This shift from a competitive reality to a more cooperative reality had its roots in the end of the 20th century and really began to take hold by the middle of the 21st century. The totally cooperative life style we know today has been with us so long that it may feel like it's the only way to live, but for most of the past history on this planet this was not the situation. Competition often made people do things their rational selves may never have done. Competition often pressured people to try to keep up with those around them in some ways. And competition kept people from feeling love for others out of fear that there wouldn't be enough of everything for them, like they had to hold onto it for themselves. When the need to compete with others began disappearing from human society, it was a great step forward for the species.

People also found about the same time that they could expand their consciousness by getting in touch with their "spirits", or higher selves. Yet it took many years for most people to completely eradicate their habits of trying to control their higher selves with their minds. The human mind, being as highly developed as it was by then, had its own ideas of how life should be lived here. By the time the 3rd millennium rolled around, the mind was mostly deciding people's courses of action. The higher self was being left far behind in common decision-making.

People may have pretended they were asking for guidance in some matters, but the truth is that they were mostly deciding with their minds what should happen, even if they called it higher self, or spirit, or guidance, or God, or whatever. We have, of course, learned that the soul is always in charge of our ultimate destiny, and the more we remember this, the more we'll be connected with the universal energy field of which we're a part. But back then, few people had gotten in touch with their souls enough to know how that greater part could make their lives easier if they followed it. This was all about to change during the initial decades of the 3rd millennium.

Chapter 4: Learning to Surrender

(Artrias wraps up his evaluation of the state of 21st century humanity and sets the stage for the presentation of the newly discovered 'ancient' text from that time.)

It's apparent in looking back at the start of the 3rd millennium, from our perspective a thousand years in its future, that people of that time had great difficulty believing they were capable of being more than "ordinary humans". In other words, most people spent great amounts of their lives struggling to realize the most basic of necessities, both in their practical physical needs and in their spiritual needs. It was very difficult for people to see how they could let go of holding onto their preconceived notions of necessity and simply allow their needs to be met by a benevolent universe. Again, this may have been a product of ego and its needs to believe it was in charge, rather than letting all that was needed come to them easily.

The personal ego was certainly a great detriment in the expansion of consciousness, and only when it began naturally dissipating at the beginning of the 3rd millennium were people able to realize they had a greater part that could provide for them. Replacing the ego with a higher form of knowing enabled people to make the leap in consciousness that much of the universe had already made .. to a place where they were no longer dependent on beliefs and opinions for their knowledge. Universal knowledge has a difficult time getting through the ego, because the ego must believe it's in charge. Unfortunately, as long as this is the case, the ego keeps one from knowing the most important information in the universe and keeps the person trapped in past information based largely on prejudice and fear rather than true wisdom.

As the new dimensions further opened, people began walking through doorways into new realities. It wasn't the first time humans on planet Earth had gone there, but it was the first time so many beings at once had taken the step into higher dimensions. It was also the first time humans had become "enlightened", or truly aware of themselves, in such high numbers. This great advance in individual consciousness took the entire "unconscious collective" of the planet to a new level. Each person who raises her or his consciousness here helps to raise the collective unconscious; it's always been that way here, always will be. When so many people were advancing consciously at that time, it created a theretofore unprecedented leap in planetary consciousness. That advancement has continued at accelerated pace until today from its beginning at the start of the 3rd millennium. All the great evolution we've witnessed in the thousand years since – advancements they may only have dreamed of then – started during those few generations. It must have been an exciting, if demanding, time to be alive on Earth.

It was also very challenging for individuals who wanted to think or act “outside the box” of human affairs. Most people were still behaving as if the power of human life came from their “human aspects”, rather than from their accumulated soul wisdom. In fact, it’s a good guess that most beings then had very little actual awareness of their souls. While there may have been some lip service given to the existence of a soul, our research shows that most people really didn’t acknowledge having such a powerful part to themselves. Most seem to have acted as if they were only here once, or at least were convinced that what was happening to them this lifetime was their true reality. Many people seemed to think their lives began and ended with this human lifetime; at least they behaved as if that were their belief.

Such things as reincarnation and the accumulated wisdom of souls were often ignored or discounted by major portions of the population. With this limited view of one’s reality, can it be any surprise that humans of that time had such difficulty addressing their real needs in a holistic way? For instance, there must have been great confusion at even acknowledging one’s gifts and why one had specific things to offer society. If one sees this as being one’s only lifetime, how could one imagine he or she may have previously developed specific gifts to offer others. One would tend to see oneself only in terms of what one had learned or practiced in that given life.

Today, of course, our advanced awareness that we each bring gifts developed over many “lives” and in so many divergent places to share with our fellow travelers here makes it possible to get immediately into our tasks when we get here. No more spending entire lifetimes trying to relearn what we knew when we came. When you couple this with the fact that these beings also lived quite short lifetimes compared to ours, typically 80 years or less, and with the fact that they were dealing so much of the time with all their delusions of reality, mental preconceptions and physical dysfunctions, you can see why most people accomplished very little each lifetime. By the time they remembered at least some of their pre-incarnation knowledge, their lives were probably nearly over. Perhaps this is why many of them believed the purpose of life was to learn difficult lessons through painful experiences – “the school of hard knocks” some called it. What a really strange way to see a beautiful human lifetime, from our perspective.

Consequently, most beings here then apparently lived entire lives without giving much back to the species or the planet. They seemed so confused much of the time that they didn’t know their gifts or how to give them to anyone. Or when they did find their gifts later in life, their physical or mental health would decline before they could be shared for more than a few years. This would seem to have been a very ineffective use of the human condition. Their short lifetimes between incarnations spent almost totally exploring one’s delusions probably kept them in a state of perpetual dis-ease, rather than allowing a natural and easy flow of universal energy as we now do. While we see life as a grand adventure, and move easily from lifetime-to-lifetime with the full awareness of who we are, they chose to come in veiled and have to learn practically everything over again.

Thankful we should be that the old plan began changing rapidly in those days. It’s such a joy to share our wisdom from the beginning of each life, and to advance rapidly by

consciously integrating the last technology and discoveries. We can't imagine what it would be like to come in each time as if one were starting from scratch, and to actually believe we had no prior knowledge about anything. Imagine if our great musicians and artists, for example, were to come here not knowing of their lifetimes of achievement in their fields, and rather than pursuing them, went to school to study some other practical field because someone else thought that's what they needed to do. What a preposterous circumstance, you might say, how counter-productive in terms of growth of both individual and species!

But such was usually the case in those less-advanced days. It was so curious then that folks were actually astonished when a young person exhibited special talent at something, or when they showed ability to repeat the work of masters of the past. It was as if they thought it an accident, or like the skill just came to the person "out-of-the-blue", rather than being the obvious continuation of a skill honed over many lifetimes. Even when the skill almost exactly mimicked that of a famous historical figure, still people usually didn't understand. It just had to be that way in those veiled times, until people were ready to wake up en masse.

Part of the confusion about one's true reality was apparently caused by the short lifetimes, and the fact that most people spent most of their moments on Earth at very basic learning or mundane occupations or distractions. For instance, the arts were given very little credit in most cultures, and the sciences too were seen in considerable distortion. The concept of a holistic universe in which everything relates to everything else and nothing can really be studied apart from anything else was relatively new in those days. It would be several more centuries before humans were really to understand the full connection of all worlds, but again the seeds were planted at that pivotal time. There was to be light at the end of their tunnel. People were beginning to recognize that life could be more than a string of random and often chaotic events, that there could be a sense of order to everything, and that all they did could merge into a lovely dance of consciousness, during each lifetime and from one life to another. This was all new knowledge to most humans then, and it must have been very exciting to be there and experience it. Since many of us were there, we have firsthand knowledge of it ingrained in our DNA.

As light-beings now who see ourselves pretty accurately for who we are, it can sometimes be difficult to remember how veiled we were then – for those of us who were there. It was indeed a time of great confusion. On the one hand, there were those who were beginning to expand their consciousness. At the same time, there were also those clinging desperately to past ways of doing everything. This conflict in beliefs and methods created a great clash of ideals which manifested for a number of years as violence and other misunderstanding. Yet there was to come a time when it all began to calm down. Looking back on it from our vantage point, it may appear a relatively short time frame, but to those in the midst of those turbulent times, it quite possibly felt like it would last forever.

Our own memories from that time period are of being caught up in something that

seemed inevitable, this change of ways and promise of the new to come. And at the same time wondering if enough of the human race would open to the new energies to allow the change to occur on a grand scale. There was considerable uncertainty about what the next forms might be on this planet. Would the human race even be allowed to continue here at all? Of course, we now know that the real breakthrough came with the expansion of higher light frequencies into this part of the galaxy, and the inevitable changes this brought in the composition of humans themselves. From a physical perspective, no longer was it even possible for a being to come here with the same perceptions or limitations of the past. The early years of the 21st century were to bring an awakening to this planet at a pace which was nearly unprecedented until that time. Nothing would ever be the same here again.

Chapter 5: Seeing Beyond Limitation

(This and future chapters are transmitted directly from the original Handbook for Ascension with notations by future Artrias. This chapter provides an expansive vision experienced by 21st century Artrias in his exploration of higher consciousness. It provides a sense of what was to come here for many, a vision of how important learning to see with greater clarity was at that time in human evolution.)

A conscious and loving light-being can travel to wherever he or she wants in our universe. You can learn to travel within yourself to wherever you want to go. You may find significant parts of yourself hiding within your inner visions and dreams. You may very well find ways to unveil your soul and express it more fully in your present physical reality. This vision from my own journeys suggests ways you may discover and live your passions while you're here. This "endless perception" of divine reality lives within each of us. This vision is full of paradox and mystery, as can be our inner journeys and transformational explorations.

Here's the vision: I walk now into a new universe, a new dimension of consciousness. This dimension is one of incredible beauty and power. It is a universe which doesn't exist at all, yet it's very real. I trod a path well-traveled - yet I am the first to go there. It is at once as if I've been here forever - and as if this is my first time. All that's ever been is laid out before me - and there's nothing here at all. This is a new place, free of the fear and delusion of our world - yet it includes all that could ever exist in third dimensional earthly reality, and all that could exist anywhere. It is all new. And it is very ancient! This is my world now. I've let go of anything that's less than this.

I've chosen to come here because I choose to be where I need for my next experience of reality. From this new perspective, I see there's no such place as Earth, and no such place as anywhere. I see how all is created for us, and likely by us, how we ourselves create everything that's needed for each new experience. This new land I enter is so far removed from Earthly reality that it's virtually impossible to distinguish between the two. There actually becomes no need to distinguish anything, for I now see how there's no beginning and no ending to anything. As one life journey ends, another begins. And they're all happening simultaneously.

Apart from anything I've ever witnessed, this new land is a land of everything, a place where there's no need to recognize or know or realize anything. It's a place where everything that's ever been awaits my discovery, and where nothing really exists. I see all this as I look with new eyes, as if this place were always there for my discovery, once I

was ready to see it. Now I see it only because I've quit seeing less. I've quit seeing what wasn't real but was all I could see before. Now I'm done seeing everything that held back my perception; I'm done with all previously conceived realities.

Human beliefs for so long limited my perception of reality. Now I know that all I could ever imagine could never define reality. True reality can never be seen, because it doesn't exist. We see what we want to see because we have the need to see "something". This need is discarded as we go beyond the need to see anything, as we discard the belief in old forms and open to any new forms which may arise. This becomes the place of true formlessness, a place where no form need ever be acquired or discarded. In this place beyond places, there is no form which means anything. We are beyond the need to define realities to please the mind or any other aspect of third dimensional reality. Once one discards the need to cling to such forms, the forms themselves disappear.

In this new world in which I walk, there is no form at all. There is the sheer joy of being part of something which is indefinable because there's no need to define it, no need to define anything. I walk further into this new world now, and I see there's nothing here at all. As if the old world has ceased to exist because it's somehow been swallowed up by this new, more expansive world. The old world dissolves as I see beyond a past which clearly never existed. The past disappears once one realizes there's no need to hold onto it. The past is gone once we see the future, and then recognize that neither past nor future have any bearing on reality. All that's around us on this merry adventure is illusion, because illusion makes up all realities. Until we're ready to discard the need to define anything, we're surrounded by illusion in many forms. When we're done with illusion, we become what we really are - the indefinable!

I walk further into this new world now and see the lines of demarcation merging even more. Now I can no longer see distinction between anything. I lose track of where I end, as if my form dissolves into this unknown space. There now seems to be nothing which I know or can define in or around me. I am dissolving into absolute nothingness. But rather than feeling fear or concern of any kind, I am immediately swept up in a wave of bliss and what I might call "excitement". There's the excitement of feeling something wonderful and all new, and at the same time, the realization that I am complete with all that's gone before. "Before" in a sense of linear time, which I also know has never really existed, only a way of sorting human experience into a form which the mind might understand.

Time is nothing in this new world. Time could never exist here, because there's no need to sort out anything. There is only what's real in the context that it's happening now and that something else is happening, too. This is all very difficult for the human mind to ever experience. But it's very easy for the soul. At the soul level, I see that no matter what I've ever done, this place goes far beyond all that. Time now may be defined as only "a sense of happening". This is not really time at all, but pure experience. And what is experience in this new land? A sense of grand awakening? Or realizing that I'm now experiencing things which I've always experienced, things which I've always known, but now in the context of some great and beautiful new way of seeing. I now see fully, with all my eyes

wide open!

I don't really know what this means - seeing all there is to see - since there's really nothing here to see, yet I know I'm doing it anyway. Seeing fully and completely and beyond the need to define, or even to see at all. Fully and beyond knowing and seeing. Fully and forever, yet beyond forever, because I also know there's no such thing. Forever itself is but a measurement of "time". Somehow I know this is a place of one's returning, once one is done with knowing all that the third dimensional human reality has to offer.

This is a reality which includes everything, and yet which is indefinable by human and all other means. This is a reality which extends into the light - until there's no more light - for now all around me is absolute darkness. Not darkness as in fear or despair or anything else, but darkness which once again is indefinable. Darkness which extends forever and which can never be seen. How can something exist and at the same time not be seeable? Very easily actually, once one stops trying to see with the limitation of physical eyes. All now merges into a place of absolute clarity. Darkness and clarity and no need to see any further.

Going deeper still into this vision - beyond even this incredible darkness - I now sense that I'm seeing everything. Except, of course, that there's still nothing to see. Darkness and blackness beyond belief, beyond imagination, beyond anything. Yet, within this darkness is everything that ever existed, everything that will ever exist. How do I know all this is real? Because I'm experiencing it. Because I'm no longer seeing with human eyes, or imagining with human mind. Because I'm expanding to a place where there is no reality and no need to know or see anything. All human need has dissolved, along with the need to be anything. Beyond this point, there is nothing to need or know; there is only seeing, and then there is no longer that.

This place is simply awareness. Awareness of something, but not knowing what that awareness is. This is only a state of being which can never be described, but which is also incredibly beautiful in its simplicity. There is the sense of growth and expansion beyond anything I could ever imagine. There is beauty beyond what the eyes could see or the mind could imagine. There is reality which transcends the need to define reality. There is joy which transcends any sense of joy ever experienced. There is that, and that is all there is.

I am aware that I have expanded beyond the place of any concern about third dimensional reality. How can one be concerned with third dimensional reality - with the physical reality which keeps one limited to the product of one's earthly senses - when one has gone so far beyond these senses? How could one ever hold onto past reality, when one sees that there's so much more to be explored? How could the past hold us at all, when we see that it virtually doesn't exist? Why hold onto the belief that the past exists at all, once one sees that the future is far grander than the past could ever be? And when one sees that past and future mean nothing in terms of the all-that-is? Why hold onto anything, once one sees that the very act of holding on prevents one from seeing everything?

I note here that there's really nothing to "see" and nothing to "know". But for the purpose of this language and this form of conveying experience, perhaps it serves to use such terminology. Once one is ready to experience new reality entirely, there's no longer the need or the wish to use language in any form. Language, too, was invented to help the mind make sense of what's happening around it. Beyond mind, beyond language, there's only what is, and there's no longer a need to convey anything to anyone, because there's nothing or no one apart from everything. There is one experience and one reality and any distinctions are irrelevant.

Coming into Earthly reality requires one to discard all that one knows, in the hopes that one will learn more while here. But there's really no need to learn more than what one already knows, because the perceived need to know what's in this world is an illusion brought about by the world itself. Beyond the need to know what's here, you are what you are and you'll always be that. Beyond the need to be what you thought you were here, you become all that you've ever been. The very perceived need to know this world, and to know the essence of third dimensional existence, draws one into this world of limitation. Once there's no need to know this, or any other place, there's only "what is". And that is a very wonderful place which can never be known or defined in any way. That is a place that's only to be experienced, to be celebrated, to be exalted, to be made even more beautiful by your very presence there ... wordless, beyond explanation, simply being.

I walk further into this new reality now, knowing that beyond it is even more fantastic awakening, more incredible realizations. Limitation of any kind is only in the mind. One can transcend the need to hold onto thoughts and anything else produced by the mind whenever one wants. It takes only the realization that thinking holds one back; that imagining less than there is keeps one in a state of limitation. All one need do to go beyond this limitation is form the intent to go beyond and let the soul take one there.

That's all you need to do, but you must want to go there enough to take the chance that it exists. You must let go of the need to hold onto past realities, with the confidence that there's a grand new reality awaiting you. Not to have to do anything at all on the physical level, for living in this grand new place has nothing to do with leaving one's body behind. Remember, this earthly reality is an illusion, so how could it make any difference what you do or don't do with your body or any other aspect of this world? Except to live the best you can while you're here to support all aspects of your being-ness, and to become as fully what you can while you're here.

At this point, one is free to become what one wants to be; in form, out of form, doesn't matter, because there's no such thing as form. Yet, as long as you have form, or some part of you believes you do, you may as well make the most of that form and this life. You may as well see this grand new reality for yourself, and begin living your life as if every moment mattered, while at the same time knowing each moment is an illusion. When you can master this paradox, you will become the being you've always been, and you'll see this great new world of which I speak. I have been there; it is marvelous. You

can go there, too, whenever you really want.

In this new way of perceiving reality, there's nothing that matters, nothing that's real, nothing that's not real, nothing that can ever be defined, nothing that can ever be lost or desecrated or destroyed or imagined. There is only what's real and no one knows what that means. While this new land is also an illusion, it is a place of illusion which goes far beyond any illusion we can ever imagine. It is a place of illusion which answers all the questions, because there are no questions which can ever be asked. You are in this place now, when you go beyond the need to justify your existence in any way. You are what you've always been and you can be that now, as soon as you're ready to accept it for yourself. This is my vision. And it's a vision for each who is ready to have it.

Give up and allow all questions to dissolve into nothingness, and the answers will arise from deep inside. These answers themselves will dissolve into nothingness once it becomes apparent that even in the answers there's nothing to know. The presence of even answers means only that the mind wants to know something. How can there be answers when there are no questions? How can the mind control an entire reality which exists so far beyond the mind that it can never be imagined? You may journey to this new land if you wish. We can play there together as if there were no difference between the two of us, no difference between us and all there is. This place is your destiny. We are together there – you and I and all who walk this path to greater reality and the fuller expression of light that's now coming to this planet.

Chapter 6: Living Your Passion

(The 21st century Handbook for Ascension continues, with the author encouraging readers to explore themselves deeply and discover what motivates them to live a full and happy life on this planet.)

What are you here to do? What is your masterpiece? Are you doing your life's work, whatever that may be? I believe that when you discover your purpose, your life is complete. That we're here to discover ourselves, and once we do, we can go on and live our lives however *Spirit* directs us. This is when it becomes possible to do the work we're really here to do, rather than going through all the trials and errors that make up our lives until then. This is when our personal vision becomes real, and we can go on to live as we're intended. We're here to learn what's important to us, often by first learning all the things that don't work. We may try many things, as we gain a better understanding of our true purpose. Eventually, if we're listening and honestly seeking and watching, we come to a full understanding of ourselves, and we do what we're called to do for the rest of our lives.

Of course, many people do something other than what they came here to do - for their entire lives! Why is this? It's because they haven't learned how to look for their answers, how to have their own visions, and how to act upon them. And it's often because they don't accept that special gift if they do find it. Lots of energy is unleashed when you find your true calling. Until then, this energy is held dormant. Once it's unleashed, there's no way for you to fail, to really fail, as long as you follow your inner guidance. Once we discover our purpose, we have to follow our heart. We're free to explore until then, but once *spirit* delivers the answers to us, nothing else matters. Does this sound limiting to you? That you have to do that one thing, with no chance of deviating from it? It's only limiting if you look at it from a limited perspective - from a place of believing you'll get tired of doing something you love. When it's our special thing to do, we don't tire of it. We do it with all our heart, with gusto, with passion, in whatever ways *spirit* mandates.

Most of us are so busy doing many things in search of self-realization (by whatever name we may call it) that we never commit to doing what brings us great joy - even after we've found it. Why would we do that? Probably because we don't think we should enjoy it. Or we're afraid there's something better that we may not have found yet. It all comes down to not believing in ourselves and our ability to know what's really ours to do. Joy for you may be sitting on a riverbank contemplating the meaning of the universe. Or maybe it's working in an office all day. But whatever it is, you must give yourself the chance to experience it. When you're doing what you love, *spirit* will work out a way for you to do it. Our spirits are infinitely resourceful in these matters. All you need to do is trust that part of you and let it do its work.

Have you ever noticed that when you're doing your life's work, you feel truly fulfilled? If you've not yet discovered your life's work, then you'll have to imagine what it's like for a moment. If you have discovered it, can you remember what it feels like to do it? Can you get in touch with the sensations in the body? With how it feels in the heart? With what it's like to let go and do it? Most people lose track of time when they're doing their special thing. Hours may pass and they don't even remember them.

When you find this thing that brings you great joy, you'll know it and you'll want to do more of it. What confuses us is not knowing what we're here to do. Once we know it, great clarity follows – if we allow it to. But we often deny this clarity. We deny ourselves doing the very thing that can make our lives complete. When we deny ourselves having joy in our lives, we're unhappy. If you're already blessed with knowing your life's calling, or if you discover it while reading this book or practicing its exercises, I hope you'll be able to let yourself have the experience fully.

Here are some tips for not holding back your joy. First, try to trust yourself when you feel joy inside your body. Joy is often there to let you know you're on the right track. Many people don't trust joy. They may feel it's led them astray in the past. Or if they didn't act on the feeling of joy before, they may think the feeling is only an illusion. Have you ever failed to act on joy? If so, did your life go astray in some way? Did you deny yourself having an experience that could have turned your whole life around in that moment? If so, don't worry too much about it now – most of us do this every day. The good news is that you can learn to stop denying your experiences. You can begin now to act on joy when you feel it. It's never too late.

Second, when you do feel joy, don't allow yourself to be discouraged by someone else. Since most other people aren't acting on their own feelings of joy, they're hardly whom you should trust to evaluate your joy. They may even be in your life to act contrary, in order to help you learn to trust yourself, instead of listening to them. As strange as this may sound, there are many around us whose jobs seem to be to convince us to trust ourselves – by not supporting us! It's a wacky planet sometimes – but apparently all for good purpose eventually. It's wonderful if we do have people in our lives who support us in all we do, but most of us aren't blessed with many such people. There are usually more people who want us to “not rock the boat”, or to “maintain the status quo” in some way. This usually includes not following our joy, even if we're passionate about it. We have to learn to do it for ourselves, regardless of what others may express.

This brings up a third point: If you feel true passion, believe it! Go with the sensation. Most of us are afraid to feel our passion, that incredible sensation that comes up in the body when we're doing what we love. Do you keep yourself from doing whatever “turns you on” out of the fear that you're not supposed to feel your body that way? Well, believe it, there are no limits to our ability to feel energy in the body. Let yourself have the experience. Wow, is this one prevalent in our culture! “Don't feel your body. There may be pain in there. There may be tension in there. There may be fear in there. There may be joy there! Whatever you do, don't feel it. If it feels good, stop doing it! Pain or fear or

tension may come up and block it.” Now, we’re not only blocking ourselves from doing something that doesn’t feel good, we’re stopping ourselves from doing something that does feel good! This may be because we think we’re not supposed to feel good sensation at all. Or because we’re afraid we’ll lose the good sensation. Hopefully, the exercises in this book will help you begin to feel the difference between joy and pain in your body, and will help you learn to release negative emotions.

Speaking of these exercises, right now I’d like you to imagine what it’s like to feel real passion in your body. Yes, feel your passion, see what it feels like for you. Most people have a lot of trouble with this one, so it’s a good place to begin. I’d like you to imagine what real passion feels like to you. Take a moment and imagine that you have passion somewhere in your body. This may be a feeling, or an awareness, or knowledge of some kind. Maybe you know what passion is for you. Maybe you can find it somewhere inside. Imagine that you can feel passion, and see what it’s like for you.

Is there a particular place you can feel passion in your body? Or are you pretty much blocked from feeling it? Again, most people in this culture probably are blocked, to one degree or another. I believe most people actually have a problem even “imagining” what it would be like to feel passion in the body. They’ve spent so many years blocking the sensation that it can take years to rediscover it. Or, it can happen in a moment, when you’re ready. In addition to feeling passion, most people also have difficulty imagining what it would be like to provide another person with the experience of passion. I’m not necessarily speaking here of sexuality, though that’s certainly one way of doing so. I’m talking about being extra nice to someone, perhaps giving them a foot massage, or a backrub, or maybe doing the laundry for them, if that’s what turns them on. We all have our pleasures!

I believe most people have lost the ability to give pleasure to another. For instance, I’ve taught healing arts involving gentle touch to many people, and it’s amazing to see people open to the experience of feeling the body and liking what they feel. It’s amazing that we ever shut down this ability. We don’t learn how to experience pleasure in the body so much as we relearn it. Look at babies. They usually know how to experience pleasure – until they’re convinced they shouldn’t, or that it’s not safe, or not “right”. As babies, we’re probably pretty good at feeling pleasure, joy and all passions. Then we forget. We forget that we’re supposed to be joyful. We forget that we’re supposed to be passionate. We forget that we’re supposed to have pleasure in our lives.

Many studies show how valuable touch is for people of all ages, how healing it is for us on all levels. For animals. Even for plants. What’s good for our plants is pretty much good for us. Plenty of water, adequate light, and lots of touch! Not much of a surprise really. It doesn’t take much imagination to see that *loving touch* feels good. And it doesn’t take much imagination to see how love and touch are closely related. If we can’t allow ourselves to be touched, to experience the joy of physical contact, we probably won’t be very good at accepting and giving love, either.

Love is a physical sensation, not an emotion. It can be felt in the body in many healthy

ways. I'd like you to consider this relationship between love and touch, as a way of seeing how these two things can help you experience joy in the body. If you allow yourself to be loved - and you don't block the sensation of pleasure - you learn that the body is your friend. Possibly, you even begin to learn that having a human body can be a joy - if we're healthy and self-aware. Life can be more fun, when we're aware of ourselves and our needs.

Why then do so many people choose to feel bad in their bodies? Why do they choose to believe their bodies aren't to be enjoyed? Why do they let their bodies hurt, rather than doing something nice for them? Why do people settle for less? I think it's largely because they believe they don't deserve to feel good. This is really an extraordinary thing: That we live here and believe we shouldn't feel good! Each person here deserves to feel the best they possibly can. The universe supports us in feeling our own energy and knowing how good it can be. When we don't let ourselves have the experience of pleasure, we cheat ourselves out of our birthright.

To discover the feeling of joy in your body, you need to let go of holding onto past beliefs and past conditioning. You need to begin learning all over again what it feels like to experience joy. You need to experience love in new ways. And learning about love begins with learning what it's like to love yourself. Hopefully, this next exercise will help you feel love more within your own body. It's very easy to do. As with the previous exercise, this one mostly uses your imagination. I'd like you to imagine yourself to be loving; that you can let yourself feel more love.

Be as relaxed as possible. Begin letting this energy of love flow into your body. It doesn't matter if you think you don't know what love feels like. Most people probably don't have a very good idea what love feels like. Just feel the energy of the universe in your body and imagine that it's loving. You came here knowing what love feels like. This positive memory is still inside you. You can learn to feel this energy again. Don't hold back the feeling of love in your body. What do you have to lose? You're a loving being. It's okay to feel love, even in as simple a way as this. Just sitting there, or lying there, maybe even while you're reading this book. Let yourself feel the energy of love in the body.

Give yourself permission to be joyful for a moment. Feel the sensation in the body and be joyful. Nothing to try to do. Nothing to force. Just let it happen. Just be joy. This may seem a bit contrived to you - but what the heck! - contrive a little joy for yourself. Don't hold back joy. Let it come through. There's joy inside you and it wants to come out. You may feel joy for a certain thing. Or you may just feel joy. It doesn't matter. Either way, simply be joy. Let this feeling reside in you for a few moments, before returning to your "normal" state-of-being. Or maybe you'll bring this feeling of joy, of being loved, back into your ordinary life. That's fine. In fact, it's the best way to be here.

Breakthroughs come to us easily when we're ready for them. We can begin living our truths now. There's no reason to live less than a full life. We're here to align with our souls, to be in touch with spirit. We're here to be ourselves. You need only to give up fear that you can't live your life fully - and start doing it. You know why you're here.

Once we begin living our real lives, all else falls into place. Yet, it may be “easier” to continue living in the past, to continue living as you thought you should. That’s not what you’re here to do. But if it seems easier, you don’t have to become your true self. You can choose to remain stuck in your past reality. You don’t have to live your passion. You don’t have to be your own masterpiece. You can be something less, if you insist on it.

If you choose this “easier” way, you’ll have lots of company. Most people are content enough to struggle along, not being their true selves. But I tell you it’s a lot more rewarding to live one’s real life; to be whom one really is. It’s much more enjoyable to give yourself to love, just because love is there for you. Joy and passion and pleasure and love are all related to the same root. That root is self-discovery. Once you discover yourself – you’re done with everything else. You’re done pretending that you need to do life in mundane ways. You’re ready to experience all that life has for you. You’re ready to be yourself, because there’s nothing else to do.

Love can change your life, and so can those other things listed above. Knowing who you are makes all the difference in the world. Knowing who you are means you can change your life and you can have an effect on the lives of others. Not that you need to change someone else’s life. Not that you can change anybody at all. You can’t. You can, however, share love in any number of beautiful ways. You can be who you are and share your love and wisdom and help make this world a more wonderful place. You can live here as you were intended to, as a kind and loving being. The 14th Dalai Lama says, “Kindness is the true religion”. Once you have this awareness, you can never return to past ways of doing things.

Don’t think that because I’m talking about love here that you’re supposed to get all “mushy” or something. Love isn’t about being mushy. It’s about learning to depend on yourself and your energy to help you feel however you want to feel. Love is not about depending on another person to act one way or another. It’s not about being there for someone in a way they’re expecting, if that way doesn’t work for you. It’s not about co-dependence, or control, or being a victim, or lots of other things that too often pass for love on this planet.

Love is about being in your power. Love is about sharing the beautiful energy of the universe - just because you feel like sharing it. There’s no expectation in real love. There’s no control in love. There’s no negative expression of power in love. There’s no ego-gratification in real love. Or co-dependence. Real love, universal love, is about sharing. It’s about being strong in your own energy, your own awareness about who you are. It’s about self-empowerment in a healthy way. Love is a beautiful thing that you need to share. Why? Because there’s more than one of us here, that’s why. So we may as well share love while we’re here. And anyway, it feels good to share love.

Learning to access real, or authentic, love begins with feeling the body and learning what love really feels like. One way to do this is allowing yourself to feel authentic love coming from another person. I’ve taught this way of sensing love. This may sometimes manifest as physical love in some form, but it is often the sensation of universal “love

energy” ... allowing that energy to be in you; being with that energy; letting that energy be you. This is energy for you to have, energy for you to share. This is real love. Love to experience for yourself and love to share.

When learning to give authentic love to another person, it’s important to know the difference between passion and compulsion. I believe people often confuse the two in the name of love. I refer to what I might call "authentic passion", the kind that comes from *Source* by whatever name you choose – the kind of passion that can’t be blocked without blocking a valuable part of ourselves. This kind of passion comes from that place we’re cultivating deep inside us; the place I went in my vision in the previous chapter; the place where we know ourselves and what we need. Passion is giving love because it’s ours to give. Passion is being ourselves, free to express ourselves as we truly are.

Compulsion, on the other hand, is acting from a place of fear. It’s doing what we do, because we’re afraid others won’t approve of the real us. Compulsion in the name of love is being afraid that if we don’t receive this kind of “love”, we won’t be all right. Compulsive behavior doesn’t come from a place of knowing we’re all right, but from a place of hoping we’ll be all right, if we act a certain way. Compulsion always comes from a place of wanting approval, and never from a place of loving ourselves.

If you don’t love yourself, you’ll never be able to love another person fully. If you don’t love others, you can’t love yourself. It’s the same thing. Once you discover real passion, and how to direct it to others, you’ll never want to go back to old compulsive habits. Once you learn to express real love in all aspects of your life, you are complete. You can love any part of you, without holding back. You can love your flaws, as well as your “good” parts. In fact, you can stop distinguishing between them. You can love all of you, just because you’re here. You can stop worrying about whether you’re lovable. We may have times in which we don’t feel lovable. But we’re generally lovable in those times, too. The trick is to stay with it, to give yourself love even when you don’t feel like it, to be love when it doesn’t seem possible.

Could you love you even if nobody else did? You bet you could. You could start loving you today. You could love every part of you and not worry about whether or not anybody else loved you. You can extend this feeling to include everybody and everything in your life. You can love everything around you. You can be in a perpetual state of love, regardless of how those around you feel about love. You can extend love to everyone, just because they’re here. This may not always be easy, but it is possible. Future exercises in this book will guide you through proven and practical ways to experience the energy of authentic love deeply in your body and give that love to others.

Chapter 7: Our Dream Within a Dream

Notation from 31st century Artrias:

The previous chapter gives a pretty clear perspective of some of the challenges faced by those who were beginning to open to their higher selves and the wonders of the universe. This was all presented from the viewpoint of one who was present on earth at the early stages of the human consciousness movement on this planet. You may notice how he was able to articulate his explorations into expansive consciousness and how he was able to write from a place beyond the prevailing judgments and limitations of the time. This developing ability helped many in his time to expand their sight and envision the new reality which was indeed more real than that in which they'd been living for eons, a new reality which incorporates some of the realizations we take as normal today.

Yet, in those days such realities were certainly classed as “visionary”, a word which was then often used to describe something which most people didn't accept or understand. Yet such visionary journeys and the sharing of them were significant in enabling others to know that it might be acceptable to explore their own expansive consciousness. This wasn't a journey that one took in a single lifetime, but was a skill developed and expressed over many lives. It required the ability to begin recognizing that people lived many lives on this and other planes of consciousness, before people could push the limits of their realities in those days. Today, we give great credit to those who continue to expand our collective consciousness by taking their visionary journeys, but a thousand years ago this was still a largely disregarded if not discredited practice.

This chapter from the 21st century Handbook for Ascension deals with additional visionary states of the author and encourages the reader to explore her or his own states of opening to oneself and one's own visions.

One early morn, I awoke from an exceptionally vivid dream to the equally exceptional realization that I was still very much dreaming. Not dreaming as in the way we sometimes think we're awake when we're asleep. You probably know of that experience: As if you're having a dream within a dream within a dream. This time, I really was awake and I knew I was in a dream world at the same time. I'd often read and considered the possibility that this world is but a dream. Even knew it on some level. But this time I really knew that my waking life is a dream; no different from the dreams in my head during the night ... or the thoughts in my head during the day. I knew for certain that morning that this world is a dream, and that it's always going to be a dream, no matter what I ever do or what anyone else ever does.

Does this mean it's a mistake to be here? Does it mean we can't accomplish anything

here? No, it doesn't mean this at all. It simply means that it may serve us if we learn to see this world as a dream reality; that it will be a dream as long as we're here, and that this particular form of the dream will end as soon as we're gone - just as our dreams at night are gone once we awaken. This realization brings also with it the awareness that once one awakens from the life dream that most people believe is real, one can then become who one really is! One can then go on to live a life free of the old dreams which may have formerly seemed so real.

Once we let go of our “waking” dream, we can continue to live within the dream we call life, but with the full realization that there's more to us than we see here. We can be all we are, without holding ourselves back. Once you learn to be your true self and not hold yourself back, there is very little that you must do or learn here, because the main reason we incarnate here is to learn who we are, beyond the illusion of this place. Once you have this realization, you can go on being yourself and doing your work here, yet it will now be without such distractions as fearing that you're not good enough, or that whatever you do isn't enough, or that you can't be yourself, etc., etc. You can be YOU and stop holding back for any of the old reasons.

Dreaming and being may both be parts of the same illusion. For instance, if you believe you're dreaming when you're awake, what's happening when you're really dreaming? I believe it's all dreaming, and that our “asleep” dreams are bringing us information to use in our growth process much the same as information which comes to us when we're physically awake. I believe that in this way we're all dreaming all the time; that it's not necessary to dream one moment and be awake the next, but that our dreams in the night are as valuable a part of life as our waking dreams. I believe both are dream states which may be giving us valuable information about ourselves, and that we can process this information to learn more about ourselves, so that some day we may awaken to our true self.

When one really knows and accepts this condition, I believe both forms of the dream may fall away entirely. You may then stop dreaming at night, or whenever you believe yourself to be asleep. Your “sleeping state” dreams may be no more or less dreamlike than your “waking state” dreams. Do you see what I mean? Can you see how dreaming may be dreaming no matter when and how we experience it? What about the times when you feel awake and yet are still experiencing a dream state? This “hypnogogic” state may occur soon after beginning to wake up from a night's sleep, or during the day when “daydreams” seem to come and go. What's so different between these states, and why worry about which is more real than the other? If it's all a dream, we're free to have whatever experience we want within the dream, and to grow and expand our consciousness as a result. We're also free to let go of whatever form of this dream we choose, whenever we're ready to do so.

It may also be true that dreaming is one of the best things we can do for ourselves - as long as we're aware that we're dreaming on some level. When you dream, you learn to imagine other possibilities. Eventually, you become aware that there are possibilities which far surpass limited human experience. It's then that you can begin to imagine the

unimaginable, to allow yourself to become your expansive and infinitely creative Self. This is the place of our true origin and it's our true destination. Imagine it, and it can become real. But don't stop with the imagining. Let yourself dream your new reality by waking up to the realization that you're already that reality; that you can do whatever you want, to create a beautiful and magical life - here or anywhere, dreaming or not.

We may very well dream up this entire life - not just the events of our lives, but the form within which those events happen. When we accept that all may really be formless, we open to greatly expanded possibilities. I believe that form and formlessness exist here simultaneously. You can't be here without experiencing both at the same time. Form can be defined as "the physical context within which we live our lives". I define formlessness as "that greater reality which includes all we see and experience, and a whole lot more we can never see or define but which we're all part of".

It's true that we experience form in all we do here. When we're ready, we also experience formlessness. We can learn to experience both form and formlessness at the same time. We can learn to sense form around us and know we're living within "some form of form", in order to maintain a sense of our own existence. We can learn to see and experience what we do, as merely expressions of the universal consciousness as it operates here. We can see forms as no more real than anything we can't experience here. We're participating in worldly reality for a reason we can never fully know. Apparently, this world needs to maintain a sense its own existence, yet all the forms we see and know are only beliefs about the way things are. When you become fully aware that form is but an illusion, that it can go away or change, you see how you are complete without the need for any particular forms in or around you. Form is only a way of having an identity here, and when you learn to *Return to Source*, you go beyond the need for such identities.

I once had a dream in which a group of construction workers was building a large house. They were mixing up some kind of lightweight concrete-looking material for the basement walls, sort of a mixture of cement and gelatin. I realized that this material used to "form" the walls themselves was the same as the material used to make the "forms" in which the walls were poured. Both were completely malleable, and were being molded into the particular shapes and sizes necessary for each wall of the house. I interpret this dream to mean that we not only create the events of our lives while we're here, but we also help create the entire structure which oversees this place. That we're both the creator and the "experiencer", that we're an intrinsic part of the entire process. That we help to create this place as we go along, rather than being forced to fit into a given structure, within which we must perform in some particular way.

What then about our own individual identity? Do we need to have a particular identity to be here? Must we look at ourselves and our lives in a particular way? Is it wrong to have an identity at all? I believe that it's not wrong, as long as we're aware that an identity is only an "illusion" which serves us while we're here, an identity which will no longer be part of us once we're gone. An identity which may change from year-to-year or life-to-life. This is where form and formlessness merge, as in my dream: Where you become aware that you're both at the same time, and that you don't have to hold onto either to be

who you truly are.

That's right; you don't have to hold onto an idea of formlessness any more than you need to hold onto form. The formlessness from which all is created is always with you. Why would you need to hold onto it? It's always part of you. Formlessness is the true nature of your existence. You don't need to hold onto it to know yourself. You can merge into formlessness and be who you are. You can identify with a particular aspect of formlessness - with a vision or awareness of ultimate reality - as long as you need to, in order to maintain your identity as an expanded, formless being. Then, when you're ready, you can let go even of formlessness, and become the indefinable being that you are and always have been.

Dreams and formlessness are only concepts. Who knows what a dream really is? How does one dream? Where do dreams start and end, and where does life begin? Is it all a dream? Probably. But we don't need to worry about any of this. Learning to live formlessly is as easy as saying "I go wherever I need, to be what I am, and I live life accordingly". Let that be enough. You are what you are, and you'll always be it. You may change, since change is pretty much synonymous with this physical existence. But you'll still be who you are. It's to be that which we are and not worry about the details. Everything we don't know will be handled some place in the universe. This is the nature of formless living; to be what you are, free of any worry that if you don't do things just right, you won't exist. You'll always exist, in your truly formless form, here or anywhere.

I provide this admittedly expansive vision of reality as a way of introducing you to the concept that you're indeed a limitless being living on this planet in a somewhat limited human form. I believe that on some level we're all what I might call "starseeds" here; that is, we're the stuff of the universe brought here in some form to express the work of all creation. For me, this is a very expansive and exhilarating thought; that we're seeded here by the universe - or by some power of creation which extends far beyond this finite universe - to learn what we can about "ourselves", and to assist in the expansion of consciousness and reality. In this context, we would have a mandate to learn who we are as best we can while we're here, and we would have a mandate to return to the *Source* of all being as quickly as we can. Yet, since it's often said that there's no such thing as *time* beyond this human perspective, in cosmic terms there may be no particular hurry to get there.

In the purely human context, it may be essential that we return to the place of *Source* as quickly as possible, so as to not "waste" our time searching about on this realm. This would be especially pertinent if, as I believe, by returning to *Source*, we find our way back to all the wisdom, all the grace, and all the love we could ever imagine or seek anyplace. Why wait to have such a beautiful revelation? This would be the place of both form and formlessness, the *Source* of all creation, the answer to all questions, and I believe we can return to this place as soon as we're ready. Once one sees that there's more to this life than meets the eye, I believe that one has no choice but to begin returning to the place of one's true origin. I believe the time has now come to this planet in which we can no longer be what we may have thought we were. I believe it's time to

acknowledge our role in all creation and return to the place which never changes, the place from which we all came, the place to which we always return when we finish with our worldly excursions.

Once you begin returning to this *Source* state, you may find you can share yourself with others in ways you may have thought impossible just a few short years ago. You may never then have imagined that you were capable of such miraculous realizations, or that you could do here what you may have feared to dream. This is the time of the Great Awakening here. It's the time many have sought and others have feared, for it is a time of great change and for some, great confusion and discomfort. But it is happening for all nonetheless, and it's time to realize fully who you are so you can be a conscious part of this time of revelation. You can discover your real self, all your true passions. You can learn who you truly are, and you can learn to experience love and support from your universe in ways you may have thought impossible.

Once you begin consciously changing, you can never go back to old ways, and you can't stop the changes from changing your life. This is true as well for the planet, which I believe has progressed to a place where a great and positive transition can never be thwarted. In spite of what may seem like chaos and devastation now happening on this planet, I believe this is the time of a great opening to *Spirit* and a new earthly beginning, both of which have been long prophesized. The disintegration of old ways is simply part of the unlearning and disassembly now happening to make room for the new and the divine. This is not the end of the world, as some have seen from a place of fear and limited thinking, but rather is the end of old and outdated ways which have for too long dominated this world. It is the beginning of a great and glorious new time, a new world which thankfully is too grand even for us to imagine its limitless dimension.

I believe this is the beginning of a time which many have seen in their own moments of optimism and mystery. It is the mysterious made manifest by those who choose to stay and play in a world of beautiful new ways. I believe this is not a "new age" as some have labeled it, for there is nothing new about universal love and eternal optimism. These are the ways of true existence, the memories of which are buried deeply within each of us. This is the return of ancient ways which have always been available to those who seek the truth. If you can hear these words, there is every indication that you're now at least partially in touch with this truth. If you have been seeking, and you now know that such seeking was in alignment with your universal truth, then it's time to allow that truth to emerge within you.

Like me, you may have come to this land knowing within your higher self that it would take years to open fully to the light. My fellow *Starseed*, you volunteered to live "in the dark" for what seemed like ages, for reasons we may not always know. But if you understand these words - fully and in your heart - the wait is now over. You are where you are at this time, not by some strange quirk of fate, but because you have been given tools with which to assist others in opening to the light that is now coming. You are here to assist in this transition, and it's time to realize your truth and your potential. The mandate today is for each who are called to now give to others in total openness, with a

heart of gold and of light. This is the purpose for which we have incarnated. This is the full reason to be here; to be what we are each moment, to give lovingly from our hearts.

If it seems to you that you've been doing other than what you came here to do, it's because you've lost track of your potential and your true work here. This is all right; it happens often on one's way back home. Yet, when we finally make our way beyond the curtain of illusion often perpetuated upon this land, we can return to our own path, knowing that our full work is now at hand. Once one makes this final leap, there's nowhere further that one must go to be truly who one is, and there's nothing more that one must do. Are you called to serve in this way at this vitally important time? If so, then you will soon see around you those who are open to the teachings which you have to share. And you shall also see those who have to teach the very things you need to learn to further your own growth. This is how the Universe works; when we're ready, the ways are at hand. It's time - in the midst of the great change and turbulence which has come to this land - to be part of the coming wave of optimism and joy that's long been promised here. It is the end of the old order and the beginning of the new. We are in the midst of such great change here now, and because you have volunteered, you are very much a part of this change. Otherwise, you wouldn't be here.

I say to all who see themselves as the *Starseeds* of which I speak that you must guard against any tendency to get caught up in the delusions of the past. The past and its judgments are not for you. You are part of the all-that-is, and as such it's for you to be free to express your true and accurate self. Do not let the trivial, yet glamorous, delusions of this world keep you trapped in fear and distraction. You are here to be what you are; it's time to no longer hide from your calling. You have nowhere to go, nothing you must really express, nor anything that you must now do - for all is given and everything is at hand. Be that which you are now and you'll find all of existence supporting you in all of your life.

If you continue to define yourself as you "think" you should be, or to act as you formerly did here, you will see doors closing everywhere. The old world's doors are now closing faster than anyone might guess, and faster than most people are even noticing. Yet the doors are surely closing, and they shall never open again. The old ways are no longer open, even to those who cling to their memories. I say to you that the old world is crumbling at our feet. For those who are part of the new world, the old world order is now gone forever.

I have returned to *Source* and found out who I am at the core of my being. Like you - if you choose to identify with my words - I am a *Starseed* who has traveled this universe, seeking my true home, while also making the best of the levels of consciousness which I've encountered along the way. You may also choose to become what you are, by realizing what you've always been, by accessing places in you which may have held back your ascension to higher consciousness. You can now learn to access anything - any old beliefs or thoughts or fears - which need to release from your body and your soul to help you become more conscious of your true self. You can develop new ways to serve your body and your mind, ways which will help you transcend fears and delusion of the past.

This book may help you locate places where you block energy, or hold onto old beliefs, within you. It may help you learn to release these harmful conditions, and it may give you the confidence to become your truly exalted self. It includes a set of very powerful exercises intended to help you learn all of the above. I've been practicing and leading these exercises for many years, with truly remarkable results.

You can learn to stop pretending that you're less than what you came here to be. You can learn to allow your soul to express itself fully here. You are what you were when you came here. There's no other way to be. Pretending you're less than what you are is confusing to your *soul*, which wants you to be your authentic self. Sometimes, our human parts want us to be a struggling human, so they can control our lives in some ways. These parts conspire to try to make us believe that only what we see in the physical world is our real self. They want us to stay lost in a maze of human conditioning with very limited awareness. But you can go far beyond any limitation of human awareness. You can learn to integrate and serve all your parts, while you're alive on this planet.

Though the soul is the permanent part of us, and our human condition is only temporary, the mind and its many "associates", such as the ego, often want us to believe they're real and that the soul is a product of our imagination. This is backwards. The soul is the real part which never changes. Our human condition is but a fleeting reality that's here one moment and gone the next, in terms of our ultimate existence. We are always the higher self, beyond the cloudy veil of human illusion. We may not completely understand our higher or deeper parts while we're in human form, but these parts are real. If one is to expand one's consciousness and become aware of oneself on higher planes of knowledge and existence, one must transcend the fears of this world and see the true and exalted self.

You can begin to do this today, by learning how to let go of all aspects of your being which keep you trapped in this worldly illusion. You must transcend the need to identify with your past, your fears, your emotions, your cultural conditioning, as well as with other people and their fears. You must see yourself as being fully capable of expanding your awareness as far as possible, while you're in human form. You don't need to leave your body to become enlightened. Enlightenment may not be what you think. It's certainly not what others often tell us. Enlightenment is the state you feel inside when you're fully connected with your universe, with your own expanded reality. You can access this place of higher knowing, by releasing all that you're not. You can become what you are now, by being what you've always been.

I don't see the universe as separate in any way from our own individual intelligence. In fact, I don't believe in individual anything. I see all of existence as one great functioning entity, with all parts moving and interacting simultaneously, to the mutual benefit of all. I provide a clear vision of this reality entitled "*Pixels of Light*" in a later chapter. Because of this vision and many others, I see myself as "one with the all-that-is". For me, there's no doubt about my part in everything. No longer can I hold onto any sense of separation in my mind, and hopefully, in my actions. I approach life as if it were mine to explore fully, while being fully conscious. There's nothing keeping you from seeing your life in this way, too. You can become fully aware of all consciousness by asking for that and

allowing it to happen.

The process of opening to one's higher knowledge can take many years, but you can do it if you want it badly enough. You can stay on the path to higher consciousness, and you can become enlightened in this lifetime. Enlightenment isn't something reserved for gurus or yogis or saints. It's for you and me here and now, because being enlightened - seeing all that we need to see to live happy fulfilled lives - is our birthright. We come here to live such lives. It's only our confusion at being in human bodies, and the confusion of those around us, that may lead us astray. But you don't have to stay astray. You can become what you are today. You can discover enlightenment in your own terms, and you can begin enjoying the fruits of recognizing your eternal part in everything.

Hopefully, the information I share with you in this book will help you get back in touch with yourself. You can learn to channel your own higher awareness however you choose, in service to yourself and your world. I channel to the best of my ability my own higher self in my words from *Source*, as well as my actions. Perhaps, you will express yourself in deeds rather than words - it doesn't matter. We each have our own unique ways of manifesting universal reality. You can access your own inner wisdom, and you can put it to use in this world now. You don't have to wait until some far-off, perhaps unreachable time and place before expressing your true and expanded self. You can do it now, while in your present form. Why wait until later to be yourself?

Our higher wisdom comes to us from the *Source* of everything. Once we learn to access this higher knowledge and express it through our actions and our words, we have found our way home. This is the place where we know we're done with all the painful learning of this Earth walk. This is where we can release attachment to any negative aspects of our personality and become who we are on the expansive levels of reality. You need only access this higher part of yourself and let the answers you need come through you, in order to be that wise being who is inside your body waiting to be discovered.

Accessing this part of yourself takes only practice and a commitment to knowing your own highest truth. Give it a chance and you may find that you're not so far removed from your spiritual essence as you may have thought. Higher consciousness is always waiting patiently just around the corner. You can turn that corner in this lifetime. You can learn to see a whole new landscape of reality. You can be that which you've always been, while you still have time to enjoy it here. *Return to Source* is a message to each of us that it's time to return to our true selves, to become what we came here to be - here and now. It's a message that we need not wait until some later time or place to discover who we are, or to have the true love of all creation in our lives. It's a message that now we are here to assist in a time of great transition on this planet, and that the better we do our part here, the more we will know about the being who lives in this body, and the more we will be able to grow and learn about our part in this great and glorious sea of all existence.

Life here is certainly much more than what we often think. Yes, life is a dream, similar to the dreams we have at night, except our eyes are open. Yet, when we really wake up to who we are, when we're really done with dreaming, we can awaken to our higher self and

learn to live with our eyes really open! Along the way, may we all learn to have nothing but sweet dreams and new revelations.

***Note:** You may notice here the use of the word “starseed”, which we now know everyone is when they come to Earth. But in those days this was still a relatively new concept, and it’s use then may have conjured up imagery of ET’s and UFO’s and those other things humans of that time often used to distract or frighten themselves off the path back to their true natures. Knowing that we’re all starseeds has allowed those of our day to relate easily to all others in the universe as they’ve come to explore our world and us theirs.*

Chapter 8: Pixels of Light

(This chapter from Handbook for Ascension presents the author's vision of an alternate reality – a reality which is actually a fairly accurate depiction of the way energy flows throughout our universe. Such visions – universal among us in the 31st century – were likely rather unusual when this one was written at the beginning of the 21st century.)

There are no doubt countless ways of viewing this universe of ours, and beyond even the existence of a physical universe, countless ways of viewing reality itself. Is one of these visions more accurate than any other? Perhaps not. If we can have any reality we wish, live according to whichever beliefs or thoughts strike our fancy, we may be able to have whatever reality we wish. Or maybe there is one great universal truth which encompasses all of our individual realities. That would be some very large truth, and I doubt that we can ever know it. Here's one vision I had one evening, of rather large scope, which I present here in the hope that it may assist you in expanding your ability to envision what's real for you.

This particular vision showed me one way of seeing a distinct image of everything in our universe flowing together in one perfect order within an ever-changing yet constant, and very beautiful, symmetry. I watched internally the most amazingly detailed patterns playing across the screen in my mind, or beyond my mind perhaps. I saw colors and swirls and waves and movements of various colored tiny rectangular "pixels" of energy, as the individual pixels that make up the picture on a tv or computer screen. All were vibrating and moving as if to some huge unseen force that kept everything in perfect rhythm. The colors kept changing, bringing in new patterns, as new ripples and swirls emerged from within this great force field.

Miraculously, everything stayed in a perfect, yet ever-changing, order. There was never a lag or falter in the movements. Each tiny pixel moving into and throughout the existing pattern at just the right pace. There seemed to be an unlimited number of possible formations. The entire layout continued to change, as if one were slowly rotating a room full of multi-colored sand particles, in kaleidoscopic fashion, always making new shapes. There was no one way for these *pixels* to arrange themselves; there never could be. But there was always absolute perfection. Nothing seemed out-of-order in the slightest.

I continued to see new screens every couple of minutes, often bringing in new colors and shapes and formations. Rhythms and patterns moving within this seeming state of perfection and order reminded me of a huge-yet-miniature factory, filled with perhaps billions of these individual multi-colored ceramic tiles, on my own inner monitor. I intently watched this undulating mass as particular colors fit themselves into the different

patterns. Interestingly, they weren't bright, electric colors as I often see energy "internally", and as I might have expected to see here. They were more like pea green and coral pink and non-descript beige, colors you might see in a 1950's bathroom. But unlike those bathrooms, this concoction was very beautiful and intriguing, even striking.

No matter how many different colors were represented at one time, and how many new ones entered the formations, the patterns were always perfectly organized, first one pattern, then another pattern, then a third pattern, and so on, constantly changing and always perfect. There would be ridges flowing one direction, then swirls going another direction, or large waves down the center. And yet the pattern continued to be perfectly arranged. Every time new mini tiles of these various colors entered the scene, they would be immediately incorporated into the overall pattern. It was uncanny how everything continued to fit together, balancing color and shape. Ever-flowing, always perfect. For a moment, I imagined I was seeing an infinite strand of DNA particles. It stretched as far as my mind could see, and probably much further. Again, all those twisting muted colors were perfectly arranged in ways I knew I could only imagine.

At another point, I saw a "cloud" of new colored tiles entering the scene from above, and was told by my inner voice that this was energy being released by someone or something in this universe. In my personal frame of reference - that being my total vision at the moment - I imagined this to be energy "sloughed off" from one's hands when doing Reiki work. Whatever the source, this was apparently excess universal energy being naturally and smoothly reintegrated into the whole of existence. Again, all the individual multi-colored tiles merged immediately into the flowing patterns.

I continued watching this conveyor belt of colors and movement from my psychic vantage point near the ceiling of the huge storehouse. Each time a new misty swirl of colors filtered down from above, the response was the same. No hurry, no missing a beat, just immediate merging and an instant new and perfect pattern emerging, as if no one pattern were more significant than any other. The significance was that the patterns kept forming and flowing, evenly and endlessly. Each new pattern formed was just as beautiful as the previous one, and always the spacing and arrangement of the colored tiles was in perfect harmony, a totally seamless process.

I had the thought at one point that these mini tiles in that giant factory the size of my third eye were reminiscent of millions or billions of tiny multi-colored scales on a giant dragon, though I saw no head nor tail. I remembered Brian Swimme's book, *The Universe Is A Green Dragon*, and wondered if he'd seen his own version of this picture, perhaps with all green scales. I began to equate this imagery with an infinite number of "nanobytes" of energy. I don't think that's a word, but it is now, because that's what I thought of to describe them. Each of these *nanobytes* was perfectly suited for its part in the whole. I'm guessing everything in our cosmos, perhaps everything beyond any cosmos we could ever imagine, could be represented in this ordered, almost mathematical way. An equation of particles and bits many billions of times larger than our minds, or any computer we could ever create.

I imagined that each thought, each action, each person, each thing, everything is made up of these colored *nanobytes*; that everything gives off these energy bits constantly. As if not only us and our entire physical world, but also each thought we have, can be seen in this way. And all the energy behind even our thoughts is automatically incorporated back into the flow of things the moment we have the thought. Or from our actions the moment we do anything. That our universe, with its infinite number of atoms and molecules, is one big flow of colored *nanobytes*, all atoms and colored tiles reintegrating into this constant current the instant they're released. I imagined this to be true for all the *nanobytes* of our bodies, especially our bodies, when we leave them and release the energies contained therein back to *Source*.

This imagery has given me an entirely new perspective on the concept of everything in the universe being "related in the flow", and "it's all one", etc. I believe what I was seeing was one possible way of seeing the *all-that-is*. I can tell you from this experience, for me, there's absolutely no way anything can be separate from anything else anywhere. It was all there in front of me, in living color. Your thoughts, my thoughts, your actions, my actions, your body, my body, no difference at all. All just little bitty colored *pixels* in a constantly moving and always perfectly organized "primordial" soup of being. What I was seeing took me far beyond the conceptual stage. I don't think I can ever go back to thinking about reality in an old way, now that I've seen it this way.

I feel blessed to have received this small glimpse of eternity, and eagerly anticipate the next excursion into this once unknown world, to a place where it all makes perfect sense somehow. It's sometimes said that the universe is color, or that the universe is sound, or vibration, or pattern, or that the universe is all a mathematical equation. Maybe all of this is true. There could be infinite ways of seeing and knowing, and they could all be true. I believe I can say from my vision that our universe is definitely not random nor accidental, and that there's really nothing unknown about it. It can be known, at least on some level, because I just saw it, or saw part of it, though I may not have know what it all meant.

Perhaps even more phenomenal than the colors and patterns was the crystal clear sense of realization it conveyed. Realization that all is in perfect unison and harmony everywhere. That no matter where one goes in this universe, everything is flowing to the rhythm of some incredible and loving force. According to what I saw, nothing ever ends, or begins, or dies, or is born. Everything flows, all the time, forever flowing. Everything is always part of one energy, one great force. And the process is astonishingly beautiful; at least my vision of it certainly was!

I continued to view this indescribable light and form show for some 30 minutes. A couple of times, I tried opening my eyes and closing them again to see if it would continue. The scene always came back, as if there were more to show me. The effect on my psyche was one of such exhilaration, I wanted to bask in the sensation. It wasn't just pretty to look at, though it could have been easily justified for that reason. I felt as if the imagery were shifting my consciousness. That I could never see the surfaces and forms of this world in the same ways again. I was seeing into the nature of everything: How it all flows

throughout our universe, how everything is infinitely connected, and how nothing can ever be out-of-place, no matter how chaotic our external world may seem. It was somehow all very comforting to me and I found myself wishing I could live in that reality.

Chapter 9: Two Worlds Colliding

(This chapter from Handbook for Ascension presents the author's view of the polarity occurring in human society in the early 21st century. There was a clear split in consciousness then, which ultimately was to force each human living here at that time to choose which way they would go. Many were to decide to continue pursuing their lower conscious lives, but a surprising number chose to give up that limiting reality and move forward into new lives of love and light.)

Two worlds are now colliding on this planet. One world is made up of what's often called "the forces of evil". We might choose to see this, rather than actual "evil" in some way, as merely that some beings here are unable to grasp the scope of what's going on beyond the physical realm of seeing and feeling. They're acting merely as if such issues as security, and wealth, and health, and other physical attributes are the most important things in their lives. They struggle to have what they believe they need, in spite of the fact that they really never get those things, or more specifically, they don't allow themselves to have what the universe wants to give them. Beings with this mindset are often struggling to gain something that's always been theirs.

This group includes those who try to hold onto the past, in the belief that the past will keep them safe in some way. But the past never keeps anyone safe; it only confuses and misleads those who choose to build their lives upon its shifting sands. People can never successfully hold onto the past, in the hope that it will somehow help them make sense of their present lives. Living in the past is a fruitless and discouraging way to live one's life. Many people now on this planet hold onto past ways of doing things in the hopes that this will keep them safe, but it never does. So what you now see happening here is the occurrence of a vast and new future which can never be predicted or predetermined, coming into contact with a vast and unknown past which makes no sense to anyone. Yet, many hold onto the belief that the past is either an accurate way to predict the future, or that it's all we can ever know.

All that is now happening on this planet is fast putting asunder all that ever happened here, and all that was ever believed to be real here. A grand new world is forming from the ashes of the past, as has long been seen by those who delve into such matters. There's considerable new energy and new awareness pervading everything. Those who may see this shift in consciousness are now learning what it's like to play in the new world in all new ways. These beings make up the second world here, for they are among those who are here to help usher in the new world.

Those beings who are unable to see this all-pervasive change are still floundering in the

old world of past beliefs, past wishes, past dreams, and past realities, or at least the belief in past realities and the fear that any change will end those realities. Their world is now ending here - not necessarily because they've done anything wrong, but that they simply can not see what's now forming here, and can not tolerate the higher vibrations which are fast coming. Their work is done on this level, and they will soon move to more appropriate circumstances. There are unlimited circumstances throughout this universe for those at all stages of awakening.

The natural flow of universal energy and universal change will soon put an end to those old realities, for change is the order of this new world. It will never again work to hold onto the past and past ways, no matter how hard one tries to do so. This is especially true for those of this second world, those who are now endeavoring to rise above the "ordinary" human consciousness which has long controlled reality here. No longer will that old reality control this world. It is a dying reality and it is over! There is new energy coming here which will assist all who are willing to transcend limited beliefs and limited living. Those who accept and are ready for these ascended energies coming here will rise above all that's ever gone on here, because it's time for something new and bold to form on the solid ground of this Earth.

You may still find within your present consciousness the old energies and old thought patterns. Yet, you may also see that you can literally rise above these thoughts and energies at any time. You can transcend anything which formerly dominated your reality, simply by asking for the old ways to be released from your soul. The support structure is now in place on this planet for such dynamic release and ascension. You no longer need to pretend that any of the old ways are true for you. When you choose to see new ways as your own, you rapidly accelerate your growth and you move beyond the past in ways you may never have imagined possible. You move to a place of greater and greater knowing, until finally you transcend any need to pretend that the past is real in any way. You transcend all fear, and judgment, and all other things which may have contributed to your past conditioning.

When you do that, the next step is into the light of pure consciousness. You can take such a step now if you wish. Those who have tried to control the flow of "reality" here, those who have held tightly to the status quo, these beings are now losing their grips. They can no longer hold onto the past. And they can no longer keep you from being who you are. You must move into the light of consciousness now and become your truly exalted, wise and gifted Self. No one may stop you ever again from being all that you are. You must be your *Higher Self* now because this world depends on you and all others like you for your wisdom and your grace. If you are ready to take this giant leap in consciousness, it's because you're recognizing yourself as a beautiful being of light and you're willing to accept your true reality. You're ready to give up all illusions of past reality. You're ready to become the everlasting and ever-beautiful spirit who has always walked in your many forms throughout many worlds. This is when you're ready to move into the light and see yourself for all that you are.

You are not solely of this Earth ... any more than any other transient being here is only of

this earth. You are of many earths and many stars and many imagined and unimagined universes. As such, you are one of the best kept secrets of all creation, yet only because you've chosen to keep such a secret. Now it's time to be fully who you are. It's time to let go of the secrets. It's time to reveal who you are to your world, to all who are willing to see the real you. It's time to give to those around you in the ways you know you can give. It's time to stop pretending that you're something less than who you are. You are who you are. I can tell you this because I see you as that, and I know you can see it for yourself whenever you're ready. You may be one of the best kept secrets of this universe, but you're also a clear and present statement of universal recognition. You must only recognize you for who you are, and then be that fully. Stop being, or pretending, that you're anything less.

The old world of which I speak consists largely of the would-be "*keepers*" of society, those who believe they must keep others controlled in some ways. These beings have always existed here, because their only role seems to be to travel the universe trying to control the forces of creativity and playfulness. But creativity and playfulness are the true order, the true rhythm, of the entire universe, and they can never, never be controlled by anyone or anything. No one can control creative energy. No one can control playful energy. No one can control anything here. Yet there are those who believe they can. These beings are the would-be controllers of the universe. They represent all the illusions of the third dimensional universe, and they usually see only that physical reality and believe that it's all that's real.

Actually, the controlling energies which these beings are expressing don't even exist beyond the human realm. *Controllers* are choosing to express themselves in a limited human context, because they think humans need to be controlled in some way and they believe they come here for that one purpose. You could say these beings "think" themselves into existence in their current forms, or that they only think they exist in that form. In their present forms, they exist only to see what it would be like to try to control things, often in the illusion of keeping themselves "safe" in some way. In this context, they're merely part of the illusion of 3D reality, manifesting as humans who have need to control others while they're here.

However, all control and all forms of imagined control are illusions. Control, or the perceived need for it, does not exist at all beyond the human plane. It is merely a manifested energy which represents resistance to the natural flow of things, manifested in those who choose to learn about themselves on some level by trying to control or force things. This is not a very fun kind of existence, but it's the existence many have chosen to live out on this planet, on their own way back home.

When one gives up the need to carry within them the illusion of control, they become one of the "*players*" here. The players actually now far outnumber the controllers, because the players are taking over this planet. This may not be so apparent at this time, because the controllers are fighting very hard to keep control of this world, and they are very much in the news and such. But the controllers are losing, and it's happening very, very fast now. The controllers are struggling for control, and they are losing. In fact, the

controllers are leaving this world as fast as they can now. There's no more purpose for controllers to be here, and they are going away. You may notice around you many who seem not to know how to live here, or who may be very frightened by what they see happening. By and large, these are those who believe in the illusion of control, and since they now can no longer control, or believe they can control, their reality, they are feeling great pain.

They may even be manifesting this pain within themselves as disease of some kind, because they can't control their reality. The disease, or other form of pain, is actually there to show them that they must give up the illusion of control in order to live in the world that's coming here. If these beings find they can't do that, they'll leave here and seek another place which they think they can better control. These beings usually don't know how to be a *player* anywhere. They haven't yet learned how to play their way through existence. They're still struggling for control, and since they're not going to be able to control the world that's fast coming here, they'll choose to leave. Fear, by the way, is a very common tool used by and experienced by those whose reality is built on the need for control. Fear makes one believe they need to be in control in order to be safe, but control never keeps anyone safe.

All the illusions of third dimensional reality are now leaving this world. Nothing or no one can hold onto anything here any longer, for there's nothing to hold onto. The illusions are nearly gone now. The curtain between the two worlds has been pierced by the actions and the energies of the many who are now among the *players* here. Behind this curtain, in the old world, all is dark and bare now. In the new world, in front of the old curtain, all is a-glitter, all is beautiful, all is lively, all is at play. This new world is an animated world of play, of joy, of happiness, of love, of absolute beauty. This new world is overcoming the dying old world. This is the real world now, and no one is ever going to reinstall the old world and its old ways of thinking or seeing here ever again. This is a change mandated by our universe, because it's time for a whole new world to manifest here. There can be no stopping or denying this change, no matter how hard the controllers try to control the outcome.

The veil has been pierced and there's no going back to old ways - for any of us! You who are among the *players* are what you've always been, and now you know this more than ever. If you're reading this and you know what I'm saying, it's because you're recognizing that you are the ever-present and ever-flowing being of light you've always been, and it's time to wake up to this reality. You're flowing beyond the past in all ways possible. You're flowing beyond all you've ever been. You're flowing beyond the fear and projection which the past has held over you, beyond all the old energies and beings which have kept you in control here. You are flowing beyond all that's kept this world in control. You have become the new you, free of the fear and tension and grief and other emotions and illusions which have controlled this world. All these negative energies are flowing out of this world forever.

It's time to let go of all past ways of thinking and feeling, all the ways that have kept us from being who or what we truly are. It's time to let go of everything that's kept the

illusion in place. It's time to be what you are now, and to never go back to being what you were before. It's time to see yourself as that *light-being* you've always been, whether in this body or in some other form. It's time to never again pretend you're anything but this light. It's time to be yourself, to be the part of this grand and glorious new world that you've always wanted to be. There's no stopping you from being that, for in you are the seeds of all true reality. That reality is now flowing through all who will listen, all who will see themselves for who they are. When you learn to accept this mandate coming from your universe, you become all that you've ever been.

The old curtain has parted. All who are playing in the new world are now playing "at abandon". There's no need to hold onto any of the old ways. The new ways are among us, and it's for each of us who understands these new ways to express what we know fully, in the presence of all with whom we connect, in the presence of all who will allow us to share our own beauty and joy with them. Walk into this light now, my brothers and sisters, for the *light of consciousness* has come fully to this planet. And this light will continue to grow and enfold all whom it touches. Walk into the light now, and see if this light is not your ever-present and everlasting reality.

For those who so choose, your role as one of the new players is to become who and what you are as quickly as possible so that you may access ways in which you can assist those around you in transcending into *light-beings*. You may be here to assist those who are open to change to transcend their own *controller* ways. As you do this, you will learn to be more and more of your eternal self. Eventually, you'll become aligned with spirit and more able to express your true energies. By doing this, you'll become more able to recognize others around you who are doing similar work. Stay with this process and you may begin to see in others the very same qualities you're manifesting in yourself. It's interesting how good traits may repeat in each of us, and this is how we can help change the world, each one of us at a time.

Chapter 10: Living As If You Mattered

(Here 21st century Artrias encourages his fellow humans to think more highly of themselves and to begin living as if they were free to express themselves as a more expansive conscious being.)

Many people live their lives in fear and frustration and often pain, and don't even know what it's like to feel good in their bodies. This is because they've never given themselves a chance to really feel their own body and learn what it has to tell them. They live entire lives in frustration and unhappiness, usually without even knowing the causes. It is frustrating to refuse to see your fears and shortcomings. It's also very frustrating to live with another person who won't see theirs. And it's frustrating to experience pain in your body and not know how to release it. Of course, there are many causes for bodily pain - both physical and mental - yet much of it is actually psychological, often caused by our reluctance to be honest with ourselves about why we're here and what we're doing all day long and how it may or may not be serving us.

The most frustration we experience in our lives may be doing something other than what we're here to do. Yet, most of us don't come close to knowing this truth. We keep ourselves cut off from ways of finding out. And we keep doing things that don't bring us satisfaction. Why would we do this? It may be because we're afraid that if we knew our own truth we'd have to change our lives in some ways. Most people are very afraid of change, even though it's actually happening in and around them all the time. They believe that if they can keep their lives stagnant, or un-changing, they'll be safe. But safety doesn't come from not changing. True safety comes from knowing oneself as fully as possible, and not holding back the inevitable in one's life. That inevitability is that your body wants you to learn what's in it and it will do whatever it can to force you to do so. This includes becoming ill or in some other way uncomfortable to force you to look at your symptoms. Illness is often the body's way of forcing you to see what's going on inside, so you can heal the symptoms and release the pain and discover your real self at your core.

If all this seems too miraculous or strange for you to believe, then perhaps you're not yet ready to think about such things. You may be content to go on living as most people do here, cut off in one way or another from your pain and distress, denying that there's any root causes to your illnesses and discomforts. You may be happy to do your life as it happens to you and see how it all works out in the end. But if you're not content to do your life this way any longer, if you'd like to take a more active role in your life and growth process, then you may be interested in the things I still have to say here.

When one is ready to live one's life beyond fear, one is then ready to take steps toward understanding one's life. If this is the case for you, it may be time to realize that our lives are potentially much more exciting and productive than most people give them credit for being. When we're ready to understand what's real and what's not real for us, we're ready to go far beyond the norm of human existence. We're ready to discover ourselves at a very deep level, and to live out the life the soul actually intends for us. In my reality, there's a level of awareness at which there's no longer a need to be any one thing or another. This is a place where we can simply be what we are, and let life play through us as it best serves us and those we meet. This is a very different state than simply allowing life to happen to oneself. It is taking an active role in one's discovery process, and staying with that process until one finds all the truths inside and eradicates all the untruths. Then and only then can the true aspects of one's life come through and all the fears and misperceptions be released.

How does one begin to learn who one really is? By first letting go of all one isn't, and then by being that which is left. How do you do this? You start by not holding on so tightly to the idea that anything must be any one way or another. You let go of any images you may have of yourself, and you give yourself permission to dream a whole new you. If you see yourself as a being of great wisdom, great power, great strength, as one who is capable of being *enlightened* simply because enlightenment is the "normal" state of being, then you will become aware of yourself far beyond the norm of human consciousness. This is how to become aware of your real self - by being what you are and not letting any of the old patterns or beliefs dominate your life. Can you learn to do this? You can if you want. Are you here to be what you really are? Of course, you are. Can you do it right now? Yes, you can. You don't have to be anything else. You don't have to stop short of being your authentic self. And you can go there now if you wish. All it takes is a commitment to discovering the truth within you and releasing all that isn't true about you.

You don't even have to know what any of this is in advance - the truth or not the truth - you need only to go into a relaxed state, allow your body to seek the truth and let your mind rest. Eventually, all the aspects of you that aren't true will release and all the aspects that are you will rise to the surface. This is how one gets in touch with one's reality and lets go of fear and frustration and disillusion and discomfort of all kinds. By letting go of what's not real and becoming what one is. You can do it now if you want to. I know because I do this process all the time and I have found it to be very clearing and enlightening. You can do this simple process right now if you like - simply by going inside your body and asking everything that isn't real to surface and release. Then, ask everything that is real for you to rise to the surface and remain.

How simple could this be? Yet, you must be sincere about the effort. You must not hold back the truth from arising from wherever it arises. Sometimes the truth brings psychological, and even physical, pain with it, especially if it's truth that's been long buried under lots of fear and delusion. If you're afraid to feel the truth, you may never discover the joy which is generally underneath the truth. You may settle for feeling the pain instead. I suggest you let go of anything that doesn't serve you and see how it feels

to be what you are. If you're having trouble discovering your own truth in the things you do in your life - such as your work or other things that keep you busy - try this approach to this exercise:

Start by looking at everything you do. You may even write it all down if that helps. Then, one by one, go through these activities. You may close your eyes and do this in your mind, looking at each thing individually. Or you may go down the page, and cross them off as you think about them. You may even need to let yourself feel each thing as you're doing it. For instance, how do you feel at work? Or how do you feel doing each of the other things you do in a typical day? Pay attention to your body. How does it feel when doing that activity? If you're getting pain and discomfort and a sense of frustration, or other such sensations, you may be aware that this thing isn't ideal for you.

If you feel frustration every time you do something - even if it's your primary job - you may consider eliminating that thing from your life. If you allow something this frustrating to be in your life, your body and your health may suffer. Our bodies and our minds are not intended to live here in a state of perpetual frustration. They're created to live in joy and satisfaction. It serves us to eliminate from our lives all that isn't part of our truth. If we don't, we may suffer the physical and mental consequences. Too much pressure, too much stress, too much that isn't really working for us, will ultimately cause us distress of some kind. If you do the above exercise - by working down through your activity list in your mind - try noticing how it feels each time you mentally eliminate each thing from your life. Does it feel good or bad? If it feels good to eliminate it, then that thing is probably something you no longer need to be doing, no matter how long you've done it or how much you may have thought you had to do it. Having to do things is no excuse for doing things that don't serve us.

Many of us trap ourselves in corners by doing what we think we have to do all our lives. This is not a satisfactory way to live, and it's not healthy. It is healthy to respond to our *spirits* and listen to our *hearts* and do as much as possible the things which bring us joy, and eliminate as much as possible the things that bring us pain or dissatisfaction. Do you believe you can't do this? That you must, for instance, do work which brings you pain? If so, I suggest you look at where that belief originates. Did it come from your parents? Or from someone else in your early life? Is it a product of a society full of people who have this belief? Why would you believe you had to do something painful or frustrating? Or why would you believe you must be in a relationship which is painful or non-productive? There's a lot of this belief about relationships going around in this world, too.

Probably at the root of these beliefs is often poor self-esteem - the belief that one shouldn't or can't have something, or that they don't deserve it. Yet, you don't have to let esteem issues dominate your present life. The things which cause low self-esteem are usually no longer happening in our lives. There may be some negative or not-so-productive things happening in your life, but the exact things which cause our low self-esteem usually occurred early in our lives and are not directly a part of our present lives, but rather are products of our memories. If you can get in touch with the things that came to you in childhood, and ask those things which are no longer serving you to release from

your body, you may be amazed at how easily they can be released. Your body is more than willing to play this game of release, as soon as you give it permission. Ask your body to let go of whatever you've been holding onto and you may be amazed at how it's able to clear your body of these unwanted aspects.

You may also be amazed at how easily you can begin to feel more joyful. Joy is the natural state here, and once you eliminate what isn't joyful from your life, joy will remain and flood your being with it. You need not hold onto anything from your past - unless you're so committed to holding onto it that you're afraid to be without it. In this case, your body hears this message and it holds onto that thing tightly. But when you let go of the need to hold onto anything, your body begins to work with you. It says, "Okay, let's get that thing out of here now, because this being no longer needs it, in order to know who it is." Yes, we often hold tightly onto the very things we need to discharge in order to know who we are in some way. As we're ready to rid ourselves of those old bothersome and painful things, the body becomes our best friend and sets in motion a whole new and exciting process of elimination and discovery.

If you don't think you can do all this by yourself, you can ask for help. I've been teaching people aspects of this work for years, and I lead workshops and groups in which people learn and practice the simple technique I've introduced above. If you're certain you're not ready to grow in these ways, you can continue to hold onto all of your old perceptions and see how that serves you. Most people here actually choose to hold onto all their past in order to "know" themselves as they've always been. This is not necessarily a wise choice, but it's the one most people here choose.

You can do your life differently, but you must break away from the norm and do what your heart wants you to do, rather than following old and tired ways. Every time you clear from your body something you no longer need, whether it's through body work of some kind, or focused energy work, or visualization, or some form of therapy, you learn more about who you really are. That's all we really can do here to assist ourselves in growing - learn who we are and let go of who we aren't. Everything else we do here is some other form of play. What's really important is that we discover our real selves and allow ourselves to be "that" as fully as possible. Then and only then can one discover who is at the core of their being and what that real self wants to be doing here. Anything less is ultimately non-productive, and it may be quite painful and unhealthy for us.

It's time that each of us who is ready to open to the light of consciousness does so as fully as possible. We've all come here to open to our true selves; it's our reason for being here and our mandate from this universe. Until we do so, we're actually impeding, or holding back, our little part of the universe from opening fully to itself. When we do open fully and expand our consciousness to previously unknown levels, each of us becomes the enlightened being we are always intended to be.

Chapter 11: A Profound Being of Love

(Further encouragement to his fellow humans from 21st century Artrias.)

You are not a struggling being trying to make it here. You are a beautiful and loving being who is capable of expanding your consciousness and running universal energy through your body whenever you want. You can do the techniques I present in this book any time. They'll work to whatever degree you're open to them and based on how much you practice them. I repeat that these are powerful techniques, not to be taken lightly. Use them as you would use any course of study that you'd like to see change your life.

Why do we come here without knowing how to do these practices? Why are we seemingly incomplete? Why don't we know from the beginning who we are? We do know all this. We forget and we spend lifetimes looking for our way back. The way home isn't an easy journey, but you can begin it now. Many of us are already following this path. We grew tired of not knowing ourselves. We grew tired of pretending that the commonly accepted ways of the world are all there is. We grew tired of pretending we're limited beings while we're here.

You can be whatever you want to be. You can be whatever you are. You can stop believing in a world that doesn't make sense. You can see through the illusion of this place. It's never been any different here. This place is largely about illusion, at least on the commonly accepted levels of reality. But it's also a beautiful place, and you can bring to it whatever beautiful aspects of the universe you'd like to see manifested here, by wanting to and by allowing it to happen through you. You're free to be whatever you want to be here. When you stop focusing on to the bustle and chaos of this world - and accept your real place in it - you're free to be what you are.

You can listen to your inner voice. You can see yourself in your rightful place. You can discover a new awareness. You can discover who you are. You can stop looking for more. You can see "what is". You may not be able to change this place, this planet, this universe, even your own life. You may never improve upon the basis of what we're given here. What's here just is *what is*. It can never be any different. It's up to you to accept it and let it work for you. You can only improve it by improving you. Or better yet, by accepting you and letting the universe improve you.

Once you see all there is to see here, what do you do then? Simple. You stop looking for anything. You stop doing anything. You do what you feel like doing. No more. No less. Does this mean you leave here? Probably not. Does it mean you quit doing some particular thing? Like eating meat. Or making love. Or anything else. Nope. It doesn't

mean that at all. It means you quit doing anything your soul tells you to quit doing. You quit doing anything that's not in alignment with your spirit. Anything that doesn't feel right internally. You listen to yourself and you do what you know you need to do. This varies for each of us, and the only way to discover it is by listening to the inner Self. Your life may go on pretty much as it is. Or you may change dramatically. Doesn't matter. You do whatever you want. But you do it with the recognition that you're who you are, rather than who you may have thought you were. You be yourself and do what's really yours to do.

Why do we need to discover ourselves, by working our way through this perceived jungle of human emotions and activity? Why do we take so long discovering ourselves? Why don't we just come here "enlightened" and get on with it? Maybe the discovery itself is getting on with it. Maybe there's nothing greater to do here. Maybe the discovery process is the essence of our reality. Maybe it's our real purpose here. Does this mean you sit and meditate all day, in order to discover yourself? Maybe, if it's yours to do. Maybe not. Maybe you keep working in the world. Maybe you work more than ever in the world of illusion. Maybe you go back into that world with an all-new perspective. You will definitely have a new perspective on things, if you've seen yourself fully. You'll see how you fit in, and maybe places where you don't fit in. You may discover a new way that works much better for you.

You're free to have whatever experiences you want in this world. You're free to come here and experience anything that will make you more complete. Some things we choose don't benefit us. But how are we to know this in advance? How do we know when we go to do something that it will turn out good, or bad? What is good, and what is bad? Are there any such things as *good* and *bad*? Maybe not. Most of the time here, we probably choose to do things we think will benefit us in some way - even if they don't turn out that way. Maybe the best way to do life is to do what we think is best, while surrendering totally to the universe, so we can know that we're listening to our real needs which come to us from universal consciousness.

As a free and open experience, love will come to you when you're ready. Learning to love is much the same as learning to accept teaching in whatever form it comes to you. For instance, if you were to find a true *spiritual teacher* who had something in particular to offer you, how would you respond to him or her? Would you run the other way? Would you shut down your heart out of fear? Would you refuse to communicate? Refuse to be yourself? Refuse to be honest? Or would you be open and loving and caring and compassionate and learn in whatever way you could? People respond to teaching in many ways. Being given the opportunity to learn what you've always wanted to know can be a very frightening experience. You may be surprised at how you would respond. You may also be surprised at how you'd respond to the opportunity to have *true love* in your life.

I suggest you stay open to both experiences, since both are teachers. I speak here of real teachers and real love, of course, not the illusion of each. Some perceived teachers and perceived love are false. When given the opportunity to learn, let yourself learn with an open heart. This doesn't mean blindly accepting anything that comes to you. You should

have constant vigilance in the exploration process. You should question everything, with an open mind and an open heart. This means questioning from a place of total honesty. If you know something is right, in the ways we're learning to know in this book, it means knowing and doing without judging yourself or others. Judgment is only valuable when done with an open heart. If you close your heart and unilaterally judge yourself or others, you block true knowledge, and you block your ability to discern. Honest discernment is a wonderful thing in the quest for truth.

Learning the truth can bring up all your fears, just as falling in love can. Love is the great equalizer. When you discover real love, you see that there's no difference between anything in existence. All is equal. All is capable of being loved. All is the same. There's no difference. You're the same as everything else. We are all equals - and as equals, love is a given to each of us equally. When we give and receive love as equals, we discover how to be ourselves in a world full of chaos. You discover how to love others and accept love from them. You learn to love with no expectation of gain, and no fear of loss. You can only share love. You can never lose it. How can you ever run out of something that's unlimited? Something that's generated in every living being, every moment?

I know I've said elsewhere that love isn't generated inside us; that it comes from the universe. I admit this was a trick to get you to look at yourself as part of the *all-that-is*. To get you to expand your awareness so you could feel this love thing "outside" of you. You can discard this trick now. You're part of the *all-that-is*. You are the *all-that-is*. I hope you see this now, if you didn't see through my little trick earlier. Since you're part of it all, you're capable of generating, transmitting, and sharing any energy in the universe - especially love. Try living as if this is the last time you'll come here, as if this is your last lifetime to have this human experience. Then you can use this life as a statement to the universe that you're ready to do everything you've intended to do here. Use this life to its fullest, and be what you're here to be. You can find a way to live your life each moment as if it were your last moment. You can live in the present, discard all the past, and be aware that any future you may have is totally based on this moment. Your future is within you, not someplace outside or beyond you. Live your life to the fullest now and you'll find that there's no reason to imagine any future time or place. This is it. It is now. You are where you are, and you are here. Be that fully and you will need to be nothing else, ever.

Fear is only the flipside of love. If you live in love, you avoid fear. Fear is dependent on you believing that it exists. When you go beyond fear, when you've learned that fear is but an illusion, you become the fully developed, enlightened being you came here to be. You become all that you could ever be. You become enlightened in human form. You can choose to live this way forever. Why would anyone ever want to live in any other way? Why would anyone believe they weren't worthy of being who they are? Why would anyone think they could not be loved? Who are you and why are you here? You know all these answers. They're all inside you, waiting for you to discover them. Don't hide from your own answers any longer. Look for them inside you. Look for them where they've always been.

You don't need to run around the planet looking for answers. You don't need to ask anyone else. You don't need to imagine that you're some high and exalted being from the past or the future, or perhaps living on a spaceship, or in another dimension. Be what you are now and here. Be that exalted being in this form, and in this time. Be yourself. Don't be anything else. Make yourself into the being you've always been, by being that in this moment. Be what you are and don't let anybody tell you that you're any less than that. Be yourself. Be everything you intended for yourself to be.

I learned to do this by working my way through a myriad of challenges and confusions. You can do it the same way. We all have our challenges. We're all confused to one degree or another much of the way. This world is full of chaos, full of fear, full of illusion. We can work through all of it. We need not stay stuck in fear and confusion. We can become who we are by being what we've always been. This is your time. There is no future. There is no past. There is only now. This is the time to take action on your behalf. This is the time to clear all past energies, past conditioning, past memories, past fears, everything, out of your body and your mind. Let your soul shine. Release all that isn't you. Get in touch with your true self and be what you are. Be that now and you'll never be anything else. Be your real self now and you'll find your way to the greatest riches, the grandest rewards, that you could ever imagine.

You are the source of your own greatest wisdom, and you can find this wisdom by going deeply within yourself. All the past can be cleared in this lifetime, if you use the techniques in this book, and practice a diligent process of self-inquiry. You can be what you are, because there's nothing else to be. I hope you find these processes helpful. I hope we can meet someday in this universe. For this universe is our playground. We are as children on a grand and glorious playground. Let's play here together, and never think we need to leave here to be our true selves.

I share the love of the universe with each and every one of you. It is our love. We must share this love, to be who we are. We must share ourselves with each other. You are a profound being of love, and you can never be anything else. Share this love now and you'll never be alone. You are one of many, and we are all inevitably connected by love, forever. We are all here to transfer light and love consciousness to this planet. We are here to assist others in becoming who they are by helping them learn to be what they've always been. As one of those who've come here to assist in this great time of transition on this planet, I have no interest in doing the things which humans have typically done here in order to survive. I see myself as a being of the universe, here to be what I really am. What's called for at this time on this planet is to be fully human while also being fully light and fully conscious. If you feel called to be among those who are consciously bringing forth this transition, I welcome you to also be that which you are and have always been, and to be that now.

Can each of us learn to do this in time to save this planet from an inevitable demise if it were left in the hands of the *Controllers*, those who don't understand the principles of all creation? This will be the major task in the coming months and years, for those who see a more positive outcome coming for this planet and our universe. The Mayan calendar and

others that have prophesized possible doom for the physical world may be very accurate. Yet, the certainty of such forebodings may have been grossly misinterpreted by human consciousness. I believe that more accurate than such gloomy translations is the possibility that this world may very soon transition into a *New Being* capable of supporting those who have seen the light of higher consciousness. I believe there is great change happening which will force all who remain here to become something new, something they've been aspiring to become, whether they've known it or not. The pain which these *change agents* have felt is the result of their bodies transitioning into new form which will support the growth of new energy and new consciousness in this reality.

For this earth to experience the positive outcome, rather than the doomed outcome, all who have the capacity to ascend into consciousness must do so immediately. The old consciousness which has controlled this world is dying! There can be doubt about it. I believe it's not helpful to listen to negative voices, for they do not see what's really happening. Such negative voices see things from the limited perspective of *third dimensional* human consciousness, which isn't a bad thing, it's just not everything and it's not accurate. Third dimensional consciousness sees the world in terms of merely physical human growth and development; in terms of worldly concerns; in terms of cause and effect reality; in terms of what's right for the "individual" versus what's right for the concerns of the "total organism". I encourage you to learn to express yourself as your authentic multidimensional self, free of the need to control anyone or anything around you, and especially free of the need to control yourself third dimensionally.

Chapter 12: A New World Order

(In this chapter from the original Handbook for Ascension, there's talk of great optimism about the future of the human race and the "oneness" of all beings. Such truths had been leaking into human consciousness in greater and greater amounts over the past half century, and by the start of the 3rd millennium they were pretty common in the more conscious circles.)

Earth is an organism which includes its parts, including those which call themselves "human". The *New World Order* of which many speak is an order made up of **One Essential Being**; a being that comes here to guide this planet to its next step of beingness, and that includes every individual being living here! This new order will bring *light* to this planet as it's never been here before ... in the form of light consciousness, light for seeing, and light for being who one is and has always been. Many are seeing this at this time, and many more will see it in the near future. Those of us who have chosen to come here and help guide this process are part of a galactic force of light-workers which has always existed in this universe for this reason. We go where we're called to assist in transitions such as this, and one of the best ways we do so is to become part of the predominant life form and learn to access the "codes" of that life form enough to bring new light and love into that race of beings. Then we access our own knowledge from our fully evolved selves and bring that eternal wisdom to the planet, so it can merge with the predominant energies, essentially forming an all new kind of being.

The new being that's now forming here is one of light and love and will be more evolved than the prevailing human conception could ever have realized. There is really nothing new about this new race of beings. We are universal beings of light and love, *Starseeds* of the universal consciousness who travel wherever we are called. This is the most powerful form of being anywhere. It's only a new form of being for this planet at this time, because all planets, all forms, all beings, evolve at a pace that's right for them, and now it's time for this one to do so. Ultimately, the plan is to take one's place, as beings and as planets, in the universal order of *light* and *love*. In truth, there is no separation between each of us who is called to serve in this manner and the entire planet, for we are all one at our core - us, the planet, everything.

The human experiment in limitation is now over on this planet. Yes, those who have seen its demise were quite accurate in this regard. But what most humans don't yet realize is that the ending of their physical bodies and the ending of all that man has "achieved" here means nothing. It means nothing to them individually and it means nothing to the race, nor to the planet. All that is over now; everything is changing, and it's changing very, very fast. As each of us accept our "enlightened" status; that is, our ability to be who we

truly are and bring more and more light onto this planet, our mere “human” existence is essentially over. The prior form of human consciousness is a thing of the past on this planet.

Those who cling to the old consciousness, in the belief that there is no more, will simply and easily be moved to another world of similar density in which they will continue to live out and deal with all the challenges of a density-based reality. Such a reality provides plenty of opportunity for these beings to learn more about struggle and control and survival and competition and all the other third dimensional perspectives, in the face of ever-present dangers and tribulations. This, quite obviously, is the level of consciousness which has been in control of this world for some time. But this is no longer to be the case, as more and more of us wake up to our real selves and begin to exercise and express those selves more fully in worldly affairs.

Many who are part of the ascension here are literally “shedding” their old dense bodies in favor of something much more glorious and fulfilling. Some of those are “dying” out of their dense physical forms in order to be free to expand into the light. Others are choosing to stay here for the duration of this transition period to assist still others in their growth and ascension. It makes no difference in terms of the overall ascension of the planet. There is no need to do it one way or the other, for all who aspire to do so will eventually transcend into this place of higher consciousness and light. The light will come to all who are ready to accept it and will simply go right past those who aren’t. All is perfect in this way; each will be where they need to be to play out the next step in their individual evolutions.

This is what’s happening on this planet at this time. Many of us are coming together to form incredible new bonds which could never have occurred here just a few short years ago, because we weren’t who we are, or at least, we hadn’t yet learned who we really are. This new level of realization has come to this realm in only the past 20 years or so, after the way was paved by the great expansion of consciousness of the 60’s and early 70’s. The apparent current drop-off in the consciousness of the mass population, and the many ensuing wars in the world and all, is really only the result of beings of light coming here and sort of “forcing the issue”, making it necessary for those who are ready to ascend to begin their ascension processes.

This essentially brings about a “split” in consciousness, some taking one path and many taking another. This split is fully mandated by the universe, for it’s a way that universal consciousness virtually “takes over” a planet, forcing those who aren’t ready for ascension to leave in other ways, such as through wars and strife and famine and even natural disasters. Yes, everything that’s happening on this planet at this time is fully according to divine plan. There can be no other way, anywhere, ever.

The next step in this evolution, as it pertains directly to those who are now transcending, is literally to shed all aspects of the old human consciousness, to release anything which doesn’t merge easily with the light that’s coming in. One must do this in part through the physical body, for it is one of the primary “vessels” of this evolution. To become an

exalted vessel of light which can never again return to the density of the past, one must transcend any inclination to hold onto aspects of that past. Does this mean there's anything wrong with your physical body and your past life? No, of course not; there's nothing wrong with anything. It's just that holding onto the physical body as the would-be final expression of consciousness is no longer useful in the expansion of the universe now happening. It's time to transcend every limitation, especially those of the physical and mental form. To transcend all that's gone before, and to become all that's now asked of us.

Many are struggling with releasing their old forms and beliefs, and must do so through pain and even death of the body. Others are choosing to "purge" themselves of the old ways, and of the dense energies still held in the body. Sometimes this plays out through disease or chronic physical pain or other discomforts. Witness the arrival of such "illnesses" as fibromyalgia, chronic fatigue syndrome, and even AIDS, and many others which seem to have little physical explanation in past medical terminology. These are largely the result of transitioning human forms releasing pent up stress and emotions from the body, so that the body and soul can ascend to a higher level of consciousness and be free of past influences. Such "causes" will never be understood merely according to physical explanations, because they go far beyond the physical.

The many immune illnesses in particular are the result of the body "saying no" to the past and allowing the body to take them in whatever direction they need for their own evolution. This is always perfect for each being, no matter how devastating it may appear externally. It's interesting to note here that at least one predominant spiritual teacher has said that cancer, certainly a disease of the immune system, was formerly the disease of evolved masters, and that now it's become a predominant form of passing for the entire race. He was discussing the fact that higher consciousness seems to have come to the race in general, though the race hasn't yet realized this fact. In this context, cancer is essentially a "burning up" of the cells of the body, to release all the old tension and stress and trauma and allow the total being to move on to a higher state of consciousness. Cancer is a fairly quick (in universal terms) and relatively easy way, though painful to the physical form, to burn lifetimes of karma and old programming and become a highly evolved being.

Often this kind of transition process is achieved at the loss of the body, but sometimes it takes people through great awakenings and they choose to stay in human form and share their new realizations with others. Look at all the "cancer survivors" who are now doing this in one way or another, and often become teachers of new values and new levels of "healing". Well, the "cancer victims" who passed over are now doing it, too; it's not just happening for those left in human form. What is now called "cancer" is part of the great purge, and the great learning, of this planet and its beings at this time. None of this is said in blame or judgment of any kind toward anyone. All disease is an individual's business. Each of us chooses our own path of ascension and cleansing.

I am conscious that I am continually processing "symptoms" of the past through my physical form. Hopefully, by doing that as consciously as possible, I will continue to

have little need for “illness” as it’s typically played out in this form in the past. Yet, I know all this is determined by my soul, or higher self. This is all a matter of perspective and awareness. Why would one become ill and/or choose to play out symptoms and trapped energies in less than the most conscious ways available to each of us? Of course, such a perspective is not for everyone. Many choose to continue to see reality in former terms. Yet, I believe that in general the old explanations of illness and recovery, etc. simply are no longer adequate for many of us. There is for many very little need to see anything as we may have in the past. We are beings of the *light*, and as such we’re here to transcend the old explanations for pretty much anything, and accept our universal consciousness and all the wisdom which it brings to us.

Indeed, there are reports of a study being done in Russia which seems to show conclusively that *this entire universe* is very quickly turning into light. Planetary bodies, including the earth and all others, are showing enormous changes in the light and vibrations emitted. Magnetism is increasing dramatically throughout the universe. The implication is that the universe is about to take a great leap into full light consciousness; that this is what’s happening for the entire universe now; that there can be no other way; that light will prevail on earth and throughout in the whole universe! This would supercede all that’s happened here previously. If this is to happen, I believe it shall prevail in part because those of us who choose to be *light-workers* and do this work in the universe have done our jobs very well here. We’ve worked behind the scenes of ordinary human consciousness and we’ve brought enough light and love to this planet and this universe to keep all on its evolutionary schedule. All may be very healthy and right on schedule in our universe. How could it be any other way?

From my perspective, there would seem to be no stopping what’s happening here now. Everyone who chooses to be part of this *Grand Awakening* can be part of it now, and can be done with the past. It’s the choice of each soul and being to be what they feel called to be. Yet, none are ever left out, as has often been said, because all will be exactly where they need to be each moment. All will go where they’re called, and all will be part of some form of evolution - each choosing the form which is appropriate for them. The times now call for an expansion of consciousness for each being who chooses to remain here, to go far beyond what each has ever experienced alone. There is no “alone”, no way to ever be anything less than what one truly is. This is why so many of us are choosing to live “outside the box” of ordinary consciousness. The box is no longer appropriate for those who choose to be part of the *light brigade* which is bringing this world to full awareness of itself. As soon as one breaks free of all old energy and misperceptions, the new energy and focus will enter fully. This is the process which so many are experiencing on this earth at this time - the complete breakdown of the old ways and old beliefs. It is extraordinary and it will transform this planet.

The new world will rise up from the old and bring forth a grand new existence here, an existence which no one can fully foresee, for it will be so glorious and so new that it will blind all those who can’t see past the darkness of the past. The past no longer holds any power for those of us who see beyond it. The past is over. It will never come back here. Some are only holding onto the illusion of the past, in the belief that it’s still real. But it’s

not real. It will never be real here again. The new world is coming, and it's coming very, very fast ... faster than anyone could have predicted ... faster even than the Mayans imagined ... for the light force has done its job very well here ... and now is the time of the *Great Ascension!* To ascend with this new force and new awareness now and become what one has always been ... free of all delusion and fear!

Now, it's for each of us to use these physical forms in which we've incarnated for all we can in the process of growing and becoming fully human, the true full human, the new embodiment of the soul which is coming here. Human consciousness will give way eventually to *light consciousness*. Yet for now, it's to use this human form however we may to access new levels of light and bring in higher and higher forms of consciousness. All else is over. We can never return to the past. It is done. To be the new form now and let it ever evolve through the old form, to create the hybrid in consciousness which can only happen in this time and this place. Human consciousness becoming fully human and fully everything else at the same time.

Yes, it is an exciting time to be alive in this dimension, and it will be ever so much more exciting when each one realizes that the new world is fast coming in and that each of us can be part of it if we so choose. The new configurations in human relationships on all levels at this time, ending of old ones and creation of brand new and glorious unions, is largely to assist in the planetary transition. It's necessary to bring together *light-workers* into these new configurations to "amp up" the power on this planet. There's no need to confine oneself to relationships of any kind which repress one's natural energies from coming through. Such limitation is actually quite harmful to the individual being and to the overall consciousness at work here.

It's appropriate now for all who are called to be part of the *grand awakening* process to free themselves from their old stagnant relationships as quickly and smoothly as possible and open the door for the brand new to enter. Prolonging the pain of the past only inhibits the growth of all individuals within those used-up relationships. Remember, all is perfect in this world, and all will be perfect as long as we allow it to be, and as long as we allow ourselves to change and evolve as the universe intended for us. This is the process now at work here ... full transcendence into light for each who chooses to follow this glorious path. Full transcendence into light of an entire universe. It's nothing to fear. It is the way of *Ultimate Reality*, and it is happening here now!

Chapter 13: The Light is Coming

(This chapter from the Handbook introduces fairly advanced ways of perceiving the high levels of light which many of their time knew was now flooding the planet in unprecedented amounts.)

We each vibrate to a particular quality of light, which helps define our role on this planet. As we learn to vibrate with this light quality, in our human forms, we become more loving, and more fully aligned with universal reality. The really nice thing about this, as humans, is that we then learn to access the wonderful parts of universal reality which most humans block from their lives. One of these wonderful qualities is the aspect I'm calling *universal love*. We learn to allow more of this love into our lives and we learn to share it more fully with others. While we're all the same in some respects at our core, we also each have a particular light, or *energy ray*, which defines our purpose. The particular vibration of light to which you belong defines all your significant qualities, and the nature of the gifts you came here to share with others.

We each vibrate to a certain *ray*, and this vibration is probably the most important thing we must ultimately learn to recognize and fully understand, if we're to know ourselves at core. It's also very important to learn our light ray and its basic qualities as we set out to find others with whom we resonate. There is much to understand about this entire light ray process, as a way of seeing expanded reality. Many books have been written on the subject, including those of Alice Bailey early in the 20th century and many more in recent years. It's a very complex subject. I want to speak here only of one's particular light ray, or *universal family*, in terms of how it may determine exactly how you respond to the world, and how you may learn to attract those with whom you resonate, those whom you may serve, and who may serve you.

Why do most people go through entire lives on this planet without seeing the truth about themselves, and therefore without seeing others for whom they are? It's because this is the game that's most often played here; to not see oneself and to try to learn enough about oneself to, if you will, earn one's way beyond this little game board we experience on this planet. When one does learn enough about oneself to go beyond the prevailing consciousness of this place, one is then free to play whatever game one wants. This includes ending the game of *hide 'n seek* and going on to new games that are decidedly more fun. The new game may be more like "now that we've found each other, what grand and glorious things shall we do together". This new game is a lot more fun than *hide 'n seek*.

Most people come to this planet to learn all they can about themselves, and to hopefully find another person with whom they can share all that. This ultimate purpose would seem to be for each to fully know oneself, and then to see another, and then to be able to make incredible love together for the rest of your combined time here. This eternal search is very much the way in which *Source* assures that we will keep seeking our mates and through that search, discover ourselves and better serve this world and its other beings. By striving to achieve higher aspects of ourselves, we incorporate into our own being ways in which we may serve the greater good, and therefore, the *all-that-is*. Put another way, when you find love - the true love of the universe of a quality that only you can recognize and appreciate - you grow light years and you learn to use all your growth and wisdom in service to all others. This is an inevitable, and truly beautiful, spiral of love and growth, and it is our way once we learn to see love for what it is.

We've come here to return to each other in service of the greater good. We've come here to fully understand and appreciate each other, and therefore to fully understand and appreciate the qualities which are inside each of us, so we can learn to share these qualities fully. It's simply much easier, as long as we're in human form, to see ourselves mirrored by other people with similar qualities, than to have to see the rather "invisible" qualities inside ourselves. Do you see what I mean? That if you had to recognize yourself completely by knowing all your inner traits, you may never learn to be clairvoyant enough to know yourself. It's very, very difficult to see inside oneself to such a degree. We are physical beings largely so we can learn to recognize and acknowledge the qualities of all consciousness which we most appreciate and can therefore share those qualities with others.

As we go about the universe, or many universes, seeding the prevailing consciousnesses with our own particular brand of evolution and awareness, we become more aware of ourselves and of who or what we wish to incorporate into ourselves. Maybe it's a little bit like honey bees gathering pollen on their hairy bodies as they visit one flower and then another, ultimately to carry it all home to the hive and make honey. Perhaps, this is also how each of us evolves individually, by gathering enough pollen to learn about ourselves. It's also certainly how we learn to recognize others of similar vibration, by being with others to whom we're drawn and seeing how it feels and how it works out.

As you came to this planet, you often chose, for purposes of this game, to hold back your true self for a number of years. It really has been like *hide 'n seek* for many; to wait until you feel content with yourself enough to share that contentment with another. Or more likely, to become really frustrated with your seeming inability to find another like yourself, so you'd stop doing things the old ways, stop playing the old games, and finally let go of all the illusions and misperceptions about yourself and begin to let your true light shine through. Does this sound at all familiar to you?

When one's true light begins to shine in this way, one can begin to meet others whose true light is also shining. You may still have many more years of playing the game, of getting closer and closer to full awareness. Yet, as you seek and learn, you literally begin to see more and more aspects of your own light reflected by others. They reflect back to

you your own essential aspects. Moment-by-moment, we learn more about ourselves. We learn to respond to our spirit, or our eternal essence. We learn to better recognize exactly what we need to receive in our lives from the universe and from others. Ultimately, we no longer settle for less than the real things. We then are able to ask for and receive what we truly need in this life and in all of our expansive reality.

What is your life purpose? What is your new game? I don't know. This is for you to determine. But I do know that it will have something to do with bettering the race of beings with whom you're living, because this is ultimately the reason each of us incarnates anyplace. You go where you go because you know something that needs to be known or used by that race of beings, in order to expand consciousness and raise the level of its combined evolution, and you learn a lot about yourself along the way.

Once you learn to see your real self, you learn to see others in the same light. You begin to see their essence, or their essential self at the core of their being, and you learn to see all those beings around you as part of a great and glorious play, or a *dance of light*. Recognition of this *dance* can take you to a far greater level of self-knowledge. You learn to see the light for what it is. You see that such light is a way of conveying knowledge to all others around you; a way of bringing forth your own wisdom accumulated over many lifetimes in many worlds. You learn to share this light with all those in your life and to see your existence fully in terms of light and not density. Then, you're free to expand into all forms of reality at once. It's a monumental task for ordinary humans to achieve, but it's possible, once one commits oneself to the journey.

Chapter 14: Sound May Define Us

(When this chapter of the Handbook was written a thousand years ago, the information presented may have been quite innovative, even controversial for some. Yet we now see that sound plays an extremely important part in all of creation, and as with the description of light in the preceding chapter, this information did a creditable job of introducing people to the expansive nature of sound and how it may be used as a healing modality. Of course, our amazing revelations on the nature of sound waves and their interrelation with all the bodies of the universe have taken this early knowledge to much greater heights. Here is at least one vision of the power of sound from that era.)

This may be rather advanced information about the nature of sound, but I include it here because I'm fairly certain it's accurate and because I believe this material will help open doorways to new understandings in the areas of healing and self-awareness. It's been said by many intelligent visionaries and other consciousness explorers that sound may be one of the main creative elements of the universe; even that sound may be the thing which holds everything together. If this is an accurate statement, what then are our individual notes to play within this great vibration of sound? How do we relate to the all-that-is on an individual level?

One may look at it this way: That each of us has one primary sound which is our own. This primary sound would help to define and create our own ways of being in our world, and in our universe. Yet I believe each of us also has an opposite (or antithetical) sound which helps define us, and which helps us stay balanced within the universe. The merging of our primary sound with our opposing, or balancing, sound would bring us to a "higher" composite vibration. Our true "essential" sound would be the integration of our primary human tone with our more expansive opposing tone. This may be another way of stating the need for such concepts as yin/yang, male/female, light/dark, etc.; the combining of apparent opposites to create a balanced whole.

On an individual level, as we vibrate with other beings in our environment the interaction of our own composite *essential* sound vibration is "bounced off" the universe by our interactions, whether with humans or other energies. My vision is that all our interactions with others create what I call a **fractal sound vibration**, literally the bouncing of our own individual tone off the great sound of the universe, with the resulting new energy vibrations expanding universal reality. In this model of reality (admittedly but one way to look at all of reality) we may also be redefined as individuals each moment by the interaction of our composite sound with the greater sound of the universe as it transmits through other individual beings and objects.

I must say here that I believe there's really no such thing as an "individual" in this universe, but that we are all interrelated in ways we may not be able to see. Yet, for my purpose here I define those things and beings which appear separate to our human eyes as being separate entities. Later, we may see how all this merges into a great "soup" of sound which is really only one vibration, one sound which is the true way to define us; except that this greater vibration is being recreated each moment and therefore defies ultimate definition. The important point here is that this trilogy of sound - our primary sound, our polar opposite sound, and the sound created by our interaction with the universe - all serve to define us each moment as "individual" beings, while at the same time facilitating the continued expansion of our universe.

Consider that each of us may essentially be a product of sound vibration. Imagine that sound may play through each of us in a particular way based on our predispositions, our preferences which up to this point have defined us. Imagine that these predispositions may in turn be influenced by each vibration which comes through us. Imagine that you can actually change your life based on the ways you interact with universal sound as it plays through you. Imagine that your life is not static, but that you may allow it to change and grow as each new sound comes through your being. Imagine that the energy which creates your form is fluid and changing each moment. Imagine that there's no other way to be but fluid, that the universe knows nothing of static energy. You may exist in a stagnant or rigid form only so you can be defined as part of visible human reality. Outside of this third dimensional human reality, you are quite possibly a much more fluid being than you may yet be able to imagine.

How does all this influence the ways in which we're able to relate to each other on the human realm? This is a very important question, for it may be our interaction with other beings and other energies found in all objects of creation which define the very essence of the all-that-is. In this "sound" model of reality, a new universal sound is manifested when any two or more beings or energies come into contact. This new sound - *the fractal sound* - is a unique sound created when the universe plays simultaneously through two beings. Essentially, one being bounces his or her own sound off the other being and a new sound is created. We're then able to better feel our own essential vibration as a result of feeling the vibration of the other person. Finally, we feel (or experience) a third vibration playing through each of us. This third vibration is the fractal sound, the one which is elicited by the combined presence or vibration of our two "individual" sounds.

Just as we're not really individual beings, I believe there's also no such thing as an individual sound. But for our discussion here, let's see the universe as an entity which emits various sounds, each of those sounds being individual in nature to the degree that we may experience them singularly. When each of us experiences our sole sound, such as when we incarnate on earth with a particular set of instructions, or vibrations of a certain nature, we're drawn to certain parameters, or affinities which define us. These affinities bring us our own particular flavors, our predisposition to be one way or another while we're here. These affinities are in alignment with the nature of all reality, in that we vibrate with universal reality on a certain wavelength distinct to us while we're here. Particular forms manifested through us while we're here align with the essential energy

of the universe in ways which may be expressed as light or sound on higher dimensions not easily visible to human eyes, or heard by human ears. Yet, those visions and sounds nevertheless are very real in the universal reality from which everything manifests.

If you want to hear the sound of your own vibration, you need only to listen closely to the universe and see how you're vibrating within it. You can learn to hear and even make your own essential sound, and you can learn to feel the universe in your body in very real ways. In a way, you can even learn to become the *fractal sound* which occurs each time you vibrate with another aspect of universal reality. You can learn to feel the distinct energy you're producing as part of all energy, whether you see it as sound or light or in another way. What's the nature of your true energy? How do you see yourself? What's your true sound? What's the nature of your higher self? The ways you feel in this world are important. The things you do here are important. Everything which happens to you within this universe is important. You're part of the universe and your interaction within it brings greater and greater vibration through your being. Each of these individual vibrations creates a "wave" and with it a potentially higher vibration which may be merged with yet another being's or object's vibration, creating an additional "individual" vibration.

This is how you create your own world as you interact with your universe. You create a new universal reality each time you merge and interact with this world. You help create a world which you see and feel by your actions and interactions. You bring reality into greater being by interacting with those around you and with all that presently exists. Each person with whom you connect experiences the same shift in sound vibration, based on the interrelating of your mutual vibratory frequencies. Your essential sound corresponds with theirs and forms an additional vibration which helps to define and create the universe from their perspective. Each time any two beings unite or interact in this way, a new sound is generated. An infinite number of "individual" sounds is possible; all merging together to form the universe. Sound, in this context, does create and hold together the universal web of beings and objects of which we know. There is, of course, much more to this principle than we can ever see as humans. Yet, it seems enough at this time to imagine from our human perspective that the universe may be created by vibrations produced by our interactions with others, and by the interactions of all objects within this field.

Expanding this concept, can you see how more elaborate sounds produced by the merging of individual humans may help to expand our universe? Can you imagine how each time people merge a new and original sound may be created, a new sound which in turn merges with the universe and causes it to expand? Can you see how the *fractal sounds* produced by the interaction of the universe through two of its beings may be the creative element of the universe. If you can feel the vibration of sound produced when you interact with your universe, you can begin to see how no one is really distinct from you. You can learn how your universe vibrates through you in a way which is particular to you in each moment, yet a way which may be changed or given up whenever you want.

You may choose a new vibration merely by interacting with the universe in a new and specific way. Beings do this all the time in unconscious ways. They vibrate with the universe in another way, and by doing so they change their own vibration. Each time a being vibrates with the universe in any way, or with another being or object that's part of the universe, that being brings about a new vibration. This new vibration sets in motion a whole chain of events on energetic levels of reality, bringing about new definitions and identities based on the resulting frequencies produced. In a sense, we're each defined by our actions manifested on sound and light realms. Yet, the universe cares not about definitions, nor about the longevity of any states of being. Time and individual identity mean nothing to universal reality. Our universe cares not if a new vibration that's produced within it lasts forever, or for an instant.

Do you see how new vibrations produced by your interactions may change the ways you relate to those in your life? Specifically, this new vibration may affect your primary relationships; it may bring about new relationships; it may end relationships. All relationships are, in effect, in alignment with universal principle, in that they're created by the interaction of universal energy. In this context, all our experiences are perfect, for they exist merely to bring about the interaction of energy, or sound, which is then spun off into further interactions. We're constantly creating the universe as we go. Sound is the primary generator of this process. We spin off as sound in one direction or another, make contact with other vibrations, and create new sound patterns with each connection we make.

Looking at the universe in these terms, it is sound which brings us into contact with each other. It is sound which vibrates throughout the universe in order to bring further interaction. It is sound which gives us our distinct vibration, or identity. It is sound which brings into being all distinct entities in the universe. It is sound which shows each of us how to sense ourselves, how to be who we are, how to give to others, and how to be all that we can. We do our work here based upon our vibration. We do all we came here to do based on our predispositions to vibrate one way or another. Then we go out and find those with whom we may vibrate to make our own energy more complete.

For every sound we make, just as in third dimensional terms every action we take, there's an opposite sound, or action. This opposite sound keeps us in balance in the universe. It may not be heard as clearly as our primary sound, but it is there nonetheless, keeping us in balance as an energetic being. Some of us come to terms with our opposite sound, and allow it to emerge as a truer part of us. Some people call this opposite part "our shadow side", but I prefer to see it in terms of sound, since this releases us from all the judgment and distinctions brought up by discussions of a shadow self. As we come into more conscious balance with our opposing sound, we become more adept at creating new energies to our liking. As our primary and opposing sounds merge "consciously", the resultant interaction creates a more awakened state-of-being. This "total self" may then merge more consciously with other beings and their essential sounds.

Life as we know it on this dimension is formed by the interaction of two beings, producing a third being. This procreation may be a physical manifestation of sound

vibrations which create the entire universe. You may interact with your universe in ways which generate new sounds, and create a new “you” each moment. In a sense, you are a new being each moment. But most people have a difficult time accepting this and go on acting as if they’re always the same being, with the same vibration. This can never be true. Our new vibrations, caused by our interactions with our universe, seek to redefine us each moment. This is how we grow, how we expand as energies and beings. Yet, most people hold themselves back by believing they can not change; that they must retain their former identity in order to be who they are; that they must define themselves in ways which keep them in their comfort zones.

Sound knows nothing of comfort zones. Its only purpose is to facilitate the expansion of our universe by interacting with itself. Sound is here to help us vibrate in new ways and expand as part of the universe. Sound vibrates with the universe because it is the universe. Sound brings us into higher and higher vibrations with each other, into new ways of relating with each other and with all-that-is. Sound brings us the ability to some day be that *one energy* playing and vibrating with itself in an eternal musical web. If we were to see sound as the creator of all, as that which maintains everything we can ever know, we would find that sound is the *essence* of our very souls. We would find that sound vibrates through us completely, that we can never be anything but sound vibration, felt and seen as individual at times and yet always part of the eternal dance.

We can learn to see that our own sound is but the sound of the entire universe. We can begin to see that sound is here to bring us back to our own most pure vibration, back to that sound which is the universe. The more we interact with other sounds and bring that sound to higher and higher vibrations, the sooner we get back to the root of all sound, to that which creates each of us in its image. Sound is both the creator of and the universal energy which holds everything together, and we are the co-creator of its multitude of notes. The more consciously we relate, the more fully we express our own notes, the higher the vibration we bring to the universe, and the more we may serve in its expansion. This co-creative function may be the true reason we’re part of this infinite sea of sound; the true reason we’ve incarnated on this planet in our present forms.

Chapter 15: Relinquishing Death & Ego

(This chapter refers to the universal principle that matter can never be destroyed, which has of course become primary reality in our 31st century. Imagine what it must have been like to live in a world where the primary belief was that consciousness just sort of vanished at the moment of bodily death. It must have been difficult to reconcile that belief with one's higher knowledge, until the time when it all began to shift. Here's an additional excerpt from the Handbook for Ascension which further addressed the power that fear and personal ego had over most people's lives at that time.)

Death would seem to be the ultimate fear on this planet. But death is no more real than any other aspect of third dimensional reality. Death is but an illusion which we perpetuate on ourselves by our own fears; by our own beliefs in a mortality which would seem to take precedence over what we can really know in our hearts and our souls. That is, that we exist forever and that we could never possibly be obliterated in any way. How could we be obliterated, how could we fail to exist, when scientists have proven that matter can not be destroyed? Transformed, yes; but never destroyed.

Matter, and this includes the matter of which we are made, can be transformed in many ways, but it still continues to exist. Our matter, the stuff that makes up our bodies, our minds, and even our souls, will continue to exist in some form long after our conscious minds and our mortal bodies have ceased to function. Matter goes on forever, and so do we, in whatever form is appropriate for us to take on next. Death is not to be feared. Death comes when one is ready to accept it. If you're afraid of death, it will come in fear. If you're ready to accept death as a transition between this world and the next, you will find it in peace. If you accept this transition as perhaps the greatest thing that can happen for you here, it may even be euphoric when it comes.

You're here to experience reality in whatever way seems appropriate for you. It's not necessary to experience difficulty and trauma here. Those who believe that this is their mandate, that they must have trauma in their lives in order to learn the lessons of life, will have trauma. Many believe this, so there is much trauma. Do you believe that you must experience trauma here? Then you will. It is a perfect reality; there are no accidents here. You experience whatever you believe you will.

Many people seem to fear death because they see it as unknowable, and they believe the unknown is to be feared. But why would this be true? Why would we need to fear anything that's unknown, simply because we can never know it? Is it because we seek to control our own destiny, or to believe that we can control it? How can anyone ever control anything on this planet, or any other planet or realm, when we have nothing under our control with which to work? Do you see what I'm saying? That we can't control

anything because we don't need to control anything to be here. That we can live fully here without trying to control anything, and that it will be much easier for us to be here if we stop trying to control anything.

To me, the belief that death is to be feared is merely an attempt to control our reality, even beyond our physical reality. It's as if we become what we are here, in order to learn that we can exist beyond the need for any control, and then we set out immediately to create all kinds of illusory boundaries within which to live our lives. Why would we do this? Perhaps it's because we begin to sense human fear, and don't know what to do with it. In order not to feel that fear, we begin to imagine ourselves being "in control" in some way. Fear may be seen as a natural response to feeling "out-of-control". Fear may be released, by allowing oneself to feel and experience life, without the need to be in control. It's all a sort of upward spiral: When you hold onto fear, you feel out-of-control. As you let go of the need for control, you experience less fear in your life. As you let go of fear, you feel less need to control anything – including your own death, or the belief in what it may or may not be like.

In my experience, it's only fear that holds one back from full emergence into "light", or total consciousness. I've been blessed to help people access this state energetically and I can tell you that it's a very glorious moment in one's evolution. To be allowed to participate in this moment energetically with others is easily the most incredible thing I can imagine experiencing in any form. I am always blessed to be there with them in a state which transcends human form. What does happen at the moment of death? What is it like "on the other side"? I can tell you that I don't know for certain, only that it feels very peaceful when I'm "visiting" there. I imagine no one really knows fully what it will be like, while they're still in a human body. Many people have their images or thoughts on the subject, but I'm guessing no one really knows for sure. Yes, we can receive messages "from the other side", but how do we know they're really coming from that other side? How do we know anything for sure that we can't see with our eyes or know with our minds? Perhaps, it's enough that we can know that matter can never be destroyed, that we must therefore go on forever in some form. This is enough for me.

If death is unknowable, is it to be feared because it's unknowable? I don't think so. Is it the unpredictability of death that makes it so feared? Maybe it is; this being another way we can't control. Maybe people are so often afraid of death because they think it will sneak up and surprise them before they're ready for it? Most people don't like surprises. Most people have at least some level of fear of change. But maybe death doesn't have to sneak up and surprise anyone. Maybe it's actually possible to prepare oneself for this Great Surprise while we're very much alive here.

Life may actually be part of the practice of dying, and dying may be part of life. How can this be? Well, maybe we can practice dying each moment ... dying into each moment with the realization that the past moment is now over, and a new moment is now occurring ... and then this new moment will end, and there will be yet another moment. Maybe this process goes on far beyond even physical death of body and mind. Maybe this is what some mean when they speak of the "soul" or "spirit" transcending death.

Maybe the moments just keep coming and going, and as long as we can accept death as merely another of those moments – coming and going – maybe then there’s really nothing to fear about such a moment.

What really is so frightening about death? What’s so frightening about anything you can’t know? Isn’t this all just a perception, a concept that if you can’t know something, it’s to be feared. If death were so frightening, you’d think someone would have conscious knowledge about why it’s to be feared. Instead, it seems that so many who have had “near-death” experiences come back with glowing reports of how beautiful it is out there beyond the bounds of normal human consciousness. You’d think someone would have some proof that death is to be feared – if indeed that were the case.

Perhaps, any of us can learn what death is like, without having a near-death experience. Perhaps while we’re alive we can access states that aren’t so different from death. States such as those reached in meditation, or deep relaxation, or a deep healing session, or the peacefulness that comes during certain forms of exercise or yoga or tai chi. Perhaps these states aren’t so different from the state of death so beautifully described by those who have come back from death’s door. Have you achieved any of these states, at least to some degree? I have, and I know many people who do so regularly, who often describe such a feeling as akin to “not being at all”. Or to being part of the “all-that-is”. This is a very beautiful and peaceful place, one which comes relatively easily once we no longer focus on the body, or the mind. Could not this state be much like that experienced by the “soul” once it has been released from the physical body at death? This certainly doesn’t sound too frightening. Unknowable perhaps, but not frightening.

Life and death may be two sides of the same coin. First, we experience one reality. Then, we experience another reality. Then another. All in the name of life, or death, or by whatever name. Life, then death, then life again. All one grand experience, perhaps, when we allow it to be. Many people probably fear death because they don’t know what to expect. But this inability to know can also be seen as exciting. Something new and different about to happen. Why fear and not excitement? Scientists tell us these two emotions actually elicit the same energetic response in the body, and that we may interpret it one way or the other in the mind. Maybe we can learn to feel excitement about all of our life processes, in and out of physical embodiment.

Maybe life is about living the best reality we can each moment, and being ready to live just as grandly the next moment. If this isn’t your reality, that’s okay. We’re all free to live as we choose here. It just works much better for me if I allow myself to feel the positive energy and the optimistic perspective of both the present and the future, rather than get caught up in the fear of death or any other of life’s unknown and unknowable future realities.

Ego Death

There’s so much happening in the world these days to distract one from one’s own path that it seems important to address the true nature of humanity and what’s of real

importance. Humans come here to experience themselves as fully as possible within the context of a world which often doesn't recognize or reward individual effort and discovery. Sometimes the more one does to discover oneself, the more the world (or at least the human part of it) turns its back. This is because there are many ways to be here which correspond with the major preoccupations of the human race, and there are many ways which are typically denounced or shunned by society. If you happen to be one of those who came here to "do your own thing" in the face of possible societal disapproval, rather than try to fit in, you may find little support for your process. Yet, it's very important to continue on your path, in the face of any opposition which may arise. The reward at the end of a sincere journey is full self-awareness, or the knowledge that within you is all the wisdom you need to discover your true self.

Why does it take so long to discover oneself in the face of such opposition? Often, it's because there's more energy opposing your move forward than supporting it. Imagine trying to move upstream against a powerful current. Each step you take forward may result in being pushed backwards ten steps, until you learn to keep your feet on the ground as you walk. There are ways to remain grounded after each step, but it can take many years of practice before mastering. Each time you do new work in the world, you may find yourself not supported by anyone you know. To move forward in the face of opposition requires a strong will and a strong sense of perspective. We learn about ourselves often by making mistakes, before we become accustomed to sensing the difference between mistakes and appropriate moves. Once we begin to trust ourselves and move in ways which support our journey to awareness, the steps become easier and less treacherous.

Mistakes are really only mistakes in terms of human perception. Once you get beyond the fear that "mistakes" will somehow impede your journey, you can take steps much easier and without so much fear. Mistakes are actually a product of the human ego, for the ego alone worries about doing something wrong. The ego decides that you must do things one way or another, and the ego tells you you're making mistakes in the first place. Yet, the ego is a poor judge of right and wrong, for it has no concept of these things beyond the human front. And the human front is just that, a front created by the ego to try to convince you that it (the ego) is right in these matters and must be listened to. But the ego really has no concept at all of what needs to happen for the greater self; it merely pretends to know, in order to try to get you to follow it. As far as true human growth and understanding is concerned, the ego is a fraud. It doesn't see what's really important and it doesn't know how to guide you.

Why does the ego do this? Because it's a product of the very third dimensional world of illusion which it pretends to know how to manipulate. The ego fits into that world very nicely, but beyond the third dimension it has no clue. Why do we have an ego at all? To help us learn to maneuver through this world relatively free of the distractions put up in front of us. The ego points out these distractions by trying to convince us that they're real. Ultimately, if we're fortunate, we begin to understand that everything the ego points to isn't real at all. These things are but imaginary aspects of an unreal world of deception and fear. The ego, too, is part of the deception. Once you get beyond depending on the

ego and its mad ramblings to guide you, you can begin to access your higher self and let your real guidance take over.

Ego has no concept of what's right for you. It only tries to convince you of its value. By shedding the egoistic aspects of human reality, you can move beyond the need to be controlled by anything. You can become what you came here to be, free of any need for control or delusion. You can become the glorious being you've always been and can destroy any need to focus on negativity or delusion in your life. Going forward on the path of self-discovery isn't always easy, but it becomes easier with the recognition that the human ego is a folly created by a world of illusion, rather than being a significant part of your real self. Once one has this realization, the need for any control is significantly diminished, and the ego itself can be dispatched.

Let me give you this little exercise now for helping to recognize fear and move it out of the body. This exercise will assist you in relaxing and will deepen your understanding of yourself. This exercise works in part with the energy of the heart. This is because fear is largely based in the heart. The sensation you feel may not always seem like fear – but it can be fear nevertheless. Begin this exercise as you've done before; after reading through it, close your eyes and allow your body to relax slightly.

As you begin to sense your heart this time, I'd like you to feel as accurately as you can what's there. Begin to let go of whatever you feel. Just feel any fear that may be there, and begin letting it go. As you feel something releasing, look to see if you can find anything beneath the fear. Are you carrying something in your heart? Perhaps an old message about yourself? Something that doesn't belong there? If you locate something that seems like fear, something that needs to release, just gently let it go.

It's possible to let go of all the old energies in our hearts. We don't need to hold onto anything that isn't benefiting us. Holding fear in your heart isn't healthy. Fear can block all kinds of normal processes from happening. Fear can keep us from being who we are. Any time you can let go of fear in the body and be more of who you are, it will benefit you in many ways.

Now, try going through your body again, and this time look in particular for places where you may be carrying fear. If you can locate fear anywhere, focus again on seeing the fear for what it is. Go into it as deeply as you can. Then allow it to release. As with emotions and tension, releasing the energy behind fear helps us feel the body more. Living fearlessly is far more effective than letting fear stop us in our tracks. The journey back to Source is no different than any other journey in life. If you can learn to take it without fear, you'll find your way there much quicker. We're actually supposed to be happy and carefree in these bodies. Fear is not our normal condition and the more we can transcend the sooner we'll advance into our higher states of being.

Chapter 16: Becoming Spirit

(This chapter from the Handbook explores humanity's search for its soul. So prevalent at that time were messages of anger and fear that it was relatively difficult for a person of consciousness to discover one's essence. Yet many were looking, and as this chapter indicates lots of people were having success at finding out who they were at their core. We see here a need to understand that these times were wrought with wars and other outward negative expressions of the inner turmoil with which most humans of that era were struggling.)

Most of us live our entire lives without getting in touch with our wise inner self. Regrettably, this keeps us cut off from the most important source of information we can ever know. Essentially, you are spirit. You are the part that knows best what you need to know to live here fully. You are the part that wants you to know all the universe has to tell you. Your higher knowledge doesn't come from someplace outside of you. It's inside you waiting to be heard as soon as you're ready to listen to it. As soon as you're ready to believe you have such ability and that it can actually speak to you. You're free to listen to your spirit whenever you want. You're free to be who you are, as soon as you can recognize this higher aspect of yourself. Some people call this aspect their "soul". To me, this means the same thing. Your spirit, your soul, your higher self, whatever part of yourself you refer to when you think of the place where you know the answers. This is wisdom you have when you come here and it the same wisdom you'll have when you leave here. There is no difference.

Why do people lose track of their spirit-knowledge when they come here? Why do they begin believing they're not who they are? Usually, it's because they see things happening around them which may indicate there's no such thing as spirit. They may see other people acting in ways that seem like they have no spirit; that there's no such thing as higher knowledge. But these people have spirits, too. They've just forgotten. It can be difficult for new beings here to acknowledge their own spirit – when there are few good role models. Many of us aren't blessed with having have real teachers until later in life, when we're ready to listen to what they have to say.

Parents often get frustrated with their children and children with their parents, because there's an aversion to speaking the same language, the language of love and understanding. How can one speak the same language when most of us are out-of-touch with our true realities. Until one understands there is such a thing as spirit, and higher intelligence, it can be pretty difficult to get in touch with that intelligence. Consequently,

most intelligence on this planet is anything but higher. When one is fortunate enough to have a teacher at a young age, it can be quite revealing for a maturing mind. One can find ways to learn that may never have occurred to them.

Yet, for most of us from previous generations, we had to wait until we were ready, often in the later half of our lives. Perhaps this is changing for the younger generation here, as there's more wisdom around these days and it may be easier for locate it in one's younger years. Whenever we are ready to learn, information can come to us in many forms. One of the most common ways is for us to begin to "hear" what we need to know. This information may come from outside us, but often it comes from inside – from our own soul, or spirit. Spirit speaks to us in these ways because it's always had this ability. It's just taken this long for us to listen. Once we do begin to listen, there's much we can learn; much that's taken us years to be ready to hear. Since we and spirit are actually one essence, there's no reason to keep our internal information from ourselves. We may as well know what we know, and learn to be who we are.

Unfortunately, most people have spent most of their lives on this planet acting as if they're nothing more than "social beings" who came here to relate to others without getting in touch with themselves. Now, mind you, I'm not saying there's anything wrong with being social here. Since there are many other beings running around here, it's probably a good idea to learn how to get along with some of them. In fact, it's a good idea to be yourself AND get along with them at the same time. But the truth is that most of us don't get along with most other people at all – not from the place of our higher self. We actually develop a "social" self, or a "personality", with which we relate to others. Rather than being our real selves, we pretend we're something else – believing this is what we must do to relate to others.

What is your real self? Who are you really? You'll only know this if you let your real self come through, if you stop being who you think you are in social contexts and be what you've always been. Who are you really? You are yourself. Try being any other way, and you'll be eternally frustrated. You'll be anything that you're not, and nothing that you are. Try being your real self instead, and you'll see that there's no other way to be. Why do people resort to being a social self? Simple. It's easier. Or they believe it's easier. Yes, they believe that it's easier to be something they're not, rather than what they've always been. And perhaps it is easier to act according to the social structure we find here, because this structure supports those who act like it instead of acting as they really are. This social structure is an illusion – but it's such a powerful illusion that most people find it difficult to break through it. So they continue to act like something they're not, in order to fit in. Fitting in can be very painful, because if you're not feeling your true energy and acting on it, you're acting in a way that's counter to your true being. You're acting like something you're not – and the greater part of you will know this and let you know it on some level.

You can stop acting like a mere social being by giving up all parts of you that aren't you. You can give up anything that seems false, or unreal in some way. You can give up the illusion. It's not easy - but you can learn to do it. You can give up anything that isn't you

by being what you are. You can quit being anything that seems false. The more you let go of the parts of you which aren't real, the more spirit will be able to speak to you, the more spirit will be able to tell you the truth.

The process of getting in touch with spirit can be as simple as learning to listen to yourself and seeing what you have to say. To give up the illusions of your higher self and be what you are, you need only to listen to your truth. This may begin as hearing your opinions and judgments, as listening to the chatter of the mind. The more you do it, the better you'll become at hearing what your soul has to say to you. Once you learn to listen accurately for your higher knowledge, you're on the way to becoming the enlightened being you are. This process can take years, but it can be an exciting process nonetheless. Rediscovering your spirit inside you is probably the most exciting and important thing you can do while you're here. Learning what you know may never cease to amaze you, once you begin the journey.

Fear vs. Spirit

Let's go further now into the search for spirit, or the soul, in the body. As with fear and love, there's a strong counter-connection between fear and spirit. They're actually parts of the same thing, but spirit can be disguised by fear. We may think we're listening to spirit when we're actually listening to the voice of fear. Yet there's a way to learn to tell the difference between all those voices that show up in the mind. The relationship between fear and spirit runs deep. In order to get so we trust spirit - or so we trust ourselves to know the truth - we have to accept the thought that we actually have the truth inside us. We have to stop searching outside us for the truth of the universe. See if this exercise helps you:

Imagine that you can access spirit in your body. Can you go inside somewhere and imagine a part of you called spirit, or soul, or whatever you want to call it? Can you feel this part of you? If you have difficulty imagining it, try to suspend any doubts for a moment and see if your soul arises somewhere. Do you hear any information coming from somewhere inside you? We've all heard this voice, or felt it, from time-to-time. None of us lives without being somewhat in touch with our 'intuition', our 'gut feeling', and the like. None of us is totally apart from our inner wisdom. This exercise is to help you get more in touch with that part.

Why are we afraid to call on our own wisdom? Is it because we're afraid of what others may think, if we're making decisions based on 'inner knowing', not empirical 'proof'? Or do we not trust ourselves to use such wisdom wisely? Are we afraid of how we might use higher knowledge? I believe many people are actually afraid how they might act if they were 'smarter'. Do you act, well, less smart, in the fear that if you knew more, you might alienate other people in some way? The need to be loved by others is a very great factor in most of our actions.

Perhaps, this is a reason why it's so important to learn how to love ourselves, apart from the need for validation by others. Before you're done with this book, you'll have more

valuable tools for learning to love yourself unconditionally. Hopefully, this will help free you from worrying about whether others approve of your actions. Love and knowledge go a long way toward making your life complete. If you reach the place where you can access your inner wisdom easily – where you no longer keep yourself from knowing what you know – you may find life to be easier to live. Life isn't meant to be difficult. We make it difficult by not allowing ourselves to know what we know.

Now, look once more inside your body. This time, imagine there's a place that has all the wisdom you need to live your life. Imagine that you can access this place any time you want, that you can see this wisdom. Perhaps it has a color, or shape, or a particular feeling. Perhaps there are places where you feel a wisdom of some kind in your body. You may find answers coming from places you never would have guessed. You may find wisdom in a big toe, or somewhere else. Wherever wisdom comes from, let it surface. Ask it what it has to tell you. Let go of judgment, or holding on. Let wisdom rise up inside you. Know what you know.

This technique can help you access unseen energies in your body. This energy has wisdom or information attached to it. Energy is just information, waiting for you to access and process it. Everything is information waiting to be discovered. Pain is information. Fear is information. Tension is information. All waiting to be discovered. Learning to see and feel these energies is a good way to get in touch with your spirit, with your wisdom. If you're still afraid you don't have a spirit, or if you believe that higher knowledge is outside of you somewhere, try doing the exercise again and see if you don't begin to recognize places where you hold the truth in your own body and in your mind.

Chapter 17: The Narrow Path Home

(Here's the final chapter of the original Handbook for Ascension. It concludes with an overview of personal discovery based on a process for self-inquiry. Notice the emphasis on discovering oneself through largely physical means. This shows how people were so concerned with physical reality in the early parts of the 3rd millennium, how it seemed necessary to transcend the fears and entrapments of the physical form before those beings could access their higher states of consciousness.)

Where is the real you? For most people, the real being is buried deep inside – usually beneath so many energies that they can't find themselves. Beneath all the emotions, all the fears, all the tension, all the misperceptions about whom you are, all the acculturation, all the distractions. Our lives are made up of distractions, of illusions. It's not easy to work through all that, to find the real us. But it is necessary if we're to become who we really are. We have to learn that there's more to us than all the illusion. We're so used to thinking of ourselves as being the illusions that we have to relearn that we're much more. We have to learn how to sense and release all the parts that aren't us.

This book is devoted to helping you get in touch with your real self, the one that's inside you. To do that, I encourage you to go even further into your body and psyche than we've gone so far, to go deep into your heart. I encourage you to surrender to your higher self, to the Source of all-that-is. I encourage you to see the beauty inside you. You are everything you could ever be. You are that which you came here to be. When you came here, you brought with you all you needed to know. You were complete in many ways. You needed only to discover how to use that knowledge in this world. Unfortunately, most of us lose sight of our gifts, as we struggle to make ends meet, or to discover ourselves, in the midst of the chaos of this world. We lose sight of ourselves as loving beings capable of great achievement. We lose our real selves. Enlightenment is merely the rediscovery of our true selves and our special gifts. There's really nothing in particular to learn in this world. Nothing you didn't already know. You only have to remember what you already know and how to apply it to this world.

All that we do learn here is relatively unimportant. Why would we come here not knowing all we need to live here? Why would we choose to go anywhere unprepared as souls to live there? Why would anyone start on a journey unprepared for what they'll find when they get there? It just doesn't make sense. You're always who you are, and as such you have the skills and knowledge you need. Once you've relaxed body and mind and rediscovered your inner knowledge, you can use that knowledge to take you further on your journey through this world. You can then go wherever your spirit wants you to go. You can live your life fully, knowing you're not here to live anyone else's life for them. You can live the life you came here to live.

When we hold within us all that accumulated stuff I've been addressing, we pretty much live other people's lives. We live the lives of those who placed that stuff there, through their opinions, their judgments, their neuroses, and their habits, etc. Even when these people may no longer be around us, we continue living according to the baggage we took from them. You can clear all that stuff and reach into your own soul to learn what you're really about. Nobody is going to live your life for you. Why live their lives for them?

Often, we play a game of hide-and-seek with our own souls, and don't rediscover why we're here until late in life, if at all. This seems to be part of the game we've been playing here for a long, long time. We wait until we feel ready, or often until we're so frustrated with 'ordinary' existence that we have to look for something better. But it doesn't have to be that way. There's nothing that says you have to wait 50 years to rediscover yourself. You can start the journey whenever you want. You can wake up now!

What a beautiful reality we could create here, if each of us knew exactly who we are and what we're here to do. Imagine it! Wouldn't it be wonderful if each person had discovered herself or himself? We're not there yet. Most of us are still trying to find ourselves through all the maze and clutter of this world. But this doesn't have to stop you. You can find out who you are. You can become all you came here to be. You start by looking deeply inside yourself for the answers. You start by not taking someone else's opinions as gospel. You start by looking for all the answers to who you are wherever you can find them. You explore all the possibilities. You embark on the journey of your life, and you don't stop until you've found yourself. Or perhaps more accurately stated, you don't stop until you've allowed your soul to find you.

Even if it takes a lifetime, or several lifetimes, seeking your truth within is a much better way to spend a lifetime than seeking answers outside you .. seeking answers which can never come from outside. Whether you came here to play music, or write books, or paint masterpieces, or build skyscrapers, or design clothing, whatever you came here for, it's all inside you waiting to be discovered. To discover the answers inside, you must listen with an open heart. You must create a space into which the answers can come. Also, you must wait for your soul to deliver the answers to you. You can't badger your soul for the answers. You must learn to listen patiently, to give yourself a chance to hear what the soul wants to tell you. Then, you must take action on the things your soul says. Unused knowledge is no better than no knowledge at all.

As you begin to open to your inner wisdom, you may hear things that seem irrational. Souls have a hard time getting through to us sometimes. We may have layers of irrational messages which protect us. It may take many efforts before we can get through to the good stuff. Especially in the beginning, we may have to filter out some of the information we're getting, and act only on the things with which we're reasonably comfortable. If you continue to listen with an open heart – and if you give your soul a real chance to speak to you – you'll begin to hear the real stuff. You'll begin to recognize the truth from the junk. It's like junk mail. Some of the mail we get is good. Some is junk. We learn to tell the

difference. If you act on any of the junk, you probably get more junk. But eventually, you learn not to act on the junk. You recycle it. When you begin hearing the truth from your soul, you learn to recognize it, and that's what you act on. As the junk surfaces, get so you can recognize it, and let it pass through without acting on it.

Never feel you have to act on anything you hear. Your soul won't tell you to do something immediately, with the threat that if you don't, some perilous thing may happen. Souls don't speak this way. Fear speaks this way. Your soul will always speak to you lovingly. Ignore the rest. Your soul will speak honestly. It will tell you the truth about yourself. It will tell you if you're off the path, and it will make suggestions about how to get back. But always with infinite patience and compassion. Also, your soul will never leave you. It's impossible. You may, at some point in the process, hear something like, "If you don't listen to me, I'm going to go away and you'll never hear from me again." This is not your soul speaking. It's something else. Ignore it. Give your soul a chance to get to you through all the clutter, and you'll find there's a kind and loving you inside, waiting to speak with you. This can be a confusing time, as you learn which messages are real and which are junk.

Next, I'm going to guide you on an exercise that will help you weed your way through the false messages in your body and mind. This exercise involves listening and letting go and builds upon the technique offering in the previous exercise in this chapter and those of other chapters for sensing the body. This is a great exercise to do daily. We collect a lot of false information about ourselves every day. This is a nice way to release that information and get back to our own truths. I call this exercise Discovering Spirit. Here's how it's done:

Begin by letting yourself relax as much as you can. Focus on allowing yourself to feel whatever is going on in your body. Working with some of the earlier techniques, imagine that you can send energy down through your body. Remember, you can do that by imagining you're sending energy anywhere in the body. This is how to begin to contact the energy of the universe, with the greater Source of energy which links us up with our 'expanded knowledge'. Continue imagining that you're part of this greater whole, this vast pool of knowledge and awareness that's available to all of us. When you expand your own awareness, you're more connected to this pool. Let go of any preconceived notions you may have about not being able to do this. Let go of any negative thoughts you may have about your ability to do your life's work. Let go, especially, of any doubts that you have about this thing called a soul inside you, this source of knowledge. Let yourself begin to access the wisdom that's within you.

Now, imagine that your energy field is expanding gradually. Imagine that you can expand your energy outside of your physical body. Allow this awareness to expand and begin to make contact with the universe around you. Let your body expand – at least let it expand in your mind's eye. Let it reach out to where you become one with the pool of universal energy which surrounds you.

Imagine now that you're free to express, or to use, the energy in your body however you

choose to use it. Use this energy to feel, or sense, your body more. Feel what's happening in your body. Is there a place where you might actually feel 'wisdom' of some kind? As far-fetched as this may sound, it's actually possible to feel wisdom in the body. This is because wisdom, like anything else, is actually an energy. Since you can feel energy, you can feel this higher knowledge as well.

Keeping an awareness of your physical body, allow your expanded self to continue to grow. Imagine that you can 'reclaim' any parts of you which may be hiding. Parts that may have been lost or covered up in your life process. Imagine that these parts can come back to you now, and bring with them any wisdom that may have been lost. Release any fear or tension you may be feeling. Release any doubt that you can't do this. Let go of anything that keeps you from making contact with your higher self, with your own soul. Allow information to come to you. Don't judge or evaluate this information. For now, just let it come to you. Later, you can decide if you like the information, or if you wish to do anything with it.

Imagine your energy reaching out once more. Let it continue to expand. Let it go wherever it needs to go. Now, expand your energy even more. There's no real reason to hold back your energy at all. Just let go. Let it expand to wherever it wants. Now, stop once more and feel your body. How does it feel? Are you aware of any places where you're holding tension, or grief, or fear? Can you feel your heart? Can you feel your feet? Can you feel your hands? Can you feel any areas that need to release old energy of some kind? Imagine that you can feel any part of your body, and at the same time, continue expanding your energy. Let your energy expand a little more, and at the same time, relax and feel your body. Can you do both at once? Feel your body, and let your energy expand? Let your energy expand, and feel your body.

Once you learn how to do this, to sense the body and feel the energy expanding at the same time, you're ready to make full contact with your inner spirit. It can take some practice to learn this technique, but once you do, you can be present in 'both worlds' at the same time. The physical outer world that we call home while we're here, and the unseen inner world that's always our home. As you do this technique, it's important to stop the process whenever you lose track of what's happening in your body. Allow yourself to feel your body once more, and hold the energy at the same time. It's not that you'll lose touch with your body. You can't really lose yourself. It's that the energy needs to expand, with the bodily awareness, if you're to get full benefit from the exercise.

Most of us aren't very aware that we extend far beyond our bodies. We need to relearn our ability to be present here as expanded beings. We need to relearn that we're more than physical beings. We need to relearn that we can access spirit whenever we want, and become the beings we really are. Eventually, you can learn to access this state any time you want. You can learn to be both, or many, parts of yourself at once. You'll also get so you can trust your body to tell you how far it wants to expand its energy. You'll discover your true state of consciousness, and you'll get better at living in that state.

When we set out on this life journey, it's usually with the belief that we're here to be as 'human' as possible. That is, to learn all we can about the purely physical, or third dimensional, aspects of existence. As we walk this path to human fulfillment, we may begin to feel less-than-fulfilled. We may be learning slowly that to be enlightened we have to get in touch with our inner selves, the source of our true wisdom. Yet we may have to work for years to reach this point. We must learn to see that there's nowhere to go to be enlightened except deeply into ourselves. We learn that there's nothing in particular to do to be enlightened, that we need only to discover what we've always been.

When you discover this wisdom within you, you're free to explore the world as you see fit. You have nothing more to prove by being here. We often hold ourselves back from this full expression of ourselves, and of our reality, because we're afraid of disappointing ourselves or others. We may also be afraid of looking foolish, or of losing love, or of not being appreciated for who we are. Yet, do we really have these things to lose? Are we really loved for who we are? We're usually loved for who someone else wants us to be, or sees us as being. Most people can't see us for who we are, and therefore, could never love us for being that. If we are who we are, people will love us, or they won't, based on their own ability to love. It makes no difference how, or who, we are being. It's up to them to decide if they want to love us.

To be truly oneself, to be happy, one has no choice but to walk the narrow path, being true to one's own soul. Happiness comes only from being what you know you are, to the best of your ability to know. Happiness comes from being yourself, in spite of what others may think. We have to walk this narrow path if we're to become our real selves. Anything less is allowing others, and the prevailing culture, to dictate how or what we do here. Allowing oneself to be controlled in this way is a major catastrophe on this planet. Too many people are afraid to be themselves. Most of us are here trying to discover ourselves in the midst of chaos caused by greed and fear and delusion.

This chaos is threatening the entire species, because as a species, we haven't a clue how to find our real selves, how to find the "soul of the species". We may think only of ourselves in terms of our own growth and learning, forgetting that we're really one of many beings linked in an endless web of energy and wisdom. It's ironic that once we discover our authentic self through this deep process of introspection, we see that we're one with everything and everybody. We see that by going deeply inside we discover how to reach out and reconnect with others. The path to true social interaction it seems is through our own heart, our own soul.

How could we ever forget our inevitable relationships with each other? How could we forget that when we're on this planet we're just as connected with all other beings as we are when we're anywhere else on our journeys? We forget because we want to forget. We want to experience separation and see what that feels like. Then, we want to get back home by relearning who we are. To return home, we need to let go of the idea of separation. We have to begin accepting that there's nowhere to go to discover ourselves,

nowhere except deep inside ourselves. We have to look inside and find everything that doesn't belong there. And we have to eradicate all that keeps us from being the authentic self.

The true way to grow on this third dimensional realm is by learning who we really are, by releasing all that we're not, by becoming the enlightened being who walked onto this planet. As long as we're here, we walk this narrow path through ourselves to enlightenment. Once we reach that place, once we get back to where we started, we see that there's really nowhere to go. We see that it was all a game we were playing for the experience of rediscovering the truth of our existence. Once we get there, we're free to do our work. We're free to be who we are wherever we find ourselves on this planet. We're still walking the narrow path of truth, in a way, but now we're free to be ourselves in all that we do.

No longer do we need to pretend we're something we're not. We get to play in this world as a being of light who came here to play and express oneself as fully as possible. This is the true reason for being here, to express oneself as fully as possible and know that when we leave this place we've given it all we had to give. That's how to live one's life, once one discovers the truth of the soul. How do we know when we've reached this place? We know because we know. We're done with all else when we're done with it. That's all. You can begin learning how to be yourself now - because there's really nothing else to be here. The time for planning is over. Now is time to be yourself as fully as you can possibly be for as long as you're here. Or for that matter, for as long as you're anywhere - because you will always be somewhere and you can always be yourself.

I wish you a very happy and immediate ascension!

Chapter 18: 4th Millennium Conclusions

We'd like to summarize here some key points from the *Handbook for Ascension* – ideas put forth in the book which we've learned in the past 1000 years to be fairly aligned with universal principles. Some of these assumptions have played a significant part in the great opening to consciousness which earth beings experienced during the 3rd millennium. First, note how the human race began to recognize itself as a significant species of the universe. Not because, as many people incredibly then believed, that humans were the only race of conscious beings. Yes, this seems incredible today, but people really did believe that then. The truth is that as the species grew, it was able to assume its rightful role in the cosmos, that it could then incorporate the kind of consciousness which assists the universe itself in growing.

As alluded to in the book, many people of the ensuing generations began to see themselves as awakened beings, and this expansion of their own consciousness facilitated the expansion of universal energies on the Earth realm and far beyond it. The universe, of course, continues to expand in our 31st century and may perhaps always do so. Each being who opens to higher consciousness helps the universe expand beyond previous limitation. It is indeed a limitless universe which can never know its bounds, because it has none.

Enough beings of the early 3rd millennium must have discovered their limitlessness to some degree to assist this part of the universe in its expansion. There was certainly considerable sluggish energy still remaining in humans of that day, energy which wasn't supporting personal or universal growth. But that energy was dissipating and the new energies coming in from the universe helped everyone begin to open to their greater awareness. This opening process brought people of this world closer to their true identity. It was a very cyclical and magical process; the more an individual opened to her or his true identity, the more energy that was allowed to flow into this world. The more the universe could send energy here, the more it could expand its own awareness. As with all such spiral awakenings, everyone and everything in the vicinity was benefited.

Today, we've found we can consciously affect the expansion of universal reality, and we owe thanks in part to those beings who were here at that time for their role in discovering the pathways to higher consciousness which made this expansion possible. They were, after all, our biological ancestors (if not ourselves in previous incarnations) and that was a time of exceptional growth of the species. Among the other universal principles they explored and expanded was the concept that all beings here are connected as if one being, that everyone here can have a positive affect on all others simply by wanting to do so. This was not a very well understood concept as the 3rd millennium began, but it soon

became normal belief as physical and metaphysical sciences combined to explore the roots and causal effects of human consciousness.

It soon became very evident that everything done consciously by humans with special skills in this area had very powerful effects on the entire species. Once people got beyond the fear of mind control and other such symptoms of the dying world and opened to the obvious positive benefits of these new realizations, many began developing the ability to positively influence human and universal reality. It was then that the human species of planet Earth generated the necessary energy to be a real and viable part of the universal family of beings.

Another universal principle deeply explored at that time was the concept that humans are never alone on this planet, that there's virtually no such thing as being removed from anything wherever one is in the cosmos. Previously, there had been many who believed they were isolated in these bodies, that they had no connection with anything outside of themselves. This may seem ludicrous with our knowledge today, but in those days there were many who somehow had convinced themselves that they needed to explore life as an "individual" being, as if they had no former or future context with which to see reality.

This seemed to serve them up to a point, at least they were somewhat free to see each thing anew, but ultimately it became a limiting factor, as people took it too far and began to see themselves as apart from all else, including their own higher selves. When people began to explore themselves as multi-faceted and multi-dimensional beings, they quickly developed the skills necessary to incorporate all their wisdom and abilities from many lifetimes and realities into their present reality. This facilitated a great leap in consciousness for the race by bringing in each person's multiple lifetimes of learning.

Some have seen this in terms of an "akashic record" of all the wisdom generating by a species. We see this as quite an accurate representation of reality, that it is in fact possible for all beings to contribute to and draw from such a pool of knowledge. Why would it be any different than this? What sense would it make for information or learning to happen once and then be lost until the next time it randomly turned up? Developing the ability to access this infinite library of knowledge was a great contributor to the advancement of the human species, and this ability was pretty much in place for most beings by the middle of the 21st century. It was like everyone had a universal library card available to them wherever they were 24 hours a day .. and no need for an internet connection, if you'll remember that short-lived and long-since antiquated system of information storage.

Another result of consciousness expansion of that time period was the disappearance of the human ego from planet Earth. You may remember how for most of mankind's history the ego had run rampant through human consciousness and pretty much kept people from discovering their real selves. That was all about to change for our ancestors of the early 21st century. The human ego was basically running out of gas at that time. It had for all those centuries largely controlled human action through fear, coercion, delusion and various other means.

As humans began waking up to their true nature and their own blessings, they had no further need for the ego to control anything. The ego, after all, had controlled people because they allowed that aspect of the mind, or of their “worldly consciousness”, to think that it was in charge of their lives. Once they discovered that they had higher powers which were not only more accurate but much more benevolent, and that they could rely on these powers to direct them on their Earth journeys, it was relatively easy to stop depending on the ego. The ego then mostly died out from lack of use, as people weren’t willing to go there anymore.

In summary, human consciousness was taking great leaps forward during the time of the writing of this *Handbook of Ascension*. It was during this time that people began to open to their higher selves and to realize themselves as fully awakened beings. Soon after this book was written, the long-awaited great advancement of the human race occurred. Now, we see in looking back at that time that it was to become a key period which set the stage for reality as we know it today. We owe a lot to our ancestors then, to those aspects of ourselves which had waited so patiently for the opportunity to expand consciousness and bring light to the entire human race.

The discovery of this *Handbook* has brought us more further awareness of the challenges faced by humans then, and some of the steps they were taking to overcome the prevailing negativity and delusion. We see both how hard some people were working to set the stage for our evolution, and how far we’ve come as a species since then. Human evolution, it seems, continues on this way forever, in spite sometimes of indications it’s about to end.

***Inter-dimensionally yours,
Artrias of the 31st century***