

Preparing For Ascension

Mary Mageau

Without a doubt we are living in turbulent times. People no longer believe that our major institutions: banks, churches, governments and multi national industries always have our best interests at heart. Many of these are crumbling from within as secrecy, corruption and greed comes into public awareness. Many of us are re-evaluating our careers, relationships and life styles and are making major changes in these areas. Time seems to accelerate ever faster while our planet experiences erratic weather patterns, extreme temperature changes, major volcanic activity, fires and global warming.

We are in the throes of an immense shift as Planet Earth and all life forms upon her, (plants, animals and humans) make their Ascension - the transition into a higher dimension with its accompanying state of expanded consciousness. Embrace these changes and go with the flow, as a wonderful world awaits those of us who chose to make this journey. In our near future we will usher in the golden age of peace. Together we will create a world of greater abundance for all in a kinder, less competitive and less materialistic society. Once again we will resume our caretaker stewardship of Planet Earth and we will be given the opportunity to reunite with our extraterrestrial galactic family. It is during this time that positive changes will be witnessed, the likes of which have never before been seen as Nova Terra, the New Fifth Dimensional Earth, is birthed into being.

This E-Book contains no copyright restrictions. Please feel free to print and share it in its entirety, acknowledging the source and writer.

Contents

Part I - The Ascension	3
What is Ascension?	3
The Great Cycles of Time	5
Our Multidimensional Selves	7
The Higher Self.....	9
The Soul.....	11
Light Body - Our Destiny	11
Nadi Sudi – Alternate Nostril Breathing	14
Recoding Our DNA	14
The Chakra System	15
The DNA Strands	17
The Endocrine Glands	17
Keeping Our Balance	18
We Can Choose Our Future	20
Our Magnificent Purpose	22
Part II – Ascension Based Relationships	25
A Loving Heart.....	25
Equal Opposites – Yin and Yang.....	28
The Twin Flame Reunions	30
The Source of the Twin Souls	33
The Monad - I AM Presence	33
Treat the Earth Well	34
Earth Silence Meditation	36
We Are Not Alone.....	36
Learn How To Meditate	39
Merging Meditation Into Daily Life and Activity	42
About Mary Mageau	43

Part I - The Ascension

What is Ascension?

We are now all living through the last days. This does not mean that the end of the world is coming through terrorism, a holocaust or severe earth changes, as many prophets of doom and gloom would have us believe. Rather we are witnessing the beginning of a glorious new age of light, of co-operative sharing of Planet Earth's resources, of peace, joy and love. The new age will occur both for our planet and for all of her inhabitants who consciously choose to participate.

Signs abound all around us of major changes within our planetary societies. Many no longer believe that making money and amassing material possessions offers any form of deep satisfaction. Many no longer assume that large institutions: banks, governments and multi-national industries have our best interests at heart, as secrecy, corruption and cover-ups come into public awareness. For far too long our churches have divided us from one another while our patriarchal religions have failed to acknowledge the special talents and gifts of women and minorities. In our personal lives too, we are re-evaluating all of our relationships, careers and lifestyles, often making major changes. What is going on? What is this something that is compelling us to re-assess our lives and to strike out in new directions as never before?

We are all responding to the Divine Plan orchestrated by the Creator of All That Is, for the earth and all upon her to change from a third dimensional life environment into a fifth dimensional one. But in order to evolve, all current life forms must change physically, mentally, emotionally and spiritually. We must readjust our thought processes, letting go of old limiting belief systems while embracing a new reality which requires us to take back our personal power (a fearless state, which assumes full responsibility for the results of each of our thoughts, words and actions). All our present jobs, relationships, possessions, etc. must be relinquished if these do not support a new non-competitive and lovingly co-operative mode of being. In addition we must release deeply held and painful old emotional issues if we wish to support a higher state of consciousness.

This journey into the higher dimensions is known as the Ascension process and while it effects our emotional and mental states, our bodies are also readjusting to higher vibrational forces that accompany the expansion of our consciousness. During our sleep states we are slowly changing from a carbon-based body with two strands of DNA into a crystalline-body accessing many more strands. Not only are we humans making this biological change, all other life forms (plants and animals) and the Earth herself are changing. Accompanying these changes to our DNA structure is a fact, now well documented by our scientists, which is not being disclosed at this time to the general public. Planet Earth's heartbeat, better known as the Schumann Cavity Resonance Level, has been gradually rising over the past several

decades. During January 2000 the SCRL was vibrating at 7.8 Hz. (hertz being the unit of frequency of electromagnetic waves) and at present it is believed to hover slightly below 13 Hz. So too all of the geological and biological life forms on the planet, including humans, are experiencing a rise in frequency as the atoms in our cells and in all matter are gradually vibrating at faster rates. If a reality check is required to convince us of this fact, have you noticed that time seems to be accelerating? Days and months fly by and as all life accelerates so too will time continue to speed up.

Yet as Earth's pulse rate is rising, her magnetic field strength is declining. Because our solar system is now passing through the Photon Belt, Earth's rotation is slowing. When our Earth finally stops its rotation and the Schumann Cavity Resonance level reaches a steady 13 Hz or cycles per second, we will arrive at a zero point magnetic field. The Earth's rotation on her axis will come to a halt and in 2 to 3 days will begin rotating again in the opposite direction. This will produce a reversal in magnetic fields, together with a consciousness shift that will lift all life forms into a higher dimension. Not everyone however is experiencing these changes concurrently and many people inhabiting Earth are still in the early stages of even sensing these changes. In order to move comfortably through these accelerations and changes we must all lift our consciousness to embrace higher levels of truth, spirituality and thought, in order to embody more strands of DNA.

Ascension is a word that signifies one's moving into a higher state of being and of consciousness. Yet many persons have freely chosen not to make this journey. Many wish to experience more learning at a third dimensional level and are not yet ready to evolve. And so all those who choose to remain at a third dimensional consciousness level will be leaving the earth plane, via the normal death process, before the Earth makes her Ascension. There is no judgement made regarding this choice as the Creator of All That Is respects and honours the free will of all Its creations. Eventually these souls will accept the challenge at some future time and we will lovingly greet them when they arrive.

Ascension is not for the chosen few. It is offered to everyone regardless of colour, class or creed. The only requirements for Ascension are a strong intention, the day to day living in unconditional love, together with some acknowledgement of our Great Creator, by whatever name or means one wishes to use. Since Ascension is a graduation our twenty-first century civilization functions as both our final exam and as a filter. Our present time exists to sort out those people who are ready for Ascension and those who are not. People not ready or able to pass this final exam are those who are too distracted by the dramas and games of the modern world to listen to the Ascension summons from within. To hear about the Ascension, or pick up a book on spirituality, or begin to pray or practise meditation indicates that an individual is passing through the filter.

Now is the time for an end to the dramas of false action, the exerting of crushing power over others and the constant self-seeking of inflated egos. There is no middle ground, for either one chooses to commit totally to the light and its corresponding action or one continues to cling to money, material

comforts, false truths and the selfish abuse of Earth's precious resources. A new light is emerging as never before seen on Planet Earth. Be in joy for the great awakening of humanity is now fully upon us.

The Great Cycles of Time

Throughout our entire earthly history several past civilizations, among them the Mayans and Egyptians, left records indicating that different cosmic cycles will converge and renew themselves on the 21st December, 2012. Prophecies have also pointed to a period of chaos and confusion in the transition leading up to the confluence of cycles in 2012. This situation is understandable as the old cycles are now drawing to a close and many agendas of the 'Old Reality' are rushing toward their resolution. Truths held in secret and former ways of wielding power are either moving into open disclosure or are bubbling up to the surface – demanding our attention for acknowledgement, resolution and change. Everything around us seems to be heightening and escalating.

The first cycles of time were plotted by the ancient Maya through their grand 5,125 year Mayan calendar cycle. This mighty wheel of time consisted of five interwoven cycles, moving from the macro downward to the micro. Its first cycle breaks the 5,125 years into 13 parts. Within each of these smaller 13 parts another 20 part division occurs to produce each of the Mayan 'years.' A Mayan year consists of 18 months of 20 days each. On 21 December, 2012 all five of these cycles reset to zero for the first time in 5,125 of the calendar years, leading to the new Mayan date of 0.0.0.0.0. The Maya understood and tracked even more cycles than these five – they produced seventeen different calendar cycles in all, some spanning more than 10 million years. They have always guarded their special distinction which has identified them throughout history as 'The Great Keepers of Time.'

The early Egyptians also measured a cycle known as the solar precession through their records and calculations left within the largest of the Giza pyramids. In each of our earthly years, 365 and ¼ days are required for our planet to complete one entire orbit or revolution around our solar sun. In doing so the earth passes through the 12 houses or signs of the zodiac, depending on which particular constellation is visible in the heavens at that time. In a galactic year of approximately 25,920 years our solar system, nestled in a spiral arm of the Milky Way Galaxy, makes one complete revolution around our magnificent central sun, residing at our galactic centre. And as our precession cycle (which was also identified by Plato) makes one galactic orbital journey, our solar system also passes through 12 astrological ages. We are currently exiting from the 2,160 year Age of Pisces and entering into the Age of Aquarius. Of interest the 21 December, 2012 also marks the exact transition into the 2,160 year Age of Aquarius.

As the great cycles of time all overlap one another to intersect at a specific date in 2012, our perception of linear time suggests that time is also speeding up. Many people now comment on the fact that they can no longer fit everything into a day. So what is causing this acceleration? Within the great precessional cycle lies a 2,000 year period when our solar system passes through a band of

extremely high energy. We are now immersed within the Photon Belt (named the Manasic Radiation by our astronomers), a period of intense light we first entered in the late 1990s and in which we will remain for a 2,000 year period.

During this remarkable time the energies from the Photon Belt are triggering a complete reordering of life as we know it. This occurs because photon light energy has the capacity to lift all of life into a higher frequency dimension as it carries the seeds for the enlightenment of all. The atomic structures within the cells of our bodies are slowly re-tuning themselves to match these rising frequencies. We are shifting from a third dimensional carbon based body (from one that matches the atomic frequency and spin of carbon) to a fifth or higher dimensional crystalline body or light body (to one that matches the atomic frequency and spin of crystal). So too the bodies of animals, plant life and all upon and within the earth are making this transition, as is our entire galaxy.

Planet Earth is also reacting and her changes are being studied by government bodies, universities and scientific organizations, particularly in the United States where NASA is involved. The pressures exerted on the earth by human activity and the Photon Belt have incurred weather anomalies: climate change, global warming, polar melting and a reduction in earth's magnetic field intensity. Mal McClure, editor of the magazine *Being Now*, explains this further. "There is a multi-layered complex of charged particles encircling the Earth known as the ionosphere, which reflects low frequency radio signals. The conductivity of the ionosphere is constantly changing in response to the effects of the sun and its various outputs of flares, sunspots, and waves of many frequencies. At these low frequencies, the Earth itself has greater conductivity, and thus a situation exists where there are two concentric spherical conductive surfaces, the earth and the ionosphere, forming a closed volume or cavity known as the Schumann Resonance Cavity. A significant part of this research delves into the 'heart-beat' of Earth which is known to have been vibrating at a constant 7.83 Hertz (cycles per second) for many thousands of years. However, this has been rising since 1980 and, although it regularly varies in frequency, is now hovering around 12 Hz. This fact contributes markedly to the perception of a 24 hour day being somewhere nearer 16 hours."

The only way we can counteract our seeming loss of linear time is by attempting to live more fully in the present moment. Our past is over and gone forever and our future has not manifested yet. The 'now' moment is the only one available to us. Only when we are fully engaged in the present moment can we offer ourselves to whatever we are doing. Whether it lies in creating something beautiful, writing, solving a fascinating puzzle or talking to a loved one, our attention, integrity and energy is focused in that moment and on the task at hand. Even duties we don't enjoy can become infused with the light of being present. Remaining focused in the midst of activity invites the world and its experiences into our lives and lends greater meaning to the simple daily chores we must all do. Our whole concept of time will also become more fluid if we can learn to measure its progress in terms of completion of projects and goals, rather than by ticking off minutes and hours determined by an artificial system of measurement. Presently we are all headed onward and

upward as we complete an old cycle and embark upon a fulfilling new era of peace and love. As the great cycles of time concurrently reach their completion we must hold tightly to our positive long held visions, for what is required of us now is a strong faith and stamina.

Our Multidimensional Selves

We spend much time being concerned about, nurturing and nourishing our physical bodies because this is the body that we most clearly perceive with our five external senses. On occasion we may even mistakenly identify ourselves as the sum total of our physical body. This body roots us into the physical world and dominates our perceptions when we are alive. It is the slowest vibrational body with the most solid definition. It is the most limited body and yet it is by possessing a physical body that we develop spiritually most rapidly.

But we are really so much more than just a physical body. We are in fact a combination of four different bodies. One is physical and three are energetic. The latter three are identified as the mental, emotional and spiritual bodies. All these bodies are four sheaths composed of four distinct vibrations of matter that surround each life stream and provide the vehicles for the personal entity's journey through time and space. The mental, emotional and spiritual bodies are located only in subtle matter – that is matter that has a vibratory frequency that lies beyond our physical sensory perceptions. They are composed of fields of energy moving around and through our physical bodies. The sum of these various energetic layers is also known collectively as our aura.

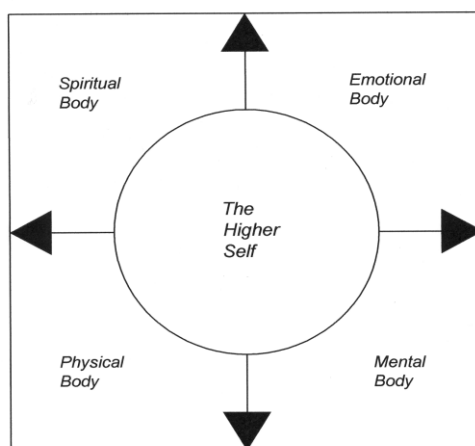
Our mental body is the energy field in which we store all of our core beliefs about ourselves, about others and the universe. It assists us to process information, solve problems and generate higher abstract thought. This is where mundane thoughts, analytical reason, logic and everyday memories are produced. Whereas positive feelings like love tend to make ourselves accept and connect with other things and people, the mind always keeps us separate. This happens because it compares and contrasts the current situation with memories from previous experiences, trying to find a pattern or label with which to classify the situation. This means that the thoughts of our lower mind lie always in the past and always create separation. When we clear our negative thoughts and limiting understandings we shift our external perceptions, allowing for greater clarity and love to infuse our being. And then when the mental body is fully cleared, we can link to our heart centre (or heart mind) and begin to follow our higher self rather than our ego.

Our emotional body is the centre of our feelings and emotions - love and hate, attraction and repulsion. With the mind it gives us desire and imagination. It is the location for sensual enjoyment and aesthetic appreciation. When we sleep we interpret astral perceptions received by our astral senses as dreams. The emotional body holds all the memories and experiences we have ever encountered. We often refer to its sum total as our 'emotional baggage.' In Jungian typology the emotional body corresponds to our feeling faculty. In popular speech the emotional body is referred to as the 'heart' and the mental

body as the 'head.' These labels correspond to the location of the different energy centres predominant in each of these two bodies.

Often our three non-physical (or etheric bodies) are described by clairvoyants as being of a blue or violet colour, consisting of a matrix or network of lines of energetic force. The emotional body is known to be composed of ever-changing swirls of colour. Because of the vibratory nature of light, from which all creation is expressed, certain colours and shapes represent the predominant emotional characteristics of each particular person. An angry or aggressive person will have a great deal of dirty red in his or her aura, an intellectual person will project a large quantity of yellow, a spiritual person blue or violet, and so on.

Our spiritual body is our soul link to the universe. When this body is purified from limiting beliefs and perceptions we can more fully connect to the Divine Will and to unity consciousness. This body organizes and vitalizes the physical body and acts as a bridge between the physical, mental and emotional energies, by way of the chakra centres and the median connections. This is the body that acupuncture, healing, homoeopathy, yoga and meditation directly act upon. Often identified as our 'body double or etheric double' the spiritual body holds the blueprint for our ascended or glorified body – the one we will inhabit when we have evolved into full consciousness or enlightenment.



The Higher Self

The 'higher self' is a term used and understood by many different schools of spiritual teaching. The lower self, or ego personality, is not our true self because the ego is trapped by a plethora of its own desires, wants, needs, likes and dislikes. As soon as an ego based person achieves its desire or acquires an object, a new one springs forth in a never ending sequence. Ultimately however the ego personality must be understood to be the illusion that it actually is. Then by engaging in spiritual practices such as meditation, study and prayer, a person is enabled to transcend his/her ego personality and begin to realize their higher self. Through this process one can truly discover his/her soul and begin their approach to the Divine.

When your personality (the unification of your spiritual, emotional and mental bodies) has fully developed, integrated and evolved, it then becomes your higher self - the perfect instrument through which your soul can fulfil its goals and express itself on the earth plane. As your higher self, you then carry out the purposes of your soul instead of following the desires of your ego personality. Your higher self is the intimate and integral aspect of yourself that remains aware of and interacts positively with the whole of your being. Your higher self is the most perfect form of 'you' that exists in the universe and it actively guides you on your journey through life.

This guidance manifests itself in your life in many subtle ways: as the still, small voice within (conscience) or it may communicate directly as vivid images or pictures, through flashes of insight and feelings and as intuition or knowingness. In trying to understand the perspective of the higher self in relation to the ego or personality self, the higher self might be likened to attending a conference in a huge auditorium that has been partitioned into many smaller rooms. Our greater whole being occupies the entire floor as well as all the smaller rooms, while our 3D consciousness would only be aware of the one small room in which we were focused. Our higher self, in comparison, would be fully aware and be participating simultaneously in all rooms on the entire floor. Thus the higher self holds a much greater vision of our entire being and the many rooms or planes within which we exist.

Our lower personality self is not always aware of our higher self if our lives are cluttered with busyness, actions or attitudes that cut us off from our higher self. Our higher self always signals to us when we are out of alignment with it through pain, tension and disease. People always know and feel deep down inside if they are not aligned with the laws of life or are not living out their true purpose. When the personality self uses its will against the higher self, signs of conflict begin to appear in the conscious mind. These manifest as feelings of anxiety, stress, warning dreams, discontent and uneasiness. If ignored these feelings accumulate and manifest as illnesses in the body, mind, emotions and relationships. This leads to conflict between the lower and higher selves that could ultimately result in a split or cleavage within the psyche. Dr. Albert Schweitzer called the higher self, 'the wise doctor within' and its streams of positive energy hold the key to healing. Contact with our higher self is demonstrated by:

A growing sense of responsibility and purpose for living
A willingness to accept responsibility for all of one's thoughts, word and actions
A desire to openly practise forgiveness
Making choices that lead to a growth in wisdom, inner peace and gratitude
Practising spiritual will and genuine service
Reflecting joy, harmony and unconditional love

We can begin to open a pathway to union with our higher selves by first practising self-respect and self-esteem. Without this, a poor self-image could prevent gifts of the higher self from flowing into the personality. It is through meditation that we are enabled to contact the life of the higher self, so as to be nourished by its strength, wisdom and total love for us. We can relax and soften our body, emotions and mind in order to release much superficial tension. We can also choose to live more quietly and to simplify our lives. When true contact is finally made it will result in the awareness of a new ability to think more clearly and with greater understanding. One will become more forgiving and have better rapport with others; knowing and feeling that there is a powerful presence within us – a wonderful source of healing, courage, strength, unconditional love and a new motivation.

We can draw our higher self to us through the following exercise. Sit quietly and relax with several deep gentle breaths. Release unnecessary thoughts and identify with the higher self by visualizing or imagining a bright column of healing light that comes from above your head (where the higher self is located). See this enter your body and move downward radiating outward and bathing every organ and cell in your body with white light. Then see it continue down into the earth under your feet, grounding you into the planet. Now call lovingly to your higher self, inviting it to come forward and to co-create with you. Ask it to fulfil your life, to become your ultimate coach and partner in order to express its qualities. Your higher self loves you truthfully and totally and will reply to your request. But you must first begin this process through your desire and conscious invitation. Therefore it is the task of your personality self to become aware of the higher self, thereby achieving the state of higher consciousness. This is a major goal of spiritual development and self-realization.

The Soul

And so, when your personality is fully developed, evolved and integrated it becomes your higher self and functions as the instrument through which your soul can then fulfil its goals. Your soul is not the same as your higher self since both are energetically different. Your soul has been created by God and it lives in a dimension of light and vibration that is much closer to this Divine Source. Your soul is radiantly beautiful, it is filled with light and goodness and it loves and nurtures you totally and unconditionally. It is infused with spirit, which is the consciousness that gives life to your soul, just as your soul permeates and gives life to you. Your soul is the link between spirit and your higher self. It is the intelligence that directs the building of your physical, mental, emotional and spiritual bodies. It contains and sustains your essence between life times and holds all the patterns that created you in this lifetime. It lives in a very high spiritual dimension and brings the light and energy of this dimension to you. Your soul carries the big picture. It knows the complete divine plan for humanity and all life and it knows the part that you are to play in that plan.

As you consciously connect with your soul and continually draw it into your life, your soul begins to put more attention and energy into you. At that point your spiritual growth is accelerated rapidly. As your soul sends its light downward, it experiences itself through your earth consciousness. Your soul can then fulfil its higher purpose – that of mastering and bringing its light into the world of form and matter in which you live. And as you blend with your soul and radiate its energy in your daily life, you serve humanity in a valuable way. You become a distributor of soul energy. You will then emanate love, light, beauty and joy to others.

Light Body - Our Destiny

Humanity is experiencing a great awakening as we currently enter this time of transformation. The scenario for change that is occurring everywhere is being driven by the waves of light that are continually bombarding our solar system and the earth plane. And in the near future all who choose to fully participate in the Ascension, or the new raising of consciousness, will be transmuted into higher dimensional bodies of light.

Our light bodies are now being activated as the new energies from the Photon Belt (Manasic Radiation) begin to recalibrate our dormant DNA strands. These contain the blueprint of ourselves as divine and fully conscious beings. Currently most of humanity has only two functioning strands of DNA, intertwined into a double helix. This portion of our DNA structure contains information pertaining to our biology - such as our individual features and the genetic information passed on through our family lines, eg: a paternal grandfather's tendency toward arthritis, or a mother's genes for musical talent. These two strands also hold the genetic codes for our physical evolution. But there is another part of our DNA structure that has to do with the spiritual component of the human being, one that science has not presently considered. If one is persuaded that the human being consists of a soul imbedded within a biological body, then it should logically follow that the

genetic links within each individual would also contain spiritual information. And if this is so what has become of it?

Many of these spiritual elements were deliberately turned off in our ancient history because there was a struggle to control this aspect of a human being. Very dark energy extraterrestrial forces, who were also genetic engineers, desired to keep the development of humankind firmly under their control. They achieved this through the use of genetic manipulation to produce fear and domination. This event occurred in Atlantis, over 200,000 years ago, when the human DNA molecule was breached. When these dark forces unravelled and reprogrammed our DNA, they were able to shut down and isolate many of its strands. Our human DNA was reduced to only a double helix. The disconnection of our original DNA manipulation resulted in a 'veil' being placed between our five physical senses and our spiritual awareness. However there was a promise given from the higher realms. At some time in our future we would be allowed to develop again according to the divine blueprint of the original plan. In the meantime humanity had to undergo a long and painful period of spiritual development. Those guiding our spiritual heritage have sent representatives to assist us to elevate our thoughts and desires, so as to grow spiritually and regain our lost abilities. These advanced souls include the prophets, Jesus Christ, Mohammed, the Buddha, Archangel Michael and his legions of angels.

The fully conscious human being has twelve strands of functional DNA. Beyond our double helix are ten additional dormant soul strands. When these are finally activated we will experience a total expansion of our consciousness and fully access our light bodies. Originally there were over 2,000 particles in our DNA that allowed these higher spiritual abilities to function. All strands are not positioned within the physical part of our biology either, as many reside on the plane inhabited by our higher mind. Our individual souls are so much greater than what we can perceive with our five physical senses, because these more lofty abilities are not all found within our physical bodies. Instead they are accessed on a higher spiritual plane or vibration and not in the denser physical levels of gasses and solids.

The recoding of our DNA is happening automatically as we all begin to transition the photon belt. Presently our solar sun steps down these powerful energies as they emanate from the centre of the universe. And like the workings of a giant clock, the planets have found the positions that allow these higher and finer energies to reach us. On the surface of our Earth many energy vortexes and star gates are being opened by awakened humans who gather during important events: eclipses, equinoxes, solstices etc. to anchor and ground the incoming energies. The source of this mighty and uplifting energy that is pouring downwards to us comes from 'All That Is,' the Great Creator.

Already some individuals have moved beyond their double helix by working upward toward the full twelve strands that mark their next level of achievement. Many of them are assisting others to recode and activate their added DNA strands. Individuals can also begin to help themselves to turn on the inactive aspects of their DNA in order to experience a higher state of consciousness. Adopting greater compassion and unconditional love in our daily lives begins the reclaiming of the light codes needed for our

advancement. These codes cover a wide range of spiritual abilities that cluster around peace, unity, cooperation, integrity, truthfulness and cultivating a sense of beauty. Others influence our abilities toward achieving telepathy, stronger intuition, psychic gifts and an immortal physical body.

The latter code will allow us in future, to inhabit a body of light that will look youthful and beautiful and will not deteriorate or die. The light body can be regenerated so that injuries and scars are changed through the consciousness that controls and inhabits these bodies. When we can conceive of living in a body halfway between the physical realm and light, where it does not decay but instead becomes a shimmering mass – that is the blueprint for the immortal physical body that will come into being. This light body is the reconciliation between the soul and the dense physical body, between the physical and the spiritual. It is the fully energetic, perfect container for our evolving souls as it allows for the total use of all our spiritual skills and abilities. This light body is our true destiny.

The portal between the physical body and the realms of energy and light is the body's endocrine or hormonal system. Through this portal, transmissions from our light bodies are mediated into physical chemical messages. These then enter the blood stream as hormones, which regulate the life force energy distribution and functioning of our physical bodies. Light energy from higher dimensions first enters the body through the pineal gland. This small gland located in the brain is the crucial portal for the reception of higher vibrations of light. It is shaped somewhat like a pineapple and has a lens covering its front. Our pituitary gland, or master gland, then directs the light energy to the various ductless glands of the endocrine system throughout the body.

Now you can understand why it is so important to assist your body in this transition as it re-wires and activates your spiritual endocrine system. It will achieve balance all the more quickly if you co-operate and allow the process by first slowing down and then consciously work toward this balance. To feel balanced, healthy and harmonious on both the inner and outer levels should be the aim, as you move into the full use of your wonderful New Earth crystalline light body. Your light body will produce, by sympathetic vibration or resonance, a crystalline state in the human body through its water matrix. Your body is 70 to 80 percent water and this water will begin to vibrate in crystalline forms. Once this happens, the physical body will receive and transmit more and more light. We will indeed become radiant and more luminous.

- **Breathe** properly, breathe deeply and breathe to feed your body.
- **Drink** more and more water, day after day.
- **Eat** many fresh, live healthy foods, fruits and vegetables. Try to purchase food straight from the local markets rather than eating imported foods that may have been in storage for long periods of time. So much precious fuel is expended by shipping food all over the world, particularly if these same foods can be grown and produced locally.
- **Meditate** as much and as often as you can. In these coming times the only way you will be able to maintain your centre and stay out of

chaos, is to meditate. Get yourself to the point where even in a crowded, chaotic room you will be the calm waters felt in that room. The only way you can become a tool for the Creator to use, is to be in your centre, to be calm and at peace. Only then can you attract to yourselves those that need you and those that you need. Chaos never attracts. It only repels. Understand this and discipline yourself to achieve this. Then all will happen as divinely ordained.

There are also many different breathing practices in the yoga tradition and these are collectively referred to as pranayama. Prana is the vital life force that animates each living cell in our bodies. The yoga tradition states that when prana flows unimpeded, the body radiates health and the mind remains sound. Conversely when prana is blocked, the result can lead to sickness, disease and depression. Pranayama will aid one in returning balance to the body, clarity to the mind and will help to relieve stress.

Nadi Sudi – Alternate Nostril Breathing

Take in a deep gentle breath, close your right nostril with your thumb or index finger, pause briefly then exhale slowly through the left nostril. Inhale through the left nostril, close it with your finger, pause for a moment, open your right nostril and then exhale through the right nostril. Inhale right, switch then exhale left. The pattern is to exhale, inhale then switch nostrils. Nadi Sudi calms the nervous system, balances the creative and logical aspects of the mind and is a short and simple breathing technique to use for stress relief.

Recoding Our DNA

As the process of rebuilding our light bodies continues we will slowly begin to notice the effects of becoming fully conscious or multi-dimensional. This state will come about when our 12 strands of DNA have finally been re-fused, reconnected and activated. We will then experience life within the consciousness of multi-dimensionality. In this level of consciousness we could live in the third dimension while retaining our connection and relationships with beings in the higher realms. We will no longer be cut off from other dimensions as we presently are and we will operate from a state of heart centred compassion, (Christ consciousness). This will happen regardless of which dimension we find ourselves inhabiting. Eventually we will learn how to live successfully in a galactic society and ultimately in a universal society. At the present time most humans have two active strands of DNA, represented by an intertwined double helix. Some persons have developed and integrated three or more strands and a large number of new babies presently being born (the indigo and crystal children) have many strands of active DNA. A simple blood test can verify this fact.

Each of the 12 DNA strands represents one of the twelve aspects of multi-dimensional consciousness. Three DNA strands represent and govern the physical body, another three are concerned with the emotional body, another three with the mental body and the remaining three with the spiritual body.

All these aspects are represented in our bodies as new neural pathways to the brain. They are connected and nourished through the endocrine system of ductless glands. These glands work in tandem with the energy vortexes within our bodies known as the chakra system. When all our neural pathways are working freely with our chakra system they will provide the conduit to the higher realms, resulting in our direct experience of multi-dimensional consciousness.

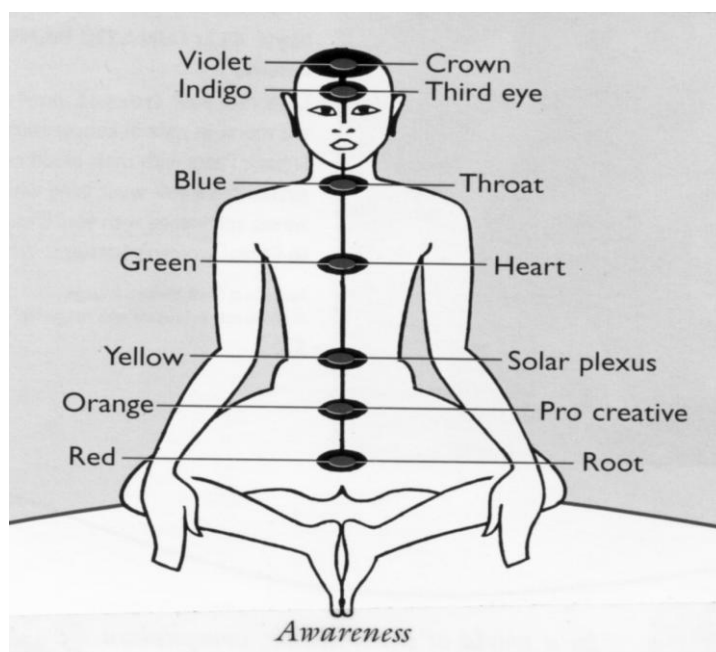
The Chakra System

We live in a universe propelled by the laws of electricity and magnetism and all third dimensional life forms within it reflect this. Our stars and planets (geo-magnetic life forms) all have a north pole and a south pole with magnetic lines of force flowing between them. Our human bodies (bio-magnetic life forms) also conform to this bi-polar magnetic field, with the top of our head reflecting our north pole and the soles of our feet, our south pole. In a third dimensional representation, these lines of force moving between our head and feet completely encompass the body within an etheric structure known as a tube torus. Imagine this donut shaped energetic field extending fully around your body. It is called your aura. Have you noticed that when meeting another person for the first time you may be instinctively drawn to them? This could be evidence that both of your auras are vibrating in sympathetic resonance. The same would be true when the presence of another feels uncomfortable. Perhaps the electro-magnetic energies in your auras are repelling each other. At the centre of each bi-polar magnetic field is a magnetic core running from north to south. In the case of a simple bar magnet it is a magnetized piece of metal. In the case of the bio-magnetic human body it is a channel, only observable in subtle matter, called the pranic tube. Within this core the life force is carried to sustain each individual creation during its existence.

Every spiritual tradition identifies and acknowledges the life force, that great field of potential that gives rise to and then sustains each and all in existence from moment to moment. In Chinese spiritual teachings the life force is called qi or chi, (Tai Chi, increasing the life force) while the Japanese and Koreans call it ki, (Reiki, healing with the life force). In the Indian and Tibetan traditions it is identified as prana. The Christian tradition names the life force, sanctifying grace or grace. Practitioners of new age spirituality refer to this field as the light or the white light, and to the physicist, it's known as the sub-atomic or quantum field. At this time the life force is also being intensified and expanded by the Photon Belt. We must all access the life force fully and completely to maximize its benefits to our daily existence. Our chakra system is the vehicle that has been beautifully designed to fulfill this function.

Chakra, is a Sanskrit word that translates as “a spinning disc” or “a wheel.” It is one of many human names for what is perceived to be a bio-physical connection to our soul or spirit. These energy connections or chakras exist in that the soul or spirit is immersed in the physical body and mingles throughout. At present we each have seven of these energy connections that are woven into our body's meridian centres with some lying along the spine. These centres are similar in function to the junction box found in the electrical

system of a home or office. Our physical body is also controlled through a vastly complicated neuro-electrical circuitry, with a number of special locations where these circuits converge. Each of these locations is monitored through the central nervous system to the brain. It is these specific locations that are called chakras and each fulfills several functions. As well there are certain endocrine glands associated with the functioning of each chakra. And since the vibratory field of light also activates colour and tone, each of the chakra centres produces its own specific colour and sound.



RED, (endocrine gland: the adrenals) the root chakra, links us to the physical world and serves as the foundation to build and evolve our personality. This is the chakra of acceptance, allowing us to feel grounded, stable and secure. When it functions fully we feel present in the here and now and connected to the physical body.

ORANGE, (the gonads: ovaries/testes) the pro-creative or sacral chakra is the centre for sexual energy and creativity, balancing the free giving and receiving of feelings and emotions in all your relationships.

YELLOW, (spleen) the solar plexus chakra is where our honour, integrity and power reside. It is the essence of who you are. When it is open we are in control and hold sufficient self esteem.

GREEN (thymus) the heart chakra is the centre of the system. Known also as the great transformer it generates the ability to love freely without fear or self consciousness. When it functions fully one is compassionate, friendly and able to work harmoniously within all relationships.

LIGHT BLUE (thyroid) the throat chakra is where feelings and emotions are transformed into expressions. This chakra centre helps you find the balance between silence and speech and assists you to say what you honestly feel. When it is open there are no problems with expressing yourself verbally or artistically.

INDIGO (pineal) the 'Third eye' between the eyebrows and above the nose, connects you to your spiritual being and invites intuition and awareness into your daily life. This centre allows us to experience our sixth sense of intuitive knowing and to fantasize.

VIOLET (pituitary) the crown chakra connects you to your total being with the awareness that you, the universe and the Great Creator are all one. When it functions freely we are unprejudiced and aware of the world, ourselves and other dimensions.

The DNA Strands

Each of the following twelve DNA strands represents one of the twelve aspects of multi-dimensional consciousness.

Strand 1: Courage to move ahead and integrate our fears

Strand 2: Ability to focus on something and follow it to completion

Strand 3: Maintaining gender balance between male /female power

Strand 4: Balance between our energy field and the physical body

Strand 5: Living peacefully in a state of acceptance

Strand 6: Strength to stand in one's truth regardless of the outcome

Strand 7: Ability to accept both our dark and light sides

Strand 8: Ability to hold personal boundaries regardless of outcomes

Strand 9: Ability to accept and live within a diverse community

Strand 10: Ability to tune into and listen to one's soul or higher self

Strand 11: Power to envision, create and manifest these visions in 3D

Strand 12: Ability to be accepting, kind and appreciate the value in all things

The Endocrine Glands

Hypothalamus – I translate what I believe

Pineal – I see or envision what I receive

Pituitary – I hear what I receive

Thyroid – I speak what I receive

Thymus – I clear and transmute what I receive

Heart – I feel what I receive

Gonads - I create and manifest what I receive

Adrenals – I hold true to what I receive

(to access more detailed information visit www.NibiruanCouncil.com)

And so in the recoding process each strand must be individually reconnected to each gland and then activated. When each strand is also refused with one of the twelve crown chakra crystals and then energized, the circuit is complete. The DNA upgrade needed to sustain full consciousness and communication with the higher realms will begin to function. These aspects are represented in physicality as new neural pathways to the brain and when the connection is completed our multi-dimensional consciousness will be fully felt and accessed. The light from the Photon Belt entering through our pituitary and pineal glands is primarily driving this recoding process. Also we are being reconnected very slowly otherwise our physical bodies and our nervous systems could burn out and we would not survive intact. We can actively cooperate in this process by trying to reach some understanding about what is happening to us. Our ability to interact with and absorb the new frequencies of light into our physical bodies, will determine how we progress in this next step of our physical and spiritual evolution. And by carefully observing our belief systems and our actions, while using emotion and will as the fuel to

advance spiritually, we will change and clear many undesirable old thought forms and patterns that no longer serve us.

Be wary of those who offer techniques to hasten or unduly advance your DNA recoding – particularly if these carry a large price tag. Many higher beings, angelic guides and masters are actively involved with us at this time. They are assisting each of us in this recoding process to ‘stay over our feet’ and not try to rush ahead. It is occurring in exactly the right time frame regardless of how we might try to interfere. This scenario is immense and includes our entire Milky Way Galaxy. It is happening in response to the Divine Plan for our universe, initiated by the Creator of All That Is. So relax and go with the flow, allowing all of it to manifest in its own good time. Enjoy the ride. The final results will be awesome and will usher all of us into a multi-dimensional experience of living with compassion in Heaven on Earth.

Keeping Our Balance

For many years we’ve been led to believe that having a high intelligence quotient (or IQ as it is called) was our passport to achieving a successful life. Yet the standard IQ test only measured raw intelligence of a particular kind: reasoning skills, reading, writing, analysing facts and data. Many schools relied on these IQ test results to stream students into specific learning groups and to assess their probable performance abilities. Organizations such as Mensa were formed to bring together individuals with very high IQs. Founded in England during 1946 by Roland Berrill and Dr Lance Ware, Mensa today has over 100,000 international members. Despite the fact that all of its members have a very high IQ, not all of them are successful or are high achievers. Surprisingly a number of Mensa members have been school drop outs or are found in very ordinary and mundane occupations. It’s also interesting to note that the abilities accessed through the IQ test are those associated exclusively with the left brain activity of logic. Over time, research and experience has proved that intellectual intelligence alone does not predict academic or professional success as had originally been thought. There is another important element involved - that of emotional intelligence.

Emotional intelligence (EQ) measures a person’s ability to understand, empathize and work with others. EQ is also related to an individual’s ability to manage under stress. Because these aspects of life experience demand the use of intuition, innovation and imagination they relate more directly to activities associated with right brain functioning. Also no IQ test has ever been devised that can test for creativity. Creativity enables one to perceive analogous relationships - those connections between widely differing objects or ideas - and then to synthesize something totally new from them. Genuine creativity will manifest a completely original idea or chain of thought which could lead to a new and unique application. IQ seldom changes but EQ can be altered through self-discipline or profound experience. Nonetheless they both function in tandem and are vitally important to personal development and success.

If IQ determines how intelligent you are EQ determines how you use that blessing. Individuals with high EQs are better equipped to make use of their creative talents. Frequently these are the ones selected for advancement within their chosen work because they also possess the ability to inspire others to action and to greater confidence. People with high IQs and low EQs find relating to their peers difficult, are ineffective in handling stress constructively and are often unable to maintain healthy emotional connections. By developing a greater EQ you can more easily access innate intelligence and amplify your empathy, thus leading to better relationships and career advancement. Those too who are not afraid to think outside of the box will more freely embrace their uniqueness and the exceptional qualities of others. And so the experts tell us that a heightened EQ will bring greater happiness because this state of mind allows us to focus on feelings as well as facts. A strong EQ makes us more able to access the benefits of our IQ since both are required to build a successful career, forge strong relationships and enjoy creative pursuits.

Modern scientific brain study and research also indicates that the practice of long-term meditation balances the brain by creating a synchronicity between the two hemispheres. It has been tested and proven that when meditators reach alpha, delta and theta brain wave states, the right and left brains both adopt a single coherent, electromagnetic wave firing pattern. As this occurs the two hemispheres of the brain work together in a balanced and synchronous manner. Whole brain functioning also produces neuro-chemicals (endorphins) that move through the body producing anti-ageing hormones and creating feelings of well being. People who meditate regularly often experience the following: improved memory and concentration, stronger intuition, enhanced creativity and lower stress levels. Thus through meditation we can also enhance the balance between the left brain (IQ) and right brain (EQ) leading us toward a more fulfilling life overall.

A new balanced spirituality is also appearing on the planet today. It is drawn from the teachings of St. Benedict, the Father of western monasticism and is called the middle way. From the east we have been gifted with the Buddhist teachings of the Middle Path. Both forms of spirituality are inclusive of the opposites without being controlled by one or the other. They value both positive and negative experiences, the higher and the lower. This new spirituality is a challenge to the consciousness of people who are caught either in the old religious dichotomies, or in reactions to the old style religions. The traditional religious dichotomies describe reality in terms of right and wrong, good and evil, with specific belief systems clearly defining which is which. Those who take the opposite stance of discrediting these views maintain that there are no such objective standards, or at least not in the way they have been traditionally defined.

The new balanced spirituality avoids judging the opposites. Instead it finds value in all expressions of life. Its understanding is that whatever exists is part of the whole, and therefore meaningful in terms of potential learning for us humans. Much of what people see as wrong or evil is a great challenge to our selfishness and ignorance, urging us toward compassion and understanding. It is not a matter of identifying what is wrong and trying to eradicate it, but of

discovering what the lessons are and learning from them. Through this learning we then become capable of expanding our consciousness and choosing a better way, while being of greater service to others.

When we think about a see-saw we note that its fulcrum or central support of balance allows for very little up and down movement. The extremes at the two ends furthest from the middle point, experience the greatest swings of highs and lows. If we can remain in our spiritual centre or middle point of balance we will align ourselves to the middle way. We can then acknowledge all things, experiences and events, without being caught up and emotionally involved in the dramas at the end points. And so the middle path values all things, all people and all experiences as a useful and even a necessary part of the wholeness and the balance of life. On this path we are not inclined to devalue any experience, any person or any reality. Instead we appreciate all that we are and experience ourselves as a manifestation of universal beauty, goodness and love.

We Can Choose Our Future

In these current times many wonderful avenues of learning and information are making themselves freely available to us. New ideas about personal growth and dynamic forms of spiritual development can now be accessed through a plethora of seminars, workshops, classes, books, magazines, CDs and the internet. Seek out these new opportunities and be prepared to step away from your traditional comfort zone, as many of these new practices will contribute beneficially and positively to the raising of your consciousness. Greater knowledge and positive experience begets a growing awareness, which always leads toward Ascension and into an expanded state of consciousness.

So many times we've all experienced an urge to take a different pathway or to select another track on which to move ahead in our lives. Equally we may wonder how a beneficial future experience, one that we truly desire, can actually be attained. We know that energy always follows thought and that every intentionally focused thought, results in its manifestation at some future time. Our quantum universe allows for multiple parallel realities to exist simultaneously, in order to accommodate our various individual thought selections. And every time we formulate a clearly focused thought intention, we select that particular pathway or probability field which we will then experience.

We are constantly interacting with probability fields whether or not we are aware of them. When we become clear about the end results we prefer to experience, our thoughts will immediately interact with the energies that are already in motion. Perhaps there is a difficult experience unfolding for you and if so, you can interact in an instant to initiate the vision of a different outcome. You are never without power in any moment. Remember too that if a strong emotion accompanies your thought, its results will return to you more quickly. Through the process of Master Minding you can take the conscious steps to deliberately select more of what you want and choose to experience.

Master Minding is not about striving for perfection in each moment but it's about fine tuning the future you want to experience by using your power of thought. What course do you want to manifest in the immediate future? You choose and create it by 'seeing' a different outcome. The 'how' of this will reveal itself either as an inspired action to take, or will arrive as something different from what you initially thought would occur. Think of all your future realities as one immensely shimmering, dancing probability field. If you sense a glimmer of a future you do not want to happen, recognize that you are part of this field, make a conscious decision not to experience it and know that you can successfully co-create a different outcome.

An interesting example of this process comes from the Louisa Rhines collection, *Hidden Channels of the Mind*. In it a seasoned soldier of WWI noticed that every time one of his buddies reported having a hunch that his 'number was up,' he was unfortunately proved to be correct. Usually he was seriously wounded or killed shortly thereafter. When this soldier had a foreboding that he was in for a hit he worked hard to shake the feeling. Try as he might was unable to shake it off so he began to readjust his thoughts about the probable event. He tells us, 'I began to hope in my mind that I would not be crippled so as to be a burden to anyone. Over and over I mentally rejected wounds to this and that part of my body, until finally I settled for a flesh wound in the back of my left shoulder.' Two days later the soldier sighted a small knoll he had been ordered to take and recognized that this was the place where 'it' would happen. Shortly after the battle began he took a hit. A piece of shrapnel had made a severe cut in the back of his left shoulder.

We can all Master Mind the best and most positive outcomes for ourselves and others. By envisioning clearly and consciously we can protect ourselves and loved ones while we bring about probable futures that provide pathways for all our highest experiences and growth. It's only ignorance and fear that leads us into accepting and experiencing future events that don't always include the best results. So if you feel that an encounter or experience in your near future is accompanied by a sense of foreboding, or a negative premonition - just stop and formulate a clear intention. 'From my point of power in this present moment I choose to experience as my future.' You might even speak this audibly for greater emphasis. We have free will either to do as the world wants us to do, or to consciously change a particular future to reflect what we or our higher guidance would rather have us experience.

And so our own consciousness constructs our reality, both individually and collectively. We create everything we perceive outside of ourselves from our personal relationships to the workings of our societies. Within this context our present reality acts as a mirror faithfully reflecting back to us all of our own creations. If we perceive something in this mirror that does not please us, we must take responsibility for it, then think and act creatively to effect a positive change. Within our quantum universe we have been given the powerful gift of free will which allows us become a co-creator. Now we must develop the spiritual maturity and wisdom to proactively take charge of our lives and our world. We must hold our most positive vision and focus on the highest goal so as to interact more powerfully with the future that we choose to experience.

Our Magnificent Purpose

***“We are the bees of the invisible
We madly gather the honey of the visible
To store it in the great golden hive
Of the invisible”
(Rainer Maria Rilke)***

An amazing truth occurs to those known as quantum physicists, in that nature’s invisible energy: photons, electrons and atoms move through space in waves, just the way that we would visualize a wave in the ocean. They all move that way until someone observes them. But when someone watches, the wave collapses and a particle, the smallest bit of matter, appears to pop out of nothing. Only when the electron or photon is observed does this occur. If no one is watching the wave form exists, until someone looks and then the particle exists. Physicist John Wheeler states that it is only the presence of conscious observers in the form of ourselves that have collapsed the wave function and made the universe exist. Without the observer there can be nothing. The collapse of the wave function happens to atoms, electrons and photons, the smallest building blocks of matter. Within us the wave function of atoms, electrons and photons collapses whenever we watch, observe or meditate. Science says that the electron waves on earth collapse because the entire universe is looking. Stephen Hawking then makes the startling statement that there must actually be something outside the universe to look at the universe which collapses its wave functions. You look at yourself, the universe looks at you, - but who is looking at the universe?

In 1957 at Long Island’s Brookhaven National Laboratory what could be the most unheralded event of the previous century occurred. Two Chinese Nobel Prize physicists, Tsung Dao Lee and Chen Ning Yong together with their nuclear physicist partner, Madame Chien-Shiung Wu, proved that consciousness exists in matter. This exceptional team proved that radioactive cobalt can distinguish left from right. In the emission of its electrons the cobalt appears to be able to make a choice between which direction it will take. The conclusion suggests that there may well be a universal mind pervading all sub-atomic particles from deep within all matter.

We have also learned that when scientists perform experiments at the microcosmic level, their thoughts and presence in the lab influence the experiment. If they intended a positive result to the experiment and were present during it, this is the result they achieved. When they did the exact experiment again, and wished for a negative result, the result was negative. Thus it seems that awareness (consciousness) directs thought and thought directs life-energy. Today our theoretical physicists all believe that the universe is both conscious and supremely intelligent and that our thoughts and observations can influence its unfolding. We are not all here by chance and there is a magnificent intelligence overseeing and interpenetrating all of existence.

Theorists and scientists also suggest that the entire cosmos is an integrated system that is deeply and totally unified in some mysterious way. Immense levels of energy flow constantly through the universe and continuously regenerate it. As physicist Brian Swimme describes it, 'The universe emerges out of an all-nourishing abyss not only 15 billion years ago, but in every moment.' Thus everything in the universe is a flowing movement that arises with everything else, moment by moment, in a process of continual regeneration. What's more, the cosmos itself may be a hologram, such that each part of the flow as it continually recreates itself, contains in miniature the whole expanding picture. If the cosmos is a hologram, and most contemporary scientists now think that it is, all is within all - the totality is present within each part and within each part fully connected to the whole.

Contemporary scientific study and research is also supporting this concept. Rupert Sheldrake, an English biologist and Matthew Fox, a lecturer in science and spirituality both agree that in our current millennium we need a fresh vision - that of a new animism. Animism is the belief that the entire universe itself and all natural objects within it contain some form of a soul, therefore everything manifests some degree of consciousness. This new idea is sweeping our world, together with its accompanying sense of the holistic unity and grandeur of all creation. A new theory is also being developed that will unite science and religion with the sacredness of material creation. It is their present separation that underlies our crisis of spirituality, of right living and our current ecological deprivation.

When our cosmos blossomed into existence from a small pinpoint some 15 billion years ago, it emerged out of an infinitely deep domain of Prime Creator's vast intelligence, creativity and energy. This ultimate, generative foundation of our being provides the nutrients and light of the life force that continually sustains us as a unified organism, to the very roots of our being. So self-reflective and co-conscious is our universe in all of its parts, that at a certain level of evolution, its organisms can achieve awareness of the universe and even add their productions to the mind of the whole. As we become aware of our participation in the immensity of consciousness, we begin to realize that each human body-mind is constructed so as to have the capacity to receive from the pulses of the universe, the knowledge and power to co-partner creation in each moment.

Our individual response to this truth must first begin with our acknowledgement of the Great Creator (God). Knowing that we are all part of this loving entity brings the realization that we are also all connected to one another. A different outlook then ensures, one in which we grasp the understanding of everyone's place that exists alongside each of us. We are then responsible for one another because every one of our thoughts and actions will impact upon the whole. Knowing that we are all one and are interconnected should elicit a feeling of love and appreciation for all of life. Our guides refer to this form of knowing as 'oneness of beingness.' It isn't a warm, fuzzy feel-good mode of living but an absolute knowing that we are all one light, one race and one global family. And as there is only one Great Creator source it seems arrogant to presume that God does not speak to every

gathering or unique spiritual path, race, country or language appropriate to their particular understanding. Our differences are all territorial and political rather than spiritual – for we are all made in a similar likeness. Anything that divides us is someone’s fearful attempt to control the small view they hold of our Great Creator.

The new spirituality believes and teaches that Prime Creator (God) exists eternally as a singular disembodied entity – all intelligent, all powerful and all loving. But in order to evolve and experience everything, Prime Creator poured forth individuated sparks or particles of its essence. Within each of us is a fragment of one individuated Creator spark, known as our soul. The Great Creator then commanded each of us to go forth, to create and experience all that we could ever envisage. And so it is that each one of us represents a portion of the Great Creator, an aspect to realize his potential, just as every facet of life is an aspect of the Great Creator being expressed and experienced.

God says to us, “This is the hidden purpose of my/our will: to create new worlds of experience that stimulate our continuing evolution. Without you I am unable to evolve – without me you are unable to exist. This is our eternal bond. It was and is my desire to evolve that gave you existence. We, collectively, are the conjoint vessel of creation and exploration. We are the boldness of the uncharted journey and the imaginative energy of the out-picturing of new realities. We are the image of an ascending, infinitely expanding spiral that is created segment by segment by itself. We are inseparable – each the window of the other.”

Quotation attributed to the Prime Creator and drawn from Chamber twenty three of The Wingmakers.com

Part II – Ascension Based Relationships

A Loving Heart

In the words of a popular song, ‘It’s love that makes the world go round.’ And from the beginning we have all known deep within ourselves that we are most fully human when we deeply and fully love. The early Greeks spoke to us of two different kinds of love. One such love was Eros. This included friendship, romantic love or erotic love for another. Eros proceeded from the emotions and was always determined by the object. Agape is the love for one’s neighbour and since one’s neighbour is each and every other man, woman or child, all distractions are fully removed from the object. This form of love is different from friendship, romantic or erotic love in that it is not emotionally based. It is universal and non-judgemental. Agape makes every human exalted regardless of the other’s differences or shortcomings. Agape also makes every other human worthy of our regard and reverence, including their individually chosen values and principles. Through agape we transcend all our differences: moral, spiritual and physical.

We have all been told, “You shall love your neighbour as yourself.” Yet in our everyday lives we witness the fact that our societies, families, communities, business, churches, governments and individuals are largely unable to operate without criticism, prejudice, guilt and blame. If this is so, what are the causes existing within the present framework of our mass consciousness that makes agape so difficult and seemingly impossible to manifest and achieve? For innumerable generations of human history we have all been eager participants in a drama that has presented us with a pattern of polarity. We have broken everything down into what is good – what is bad and what is right – what is wrong. This polarity consciousness has resulted in much of the conflict and suffering that exists between males and females, members of the various races, the wealthy and poor, the strong and weak. Hierarchies have also been formed creating further degrees of separation, (good, better, best) where particular persons or events were rigorously judged within this context. Our religions imparted the message that the soul was more precious than the body and that spirit was more exalted than matter. Duality has manifested everywhere - from our two party system of government, to its counterpart within our own DNA, (an intertwined double helix) and in the dual hemispherical functions of our right and left brain.

Not only has this polarity consciousness kept us from uniting with and accepting one another as equals, we have energetically passed this thought form on to our children, contaminating successive generations for eons of time. Within a polarity (or duality consciousness) we all judge everything - every single event that occurs, often in a narrow and negative way. This has become so ingrained in the very roots of our daily existence that we live this pattern without consciously thinking about its implications. And yet there are

pathways available in these present times that could enable us to transcend once and for all, this limiting pattern of duality consciousness.

As Albert Einstein delighted in reminding his associates, it is impossible to solve problems at the level of their creation. What is needed is not more intelligence and information but rather an increased awareness or consciousness. This is simply another way of expressing one of creation's universal truths: what you see depends on from where you are looking. A problem persists as long as the person experiencing it continues to cling only to his or her existing viewpoint.

There is no area of conflict on our world today be it personal, national or global, that is not rooted in this simple principle. One faction wages war against the other or one individual encounters difficulties with another because of differences in the points from which they view their situation. There is no objective right or wrong, there is only perception. The solution does not lie in compromise, for compromise can cripple the spirit and lead to a lack of justice. Compromise can also result in mutual dissatisfaction and lingering resentment. Resolving all issues caused by viewing them within duality consciousness requires that both parties let go of their personality viewpoints, expressed as their belief systems. Only then can they rise above the level of conflict to meet in a new field where both are seeing in a new way.

It is the same with problems encountered on an individual level. The only solution is to let go of your viewpoint that holds you captive. This will happen when an individual can detach themselves from their personality level where everything is seen in terms of: I and Me and Myself. Step away from difficult situations by standing outside of them in a non-emotional and non-personal way. View them by first suspending the tendency to judge everything. Say nothing to another to try to change that person. Do not attempt to impose your ideas or practices upon them. By simply being what you desire to be, you give others permission to do the same. Live the new example by moving into a space where no matter what is happening, we know there is absolute perfection in our reality. We know in our hearts that the Divine Plan of perfect love over-rides everything and that a higher purpose lies in every moment. If we could all achieve this level of consciousness then slowly a global revolution of social values would emerge like a butterfly from its cocoon. The higher state of unity consciousness would become the balm that would heal our differences and unite us. For only within this new mode of perception can the seeds of unconditional love take root and grow.

What does unconditional love require us to do and how can we manifest and practise it? Before we can truly begin to love one another we must first learn to love ourselves. We must be willing to accept all parts of ourselves, both our attractive qualities and what we perceive as our negative or shadow selves. It is only the fact that that we remain our own harshest critics, that causes us to be so critical of others. Yet unconditional love is who we truly are. It is the whole fabric of existence that holds everything together. It is the Great Creator itself. Each of us are individual sparks of the Creator's essence. We are all a particle of that wonderful Entity because that great Entity is only an Entity by

reason of ourselves who comprise it. Each one of us is a cell in the body of the Creator. And each cell (which is each of us) is unconditional love.

Humanity experiences living in unconditional love as a great challenge. It is difficult to do this from within human nature with all its emotions, its old thought patterns, its many fears and insecurities. Much negative baggage accompanies all of us throughout our lives and the conditions we impose upon our love of others, are operating from fear. No doubt we have read many books written around this one simple message - there is only fear or love. And yet in reality there is only love here on the Earth, as love is our true essence. It is our emotional body that harbours the fears that prevent us from relating in an unconditional manner. There is the fear of disapproval, of not being liked, the fear of learning that we may appear to be worthless. All of these subtle dramas go on behind the scenes both in one's mind and in one's emotional body when we relate and pass judgement upon one another. And when we judge it is usually done to make ourselves feel better. So how do we counteract this?

There is only one way and that is to face our fears so that we can dispel them or come to terms with them. This is very difficult because fear is so entrenched within the emotional vehicle and the psyche. The best outcome one can hope for is to confront these fears by first learning to forgive ourselves and others. And in situations of conflict or distress one can also step back, remove one's focus from the personal and view the entire scenario from a detached perspective. Perhaps a brief checklist of suggestions to ease the practice of unconditional love could also get the process started. These could include the following.

- Are we kind and respectful towards others regardless of how they look, dress, speak, behave or present themselves?
- Do we require others to believe what we believe or are we willing to let them live out their own truth?
- Do we encourage others to find their truth, in their own hearts, without telling them what to believe or how they should live?
- Do we acknowledge and respect the spark of Divinity within others no matter how unloving their actions may be?
- Can we rise above what is commonly thought to be good and bad?

Our true reality is that we are not only growing toward contact with the Great Creator, but that we have never been separated. We have always been a part of that totally loving Entity, just as our individual cells are part of our bodies. As we are also individual cells in the body of our planetary society, what is done by one person or by many, will always have its effect upon the whole. But the beauty of the entire process lies in this fact. As we desire to become non-judgemental and hold to the goal of achieving unconditional love, our intention will set the universal flow to achieve this very thing. Thus it is almost enough that in our desire to love others unconditionally, this very aspiration will express the loving being that we all truly are.

Equal Opposites – Yin and Yang

Endless discussions are continuing and reams of paper are being filled trying to convince us that men and women are fundamentally separate from each other and will always continue to be. To make a point that the sexes are irreconcilably different and may never completely understand each other, it has even been suggested that both come from totally different planets – ‘Men are from Mars, Women are from Venus.’ But is this necessarily true or is it just another silly stereotype to which we are expected to conform?

We can readily observe that we inhabit a universe expressing itself in polarities or opposites such as: cold – hot, good – evil, darkness – light, male – female etc. It seems that two opposing but complementary forces are found within all things. Also any aspect of polarity can be further subdivided. For example temperature can be perceived as hot or cold. The state of being hot can be further divided into warm and burning, while cold can become cool and frigid. Within each spectrum there is always a smaller spectrum. The Chinese schools of philosophy and metaphysics have enlightened us about these aspects of polarity consciousness. The forces of Yin and Yang which they have identified have become another parameter within which we can view this phenomenon.

Yin in the Chinese language is translated as, a dark or shaded place. It represents the feminine element: sad, passive, downward looking, wet, nurturing, and corresponds to the moon and night. Yin is connected to the three lower chakras and the signs of earth and water. Yang, from the ancient Chinese means, a sunny or light filled space. It is the brighter, masculine element and encompasses the following qualities: happy, active, energetic, dry, upward looking and corresponds to the day and the sun. It is connected to the three higher chakras and its signs are air and fire.



The taijitu has become the traditionally recognized symbol for the forces representing Yin and Yang. Its elegantly simple design places Yang in the white area at the top and the dark aspect of Yin beneath. The two are perfectly opposed yet totally balanced as they appear contained within a circle. Since earliest times the delineated circle has been used as a sacred space for ceremonies and rituals. Circles seemingly move around continuously with no beginning or end on their circumference. This represents the idea of Yin and Yang flowing together in an endless spiral of existence.

The taijitu has also been used as a symbol to depict earth's seasonal year. Visualizing the symbol as a clock face, at the top (12:00) the white of Yang

represents the longest day of the summer solstice while directly below it at 6:00 Yin's darkest point marks the longest night of the winter solstice. The space occupied by 3:00 identifies the autumn equinox and 9:00 the spring equinox. The smaller circles or dots serve to remind us that there are always traces of one found within the other. Light is always present within darkness, when for example the moon and stars illumine the dark curtain of night. Darkness is ever present within light too, as clouds can obscure sunlight and objects often create a field of shadow. Both states are necessary for the universe to fully blossom. Both states are required for the full union of the masculine and feminine to totally flourish. The exquisite balance that results when both the Yin and Yang qualities blend, is listed below.

- Without Yang nothing would come into being - without Yin all that comes into being would die.
- Yang is mental activity in its forceful aspect – Yin is the imaginative and poetic exalting the merely mental into the beautiful.
- Yang moves ahead with things – Yin is.
- Yang, in masculine giving bestows the gifts – Yin, in feminine being receives, preserves, enhances and redistributes them.
- Yang constructs – Yin instructs.
- Yang implements – Yin compliments.
- Yang is strength – Yin is endurance.
- Yang is knowledge – Yin is the mystery that reveals itself and becomes knowledge.
- Yang is the discoverer – Yin lures toward greater discovery.
- Yang is the lover and therefore beloved – Yin is the beloved and therefore the source of love.

Yin, the receptive, feminine, dark, passive force and Yang, the creative, masculine, bright, active force are descriptions of complementary opposites. As this is never absolute but only relative, no one thing is exclusively Yin or Yang since each contains the seed of its opposite. Both states are interdependent as one cannot exist without the other. Yin and Yang are usually held in balance, for as one increases the other decreases. The imbalance however is also relative as the energetic excess of Yang, forces Yin to become more energetically concentrated. Thus Yin and Yang both consume and support one another.

Within the context of our present male/female relationships how can the qualities of both Yin and Yang unfold in a way that leads to balance and wholeness? A model of cooperative partnership will serve as the way-shower in our movement into the coming new age. The purpose of partnership is to create something greater than what we can create alone. This needn't imply any deficiency or incompleteness within us. Since each of us is unique, with specific talents and abilities, in a true partnership we can create something meaningful together – something far greater than the sum of its parts. A partnership that offers to each an acceptance of who we are with an opportunity for personal transformation then becomes the fertile ground for growing a lasting healthy union. When we find this kind of partnership we are more likely to want to keep it, to invest in it and to nurture it. By experiencing

the joy of working, living and loving in a cooperative and supportive partnership, where the different abilities of both members are valued equally, will we harness the strength and power of union.

It seems today that our current gender systems emphasize our differences and suppress our similarities. We feel alienated rather than united as our dying system of patriarchy has left us with a model of masculine dominance and feminine submission instead of one that features mutual interdependence. Because of our long inherited patterns of competition and power over others, many relationships today are like two halves that never feel quite whole. The whole will only emerge when we embrace the model of cooperative partnership, within which both parties are freely allowed to be opposite but equal. Only then will we successfully rebalance Yin with Yang.

The Twin Flame Reunions

Twins Flames originate from the same soul that was created by Father/Mother God from the great field of unconditional love and being. That one essence divided itself into two equal and opposite halves in order to experience form. In the beginning the Twin Flames remained totally united and existed as a trinitized expression of the Divine Source of all that is. But as the third dimensional experience unfolded the twin flames separated into a system of duality and became two distinct forms, one carrying the masculine (yang) attributes of the Creator, and the other the feminine (yin). Thus they are one soul expressing within two distinct bodies, both in the exact equal and opposite frequency intonation. Now through a gracious dispensation granted by the Creator, the Twin Flames from all frequencies are reuniting again in order to restore the unity of all creations as they undo and eradicate the consciousness of duality.

The Twin Flame combination transcends all definitions of male/female relationships on this planet. Third dimensional love has traditionally focused our attention and emotions on another person and originates on a sexual or personality level, often demanding continual compromise to make the partnership work. Don't romanticize or idealize the concept of a Twin Flame. There will be no intimate candlelight dinners, boxes of chocolates or bouquets of roses expressed. These things are not its purpose. It exists to reach completion in order to be of service: planetary, cosmic and universal. Absolute service to the Divine Plan becomes the only reality of the Twin Flame. The Twin Flame union becomes a continual unified field automatically accessing higher frequencies and since it acts as a bridge to the higher dimensional frequencies of oneness, it will function as a single consciousness. It will not be dependent on the talents or vocations of one partner or the other. It is the unit that is commissioned for service, not the individual expressions of the unit.

Before one can meet and unite with their Twin Flame however there is much conscious work of releasing, healing and becoming an integrated whole that must first be achieved within one's self. The heart must be made strong and

resilient through suffering grief, pain and loss as well as by living through many close and loving soulmate relationships. This alone will allow one to face the intensity of being with the other half of their soul. The Twin Flame love relationship cannot exist in a co-dependent or ego-based relationship or from a perceived 'need' that the other person will make you whole and complete. Each half must initially balance both their inner male and female energies before they can unite. The Twin Flame spiritual connection becomes a trinity involving the Divine All That Is with two persons connected by their one soul and connected to God. When one experiences the powerfully resonant magnetic energy field that attracts Twin Flames together, with its flow of total and unconditional love, one's life will never be the same again.

Many ask, 'How can I find my Twin Flame partner?' It is simply not required of us to look for our Twin Flame. Also it is not wise to hold any pre-conceived ideas about how Twin Flames should appear or present themselves. Dating agencies, internet sites and chat rooms will be of no help to you. When each twin has achieved the same level of balance and both resonate to the identical vibration of Christ consciousness, your Twin Flame will automatically appear. This will occur because your union with one another has been orchestrated by the Great Creator. It will happen because you and your Twin Flame have been sealed irrevocably together from the moment of your creation. Your union will result when the Divine time is right and you are both ready for this experience.

Interesting synchronicities will often pave the way for this reunion. One of the most intriguing I've experienced has to do with the numbers 11:11, as I've found these numbers to be common in Twin Flame soul unions. I met my Twin Flame in my home on the 21st of August, 2003. In Australia we write the day first, then the month, followed by the year in 6 digits, 21/08/03. The numerology inherent in this day translates as $2+1+8=11$ and $8+3=11$. Eleven, a master number, is considered to be the number of the spiritual messenger. Two 'ones' are united to form pillars to the heavenly gate - the connection between yin and yang, female and male. The message of two into one is the perfect symbol for a Twin Flame. Also the following beautiful Twin Flame invocation can be used to draw you both together.

In the name of the Christ

I call to the blessed I AM Presence of our Twin Flames

Toward the sealing of our hearts as one

For the victory of our mission to humanity.

I invoke the light of the Holy Spirit

For the consuming of all negative energies

Limiting the full expression of our Divine identity

And the fulfillment of our Divine plan.

If you and your Twin Flame meet while either of you are living in a loving relationship or a marriage, it is unwise to disrupt any present connections. These energies must first be dismantled and balanced before the Twin Flames can freely come together. All lessons chosen in one's current soul contract must be lived out fully with integrity and love. You and your Twin Flame will both honour each other's soul lessons by growing together through the test of unconditional love. However one should always continue to work with a Twin Flame at an energetic level, knowing that as the Earth moves ultimately into a fifth dimensional alignment, all Twin Flames will be reunited again in other dimensions. The meeting with your Twin Flame calls on you to grow spiritually, to heal emotionally, mentally and physically and to look beyond the ego and any physical limitations or age differences. You will both be driven to become the best and highest manifestation of your soul here on Earth.

“It is believed by many that humanity is on the brink of a quantum leap in consciousness. Enlightened people are preparing for this in their own ways, realizing that it is time to awaken to our origins and our potential to take responsibility for ourselves and for the Earth. We believe that Twin Flames (Twin Souls) have a special contribution to make; their coming together in numbers at this time has a reason at both the individual and planetary level. When Twin Flames join, they generate a vortex of energy that may be seen as a light in the darkness of society's consciousness. In completing each other, the whole becomes greater than the sum of its parts: the two create three and the third is a very potent force, a force of light and love at an extremely pure level.

This kind of energy, which partakes of the energy of both Twins, is different from that of individuals or groups of people working together. It is the special offering that the Twins give to each other and expend in their service to humanity. The image we see is that of a dark auditorium lit by an increasing number of individual flames. Each flame represents a conscious and harmonious relationship between Twin Souls. Eventually as the Twins multiply there will be so many flames, so much light, and so much energy of that particular sort on the Planet that this will act as a catalyst and will help to bring about the expected breakthrough in consciousness.”

(From “Twin Souls: Finding Your True Spiritual Partner,” by Dr Maurie Pressman and Patricia Joudry.)

The Source of the Twin Souls The Monad - I AM Presence

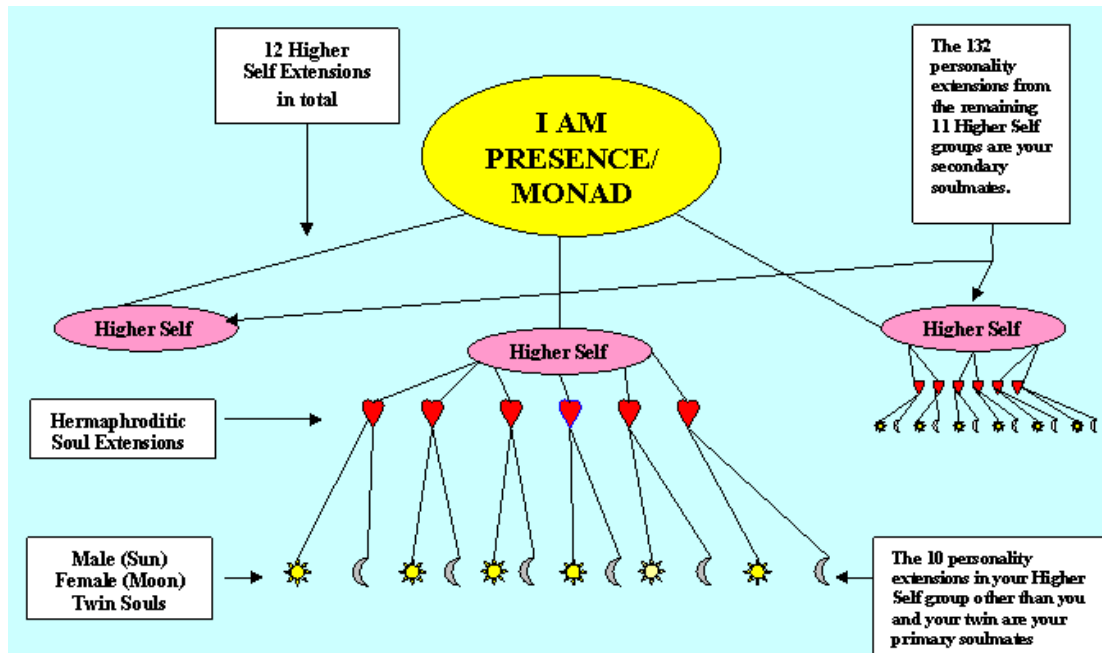


Diagram courtesy of Jade Marcus Kenny
<http://www.angelfire.com/ct3/ascension>
 Used with permission

In the beginning the Great Creator wished to experience ‘all and everything’ and thus gave birth to an infinite number of individual sparks of Itself, called monads. It is the mighty monad that is also known by us as the I AM presence. This aspect of creation expressed our initial core intelligence and our first individual identity. But in order to experience further existence in denser realities each monad then created twelve souls, and each soul then created twelve soul extensions or soul personalities. Thus each I AM presence or Divine Spark contains a total of 144 individual personalities.

Among the twelve soul extensions, known as soul personalities there are six pairs, with each pair sharing an identical and unique frequency intonation. These pairs also differentiated in a final and very painful separation in order to experience the greatest density in the lower physical dimensions. One member of these pairs holds the masculine or yang attributes of the Creator and the other, the feminine or yin qualities. Together they comprise a twin soul or twin flame unit. And so it is that you and your twin flame together are one of these pairs in your primary soul group of ten others. And since each I AM presence or monad also includes 144 individuals in total, the other 132 in your soul group are known as your monadic group, or secondary soul mates. Thus it is that there are many other aspects of yourself existing in physical bodies on many other planets of differing vibrations. Still others may be discarnate at this time working with and guiding us from the higher realms. We are all deeply and lovingly connected and after our veils are lifted and full consciousness is attained we will openly communicate telepathically with one another.

The late Dr Joshua David Stone, founder of the I AM University, <http://www.iamuniversity.org> tells us that Master Djwhal Khul, (as channeled by Alice Bailey) states that there are presently sixty thousand million monads working through our planetary system at this time. So if you multiply this number times 144, you will arrive at the total number of persons working through this school. And at the end of one Cosmic Day, known as the 'out-breath of Brahma,' all of the lowest density of creation is consumed and called back again into the Great Creator's beingness. Then the 'in-breath of Brahma' follows, resting in a Cosmic Night before the impetus of the creation of another Cosmic Day begins once again. We are now at the beginning of the in-breath or the mid-point of this cosmic cycle. Its exact still point or period of no-time will arrive in December of 2012, heralded by the return of the Christ consciousness and the end of the Mayan calendar.

At that point in space/time many of us will make our Ascension and begin the long journey of moving upward through the hierarchies, to return to the Great Creator. Our joyful reunion with our twin soul begins this process. And as we reunite again with the 10 members of our primary soul group and then the 132 members of our monadic group, we will all be carried upward through the higher dimensions until all are at one once again with the great Source of everything.

Treat the Earth Well

***We do not inherit the earth from our ancestors
We borrow her from our children.***
(Native American Indian Wisdom)

Several years ago one of our free to air television stations hosted a program series entitled, 'Third Rock from the Sun.' Its story line explored some very entertaining exploits of extraterrestrials visiting and living on planet earth. Yet many people complained about the series' title because it described our planet as a dead rock, covered by only a thin layer of air, water, soil and biological life. Thankfully this mistaken 'dead rock' idea is losing ground, as modern science and humanity rediscovers the fact that planet Earth is a living, conscious and self-regulating organism. And in these current times of rising community awareness with our present focus on global warming and climate change, a new Gaia hypothesis is also slowly gaining ground.

The author of the Gaia Hypothesis, Dr James Lovelock, is an independent scientist, author, researcher and environmentalist. Born in 1919 he now resides in Cornwall in the south west of Great Britain. Lovelock studied chemistry at Manchester University, before taking up a Medical Research Council post at the London Institute for Medical Research. His PhD was awarded from the London School of Tropical medicine. Lovelock conducted research in the USA at Yale and Harvard Universities and his Gaia Hypothesis was formulated while he worked there with NASA.

The Gaia hypothesis proposes that our planet functions as a single conscious organism that maintains conditions necessary for its survival. Long ago the Greeks gave Earth the name of Gaia and its abbreviation, Ge. In our early history science and religion were unified, but with the passing of time this relationship faded and was replaced by separation through academic and professional rigidity. The life sciences were no longer concerned with life and instead fell to classifying dead things and even to vivisection. Ge was stolen from theology and was no longer acknowledged as the root from which the disciplines of geography and geology were named. The prevailing materialism of that time considered that everything physical was simply an object whereas the spiritual approach always seeks to discover the life force in all things. Fortunately there are signs emerging which suggest that science is becoming holistic once again and theology too, moved by ecumenical forces, is slowly beginning to acknowledge that Gaia is not simply a label for an inanimate entity. Despite the fact that the Gaia hypothesis is steadily growing in the West, it has always been accepted by many Asians and by all of the indigenous people world-wide.

Contemporary scientific study and research is also supporting this concept. Rupert Sheldrake, an English biologist and Matthew Fox, a lecturer in science and spirituality both agree that in our current millennium we need a fresh vision - that of a new animism. Animism is the belief that the entire universe itself and all natural objects within it contain some form of a soul: therefore everything manifests some degree of consciousness. This new idea is sweeping our world, together with its accompanying sense of the holistic unity and grandeur of all creation. A new theory is also being developed that will unite science and religion with the sacredness of material creation. It is their present separation that underlies our current crisis of ecological deprivation with its long history of destructive pollution and the total waste of all natural resources. Humanity must now begin urgently and seriously to assume full responsibility as caretakers and stewards of this beautiful planet. The time has arrived to stop viewing the Earth as a vast resource to be continually exploited for commercial gain, or used solely for the achievement of one's short-term political goals. With the present acknowledgement of extreme climate change, global warming and rainforest destruction, our very survival now depends on this important and serious issue.

Indigenous people are the true and traditional keepers of the planet and their long history of conservation and respectful Earth care is deeply inspirational. As we continue to abuse the land and sell its non-sustainable resources, their despair and disempowerment continues to increase. Our natal home planet has often been referred to as 'Mother Earth,' because she continuously provides so much abundance and beauty through which to sustain us. Since time immemorial Mother Earth has offered her body to humanity as a platform on which we have all experienced and lived out our many life's lessons. Despite our lack of loving care for her, she bestows her gifts freely and unflinchingly as any loving mother does. But now the time has finally arrived for all her populations to lift their consciousness and respond to her by assuming a long overdue stewardship role, a sincere cherishing and a genuine appreciation for her gifts and her beauty.

Earth Silence Meditation

We can also reconnect ourselves to the earth by occasionally meditating out of doors. Sitting in a comfortable space and listening to the sound of the wind and the singing of birds is a beautiful and relaxing experience. Enjoying Mother Nature's silence sensitizes you and develops inner peace. Even our Aboriginal Australians practise the way of the Dadirri, in which they are taught to live with nature's quietness, in a deep inner listening and a still awareness. Make a decision today to actively begin to treasure and enjoy our planet more deeply. Let us all treat the Earth well.

We Are Not Alone

The universe as we know it is expanding rapidly. Our sun is one of 100 billion stars in our galaxy with planets revolving around them. The Hubble space telescope has shown us that our Milky Way Galaxy is only one of possibly 200 billion galaxies. Only the universe knows how many possible planets have intelligent life on them. Space is not empty as even a vacuum contains tremendous amounts of background energy. The majority of the cosmos is dark matter - that is for each particle in our tangible universe, there may be something like a trillion shadow particles in universes in other dimensions.

One of the great central mysteries of the creation states that hydrogen burns inside stars with an efficiency of 0.007 to produce helium. If hydrogen burned at 0.008 the hydrogen would have burned to helium by now and our universe would consist of nothing but gas balloons. If it burned at an efficiency of 0.006 our universe would consist of nothing but hydrogen and only a little helium. Life however cannot exist in an environment containing only hydrogen or only helium as complexity is required: the heavy elements such as carbon, oxygen, phosphorus and so on. As these are cooked inside of stars, to achieve this possibility hydrogen must burn with the correct efficiency of 0.007, neither more nor less. Somehow the properties of hydrogen have been perfectly fine-tuned for building the heavy elements required for life. If gravity was even slightly stronger than it is, the stars would burn so fast there would be no time for life to evolve. If the universe expanded even slightly faster than it does, it would have dispersed before matter had a chance to collapse into stars and planets. If the perfect irregularities weren't planted within it we would either be sucked into black holes or dispersed as a rarefied gas with no stars, no planets and no life.

Science is in general agreement about the existence of a Big Bang, from which our universe is said to have literally exploded into life. The problem science faces with this theory is the same difficulty that a Big Bang itself would face in successfully creating life. In his book *The Life of the Cosmos*, physicist Lee Smolin details the many variables which had to be exactly balanced in order for the universe to unfold into living order, rather than random chaos. The mass of the proton, the strength of gravity, the range of the weak nuclear

force, and dozens of other variables determine how a universe will unfold after a Big Bang. If any of these values had been just slightly different, the universe would have become a disorganized pool of hot plasma where galaxies and solar systems were unable to form. And so it seems that the universe has been deliberately structured so as to be friendly to life. As some power or force has worked things in this way, that is to make life central to the whole cosmos, then the cosmos itself must also be a living entity.

While contemplating the rich tapestry of potential life the universe harbours, how can we be so naïve as to think that our one tiny Earth planet might be the only place in the universe to contain living evolving beings? Are we really alone in this vast universe? On May 9th 2001, one of the largest and most successful press conferences known as The Disclosure Project was completed. Under the direction of Dr Steven Greer and held at Washington DC's National Press Conference, more than 20 military, government and corporate witnesses gave testimony before millions of people and the international media. The witnesses spoke under oath about the vast cover-up of unambiguous UFO and extraterrestrial events for over the past 50 years. Further information is available from the Disclosure Site at <http://www.disclosureproject.org> Also visit the Vatican's site acknowledging the existence of extraterrestrials at <http://www.ufodigest.com/balducci.html>

The ramifications of the proof that we are not alone in the universe move far beyond the extraterrestrial presence. Many covert groups within all of the major world governments have initiated this total cover-up of their many interactions with extraterrestrial races. In addition, these covert governmental groups are withholding valuable technologies gained by the reverse engineering of UFO spacecraft. Their presently hidden knowledge of zero point, anti-gravity cold fusion energy power would enable us to immediately remove our dependence on fossil fuels, thus halting the threat of global warming. Our ability to harness free zero point energy technology would enable us to clean up our severely degraded planetary environment, to heat and light our homes and grow our food in non-polluting ways, without the need for either electric or nuclear power sources.

Of most urgent need however is a requirement, confirmed in legislation, binding world governments to ban all weapons from space and to cease targeting peaceful extraterrestrial vehicles (UFOs). We share all of multi-dimensional space with many other galactic civilizations far in advance of ourselves both spiritually and technologically. It is their desire to welcome Planet Earth and her inhabitants into the interplanetary community, but this will only be attained when humanity is able to achieve peaceful negotiations and resolution of its conflicts, both globally and in space. In order to maintain the momentum of the Disclosure Project information, we must speak out and contact members of governments and the United Nations to request and support honest open hearings on the following: the UFO issue, the total ban on the weaponizing of space and the declassification of advanced energy and propulsion systems connected to UFOs and extraterrestrial objects. The time has come to tell the world that we are not alone and that the solutions for

many of humanity's problems are held in secret classified projects that require immediate disclosure.

Beyond the limited perceptions of our third dimension there is a multitude of highly evolved and fully conscious beings, both spiritually and scientifically far in advance of ourselves, who are known collectively as the Galactic Federation of Light. The Federation represents many different races, some in humanoid form like ourselves and others not. Their diversity of appearance is the result of the unique planetary environments (atmosphere, temperature and gravity) in which the various races emerged and developed. The first on our Earthly scene were from the Sirius system, as both Sirians and our Earth plane are well matched in terms of gravitational forces. Also with them now in close proximity to the Earth are Pleiadians, Andromedans, Zetas, the Ashtar Command (the Federation's airborne division) and many others. Most members of the Galactic Federation are benevolent and are now here to assist Earth and those who choose to accompany her, in making their transition to a higher dimension with its attendant state of expanded consciousness.

The goals of the Galactic Federation are listed as follows:

1. To work with us in solving the problems of a threatened society due to an unbalanced state of technology that has not been unified with spirituality.
2. To encourage friendship with other advanced civilizations from other planets and dimensional realms visiting Earth in UFOs.
3. To assist us to repair the damage we have done to Earth's biosphere through our destructive pollution, our abuse of non-sustainable resources and our misuse of nuclear energy for military and other purposes.
4. To aid us in ending war, crime, poverty and disease.

And it's important to note that the Galactic Federation will only offer its assistance in solving our problems. We must take the major part of the initiative ourselves, as these difficulties are entirely of our own making.

Again and again we hear the following, 'If extraterrestrials are here to help us why don't they show themselves openly and land in full view of the general public?' Would you come if you knew that the majority of the populace would be traumatized by fear or that the military forces in a country you wish to assist would subject you to an immediate attack? Despite their technology which is thousands of years in advance of ours and their capability of avoiding an attack, The Galactic Federation's missions are peaceful. Our first contact will only be attempted by them when the majority of Earth's population is ready and our governments are themselves committed to peace.

It is a well documented fact that since the 1950s our major world governments have met with members of the Galactic Federation, whose suggestions for creating a peaceful world that is free from hunger, war and poverty have fallen on deaf ears. In addition there has been a massive cover-up orchestrated by our governments, the media, religions, multi-nationals and the banking cartels, to enable these organizations to continue their exercise of power and control over the people and their ongoing manipulation of the global economic system. When the Galactic Federation makes its first open contact

with the people of Earth (and they will come when they judge the time to be right) greet them not in fear but in joy and brotherhood. They are not conquering invaders, as Hollywood is so fond of portraying them. In these end times they come in peace, love and in service to our Divine Creator, for our greater benefit.

Learn How To Meditate

The topic of meditation and the great benefits it offers has now moved firmly into the mainstream. If you don't already meditate and your interest in meditation continues to grow, you may also be wondering just how to begin its practice. This article will feature brief lessons, explanations, tips and techniques on taking the first steps into your personal meditation practice to make its blessings your own.

One of meditation's great gifts results in re-balancing the two hemispheres of our brain, each of which has distinctly different functions. Our left brain hemisphere holds the seat of discursive thinking, planning, organizing and analysing. Its busy (masculine) active state is called 'beta' and in it our electromagnetic brain waves fire at 14 to 30 cycles per second. Our right brain hemisphere (feminine) functions are more intuitive, reflective and creative and are concerned with being rather than doing. These 'alpha' brain wave patterns fire more slowly – between 7 and 14 cps. In this state we are mentally receptive to the present moment rather than the past and future modes of beta. In an alpha state we also experience a non-judgemental frame of mind.

It has been tested and proven that when meditators reach an alpha brain wave state their two brain hemispheres adopt a single, coherent electromagnetic wave firing pattern. This indicates that both sides of the brain are working together in a balanced and synchronous manner. Whole brain functioning also produces neuro-chemicals called endorphins. These create feelings of well being, produce anti-ageing hormones and cause free radicals to move through the body seeking out and destroying harmful disease and cancer producing cells. By experiencing even short periods of whole brain functioning, meditators will notice improved memory and concentration, stronger intuition, enhanced creativity and inner peace.

It's time now to begin learning how to meditate and a positive first step is to select a quiet space where you won't be disturbed. If you are more comfortable sitting on a chair, find one with a straight back and no side arm rests. Sit on a cushion if the chair seat is unpadded with your spine straight, your chin facing forward (not tilted up or down) and your feet flat on the floor. Place your open hands palms up and resting on your thighs. If you like to sit directly on the floor do so using a cushion or meditation stool with your legs crossed in front. Meditation is a state in which the body is deeply relaxed while the mind is alert and focused in the present moment. I like to call this the body asleep – mind awake state. Yet though the mind is at rest it is not drifting aimlessly from thought to thought, in a state of reverie. Instead meditation aids us in developing the habit of our being relaxed, yet focused and aware – the mental

equivalent of being physically fit and healthy. Your personal experience of total and deep physical relaxation is always the first important step toward meditation. The following brief exercise will relax you deeply and could also serve as your introductory meditation.

A Body Scan Exercise: Sit comfortably and shake your body loose, releasing any obvious tensions. Scan the body at your own speed taking several quiet breaths in each region. Focus your awareness on your head, neck and shoulders, arms, hands, torso, legs and feet. Notice how much tension is held in the jaw and shoulders. Gently move these areas to release any stiffness. As you scan your torso repeat the words, 'soft and loose' several times. Feel yourself let go, knowing that your spine will hold you upright. When you've finished visualize your body as being relaxed, healthy and pain free. Sit quietly enjoying the sense of calm and well being. Scanning from the head down is generally more calming in effect, while scanning from the feet upward raises your energy and keeps you more alert. Whenever you decide to end your meditation always take a few moments to leave this state slowly and gently. Notice how your body feels, in comparison to the way you felt just before you began your meditation. You should find yourself more deeply relaxed.

Once you have moved into your quiet inner space and experienced a sense of relaxation, the physical side of the meditation equation is complete. However the mental side, one that requires us to remain focused and aware, will take some practice. If you are a meditation beginner you will notice how your busy thoughts begin to intrude, jumping back and forth, crying out for your attention. Observe this chatter of the ego in a non-judgemental way for a short time and notice that these thoughts are usually unrelated and are very brief. They generally last only for the duration of an in-breath or an out-breath. Next focus on your breathing by taking in a breath gently through the nostrils, hold it briefly and then exhaling it. (It works best if you use your nose for meditation breathing, unless the nose is blocked.)

Next hold your awareness on your breath and let successive breaths become soft and regular. Observe your breathing and carry your awareness from the in-breath, across the space before you exhale. If you can cross the space between in and out-breaths you will probably not carry any chattering thoughts along with you. If your thoughts continue to intrude keep them in the background and let the breath become your focus. Maintain your breathing, moving in a steady and gentle rhythm. Used in this way breathing is a device to hold and focus the awareness of your mind during meditation.

A Simple Mini Meditation, Follow the Breath: Take slow gentle breaths in and out. Feel the breath as it moves and follow it with your mind. Focus only on your breath – nothing else. You can breathe and notice the breath at the same time. Finish this meditation by moving into the still silence within. Rest here without thinking. Just enjoy being.

You can also hold your awareness in the present by visualizing a peaceful scene, a beautiful object or a much loved person. Try to sense as much detail in the object's colours and textures while feeling the emotions the object

produces. Another technique to hold your awareness and dispel chatter thoughts is to quietly repeat a mantra or affirmation. Mantras are sacred words or syllables, usually in Sanskrit. Two of the most common are OM and SOHAM. The latter can be linked to the breath, SO to the in-breath – HAM to the out-breath. It translates as, 'I Am That' with That referring to our conscious awareness. Affirmations are phrases or sentences repeated again and again. As we are more suggestible when we reach an alpha state, affirmations usually produce positive results. These are most powerful when they begin with the words I AM. Create your own affirmations to reflect problems you are encountering: I AM happy and at peace, I AM enjoying financial abundance, I AM forgiving and compassionate. I AM successful in my work and study. By using all three of the following techniques: breath awareness, visualization and affirmation, you will remain focused, peaceful and able to enjoy the beauty of your quiet space within.

A Light Body Visualization: See and feel your body slowly fill with light. Breathe light into every cell as you feel and direct it. Visualize a column of golden white light from the dimensions above, entering through the crown of your head bathing your body with light. I AM healthy and loving. When your entire body is filled with light visualize this radiating from your body in all directions as far as the inner eye can see.

Merging Meditation Into Daily Life and Activity

Sitting with the eyes closed is a good way to begin the practice of meditation as this method best allows one to control a wandering mind. However this skill may also be practised while walking or performing life's day to day activities. Meditation in the midst of activity brings the whole world and its experiences into your life and keeps you fully focused in the present - alive and aware in each moment. Over time meditation during activity will also produce significant inner transformation and enlightenment, as it will give greater meaning to the simple outward activities we all do. As an example, you could make any of the following activities become a meditation.

1. When eating a meal, notice the smell, taste and colour of each bite of food. Enjoy the dinner conversation and feel appreciation for Earth's rich bounty.
2. When taking a bath or shower, enjoy the smell of the soap, the warmth of the water and visualize the washing away of inner problems and tensions.
3. When taking a walk, feel the air or wind moving across your face while noticing the colours of passing trees and flowers.

Welcome meditation into the simple activities of your daily life. It needn't always require a quiet room and twenty minutes stolen from the day. You can also ground yourself and focus your awareness by experiencing the sensations of each moment. Observe all these aspects of your daily life, both pleasant and unpleasant, without judging them. While they may not all provide enjoyable sensations, through meditation within activity, you will truly begin to feel more deeply and fully alive. Frequently we may feel that we are getting nowhere in our meditation in the midst of activity, whereas a quiet period of withdrawal and sitting with the eyes closed seemingly brings greater and more instant results. It should never be a question of always choosing one method over another. Strive instead to become skilled in the practice of both.

About Mary Mageau



Mary Mageau is an Australian spiritual teacher and author. She was first introduced to the practice of meditation at the Benedictine Priory of St. Scholastica in Duluth, Minnesota. This simple tradition of silent, contemplative prayer (called **Divine Listening** by St Benedict) was recovered by the Benedictine Order in the teachings of the first Christian monks - the Desert Fathers.

In 1987 Mary experienced a renewed spiritual awakening that led her into the study of meditation as it was taught by the Buddhist and Indian traditions. In her desire to share this empowering practice she has given talks and taught many classes in meditation and spiritual awakening through the Queensland University of the Third Age and The Pine Rivers Community Education Program. Mary's classes focus on merging two great meditation traditions - the contemplative paths of the West with the classical meditation practices of the East.

Mary also regularly contributes articles to spiritual and metaphysical web sites and journals. Several Australian new age magazines: **Insights, Spheres, Web of Light, Being Now** and New Zealand's **Rainbow News** have all featured her writings. Her two books published by Boolarong Press include: **Insights – For an Awakening Humanity** (2004) and **A Little Book of Living Spiritually** (2005). Grevillea Records has recorded and produced her audio CD entitled, **Journey Into Meditation**. Now in its third printing the CD is designed to support individual and group meditation practice. Mary also publishes a monthly email newsletter entitled, **Insights - spiritual news and views** - that she makes freely available by request, to an online community. Her new E-Book, **Preparing For Ascension**, (2007) can also be accessed through the following link:
http://www.thecominggoldenage.com/ebook/Preparing_For_Ascension.pdf

Enquiries: PO Box 179
Samford, Queensland
Australia 4520
(07) 3289 – 1181
km3highnote@bigpond.com