No human being ever learns to live until he has awakened to the dormant powers within him.

William James

There comes a time when the mind takes a higher plane of knowledge but can never prove how it got there.

Albert Einstein

If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.

Nikola Tesla
Welcome

Einstein was as much a mystic as a scientist. Was he accessing a higher state when he thought: \( E = MC^2 \). He could have alternatively interpreted the equation as:

\[
\text{Energy} = \text{Motion of Consciousness}^2 \quad E = MC^2 \quad \text{Energy is Consciousness in Motion. Consciousness in motion creates its realities. If you apply this definition to your own volition you may agree that it is equally valid.}
\]

If you want to know:

1. Who and what you are.
2. How you got here.
3. What your purpose is here.
4. And where you are going from here.

Then this book is for you.

The material contained in this book is designed to expand your mind, to expand your awareness, to help you to think and speak from your higher consciousness, a more knowing part of you. Most of you do not believe that this is possible but indeed it is. For those of you who are willing to embark on such a journey then we suggest you peruse the subject headings, select those that interest you, read them, apply your reason and logic to what you read and say, does this make sense to me? It may not make sense upon the first reading but eventually it will. But you may have to read many segments as they form pieces of the jigsaw that is a new structure of beliefs. You will find you will have many
moments when you suddenly understand how another concept fits into the emerging whole. If you can accept that all realities emerge from the same energy background, to put it in simple terms and that all is interconnected and interdependent then you have already completed the borders of the jigsaw. Enjoy finding the pieces and producing your own picture.
Now remember,

George Gershwin – Life is Just a Bowl of Cherries

People are queer, they’re always crowing, scrambling and rushing about;
Why don’t they stop someday, address themselves this way?
Why are we here? Where are we going? It’s time that we found out.
We’re not here to stay; we’re on a short holiday.

Life is just a bowl of cherries.
Don’t take it serious; life’s so mysterious.
You work, you save, you worry so,
But you can’t take your dough when you go, go, go.
So keep repeating it’s the berries,
The strongest oak must fall,
The sweet things in life, to you were just loaned
So how can you lose what you’ve never owned?
Life is just a bowl of cherries,
So live and laugh at it all.
About the Authors

We are David and Jean Ingman, a retired professional couple living in Sydney, Australia. We lost our son in 1994. A series of happenings shortly afterwards convinced us that our picture of reality was incomplete. Twenty years of research and personal experience have followed. The following material is the result.

Most of us when we start a sentence do not think of how it will end but a moment’s thought will tell you that some part of us does know. It is the part that is formulating the sentence. So trust that part and let it speak for you. This is the process by which this “book” was written.

We sincerely hope that it will be of enlightenment and comfort to many. For those of you who know the pain of loss, and any others, we would appreciate your help in spreading this information to as many people as possible. We know from our experience with the bereaved that realising that you have not lost your loved one for ever brings hope back into your life.
Most people live, whether physically, intellectually or morally, in a very restricted circle of their potential being. They make use of a very small portion of their potential being. They make use of a very small portion of their possible consciousness, and of their soul’s resources in general, much like a man, who, out of his whole bodily organism, should get into a habit of using and moving only his little finger.

William James
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Chapter 1

Introduction

...Our normal waking consciousness, rational consciousness as we call it, is but one special type of consciousness, whilst all about it, parted from it by the filmiest of screens, there lie potential forms of consciousness entirely different. We may go through life without suspecting their existence; but apply the requisite stimulus, and at a touch they are there in all their completeness, definite types of mentality which probably somewhere have their field of application and adaptation. No account of the universe in its totality can be final which leaves these other forms of consciousness quite disregarded. How to regard them is the question,— for they are so discontinuous with ordinary consciousness.

William James
The material contained in this book was received during forty five hours of conversations, generally on an interviewer, interviewee basis between Jean and David, with Jean asking questions and David “speaking” the answers, but also with information being transmitted in lecture format.

David “transmitting”:-

When reading this material you must think to yourself “does this insult my reason or does it fit in, make sense, is it understandable, is it acceptable even though it may be in opposition to something I previously believed. Can I now look at this and say “I can accept that, that makes sense, equally or more than that which I previously held to be true”.

“What is all this for”, the purpose is to teach, to learn and to understand. Simply because there is a wish there to understand. You have asked and you are being given. What is not realised is that all information is there for the asking. You merely have to find your own particular way of accessing that information. In this case a lot of knowledge has been accumulated but it now needs refining, clarifying and simplifying. We prefer to work with simple analogies that can be understood by many rather than by a few who have studied this subject in depth.
Now, life as you see it is relatively simple but so is life when you are not in the physical. There is no mystery, there is merely the same consciousness, the same self, if you wish, innumerable selves, innumerable consciousness groupings that wish to gain experience, and as referred to before, some entertainment along the way. It is basically gaining knowledge and why not do it in an enjoyable fashion and seek out which experiences you wish to repeat because they are enjoyable and which experiences you do not wish to repeat.

Regarding the question of who we are. We are you, David, connected. As simple as that. You are accessing information and you are relaying it, the part of you that is understanding itself to be the instrument. Instruments generally find this information more acceptable when it comes from a third party whom they invest with a higher level of knowledge. They cannot believe that this knowledge is already within them or available. So we come back to one of the instruments favourite descriptions, to discover. It is always there. You merely have to believe that you can access it. You can access this directly through your mind but do you believe it? There are many that have accessed knowledge unavailable to them in their normal waking state by merely entering into a form of meditative contemplation or what you would call musing upon a subject. Look at your great scientists, your great artists and your great thinkers, philosophers. They come up with theories and logical and mathematical depictions that seem to have a certainty about them. These are not all worked through rationally. They simply, came. They became aware of them because it was there to be accessed but while letting
the mind rove in a particular focus they came across this information and were able to “remember” it because they had moved their focus away from the physical.

So again, this is more acceptable to the instrument and to many others because they simply cannot believe that this knowledge is available during the normal course of business. What do you do with this knowledge? You become aware that you are more than just the physical. That you are indeed what is called, the spirit. You are a larger consciousness merely focusing into a smaller arena and focusing so hard that you simply forget that there are many other areas in which you are able to focus and are indeed focusing upon anyway.

What has been passed through has been given in order that your selves and others can think in a new fashion. Can look at tired dogmas and see them not so much in a new light, but see an alternative that expands and enlarges upon the original point. Now the original point was taken as being factual, or what you like to call truth, until people began to question it and then a new truth arises. Now what you must remember is that however words are presented, they are presented to be receivable by those who are exposed to the information. Yet within months or years the message may have to be updated and may not even seem different, but once the possibility of something is elucidated then that opens the mind to whole new vistas and endeavours. So then an entirely new concept can be presented, which then is able to be considered and possibly assimilated, whereas if
that concept had been introduced in the first place there would have been no framework in which to place it, and therefore it would have been rejected.

So, look upon all the information that is coming through at the moment. Is it logical? Is it reasonable? Discuss it with others. Hear their points of view because many of those have a closer relationship with their identity than they imagine they have. And so they will have their own opinions and you will listen to those and sometimes amend your own outpourings. So, just look upon the information as good for the moment. As it always has been of course.

_______

It is, seek and ye shall find, ask and it shall be given to you. Why do teachers want to teach? They just want to spread knowledge. They want to, as you have through your life, wanted to see the light dawn in another’s eyes, to see them find themselves, to see them understand what they are capable of. Teachers, volunteer teachers, shall we say, wish to enlighten. The information that is imparted we would wish to be absorbed, understood and fitted into one’s structure of knowledge and for that to happen you must be open and willing and wanting that knowledge. Therefore it is much easier for us to fill the gaps that you feel are in your knowledge than to give you information that you have no structure in which to fit it. It is a waste of our time and yours. So this is a two way communication. You have to think and feel the desire to know “how does that work?” You just asked a question about the different animals and
we answered it at a level that you could understand. Now think of other things.

We knew, for example, that you would be interested in love relationships because everybody is. So it was easy to describe that. We have elucidated how consciousness has thoughts, has ideas, others are attracted, decisions are made and the implicate, the latent, the Framework 2, is translated into the Framework 1. An experiment. If you wish to term it that way. One knows, however, that this “experiment” has a 99.99% chance of working because you design it to fit the existing parameters.

So, you might ask about the purpose of this life and as we have said before, the purpose of any life is what the consciousness desires to be the purpose. As soon as you sit and think about what you are doing, what you are thinking, you will soon realise that you are making your own purpose. Nobody is making the purpose for you. The only purpose in your life is what you wish it to be.

You might feel that your possibilities are constrained by the situation and the attachments that you have and so you will set your goals, shall we say, to suit what you consider to be a peaceful, acceptable......the word “purpose” again is another concept that is only applicable to the physical. It is applicable elsewhere of course because the same question is asked in other realities as you try to understand just exactly who you are. It takes long, long experience, the words “long” are wrong of course, as some consciousnesses simply do not want to accept that they are not, the larger element, shall we say. They do not wish to believe that the vehicles
they control, they are controlling in a multi-consciousness capacity. They wish to feel that they are the top of the pyramid. Much as your leaders in every walk of life wish to feel that it is their thoughts, their utterings that prevail.

You must realise that consciousness is expressing itself, here, and that consciousness is just the same, there.

When we choose what we want to do here do we have to take others into consideration as well? Does that influence what we do?

And as you read back through what we have said, the only reason you are here is because you are working with others who all chose to work with you.
Chapter 2

“Death” and Afterlife Conditions

“Now he has departed from this strange world a little ahead of me. That means nothing. People like us, who believe in physics, know that the distinction between past, present, and future is only a stubbornly persistent illusion.”

Albert Einstein

“Death is a stripping away of all that is not you. The secret of life is to “die before you die” — and find that there is no death.”

Eckhart Tolle
So could you in your words explain what happens when somebody dies on the earth plane?

What happens when somebody dies on the earth plane? The physical body, dies, nothing dies of course, but the consciousness decides that it has had enough and it decides to leave. Of course it chooses its own particular method of leaving. But if we take the case of somebody in a hospital bed we can just rake around in David’s memory bank and trot out all the usual stuff about relatives appearing, seeing the relatives holding out their arms, moving across. All move into another reality, fully conscious, and depending on their expectations, will be met by, the appearance of, those who they hope to meet. Now, this depends on the abilities of those who already have left the physical body and their ability to present themselves in the framework which the person crossing believes he is in. However, much as you choose a vocation when you are in the physical, there are those who are, what you might term, professional transit easers.

As we said, they will know, immediately, who are the ones that they choose or they are assigned to, because this is a fairly organised process. They will immediately have the full information and the thoughts of the person that they are to take in hand and therefore can immediately create the person that that person will have confidence in. The process, as we elucidated before, will take its course, so just like emergency services swinging into action on the physical, the same, but because this is an ongoing disaster, you might say, the set-up is fully in place at all times, of course, and always has been to meet those who are returning home.
The person crossing will have certain expectations and will be creating their own reality. Now the people meeting sometimes will be not so skilled and may have a job keeping up with the flickering reality because the person moving over is not able to control their thoughts and as their mind moves from one subject, environment, whatever to another then different realities are being formed. So in the same way as when a medium is waiting to get a message, if they keep focusing on different people in the room and linking with their energy, as you do, because as soon as you speak to somebody you link with their energy and you adjust to their frequency and they adjust to yours, then imagine how difficult it would be to pass a message from the other side.

Mediums have to focus in such a way that the contactee is able to keep a constant channel open to pass the information through. So the same thing applies when you move across. Those who are very skilled in this meeting framework and can adjust very quickly indeed can hold the appearance that is acceptable to the person moving across and then hold their attention.

Whereas another person who has not been involved in this sort of thing may find it quite difficult to do. But of course, the person who is meeting quickly educates the person coming across and then is able to move their attention, in the form of an introduction to their relatives and of course once the focus goes on the relatives then it is mostly all over at that stage, because it is like coming into a room full of people and you move from one person to another and of course time is, “time”? time is passing. You are, at each moment, getting used to the new reality.
With regard to the question of being met on arrival. We can first start with the recent surveys by Fenwick and others that show that many people generally see one of their parents before they pass over. Regarding mediumistic messages the parents come through more often than not to let their children know that they are OK. This is just a continuation of the care and parental love that they have shown whilst in the physical body. Given the foregoing would you not think that when you actually leave the body the first persons there generally will be one or both of your parents and many other close relatives and friends.

On another part you are of the opinion that you have a higher self that is dwelling in another dimension, a higher consciousness, while your lower self or part of the lower consciousness is focused in the physical dimension. Now surely, when the work of the lower consciousness is finished due to the demise of the physical body would you not think that that part of the consciousness is immediately reunited with the rest of the consciousness? Notwithstanding the fact that it was never separate in the first place. It was merely the one consciousness focusing part of its attention into physical reality. Therefore talk of Purgatories and Limbos and various other states are probably more derived from looking at your life review and feeling the pain and suffering and remorse due to the actions that you committed during your life. If you light upon one portion of this when making a foray into the next dimension shall we say, then you will see anguish on behalf of the consciousness, but that is fleeting because it is purely a review. If you take it to be a permanent state then lo and behold, you have your Purgatory or your Limbo or your Hell. And of course many,
in fact most, see the other point in that all is love and beautiful light and wonderful scenes. If you subscribe to the fact that we all create our own reality then what scene do you think would be created for you by those meeting you in order to immediately quell any fears and put you at ease?

As stated before, follow the logic and ignore the incoherent hallucinations of others. You are logical beings at the moment and that is due to the consciousness that is focused through you. You will be logical beings wherever you are, whenever you are. You may be temporarily discombobulated, under false impressions, but it is easy for those you love to disabuse you of those notions. Any questions?

No, I think that is quite clear, quite well put.

Can you expand on the meeting process when someone passes over?

There is really nothing very magical about this. It is just like you meeting somebody off a plane. They step into a strange land and they see you. Example, if you hadn’t seen somebody for 50 years, you flew to another country, you came out through immigration and customs and there they were, standing there. Now, what if you hadn’t expected to meet these people?

There are two cases, 1, you would expect to meet them, in which case you can imagine the scenario. They greet each other, wonderful to be back, come to my place, let’s go.
If you hadn’t expected to meet this person, you had thought they had gone forever, there is huge surprise and much talking goes on first before you then say, “look, let’s get out of here and we will show you around”.

Now, although that may seem a short time to you, it could be a long time, particularly if you had forgotten what the other person looked like and you had to be persuaded that “I am indeed your grandmother” and especially again if you said “prove it, I am not so sure about this, I didn’t see you after I was 3, how do I know you are my grandmother? Can you imagine? So take process and take it to the physical situation we have just described and sit and imagine the conversation that might go on under different degrees of recognition especially if you had thought you were going to be met by a senior figure of the administration and you kept looking around for him and ignoring the people who are saying “I’m your grandmother” and you keep saying “Go away, I’m waiting for the president”. Can you see the parallel with the religious figure? Because there is something you desire and you do not want to settle for less and so you resist.

Most will not because they will recognise who is there and the desire is not so strong.

What is the purpose of seeing your life flash before you?

Let us again bring this back to the physical. You are told that you have six months to live. After the initial shock, when you are alone thinking that you only have so much time left, let us say that it is evening and there is nothing
else to do before you go to bed or even when you lie awake in bed, what are your thoughts likely to turn to?

**What you have done over your life.**

There you are. This answers the question. Simply the life review is, you have actually left, the life is finished. Aren’t you likely to think “Hmm, well”, and then it becomes apparent, because the consciousness is now expanded once more, (you remember) why you went there in the first place.

You are now back. It is as if you went to another country, remained there for so many years, went back to your old country, were met by the relatives again and they said “What did you learn down there, what was it like?” Let us put it this way, on the plane back to the other country would you not think “Well, I will not see that place again, what can I take with me, what memories will I hold on to”? Of course, the impactful events that have stayed in your memory will arise once more. It is just a question of degree because everything is recorded. You cannot retrieve all that from the brain when you are in the physical but the mind and spirit has a better mechanism of retrieval and of course the vibration is of a much higher speed so you get the impression of being able to cast your eye over a life in what seems to you to be very little time. But, do you know how much time has passed any more than you know how much time has passed in a dream?

So you are reassuring us that we will all meet up with our loved ones before we reach a greater understanding?
Does everybody that loses a loved one here still think about them and care for them? So do you not think that those that pass on do not think about and care for the ones they have left behind. Reason, logic must be used, you understand. Look at the situations which pertain amongst those in the physical and realise that each one of those instruments being used in the physical is being, we use the word let us say, influenced, because manipulated or oriented are not quite right. Influenced because the fact that consciousnesses are what you might say stretched, with one end focused in the physical plane, the other end aware that they are not on the physical plane, but they are connected irrevocably. So those who are not in the physical plane are still...have the same feelings...

We moved on to where we said, look at what you do here, that is the consciousness manipulating the physical in such a way that you keep close contact with certain people and not so close contact with others. There is a reason for that because as we said, think of a consciousness as stretched but the two consciousnesses that are close on the physical plane are also close on the non-physical plane. Do you understand? If you look at two stretched pieces they come together. With the consciousnesses that are not close on the physical plane are not close either on the non-physical plane. As above so below and vice versa. Again, logic.

When a person passes over and they already have a knowledge and belief in the spirit afterlife is it easier for them to contact people whose bodies are still alive than if they had no belief or knowledge?
It certainly speeds the process up because they know where to look, whereas the person who has no knowledge doesn’t even know where to look or what to ask for. For example, those who know or are told that mediums shine a light, at least when they are in a mediumistic mode. People are told that mediums shine a light into the other vibration and as such they stand out from the rest. So, if you have the knowledge of that and you look round, instead of wondering, “Why are they different?” you understand. Then you can focus upon them and try to impress them with your mind and then your thoughts. If you have a particular resonance with that medium then it would be easier for you to communicate through one medium than maybe through another. Again, you may have like thoughts, like likes, like vibration, it makes the process of communication much easier. So if you have some idea then obviously it is much quicker for you to go through the options. But, of course, depending on who you meet and how experienced they are, in the same way they have communicated themselves. Remember only a small proportion of people manage to communicate because of belief systems, because of the fact that it is very difficult to get the physical to be in the presence of a medium. To implant the message you have to influence the physical person to either approach a medium or in some way direct them into the path of a medium and let the conversation open up in that fashion. If you can only impress the medium in a superficial manner then they will not feel sufficiently motivated to pass the information on to a stranger. But if you can influence that medium very strongly then even though they don’t know the person they feel driven to stop that person and say, “I have this person here”, or whatever
information is being, wished to be transmitted. So the simple answer is yes, but we gave you an explanation of why it is yes.

What generally happens when you believe there is nothing there then initially there is nothing there. But, of course, you realise that you still are and the question arises in your mind, “well I am here but there is nothing else around.” Of course, there are many people who love you, the ones that make their vocation the easing of transition of souls, such as these, from the physical to the non-physical. They appear, as we spoke before, in a manner which is non-threatening and has a degree of acceptability to the newly arrived person, such that anybody that is not determined to dismiss everything as some form of hallucination then slowly gets a degree of curiosity, you might say, and opens up to and listens and feels that even though they may feel, “what is this?” they get persuaded over a period of time. It all depends on how some, immediately they are spoken to, realise, “Hey, this isn’t what I thought, but I had heard about this.” And, of course, just the joy of realising, “Yes, I am still alive and there must be a life.” Then they quickly change and open up and from there on they can be told that they can communicate. So if you are humble enough to say, “yes I didn’t realise that, now I do. OK where do we go from here?” for those people you can go as fast as you like, because as the facts come you look at them and you see. Can you imagine somebody who goes over, then understands and sees somebody, especially a relative and finally accepts that the relative says, “Yes you are dead, and you know I’m dead, now you know we are both not dead.” When you are confronted with this and are prepared to accept that it is not
a hallucination, because obviously after a bit of communication you are fully aware that you are in a new state, then you can be shown the ropes quickly. You can be shown somebody else communicating and so, in terms of time, this can all happen in the blink of an eye. So, horses for courses once more. If you are talking about your own loved ones who have passed over, you think, “How did they react to a changed situation that is irrevocable.” Would they cope with it or would they go into an act of total denial but there are few who do that. If they are any normal reasonable kind of person then the vast majority are aware of the possibilities within a short time. Then it’s a question of the logistics of bringing the people they wish to communicate with into, we might as well say, aura of an intermediary i.e. a medium.

In the non-physical are there any senses that we do not have in the physical?

Well again, first the sense that you can imagine is that of instant recognition of thought. Your thoughts are on display because as you pick up a thought, let us say, and you focus upon it, your signature joins that of the thought, put it that way or the thought lights up. It is apparent that you are cogitating upon that thought. It is as if you have a net and the thoughts get caught up in the net but everybody can see the net, so they see which thoughts are caught in that net. So some nets, all the nasty thoughts, you might say, pass straight through and other nets, they tend to linger, and so you can see. They may not stay there but they get focused
upon, whereas in other nets they get instantly dismissed. So judging by the nature of the thoughts that get focused upon enables you to judge whether that particular consciousness or group of consciousnesses, because that is what it would be, is or would be a good companion for yourself. So there is the major sense.

Comment. Just have to break in here as I type this. People talk of levels of vibration in the afterlife, but how to change your vibration? What a simple explanation above, accentuate the positive (and loving), eliminate the negative. Try to only think the thoughts you are willing to declare as your own.

Now the rest is creation. You can create the images, you can create the sensations. So if you want the sensation of weightlessness, you can have the sensation of weightlessness. One can have the ability to produce the location of anywhere you wish to imagine, so rather than say you move instantly to the location, the location immediately surrounds you because it is in the imagination, shall we say. Imagine if when you shut your eyes a brilliant picture appeared and you could see right into it, we discussed this the other night when we were talking about virtual reality, coming home and sitting in your virtual reality chair and all the sensations in your body told you that you were walking and jumping and doing all kinds of other things. So you could write your programs and see yourself doing a hundred metre high jump, need we go any further?
It’s a wild ride isn’t it? From sliding down rainbows of coloured lights to being battered by the intensities of thoughts and emotions to finding out how to navigate through the fields of imagination without getting lost in your own creations and forgetting to remember where you came from in the first place. No wonder people stick carefully to what they feel safe with. Would you go on a small ship in mountainous seas if you didn’t have to? No, you wouldn’t. So why would you let yourself be immersed in a reality where it is quite easy to forget that you can change your focus and get back to your old reality? Of course, you can only change your focus to return you to your own reality if you remember what your own reality was.

So perhaps you have to have a guide who can stay at a distance and then, although you are immersed in your reality he can call you back.

Now, we have just drawn an analogy with the stretched consciousness. You carefully anchor one end of your consciousness in your home reality and then you allow other parts of your consciousness to go and explore. Once more, we can come back to what you have just read and imagine that to be the silver cord. Imagine that you have a walkie-talkie system, a radio transmission that for some reason you have dubbed “The silver cord”. Now when you go exploring, your controller in the home station decides not to send you any information and therefore you do not realise, you quickly forget because no more information is coming and you think you have lost the link.
So you are just aware, of what you are aware of. And, it becomes your reality. But at some stage, all of a sudden, a thought will come through loud and clear and it will be of such intensity that you will be in no doubt, this is real, this is not something I can brush aside and in fact, because it is coming from the controller they can simply blank out every other transmission and you only hear the words, “Come in No 4”, and you will return safely from whence you came.

Now do you find that understandable?

Yes thank you.

I think we have cleared up a little bit of what you have just read. It is very difficult when passing this information over to draw enough analogies to cover the different belief systems that exist amongst the physical instruments. The books would stretch to thousands of pages and you would be quickly bored with reading one analogy after another especially if you have understood the first one. None of your own writers even can afford to try to explain complex operations to those who do not already have a background in that particular field, which you would understand.

So the information that is being put through, even at a cursory glance, it is obvious that this will only appeal to, and be understandable to, people who have already wrestled with the mystery of how the physical world is created and maintained and all the differing theories of science and religion and philosophy where you, once more, looking at your screen with the different colours, is why most people focus on one colour, one filter system to
construct their belief system. Because if they try to focus on all the colours the sheer overwhelming contradictory information would leave them totally at sea.

We have been told that people have what we call death-bed visions. Some state that they have seen the “spirit”, in the form of “smoke or mist” leaving the body.

All bodies interpenetrate. The bodies that comprise, let us say, operation mechanisms of the instrument, the pattern, interpenetrate each other and exist within each other. Now apart from physical and you have just taken on the belief of the etheric, the rest fluctuate, pulse, in a different frequency. When the physical body is no longer valid the other bodies have no need to remain in close proximity to the physical. As to this smoke, mist leaving the dying physical body, this has been attributed to the life force leaving the body. But, as you can imagine, one has to be of a clairvoyant nature to be able to see any part of the aura which is composed of the various bodies. So here you are seeing these bodies, let us say, regrouping. As previously stated, they no longer have to be in close proximity or even approximate the shape of the physical body, because the intention, the focus, was upon the pattern of the physical body.

The informational memory, the emotional feeling of self, still exists, but the raison d’être, the reason for being was the pattern of the physical, and now the physical is to be dispensed with, although the pattern forever remains, the physical body consciousness groupings now begin to
dissipate. Whereas the pattern, in the form of the idea, incorporating the built up personality and the connection with the sponsoring, shall we say, and directing entity will carry on.

Now, as you have been told, the pattern continues to exist, because what started off as an idea, then turned into an ongoing gestalt of consciousness with its own ideas about itself and being composed of eternal consciousness, its own ideas of purpose and what it wanted to do next, where it wanted to focus. So, a long winded answer, but basically this is the other bodies leaving the physical pattern body with no real need to maintain that particular pattern. Of course by re-focusing on that pattern the image of that body can be re-created in any particular plane.

They would do that in order to appear to a clairvoyant to communicate with their loved ones remaining on the earth.

For that, and also the purpose of meeting loved ones who have yet to pass over so that when they actually pass over you can re-create the original form. You may indeed, in the astral, keep that for a while until all are aware of the non-necessity of form.

Can you talk a little bit about survival of consciousness?

Survival of consciousness. Did consciousness need to survive, because consciousness did not need to be born and
surely when you are talking survival you mean avoid elimination. If it existed before the period in the physical then it must have been in the situation to which it is returning. Again, if you peruse your religious literature you will find most talk about returning and returning means to from whence you came. Many questions are asked about survival but few are asked about origination. So, survival of consciousness is not a question that needs to be answered because consciousness always is, and we have to take the word always out because consciousness simply is. So, consciousness when it decides not to focus on the physical world, dimension, channel, program, whatever you wish turns its attention back. It switches off the screen.

There is no question of survival it always survives. It merely creates. Once you discover, not only the thrill of creativity, but the enjoyment of, let us say, being inside the creation that you create, even to the point of forgetting that you are instrumental in creating the very world that you now find yourself in, and forgetting same. Now, again, why the concept of the veil of forgetfulness or crossing the river Styx coming to being. Why is it said that when the soul makes the transition from the non-physical into the body at whatever point you wish to believe in, be it from conception to birth or any point in between, then why did this arise and it had to as a condition of entry to be stripped of all prior memory. You have to actually, let us say, meditate on that, and then you will find the answer to what I previously alluded to.

To enjoy your creation to the utmost you must forget that you actually created it because once you understand all the
indications of your creation it no longer holds any mystery or excitement. No thrill of discovery. Yet once you “survive” you then become aware that it was all your, and “your” is plural, everything is a co-creation, as on earth everything is interdependent, everything is a co-creation and so the world you “co-habit” in is the same. If you wish, multi consciousnesses create the, use the word, “play” shall we, that they wish to perform in, and many others including many physicists, scientists, as well as the religionists, say, only the one consciousness.

Now, one thing, to digress a little but is does make the point. One example that we gave a few nights ago was that of the lava lamp. If you ever owned a lava lamp you will know that when the power is not on, the layer of material at the bottom of the lamp is still and quiescent and the medium above, basically water, is also still, nothing happens. Some may take this example and say that the bottom layer is the ocean of consciousness to which we all return, the formlessness, there is no form there. But when you switch on the power, in the physical you will use heat, in the non-physical you will use intent, will, focus. So, switch on your focus, that is energetic, the power, power excites the up until now still air, the void if you wish, the ocean, the still ocean of consciousness. What happens? Forms arise and float up into the clear light, water is used for the lava lamp but space is used in what you would call the universe. So depending on the creative idea that is focused upon the forms arise and the forms arise because the consciousness, that wishes to create the form, gathers together with other parts of that ocean of consciousness to create the forms which it can then view and then of course
when you switch the focus off it all sinks to the bottom and becomes still once more. But the memories of the forms remain. Now this is a very simplistic example, but you only have to sit and let your imagination, logic and reason come together to see how all forms arise from the formless, simply because you decide and “you”, you can define as a singular consciousness, a large consciousness but it is all part of the one, call it ocean of consciousness and you could easily say that is one consciousness or is one mind but that is merely a point of view. Within the ocean you have warm oceans and cold oceans, frozen parts and boiling parts, all parts of the spectrum. The same thing applies to all the qualities of existence and even the perception qualities you apply such as good and bad. So, there are infinite possibilities because anything can be formed from the ocean of consciousness which creates the energy, if you wish, everything is created from that. This is virtually impossible for people to understand because they cannot understand the fact that imagination creates everything, all you have to do, imagination can create energy, energy creates form, imagination creates action, it creates desire but there is a feedback with it as well especially when you forget you are the creator. So now, you will probably have to listen to this once more before you understand the ever circular motion of creativity, stillness followed by more creativity and stillness. Do you create during your waking hours then find stillness during your sleeping hours, so, as above so below ad infinitum.

How does the soul perceive itself, does it think of itself as the body it has just left, when it leaves the body and returns to the spirit world?
Earlier today we spoke a stretched piece of blue tack, modelling clay, anything you like with one portion at one end and one portion at the other end connected by a stretched piece pulled from the middle that seems to be heavily stretched further and further and further depending on the polymerisation of the material. But it is all part of the same piece. We have just mentioned also that when the creator, which is the whole piece creates the piece that it focuses upon, the reality it wishes to inhabit, it then still retains its other focus in the dimension from which it started to create or to focus. There is continual connection at all times between the two entities, you might say, conglomerations, gestalts of consciousness which are actually the same. As the life in the physical progresses and you get caught up in the believability of that life, you forget that you are part of the creation of that life, then memories, attitudes, everything else are formed and these are at the same time observed and recorded in the other half of the consciousness. Now when you decide that no longer is the creation necessary you merely withdraw your energy, withdraw that portion of consciousness. The cooperating consciousnesses that form the body find their own focus once more and they will join other gestalts if they wish or they’ll simply let some of that conglomerated consciousness energy return to the formlessness but most will just join another group focus. So you realised you are no longer focused in the physical, but of course you will have taken on board the emotional states and certain of the beliefs of your focus into the physical, much like you here read a book stating certain things and acquire certain beliefs.
So finding yourself with a full focus in the new direction, and remember nostalgia comes into effect here as well, there may be a certain amount of longing. Even though you knew you wanted to withdraw, and you did, there are some things which “ah I didn’t really want to leave that behind”. So it takes time to let go of certain attachments. Which is why you read of hospitals and other things because attachments need not all be of a loving kind. They can be an attachment to an illness. Basically an attachment is a belief so some awake fully conscious that the whole thing is full of sound and fury signifying nothing and others will take some time before they fully focus into the new dimension. But many, most, having met their others that have passed before, that they hadn’t seen for a long time, will find a joyous reunion and quickly become attuned to the new way of life because, after all, it is what you have done many times before and so it is like putting back on a familiar old coat. Like moving abroad for many years and then coming back. All the old friends are still there, even your old house is still there and although it’s strange maybe and you keep thinking of what you have just left and the people you have just left, within no time it seems like you’d never left at all. Everything is back to normal and the time abroad is remembered but no longer has any real impact except for certain habits you may have acquired, certain beliefs you picked up while being “abroad”. So each venture into the new dimensions picks up a little bit more knowledge and changes you which is why we speak about the process of forever becoming, because each experience, each event just changes things a little. Much as, as you breathe in and out, you breathe out atoms, molecules, and as one researcher terms them, molecules of emotion. You breathe out
molecules of emotions and of course they are your emotions but do you not think you breathe in molecules of emotions which is why many say we are all one another, all part of the one.

We have said much here that again is to be cogitated upon to see how it is a continual movement in the ever present and although it seems like time is involved it is just like the lava lamp, everything is in motion and yet it ever stays the same.

I think that also explains a little bit about survival of consciousness.

Is it an effort for the consciousnesses that are already on the other side to greet the consciousness that is newly over in a form that will be recognised?

Consciousness creates form. Consciousness can create any form it wishes. Therefore consciousness creates the form that it is aware, telepathically you might say, will be acceptable to the newly arrived “soul”. If you reverse the roles, put yourself in the other soul’s place, and you knew that someone was coming over and they expected Jesus to meet them, would you show yourself as yourself or Jesus? What would be possibly the most acceptable and wished for, you might say? Where the person would feel, ”Ah, I’m in the right place”. You would create a Jesus. You might, if you were very close, create your own form the person remembers as long as you are aware that it is equally acceptable. For those who are not highly religious then the joy of meeting loved ones they have lost knows no bounds.
For others they would prefer to meet that which they expected to meet and their expectations are fulfilled. Any image can be created. We go back to a few nights ago with the painter/creator.

Many questions can be answered if you say, ”What would I do if that was me”. Because that which is you, is you, and so, many questions you can answer yourself. You may feel “can I believe this”? But where is your information coming from? If you believe that you are the “I” and you basically create your personality etc. then surely the “I” knows what it is all about. You merely have to pierce the “Veil of Forgetfulness”. Just, ask, and you will give yourself, rather than, “it shall be given to you”.

When somebody dies and you for example feel them sit on the edge of the bed I suppose your answer would be that consciousness creates form?

Why would you come back to create an event such as you are describing?

To reassure somebody.

Put yourself in the position, look at the options available to you which others will show you, who have been back for a while, what is possible. You will choose the one that suits your purpose, because you know the person to whom you wish to present the idea that you are still around and what may be acceptable to them. In the same way, as we discussed the last question, then you may sit on the end of
the bed, to some with experience you may appear full form and talk, discuss until the loved partner is at peace. You may do many things that we know we discussed earlier, aftershaves, smell of smoke, various knocks, door bells, even words on computer screens, coins, the list goes on and on. So, whatever you think might give comfort to one even though he misses you. Again, what would you do, when anything is possible? That you believe anything is possible. Remember that the attitudes of belief are just the same wherever you are, whether in this dimension or any other dimension, you see what you believe, you create what you believe you can create and the reverse is true also.

Am I right in thinking that when we pass over it is the mind that passes over and not the physical body?

It is not a question of passing over. It is simply a question of the experience being brought to a close and the consciousnesses involved in that experience then focusing in a different direction. Passing over is merely, as we said the other time, looking from left to right. You move from one focus to another focus. [From seeing, being, in one reality to seeing, being, in another reality]. All consciousnesses involved in the physical life then move their focus somewhere else, some quicker than others. We must come back to the realisation that the Joe Public, the body, is being experienced and directed by multiple consciousnesses.

You do not want to lose who you think you are, yet you cannot lose who you think you are, but wherever you focus, as we explained before, you are whatever you are aware of. [In other words when you focus into another
reality you “become” the personality you create in order to experience that reality and as in the physical do not realise or believe that you can be other than that personality.

So you are many things [many personalities] but that is difficult for you to understand? You will always be, this person, but you always are, many other persons, because everywhere you focus you become a part of, you understand, you have the knowledge, you form bonds, you are attracted by some things, repulsed by others. So wherever you look, and if you look upon your daily operation even when you pick up a paper or anything else, some things are attractive some things are not, some things you glance and go straight by, never to remember them, others will take your attention. You have formed a bond with some information and not with others. You will remember some of these bonds. Now as you go through the day, you will maybe look at the paper, look at the television, speak to somebody, you will go to an activity and if you review that at the end of the day you will find that there are a whole host of things which you remember and remembrance and memory is a bond. What language do you wish to use? What does a bond mean to you? What does a memory mean to you? It depends on the intensity you put upon the meaning of each word.

So where you are coming from now, do you have any interaction with what we call the next life?

The next life is this life. There is no next life. It is all one life.
Well then, the people that we consider have passed from this life.

It is just that their intensity of focus is such that they no longer desire to manifest in this physical firmament.

Yes. So have you got any form of contact with them?

Intensity of belief to manifest in this reality is so that you can contact. Contact is maintained. Once you leave your focus changes. The intensity of belief, the intensity of emotion, the intensity of desire changes. The reason you leave this (reality) is that you no longer wish to have that constant contact. But you can, of course, because you always are, be aware of everything that is going on. But it takes two, the person in the physical in the restricted consciousness has to be open to contact and have the belief. Without the belief that it is possible, they cannot hear, they cannot understand, they cannot feel the emotion, the meaning, the feeling of the consciousness that is no longer manifesting through a physical body. Which is why mediums, because they are open and have the belief that they can receive that communication, so it happens. Those who don’t believe they can receive communication, it doesn’t happen.

What do you feel about NDE’s?

Normal death experiences. Summed up, just like that.

Can you comment on the life review?
You are unaware that every sensation or thought is imprinted upon, we don’t want to get typecast here, so we could use the terms, energetic being, aura, magnetic record, computer file, whatever you wish, but, a mark is made every time there is any thought or movement or feeling or emotion, whatever. Yes? So the map cannot be destroyed. You don’t know how to get rid of it, in fact it is impossible to erase. Once more, when you are close to the ground you can only see the immediate surround. Yet when out in space you can see all around that person for thousands of miles. You can see, if you care to watch, where they start, where they finish. We are talking in spatial terms but of course the same thing applies in time terms. When e. g. you are in the satellite do you watch each single step, each movement as the person traverses from a to b? You just snapshot occasionally the progress. The same thing applies to a life review, all the images are there but as you scan the life review you gloss over the tens of thousands of meals you ate, the tens of thousands of toilet breaks, the tens of thousands, or maybe not..or yes, of nights of sleep, all the mundane pieces. Yet pieces that interest you, flash up, and you see all the pertinent pieces that you select without understanding that you are selecting them. And because your vibration, if you wish your powers of “sight”, more like powers of comprehension are far more acute, just like the computer you can assimilate information far quicker. So those highlights which if you think about it are not very many, a few hundred perhaps, and maybe you scan those few hundred highlights in a few seconds and you see your whole life flash before your eyes simply because your powers of comprehension are far more capable, let us say. You are capable of assimilating far more information, far
more quickly than when you have to do it via a limited instrument that is your physical brain.

Some of these people report that they also felt the effect of their words and actions on others as the others felt them.

Information. Were they there at the time? Were they connected to the other party? In the physical body they couldn’t pick up the thoughts of the other party. But in, what you would term, the higher consciousness, they were able to pick up the thoughts of the other party and therefore that information is retained as well. So when you have the near death experience you have both the memory of the brain and the memory of the, let us put it, super-conscious mind. The controlling consciousness. And therefore you are aware of what is the effect of your actions as well as how you felt about your actions.

The NDE often has a life changing effect on those who return. What effect does it have on those who do not?

You have heard many times that people say that they were met by their god and told to not worry, you were only learning, which effectively means “your sins are forgiven” for they were not sins.

They were experiences.

They were just experiences and you were learning from those experiences and when you are ready it will be explained to you but you will gradually know anyway that
you created those experiences and so did everybody else and they were not real, in the sense that you previously thought, because you created the entertainment. You explored what happens when you are in the drama and you feel that the drama is real. Now, for those that carry on, they can look at this and say “well, that was quite interesting, so this is now my state of being, because if I enter into another one, do I want to have these feelings again, even though later I realise they are yours (the other party)”. Just like yourselves going to a horrific movie and coming out shaking and saying “Uh I wish I hadn’t gone to that” and vowing never to go to another one again. Even though you know it was total fiction, it had an effect. No difference!

What if when you die you don’t wish to be a human being anymore because what you watch happening in the world around you, although it is only a part of what is going on, makes you feel that you don’t really want to be here, you want to be in a better place where you don’t have all this approaching madness going on.

There are people who leave the body that feel that way, that they don’t wish to return but they still keep an interest. It is possible just to watch what goes on and not be affected. For a while you may be annoyed, saddened or whatever by what still continues to be, but as your focus turns elsewhere for much of the “time” then the interest in the earth becomes purely cursory. Yes, it is still going on, it always is, when will we ever learn. How glad I am not to be locked into that.
When it comes to other areas of focus there are multiple worlds to be involved in. Many quite like the earth, but with different structures of behaviour. When you leave the earth you may decide to join in the construction of pseudo earths, in fact you might say that your own earth is a pseudo earth. It is just another state of being that you inhabit for exercise of your creativity. Others can be set up where violence is not an attribute that is allowed. Anybody that exhibits violent tendencies, what can they do because they cannot find their way into that state of being. The state of being in itself is such that it does not encompass violent attitudes so, even if they could find their way into there, they could not stay there because they would not be allowed to interact with other participants.

Any creativity you can imagine in the earth plane plus all forms of non-sensory perception, non-physical laws can be picked and chosen to form other realities, which are only realities should you decide to adopt the requisite criteria for participation in those realities. Therefore you can have realities where you eat and you can have realities where you don’t eat. You can have realities where your bodies are heavy and you can have realities where your body is light. You can have realities where all are equal, all love all others but still are able to play their games, communicate, discuss, even be involved in philosophy about “all that is” in the same way that you all do in the physical plane and yet, without necessity, or conflict and anger and associated traits. Can you imagine that?

Harmony, there is no problem. You have harmony in the orchestra, you have harmony in a team with all pulling
together, you have harmony when you are all engaged in pulling for the same participant in a competition and so what would seem to you to be idealistic scenarios can indeed be realities and so you can choose a reality. As we said before, entertainment. An entertainment where we don’t have to find out “who dun it”. You just enjoy the thrill of co-operation, and co-operation and competition can still be enjoyed without acrimony. Imagine, you play golf against the same course, all the time, but do you hate the course because you don’t play well sometimes? You go back and try again, continuously in competition with the course and yet you can still love the course. You love being there, so you can see that competition and conflict and love and hate, or hate anyway, do not have to go together.

There are many, many worlds, states of being, universes, planes of existence, like all other things or terms used to describe that which you are not aware of, there are ways to be that are far too numerous to mention. That is why they are not generally outlined to you except in the broadest of terms because otherwise they will be fastened upon and seen as “the next world”. There are many worlds to choose from right now, let alone after you leave the physical body. Think of the worlds that are in your dreams, think of the worlds that people find when they say they have had an out of body experience, think of the worlds in a near death experience, of course, the first reaction when passing over is often to create by your conscious desire, your prior conditioning, prior idealistic aspirations, so you create or assume to co-created worlds of beautiful valleys and beautiful mountains and scenery and glowing cities, where everybody smiles, and everybody learns and listens to
music. It may sound farfetched but given a free rein to create your ideal place what would you likely create? Once you think about it, is it so farfetched that you create such wonderful places?

There appears to be certain blinkered beliefs that the next worlds are only inhabited by consciousnesses that have recently exited the body, whereas even a little thought will tell you that the vast majority of consciousness has never been near the physical plane. It has created all these other universes. Only a certain type of consciousness comes to the physical plane. Others look and say “not for me thank you”. Others look and say “let us try and make it a better place”, as you have seen by the utterances of some of you that inhabit physical bodies. Others wonder “how could I survive in that sort of atmosphere, would I do well, would I not”. So it attracts different kinds of consciousness, different types of personality. Of course when you are in one state of being and then you start looking at other states of being it has an attraction sometimes, many times, in testing yourself, in challenging yourself and you could say the earth plane certainly does that.

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After physical death you will be retaining your memories and your memories of sensory perception. This is all to do with gradations of frequency movement, we may say. As you move away from the physical then you will lose touch with the physical and as one person remarked many years ago “you see through a glass darkly”.

Is this not referring to the bigger you?

Of course the statement is talking about the bigger you but that is what we are saying. When you withdraw your focus from physical reality….let us say we are the entity, the soul entity. It has focuses in several different realities, one of which is in the physical reality. When you withdraw your focus from the physical reality i.e. the instrument ceases to operate, then you still have … you do not need the physical eyes to see, but you do not see in the same fashion, you see vibration. Whereas using the physical eye you see, we can only say ‘light’. You have the same senses but they are utilised in a different fashion. So you can effectively, I think we said earlier on, you can tune in to the information that is coming through but you may not see completely perfectly.

Let us look at a near-death experience. Yes? So, the body is comatose. It is not moving but the entity is still intending to stay in physical reality. Are you with this? So the entity, as when the instrument is asleep for example, is able to turn its attention away and converse with others who have turned their attention away. Of course even when all are not asleep they can converse at a higher level. Now let us assume, we will go back to our previous example, the entity moves its focus from the body in the operating theatre to where the relatives are. Remember, the entity is experienced in the emotional connections of the instrument and the entity is feeling, that is the whole point of creating a physical instrument, to feel the emotional entanglements, the feelings, the results of actions. So you cannot help becoming….the entity is involved in the drama as well. Yes? Which is why when the entity is focused in the particular
physical drama or any other dimension for that matter it feels that this is the only one. It knows it isn’t when it withdraws its focus but all the time it is focused the focus is so intent and so structured as to not allow other information through as it would “spoil the game”. Are you with me? Each focus is kept separate deliberately otherwise there would be confusion arising across the board. And so when you move your focus to the other room you can….colour is vibration, sound is vibration, you can see the energy of another person, you can also see their thoughts and you can see what they see. If you wish to see what another person in another room is seeing you merely, with permission, pick up the information from the other entity. Are you with me here?

Yes.

Your physical brother is in the other room, you-entity contact brother-entity and essentially see and hear through the brother’s sensory perceptions. Do you understand? But of course once the entity withdraws its focus from the instrument, (the physical body dies), you can do this for a while but you simply lose interest and you turn to other matters. You may focus in now and again but basically you are reading energy and picking up everything because you will always be connected so whenever you turn your focus you will not only pick up the present day you will pick up the whole of, what you might term, the Akashic record of that particular person that you were and are connected with. Is that clear?

Yes.
Because there is only the present.

Let us call the senses instruments, what do instruments do, they measure, what is a measurement but a perception, so you create the instruments i.e. the senses, to measure whatever it is that you wish to, for example, and you create the instrument of course to create. So instruments are used for various purposes. And so you have hands which are instruments. You have eyes which are instruments. Eyes measure, eyes guide, hands measure and guide, everything plays its part. All are instruments but all are composed of consciousness and consciousness is always aware. Consciousness is awareness, consciousness is constantly aware, it cannot be anything else because if it wasn’t aware it would not be conscious. So consciousness and awareness are synonymous.

Exactly, the nature of the soul, if you wish to call it, consciousness, the nature of perception, awareness, which we have just stated. It is a choice to perceive but you cannot, not perceive. You can merely decide, pretend not to perceive. It is like closing your eyes and deciding that you don’t exist. Impossible.

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After death transition to the larger “I”.

You have just realised that the after death scenario that we have given you and you have learned from others over the years and the pictures that you have conjured up as to the
procedure that you go through when moving over to the
other side have all been predicated on the basis that the “I”
that you know continues without any change. You meet all
the other “I”s that you knew and you set about being
involved in the co-creation and joining in the co-creation of
a different reality. You view your life review as something
you look at from your own perspective, but we have told
you about being on the stage or at the back of the audience
and simply being the observer focussed so hard into the
physical that you think you are the observed. You can see
these as being two halves of the same coin, shall we say, one
half fully aware that it is the observer and the other half
under the impression that it is the observed.

But you have just had one of those moments when you
realise that when the observer withdraws his focus from the
stage, shall we say, then the observed is no longer, he is now
the observer. He is back to truly being “The observer and
the observed are one” except that the observed is no longer
active. Now how do you think you will view the procedure
of going over if you are aware that you are going to become
the observer immediately you move over? Your life review
will take on possibly the same attitude as is put out in the
near death experiences, because they are also, even if they
don’t know it, seeing it from the point of view of the
observer.

You will be aware more, because you will understand that
you are now the observer and that was just another passing
experience. Your feelings towards others in that experience
will be tempered by the fact that you will immediately be
aware and in contact with, as you are all along of course,
with your fellow puppet masters, your fellow observers. Only they will have their observed parts active as well and when they see the pain that their observed parts, their puppets; as we said it is like having a child, it is part of you; then they will want to assuage that pain. So you will play your part in reactivating your pattern of your observed, your “I”, in order to communicate with those who remain behind and say “Yes, I will be waiting”. Just a little white lie really. You are waiting and you will reconstruct the “I” maybe, especially if they don’t realise they are going to become the observer immediately. They soon will but it is a subterfuge in order to ease the transition. You quickly become aware that you have been, well you don’t even have to become aware, you just are back where you have been all the time and the life will just, we won’t say it seems like a dream, but that little play is over for now. Although it is continuing your part in it is finished and although you can keep in touch with what is going on you will turn your gaze elsewhere for most of the time and just keep in touch with your fellow puppeteers and the loved ones you have left behind.

It is hard to tell people that although they lose their full sense of “I” the entity they return to becoming is more than the “I”, the “I” is just a part of it. You don’t actually lose it, it is just that you will realise that that little episode was merely a play act we got together to explore different experiences. It is quite difficult to draw an analogy here in that not many people find any kind of position where they go from being, let us say, a nonentity to a somebody in an instant. We don’t mean sudden fame either, we mean part of the same structure, almost like being the son of the chairman, in a
fairly reasonable position and suddenly the chairman dies and you have to take over. You have suddenly got a much bigger field to play on, a lot more people to look after and you are no longer just interested in that small job you were doing before because you have another whole set of departments, a board of directors that report to you whereas previously maybe you were a middle manager. And so you forget pretty quickly what was going on in middle management as you are too busy dealing with matters of higher importance.

Not a great analogy but you will soon realise that you have many more things going on and as your son Steven said, he now knows people he didn’t know he knew. You will find the same but it’s all good stuff, you just get a bigger canvas to play on and you don’t lose the “I” that you knew. It’s just that you know that when your loved ones come over they will come up to speed probably just as quickly as you do because you will be there to show them the ropes if you haven’t already transmitted to them beforehand.

So another one to think through a little bit. It’s surprising isn’t it how you bask nicely in the knowledge that you’ve got it all buttoned up and then suddenly something rather simple occurs to you and you wonder, why didn’t “I” see that before?

But, perhaps, you weren’t given the thought!

(Makes you realise your higher self is pulling the strings)
Do you understand what we are saying?

I fully understand, that’s what I thought anyway.

Then you must be ahead of the game in many respects.

That’s just what I thought.

How many people do you think, think that way? That they will become something vastly bigger.

Probably not very many.

Can you think of another suitable analogy for the transition from the “I”, the small “I”, to a larger “I”?

The “actor” scenario is the method I can think of. The “I” is one of the parts we have to play, therefore the actor is the bigger part because we play many parts.

How about the actor suddenly promoted to producer and director who is also responsible for running several theatres and several plays at once?

Well, that is another thing I am…….

So we have hierarchies within hierarchies once more? Levels, levels of experience, levels of control, levels of direction and of course, levels of interest. So life can only get
more interesting once you leave the narrow focus of the physical.

With regard to NDE’s, why is it that some people are told that it is not their time and that they have to go back?

Do you think that everything is perfect on our side?

No.

Well, we will go into it a bit further but you have your answer there of course. In some consciousness groups there is a flux in the amount of consciousnesses joining and leaving and sometimes there is more of an exodus than there is an ingress. So it can be that there is a decision, even though momentarily as intensity as to the way forward fluctuates, and as the body is being recreated in every instant, it can be that sometimes the switch off moment can be a little longer than usual until it is decided to switch back on again. So the confusion that arises is generally settled by the stock phrase ‘it’s not your time’ and of course it isn’t, because it was but it isn’t any more. So back you come but of course then the argument having been settled, you might say, the intensity is such that there is a time to keep things stable for a while. You couldn’t have people popping in and out every five minutes could you now? It would be no good for either side. So these things generally get organised, you might say, so that you come down on one side or the other.
But in the main, and in the very, very, main of course, when it is decided that it is game over then the plug is pulled, you might say, and you are recalled to from whence you came. You are recalled to the home turf.

So do our lives have a predetermined end?

Most lives come with some kind of plan. It’s a co-creation and like writing any script, which you have to do of course because people want to know what they are letting themselves in for and whether it appeals or not. You don’t do it if it doesn’t appeal. You may do it if you want to help somebody else out although it doesn’t appeal, and of course you can stay in a semi-observer capacity, not quite as connected as another might be to experience it in full. In general the script is written out to a fair degree but there are changes made as you go along. The ingress and the exodus of the consciousnesses can change the balance. In the case of the group consciousnesses you might decide “oh, this isn’t quite working out as planned” or one says “I’ve had enough of this, what about the rest of you? Do you mind if I withdraw?” And the others might say “We are doing OK, it won’t make much difference if you do go so we are quite happy with it and we’ll just amend our pre-planning to suit”.

You can just take the same scenario here. If you were having a holiday and somebody decided that they had to go home for some reason then you wouldn’t go back you would just carry on. The analogies are easily drawn.
Thank you. When we pass over and we meet our loved ones how will our relationship with them proceed?

When you first meet you will don the garments that you were used to in the physical so that everybody can thoroughly enjoy the reunion of souls although the ones meeting are of course aware that they are re-entering the drama, albeit in their own reality. But the rush of knowledge back as you recognise your own reality and if you could say that you can see through the mask as the other person tends to relax somewhat, you will see a flickering of other portrayals shall we say, and you will recognise them of course. That will bring back other memories and as these memories flood in from previous relationships then the earth relationships start to take a minor role and move from a major to a minor role you might say as all the other relationships come in.

As you recognise the relationships you have played together before, which in general you have as you tend to go into realities with certain like minds, the die-hards you might say, long standing friends, you recognise that you have a number of portrayals for each of you and you will then put on that which you feel most comfortable in, in that relationship with that particular consciousness group. You might have one relationship with what you might call your son and another relationship with what you might call your wife but the wife and the son might have a different relationship. Do you understand? You don’t then relate to each other so much as you did on the, let us say, last life because also you now have to take into account the effect of living several lives at once, each group consciousness. So as
each puppeteer, let us say, is running one set of puppets, for your understanding, during the daytime, at night time he puts them down to sleep but because there is no need to sleep he turns round and operates another set of puppets.

You can imagine then that he has got to shift portrayals quite quickly if two puppets come over at the same time. So, it is a whole mix of relationships and you just end up being comfortable with one another. Generally there is no need for any kind of body, you might say, picture, portrayal, it is merely the connection of consciousness. In other words you might just as well say the actors know each other, the parts are immaterial, to make it easy. So you can say that although you acted in all these plays with all these different parts, with all these different people, when all is said and done, behind the scenes the actors know each other. But they know each other through knowing a connection, you don’t need to see the physical body or any kind of body, you only need to be aware of each other’s thoughts to assess the person, the feelings, the comfort, the coherence, the sharing of like attitudes and thought patterns etc. So, you just have to rest in the knowledge that when you first move over everything will be hunky dory, it’s oh at last we see each other again, thank goodness for that. Then gradually the masks get dropped, but you don’t lose anything from it, you find you gain all the way because you will actually realise that actually you did not lose anybody and you never will. So the feeling of comfort and security grows dramatically.
“They that love beyond the world cannot be separated by it.
Death cannot kill what never dies.
Nor can spirits ever be divided, that love and live in the same divine principle, the root and record of their friendship.
If absence be not death, neither is theirs.
Death is but crossing the world, as friends do the seas; they live in one another still.
For they must needs be present, that love and live in that which is omnipresent.
In this divine glass they see face to face; and their converse is free, as well as pure.
This is the comfort of friends, that though they may be said to die, yet their friendship and society are, in the best sense, ever present, because immortal.”

William Penn,

Some Fruits of Solitude / More Fruits of Solitude
Chapter 3

Love and Relationships after leaving the Physical Body

In the physical you consider yourselves separate but your higher consciousnesses are always together.

Now with regard to moving over, we have so far talked about the fact that you will be met by those who put on the appearance of those who you wish to be met by. Of course it can also be that they will actually be the people you expect to meet, not just the appearance of, because have we not discussed that you and your higher self are one and the same. In one or more of our previous discussions we have slipped in the phrase “you are always there anyway” and another phrase “life is continuous”. So let us talk about the fact that while one portion of your total consciousness is focused into the physical we haven’t talked about the fact that the rest of your consciousness is focused where?
We have mentioned the fact that you are living many lives and so you have several focuses and we have mentioned the fact many times that this world you are focused in is a co-created world. Co-created with your fellow higher consciousnesses which upon a moment’s reflection you will agree must be the case so that you can manipulate your puppets with seamless coordination. Now, just reflect upon the foregoing words and you will come to the inevitable conclusion that your higher consciousnesses are always in communication. They are living a life in much the same way as you in your restricted consciousness, stretched consciousness, puppet form are living your life. Now when you move back over we also stated that you and your higher consciousness immediately become one again if you already haven’t woken up to that fact whilst in the physical, but that is an aside because of David.

Now as you all have been in continuous lives in what you might say are parallel dimensions because look at where all the stretched pieces (referring to a previous analogy whereby you imagine your total consciousness stretched out with one end focused in the physical and the other focused in say your home base) shall we say, all the puppets, the dimension they are in and look at the veil, the black cloth, the curtain that separates the puppets from the higher consciousness. Look at the thoughts and actions that are being performed by both, let’s say, thoughts. The actions performed by the puppet are indeed occasioned by the thoughts being thought by the higher consciousness, which of course are immediately reflected in the actions of the puppet. But you will see that these lives are parallel. The lives of the puppets and the lives of the controlling
consciousnesses are in parallel which is why the concept of parallel universes holds some water although it is doubtful that this line of reasoning has been followed to conceive that concept. But truth, the word, we find to be somewhat morphic in that it can morph from one thing to another as consciousness expands, but truth will out in one form or another or many maybe.

You have, are and will, while you consort with the same groups of consciousness of course, always be together, and so as you move back over it will seem as if no time has passed because you have been with each other all the time. Can you understand this? You are just as much with your loved ones now as you ever were, simply on another level. It is just that one of your group has withdrawn his focus, withdrawn his puppet from the parallel universe that you consider that you are inhabiting. So when you move over you will not just be met again, you will also quickly remember that you never actually left in the first place. And so our talks about updates in various lives were to enable you to make the mental transition to understand how “yes, I can see that I would already know everything”. Once being able to accept that fact, you can now possibly accept the fact that the reason you haven’t missed a thing is because you’ve always been there!

So, in all dimensions, and life is continuous in all dimensions, so as someone in the Ecclesiastical side said on your plane many, many moons ago, “it is just like stepping from one room to another.” You will not even realise that anything has changed once you turn your gaze from the
physical to that of the, what you consider to be, your total consciousness.

So, you want the rest of the story, well this has just passed through your mind, the living of parallel lives is to be extended of course to all the other focuses that you are presently engaged upon, all those other lives you are simultaneously leading, and in all those lives you have your connections, your bonds, your loved ones and yet you keep them completely separate. Now, as these lives are all going on simultaneously so they are all part of the particular group consciousness that is involved in these lives, and to make matters even more complicated you can be involved in more than one group consciousness at any time. So, the possibilities get larger, we were going to use the phrase, more and more infinite, but that may be stretching the imagination too far at present. So, you will have these loved ones in many lives, but just as you are only aware of your life and loved ones in this dimension so you are only aware of your live and loved ones in other dimensions while focusing in those dimensions. Speaking from the higher consciousness view point of course, you are aware of all the lives that you are involved in, you are aware of all the loved ones that you have bonds with, but each focus has being and is a separate focus, because life is continuous. You will move back over to the other side, as you put it, and you become one with your group consciousness and you realise you were the group consciousness all along and so were all the people you loved in this parallel universe. Then, you find that you have been living all these other lives all at once, and you indeed are living all these lives at once, but they are different plays you are acting in, each with their
own set of bonds and attachments and there is no time. In each one of those plays you are a different “I” because you identify with the part you are playing in that play. So for those who feel that when I find out that I am not in quite so loving a bond in this particular focus as I am in another then you will find that, as we have said, these lives have been going on while you in your narrowed down focus, have been completely unaware that life is continuous. So, life is continuous all the time anyway. So, if you have had a love bond, that bond will be able to continue as if it had never been broken and also should you have had many love bonds they will all continue if you have not tired of them and moved on. We may need to explain this further.

You mentioned in your typing yesterday where you were understanding the scenario of the puppets and how the recognition could suddenly dawn, i.e. you would recognise the controlling consciousness through the actions of its puppet, that is the hallmark of the producer shall we say, a distinctive trait, the flash of the eyes, the movement of the hand. And so, the instant recognition. This would account for love at first sight for example because you realise “Ah, that’s the plan, this is the person I was meant to meet and fall in love with”. So yes maybe an unintentional break of the veil, one small recognition at your level of your connection with higher consciousness that slipped through in the, you might say, habitual hallmarks of that particular consciousnesses puppet operation methods. Just like the film producer analogy referred to before.
Multiple Love Relationships and unconditional love.

Now, back to the multiple love relationships. We refer you back once more to the fact that when you are in the narrowed down part of your overall consciousness then emotions and feeling are heightened because of the intimate contact you have with each other. But when you sit at the back of the audience then you see things for what they are. Yes, look at them, they’re falling in love, isn’t that nice and, you are manipulating your puppet very well, and, your puppet loves my puppet, isn’t that nice too. We are both getting warm feelings aren’t we, yes, very pleasant.

So we see that the feelings when sitting at the back of the audience are not so important. They are just, let us say, pleasant. So you will admit that you can have many, many pleasant relationships without the necessity of deep and intimate love in each one. So if you can bring yourself to accept the fact that your deep and intimate love that exists on this level in this parallel universe, from a higher point of view, this is merely a pleasant relationship albeit one that you wish to see more of maybe but as we said before it is all simultaneous so you won’t be aware if it is more or less.

You have this pleasant relationship, you may even call it unconditional love for all those that you, shall we say, work with in all your focuses, in your various experiences. You will lose none of them and you will feel no different because you will be looking at things from a higher viewpoint and no longer will you be lost in the drama. You will no longer be a drama, you will just be an experience that you enjoyed. ( in other words you will look back on your life as Tom,
Dick or Harriet as simply an experience but remember that the record and pattern exists and you can recreate the appearance and its personality whenever you, as a group consciousness, wish)

As we were explaining the other evening, you live several lives at once. You not only live several lives at once, you are fully engaged, or so you think, in several lives at once because to reiterate, the minute you focus into a particular life, for analogy’s sake we will call it channel, you instantly are aware of everything that has happened within that life whilst you consider that you have not been focused in it. To you it seems that you have been there all the time. (and in later sessions after we absorb this concept we are told that we have indeed been there all the time). It is simply that you have assimilated the updated information. You can say to yourself either the information is in the channel or the information is within yourself because they are effectively one and the same.

When we move to the much feared, contemplated, worried about subject of continuous love relationships, then if you think through what we have said you will realise that your relationships are constant in all those lives and those lives will continue. They don’t stop, they carry on. The fact that you drop off the physical body does not mean that the personality, shall we say, does not continue. It does because it is not only living in the physical it is living on other, let us say, dimensional levels. So as you talk about your various astral, emotional, mental, causal and other bodies you are
living on all these ("levels") at once so no matter which one
you are focusing in, on the same basis, you are totally up to
date on each one at all times.

Therefore, you have many love links in each of those lives
and you don’t lose any of them. All of them continue and
just as your relationships are on the earth, some may wax
and wane but that will be of the same effect to a certain
degree as that which happens on the physical plane except
that in the mental, emotional planes you are more aware of
the “realities” of the situation and that these attachments no
longer feel so intense, no longer of a “possession” nature.
They are more of a friendship, cooperation, acquaintance
nature as any fear of separation disappears and you realise
that you can be together whenever you wish. There is no
time either and you can split your consciousness, your focus
into several areas simultaneously and each will seem
continuous. You can be with whom you want to be
whenever you want to be. You will not feel the need to have
your loved one close to you because you will be secure in
the knowledge that should you wish to contact them they
will be there.

You will be able to exchange your various information in
the light of friendship and, shall we say, love, but love will
have a different connotation than that which is prevalent in
the physical world. All this should help you to be more at
ease with your life in the physical. To know that you never
lose anybody. Whilst you are in the physical and you are
focused in the physical, yes, you think you have lost
somebody but on another level you have never lost them.
You are together as much as you ever were here, but you
understand the relationship far better than you do when you are focused entirely in the physical. This peace of mind ensues, once it becomes a firm belief. You fully understand you do not, you cannot, lose contact with anybody. Once you are entangled there is no way that contact can be broken. Anytime you focus upon that contact, you will be in contact. In general, the other party will respond and if you have the same interests and the same ideas then you will join together with others to be involved in said activity. If you do not wish to be involved in a particular activity and your other side does then you will go your different ways, but you can imagine that if you have participated in a certain idea at one stage then you have a certain meeting of minds, which is actually a good phrase for this particular analogy in that circumstance, and therefore your trains of thoughts, activities tend to travel along similar lines and you will undoubtedly participate together in other things as well. This again will wax and wane as you take different directions and you will, of course, enjoy interaction with other consciousnesses just as much as you previously enjoyed interaction with another one. But, the whole scheme of existence, shall we say, the word scheme is wrong as well, but the whole nature of existence is such that once you are able to see the wood for the trees then fear and worry are no longer a part of your make up. Now, before we embark on another area, how does that fit in with what we explained in the previous session?

It all sounds very sensible.

So we would like to expand a little more on what we referred to some time ago that in many of your lives you
have relationships. Of course in all your lives you have relationships but in some there are those that are more intense than others and you form bonds and attachments that to you are extensions of yourself. Feelings that you exult in and despair from, attachments that cause pain and attachments that engender tremendous joy. Now it is very hard when you are so lost in the drama to conceive that these attachments are natural shall we say? They are not the be all and end all. Life will not end because you feel that you are no longer attached or that you are losing the attachment. You realise that although the focus has switched the bond is still there except that, to put it in your terms, you are both looking in different directions but you have not lost the attachment, you have not lost the bond, you are temporarily focused in different directions.

“Bit like being in different country with limited communication”

Yes and also that you have far more bonds and attachments than you are aware of. As a unit of consciousness, shall we say, you are involved in all these different focuses, all these different lives, all these different realities and of course, because of the exclusivity of focus in these realities you form attachments simply because you are involved in co-creations, agreements and therefore an agreement is a form of bond. You both, you all, work together as one to manifest a certain end, be it object, event, or whatever, and so you are connected to literally infinite other consciousnesses. Which is where the thought that all is one comes from. That we are all connected, you are me and I am you etc. This is merely trying to use language to grasp something that is
intellectually impossible to comprehend. But you can see when you just take the simple attitude that you merely are focusing somewhere else, you may not understand why the focus changed, and it is best not to try to understand, because unless you can communicate, which you do of course when you are asleep, but at that time the person that you wish to communicate with has changed focus from the physical and now operates in a different frequency, now you may meet on another frequency in between or you may simply switch to their frequency, whichever way you wish to slice the pie.

Then of course you are together, bonded, loving as always, which your philosophers have expounded for millennia. You never lose but you both watch your different channels. Now, when you decide to switch focus from this channel then you will be aware, in fact you do not even realise you have switched focus from this channel, except for the bonds that hold you to this channel. You will focus backwards and forwards and backwards and forwards to keep the connection until there is no longer a bond to hold you here. Then you will discontinue that focus unless, of course, another idea comes along which looks interesting and then you may decide to focus back into this channel again. One thing that is hard, simply because of your lack of knowledge, is to understand that when you switch, the word switching channels is not satisfactory, but when you find yourself no longer focused in this channel, you are still aware of all the information because it is like flicking a light on and off, you focus back, focus out, focus back, focus out like breathing in and out, for example, only at a far faster rate and therefore the emotion, the feeling that you had for
the personalities in this reality will still be a strong influence on you and likewise for those who have gone before, because that is no different from you looking at the ones that you have left behind. So, you will seek them out and they will seek you out and at the same time this will be the immediate bit and then you will realise of course that you are involved in other channels as well and even though as you stand back and understand that you are involved in all these other channels you are soon aware, that as we have explained, that you will focus in one channel and then another and then another but they will all be continuous, simply because of the instantaneous updates that you obtain in each one.

The subject of love.

Now let us turn to the subject of love. The one emotion, and before we commence let us remind you that love is the opposite of hate, even though people will dispute this, but what you are talking about is a strong, attractive, repulsing force. Love, obviously is the attraction, and hatred is the repulsion.

Now, does a magnet have two poles?

One attracts and one repulses. Within you, you have the two "poles" for a particular emotion. In the case of magnetism like poles repel while opposite poles attract, however where emotions, thoughts, love are concerned like attracts like and the same generally applies to hatred. This is not just on a physical to physical basis. This applies to minds which are real things. This applies to thoughts which are real things.
This applies to ideas which are real things. Everything that is, all information that is are real things. Now you think of information as just coming and going, but what is information? Information is, in terms of your computers, strings of electromagnetic impulses designated as zeroes and ones. But they are real, they are pulses and if they were not there you would have no information. They have a “being”. Maybe a being in their own particular sphere of existence but still a being. Therefore you have to view the fact that love and hatred are just merely perceptions, but perceptions that arouse what you refer to as emotions and most emotions, once you think about them, are some form of attraction or repulsion. Even if you go to tears, they can be tears of happiness, they can be tears of sadness, but both ends of that particular spectrum can move you to tears. Emotions really are one of the hardest things to categorise simply because once more we are back to the belief systems of the particular “entity grouping” we will call it, to save having to keep going on about observer and observed.

The particular things that would reduce or immediately evoke feelings of overwhelming compassion and then lead to tears in one person, can be seen with complete detachment by another person. So, you can say, that, all elements of the word, ‘love’ and the approximate emotions it engenders, are really, you are in love with the idea or the pattern, be it the pattern of the body, be it the pattern of words, be it any other pattern of any other sense that you care to contemplate. Are you with this?

Obviously the opposite applies. But once you are aware of that, then, you could, of course, stand back and say, “This is
merely, in order to be entirely rational, you could consider this another hallucination. Why do I suddenly have this feeling of this person? Why did this idea take my imagination? Why do I discard the other? Or find with this other person there is no chemistry”. People talk about pheromones and yet you can fall in love with somebody over the phone, a thousand miles away. You can fall in love at first sight, at a glance across the room, or even at a photograph of somebody. So, what do you think is happening here? You have an instant non-local connection, whether you hear a voice, if you don’t see the face, whether you see a photograph everything is instant connection. If your frequencies are harmonic, if you wish, to call it one explanation which some may find satisfactory. Or you could say that you have instant full information transfer. So you have instant full information about the other person which of course, you do have the minute the link is made. And if your intentions for a life, then we are talking about, we can broaden that, we were going to say getting together on a physical basis but it can also be that idea fits your idea for your future, in other words, life. Yes? So, whatever it is that seems to fit harmoniously, or achieve for you in your vision of how your life you wish to proceed you then move towards that or bring that into your orbit, shall we say. So, nowadays this is called, “the law of attraction.” But, of course, again we are back to chicken and egg, although, I suppose, we could say that you are, have the desire, to be in love with somebody and then you go through, on another level, many connections, where you sift the range of probabilities and then make a selection. Of course, it all becomes very difficult to explain when we have to refer you back to the fact that everything happens simultaneously. It
is reasonably easy to explain in your own terms. That you have a feeling of loneliness, you want somebody to love. You send a message out into the ether via all thought patterns and so once upon a time a thought arises to mix time systems. Yes? Therefore, that thought is noticed, in your case it is noticed by what you consider to be individual, although that may be many consciousnesses, many minds as we discussed before. But that individual, a good analogy would be, in some ways, current use of mobile phones, where each is constantly talking to the other one and saying, “I am here, and moving towards there” and the other one says, “OK, I am here, I am coming this way, now tell me when you are near so and so. Yes?

So, imagine this on another level and suddenly there is a meeting and then you say, “This must be meant to be.” “Why is this?” It’s all been arranged. It’s all been arranged by the two that have had all this information transfer totally unbeknownst to the physical instruments. So, I am afraid we have, I hope, I won’t say hope because that rather takes the magic away. But maybe we have demystified love a little.

**Can you talk about interconnectedness?**

As we have said before, all is interconnected. But, like your roads and railways are interconnected, there is a certain closeness in locality even though there may be no space as far as you are concerned, there is still a difference in, you might say, resonance, vibration. So although you are connected through the network intertwined with various connections you still must realise that you have to go via
“roundabouts”, the synapses if you wish, find other analogies that you can understand, it is not always direct even though it may be relatively instantaneous. But the further you get away from your own resonant beliefs and emotions the less easy it is to understand those who are furthest away in that context. Much as like your present religions cannot seem to find any common ground with other religions. They don’t understand each other and it will take time for them to understand each other should they wish to set about the task of trying to understand each other.

Many look and say “I’m quite happy with what I’ve got, with who I am, Why should I bother?” The same applies in consciousness. Consciousness creates their own image of who they are and most are happy with who they are. Referring to our previous conversation we said that most people given the opportunity to lead a wonderful life but having to lose their own identity in the process would say “but I won’t know I’m enjoying this wonderful new life as me because I will have disappeared and how will I be I as that new person”? So invariably they decline.

The same thing applies with consciousness. They know that they will have to spend a certain amount of time, if you wish “time”, they will have to experience being immersed, we say “partly immersed” in, but the experiences of immersion do colour those consciounesses who cannot stay at arms length. Because even the consciousness that is not in the physical, although they focus in the physical, many find it difficult to identify with their instrument. There is a fine line here of being able to maintain clarity of mind especially
when your desire to do something is being frustrated. How many of you can sit back and let things unfold when they are not unfolding the way you wish them to unfold. And yet you are instruments influenced by consciousness so do you not think that the consciousness feels what you feel because you are both one and the same.

Interconnectedness. Although you can connect theoretically to those who, in certain terms, are far away from you on a scale of beliefs, emotions and thereby behaviour, you cannot in most cases envisage how that person “is”, how that person feels. In much the same way that you cannot enter into someone else’s mind on the physical plane and feel what their beliefs, emotions, drives, ambitions are. You can only try to deduce. Do you understand?

Hopefully I understand.

All is interconnected but you stay, in general, within your own self-created frame of reference. To go outside that, you can, and do, go to frames of reference that are not too different from your own. Once you get too far away you feel uncomfortable. You have been told before, people have expressed this through the ages as planes of existence, as levels of vibration. That when you try to move to a higher vibration you find you cannot maintain the vibration. That really means you have not developed the behaviour, the ability, call it what you will, to fit in to that particular frame of reference, settled behaviour, whatever you want to call it. So if you look at the idea of vibration and call it your light that you are shining, which is the light of who you are, where all your thoughts and attitudes are lit up, are
available for all to see, then you can imagine that as you shine that light you will be acceptable or no to other frames of reference who have similar lights.

It is your acceptability and your wish to be accepted. If you wish to be accepted then you must make yourself acceptable but you must think that way as well as act that way because your light shines for all to see.

That’s right. On another level your thoughts are exposed for all to see, in effect.

Group souls.

We will move on to the subject being looked at today. That of group souls. We will refer you back to “Entangled Minds” whereby many minds get together for an experience. So you may as well say, this is a group soul experience and yet to play or be interlinked with other group souls for the experience and are both intertwined and as we say about life generally, interdependent, so love bonds are created and like actors you find that actors get comfortable with each other and can then enter into various plays, take opposing parts and yet put on a very convincing portrayal because they can spark off each other. A flash of the eyes can be met by a raising of the hand or other bodily motions, which the audience can see, but with in-depth knowledge of each other become quite natural, and therefore, the portrayal becomes extremely realistic. So, this
is how a bond is formed, you may call it a love bond. It is simply that you really enjoy being together and prefer to be with that other consciousness rather than work with any new ones. So bonds are formed, strong ones and not so strong ones and some bonds gradually fade away. So, as in "Entangled Minds", minds join for the experience, and minds leave and go on other experiences, but they keep a connection and so everything is recognised, when thoughts move around but they are simply not acted upon if there is not the motivation or need to act upon that thought. It is simply noted and of course the connection can be re-established at any time should the need arise. You can take a parallel with this with having a vast address book in your phone, it may ring, you can’t remember who that was, you may decide to answer it, you may not. So when that rings you know that somebody is sending you a message and imagine if that is a broadcast message then you simply take a note of it but do not reply. I believe your Facebook has the same sort of interconnection where you simply broadcast your thoughts then some may reply, most don’t. So, again, there is nothing different in the bonds of love between, what you would call, souls or spirits and the bonds of love between the physicals, because the physicals after all are simply that portion or that representation of the spirits that are enjoying that particular experience. What else do you want?
“Death is simply a shedding of the physical body like the butterfly shedding its cocoon. It is a transition to a higher state of consciousness where you continue to perceive, to understand, to laugh and be able to grow”.

Elizabeth Kubler-Ross.
Chapter 4

Conversation with our son, Steven and other family members.

Well Dave obviously believes and does receive communication so is there anything from any of our relatives that can be brought through tonight?

If they wish to communicate they will, so we have ”Hi mum” straightaway.

Hi Steve

“So interesting watching you, quite amusing really cos from this side it’s so obvious. It is like wandering from room to room looking in, switching on lights, deciding that this bit
looks correct, another bit looks good and another bit, they don’t quite match, why don’t they match? Will I really be here or won’t I really be here? But I can be here anytime I wish and I will be here, what you call there and you come here. There is no coming or going. There’s only being and I’m being as you are being and we are talking, we are communicating and you are feeling. I know you are feeling and I know Dad is feeling. Dad can see me smiling.

I can sense you smiling Steve. As you are talking to us what are you doing in everyday terms?

In everyday terms we have a wide circle of friends, connections, communications. I keep in touch with everybody that I have known on your side of things and others that I now know I know. There are many things to be involved in, many forms of creativity, many forms of enjoyment. I must admit that I find forms of enjoyment more interesting than forms of creativity or discovery. Music, music, music is an area of great joy because music can be experienced just as well here as it can where you are. An animal, loving an animal is much more apparent, if you wish it to be, here, than is generally expressed from the literature about this side.

I wish I was back sometimes because I would love to, when I watch you dancing I would love to be there dancing with you. We never got to dance together but I am a good dancer, I would love to.. maybe we would be able to do this in some other place and time.
We already are, not maybe we will, we already are, on another level. How do you think things are for Hayley and Michelle in all aspects?

I am interested, they are both quite happy. Inside they still wonder themselves where they are going and what the future holds but doesn’t everybody. As of the present time and all time is the present they are quite happy within themselves. They are quite happy with their present and their anticipated future, so they are not living in fear, they are living in the joy of an… the joy of the future but neither focus too much on the future. They focus on the present and near future only.

Do you consider that a good or a bad thing?

There is no point in focusing too far ahead because coming back to what was said by dad or dad’s communicators we don’t know which way the intensities will take us. We don’t know from this side either, we only know that certain directions, that at the present time, like the stock markets you can extrapolate. Sometimes the extrapolation happens, other times things are a complete reversal or a minor change.

What did you think of dad’s golfing experience?

It was amazing to watch.

Thank you for the help you have been giving me. Appreciate it.
Proud of you mum. Who would have thought a little person like you… none of us knew you had that determination. That determination to win! You have never been a person that needed to win, so to see you out there enjoying the winning and being proud of yourself and certain of your own accomplishments is lovely to watch. It makes me very happy indeed. I know it makes dad proud as well as I am sure Hayley and Michelle feel exactly the same way. Mum’s always been doing things for others and now she’s finding the person that she can be if she wishes to be.

I still feel the need to do things for others.

Of course, it’s your nature. Giving you a big hug mum.

Thanks Steve and a big one back.

So what do you think of Emma?

Uh huh, Dad getting in the way here. (amused) She’s an adorable little person….Dad getting in way…too close.

Any advice on anything Steve?

Be happy and to be happy do things that make you happy. Don’t do things that don’t make you happy. It’s as simple as that. Because if you’re happy you will spread happiness but if you’re not happy you won’t be able to spread happiness therefore by making yourself happy you’ll make other people happy and can you think of anything better than that?
No, not at all.

But you have to do things that make yourself happy and not feel that you have to make others happy at your expense because that means you’re not happy. Others will know that even though it may not be obvious, because everything is connected.

When we talk about everything being connected and we also talk about “all that is”, most of the religions in their own way are talking about the same thing even if they call it god aren’t they?

I’ll duck out of this and let Dad’s people take over.

All that is, is, all that was and all that will be. Because in your terms it’s all there ever was and so when you are part of something vastly larger than yourself you develop a belief in what you are. We come back to the ocean again. If you are a still lagoon in a hot climate and you know the ocean stretches out beyond the lagoon you will formulate an idea, a belief, in what the totality is. Now if you imagine if you are part of an ice field in Antarctica that is touching the ocean, can you imagine what belief you would generate there? Go from there to an area of stormy seas, like Cape Horn. If you take all these imagined conditions, then one would formulate the idea of a god that is warm, calm and benign, the god of Cape Horn might be violent, vengeful, destructive, whereas the god of Antarctica might be cold, distant and impersonal. Can you see how different gods all arise from the different viewpoints, from the different intensities of the consciousnesses that have formed their
own realities in the first place? So from those realities that they have formed, due to beliefs, due to ideas, due to intensities of interest, they then, from the restricted consciousness, form an idea of what they feel the totality, of which they are a part or from which they came depending on belief, is.

All religions consider that there is a god. They develop a belief in a god of a certain nature depending on the beliefs that they have come to hold due to the nature of their environment and the life circumstances they are experiencing. Look at the origin of these beliefs and where they came from and why they arose in that fashion.

I’ll talk to Steve again. Steve, one of Dad’s relatives passed over a few weeks ago and I just wondered if you have had any contact since they passed over.

All the sisters, all Dad’s aunts, all met her and there was a, as is with everybody here, a great welcome and joy on all sides. It’s lovely always, to be reunited because you have the full awareness whereas from where we are we know that you do not have the awareness. You don’t feel us all the time. So when we, as you might say, come face to face there is full awareness once more and therefore the joy of reunion is the same as it would be when you are alive.

Later the same evening.
Into my mind came a poem, “I’ve looked at life that way.”
(Sings a bit and laughs) “It’s life’s illusions, I recall. I really
don’t know life at all.” (We need to get the words to that.
That is somebody that knows.) “I’ve looked at life from both
sides now.” That’s the words. (David coming back in.)

It sounds like somebody has had a near death experience.

“I’ve looked at life from both sides now, from dah de dah de
dah de dah.

When we have finished I will look it up on the internet.

Might be Simon and Garfunkel.

Three times now, Hey mom.

Hi Steve. “How are you getting on over there?”

We discussed that the other night.

I know we did, but it does not hurt to ask again, the same as
I ask Hayley and ask Michelle, how are you today? There is
no difference.

There is no today for a start off.

I know there isn’t but every time I speak to them I ask,
“How are you?”
As I said, “I choose to enjoy, to have fun, music, I don’t need what dad gets into.”

I am sure you don’t.

There’s plenty to enjoy oneself with here and of course I know most of what dad is finding out and so there is no need. Why look for other states of being when you are enjoying your own state of being? Stay in your own state of being until it stops being satisfactory. If that means you enjoy music, dancing, laughter, fun, repartee, humour then does that sound something that is not enjoyable? Of course not. Why do you seek purpose? When you have had what most would call a blissful state of being?

I actually, Steve, I am not really seeking purpose at all, it is just thinking up a good question.

I wasn’t asking, referring to you mum, I was referring to the general concept. In which case we’ll say, “Why would one want to think they needed purpose when you’re in a state of being of ever present happiness. Ever available areas of enjoyment that you didn’t tire of. Life is one long party if you wish it to be and why not enjoy the party, until you find you need, I wouldn’t say need, however the word arises somehow, that you wish to turn your attention elsewhere at least for a part of the time. Make no mistake, “I have a life that I am thoroughly enjoying.” If you remember back to, I feel it was Jackie and Ken’s daughter as well as Bob’s wife, who saw or felt a party going on of which I was a part in both their houses, within a short time, we say short time, months, years, of when I moved over. Many of the other
lads were and are part of the same grouping. The same applies now, some have moved on, others have joined and most of those who come over in the same circumstances as my own tend to be satisfied to hang out and party until their loved ones come over to join them.

Sounds good Steve.

Can you think of a more reasonable thing to do?

No, certainly not. If you are the sort of person that likes parties then great. That’s the thing to do isn’t it?

When I say party, party is all encompassing, it is areas of enjoyment, singing together, dancing together, talking together, going for walks together, admiring beauty together.

Interacting.

Interacting but with enjoyable, about enjoyable things. No need for mind wrestling and conjecture. Just enjoying, enjoying the state of being, the word party is the wrong word, is not the same as a physical party. It is being part of enjoyment. A party to happiness, party meaning being a part of a state of happiness.

Do you see any of the rest of the family very much?

Just as we did on earth we pop in and out. How’s it going? We each have our own circle of friends as we did on the
earth plane. We also know others when we return to consciousness and we find others of the same inclination as well. So, you would not expect me to hang out for long periods of time with nan and grandad would you? But you would also expect me to join with them whenever you and dad and Michelle and Hayley figure in our thoughts and at certain times. Because we always know here any time we wish to look, as if it’s a Facebook if you wish, where all your details are there for all to see. So you can just look in, the other party knows you are looking in for knowledge but you only exchange detailed, you would call it, conversation, thoughts, should there be a common element. Otherwise it is just a warm greeting, an expression of love. There is no need to ask, “How are you getting on?” Because you would see.

Are you able to drop by Nick’s?

What do you think? Yes, I am obviously with Nick. I can wonder what would have progressed if I hadn’t been, let us say, expelled from the body.

It is good to still be part of our whole family. We are connected souls, if you wish the word, but we will be, we are of the same frame of reference to keep continuity of the verbal description. Got to go now because we are getting a little too deep, I feel myself being drawn back into, it is probably….. I’d rather stay at another elevation. No offence but you can…..

Love you Steve.
Love you mum.

Dad loves you as well.

I know that, have always known that.

Now, when Steve spoke to David after he had died and he said, “You are over the worst, I can go now.” Where was he going?

If he had said, “I can switch to another channel, I can alter my focus now.” How would that have been received? As we have spoken before, all communication must be in the language of the times, that means, the language that is understandable to the recipient in that particular time. That can be to a solitary person, it can be to the masses but you can only speak in language which is acceptable. The same way as you talked about creating an image, then an image was created in words and an image carries meaning, so when you see Jesus it’s meaning, when you hear words it’s meaning but is it couched in such a way that the meaning is understandable. Now, if Steven came back now he would be speaking in the way that we are speaking because he is aware that David will be capable of understanding. But at the time, the opportunity may have been missed, if the right words delivered in the right tone at the right time had not been spoken. The decision was made to say it in this way, say these words and that would spark a quest and you were provided. Now, so when he said, “I can go now,” look at the
interpretations there, means I can leave my focus on the physical, I have been protecting, we might say, holding you up, keeping you going, where as you were unaware that I was there, what you were aware of at the time was your head being pulled up always to look at the light, although they are only street lights. At the time it had a little meaning but not much, but now, after all these years, you can see what the intent was, you can understand straight away, look for the light, but at the time you would have dismissed that as some uh, just it would not have entered the fog of despair, it would not have been acceptable. Do you understand?

So ‘going’ just means I can now turn my attention elsewhere, I can now look at the world, the state of being, I now find myself in, because I am here, I am no longer there. Therefore, I now have to sort out what the environment here has to offer me and what new habits I need to adopt.

The answers are worthy because you need to roll all these things around in your own mind before the point becomes clear. If we answer in one trite sentence you will simply replace one shallow belief with another one. But if you wish to build a strong structure to which you can then hang much other information upon you need to have strength of conviction because structure needs strength, conviction. Strength and conviction only come when you have explored all the reasonableness, the pros and cons of the argument and come to the conclusion, this I can believe!
Let us see if anybody wishes to speak to you.

The name Heather is coming in and of course the instrument is embellishing that with thoughts.

Hello Heather.

Who would have thought it? I had no idea. I think I have been asked to speak simply because I am not connected apart from a tenuous link with David and therefore it is easier for the words to be put through without a form of self-examination in order to persuade oneself that this is not a fabrication of the instrument itself.

We listened in when Steven spoke to you. He gave you a fairly good idea of how things are here. You will understand that without the responsibilities of keeping the physical body together then once the realisation dawns what would you expect us to do but get together, relax, chat, reminisce, have a look in, have a look round, go and see this, go and see that, do some gardening. Can you imagine what Stan is up to, what he can create in his garden? Look at all the others and think “what would they be doing? Your Mum and Dad, would they be enjoying their dancing again? Would there be a dance club formed over here, or over there, because there are here’s and there’s everywhere even though they are in the same space.

Now I haven’t given you very much evidence of myself but I can tell you that I am now completely fit and well and well pleased to be out of the physical body. It was nice to team
up with George again, it was quite a good life in our own way and we don’t have any regrets. The children are still bowling along. We don’t see any particular worries there but you must remember that we don’t worry so much over here. Our only worries are the feelings that we pick up from you. We don’t have those worries because, as has been said so many times, you are here all the time. The physical instrument is there but we can get together with the consciousness that is operating the physical instrument, which is the entity operating the “I”, which are one and the same thing and say “well, how’s it going” and “what’s going on” and “let’s have a look”.

We are in that same “semi-detached” position that everybody else is once they are here. You can focus in to the situation of your children, but if you focus in too deep then you will feel the feelings because when you focus in too closely your own vibration is starting to mirror back that which you remember from when you were in the same place. It is like sound, imagine not being able to hear the sound and just seeing the motion and then as you zoom in with your microphone suddenly the voices become loud and clear. So then you focus upon those voices and then you focus upon the meaning and then you focus upon the judgements and the opinions and before you know it you are reliving the physical plane. And so once more your anchor has to pull you back out and say “look, you’re no longer there”. You breathe a sigh of relief and say, ”phew, yes, it’s not really real is it?”

Now have I made something a little clearer for you?
Thank you.

Voice changes to a more quiet, measured and serious tone.

Now I don’t come through often but I do watch

Thank you for coming through

And do you know who is speaking? I don’t think possibly you have ever heard from me because I let your mother do the talking

Dad? Is that you Dad?

What do you think?

Welcome Dad nice to hear from you.

I’m proud of you too. Mind you, I’ve had good reason to be proud of you ever since you were born (tears running down David’s face)

Thank you
And your mother and I are still together, still doing the same things. Why change when you are enjoying doing what you enjoy doing? When most people come over they are well pleased to have put aside the trouble and strife that one endures while in the body. Things are so much easier, things are so much lighter. There is nothing to get angry about that you don’t wish to. There is no need to look back at what is going on because it is going to go on regardless. It is just a never ending game.

We seem to have switched to clairvoyance. I’m seeing the white moustache, I’m starting to get pictures. Something about burning the mat or the mac, maybe this is from my memory, I remember him burning the mac but I don’t know anything about a mat. There are all flashbacks coming in. I don’t know whether I am being given the flashbacks or I’m reaching back in my memory for the flashbacks. It’s very difficult to sort out when you know so much about someone. He is saying that he still has pangs of regret about driving over Scamp. He knows it is all over but it is one of the things where he wishes he had taken a bit of time and not done it. I’m seeing him in army uniform, skinny as a rake. He’s showing me wearing a hat to work and smoking. He can only give me the pictures as best he can. It’s probably hard for him to think what does Dave know and what doesn’t he know?

He is saying that although he didn’t take an awful lot of interest in the grandchildren when he was here he likes popping in and having a look to see what is happening. Elsie is popping in all the time so he tags along on the viewing and some things are of interest. He never would
have dreamt that we/he would have been involved in something like this but you live and you learn. He’s very glad as well that he has found this out.

Voice changes again, Dad speaking once more?

The world changes so fast that you find it’s not easy to give advice because you have no experience, apart from general human behaviour, of the world that exists today. It’s something you only look at like a film, so it’s no use coming through constantly with messages, which takes a bit of hard work anyway. It is easier to let those who want to, do it. Much like your husband lets you keep in contact with everybody and doesn’t bother with it himself, because he can leave that all to you. So, please excuse me that I haven’t come through but I know that your mother has been through to you many, many times and this is just to let you know that I am standing there with her when she comes through and my thoughts go with hers, and so I don’t know how many times, and probably not very many, I’ve said this to you when I was with you, but I do love you very much.

Love you too, Dad (tears rolling down Dave’s face again)

Dave back: Someone’s said, got to be your blooming uncle, “Well that’s a turn up”. George was an extrovert, when he needed to be. He was obviously there and just had to crack a joke at the end of that, probably because it got a bit heavy. Now all these tears, I haven’t got that emotion for your Dad so this must be his emotion for you. Tears have run down both my cheeks so I have picked up the emotional feeling.
Someone else. Does this mean anything “my legs are a lot better? They’re now perfect.” Well obviously. Who had the bad legs then?

Eve.

Ah, we got Eve the other night didn’t we? She is saying, vehemently, “I’m glad to be out of that place”. There is obviously a family call going on here, there must be a number of them tuning in. Molly is saying hello. Session interrupted.
“The mystery of human existence lies not in just staying alive, but in finding something to live for.”

*Fyodor Dostoyevsky, The Brothers Karamazov*

“The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.”

*Eleanor Roosevelt*
Chapter 5

The Purpose of Life.

You were going to talk about the purpose of life.

The purpose of life, man’s everlasting quest. He doesn’t use his vaunted powers of logic and reason. He doesn’t realise that the logic and reason comes from his consciousness. They are not a product of the material plane, they are a product of consciousness. Therefore use the tools that you have, to try to see why the instruments you have created, are to be used for purposes that you devise for them. You believe in reincarnation yet you do not try to understand the self that is reincarnating. You seem to think that every expression of the self is individual in its own right instead of realising that it is merely a portrayal of a personality to suit the circumstances in which it finds itself, it has to deal with.
Why do you need a purpose? Is it because you are afraid of your own freedom? Consciousness has total freedom and you will accord it that, therefore why not accord it the freedom to engage in any activity it wishes to engage in? And when we use the singular term of it we also encompass the totality of the consciousness because all consciousness has the ability to engage in any activity that it sees fit. Again, you would respect that attribute. So why not stand back, look at the panoply, at the activity, at the infinity of activity that is available to consciousness and see how consciousness within the physical plane devises all kinds of games and plays, scenarios and activities and devises rules for each one of these in order to provide, a word which you may not feel applies to many of the things that are carried on in your physical realm, but if you look at the games you devise then you will have no problem in equating the two because you realise your games are just games.

If you realise that the whole of physical activity is just a construct to provide entertainment, it is in fact a game and therefore it is all constructed for entertainment, purely that, activity, activity, fun, something to do. What else would you have it do once you consider that consciousness, all that is, has nothing to do but be aware. Aware of what? So you must make something to be aware of, that’s called creativity. So we use the imagination, which is also another word for creativity, and you construct ideas, and because everything is interconnected you pick up particles of thought, threads of thought and various consciousnesses and in some cases an idea just forms with no obvious origination, like several people throwing paint at a canvas and suddenly somebody says, “I can see a face,” or “I can see a dog,” or “I can see a
table,” but it is not until several partial ideas come together, in perhaps you would say a random method, that order arises from chaos albeit in many cases accidentally. Although, in the majority of cases, with an end in mind. This, surely, when you apply logic, reason, common sense, all common or garden attributes of the mind to the totality of consciousness and the infinity of existence, what else would you have it do?

The word purpose in your language implies a finished result. There can never, ever be a finished result. At the same time as you talk of purpose you are quite happy to talk of “forever becoming”. The two things are mutually incompatible. Unless you say, the purpose is to forever become. But how many people would view the word purpose without a goal, unless you explain the purpose was to keep on surviving. But then if you know that it is impossible not to survive, then the purpose is to keep oneself as happy as possible. And so we come back to keep oneself, entertained.

So as we were saying last night, it’s experience.

Of course. Whenever you set out to entertain yourself do you finish with ”I enjoyed that experience”? If you did, you plan to do it again, but if you did not enjoy that experience, you do not do it again.
You wonder. What is the purpose? What better purpose can there be than to wake up each morning and open the oyster that is your world and look to see what is inside for you today. And know that you have the choice to make it what you will. To look into any aspect of “reality and non-reality” knowing that whatever it is you wish to seek out or you wish to experience is not just a possibility but can become actuality. It is only your current belief systems, which, of course, you have created to give yourself something to overcome, something to derive a sense of satisfaction from, to have the excitement of achievement, that “eureka” moment as you discover the thrill of sudden understanding. Now such is the vastness of sensual creativity that there is no way that you can hold all, as one said, in the palm of your hand, and there is no need to either, it is always there.

You, me, us, everything is aware that it is always there and it is merely a matter of choice as to what you decide to amuse yourself with, we will say “each day” for continuity of narrative purpose, but from moment to moment.

Now, do you need purpose other than that which you create for yourself? Even though the purpose may be to create something for others if that gives you satisfaction and a feeling of accomplishment. In the end you are your own awareness and you can only create, achieve, desire, satisfy and so on, for yourself because whatsoever you do for others you do for yourself. How does that sit with you?

As consciousness is the ground of all being, so creativity is the purpose of all being. To exist is to imagine, thought is
created by the imagination, thought is perceived and analysed and the impact of said thought gives an imagined outcome because one thought means one thing to one person and another thing to another person and so what is meaning but a perception, an imagined effect. Now, if we speak of creativity being the purpose of being, it means that creativity was determined to be the purpose of being. To explore the potential of your environment and the potential of your own versatility of imagination is to discover who you really are in terms of how you are observed by others because how you create, that is, manifest by imagination your reality, gives an indication of your personality traits, the word personality is being used in this instance because you are familiar with the word, but you can ascribe attitudes and beliefs to the consciousness because as it moves through various aspects of its own imagined realities, and for imagined, of course, substitute created or manifested realities, it is affected by those realities and likewise the realities are obviously affected by the extant beliefs, perceptions of the consciousness, which as has been repeated many times before is forever becoming, forever changing. Now why should creativity be seen as a purpose but then again why not? If we look at the Eastern religions striving towards a state of unalloyed bliss what do we consider this to be? To be sitting in the stillness of pure awareness with nothing to focus upon and therefore this is meant to be joy, in fact bliss is a very calm form of joy, peace more like it. But think to yourselves, how long can you as a consciousness of course, which you are, endure continuous peace, sooner or later you will desire action because consciousness, consciousness and energy are synonymous let us say, has an innate desire for action, an innate drive to
discover its own potential and to explore the infinite potential that exists within the totality of consciousness of which it is a part. That exploration involves the challenge and the joy of manifesting ones ideas but of course the idea is something that always exists, as everything always exists. You merely light upon, focus upon an idea and decide how you are going to manifest that idea. But, your idea of that idea is different from someone else’s idea of that idea and so we achieve diversity. In fact a form of similarity or unity within diversity even though there may be minor differences in said unity.

Interconnected Consciousness co-creates all realities in every moment.

So now we are forming creativity, how much of creativity are we actually involved in, for example how much would I be involved in the formation of the earth, the big earthquake which recently struck in Nepal, would I be involved with any of the goings on with ISIS, how does this work if we are all responsible for creation?

You create your own reality in every moment, now each element of the conscious universe as we know it is in the process of creating its own reality at every time and you must be careful about being too human centric in all this. Because you see an earthquake does not mean you have created that earthquake, however, you have agreed to that earthquake. You have accepted it.

That’s what I mean because then you are involved.
Everything is involved all the time because it is a co-created reality and therefore various ideas are floated and of course they are agreed upon by the mass of consciousness that is involved in the particular reality. Now, there are as many realities as there are ideas and so the agreement of those focused in one reality is, you might say, ring fenced to a certain degree because unless there is some form of interdimensional activity, which for our purposes is not worth explaining at this time, then the effects are contained within the perception of the physical reality which you enjoy. Now, you have to allow other aspects of consciousness to be involved in their own games.

But if we come back to the earthquake and we’ve all agreed on this earthquake what would be the purpose behind choosing to have the earthquake? Would it be to reduce the population or just purely for some form of excitement?

You are asking a human centric question, because do you create a solar flare?

From what you are saying we agree to a solar flare.

I think the word agreement here maybe capable of being presented in a different context. Let’s take an awareness that certain things occur but you decide in the first place that these are not of any tangible import to the events that you wish to experience. In other words the mass consciousness that is the sun, the mass consciousness that is the earth, they do their own thing. You are aware of these things and you say to yourself, this does not have any particular relevance to my planned sequence of events.
You choose your reality, but you choose your reality on the earth. You do not create the earth. The consciousnesses that are involved create the earth itself much as the clouds are created by the consciousnesses within. Everything you see as reality is created by participating consciousnesses. If you assume that the clouds are aware of the earth and the earth is aware of the clouds where does the human fit in to this scenario? Simply, it is aware of the fact that there is a possibility here for an enjoyable existence because a vehicle can be created and this is as good as any a place to try out different aspects of creativity. Creativity leads to experience (which is the object of the exercise).

Comment: It can be compared to a film producer lighting upon the perfect geographical location in which to stage his drama.

If I were a Nepalese living in the earthquake zone would I have planned that experience for myself?

When the consciousness decided to take a life in the physical and chose its parents would it have been aware that this was a particularly earthquake prone locality?

One would imagine the answer to that would be yes.

Therefore one would be open to the possibility that it could happen and that your particular instrument might get destroyed. That is a chance that you are willing to take and of course if we go along with others prognostications then a certain amount of people decided that would be their time
and method of exiting the physical environment. We all choose our pathways.

**So when we choose our pathways do we choose only the major events as opposed to every minute detail?**

When you decide upon a holiday you decide from the possibilities that lay before you to go to a certain country. You check out, in general, what there is to do in that country, that is how you make your choice in the first place, you check out those things that you would like to experience. You may decide on a skiing holiday in which case the experience is obvious. You may decide on a beach holiday. You may decide on a touring holiday and then you plan your route. You plan your route to take in this sight, that sight, maybe some experience such as a football match. Now what happens as you go along the route?

**You can get distracted by things.**

Exactly. Then does it come to mind that “I still want to do that”? How often do you say “Oh, I’ll forget this one, I’ll forget that one, I’ll forget the other one? Unless something comes along that is far more attractive than your original plan and then you may decide to simply change your plan.

As you create your reality in every moment would there be the element of creativity if you had predetermined every moment of existence? That does not mean to say that you lose sight of your original plan. In general, people will stick, to a major degree, to their original plan because after all that
is why they made the creative effort to produce their sensory vehicle in the first place and lived through the mundane aspects yet again.

As we choose our parents do we also choose the person that we are going to marry?

Some do, some don’t. Some would rather just wait and see what happens because again, this is the uncertainty and also the challenge whereas other methods are that, let us say, good friends or ones that had previously enjoyed existences together, then agree to take on certain roles. They would meet and there would exist an unaware affinity which means that the consciousnesses in question would be ensured a stable relationship which then would not disrupt the eventual fulfilment of the planned existence.

You are your higher self. You can think as your higher self. Put yourself in place, in the viewpoint of the higher self and see what logic you would pursue in planning your next existence. Why not do that exercise? Plan a new existence to the extent even of writing it down and go through it on an age by age basis. As a small child, as a primary school child, as a high school child, as a late teenager, as a young person. Whether you married or not, whether you had children or not. Which sexual preference you decided to be. You will find that you have such a wide range of possibilities at every juncture that you would be inclined to put down several options because you always need a default in case option 1 does not eventuate. You will find as you write all this down that because you are coming already from a certain viewpoint you will look at the life that you have laid
out and find many, many similarities with the life you are presently leading. In the process of doing this you will feel forced to make some major changes. For example, you may decide to be of the opposite sex, you may decide to be a great composer but I think you will find that if you do the exercise without comparison until you have finished the exercise and then compare it with your present life you will probably find that there are an awful lot of similarities. You would need to be an extrovert and resilient individual to choose a life of hardship and you can imagine most people would choose a life of perfect health and various levels of achievement and enjoyment. And so if this exercise was carried out by a number of people then, as you can imagine, there would be similarities, so let us go back to choosing your partner and which sort of partner would you choose having regard to the life plan you have just drawn up.

You would have to take it all into consideration, wouldn’t you?

But, again you would not choose a partner who would you who had an event plan which was diametrically opposed to your own. On the other hand you may want to decide that even though you have had for example a relatively puritan existence you may decide that next time you want a life of gay abandon. And so if you wanted a life of gay abandon you would have to search for a like free spirit. You would want to find a common denominator there where you could both enjoy to a great degree the exuberance and ecstasy of certain activities. Because how could you explore them to the fullest unless you both were capable of soaring on the wings. So once more we have to say that you are not
choosing one life at a time, you are choosing many aspects of that life plan if you wish to do so. As we said you are choosing default options and if for example you wanted to be a top athlete and yet due to a lack of detail in your choice of parents it turned out to be that your instrument was not capable of reaching the top echelons, then you would have to have the default option. So, perhaps because you are entering the world of uncertainty, because it is a world of uncertainty and you are exploring the limits of your creativity then you cannot be certain at any time as to whether your preconceived plans would eventually come to fruition and this is why lives are lead where things haven’t gone quite as according to plan as they were envisaged when the life was first being conceived of. Therefore one decides to do another similar life hoping for better luck next time. Because it is not only your own life plan that has these default options but of course there is every other consciousness who is enjoying reality with you. So can we come back to the earthquake and see that maybe somebody was in the wrong place at the wrong time. However on another level they would have decided to exit at that time, but that does not mean to say that was the original life plan.

So, if we come back to the earthquake is it possible that whatever planned, conceived that earthquake did in fact wish to reduce the population a bit?

We come back to the solar flare. The size of the sun, if you believe that the ground of all being is consciousness, is many times the size of the earth. Do you think that the gestalt consciousness, that is the sun, is following its own plan? And when we look at the gestalt consciousness of the
earth, Gaia, in comparison with the consciousness of the human being, do you think that the Gaia consciousness has any particular regards to the life plans of the creatures that crawl upon its skin?

Probably not.

Now, it is too easy to find yourself able to collapse the quantum wave, shall we say, and effect or create matter and then to make, I was going to say a quantum leap but that’s not quite right, but to jump to conclusions and that you are somehow the master of everything. So far in the discoveries that have been made a reasonable sense of logical association pertains with regard to most perception. So far most of the human logic relates around cause and effect and would you then, if cause and effect is another “law” within physical reality, think from this perspective that that law must exist everywhere, in all realities.

Not necessarily.

Not necessarily so but being focused for your lifetime in this reality it is very difficult to envisage anything else. Much as it is very difficult to imagine yourself as one with everything around you, because you have got used to separateness or perceived separateness. You find, of course, slowly that you are connected, your thoughts are connected but you cannot see that the objects are connected until you realise, or you imagine, that everything is appearing in denser manifestations from a homogenous background. Do you understand? The objects stand out as separate but as you described before when you look into these pictures that
appear to be just white noise on a screen, you look into the picture and suddenly three dimensional objects appear. Now, take the air around you, decide it is all energy, imagine yourself high above the earth, not looking at the earth, not being able to see the stars or the planets surrounded by air and then imagine that if you focus your gaze at a certain distance objects start to appear and you put this down to various densities or flow of air. Can you imagine this? Effectively this is what you are doing, so the words “create your own realities” really mean “create your own perceptions” and your perceptions to you are your realities.

Let us go back to these pictures, at first sight it is just fuzziness but you decide to sharpen your focus and look beyond what you see, you look through the veil, the veil of illusion and then you find a reality, behind it. The difference is, you are constructing this reality, but you are not aware that you are your larger identity. Your larger identity is constructing your reality, your perception. It is passing the perception to the instrument which is the smaller self and because the smaller self is programmed to believe what it sees, the larger self can experience the reaction of the smaller self and manipulate to suit.

Once more, you may think that if you wish to experience something that may cause you emotional pain in one fashion or another then would it be preferable to experience that at arm’s length, while all the time knowing that actually, although it was a terrific shock, you would know that you were OK. This is the sort of parallel you can draw with being involved in a very realistic viewing of a horror
film. Where you get drawn into the action and the filmmaker suddenly blasts something at you from the screen and you recoil in horror.

So why is it so difficult for people to realise that this is a production? The co-creation is a production. It is a production to be enjoyed and we might say, it is a method of passing the time. There may be no time but there is certainly a continual focus. So it is “what shall we focus on today” and why not explore creativity here, there and everywhere? You have to make it what you term “realistic” and limit your knowledge for the instrument purposes otherwise you are always aware that no reality actually exists in terms of what you understand as reality. Your real reality is the possibility of creating anything you want. That is your reality. Therefore, any reality is your reality, your reality is wherever you focus, whatever you want to be. But as we talked about the billionaires, whenever you realise that you can have anything you desire, what happens to your desire? It is extinguished basically until you can think up something else that you desire to do.

So back to “Entangled Minds”. A thought arose, that seems like a good idea, let’s do that. Meanwhile of course there can be several thoughts arising and we can do this and this and this until at some stage you say” that’s enough for now, I can do all those others another time or another focus. If we take the logic that appears to be our, let us say, god given ability then surely that logic must exist wherever we focus. It just depends on the rules pertaining in the reality that we decide to focus in. It is very difficult for the instrument within physical reality to envisage even what rules there
may be in another reality. It takes an expansive consciousness to be able to conceive of a reality totally different to this reality.

In a way like us going to a different country of which we have no knowledge whatsoever.

You have to acclimatise and you may decide once you get into that other country that you do not like it and so you may decide to leave much earlier than you thought. You understand what we are saying? There are wheels within wheels within wheels and you must always be open to the fact that each consciousness has its own idea of what it wishes to experience in any particular focus but it also may not have researched the reality in depth. As above so below, fools rush in where angels fear to tread. Once more, look within your own language for distilled experience.

So fools rush in where angels fear to tread. Now, let us say an impulsive consciousness and the word “angel” says, someone who knows a lot more, so would you say that angels would look at the situation and make a thorough assessment before deciding to move into a situation?

One would hope so.

And would you say that the impulsive look at the situation and say “I don’t worry about that, I’ll take my chances”.

I think that could be very much the case.
And I will live in Nepal.

Because that opportunity has come up. I want to explore the eastern mentality. I don’t want to be in a monastery but why not live in the mountains, be absorbed in this atmosphere and meanwhile I’ll take another life as a money trader in London and I’ll compare the emotions and thoughts and see the contrast and the similarities. If you look at certain consciousnesses in their human form you will see exactly what we have just said. That somebody involved in the most hectic daily life may at some stage decide to go trekking the wilderness. Why? To experience opposites. Experiences are relatively infinite, you just choose and choose and choose and if you think that choice wasn’t too good then you choose something else. And so it goes on and on, because to be, is to be, is to be. When you realise you cannot not be then you decide that action is preferable to inaction. Action is infinitely preferable to the word we talked about earlier “ennui”, unutterable boredom.

Now, let us return to why “purpose” we manufacture for ourselves is creativity. Creativity can equally be hitching a ride with somebody else’s creativity because you will still have a different perception, a different opinion, a different future plan maybe or a knowing that your experience and perception alters your future plan. That is still an example of you creating your own reality. One must not be too pedantic in thinking you are hands on all the time. Even if you just go along for the ride with one after another you are still creating your own reality because you are merely liking the idea and joining in. But simply the fact of liking the idea and joining in, that becomes your reality when you focus.
Language is a problem. The word “creating” has a certain connotation whereas “going with the flow” probably describes the process more aptly. You go with the flow and accept the reality that confronts you but you are still instrumental in what you experience because you have decided to go with a certain flow. You always made a choice because you cannot do otherwise.

You are conscious therefore you think and a non-decision is equally as valid as a decision because a non-decision is a decision. So unfortunately for some you cannot escape being alive. So have we shed a little light on why creativity is the embodiment of the word purpose and, of course, the word purpose implies the spacious present. It is virtually impossible to describe the feeling of no time in the words of a time based system and so there will always be shades of grey and a certain amount of difficulty in understanding our efforts tonight in trying to put over to you the essentiality of exploring your creativity as a reason for your being. Have we given you some glimmer of understanding?

There is no purpose. (I saw that written up three times)

There is a journey. What have you just looked at on the computer?

A cruise.
That you will take, together?

Yes

Why, do you feel like taking it together?

Because we want to be together.

Because you find each other agreeable companions?

Yes

So why do seekers try to make such a big deal out of taking a trip in the physical together?

Yes. It just happens.

It doesn’t just happen, it is agreed upon. You say, ”I’m going to do this, do you like this idea?” ”Oh yes that’s appealing”. But it is not just the two, it is the whole gang, you might say. Let’s all do this together. How big do you want the play to be? Let’s all get together for this and we’ll do this and you’ll do that and we’ll do the other. As above so below. If you look round at your whole society you are all doing your own thing and yet all comes together to provide the whole in which you find your mutual enjoyment, your mutual sustenance. You have to have the butcher, the baker and the candlestick maker.

Yes. You have to have all aspects of the play.
You all agreed to come and be in the play at the same time but in order for the play to be a success and to be enjoyable by all, you all had to play different roles. It would be impossible for you to have a play with all playing the same role. So, very simple and very logical. In order to put any major event together you must have many participants prepared to play their particular part, from the small to the large. We refer back to a previous discussion of the painter. Of the background and the foreground, each plays their part, but all wanted to appear in the picture.

So, in answer to the question, why when you met did you decide that you wished to be together?

Because we liked each other.

I have chosen an item from the “Seth” books and I would like your comments please. Life as we know it is excitement, highly organised, excitement at all levels, microscopic, macroscopic, psychic and is the result of the relationship between balance and imbalance, between organisation and chaos. It is excitement ever in a state of flux forming psychic and material knots. It is explosive yet filled with order. It becomes so filled with itself that it explodes in the same way that a flower bursts. The same principle is acting in a hurricane, or a flood, or a murder or the creation of a poem or the formation of a dream, in the birth and death of individuals and nations.
An extremely simple answer. Everything is connected to everything else. When an idea or a thought, if you wish, or a focus is activated, one never knows how many people, when we say people, we say how many consciousnesses, are going to be involved in that particular outcome. Therefore there is always a question of uncertainty. You may as well substitute the word uncertainty for excitement in that one doesn’t know what is going to happen until the intensity builds and this is where the excitement is. The intensity of thought builds from all those who are connected to it so you never know the amount of people who are involved. Let me give you an example. Take a game of football, the excitement swells as the ball is being passed nearer to the goal and should the ball actually go in then a huge amount of intensity goes up but if it doesn’t the anticipatory roar then fades away again. You can see how uncertainty creates excitement because you are never sure of just how many people are going to be involved or what the attitude is going to be.

Can you explain the purpose of the life review.

When you are coming back from a holiday, do you say to yourself, "Well, that was a pleasant holiday? Do you tell your friends we went to here, we went to there, we went to somewhere else. Oh! And this happened. Somebody jumped off the boat, we were hijacked, we had the flu. Were you reviewing your holiday?
So, if you go through a chain of experiences you will basically remember the highs and the lows. You won’t say “I had 20,000 lunches and 20,000 dinners”. Yes?

And you can quickly, to save me the effort, give the potted version of your own life and, I dare say, you will be reasonably satisfied. And so, unless you intend to go back again or you feel you need to go back again or somebody tells you ought to go back again and you happen to listen to them, then there is no need for a life review. You merely can say “well, that’s that then” and move on. Apart from, of course, your love connections to those still in the physical. Most people will still like to tune in now and again to see how everything has gone along because they will still have some form of interest in “I wonder what ever happened to so and so be it a person, a country, the world in general.

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**Why does everybody and everything age if everything is being recreated in every moment?**

You ask why you age, why everything ages, and if everything is being re-created in every moment, why the pattern cannot be kept constant so that age becomes a non sequitur. Now, for the purposes of narrative, let us go back to when the physical system was just an idea and then the idea had to be fleshed-out, an appropriate description. And so the parameters of the operation had to be specified. Can you see that if everything always stayed the same then surely your events would have the same flavour because all the participants would be non-variable. There would be no
generations, no interaction, no growing up, no changes and therefore if you wanted to make something, you use the term learning, so that one could learn through an experience, let us turn that around, experience through learning, then one would have to have a change. So it would seem reasonably logical that there would be a beginning and an end and so time was born.

To save going into a lengthy and boring description, “there is a time to live and there is a time to die”, there is a time to come and there is a time to leave. The system was designed for repeated visits in different designations of life so that many experiences could be derived from the one reality. Now it is possible for those who wish to work hard enough, shall we say, to discover how to control their bio mechanisms and you can see this today where you are taught through bio-feedback how to control your heart rate, your blood pressure and various other aspects. But, in general, there is not actually the desire to stay at one age or the intention. You may want to look the same but you don’t want to actually be the same. You want to be who you are at the moment. You don’t want to ever remain a 15 year old, you can’t wait to grow-up and be an adult and because of the system you can’t wait to earn more money to acquire more material goods and experiences. To mix with the more successful, in the main.

How would it feel if you stayed 21 while everybody else aged around you and you found that all those to whom you were attached, who you enjoyed being with, were now 61? Would you rather be part of those who you knew or part of a new generation where you are the equal of your peer’s
grandchildren? Upon reflection most people would say, “I prefer the safety of the herd” and you will see this in species after species. You prefer to be with those with whom you have something in common. Would you like to ask for further enlightenment?

**So why does the body age?**

Simply because, why does an idea age? Why does fashion age? Why does anything age? Why do some bodies live longer than others? What powers the body? What is the creation of the body? Does consciousness create form? Why do you tire of certain activities?

**Because you get bored with them.**

If you get bored with something do you input or give the same focus of attention as you did when you were passionate about that activity? If we call that taking care of, then what happens when you don’t take care of something as much? So focus, intensity of focus, care, whatever you wish, but when less and less interest is taken then gradually the machine falls into a state of disrepair.

Now you must add in, first of all, that the multiples that are producing the personality cannot help but take on the prevailing belief systems of the physical environment (of the instrument and certain mass beliefs). It is a co-created world. You all believe that you all see the same. You see the planets, you see the seas, you see the mountains, and that is the agreement, and you see each other. You all believe that
you will die sometime and you all believe that you must age but some people age much slower than others. Why would that be? Because they don’t believe that they need to grow old. They do of course know that they will grow old, that is the belief. They act and see themselves and feel young and that is their reflection. Those that age much faster, the focuses that are engaged there, there just isn’t the intensity anymore. So those who are active and involved in lots of things in general tend to maintain their youthfulness further into old age. But you must realise, that without exception, all believe that they have a level of immortality. You must again put yourself back into the observer status and realise again that the attachments around and of the consciousnesses that join in the focus, many as we said are the die-hards, as the environment changes from that which they are accustomed to, a certain lack of interest in the new environment can build up if one is comfortable in the old. Therefore because the instruments, due to mass belief, no longer work to the same degree of efficiency, new recruits, shall we say, are harder to come by.

If you travel to another country and you have the choice, do you stay in a brand new hotel or do you go to a rundown motel? If money was no object or money didn’t matter you would just say you can stay here or there, then most of you will stay in the new. There may be the odd one who says, “Oh I like old things and I’ll stay there” and the same goes for those who prefer to use the mental aspects rather than the physical aspects of the body. Of course the diehards stay there to the last second of the game. There is no reason why the instruments cannot be kept alive, you might say, indefinitely, but for that to happen then beliefs must change
and that is a slow process but you already are aware that life expectancy is continually growing.

Now, everything comes from consciousness, would you not think that the advances in all aspects, nutrition, medicine, environment, activity, etc. are not projects of consciousness and is not everything in a constant stage of improvement? We will not say perfection but a drive towards perfection. So, if you put yourself in a position of the observer, being that multiplicity, the idea comes up if we tweak this it could last longer but then wouldn’t you say, “Well let’s move to one of those new ones and we’ll start from there and see how long that one will last and we’ll do it all over again.”

It just struck me that a lot of us humans, I am talking humans, actually depart to the other side during the night while they are asleep, is that something to do with decisions made in framework two while people are asleep?

You are making your decisions in framework two at every instant, awake or asleep. You do not have to leave your focus in the physical reality to focus in framework two, but you will agree, if you had the infinite amount of probabilities, possibilities, decisions coming into your conscious awareness here, regarding what you are going to do in the next instant, you would be totally overwhelmed. In much the same way as if coming up into your mind at every moment were all your selves saying, “What shall we do now?” “Should we do this?” “Should we do that?” Imagine just your breathing constantly being interrupted
every few seconds with, press the breathe in button, press
the breathe out button, press the breathe in button, press the
breathe out button. What else would you be capable of
focusing upon? “Not a lot”. Now add to that all the other
bodily functions and before you know where you are you
would not be able to move a muscle. “No” So it’s arranged
otherwise. Every consciousness has its place, yet on a
mental level every consciousness knows what is going on.
The fact that you see in your brain, you think you see in
your brain, what you see, why do you find it so hard, when
you don’t even know how you see, and you think that,
somewhere in the brain, the cells see. You know how fast
this information, any information, is transferred from what
you would call your brain to the cells in your body, then
why do you think that they are not experiencing the same as
you are. They can see what is going on as well as you can. It
is whether they are interested in what is going on. They
have a focus in having to do what they need to do but of
course they can multitask much in the same way as you can.
You can drink a cup of tea and watch television or hold a
conversation, and so can your cells. They can extract the salt
from your blood stream, at the same time watch the pictures
which are being formed from, we have to use your own
language here, from the light being reflected from the other
patterns that you consider to be outside yourself, i.e. the
world around you.

We are explaining this from this side. But you can see that
you’re merely watching another channel but at the same
time when you are asleep you simply move more fully into
that channel, you just temporarily switch off, the screen
goes black, would you agree? “Yes.” The screen goes black
in this reality and you are in another reality, but they are on different frequencies. You cannot switch off from channel 1, go to channel 2, and then switch back to channel 1 and expect to get channel 2’s program on it. You will only get channel 1. It is impossible to get channel 2 because channel 2 is broadcast on a different frequency. Yes? So as you switch frequencies you have all the information on that frequency and as we explained earlier you have instant updates. Assume them all to be, from a point of view of analogy, different computers. So as you switch one on and switch one off the updates are there, waiting to be actioned, and the mere act of switching the computer on (the updates are just much faster than the updates on your present day computers,) they just instantly update. And you are “a computer”, so everything that you feel you have missed, you find you haven’t missed, because the minute you focus there, you know everything. This comes back to the omniscient. You’ll know everything wherever you focus into and therefore, you will say, “I am living all these lives at once” because you cannot see a break in continuity. You understand?

Now for a mental exercise, imagine that you are watching your television and as you switch from the football to the cricket, to the cops and robbers program, to the food program etc., at your present level of reality you are focused within, you will notice gaps as you switch between channels. You will find that you have missed bits. It is quite obvious that something has gone on in between. But just imagine, if somehow, you find you did not miss any bits. You were not aware of missing any bits and yet you know that you haven’t been there for say 30 minutes, yet you
know everything that is there. How would you rationalise this in your mind? “With difficulty” Because you are used to time. But if there was no time and no time passes therefore “you would not expect to lose any”. Exactly! You would not lose any of the continuity and to try to make it easier to understand is why we have used the computer update. The minute you focus somewhere you have instant comprehension of the whole of what is going on in that area. So, to answer your question, you are there, all the time, anyway.

Going to sleep is just a belief system which is built up for the physical plane. Most energies, shall we say, manifesting in the physical plane, seem to take a break from focus, which you would term sleep. But you will find certain individuals in all species who hardly sleep at all. Others can sleep on the wing for example, still flying, and yet supposedly asleep. So, you would say, they are, in a figure of speech, sleeping with one eye open. So where do you differentiate between sleeping and resting? You could, if you wish, say that the sleep you take enables you to concentrate your full attention on deciding which of your focuses you prefer. This is getting into territory which is becoming impossible to explain in terms of the physical plane.

But, from what we have explained so far, we can easily see from the comparisons we have drawn that it is quite easy for you to be fully aware of the total activity in multiple focuses, multiple lives, and just as your television can portray dramas from all centuries simultaneously then so you can experience dramas from all centuries
simultaneously, but while you are here focused in this one this one seems exclusive. Meanwhile, if you wish to focus in another one, or many others, then that will seem exclusive as well. It is only when you finally understand that you can be focused in many that you will find freedom from your restricting beliefs.

It is necessary that in order to have this one pointed focus in this physical life or any other life, in any reality, that the other information areas are screened out of each one, otherwise it would be impossible to experience that reality in its separateness because you would be constantly bemused by having to process information which had absolutely nothing to do with the activity upon which you are engaged. So you simply don’t allow them in and then you can enjoy doing what you are doing in that reality without any distractions. As you look upon your own life that is exactly what you do in your day to day activities. You focus on whatever you are doing, and do not, if you are sufficiently interested in that particular activity, at the same time think about all the other activities that you have been, are, or could possibly be, doing.

This is one of the troubles we face when we are trying to put over an entirely different way of looking at things. You will never really understand until you come over. The main point in putting this information through is for you to understand that you have taken this experience in order to enjoy it. Maybe sometimes you think that this isn’t very enjoyable but it’s still experience and when you look back
on your life most of it has been quite passable. The bad bits have been quite short really and even though you may suffer a great loss and sadness endures for some while if you look back at things you have done during that period you will find you also have had a lot of enjoyable periods.

That’s true.

In fact they outweigh the sadness. So overall once you do your life review you will say ‘there were quite a lot of interesting things in that, now that I know once more that I haven’t lost anybody well yes I’d do it again’. While you are there you think ‘this hurts too much’. You forget the good bits and you decide ‘do I want to do this again’. You won’t know until the next idea comes up but then you will be looking at it from a totally different viewpoint once more and you know that you can focus on the stage and you can pull away. Once more the lack of fear will enable you to take the plunge and when you are involved again you will forget that you thought ‘I’ll never do this again’. Which is the reason why you don’t keep the memories of the other side because once you realise there is a wonderful escape hatch then too many people will use it and that would just spoil the whole play. You couldn’t have people popping out all the time could you? Very disjointed. So that’s why we all agree that we will stick with it as long as we can. Occasionally one is allowed to go but the agreement is such that thoughts are scanned and only those who are compatible are welcomed into the particular consciousness group. Reliable partners you might say who can be relied upon to stay the course.
Thank you.

If you were making a choice to come to the earth at this point in time where would your intensity be focused, where would you choose to live and in what form?

The answer is in the first word you used. Choice. Choice of what experience. What experience do you want? Do you want the experience of hardship? Do you want the experience of affluence? Do you want the experience of joy and happiness? Do you want the experience of sadness? So once more you open your oyster and you choose. Just as you have to be careful what you ask for you have to be careful in how you phrase your questions.

To further answer your question, you have the choice of focusing anywhere you wish. What do you want to experience? First of all, before you make a choice of where to focus, where are you coming from? What is your motivation to focus? You have to have some idea of where you want to focus. What is attracting you? You ask what sort of life we would choose. But who is the ‘we’. The ‘we’ is a whole group of different consciousnesses. The fact that they are focused through you asking the question, what other focuses do they have? You are not aware of them.

So there is no ‘you’, there is no ‘I’, there is no ‘me’, there is no self. There is only what you identify with. (Which is probably why we refer to our ‘identity’). So your ‘I’,
'me', your 'self' is whatever you are in the 'now', at the present moment. And even though it is all simultaneous it is whichever one you care to say you are. You cannot stand back and say I am this and this and this unless you attain a much more advanced stage, shall we say, where although you will know that you are involved in all these things the minute you want to fully experience being it you will be on the stage lost in the drama.

We are trying to get you to understand although you have no experience whatsoever of the total interconnectedness of all of that which you call consciousness and awareness. Some have intuited this which is why you have these concepts of 'I am you and you are me' and so on.

Yes.

Everything is available to everyone at every moment, you might say, it depends simply on where you wish to focus. The only thing is, you cannot stand above and you can’t be on the stage as two characters at once. That is a much easier way for you to understand and yet you can go off-stage and swap roles but the minute you come back on the stage each of you will have to play the role which you have chosen, act that role out and be that person. You will no longer be aware that you are acting it. When you move off the stage you will be aware that you only acted the part. When you focus on the 'Joe' pattern you are Joe, when you focus on the 'Joanna' pattern you are Joanna.

Thank you.
Now, David, some time ago, was musing on experience and memory. So you open your oyster and do you think, “I did this before”? How long before if there’s no time? “I’ve experienced this, do I wish to experience it again? Is there something new? Now, we also said that thoughts are constantly coming by. We have to speak to you in words that you understand and we have tried to present concepts that you understand. We have to use different terminology and word structures for the particular point that we are trying to put across. Now if we could put aside opening the oyster and say that you wake up and open your gaze to the flow of thoughts, and of course we have to drop off the fact of waking up because that applies to the physical world. You are always open to the flow of thoughts. The flow of thoughts is your oyster from which to choose. So we have now made the transition, I hope successfully.

The flow of thoughts. As you look at one thought and another thought do you think of what has gone before?

To a certain extent.

Yes. So would you then let that thought go by?

Yes. You could let that thought go by and you could continue on in the same vein or change the subject completely.

Depending on its attractiveness?

Yes.
You are in the ever present now, the ever present flow of thoughts and you are able to concentrate on many things simultaneously as we keep saying. At the same time you are seeing all the other thoughts so you are constantly engaged in many, many activities, in many, many focuses. Do you agree?

I’m not sure about the many focuses.

Have you taken on board yet living many lives simultaneously?

Oh yes.

Then what have we just said? Many, many focuses. Many focuses is many lives lived simultaneously. It is simply your speed of cognition segmented and sequentialised. It is what you care to do.

Yes, yes.

Now with all these thoughts coming by and your interest being piqued by certain of them, your interest will only be aroused by something which you consider you have not had sufficient experience of. You don’t have to think “Have I experienced this” because if you have experienced it enough it will be instantly recognisable and you will just let the thought pass by.

Yes.
It will be of no interest to you. Your interest is only piqued by something which you would like to have further knowledge of, further experience of. So when it comes to experience and memory you might say that the memory has become embedded, does not need to be resuscitated, to think “Did I do that?” You always have instant access to everything you ever knew but that doesn’t mean to say you have to bring it out and review it again, it is part of you. Immediately you look at something you will know whether it interests you or not and you can assume, looking at it from the outside, that if it doesn’t interest you then it is something you have already experienced.

Yes, I can see that.

The question of experience and memory. You could say that they are both one and the same, memory can’t exist without experience but you do not have to try to remember whether you have done something or not. You just know, it is part of you in the same way that you don’t have to remember how to walk, it just happens.

Agreed.

The same thing happens with regard to the attractiveness or not of the ideas which flow past. Memory just becomes part of your nature so you don’t re-live your experiences unless an idea comes up where it hits you so hard that “I know what that’s all about, that was enjoyable, I could do that again”. And you may re-experience a similar thing that you did before, but you have been so pre-occupied with all the other ideas in between that that particular experience went
out of your mind. Now that the idea comes up again, “Ah, yes”, it piques your interest. Why? Because the memory is good, in your system. From this level, (physical) we will say that it triggered the memory, but the idea triggered the feeling, because the experience created a feeling. You may remember the experience but you don’t often put it together with the feeling whereas the experience and the memory evoke whatever feeling it may be, good, bad or indifferent. But it is the feeling that surfaces first when an idea comes by. It will either appeal or not appeal or not matter one way or the other.

Now do we have anything else tonight?

Not unless you wish to expand on the subject that was discussed last night at the Socrates Cafe, “Why do we exist”?

There is no why when you just do. If you just ‘are’ then what is the ‘why’ of the ‘are’? Because the ‘why’ means you are created for a purpose. If you put it that “why does the physical body exist”? that is quite easily answered and you can answer that yourself of course. You have enough material to answer that in spades but that wasn’t the sort of thing that you could have discussed last night. When you get ‘why does the higher consciousness exist’? You can say “to experience the idea”. Then we get back down to “well, why does the idea exist”? Because somebody thought of it and we can continue the usual infantile why’s. Why did somebody think of it? Because he was sat there wondering what the hell to do with himself and he had something called imagination and once we get to “why does
consciousness have imagination” then we come to the same dead end as you do.

Thank you.
The stream of human knowledge is heading towards a non-mechanical reality. The universe begins to look more like a great thought than a great machine. Mind no longer appears to be an accidental intruder into the realm of matter. We are beginning to suspect that we ought rather to hail it as the creator and governor of this realm.

Sir James Jeans The Mysterious Universe (1930), 137.
Chapter 6

Thoughts, Beliefs and Dreams

Where does your thought come from?

So let us start with your own observations. You are thinking of nothing in particular and suddenly a dog comes round the corner. You are immediately struck by the size and colour of the dog. Then you think a thought of, I wonder what breed that dog is? You look up at the sky and you think to yourself, that sky is a beautiful blue today. You think of going to work tomorrow and you think, I hope the traffic isn’t too bad.

Now, all these thoughts have been generated by your observations without any conscious intention to actually think, so we will call that category, thought by observation. Thoughts are transmitted, a thought once set in motion is transmitted by the brain even though you do not realise it, for simplistic purposes, to the mind and to the minds of all others. Some will pick up this thought because it actually conforms with their own perceptions or beliefs and others
will ignore it because it is not a subject in which they take any particular interest.

Once the thought wave starts in motion then it can never dissipate. It simply keeps going. It has been postulated that there is such a thing as the Akashic records and your scientist Sheldrake has talked of “morphogenetic fields” where all thoughts reside and you might say, actions are recorded and as they are repeated as other consciousnesses notice the thought then the same like thought attracts other like thought. Anything pertaining to the same concept is gathered, you may say, under a certain filing system, coded if you wish. Therefore when another person thinks a thought especially in the form of a question that record is automatically contacted and without realising it you access that store and other thoughts begin to flow to your mind. The same system pertains, those thoughts that you wish to entertain then flow through your perception and those thoughts that you do not, let us say, believe in are excluded. You only think the thoughts in this regard that you are open to and as you can imagine some are more open than others. So the thought, once thought, is forever in existence.

You have in your historical philosophies the notion that every action, every thought of everything, every consciousness down to the smallest bird or insect and now of course we can extend that down to the smallest particle or consciousness is recorded and is always accessible. If you follow your own logic even and especially now that you have the internet you will see that whatever is fed into the internet finds its way to a certain number of associated pigeon holes, shall we say, from whence said information
can be retrieved when activated by a request for information relevant to, even in a fairly abstruse way, to the intent of the question.

So, where do thoughts come from? Thoughts arise from consciousness. You may say conscious perception equals thought. Thoughts are recorded in like files and therefore are forever open to examination. Now in your own language you have phrases such as “bodies of thought”. Think of that particular phrase “body of thought”. You can think to yourself, does this mean that the body consists of thought and/or is it the thoughts that created the body? Or the more popular conception that this just means a conglomeration of thoughts.

So again, when considering where do thoughts go, then yes, they can go to a recording establishment or they can also be manifested in a reality. A thought becomes a reality especially if you classify the thought as an idea for something. You classify the thought as a product of imagination and then you look at the imagination which is another word, you might say, for thought or idea. All of these would mean different things, slightly, to different people but generally most would say that they are different interpretations of the same, we will have to say “feeling” here. A feeling that something is possible. So thoughts are things and become things depending on how much the consciousnesses cooperate in wishing to make a particular thought become a reality. So in answer to the question of where did it go, it can go to storage or it can flow into what you would consider to be, objective reality in this dimension and also into perceptions of realities in other dimensions.
So what effect would you say that thoughts have on yourself or others?

From what we have just said then when it comes to the effect of thoughts upon others then let us, you are talking about effects on others? Yes. When many people think of another group of people as undesirable and to be eliminated, subjugated or somehow be reduced to powerlessness what ensues? War and killing. The effect of thoughts can be extremely powerful. On the other hand when many people get together with the idea of bringing peace to an area and for example demonstrate by the ballot box or by mass demonstration in the streets then war can be avoided or stopped. Now we are merely talking here in terms of violence and to save a long-winded peroration you can use that same logical reasoning to see how everything comes about in the reality that surrounds you.

Now when it comes to reality for yourself then this can be measured physiologically. If you think happy thoughts your bodily production of chemicals, your heart rate, blood pressure, your muscular tone, your stance, your mental condition, your moods can all change depending on which thoughts you concentrate upon. Because you create your own reality, your thoughts create your reality. If you think that everything is terrible, that there is nothing to hope for and you are filled with fear and dread then your body markers will respond appropriately. This may seem to be like just plain common sense and indeed it is.

What exactly is dreaming?
Dreaming, to give you a very simple description, would be like one focusing in various realities, much as in moving from one website to another and being struck by certain experiences when talking about websites. It would be news items, pictures, objects and events that make an impact upon your senses. Now imagine moving from reality to reality which your other selves, your fellow co-creators, your other “bodies”, as we were discussing some time ago, and sharing their experiences. Now the most stand out ones, shall we say, may stay in “one of your memories” and so when you awake there is a temporary remembrance of certain of those, easier to use the word “experiences” as a cover all, and because in most cases you only remember the highlights there is not sufficient continuity for you to understand. So, as an analogy sit and surf the web rapidly it will scan various sites and when you are finished try to remember any particular information in full detail, you will find that only certain items can be remembered and other sites although you took in what you saw you will not remember at all, this is as good an analogy as is possible. Now, remember that when you are looking at your websites you are just in the one, let us say, frequency, the physical dimension but when you are dreaming you are hopscotching from frequency to frequency so you can imagine the distortion that bringing information from one frequency to another entails. Does that make you any the wiser?

So carrying on from that. How do I know how to dream when I have never been taught how to do so?

Your dreams are simply your perceptions of other realities in which your thoughts are forming your realities. Now
often (when dreaming) you will perceive in the other reality that you are currently focusing upon, as during your sleep you switch your focus from waking reality to other realities, you switch away from the physical world to other worlds which really can be quite as physical, although you think that only the world you inhabit is physical there are innumerable other worlds that are equally physical or if you wish to reverse the situation, what you consider to be physical is equally as non-physical as all the supposed non-physical worlds that you think are, let us say, out there.

Now often you will find that your dreams seem to have a connection with some of the activities that you have been engaged upon or areas which you have been considering as possible avenues of action. Previously we have mentioned that you do not just have a focus in the physical, you have a focus in the astral, the emotional, the mental, etc. at the same time. When a thought is thought in one area, subject to the screening systems we previously referred to, it will be picked up in one of the other bodies as well. So if we say you have been considering how to reorganise your garden say and then you have a dream about a beautiful tree or digging a hole or something even not directly related, you find yourself in the desert or find yourself in the forest and somehow you may make the connection between the garden which you wish to create and the forest being created from the desert. The connection will only be made by the few that tend to examine their dreams in detail if they can remember enough of them.

So you can see that the thought that may not manifest in one reality may manifest in another reality. There may not be
sufficient intensity, sufficient conglomeration of thought to manifest in a dense reality or your perception of a dense reality, but it may be able to find a form in, let us say, a diaphanous reality. So in the physical reality you may be able to sculpt a rabbit out of stone and in a less dense reality you may see a rabbit in the form of a cloud but you are still perceiving the thought-form of a rabbit and you can extend these in either direction.

Whichever way you look at it, in the end, thoughts will become a reality in some conscious perception.

Obviously we had a very interesting discussion the other evening, have you got anything you wish to add to those aspects? For example, one of the things that you said, if I understood correctly, that it is belief that makes everything where it is, for example how far the sun is from the earth, how large the sun is and that sort of thing? But surely everybody believed that the earth was flat and that the sun went round the earth but that obviously was not the case, so belief in that instance did not create that reality.

That reality was a reality to those who believed it and then the belief changed and the reality changed. The belief creates the reality, the reality is not... there is no reality except that which you believe is a reality. There is no distance except the distance you measure with the measurement instrument that you create to measure them. Do you understand?

Yes I understand what you are saying but when you say belief, the trouble is that what comes to mind is belief of
people and that’s not the case at all. It has got to be something bigger than that.

Each gestalt of consciousness has its own beliefs and each gestalt sees its own reality.

Whether there’s any humans there or not “there is!”

That is a belief. That is a belief in itself. Do you see all other planes of existence, all other dimensions? Do you believe they are there?

I know there is something, I don’t know what.

In general though we now have the belief in the multiverse. You believe that the moon is round and yet until somebody saw the other side of the moon you did not know it was round.

Yes, but the fact that we did not know it was round did not mean that it wasn’t, it was still round whether I believed it was round or not.

People believed the earth was flat and did not want to go to the ends of the earth then somebody decided to go…

The fact that they believed that it was flat did not make it flat, it wasn’t flat. They just didn’t want to do it. It wasn’t flat as borne out by the horizon.
But you are talking in time and reality is created in each moment according to beliefs. You are only taking your present beliefs and extrapolating backwards in time. Nothing matters. It matters nothing. There is no matter except the matter you believe you perceive. Everything is simply consciousness in motion forming various patterns arising from intensity of thought, of emotion, of belief.

So how much do our thoughts, beliefs etc. affect our day to day existence?

Beliefs generate a certain level of intensity. It takes, in this particular level of perspective, time for that intensity to rise and intensity can last for a long time and it will gradually change and as the intensity changes, obviously the belief changes and the reality changes. The reality of perception changes. There is not just one belief, there are many, many interlocking beliefs. New ones arise, old ones fall by the wayside.

So for the everyday person, how much should they study this?

If it interests them they should study it, if it does not interest them they need not study it. It is simply a focus, an experience. It is simply what you wish to do. You find excitement and uncertainty in crosswords and in games, others find excitement in the uncertainty and joy of discovery in other areas and these areas overlap with all.
Philosophy is eternal, human beings have been around for a long time. Blavatsky talks about the perennial philosophy, but the human is the perennial behaviour as clothed in different circumstances in the environment, the human being changes very, very slowly because beliefs can only change depending on the mass belief, because the mass belief creates the intensity for change and when the mass finally want the change to happen it does. If you stand and watch what is happening around the world, which is now the protest system, a part of the mass rises up and says, “We do not want this.” The rest of the mass could not care less. It does not rise up against that mass otherwise you would end up with civil war. In some cases you have got this, where there is two conflicting intensities. All events arise from emotion. We are back to where we started. The present level of intensity moves up and down and changes direction and most will go with the flow. You have control of how you wish to perceive things and once you realise that you really do have control of your perception you have control of the off switch. Only look in those directions that make you feel good, that give you pleasure. Do not look in the other direction unless you feel you are going to do something about it.

Now, one could say that the universe as you see it, is, as Sir James Jeans said “The universe begins to look more and more like a great thought rather than a great machine”. Let us call this a great idea. Let us also come back to Rupert Sheldrake and his morphogenetic fields. Now, every consciousness is tapped into these so called “fields”. The universe you could see as merely a field, a field of vision, an idea. But if you focus on that field of vision, that particular
idea, it would be like you switching to another channel on your television. You will see what is there. If the belief has reached a certain intensity and then resides in, using the language of the day, the morphogenetic field, and you are linked to the morphogenetic field whether you like it or not, you will see what the morphogenetic field, from the data contained therein, presents to you. The same way as when you look through your eyes you are only seeing the light reflected. Do you understand?

Yes.

It is the idea you are seeing, the image that is projected back to you, the thought that you receive, and therefore the universe is but one image because your belief comes before the image. The image is already there and, because of the number of people who have added to the image, it becomes a belief. Beliefs and images are interchangeable, in effect. Once you have a belief it becomes an image to you in your mind and vice versa. Coming back to all being created all at once, we are told time and time again, that there is no beginning, it has always been there. So we, once more, come back to the analogy of the [potential] sculptures in the block of stone. All events have always existed. The same way as all sculptures have always existed [in potential]. It is what beliefs you place upon these things.

Comment:- [You have subscribed to the mass belief in the physical universe and that belief, thought, is contained in the morphogenetic field which is composed of, contains within, every thought and action of every human being. The mass of humanity, of all manifestation if you wish, is
creating its own reality, the reality of its belief in a physical universe.][The hundredth monkey proposition is that when a thought form, an idea, an action, a belief, reaches a certain critical mass it automatically resonates by association with any thought being experienced by a consciousness and that consciousness becomes aware of it and so the behaviour or belief spreads].

We are coming back to the same morphogenetic field idea that if you believed that dinosaurs existed three million years ago, then you will make that belief a reality. So it is a reality to you. You make your beliefs a reality. If there is a belief... any group of consciousnesses all believing the same thing that will be the reality to them. Therefore there are innumerable, infinite number of universes, infinite number of events, infinite number of objects available for the consciousnesses that wish to focus upon them.

When a person visits another reality in dreams or other altered states how can they revisit that reality?

For most this is extremely difficult because even if you have the intention to revisit that reality and if you refer to the little discussion we have just finished it will need to have, we will use the term location, but let us call it instead an identifying signature, an address, and therefore if you have not carefully noticed the address, where are you going to look? So you can have the intention but you must also have a memory of the route you took. This is not a very satisfactory explanation. Now, if you start off with the
intention to visit a certain location of which you have some idea and you find yourself there then you will be able to revisit that location if you are of sufficient intensity of intention. You understand that? Now, if you were merely browsing with no particular intention then, as we said, if you can’t remember where you have been then how are you going to find your way back? The simplest way we can answer the question.

Thank you. Can you hide your thoughts in the spirit world and therefore in effect mislead others?

If you are sufficiently expert in the same way as consciousnesses you see around you, you can indeed deceive those who don’t wish to put themselves to the effort of probing your aura, shall we say, (the thought net analogy in a previous post is easily understandable), because that is an easy way for you to understand that if the person takes you on at face value and doesn’t change their focus to read you, especially because each one will know that they are being read and it will be seen as disrespectful, you can understand that. You would not like to be speaking to one, who you considered to be a close friend, then find yourself being closely interrogated as to the meaning of your every word.

We now have a question from Tosca. What is God? Could we consider it pure consciousness, immutable, perfect or is that consciousness, God’s mind perhaps, in some way responsive to its creation? Is God affected by our
experiences, maybe experiencing aspects of itself through us?

All this is intellectual conjecture. The word ‘God’ is meaningless. It is merely a word coined for others to understand what the other is trying to say. Now as there is no understanding of how this all came about and as you can only think in terms of humans because you think humans are the top of the physical tree and the only ones that think, you construct this being and think of it as some kind of superhuman that sits somewhere all alone in its separateness, because you see things separately.

And yet you have no idea of where the universe ends and you say “where are the boundaries of the universe”? without asking the question “why should there be boundaries to the universe”? It is because you see boundaries to yourself, you see boundaries to the earth, you see boundaries to the planets and stars revolving around and to the galaxies, but, if you were inside your body and you were trying to look round at all the cells, the atoms within the cells and so on down to the usual retinue of particles and charges, where would it end? What would your viewpoint be from that perspective? It would seem never ending and yet when you came outside you would see, there is another one over there and another one over there. You look further and ‘my goodness, there’s another planet’ and so on.

So, how do you know that this universe is not like all the stars and galaxies that you can see? That it isn’t just one of myriad universes? You can carry on from there can’t you?
You simply can’t understand what is around at the moment so you try and find some reason why it should be created. Why do you find that it needs to be created? Because you think of ‘time’. You do not realise that you have created time.

Now, start to think about the animals, birds, bacteria, viruses. Do they have clocks? Do they do things other than by light and dark? Do they measure the number of days, years? Do they measure how old they are? Do they think of when they will die? You don’t know do you? Maybe you should find some of that out. If you can. You must get used to the idea that you construct time. You construct the beginnings and the ends. You have to dispense with thinking from those assumptions and see whether you can think of everything as always being.

With everything always being then where is your need for God?

If you start with the God business again next minute you’ll be back into purposes, which is what has happened before. We come here to learn, and what do we come here for, so we can find our way back. Well, that’s rather stupid isn’t it? What on earth would you come for just to forget all about it and find your way back? Wouldn’t it be more sensible and logical that you come here to experience it and you go back when you’re ready. You don’t even come or go, you look in, to see, and you make your imagination real in the same way that you construct your plays and films etc. You take your imagination, you make it real and you enjoy the experience. Others can step in and view. They can view the play, they
can view the films, the virtual reality and the experiences become more and more vivid and real. What is happening is that you are slowly moving towards what you already do. So if you wanted to come and go back you are gradually reproducing what you already do. So there’s your coming and you are on your way back. In the end once you have all your virtual realities then you will look at this and think ‘well, this is rather like taking coal to Newcastle isn’t it, what’s the point in constructing this physical body only to strap a visor on its face and then it is into a different reality? Well then, it is not experiencing the one it is in, is it?

So I suggest that you think, why is there any need for a god in the first place? And think of a whole different way of thinking about the ever present consciousness and what it is going to do with itself. You just sit there, you think, ‘this is boring, I need to do something’. So you construct something to do, which is exactly what you do in the earth plane. As above so below and vice versa.

Thank you.

You constantly talk about as above so below but there are certainly some things that take place ‘below’ which are really not desirable. Are you also saying that those are above as well as below?

When you look at what we previously said, that everything is an experiment and the answer comes ‘it went wrong,
didn’t it’, so things go wrong with minds as well. You acquire beliefs and you change beliefs. You changed from thinking eating meat was perfectly OK to finding it abhorrent. You view that as being a move to the good. You must realise that there are those out there that are being told ‘this is what God or whoever wants you to do, these people are wrong, look at the way they live, look at the things they do’. You will find that an awful lot of the violence and other things that happen, certainly from the point of view of the largely organised violence, comes from dogmatic beliefs as to what is right and what is wrong. These are fuelled by a few people generally. Do you agree?

Yes.

Then you have other elements e. g. the mindless violence upon a stranger but overall these are few and far between and how often do we try to get inside the mind of the person perpetrating this violence and see what led him to this? Now you have seen the way that drugs can completely alter the moral responsibility of certain people?

Yes.

But the instrument wasn’t built for that was it? For some reason this is experimented with and the instrument goes out of control.

So is it also being experimented with ‘above’?
Depends on what you call ‘above’. There are myriad realities. We have to say ‘as above so below’ because you still think in terms of the control as invisible, coming from a sort of heaven. If we said ‘as around so within’ how would you understand that? Because we are talking in terms of your sensory perceptions. Or if we said ‘as within so without’, where would you place the intelligence?

Within.

What if we told you ‘as without so within’.

It doesn’t really matter what words you use, what I am trying to ascertain is.....

There are all kinds of realities. You are talking, yet again, about what you consider to be good and bad.

Yes of course.

But everything is imagination, nothing can be hurt. As we have said, when you are watching your puppet being chopped to pieces then ‘what a shame that is’, ‘I shouldn’t get into sword fights should I’. ‘I’ll have to start another puppet, that’s no big deal, I’ll just switch my gaze and join this lot, I’ve been running this puppet, I know what I’m doing, can I join you? Yes’. Now, if you are saying ‘I want to join you so I can go and destroy another person’s puppet’ that may be more difficult, but there are those who like wars. So you join and others join and before you know
where you are you have one that can’t go to war but still wants that feeling of destroying another puppet.

Not easy to explain because you are coming from the point of view that you do not wish to have any pain anywhere but if you didn’t have any pain it would all become boring again. In the same vein why do you produce all these programs and films that are horrible? It is because you understand that it isn’t real. Whenever looking at these events you must try and move yourself to the ‘above’ position or the ‘without’ position. Looking down and realising that this is all a light show. None of it is actually real. You can’t allow the puppet to know that it is going to be killed otherwise you won’t get the experience. The consciousnesses operating the puppet know full well that this is going to happen.

You were told today of the woman who was sitting in the car waiting for her husband and suddenly decided to join him in the shop. When they came out of the shop they found a large tree had crushed their car. The higher consciousness became aware of the intensity signifying that the tree was going to fall on the car and not wanting the puppet to be hurt sent her the thought to leave the car and join her husband. Now we didn’t cause the tree to fall, the tree is its own consciousness. It decided it had had enough and it didn’t care where it fell but we could see the intensity building. We could see that it was going to happen and a decision was made. There are myriad answers to this but suffice it to say that it is all in the imagination.
You must really stop viewing through the lenses of good and bad.

I was only asking if the same things happened.......

Are the people who make these films bad people?

No.

They’re providing employment, they’re providing enjoyment and basically it’s harmless and they are making a lot of people happy. So are they good or bad people? You don’t say they are bad people because they make violent films, you may say they have some odd imagination but have they been out there killing people themselves? They may feel that they have some instincts for that kind of activity but they express them through make-believe. In much the same way hunting was a major activity for hundreds of years, killing things for sport. Look around now and how many people do you see shooting defenceless animals purely for sport, for the sake of killing them?

Certainly not as many.

And how many people are using cameras?

Yes lots.

Now equate violence and films with rifles and cameras.

Yes.
Equate them not so much as regards technology but in the motivation of the consciousnesses behind those objects. All you had were methods of destruction but now you have methods of capture where you can watch the creatures for a long time. Before it was ‘am I smart enough to shoot this rifle and hit the target’ but now you say ‘am I smart enough to lock onto this flying bird and follow it all the way’. You are still exercising your skill aren’t you?

You can find those realities where everything is perfect which is why you talk about heaven, then as the memories come flooding back you realise that ‘it’s all imagination anyway, so I can go and do that’. ‘Now who else wants to join me’? Because you can’t produce any reality without consensus.

As Seth says, ‘nobody dies unless they agree to it’.

As we have agreed before, for a murder mystery to be able to be enacted somebody has to be murdered in the first act and exit never to be seen again. Until the next performance. (But when the play is over all the actors appear again to take the applause, meanwhile the ‘victim’ has been watching from the wings). This is why we are relatively relaxed, immune to the slings and arrows of outrageous fortune, because we understand, it is all just make-believe. Once more you must think about those two words, ‘MAKE BELIEVE’ …….. and then think about ‘focus’.

Are you connecting?
Yes.

So tell me how you’re connecting.

Once you focus on something you then start to believe in it so by focusing you are making a belief.

Correct. So you make the reality believable in order that when you focus into it you believe it. You believe it is real. You are not in a position to know that reality has been created with the specific intention to lure you into the belief that it is credible. Imagine walking into a building and you go to a door. As you open the door there is a tremendous sound of gunfire and coming towards you at a rate of knots is a wild man with a machine gun firing directly at you. What is your immediate reaction?

Fear.

You slam the door but then suddenly think ‘that can’t be real’. There are no bullet holes in the door. So you open the door and peep through again, don’t you? And it starts again but you watch it this time and you realise there are no bullets and he’s not getting any closer, it’s a film! But when you are unsuspecting and you open it and ‘Bang’ it was there, you had an experience. Then you realise it was just an experience, so when you walk over to the next door what do you do? You open it wondering what film is showing in here. Fear gone. Unless they have organised a 3D cobra coming straight for your face in which case you’ll recoil somewhat, won’t you? And then you realise ‘oh god,
another one’. But once you’ve done a few of those you’ll be able to stand there in perfect equanimity, they can throw anything at you and you will know it’s all make believe. After a while you wouldn’t even be bothered to open another door, would you?

No.

Take that as forever existence and before long you would be just sitting on your stone wouldn’t you?

Yes.

So you don’t do that, you make it believable because if every reality had no downside once more they would become blasé wouldn’t they?

Yes.

You would become blasé. Oh, it’s another round of parties and everybody is happy and this, that and the other. ‘Doesn’t anybody ever get angry around here?’ ‘What about a good fight, where’s the competition, where’s the risk? I want to climb that mountain but I want to know I can fall off, no point in me climbing the mountain if I know I can’t fall off because anybody can do that, so how do I differentiate myself from the others’.

Thank you.
Are dreams astral travelling and if so what about wild dreams that are more like a movie or video game and not like actual life?

What’s in a name? We will call it astral travelling but as we have said before it is merely a change of focus. You close your eyes, you shut out the physical world and go to sleep and then you find that you are sometimes focusing in another reality that has caught your interest. All the time you think you don’t dream it is simply that you don’t remember. You would not wish, or maybe you would of course, wish to remember that you are living several other lives, which when you go to sleep you can be, let us say, with your higher consciousness and be aware of other activities. Now it wouldn’t be good if you were sure of what was going on in those other activities so in general you just bring back remnants, scattered memories of excursions into other co-creations. So dreaming is an odd subject to try to describe to you in any coherent manner simply because of its seemingly disjointed, it’s scatter gunned memory, none of which is true in trying to make sense of attributes of other realities which have no counterpart in physical reality and so you struggle to find counterparts and then you fabricate in order to just bring back some idea of what you are perceiving. Now in lucid dreams you are actually aware of what’s going on, you are aware of your surroundings and you know that you are somewhere else, so that is a different kettle of fish, you are able to understand to quite some extent because mostly lucid dreams are in the physical reality or something quite akin to it.

Can you repeat the question please?
The question was:- Are dreams astral travelling and if so what about wild dreams that are more like a movie or video game and not like actual life?

Who knows that you can actually tune in to somebody playing a video game, tune into their thought stream, their vision stream, and of course those video games had to be devised. Some consciousness had to think of them and where do you think those thoughts are? In the same place as our thoughts and so occasionally you can bump into anything you care to imagine. Anything you have on the physical plane is first thought of on the non-physical so all these various bits and pieces are all imaginary in that they are creations of the imagination of consciousness. Some come to fruition in reality but obviously most do not as many trial balloons are sent up which then are found not to be able to reach the proper level of acceptance by enough consciousness to consider them a good idea, most of them are shot down. We could ramble on for hours on this subject, the subject is amorphous so let us not continue with it.

Think, and the answer will come to you because actually you already know the answer.

You have our warmest thanks for being a part of this endeavour in trying to bring both comfort and enlightenment to those who are looking for same. And, of course, as one finds comfort then another notices and so the enlightenment can spread as to the knowledge that brings comfort and we are deliberately phrasing all that we say in a fashion that the ordinary person can understand with
regard to the comfort angle. When it comes to the enlightenment angle it is obviously, not only extremely difficult, almost impossible to lay this out in simple terms. It requires the seeker to think his way through it, to fashion it into a structure that he can fit in to his present belief system with as little change of form as possible and then he can let go of one piece maybe, but it doesn’t detonate the whole structure. In which case, as he sees the impending detonation, he will run for his life.

So, if it seems logical and reasonable and he finds it hard to dismiss his own reason and logic, then he finds himself to a certain extent, forced to accept “Well this actually sounds quite right. Now how does this fit with what I thought before? And really, when I look at what I thought before, it doesn’t seem quite as solid as I thought it was. So I can now let go of that piece and I think I’ll adopt this one, because this now makes more sense to me than the old one”. And this is an ongoing process of course, it moves from one to the other.

You can see how, even in watching the progress of your scientific knowledge however reluctantly it is moving, it is moving slowly towards two areas of science, one of the Newtonian science and one of the Quantum and now moving toward Consciousness. Of course it will have to be that for physical life measurement systems will have to be involved and the hard sciences, you might say, and chemistry and biology etc. But when it comes to the world of ideas and creation, and, let us say, art and music, then you are in the realms of consciousness. There is no reason why these two things cannot exist, and so what if we end up
with the fact that consciousness creates everything, well it’s also created Newtonian science hasn’t it? There is room for everything, there is room for all creations. There are just merely turf wars going on between humans. Now would you agree with that?

So, it’s a question of sit back and watch the show and decide which camp you want to be in. Once again we bring back one of our favourite phrases, horses for courses. If you are deciding to build any large physical endeavour, build ships whatever, you need to be in the measurement system, the weights, the gravities, the rest of it all which come with the usual physical laws. But if you want to be in the field of composing music or creating a holographic scenario, shall we say, then you will need the imagination and where does the imagination stem from? Consciousness! So once again, back to focus.

Once you sit down, and think, and maybe this is what Edison was referring to; if you sit down and think you will get most of the answers. You see, our language is saying “you’ll get most of the answers” but actually you already know most of the answers. It is a question that you haven’t applied your focus. Once you apply your focus to a question and you keep looking and keep looking, and you keep thinking, then you access, and things start to flow. Why do you think you have Rodin’s sculpture, the Thinker? Quietly resting his head on his hand, and thinking.

Why do people meditate? They meditate but when their mind starts to wander, would you then say it turns into musing, and once you’re into musing you are back to your
Einstein quote that you have at the front of your blog, that “the mind moves to a higher level of knowledge”. Now if you read back what we have just said you will find it moves quite sequentially from one focus to another.

We must admit that we do find, sometimes, that answering these questions, this is no offence to you, we mean all the questions that are posed, not just because you pose them, you understand? There is no applying just to you. But it is amusing, sometimes, that the questions that are posed are posed without prior thought as to exactly what is being asked. Again, if one thought, why am I posing this question, let me think about this, they would be, in most cases, more than capable of answering it themselves. Which is exactly the process which is going on at this very moment of course.

*Still there are moments when one feels free from one’s own identification with human limitations and inadequacies. At such moments, one imagines that one stands on some spot of a small planet, gazing in amazement at the cold yet profoundly moving beauty of the eternal, the unfathomable: life and death flow into one, and there is neither evolution or destiny; only being.*

*Albert Einstein*
Tosca Zraikat commented on Astral Travelling and Lucid Dreams.

Thank you once again for sharing the transcript of this session. Somehow, I get a different feeling from this discourse, as though someone else was coming through, but of course, I could be mistaken. What especially intrigued me was this passage: “You would not wish, or maybe you would of course, wish to remember that you are living several other lives, which when you go to sleep you can be, let us say, with your higher consciousness and be aware of other activities. Now it wouldn’t be good if you were sure of what was going on in those other activities ..” Does that mean, I wonder, if we are not meant to be aware of living other lives, or sure of those other lives, or does it mean that awareness could unduly alarm or frighten us, or distract us from living this life? Seth said that we were intended to be aware of our own multidimensionality, and I had always thought that part of our task was to become more aware of it. Perhaps to a limited degree, though. I have always found my occasional experiences of multidimensionality exciting, somehow very reassuring. They give me a sense of groundedness, of being connected to a much greater reality, sort of like having a big, loving, extended family most of whom one does not know, but feels loved and strengthened by nevertheless.

Thank you Tosca for your insightful observations. It is nice to know that there is someone who is thinking this material through.
With regard to other communicators we often think that the lead communicator varies as the voice, delivery and personality changes from time to time, but I guess that if there is a group that those most qualified to answer on a particular subject come to the fore. Now as a long term medium I am accustomed to other ‘personalities’ using my senses. I see the pictures they send me, hear the words, feel the feelings and emotions and sometimes just know things that must be a part of their knowledge. The person I am reading for often recognises the speech and mannerisms of the communicator. I used to think in the traditional way that the communicator was separate and either took over the body senses or merely sent the thoughts but now I could equally imagine that my group consciousness takes more of an observer position allowing the communicating group consciousness to join my group consciousness and temporarily take the lead. A merger of convenience you might say.

With regards to keeping lives separate, even though you may be aware that you may be involved with more than one life simultaneously it would be most disconcerting if you were receiving an additional stream of sights and sound arising from another life experience at the same time as you were taking in sights and sounds of this life. So it makes eminent sense that we would keep the two separate, much as television, radio channels must be kept separate.

As we say somewhere in the material I am aware of a well-spoken personality who occasionally manifests through my speech for hours at a time and I can sense ‘him’ gazing around and taking in the sights as I seem to follow his gaze.
I wonder how ‘he’ remembers this experience, would it just seem like a lucid dream or is ‘he’ also aware that he is living more than one life at a time? As I enjoy the experience of being extremely well-spoken I am obviously amenable to allowing it in much the same way as I allow the ‘deceased’ to communicate their messages to their loved ones.

I fully agree with your final paragraph. It is great to know that you are part of a large number of co-creators, co-experiencers. Warmth and safety in numbers. Also when you get to making decisions you are aware that the decision has been arrived at by a majority of many ‘minds’. As I have experienced, I can request guidance and find myself being pointed in the right direction. Maybe formalising the process of intuition, hunch or gut feeling.
Chapter 7

Re-Incarnation, Past Lives, Ghosts and more.

Reincarnation. A subject that perplexes many people mainly because of the concept of karma. This is a religious based fear concept constructed to persuade the masses, masses meaning all, to adhere to an acceptable code of conduct, on the basis of whatsoever you do to others will rebound upon them as the scales have to balance and often this would only balance in the next life. What is not emphasised however, for obvious reasons, is that you will not remember who you were in the next life and you will not understand why you are being visited with, what you might say, would be the sins of the parent. The sins of the parent visited upon the child. Does that mean that the sins of the predecessor will be
visited upon the successor? This has been another saying capable of many interpretations.

The emphasis generally has been upon the negative aspects of karma. Of course, that is the whole purpose. To try to get the human beings to act in a kindly and considerate manner thereby kindling the hope that the next life will be a more enjoyable one with few negative aspects.

Now, this all has to be taken with the view in mind that the “self” which is separate from the smaller “self”, you might say that the ego, the “I” is the smaller self and the inner self is the true “self”, if you wish. We are using words that can be argued over here because otherwise we would have to go into enormous detail to delineate various aspects of what people call egos, “I”s, selves, lower selves, higher selves, inner selves, inner child etc. Suffice it to say, there are divisions of consciousness, some of which act within the physical plane, which we will refer to as the lower self, and that part of the consciousness that stays in another plane. You may choose between astral, mental whatever you wish to choose, and that is the director of operations, shall we say, the guide, the touch on the tiller, having constructed the vehicle and having programmed the vehicle then just adjusts the direction and the speed now and again by means of whispered influence, sometimes of which, we might say, is not heard. It is just that the vehicle has not got proper control of its motive powers.

Now, if you were taking one life after the other would you not think that each time you reviewed a life you would look at what you had done and then think “well, this time I will
avoid this and I will avoid that”. Why the concept of “you must pay”? Because you need to inculcate fear into the human being to keep them on the straight and narrow. It does not make sense that a kindly person would have to come back, or put it this way. We have to assume in this case that everybody is guilty of negative actions and therefore the vast majority of human beings would have to return in order to expiate their sins. Then what? Where do they go? They move on until they reach enlightenment? Or they have sufficiently purified their “soul”? And then they end up in heaven or nirvana where they are in bliss. For how long? The question isn’t asked either “where did they start”? At the same time, they will say that their life began before the physical and carries on after the physical. So why should it stop in bliss? But how did it start in the first place?

It is easy to say “it was a spark of consciousness, a spark of god”, the awareness once more. The more you look at the concept of reincarnation you see, when you think about it and you apply logic and reason, it would seem that each life you create is simply an experience you wish to undergo, to enjoy in various ways for your own particular “entertainment”. We will use that word to cover the spectrum of chosen experience, any aspect of human endeavour, action, thought, expression.

If you are choosing one to do and if you have the capacity, some will believe you can and some will believe you can’t, to have many lives at once in many different dimensions then, it is easy to envisage, when you look at the groups in which you participate in your daily life, each involving slightly different expression of personality depending on
the activity you are engaged in, that even many lives at once does not seem quite so impossible.

Now it may have been the case before, that religions have arisen as an early form of civil control. It is easier to control by instilling a belief system from a young age than it is by trying to reason, or use force to control, at a more advanced age. Basically, by instilling a certain set of values the human being self-policing. Society works quite well when people cohabit in small environments, co-exist, co-operate, and a relative harmony is achieved in a small unit and then people who deviate from the norm are quickly brought to see the error of their ways. As the population has grown and people have had access to arms, even from the days of sharpened sticks and bows and arrows, then groups have formed to fight each other for possession of food, the opposite sex, the land and anything that arouses a desire in the one to take what the other has by force if that is possible.

So, if we look at the concept of reincarnation from that aspect we see that it really does not hold water except in that fashion as a civil obedience tool. Now, we do have many investigative examples of cases, as they are said to be, suggestive of reincarnation. Most of these are children that remember a “past life” where they had, say a wife, children, business whatever it happened to be. Something that is generally able to be proven by taking the child to the place they speak of and they then recognise the area, the people, the names etc. In addition, some of these children have birthmarks suggestive of a violent end to the person they claim to have been before as most of these cases seem to be those whose lives were, what we would say, cut short. Now
when we look at the consciousness, with memories of experiences, that is constantly creating new lives, if you have many lives going on across dimensions, then as one “play” ends, one game ends, then you start another one if you wish to do so. If you had planned on living a certain life time but due to the ever evolving nature of the play you are involved in, you agree that “OK I didn’t intend to leave this way but I’ll exit now just to make life interesting for the remainder”, or that somebody else wants an experience. So you have unfinished business.

So you form a new vehicle and you fashion it once more but, of course, if you do this quickly the memories have not faded and so it is quite possible that those memories carry over to the new vehicle and for a certain while those memories can be available to the new vehicle before they too fade away. You may well accept this possible scenario but reincarnation, again, implies a continuous linear, sequential concept, which, you are already aware, only exists in the physical. Outside the physical there is only the ever present, even though it is constantly in motion. So, reincarnation again is something you can believe in, if you wish to, or you can see it as just a bleed through of information from one activity to another. Like, you’re telling a joke in one life and it is so impactful that you remember it and in another similar life when you see that joke again, or even it may come to mind, in a form that you don’t realise, but you have an instinctive or an instantaneous overreaction to a happening that you see, which is extremely funny and you wonder how did I think of that so quickly. And yet, maybe you have seen this somewhere else and then you can throw in another aspect which would be sharing of
experience. All is connected, therefore, wherever you focus you can focus on the experiences of another. But if you don’t, are not aware that this is possible you can most easily say, “That was a previous life.” Quite easy to do. Now I must admit that it is hard to explain how a child, which is born, sometime, not too long, after the person who the child says they were has died is not suggestive of reincarnation. But, can you also see that the new consciousness can be tuning in to the consciousness that has left the physical and picked up all the details, all the information, much as a medium can do.

A third one, can be that the person, whose life has been abruptly ended, has these, let us say, indignities, insults, physical insults as well as verbal, in the main physical insults, so deeply etched in their consciousness that they are not aware that they are completely free in their life in their new environment and still burn with the desire for whatever, you might say revenge, you might say burn with love, whatever it might be. The desire to see their children grow up, whatever, they have to find a suitable consciousness that will allow them to at least give them a chance to revisit their family once more. We talk about those consciousnesses that have addictions, that when they leave the earth plane try hard to influence and enter into the feelings of those still on the earth plane. They can be akin to a leach sucking on blood, they can blend with the feelings of the person in the physical which gives them the same sort of satisfaction that they felt. So we have a range. There are probably others that we haven’t covered and a range of possible scenarios. But let us assure you, that most certainly, for the vast majority, that the exception is more than the
rule, and that is borne out by the number of cases, amongst the billions of those who are born, that are suggestive of reincarnation. So, one swallow does not make summer. Reincarnation as a mass concept for the masses is not valid. Do you have any questions?

What is your take on past life regressions?

We spoke before about the hour glass, the inverted pyramid, the small pointed focus through which the mass of consciousnesses can experience the physical and how when you are able to focus upwards, if you wish, from that small base of the pyramid, there is a vast area of knowledge and experience that you can tap into, and a vast piece of all these experiences of all consciousness as everything is connected, which is why we did not want to say, who is speaking. Because many, many, many are providing the knowledge which we are using to converse with you. Now, you should already be seeing the possibilities of, let us say, throwing a dart into the dartboard of previous lives, whatever lives are going on, whatever experiences are happening. Once you go looking for details of a life, whatever you access you can claim ownership of. Do you understand?

Yes. I think I do.

So regression is like having your consciousness walk into a library full of biographies or should we say auto biographies. Does that make it clearer?
Thank you. Now people report that they have been helped by angels. Can you comment on angels?

Now, as we have stated, everything is a co-creation. The laws of the environment we presently live in have been agreed and everything has been constructed according to those laws. But different laws exist in other dimensions and different creations are made in other dimensions and so do not think that your particular three dimensional reality does not have many gradations because why would you simply fix the gravitational pull at one level? Would you not think of having a reality where the gravitational pull was much less and therefore, you could move instead of one yard at a time you could be like a super kangaroo and move at one mile at a time or simply leap to the top of a mountain? Again, let your mind soar into all kinds of wild speculation and think wouldn’t it be nice if I could do this, if I could do that and of course, you can for you create your own reality. Whatever you wish to experience you can.

Would you like to comment upon ectoplasm?

Ectoplasm is a manifestation. The consciousness that has chosen the route of exploring the experiences of a physical medium has to some degree wanted to be the subject of interest to others. Just as we talk about gods giving signs involving awe and wonder then the consciousness that controls the medium may wish to create, what you might call, the manifestation of energy which can be manipulated or impressed like modelling clay. A medium of expression, you might say, and used in a kinetic fashion. It can be used to form objects, it can be used to show a likeness of a person.
who is no longer in the physical, it can be used in séances for materialisation. It is all a creation from the expanded consciousness of the medium because in the same way that we are speaking now where the consciousness is far expanded from the consciousness that operates this instrument in day to day affairs, in the same way with physical mediumship which produces ectoplasm, the amount of consciousness(es) that are involved, and we will refer to another phrase, a word that we use “intensity”, the power generated by the intensity of thought can manifest in holographic or material fashion a solid object, but what it is creating, as you well know, is a force field. The intensity of thought can create a force field. In fact if you enter into a room in which you are not wanted, and you are recognised as somebody that isn’t wanted by everybody in that room, you will say that you can feel the animosity, but conversely you can feel the love, but you are feeling attraction or repulsion, a force field. So let us just take vast numbers of consciousnesses that are interested in assisting the endeavour to manifest and you can see how the use of ectoplasm, energy, force fields can accomplish the purpose.

Thank you. Would you comment on ghosts please?

We spoke earlier of lives cut short, you might term it unfinished business, desires and memory, but a vibrant memory that says “I must do this, I must get this finished” and we just spoke of intensity of consciousness that enables materialisation. Now, we spoke of holographic, what is a ghost in your terms and explainability but a form of hologram. But a hologram motivated by desire. You have also heard of thought projection. A ghost with unfinished
business from a consciousness that has passed on is very much the same as what you term a doppelganger, a consciousness that is currently operating the physical body and yet wishes to be somewhere else at the same time, but in some form there is such an intensity of emotion involved or, it can be a wish not to be somewhere, and therefore the mind wanders and creates what you would say is a ghost, an apparition, a thought projection in another locality. Do you understand? The two things again can be interchangeable, another can be sheer force of habit. When you pass over, where you have been a very habitual person and it is very difficult to shake yourself of the habit, much as the drunks and the addicts wish to still keep that feeling going because their consciousness has memories, has feelings, has emotions. For example, we say we meet our loved ones, which means that love still exists. If love still exists then the opposite still exists. Do you understand? All of these are simply beliefs that you have taken on at some stage and are taking time to release. Until you understand what is, we may say, “the truth” albeit temporarily over the present viewpoint. Does that confuse you?

How do dead people turn up in photographs?

We have covered the intensity of emotion, intensity of desire, necessary to materialise in the séance room, the same principle applies. If you can affect the fabric of the physical plane, you will hear me refer to fabric as being the pattern. You understand what we mean by the pattern in the field, rather than solid object. If you can flatten the field, in some way, now a photograph is produced by light, reflecting from the object, which then affects the chemical composition
of the film. If you can create your own source of light, at the same time as a film is exposed, then there is sufficient intensity of desire, consciousness, whatever, then you can transmit the desired representation onto that film, and of course, we can now come on to the digital age then, in theory, it is even easier to transmit an energetic construct, the same principle with light, but probably less energy is involved, although to-date, but possibly more through reluctance of the media to spread the examples, there are not so many examples of deceased persons appearing in digital photographs. In all cases of photographs reflected light causes the image to be created, so you could look upon the image created by ectoplasm, reflected light shows up in the photograph, or you could say “that an energetic image in the form of an idea, made into a hologram still causes light to be reflected”, or the hologram is composed of light but is not viewed objectively but the camera picks it up. Or you can say “is beamed into the camera receptors”. We can only give you things you can understand, there is more to be said but this, you might say “technologies have not yet been discovered or even conceived of at the present time, we know that will elicit even more questions so we will say “have not yet been focused upon.”

What do you have to say about Ouija boards?

We spoke of entertainment. Most attempts at Ouija boards are done in the spirit of entertainment and some in the spirit of enquiry. If approached in the spirit of entertainment then you will get whatever is out there because you are inviting the full range of consciousness to join you in creating a story. So those who wish to play games will create the story
with you. Now, just look at what you do to each other in the name of fun and then you can see that others, whether in or out of the body consciousnesses may wish to do the same to you. But approached in a spirit if sensible enquiry the Ouija board can be a helpful introduction to the realisation that consciousness survives death, and again we say “the desire to let your loved ones know that you are still with them and they have not lost you”, then those desirous of that end find a Ouija board easy, because the persons, using the Ouija board, are putting themselves into an open mind situation and that allows other consciousnesses to tune in and operate the physical bodies of the participators and therefore the glass or planchette is directed to the appropriate letter to provide the desired communication. No different to us operating the verbal production of this instrument.

Do you feel there is any harm in using the Ouija board?

We say, over and over again, you create your own beliefs, from your beliefs stem your emotions, from your emotions stem your actions. Also your actions in using the Ouija board may cause unexpected emotions which then produce beliefs. So, you have already been conditioned, let us say, “provided with the knowledge,” that you can be possessed and if you find that an interesting area as a consciousness, especially if you are of a predilection to being centre of attention or even if your vehicle, that you are observing, has found that position to be somewhat satisfying, then the requisite belief is adopted and manifested. Whatever attention is desired. But generally if you take that person and give him a focus which they are more interested in
possession does not make itself apparent. Why? Because focus.

Can you comment on doppelgangers and bi-location please?

You produce your own body, so you have group consciousnesses all focused on creating a body, now you are creating a physical body, there is no reason you cannot create, let us call it, a holographic body, a pastiche, a copy, but a copy in light, shall we say, but good enough in light to fool everybody, and if there is enough energy there, of course, you can create a solid copy. This is how physical mediumship works in effect. You have heard it said that desire produces the second body and if the person in the physical is connected strongly enough to their higher consciousness even that desire can produce certain happenings and in a serious case of the mind wanting to be somewhere or not wanting to be somewhere you can find yourself in an alternative place, together with, let us say, the holographic body, enough that people can see you, in some cases the higher consciousness sees you and gives a thought to the instrument that it can see and then other people cannot see what you are seeing. This is put down to clairvoyance. Some people can see a person standing there and others can’t.

Once more, clairvoyance is a question of being connected more closely to your higher consciousness and therefore what the higher consciousness can see can be transmitted to the clairvoyant and for ones that aren’t so well connected the picture cannot be transmitted.
So yes, bi-location is possible but it is extremely unusual for the consciousness to be aware that it is in two places or it has bi-located. Normally the more solid of the two, you might say, is not aware of the appearance of the more diaphanous one, or the hologram, and even when told that they were seen in another place cannot remember being there.
Chapter 8

Tao of Physics, Einstein, Grof, Bertrand Russell, William Blake.

In the Tao of Physics mystics understand the roots but not the branches scientists understand the branches but not the roots. Would you care to expand on that comment?

Mystics are able to access areas that science cannot. Mystics have experience of the ineffable. They find themselves in altered states of consciousness where the environments are totally alien to the objective surrounds of the physical plane. From this they understand they everything is interconnected, that all is one, that all knowledge is available. There is no beginning, there is no end. Everything is equal.
Science on the other hand purely studies the objective world. It recognises that everything that we see and touch is made up of atoms and molecules that upon further investigation turn out to be virtual particles which appear and disappear from who knows where. Everything turns out to be waves, radiation, energy in motion, all these words in an effort to describe something which we cannot fully understand.

Yet science never asks “How does the pattern come together”. It talks about evolution, of things arising by chance and yet at the same time insists that the human being is conscious, has reason, logic, imagination, can design and create. Surely where did the design and creation ability arise from in the first place to create the earth, which is supposed to have come from a big bang and everything else appeared randomly as hot energy cooled and coalesced into various portions and objective reality and somehow from that arose the reasoning mind of the human being and instinctive minds of all lesser creatures. This is hubris in the extreme and really is not worth discussing.

So if where we come from and have all knowledge available to us and appear to be able to do whatever we want, what is the reason, why do we need to come here?

As we have discussed before, if you found, by merely using your imagination, you could create any outcome you wish then what is the point of even entering into any form of competition if you realise that basically if everybody used the same techniques of investigation there will be stalemate in all cases. So, just like you handicap at various sports, then
consciousness creates environments with certain handicaps so that you cannot just influence the outcomes of any particular events. You must work at it, you must develop logic, reason, persistence, desire, the will to achieve and from thence derive the satisfaction of having controlled and directed your own abilities. Therefore, you can have pride, shall we say, in your achievements whereas before without the handicaps you merely focus and it was! You can always return to this, of course, and for a while it is quite nice then again you decide, “Let’s see if I can?”

Now, we know that ancient philosophies have long held that consciousness is the basis of all realities. Do you agree with that?

Again, we wish you to think this through for yourself. Scientists today, many of whom have had to resort to the admission that the ancient sages, the mystics were probably right thousands of years ago when they stated that everything arose from the one, and the one was the consciousness, the awareness, the “I AM”. It was given some form of personalised anthropological name by some, but others just gave it the description of the void, everything arising from the void. Science followed that with the Big Bang theory which asserts that everything arose from nothing. Wouldn’t it be much easier to say that the Universe was thought into existence?

Therefore, do you have to be conscious to think? We cannot say whether consciousness ever comes together and acts as one. We feel, from our point of view, that conscious groups [together] in many areas to create its own particular reality.
To be enjoyed by those who wish to participate in that particular reality. Now whether this all forms part, to coin a phrase, of “God’s tapestry”, we are not in a position to comment upon.

**What would you say is the difference between a medium and a mystic?**

Again, language. A medium has generally discovered that they have the ability to tune in to another reality or certainly be able to still their mind to allow another reality to communicate. Another dimension, another frequency of being. A mystic, almost certainly, if they are having their experiences which others deem credible, if they turn their focus towards providing the service that mediums do, will probably be able to do the same, because they, again, experience information from other realities. Now, just as in a lucid dream, they find themselves in those realities but who is to say that mediums do not also have lucid dreams. You can call the mystic’s experience a waking dream say but, again, how do you differentiate between sleep and a waking dream?

Einstein said “Time is not all what it seems, it does not flow in only one direction and the future exists simultaneously with the past”. Would you care to expand on that?

This is an area where using the language of the physical plane makes it extremely difficult to give any understanding. Simply because the language of the physical plane derives from a time based system. You can only approach this by seeing yourself as something peculiarly
non-deteriorating, we will not say indestructible, but non-deteriorating. So let us take the case of gold. You imagine
that gold appears to last forever, does not seem to lose its
substance over time, as do most other materials, and now
imagine that everything would be made of similar
materials. In other words whatever you consider that holds
the atoms of gold together would also hold the atoms of
everything that you know of together. Then there would be
no atrophy, nothing would change, it would always be the
same. Would you agree?

Gold does wear away doesn’t it?

Gold left sitting..

I see what you mean. Not touching anything else.

You can always abrade anything. Imagine everything... you
must follow...expand your mind because we are trying to
give you an analogy you can understand. If you wish to
bring.....

I was just clarifying.

You are talking about what you perceive not your actions. If
everything was made of a non-atrophying material, that
doesn’t lose its shine, doesn’t lose its form, doesn’t lose any
of its capabilities, then nothing around you would change.
You must realise that you cannot suddenly introduce, ah,
what about the clouds moving, and things like this. You
must look at this as totally static, nothing is changing. But
then you move your focus and as you move your focus you then will see what appears to you to be movement, or time but when you move your focus back you will find that nothing has changed. Are you with me? Would you say then that time has passed?

No, because you would not realise that it had.

So, when you look to the future it was there, but when you looked to the past you had previously seen, it was still there. So, you will conclude, the past, the future are co-existing. So all you do is you explore and investigate and what happens? It expands your consciousness. You expand your awareness of what there is to experience. Now, from the physical plane you will say time passed but remember when you are in the sort of dimension that we have just described you will not have invented the concept of time (or decay) because everything is still there. You simply look at this, look at that, look at the other. Now, again, let us go back to your scientists. Your scientists say energy cannot be destroyed only transformed, and we know that energy appears from nowhere and goes back into nowhere. This is electrons, so called, changing orbit or virtual waves appearing and disappearing etc. Now, so work on the same basis, but the underlying basis of everything doesn’t change. It merely forms and un-forms, forms and un-forms, in different places, we call it different places, in different fashions but it doesn’t change. So, time does not exist for consciousness if you say that consciousness is the basis of everything. If you say that electrical waves, or quantum waves, or whatever, your various other waves, that people keep inventing names for are infinite, are always there, and
you are saying the same thing about your world made of gold and other non-decaying material. So, whatever is....
This is somewhat difficult to explain in that we can say that the whole basis of form is latent, it is potential. Now, as to whether all has been formed is a moot point because one simply has to look to see whether it exists or someone else has thought of it and it is not quite as easy as it is made out to be. But one can easily agree that the potential everything has always existed and will always exist. But just as you only care to inhabit certain comfortable parts of the world and most of your other fellow inhabitants of the earth are of the same inclination, then you do not inhabit hot deserts or the freezing mountains, you choose your locations. What we are saying is you choose where you tend to focus and what you want to experience. Therefore there may be many, many forms and events that have not yet attracted sufficient consciousness to make them manifest and yet they exist. It depends on what you call existence, they may not exist on the physical plane but they exist in the plane of imagination, the plane of design, although they cannot be experienced physically until they are manifest in the physical plane. Are you with me?

Now, just for a moment imagine that consciousness, a group of consciousness, decided that why don’t we put together a plan for a dinosaur once more, let’s take the dinosaur plan and make one on earth. What would be the purpose of that and for how long would it exist? It would be in the wrong environment, it would not fit in with the overall scheme of things and it would be quickly destroyed. So, would you go to all this effort...
If it was going to be destroyed that quickly.

And also because you had already focused upon that area.

Done it before.

Yes. That had been explored. That doesn’t mean to say that it still doesn’t exist. Because just as you expect to live on, so did the dinosaurs and so they do. But they have chosen their own habitats.

Yes. Just not where we are at the moment.

Just even take your present day situations and where even humans are choosing not to be in certain places.

At the moments humans are tending to migrate. Lots of humans are trying to migrate to the same places. Can you tell us anything about how this situation is going to unfold? This has digressed a bit, it just came to mind!

It ever was, from the beginning all creatures, upon the land, had to move with the seasons and many still do. They had to move with the seasons because the food available changes with the seasons. So, if you are in a cold area you move to a warmer area where food is available because the other area is now, for example, several meters deep in snow and there is nothing available. Now, man is just another creature who wishes to live in a comfortable fashion. Now, if an elephant is eating grass and it sees over this fence that there are, let us call them “goodies”, to avoid having to get
into descriptions, a wonderful cornucopia of nutritious food. Do you think it will not pull the fence down, wander in there, and take its fill. Ask yourself, why do you put man into a different category? They have the same hunger and desire to fulfil their longings as the animals. So as they migrate towards better areas, conflicts will, I am afraid, undoubtedly arise as they fight over the share of the available. Things move around, they ebb and they flow and as one wave moves in others move out for better and more secure environments.

So, if you wish to have some kind of prediction then you will see polarisations. You will see happening in the Western world what has previously happened in such as South Africa and other areas of the world where privilege has to co-exist with non-privilege, privilege has to fortify itself to avoid being eradicated by the non-privileged.

Yes. Thank you. Bertrand Russell said “there is a better way of gaining information than through the physical senses”. What would you say is the best way to gain information?

You have come to the physical plane in order that you can explore your own creative capabilities. That does not mean just the creation of form but creation of ideals, creation of your personality, your control of desire, your persistence etc. etc. There are a few who decide or remember that somehow I can access a different reality. They have flashes of inspiration. They have meditative and altered consciousness experiences whereby they suddenly understand or suddenly know. Some experience telepathy, some experience seeing at a distance, some just experience a
sudden awareness simply through focusing. These are better ways of obtaining knowledge but they are relatively haphazard. The knowledge accessed is not always correct, cannot be, in general, focused in such a way that you get the exact information you desire and so, in general, you rely upon your tried and tested methods which everybody will agree upon. Plus which, if you say “this is my source” and others can access the same source, they will agree with you and your project will advance. But if you say “I have meditated on this and I feel that this is what should be done” and it is not something that can be logically deduced or reasoned out then you won’t get much of a hearing, because if you can’t prove your thesis few will go with you. One or two may see the vision or resonate with it but in general they will say “well, that’s not quite good enough you know, you cannot give us a rational basis for your pronouncement” and yet it may be perfectly valid. Remember, as we said, did you focus in the right place? Did you even know where to focus? Which is why so many predictions do not come to pass. Some do, some don’t. So, yes of course, there are better ways of obtaining information but can they be validated? But others, to whom you wish to give this information and them to believe it, will they question your source and will they discredit your source.

Certainly some will try. What about the fundamental unity of things?

We are once again in a circular framework whereby if all is one and all its parts are connected to each other, in which case, it is one of course. All the parts make up the whole. We
are talking about consciousness here. Everything is connected, everything is unified. Does that answer you?

Yes. Bertrand Russell also said “all evil is mere appearance”.

Of course, everything is potential. Evil is merely a judgement. It is merely deception and that is made depending on the environment that you have chosen to inhabit and the build-up over the, we will have to use time to explain this, build-up over the millennia of human codes of survival and co-operation. So if you go back once more to where most humans were cannibals or could be, let us assume that most were at one stage. They didn’t differentiate between killing another human and killing a deer. Now, did they think it was evil to kill?

Obviously not.

Would they have thought it evil to take whatever was available? But one would try to stop the other one taking it. Much as you can watch dogs fight over a piece of meat but neither of them thinks the other is evil. Evil is merely in the mind. It is something you do not wish to be a part of.

Yes. So, in the world at the moment it does seem that a vast number of women are badly treated, compared with men. So why do these things happen? I know that it is all an illusion but it is very hard to understand why these things happen.
In your own lifetime you have seen the status of women change dramatically from there being virtually no women in government in many, many countries, even up until recently where they are not allowed to vote even. But it is changing, has been changing, will change. You now have many women in positions of power, leading countries etc. Again this is not something, an area that we wish to pronounce upon. You are existing in the physical plane. You have chosen the time, shall we say, or the environment that you wish to experience and

That’s what you are doing. Yes.

So if you had come into this life several hundred years ago your lot as a woman, wherever you were, would be infinitely worse than it is today. So again, you chose the experience that you desire. If we take the old portrayal of life as a play, it is much easier to stand above the play and see all the actors playing their parts, knowing they will all return from whence they came and compare their notes, their experiences and decide what next to focus upon.

Now, Stanislav Grof said: “Modern consciousness research reveals that our psyches have no real and absolute boundaries on the contrary they are part of an infinite field of consciousness that encompasses all that there is.”

Once more everything, we repeat what we have already stated, everything, every consciousness is connected to every other consciousness by various pathways and all these consciousesses form the whole. Now, again the word whole implies a boundary and, of course, there is no
boundary but once more this is something that neither you nor we have yet been able to comprehend. But, everything can be connected to everything else simply by focusing through, as you have had your intimations of this from your remote viewers and such as Edgar Cayce and other seers that physicality is no barrier to consciousness. So, you have merely limited your experience to the physical plane in the main. You have had your viewers move their consciousness billions of miles into outer space but you simply do not know of other dimensions in which to focus. So, it is virtually... you can only look at your physical plane because that’s what you are in. Once you come outside the physical plane then you are aware of more, but you are still not aware of everything but it exists. It is present. This is the meaning of the word infinity, there is always more to focus upon. If you bring yourself back to the fact that you have conscious awareness which may be an awareness based within a group so although you feel you are singularity you are experiencing a multiplicity but thinking you are a singularity, in other words you are one point of awareness, but in order to manifest you may need to be any number you can think of, points of awareness working together. Do you understand?

William Blake said, “if the doors of perception were cleansed everything would appear to man as it is, infinite”, as you have just mentioned infinity, “man has closed himself up so he sees all things through narrow chinks of his cavern.” Perhaps you would like to expand on that.

For a reason.
I was going to say, “Would we be able to cope if our doors of perception were clean?”

Again, if you have restricted your senses to those to be used appropriately in a physical environment, then you have chosen the necessary senses and the efficiency for those senses to enable you to operate satisfactorily in that environment. Now, we are back to horses for courses. Again, if you wanted to cleanse your gates of perception then the physical environment would disappear from view. It would not be a case of not being able to cope because you would drop those senses off. You have narrowed them, slits in the cave, whatever you want to call it, for a purpose. So, removing the restriction would then remove the environment and you would be seeing a totally different environment.

Would you not still see that environment as well? The original environment, the one that you have closed down. Would you not see that as well?

Now, you can see yourself on the earth, so again we have to discuss this in terms of physical limitations. Let us assume, we’ll do several here, so you are watching one program, you switch to the other, you have one instrument can you see both programs? No. You are on the earth and you switch your consciousness to being on a star ten million light years away, can you see what is going on in the earth? No. So in space, in frequency, and you can do your own exercise in time and you will see that you can only focus in one reality, in any one moment, but you caveat that with the fact that, as we have described before, you can then sequentially
focus on as many as you can handle and to you, thinking in physical terms, they will be existing at once. Which indeed they are of course. But your present capabilities are only able to focus on one. But, of course, once you understand that you can focus on several things at once then you will be able to do so. But in effect you are basically keeping up with several environments at once. Do you understand? As we have explained before, because the intervals between your focuses are so small that just like the frames of film going in front of you, there may only be sixty frames a second but it seems continuous to you. So, we have been through this analogy before. So, as we keep repeating, it is very difficult to explain using physical plane analogies to describe non-physical environments.

Now, Grof and Halifax say, “The universe is seen as an ever unfolding drama of endless adventures in consciousness, very much as in the sense of the Hindu Leela or divine faith.” You would obviously agree with that.

Two words. Infinite potential says it all.

Would you like to expand on theory of morphic fields, implicate and explicate orders and the holomovement?

Morphic fields again is a term to try to explain how one consciousness accesses the information arising from the experience of another consciousness. It basically posits that all mental experience is recorded, held, agglomerates in a field of information holding energy. Like a big computer in the sky you might say. So when anybody thinking about something, we come to the internet again, presses in the
subject then all information pertaining to that subject is then downloaded. So, an information repository available to all. Of course, we are back again to seek and ye shall find, or ask and it shall be given to you. It is focus, focus on what you are doing. Start to wonder what can happen and suddenly a thought, an idea will come into your mind. Or did your mind go to where the thought was, where the idea was? So with the postulation of a morphic field you can decide for yourself the process of information transmission or acquisition.

Implicate and explicate orders. We start with infinite potential. Consciousness imagines what might be, certain imaginings are reviewed, examined and let go, others are held for consideration and then through interconnectedness we ascertain how many others are interested in this particular imagined form, event etc. So when a crowd gets together and the enthusiasm mounts eventually one consciousness or more says “can we do it?” and the crowd roars YES! And they set to and they organise. This is having to use your rationale as to how things happen on the physical plane but if you think that you are the same person and consciousness in whatever plane you are currently focused in would you not think you would use the same......we hesitate to say, the same methods of thinking, because the different environments entail different methods of thinking, but in general you can only be aware of who you are and you can only experience your desired experience by carrying out all your activities with other consciousnesses. Otherwise you will simply be “meditating’.
And what about holomovement?

Another word. You are talking the attempted description of everything being everywhere, everything happening everywhere. Again, it is very difficult to explain a conception which may actually have only a partial basis in reality. All information is available to anybody, to any consciousness. Everything is interconnected. If everything is indeed, interconnected then it is a hologram because every idea is available to everybody else. Now, hologram denotes space, take the space away and you have no hologram. You only have information, ideas, morphic fields again if you wish. An infinite field of information encompassing all the ideas, all the blueprints, all the patterns, all the scripts, all the music, everything you care to name plus much that you have no awareness of. It is all accessible to any consciousness that knows where to look or desires where to look is led from one to the other but just as we said you cannot see everything at once even though it all exists at once.
According to scientists, numbers control everything in the universe. Your comments please?

Anything you design needs some form of measurement. Measurement is designated by numerical amounts so it is theoretically possible to reduce all of what you consider to be space and time to numbers. It is not so easy to reduce emotions to numbers so there is some truth in all theories, but existence to be harmonious must be in balance and so there are qualities and there are quantities. One who sees through the perspective of quantities will try and quantify everything that it perceives and like many of those with, shall we say, rigid opinions they will avoid discussing qualities which do not lend themselves to quantifying. Can you repeat the statement so that we can address any parts we may have missed?
Question repeated.

You create your own measuring instruments and you calibrate those to suit your beliefs to some extent. If your instruments were calibrated differently then of course you would be visualising a much different universe than that which you presently depict.

Is there any relevance when people study numbers as in combinations of birth dates, number of letters in a name?

Vibration impinges upon vibration, that is, there is a certain effect. However, you are recreating your pattern, your image at every moment and so one could say that the impact of vibratory intensities at any given moment is changing your pattern, to put it in a simplified manner. Now, if you are one, who believes in astrology and feel that your personality matches that which is described, then you may indeed, because you have manufactured a belief system, exhibit those tendencies. You are reflecting what has been presented to you.

Thank you. I was reading an article where it was postulated that this is a holographic universe. Where is that emanating from?

As we have previously stated this cannot be explained in 3-dimensional terms for effectively there is no “where”. You are, where you are, unfortunately we have to use the same language, but you can imagine that wherever you are, you are in the centre of what you perceive, and if you are aware
of what you are perceiving, you are therefore in the centre of it, so where does that place you?

I am probably misunderstanding because I thought that in a holographic universe I was a hologram.

Yes, but (sigh) to reiterate, it is difficult to explain a non-physical dimension in terms of a 3 dimension existence and a hologram is 3 dimensional. It is merely used as an indication in order that you can envisage that what you see is merely a trick of light, shall we say. Do you understand?

Hopefully.

Now, if you are merely seeing light arranged in a certain fashion, as we spoke of previously, if you had the senses of, what you would term, your out-of-body self, you would not be seeing light, you would be seeing vibration.

Wouldn’t that be light vibrating?

You can interpret it as you wish. Vibrations are not visible to the physical eye, radio waves, television waves, X-rays…

They are not visible to the human eye.

No, however we seem to remember that in one of our previous discussions with you that we mentioned transformers, so see yourself having the sense which can transform X-rays into a wavelength which is then visible to
you without the intervening X-ray plates. Can you grasp what we are trying to say?

I think so.

So, the X-rays come on, you have transformer vision and so you can follow the X-rays, so you can see inside the body and remember some clairvoyants can do this. In the 3D world you have to have a photographic plate on the other side of the body to register those rays that do and do not pass through the body, thereby leaving an outline of those waves that do not fully pass through the body. Can you see what we are saying regarding transformers?

Yes.

So your hologram need be nothing other than invisible waves. Now, let us go to the hoary old maxim of collapsing the quantum wave. So there is this mass of tiny waves flashing in and out of existence that when you observe them they solidify, you can then see, by the act of observance. So let us take your hologram as being that mass of moving waves, that when you observe them, you see. Have you understood? Because you have collapsed the wave matrix, you might say, the wave pattern. You have transformed it into another wavelength which your senses can register. It is like having a transformer for your television, whereas by using a transformer you can transfer the wave transmission of channel one say into the wave transmission of channel seven. Do you understand that?
Yes.

So again, we cannot validate the theory, it has some merit, but it cannot be explained to you by the author of the article even though he may wish to describe it in the same terms as we have. So he has to give you something which you do understand. He is merely trying to say that what you see is not solid. It is merely, in other terms that have been used before, frozen light. Light that has been temporarily stilled by collapsing, slowing the quantum wave, if you wish.

Thank you. I read this week that a new planet has been discovered, only seven light years from earth which would be capable of being inhabited. Have you any comment on that?

Once more we are back to theories and suppositions. You create your own reality. Sit and think that statement through and then apply it to all your planets, and all your stars, and all the different, let us use the word, bodies that you could create to move about those objects. In some you could use a physical body, in others you could use, let us say, a spiritual body, that is impervious to heat, impervious to cold, does not need to breathe, eat or drink and therefore the planetary conditions will have no effect. Do you understand?

Yes, I think I do.

You create the vehicle for the environment.
So have you had any contact with any beings from any other planets?

There are innumerable states of mind. If one wishes to see a vehicle that is used by another consciousness one must be aware of all the parameters, numbers, you might say, coming back to your first question, involved in the composition of that vehicle. Having said that, you can be in thought contact with anybody, provided that the thoughts that are being picked up resonate with your own belief systems. As you are aware when we have spoken about you living many lives at once in many realities, in each reality you block out, intentionally, all thought transmissions that emanate from another reality and what is more when you focus upon another reality you quickly find yourself immersed in it because you have created, co-created that reality. It is extremely difficult to stand outside any reality for whatever you are aware of is instantaneously, your reality. Once more here, we are back to trying to explain that the world you see about you is a creation of your own consciousness. It has no validity other than in the consciousnesses that are creating it.

Everything, for simplicity’s sake again, is an objective projection of the imagination. Does that make sense to you?

It does make sense but if it’s our imagination why do we create so much conflict. I know you have answered this before and I didn’t intend to ask that question but now I have. Is it because we are bored or the total consciousness is bored?
We are back to experiencing the light and the dark. There is an inclination to explore where no-one has gone before, to quote one of your TV programs, it is rather apt when you are talking of faraway planets and because of the vantage point that you start from, when you are here, there is no problem in exploring wherever you wish to explore. You can explore being underneath the detonation of a nuclear bomb because you know that you will immediately return to another dimension. Do you understand? So you can explore whatever you wish to in terms of joy, ecstasy, despair, suffering, health, illness, extreme pain, love, hate because from your starting vantage point you know that this is merely an expedition into the unknown from which you can turn your focus and return at any time.

Certain aspects of our physical world are dependent upon our existence and focus within it. Your thoughts please?

Without the focus of attention there would be no world and so what you term peculiar aspects are the faithful reproductions of the thoughts and emotions and intentions of which you wish to create and obviously perceive. This would as we previously stated be in conjunction with your fellow co-creators. On one level you would agree what are to be the props, what are to be the events and what would be the experiences in general that you are to set in motion. Within this, however, there is full scope for spontaneous reaction so that the generation of emotions, feelings, responses can be seen as experience. This in order to befit you to become responsible co-creators as you understand
the effect of your thoughts and emotions in creating the environment around you.

So can the physical universe as you know it be felt by those whose existence is not within it?

Those whose existence is not within it will not have the necessary senses to fully experience that particular reality. However, much as in clairvoyance on the physical level, they will be able to pick up, telepathically, you may say, knowledge of what is actually going on. But as to sensory participation, no, they will not. They will be in whatever reality they are presently focusing into with the appropriate senses for that particular reality.

So do other kinds of consciousness co-exist within the same space?

All universes exist in, what you would term, the same space, which actually does not exist. But to answer the question directly, everything exists in the same space, just on different frequencies.

Can you explain the multidimensional aspect of the higher self?

With regard to the multidimensional aspects this is the multiple focus of the one entity. However, we are of the opinion, that is, the instrument, that the one entity, depending on the particular task, the particular number of focuses that are planned, and the attractions of those focuses
i.e. lives whether lived all the way, or dipped into and out of as portrayed in Joe Public, as to what amount of consciousness has conjoined in the particular entity to experience the particular experiences of that life. As the previous question there are certain areas of intensity. Now, if you wish to engage in a mass riot for example, or a mass war, then the consciousnesses involved in this experience would necessarily be greater than those who wish to engage in, shall we say, a football game? The intensity would be more and of a different fashion. Far greater amounts of consciousness would be required for the nationalistic entity than would be required for the individual entity and then on down to, say, the grain of sand or the individual quark.

Now, we will qualify that to a certain degree, by the degree to which the consciousness grouping has evolved, developed, experienced, the amount of knowledge, the amount of experience it has garnered during its time of focus in that particular area, because, in your terms, you will think in terms of the start of focus in some space, some point in time, where the consciousness is basically uneducated. But in terms of there being no time it is merely moving from one state of focus to another state of focus and therefore even though experiences are had they are also effectively dropped from the memory even though they are still there. They are dropped from the present focus. So there is no real, and this is dependent on choice, you may be, in your terms, a highly intelligent and experienced scientist at one point in focus and yet you may wish to retire to a relatively rural location and spend another, putting it in earthly terms at the moment, period of time growing roses with no intellectual focus whatsoever. Now, when one speaks to either of the, let
us call them lives, one as a scientist one as a grower in physical life, a totally different impression may be received. Are we making sense to you?

So, we are saying, if you have focuses requiring extreme energy, extreme attention, extreme knowledge and have other focuses which require merely conversation on a light scale, maybe growing potatoes, maybe cleaning floors, you can see how some lives would require much less attention than other lives. Would you agree?

Yes.

Horses for courses. Everything is provided that is needed to whichever focus requires it and free rein. The programming is such that as each focus, call it incarnation, the requisite programming is provided for that particular instrument to navigate on a moment to moment basis through that particular experience schedule that has been agreed.

In any universe there must be a creator and co-creator depending on the type of universe you are going to inhabit. You can either rest purely in your own imagination, in your own creation such as that may be but as we previously said if you want to have a major production then you need many players therefore entities in any area are put together, again we have to have this play on words once more. If you look at the physical body you have myriad consciousnesses involved. Yes? And if we look at the smallest things that we know of then you have very few consciousnesses involved relatively speaking. The more complex the operation the more consciousnesses have to be involved.
Consciousness does not create consciousness. Consciousness can form the pattern which attracts other consciousness which process, like building a vehicle, reaches a stage where it is able to travel but it still needs say, more consciousness to drive the vehicle. Everything is interdependent.

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Now can you tell me what your ideas are about why we have the earth and all that is on it?

Simply back to the play, to your video game and to a Disney. Then look at all the people, all the consciousnesses that participate in any of these things. This is simply that the consciousness in your terms is infinite and size is relative to the mind. Again, if you believe that the earth is of the size it is, that the sun’s the size that it is, remember that these are only pictures in your mind. If you reach out and you say to yourself there is this distance from here to there, it will be. Everything is a mental construct, everything it is just purely a question that the consciousness, as such, if you wish, is playing games with itself. Even though... we may say this, even though there is this statement that everything is always being, it is always still forever becoming because there is always something else to experience. I was going to use the word ‘new’ but that’s not correct, there is something else to experience. You may experience one area for in your terms thousands of years or millions of years, whereas it actually is just a focus on a particular area and a continual story being played out, constructed, I would say in the mind, but in the mind before giving it the, I would say, the illusion of reality. It is a question of the overall
consciousness involved in that particular event deciding on that which it wishes to manifest and accept as a reality. This is why we talk about this constricted consciousness because the uncertainty can only arise when the ability to comprehend the totality is closed off.

Seth:– If man paid more attention to his own subjective behaviour, to those feelings of identification with nature, that persistently arise then half of the dictates of both the evolutionists and the creationists would automatically fall away for they would appear nonsensical.

You are part of the conglomeration of consciousness which is being portrayed for you in the form of a body and speech and emotions and feelings.

When we say identification with nature we mean as alluding to your reality. It means the nature of who you think you are. If you understand that you are part of the total consciousness and you are experiencing the illusion of reality, the construct of reality. As the Buddhists say it is all an illusion, but it is not an illusion from the point of view of hallucination but a construct reality for the enjoyment and excitement therein. This is why you put your finger close to the flame to see how hot it is, because it is the excitement of will I get burnt? Or will I feel it and then pull back, and this applies to all events. But you have to create that reality to find out. Again, you have to shut down the receiver and focus the receiver, in this case the brain, the brain/mind for that matter, to where you cannot see all possibilities because if you saw all possibilities then there would be no.. everything would be clear. Because there is nothing to
progress towards, as there is no time, there would be no meaning, there would be simply awareness, simply awareness. So in the same way as you are creating this reality you are effectively creating a meaning, you are creating a meaning for your own being. But this has to be a constructive meaning, the same as the constructive reality. Because in actuality, because there is only the now there is only an ever present existence. There is no progress and there is no meaning. Progress and meaning have to be constructed. Do you understand? Because otherwise you would simply have pure awareness and pure awareness eliminates uncertainty and excitement. Uncertainty and excitement have to be constructed, all beliefs, all emotions have to be constructed to enjoy them. Much as in this world, your own world, then all the things around you have to be constructed to enjoy them.

Seth:- Mankind is a species that specialises in the use of the imagination and without the imagination language would be unnecessary.

We must remember that all channelled material including those who are speaking at this present moment is having to be filtered through the existing belief structure of the instrument at the present time. The Seth books were, like all channelled material, constructed in that manner and would have been coloured, to some extent, by the belief system of Jane Roberts.

When it comes to the human species, the human species is, again, only a focus of certain conglomerates of consciousness and the same applies to every other species
including water, minerals and everything else, call them species if you wish. They are merely focuses of consciousness. It is nothing to do with one being better than the other. Some conglomerates of consciousness have chosen to be more active than others and we label this imagination, but that is simply a question of a greater deal of activity of that particular group of consciousness that focus on being human beings. The differences between species are not as great as you believe. One has to remember that every single thing, event, apparent reality is simply a manifestation of consciousness and that manifestation of consciousness is manifested in different degrees of intensity. That intensity may also be interpreted as, in physical plane terms, speed of movement, rapid change of focus.

It crosses the mind that a life on the earth plane is one giant experiment. How does that sit with you?

It is one small experience. Why would it be a giant experiment?

Alright then, a small experiment, but nevertheless an experiment.

But isn’t every experience an experiment?

I find it quite interesting that the earth is split into different continents and certain continents have very different
animals to the other continents. Is that the way the experiment has been designed?

The word “experiment” is one we would prefer not to use. You are merely creating the environment in which to experience your creativity. Now if you have many, many designers you can fully understand that they have diverse ideas. Now then you may bring in the word experiment, let us see what we can create and how it will fit into what has already been created because this is a continual creation of course. We have creation where many consciousnesses wish to participate and as new ones come in they bring their ideas with them, you might call it multicultural. So nothing mysterious about finding different animals in different locations any more so than finding different methods of dressing in different countries. It is merely those consciousnesses that decide they want to project themselves. One thing you must realise is that the designer is inside his creation, his, her or its. This is not stand apart consciousness that is manipulating a ball of clay. Each thing that you are aware of is a creation with a designer, designers, inherent within it. It is an expression. If you use the word expression then you may find that things become clearer to you.

I do find it fascinating that, for example, in Australia so many of the animals have pouches which you don’t find in the rest of the world and then in other parts of the world, which you don’t find in Australia, there are lots of creatures like monkeys. How come that so many of the animals in Australia have pouches.
Expression. If you wish to go to a party say and the party has a certain theme would you dress in the theme of that party? If you wish to design a vehicle that needs to go over extremely uneven roads you would need to... because the location only had extremely uneven roads, then would you design a four wheel drive with large wheels and high off the ground or would you design a low racer? The low racer would not work, it would not be suitable and it would not be acceptable. So if you see a design that is working in a particular location and you find it interesting would you not design something that had a certain similarity to those already existing. Now once you start looking at the world looking at what exists, looking at even the humans and the way they act, the way they dress, what they eat, how they sit, their mannerisms, you will find that they tend to have resonance within a particular locality and if you were going to create something in that particular area you would probably create something that would not seem totally outlandish. Now, you can bring in Mr. Sheldrake’s morphogenetic fields if you like, in which we come back to framework two, and so you look into a particular environment, a particular reality, and the frameworks, the patterns, are existing and co-existing quite well. Therefore, would you not think, as you look at this framework and you say this seems interesting, that you would create a harmonious vehicle because your chances of success, by doing so, are far greater than creating something that is totally alien to the situation? Back to “horses for courses”.
We often hear about the halls of learning, so, what is the purpose of the halls of learning and what sort of things are taught and by who?

Terms, terms, descriptions to overawe the credulous so, searching for the right word at times, we could have said gullible, credulous is more respectful. But, again there are as many places to learn as you wish to learn in. Knowledge is available to all at all times, you merely have to think about what you want to know and you will know it. But, of course, when you first move over it takes time to have confidence in this, as you can imagine. You can get an answer but would you know it was right? Therefore, many prefer to go along to a lecture hall or wherever or a counsellor for that matter, and listen to, what appears to be, a learned person telling them how things are. Yet, in the fullness of time they will soon realise that that is unnecessary. But also, many people, even when they move over, are inherently lazy and would prefer to be told. They accept the framework and happily go along with it, rather than listen within themselves to the knowledge that streams in and have to construct the framework themselves. Much like building your own house or buying one ready built. Does that answer your question?

Yes, thank you. Well, it does not answer my question completely because I was asking, who was the teacher? As well, but it does not matter.

The teachers are whoever you wish to believe are teachers. Anybody can set themselves up as a teacher but like anything else they have to present their information in such
a way that it is totally acceptable to those who seek that sort of information. It is no different to the so called teachers that you have for ordinary subjects in the physical, there are competent ones and there are incompetent ones. Many people enjoy being the centre of attention and will set themselves up as teachers. So there are just as many “not so good” teachers after you transit as there are before you transit. Like all existence, you must divest yourself of any illusion that life changes in a dramatic manner when you leave the physical, because, while you are in the physical you are already in the non-physical. It just takes you time when moving over to adjust to being back again. Now, imagine leaving your country for seventy years and going back and finding that the street you were born in has disappeared and that in its place are rows of tall buildings, offices, shops, big blocks of apartments, all the machinery of modern living, you would feel as if you were in a very strange place compared to what it was like all those years ago. Sooner or later you would adjust but it would take some time and whether you would like it or not is another thing so possibly you would go and look for another area. Are you with me with this?

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Maybe you can talk about coincidence.

So give me some example that warrants the term “coincidence”.
It was being used in reference to someone being “seen” in another part of the world by a relative at the moment of death.

I don’t think that warrants the term coincidence in normal parlance. If you look at the word, co-incidence and take it as co-incident(s) then you are talking about more than one incident happening simultaneously. And therefore the person dying in one part of the world and appearing to someone else in another part of the world you have the same, you might call, incident, because the same person is apparent at the same time, two connected. So rather than, if you look at the word again, coincidence, it has been shortened from “connected incidents”. Do you understand?

Now, if you look at these “coincidences” they are “connected”. Yes? The two incidents are alike and they are connected. You now look at “what is the connection” and then you try and find, how?, why?, are they connected. What is the motive force? So back to your example, a connected incident. A person died, but they appeared to somebody that they wished to know (inform) because they had always been connected to that person. So in future it would behove you to look at anything that is considered coincidence, understand it as connected incidents and then look for the connections. Look for what connects the two and see how your “coincidence” arose.

Like walking along and thinking of someone and then you turn the corner and bump into them.
So let us say again that you have the “incident” when you are thinking about somebody and then the incident of you turning the corner and there they are. Now, look at the connection. How did the connection arise? Was the physical body suddenly transported to the position where you first thought of them, or did the thought arise in your mind because of the interconnectedness? So maybe the interconnectedness caused the thought. Even though that other person may not have been thinking of you, you thought of them because of their proximity. You know of incidences where e.g. a person is injured in one part of the world and yet a close relative then senses that. Why? Because your frames of reference are interconnected and emotion travels. So we will put connectedness and interconnectedness underlying your coincidence.

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Thank you. Can you tell us anything about why the bee population is decreasing and what we can do about it?

The pendulum swings. You will remember that not that long ago in China they killed all the small birds and soon were overrun with insects. They had to revise their ideas and now it is back to harmony. Once more Nature repairs itself from the depredations of man. These are not words we want to use because they correspond too much to judgemental aspects. Have no fear, the world will not cease to produce the plants that are necessary for survival. Just as you play with fruit flies, just as you play with mosquitoes....necessity is the mother of invention.
Will we all be out there with paint brushes?

Possibly, for a while, but you will move into the mass breeding of the necessary pollinators as you finally wake up to what you are doing. You had DDT, you have it no more. Other chemicals you are currently using, when the full impact of what you have been doing hits home, you will change course once more. Nature will once again repair itself.

Do not put yourself above what you call god when you discuss being subject to a higher power. If you think that everything is made, or consists, of consciousness and if you think of your place in the natural order of things then do you not think that what you call Mother Nature is fully the equivalent of what you call god. Should it wish to take a certain course it will do so regardless of any other species, which of course it produces anyway. We are in a circular argument here because all consciousness is equal and is engaged in a cooperative endeavour to produce the physical environment. The bees are with you in this, the earth is with you in this. When you find, or you believe, that you are threatening your own existence do you not think that you will change course?

Thank you

Now again, when we come back to curing yourself of various ailments, arresting the ageing of the physical body
and why it seems so hard to do then why not look at your own intentions and desires. We will recap an earlier explanation, “Do you prefer to be with those with whom you feel comfortable? In your own case do you find yourself energetic and alive when you are at your golf club with your friends and yet if you were suddenly placed with a number of 20 year olds talking about fashion and socialites and facebooks would you not feel out of place? So how much intent and desire is there to not be part of that which with you are familiar? The vast majority wish to be part of that with which they are familiar. You will find that very few when questioned and being able to answer honestly will wish to live beyond the ages of their peers. They may be afraid of how they will die and yet most will say “I don’t want to outlive my children”.

Imagine how it feels to be, say 110. Your parents have gone, you friends have gone, your children have gone and the world is totally different to what you were previously used to. No familiarity, you are in an alien environment and, if you were given the opportunity to look at where your parents, your peers, your children were then existing, would you not take the opportunity, if it was offered to you, to join them? There may be, as there always is, the exception to the rule. And so, if you read back, through what we have spoken about this evening, you will see why the physical plane is constructed with the beginning and an end, albeit of different terms of time, in every part of its construction.

Look upon the bright side, because it is constantly being re-created in an ever different form, there are many opportunities to come back and experience it afresh. It is like
cruise ships that you go on. For those who first went on a journey from one continent to another as a passenger, this was on sailing ships, then it went to steam vessels, merchant vessels and then the first cruising ships. Now more and more variety of activity, comfort, enjoyment is being added and so you, others move from one cruise ship to another to experience the new things. No different to coming to cruise ship Earth and having another life. You are, of course, not passive in this, in each life you have the opportunity for new forms of creativity, using new instruments, vehicles and labour saving devices.

When we use your language you need to not take certain words as being tightly limited but view them from a broad perspective and how they cover more than one aspect.

People today are moving all over the world from continent to continent. Is this part of a greater plan to mix people up instead of leaving them as individual races?

Again [sigh], you are coming from a viewpoint that there is an external power. Would you agree?

Yes.

Yet at the same time you consider consciousness to come from an equality of source. We will not say homogeneous because different consciousness can exhibit different attributes. Now, if you were currently….let us go back a little way to where we were talking about transmission of information and the mobility of the human body and the
labour saving devices which enabled the human body and all information of human existence to move from one place to another extremely quickly. As we said, consciousness looks at the new situation and wants to come back for another life, much the same as if you had only sailed on a small vessel with few activities and suddenly you were confronted with a 200,000 ton floating hotel, floating city, with everything that you could possibly desire, then many want to experience that. Just look at your question. You as a cruise passenger on a small vessel became aware, because of your interest, that the information regarding the large vessel was available. So just apply the transmission of information and pictures of lifestyles from the affluent to the not affluent. Does not desire arise?

Once you look at the relative ease with which you can move from one part of the world to another for a better life then would you not decide, “I think I would prefer to be there”, and I can be.

So instead of looking for that outside controlling force just realise that all consciousness is co-creating. All are conscious, consciousness means awareness. Only a few years ago the vast masses in Africa were not aware.....let us go back a few centuries say, how did someone in any part of Africa know what life was like in Europe? They did not know, they did not know how to get there, apart from walk and all they saw, if they saw anybody, was somebody coming to them, dressed strangely, who had weapons that were far beyond theirs and therefore they could not resist.
Now look at today, look at the information transmission, television, mobile phones, the motor car, planes and many consciousnesses saying “we can make it happen for you”. “Heaven is only a few thousand dollars away”. Look at who is moving, the ones, not in times of war, who are successful to whatever degree, even if it means only applying for a job and saying “I will work for very little”. They make their labour attractive and succeed in that they are able to go and live where they desire to live. In times of war, necessity breeds invention and you find some way to get to this place because there is nothing where you are, only danger, and you wish to go to somewhere where at least, at the worst, you will not be allowed to die from starvation or from the cold and you will have a chance to make a new future. If you look at what is happening now you will see no difference to what happened within the last few hundred years with the peopling of the Americas, Australia etc. There is no outside power, there is merely consciousness as a whole wishing to satisfy its desires and again desires is a loaded word and is not appropriate. Does that make this much clearer?

There is no god! There is no controlling hierarchy.

I was not thinking in terms of that at all. I was thinking in terms of choosing our lives.

It is merely, if you have chosen a life in, for example, Africa do you not feel that you have also chosen to live in Africa for so many years and then move to somewhere else? Look at your own life. When you chose your own life did you not intend to be residing in Australia?
Probably did yes.

Did you choose the life, the beginning of the life, the end of the life and the general things you wanted to experience?

Well that’s what I am thinking did happen, but obviously don’t know.

You were told by a medium many years ago that she saw Canada and Australia and what eventuated? Canada and Australia. Now, wouldn’t the simple answer be as she had you in front of her that she could read your life’s intentions? Your life plan? Was it in your pattern? Was it in your information bank? Information field shall we say? Which made it... why is it called a reading?

Because they are reading your aura.

Again, much is in the words that are creating your replies, a certain aspect of life, and merely by wondering, “why this word?” then you can think “what occasioned this word to be used?” as we have said many times before or rather David has said in-spiration, in-tuition, ask and it shall be given to you, seek and ye shall find etc. The words are created so that those who wish to think could derive meaning and knowledge and enlightenment as you would say etc.

We have covered, what you might term, a macro philosophical view of creation this evening and should you wish it would be worthwhile to consider what has been said
and try to formulate a view of life in all its forms and that means before you came, while you are here and where you are going, not life in forms meaning species, but life meaning your own particular awareness and you may find a greater understanding of what you think you are.

Comment:- Many wonder about why world population is increasing so rapidly. It would seem from what has been said above that there is a strong demand from consciousness to experience the physical life, being a first or a re incarnation due to the increasing attractiveness and variety of experience available. When we look at the declining birth rates of the affluent nations there would seem to be limited opportunities to come to an agreement with prospective parents in those nations. Whereas in other nations the birth rate is much higher and so more opportunities exist. Could it be that consciousness is having to use a “back door entry” to gain admittance to the life style of their choice? This could be looked upon as an explanation for the mass movement of people occurring today.

Heather:- Given that the world’s population is expanding enormously and there are billions more people on earth now than there were say 1000 years ago, where do all these extra souls come from?

First of all the word souls, soul is a perception in the imagination of those who believe in their particular religion and the word soul can be equated with consciousness, higher consciousness, inner self, higher self, and various
other designations of the unknown, you might say, or ignorance. The hunch or suspicion that there is a defined entity, which somehow inhabits and controls a body, that has just happened, and that these bodies get produced and the soul appears and says, “ah something I can use, I’ll pop in here”. Once you start to think about how the situations arise you will see the sheer farce of that line of reasoning and yet at the same time you believe that some form of god created all that you see, the Universe in seven days and you look at the Big Bang Theory then it all just sort of clustered together and then it all sort of evolved from some spark of life, that originated from we know not where, or by a bolt of electricity though a couple of chemicals, that seem to have formed from gases, and so no and so on.

So let us look at it another way in that, as we have said before, the whole world, the whole universe, “all that is”, as is postulated through the Indian, the Hindu and the Buddhists and others. “All that is” is “all that was”, and “all that will be” because it always has been, and that “all that is” is consciousness. Consciousness creates form, why? Who knows, but it does simply for the joy of creation probably. So, if you wish to take an entity, such as soul, then what size do you think it is? Why do you think there is a limited number? You have say a trillion cells in your body, each one is conscious but you only have seven billion people therefore, if you wish to think that the cell, being connected to all the other cells, is aware of everything the body does, then does anybody talk about a cell having a soul? Or even a cell becoming a soul? So, and if we talk fully sentient beings then when you get a soul that is so called evolving then if we accord, as we are aware certain species have
virtually all the DNA that the human has, then would you say that they have a soul as well? All reason would say yes, and wouldn’t they want to move from being an ape in the jungle, though there are not many of those. But then you can take this over to many other species as well and would they not want to move up to being human. So what we are saying is the supply of what you think are souls is infinite and because consciousness creates form then should there wish to be an infinite number of beings on the earth, there already are if you count down to the bacteria etc. then the appropriate amount of necessary energy, needed to sustain the new forms, will be provided as the creationary need arises because there is nothing that cannot be sustained otherwise it is a failed creation and would not be there anyway. Does this answer or give you another way of looking at what you consider to be a soul?

Lost the beginning of this recording unfortunately.

As to interviews with what you might term the trance personality, the questions will be asked and people will try to ask questions which were designed to cast doubt on the efficacy of the information, of its basis in, what you might call, truth, but we can assure you that these will be handled with aplomb. So, there is much work to do. We haven’t got to this position without quite some intensive effort on your case, in that we have had to direct you to much study, much thinking in order that we can press the right buttons in quick succession to give fluent answers to any questions that arise. We are not having to search around with low
levels of language and knowledge to try and formulate a comprehensive answer. So don’t think we have worked this hard in order for you to fall at the first hurdle. You have much to do, you are going to enjoy it and we are going to enjoy watching you spread our/your information, so fears aside settle down and get on with the job in hand.

Comment: FYI I am adding these comments as we transcribe the recordings. Well, that’s leaves me in no doubt as to which part of me is in charge. However it’s nice to know that I am looked after and it would also appear that I have got a few more years left in me yet.

Well, we will try to give you some background on the different aspects of trance mediumship. Now you have already seen another instrument holding an intelligent conversation with you and mediums generally experience some form of bodily manipulation so would you say that if this was taken to the extreme, you may say, that a consciousness can, we are talking a group consciousness here of course, ask for the assistance of certain skills that other consciousnesses possess?

Comment: Would you believe it, the battery has run out on the recorder, we will have to ask for this information to be provided again. However I can personally affirm that this is possible. I have always wanted a classy English accent after dealing with merchant bankers in the City of London in my twenties where my south London accent was looked down upon. One day in 2014 I woke up speaking in the desired
manner, a complete surprise, and additionally I had acquired a deep, powerful singing voice and this voice also knew how to breathe. The singing has stayed, the accent comes and goes but judging from the opening paragraph maybe the instrument is being prepared for public speaking. I’m happy to go with the flow, it’s all been to the better so far.

A lot of people talk about guides and helpers, things of that nature. Would you like to comment on that please?

Now if you are not in contact with your higher consciousness, you are not aware of your higher consciousness, you have not had the support and the confirmation that you and David have had from the intelligence that may not be any more intelligent but certainly has a wider experience and knows how to access depths of knowledge. When you did make probes into these other areas and you found a welcome voice in your head, words of comfort or words of direction, of inspiration and knowledge then what name would you give to this? If you ask for help regularly and you got the answer, what would you call that?

You could say it was somebody guiding you.

Yes. Ask and it shall be given, who is giving? You would go and ask the priest and what would he say?
God?

Or your angels, because only the priests could speak to god after all. Do you understand what we are saying?

I understand what you are saying.

They had to designate a lower entity to speak to the ordinary person. Similarly the pope is said to be the only infallible member of the Catholic Church. How come the rest aren’t? You have to elevate people to pedestals so the priests had direct communication with god, nobody accords them that now of course but originally that was the idea. Which is why special places were constructed for the priests to live, the Pyramids, temples, monasteries etc. to foster the impression of access to and communication with the creator.

The same thing applies to the Spiritualist movement. They didn’t want to refer to gods and archangels etc. they wanted something more understandable, more down to earth, so they designated communicators as guides and helpers etc. Jargon and dogmas spring up when any new form of belief begins to spread. Those who set themselves up as teachers of the new knowledge deliberately foster this to create an aura of exclusivity otherwise they couldn’t be teachers could they? There are always the people who are happy to sit at the feet of the guru not understanding that if they took the time and the trouble they could find out for themselves. Just as you see in the physical, the vast amount of consciousness is happy to sit back and take advantage of another’s endeavours. As above so below.
Look at what is happening to your world. Ever more people are happy to not work but to rely on the endeavours of others to provide their needs. Maybe you can see why we say as above so below.

Now when somebody is allowing a trance personality to speak through them how can one ascertain the genuineness of the communicator?

How many times have we spoken about reason and logic? What would you expect for the person you are talking about, given their level of intelligence, the position they currently hold and the knowledge you presume they hold, even though it may not be in depth on these subjects? What sort of higher consciousness of that instrument would you expect to speak?

You would expect it to be reasonably sensible.

But not necessarily in the vein in which we speak?

No, not necessarily but it could be.

As we have said before if the instrument does not have the wide ranging knowledge and the appropriate belief system we could not put the information past that person’s belief system. It is not just picking out words. These things have to go through, you might say, gates and if those gates are locked you cannot get the information through. Everything that is spoken has to go through the maze of gates and the doors have to be batwing doors, you must be able to just
push straight through them. If they have never been opened they may be firmly shut, they have to have been unlocked. That means understanding and you understand that.

**So when somebody is starting out doing this how do you help to insure that those who are speaking through them are genuine?**

You ask intelligent questions and you expect intelligent replies.

**So if you are not getting intelligent replies how should the trance person protect themselves from these entities?**

You have already done that by telling her not to go into trance on her own. They can only follow advice if they wish to. If they find themselves floating about, shall we say, as your lady does, waving her arms about in an uncontrolled manner and singing in an unidentifiable language then they must ask themselves “What is happening here? Why is this not behaving in a rational manner? It is up to them to decide “I do not want this, I want to hear a sensible, intelligent voice speaking and holding an intelligent conversation in a credible manner”. Now the subject matter is not of importance, it could be whatever you wish to speak about, present day environments, all the questions you have asked, the higher consciousness will have knowledge of most of them. For example you could ask about the process of transition and you should get a credible reply because the consciousness will know.
You would expect the higher consciousness to be in control wouldn’t you?

Yes.

Nobody can come through unless the higher consciousness allows them through. Now we don’t know the reason why this person, this instrument is being manipulated in the fashion that it is. But it is at the moment and maybe it needs to be given a directional line of inquiry to follow using reason.

It is all down to the individual. If the individual finds satisfaction in having themselves surrounded by people hanging on their every word, fawning and commenting on the utterances, then they can easily think to themselves “maybe this is OK”. They don’t apply their own critical faculties. They are actually open to the fact that somebody from the planet Zog can come and speak through them.

So, in your opinion, what percentage of those on your side are able to find a way to speak in the physical?

How many sensible trance mediums have you come across in the past twenty years? Even by looking on the internet and around.

Very few.

Yes, very few. Because most consciousnesses in the physical are not interested. They have come here, created their
instruments, in order to enjoy certain things. They already know what can be done and so it is only the ones that wish to teach others that actually enter into this endeavour. The ones that have no wish to teach others and merely wish to enjoy the physical just don’t bother with this at all. Why should they? If they have come to experience the pleasures of eating, drinking, all the other things in the physical world, power, money, thrills, challenges, bodily sensations etc. then few are interested in teaching. Volunteer teachers can only come through those people who are interested in what you have to say.

So would you say that there are many on your side who would like to be able to get through and speak in the physical?

Once more, you are talking each individual higher consciousness. The ones who really want to talk to this side are ones that will form a vehicle in order to do so. Others who are scanning ideas and are attracted simply join in with the committed group. Again, far more followers than creators. Like your blogs, you simply join the conversation when it takes your interest. Here I am talking through this instrument, listening to what is being said. That is something else you must realise of course, just as you are listening and your instrument then listens to the recording, although he hears the words going past, we are in the same position. We are listening to what is coming out. You seem to think we have all this prepared but it is the confluence of many, many minds all coming together and we are all aware that the words spoken are the opinion of the majority.
Sometimes we may not quite agree with some representations but we simply have to abide by the words that are actually spoken and it is up to our own analytical consideration subsequently for us to decide whether this is something we can accept wholeheartedly. Or perhaps 90% or so, or perhaps a certain aspect wasn’t covered. There is always something you can’t cover because there are so many alternatives and so many shades that you can only have a pretty generalist transmission. There is always somebody who says that an omitted fact was really important but the majority obviously didn’t agree.

So on your side we’ve heard that you think of somebody and then you are able to communicate with them. Are there only certain people you can think of and communicate with?

Like your internet, let’s say you put the thought out there and we will run the parallel as we go along. You put the thought out there, you put the name into the search engine. You may get a vague reply to the thought but it may be the wrong person because unless you have a definitive knowledge of that person, some form of link, then you won’t connect with the right one, will you? So you must be fairly precise, even putting in Elvis Presley you will get Elvis Presley impersonator, memorial, various other associated items and events.

Now, the next step. You locate Joe Bloggs say, you send him an email, you locate Joe Bloggs, you send him a thought. Now you have only heard of this person and feel you would like to talk to him. He gets an email from a person he
doesn’t know of saying I’d like to speak to you. Which of his incoming mail baskets is it likely to end up in?

Probably in spam.

And he may or may not open it, depending upon the attractiveness of your message, whether it excites his curiosity enough for him to open the email. It is the same with the thought. If the thought comes across, remember the thought can be assessed far more and you can send a conceptual thought so that they can feel the type of person that is sending. So they may be inclined to reply and then back comes a thought. Others can’t be bothered and will ignore the thought. It’s not all love and light you know.

How many of you, even here, send out contacts to people you don’t know? On a regular basis.

Not really.

No. You keep to your connections in the main don’t you? It is only when you need a specific thing, you may need a specific reply and then you send to somebody you think has the requisite knowledge. In your instruments experience how many have come back with detailed help?

Very few.

Absolutely. They are wrapped up in their own realities. The same applies. As below so above if you wish.
This knowledge that we are transmitting will be to some people like a firework exploding. A sudden burst of illumination. They have been searching, trying out one concept after another and then, like some of your responders, “Ah, this is what I have been looking for, this makes sense and fits in. I can understand this. It fits in with what I thought it would be”.

Well, that’s the simplistic part. The parts about creating reality, the observer and the observed, the areas of deep intellectual study are only followed by the very few and so it is going to take some time to find one or two of those who are genuinely seeking and wish to find. These are the ones we wish to engage with but of course there may be certain authors who, if we can get them to follow this line of reasoning, this line of knowledge that we have communicated, then with all due respect, it would suit our goals for them to completely plagiarise what you might call your work, but our work and put it out there because we will have still achieved what we set out to do albeit in a second-hand fashion.

Imagine if a very successful author in this field decided to push this. He would reach a very wide audience and be believed. Whereas quite honestly the name David Ingman means nothing. So it depends on who is promoting this concept doesn’t it? So don’t worry about it. If you see someone else’s book come out with all this material then just be pleased that through that person…consider him your instrument the same as we consider David our instrument, but you have been the vital link in the chain. So by you putting it out there, if somebody else takes it up and takes it
to a much wider audience then you can sit back and think, job well done.

Absolutely.

And as you said, you are not interested in the fame or the money so it is nice to be in the background as the ‘eminence grise’. That should give you some comfort actually. You can sit back now and know that you have done your bit. We will pass through extra pieces now and again that you can put out there but meanwhile you don’t have to worry about whether or not it is expanding at whatever rate you feel would be of satisfaction to you. There is more going on than you know of as you can well imagine so eventually it may well come as a surprise and provided you put your ego firmly in your back pocket you can be quite happy about things.

Thank you.

A Question from Hayley. As I understand it the non-physical spirits inhabit the physical bodies but as there is no time they are able to inhabit many bodies simultaneously and lead different lives simultaneously. Is that correct? How does it work now that there are 7 billion physical bodies on the earth and more if you count animals etc. when there were only a few thousand many years ago? Do the spirits just inhabit more physical bodies at one time or do the spirits reproduce as well?
Why do you think that the number of what you call spirits is limited or has to reproduce? If you look out at the universe around you, you will see it is limitless. If you think of the number of atoms, molecules etc. smallest points or energy or consciousness that exist then that is beyond your imagination. Now just look at the possible lives a consciousness can live as regards physical reality, but first of all think of all the other realities that you cannot see. You cannot see atoms and molecules so you have no idea what organisation they have. The same goes for any other small part and even then, depending on the frequency they vibrate at, because your eyes and ears and other senses can only work within a certain frequency, then whatever forms of what you might call solidity may exist at a different frequency and you would be entirely unaware of them.

But now let us come back to physical reality and the human race and look back just a few thousand years and see that being a human being wasn’t all that exciting except for certain people in relatively privileged positions in certain parts of the world. Now it didn’t progress that fast really until the end of the Middle Ages and the coming of the industrial revolution and why did more people start to get born then? Why did it start to become a more attractive place to experience? Because the standard of living rose. You no longer had to avoid wild animals all the time, food became plentiful as farming became organised, industrial goods, clothes, shelter, everything became more available and so did various activities. Communications came in, no longer did you have to walk somewhere to tell somebody something, you sent a letter and later on in the not too recent history came the telephone. Means of transport
proliferated and everything sped up. You have noticed that the rate of increase in population has kept pace with the, if you can find a way to measure it, technological, industrial, cultural, health, all the progress in these areas.

And why? Because the physical world has become a lot more attractive, a lot more appealing for consciousness to experience. As we have said in previous posts, as affluence has grown in the west there are far more things to do and less children are being born because one is no longer just sitting at home producing children needing them to work in the fields in order help provide enough to enable you to live in a reasonable manner i.e. just enough to stay fed and clothed. So as the more affluent nations have reduced their number of offspring, which means that the number of ideas, plans, that are acceptable to the consciousness groups (the puppeteers) who are operating those (the puppets) who are enjoying the affluent life, that will agree to be parents to new groups of consciousness, has reduced. Yet these new groups of consciousness wish to enjoy the new affluent life and so, as we discussed in a previous post, what is happening is that the rates of child production in the non-industrialised, non-affluent countries of the world have carried on and even expanded because those consciousnesses realise that we can have an agreement for another child in the middle of Africa or the Middle East and although we may have to sweat it out until adulthood as soon as we get the chance we’ll migrate to the areas where we can enjoy the good life.

This is what you are seeing today. It is consciousness finding a way to achieve its ends even though by the back
door. There are many consciousnesses willing to come here as you can imagine but also there are many, many multiples of that number who have no wish to come here. They do not see this as Nirvana by a long shot. They will go to other realities more conducive to their values.

That should have explained to you how the population is increasing. Yes, you can live many lives at once but that doesn’t mean to say you are concentrating all your efforts in a physical reality. You may of course conjoin yourself with other consciousnesses in experiencing the life of a woman here, the life of a man there, even the life of a bird somewhere else, because you can come and go as you please. You can just join and become the “I” as in ‘Entangled Minds’. You become that particular one. As soon as you join you refer to yourself as “I experienced this, I experienced that” which indeed you did. So, “how did you experience that? I experienced that as Joe” or as Joanna or whoever. Ok? And you may just pop in to the experience of a bird just to experience the aspects of flight. (Could this be what we do in a ‘flying’ dream?) You might feel yourself as part of the consciousness of a large tree just so as you can feel the power and the awesomeness and the view and so you can experience the goings on of the birds and animals climbing around in your branches. You can let your imagination run riot here.

You can experience anything but of course you can experience totally different realities as well. You have all these channels you can switch into. You can say I’ll look deeply into this and feel part of this and then you pull out and say well yes that was good. Now what else is there
around? So you’ll watch the thoughts coming by, you’ll see where the intensities are quite hot, shall we say, and, I’ll go over and see what is going on there. This isn’t far-fetched, it’s quite natural really. You do exactly the same thing when you are sitting in front of your T.V. or you are browsing your internet. You just look to whatever is there and when something takes your interest you focus into it. As above so below.

The other night you said that there was no plan so why is it that people who have near death experiences are frequently told that they need to come back because there is work that they still have to do?

When they come back they only remember certain things yes?

Yes.

When you come here you are not aware of what things you want to tackle or achieve or experience. You knew that before you came but you deliberately organised it, along with your other consciousnesses of course, so that you didn’t know, the veil of forgetfulness!

So would you not call that a plan, from the other side?

We go back to the playlet, the idea. By using this word ‘plan’ too many people expand it to the ‘Grand Plan’. They
take it in a hierarchical fashion and before you know where you are you end up back with a god again. A grand plan and a whole lot of subsidiary plans. Well, there isn’t any. It is simply that which you want to fall in with. Say if a big group of consciousnesses comes along that says “We’ve got this wonderful plan, would you like to be part of it? Here is a little bit for you to get involved in”. So what have you got then? You’ve got a consciousness with a big idea, a large operation and you are going to play a small part. So you say “oh, there is a bigger plan”. Yes?

Yes.

Right. So you go hierarchically up and this is how people ended up with a god. But there isn’t. You have all got your own little plans, your own little playlets, your own little ideas, your own little list of what you want to experience. You are hooked on this word ‘plan’.

‘Plan’ is one way of explaining it but it’s not...

It is taken in a different fashion. You don’t say ‘God’s bucket list of experiences do you?’ You say ’God’s plan for us’.

Yes.

So you must realise the gravity of the word. How the word is seen when applied to a spiritual endeavour. So you must remove that word, use a different word.
So when the NDE’er goes back he is reminded that ‘you went down to do this, that and the other’. He had deliberately forgotten. Once he finds himself on the other side he is not only reminded, he is aware and then he makes the decision “ah, I haven’t done X, Y and Z, I’ll go back”. But when he gets back he has gone through the veil of forgetfulness again because it wouldn’t be much good coming back saying “well I know I’ve got to do this, that and the other and then I’m dead”. He has got to be in the same position as he was in the first place when he came into the physical. Again we get “I was told to go back you’ve got work to do”. A sly fabrication on behalf of the ‘larger’ consciousness, shall we say, rather than the ‘higher’, in order to keep the smaller group of consciousness on the straight and narrow as regards knowledge of their provenance.

So it’s quite easy to explain that. If you think about it yourself, if you come once and you forget, then why shouldn’t you come twice and forget? It wouldn’t be much good coming back with all the knowledge would it? You would have come there in the first place with it all but that would have defeated the object of the exercise.

Yes.

So, same thing second time around except that you might be left with the tantalising little bits of having met the relatives etc. Again, some of those you know, you have this deep love connection with and that is much harder to block out, but some future experience is easier to block out because you
havent’t experienced it yet. It may be experienced later as say, a vague desire.

Thank you.