Reality and You
Conversations with Higher Consciousness
Volume 2
David and Jean Ingman
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: \( \text{Energy} = \text{Motion of Consciousness}^2 \) \( E = MC^2 \) 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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- Seth said:- “Listen to me now and in so doing listen to yourselves
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- Time presents you with a picture in which you have freewill but each event that you choose will have its own time version. Can you comment on this please?

- As Seth said: The inner core of events is held together by just that kind of activity. You are on every hand providing an unending source of probable events from past and future from which to compose the events of your life and society. Let me remind you that all time exists simultaneously.

- Focus of the moment indeed. That is the most significant statement because there is only focus in the moment.
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 dis..cover. 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.
“What is done by what is called myself is, I feel, done by something greater than myself in me.”

~James Clerk Maxwell, physicist, on his deathbed in 1879
Can you comment on the research that has established that the appropriate area of the brain “lights up”, is in action, between 0.5 and 2.0 seconds before the picture is shown that elicits that reaction?
First let us set out the factors that need to be taken into account in order to consider the phenomena of which you speak. First of all the brain is a physical instrument created for the purpose of receiving and analysing information received from physical senses although it has the other attribute in that it can receive information from a non-physical source. Secondly the brain processes you might say knowledge, programming, but the brain is immersed in a world of time so that anything that is actioned, segmented, analysed, whatever, is done within the framework of reference of a time based system.

As we spoke last night, the restricted consciousness that exists, is focused, within the world of time, co-exists, melds, is merged, is part of the brain and neurological systems. The consciousness that is termed as non-physical does not exist in a time based system and therefore can go backwards and forwards in what you would call time because everything exists that can be focused upon. Now, for example, you have many examples of pre-cognitive visions and knowledge that have been published over the ages. The one that you use most is that of Air Vice Marshal Sir Victor Goddard and the airfield. (Google Sir Victor Goddard for the full account) It is clear that future environments, future events can be “seen” and most people will give the nod to this that somehow the future can be seen. By the way, so can the past, without it actually being memory, because where there is no time, past, present, future are all the same. (Google time slips)

Now, when it comes to how does the consciousness that is in the non-physical relate to the constricted consciousness
that is focused in the physical, because the non-physical is not in the world of time it can see the pictures that are coming up on the computer screen regardless, but, you may say, the random number generator hasn’t chosen it yet, but of course it has, because that is the future. It is viewing the computer screen as it exists at a future moment in time. (Google precognition research)

The “part” of your consciousness that exists in no time can see events that exist ahead in time. So, in which case, because you have the connection between the two linked “parts”, the two focuses of the particular consciousness, then the non-physical consciousness, which after all, is guiding, controlling, is influencing, from a light touch on the tiller to total control of the constricted consciousness, because it has already viewed what is coming up it can’t help but transmit that information to the physical brain as the connection exists all the time. So the physical brain lights up ahead of the constricted consciousness seeing the picture and this creates the question in the minds of the researchers. “What caused the brain to light up, when there was no conscious awareness of what is going on?” When all previous concepts had said that the decision comes before the action yet here we are faced with the action coming before the decision. Not only that, the action was coming before there was even an awareness that a decision was to be made i.e. the computer had not yet chosen the picture to be shown that would elicit the response that would be expected to light up the appropriate part of the brain. (Google Norretranders, Libet)
Can you see that for the one that resides in the world of no time it is easy to see what is coming up? As the intensity builds up, we have covered this before, it reaches a point where we know it will manifest in the physical but that will be ahead of the (physical) consciousness being aware of that manifestation.

If you look at out-of-body and near death experiences you will find a parallel and see that the senses you think are confined to the physical body, are in fact also able to function independently. You will realise that some part of your consciousness is not spatially restricted and can bring back irrefutable evidence of having been fully aware of events from a location other than that of the physical body.

So, with the two things, the precognition, the out-of-body, it is quite easy to see how the action in the brain precedes the decision by the awareness of the physical instrument.

We have 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 consciousnessness 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, you live many lives at once, 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.

You were talking about the higher self being in parallel with the physical body. The physical body is made up of myriad consciousnesses so how does that work for the higher self which is in parallel?

Are you assuming that the higher self is responsible for the consciousnesses that have chosen to be a part of maintaining the instrument whilst also in return being able to experience the activities of the instrument?

Yes, really.

Why should the higher self, which is a group of consciousness which has conspired together, you may say, to create the form that you consider to be the physical body and the material conception that you have overlaid upon the physical body and many of you now perceive it only to be, what you might call, a trick of the light... you are thinking once more from a separatist point of view that there be a body consciousness and a higher consciousness. As we have said before, it is all part of one consciousness. So imagine your stretched consciousness, this is not a good analogy but let us start from here. Imagine your stretched consciousness putting out a tentacle into the physical and using it to form an instrument, and then by, let us say, radiating, reflecting light into the physical and then when it lets the tentacle
slowly, for your purposes, return to the total of the group consciousness, the light slowly diminishes and therefore the body, if you care to speed the process up, disappears in front of your eyes. Would you agree with that analogy?

Yes.

So, the consciousness makes up the physical body and also subscribes to the idea of the implant of the event that is that life. Now, consciousnesses join and leave the group idea, the idea of Joe Public, all the time. Those that wanted to experience the “job” of being a heart valve, or part of the heart valve operation, if they feel they have gained enough experience they may go off and hitch their star to another idea, if they haven’t they will find another heart valve idea to be a part of. So the idea of a life is a combination, depending on which end you start from of course. But, if you start with the general idea of a life, then you have to say “what do we need to make this a reality”? All the plans, sub-plans and materials, job descriptions, have to be scheduled and volunteers for all those jobs are sought, shall we say, but in general as soon as the job vacancy is announced there are more applicants than you need. Is this structure starting to make sense for you in the way that you would be able to see the same operation being performed in the physical?

I think so.

So, what happens to them all? They all, switch their focus. Some take more time to switch their focus than others. Would it not spoil the plot somewhat if the body just
disappeared into thin air. What would it be like if people just suddenly disappeared? Would you consider they had died, because there was nothing there? There was a living person there one minute and nothing there the next. What would you speculate? Where have they gone? But if you have the body die then it is generally accepted, “Ah well, that person has stopped living, we had better dispose of this piece of material because it is beginning to smell a little”. Some think, “well, whatever activated this body, I wonder if that has died too, or has it continued on somewhere?”

You can have a nice little debate and discussion about the possibilities but you can understand why the body doesn’t suddenly go “poof”? It would spoil the whole structure, let us say, of the opera.

As much as you think that this is all illusion please remember that the consciousnesses involved in the experience of the “I” are indeed learning even if you feel that you are only operating an instrument. You are operating an instrument in interaction with many, many others and so you learn from your operation. You may learn, you might say, in a second-hand fashion but do you think it is second-hand when you spur the instrument to say certain words and the response is something you had not expected. You may think we know ahead of everything but that would rather spoil the whole game wouldn’t it, as we have pointed out before. So yes, we agree to what we are going to do but ad-libbing, you might call it, is really the object of the game so that we can try out one action and see
the reaction from the other parties. Now, everybody involved in the game is fully aware of what is going on and, whether you like it or not, is actually quite agreeable with regard to relations between all the, we use the word, puppeteers. It may not be the word that most would like but it really does sum it up but remember, that your puppet is your puppet, it is not inanimate. You may as well call it your puppy, your child, you have a complete bond. How do you feel when your child is, let us say, under threat from another? You feel protective, you feel loving, you feel that you must come to the rescue and you hold them to yourself as if they were your own. Well that is a (the) relationship between, what you might call, your entity, your higher self, all the usual names, and yourself.

We refer back to the stretched consciousness, it is one and the same. So although we say, puppet, it is as if you put your hand through a hole in the wall but you can see above the wall and all you do is interact with the other hands that are in a similar position. Now do you still feel that the hand is part of you? Of course you do. And so it is with what you call the “I”. The “I” is not dispensed with, it is an integral part of the whole and will remain so. All “I”’s that you create remain a part of the whole, they cannot be set adrift. It is akin to deliberately cutting off your own hand. So although the composition of the “gestalts” (the group of consciousnesses that are focused on and through an instrument/ puppet) that comprise all the groupings that we referred to does change somewhat, we refer you back again to the die-hards (the concept of group souls?) that like who they are, like what they created and move from one focus to another. Of course they gain friends and lose friends as they
go along wherever they focus and as new friends come in, then the actions are changed somewhat as you wish to accommodate the new friends and they wish to accommodate you and the consensus direction, purpose, focus is reached.

All in all you are forever in a relative harmony with whatever you engage upon. So without having to examine this down to the last entrail just take it that one looks after one’s own.

Well, something that we were speaking about over dinner. If it is the same above as below how does that work with all the horrendous things that go on in the physical?

Didn’t you also discuss that the consciousnesses that form the reality in which you dwell, themselves are formed of those with differing inclinations as to what is excitement for them? So when it comes to a matter of degree, where do you draw the line between boxing and wrestling and various other somewhat brutal games and other life threatening activities and using deadly instruments upon each other? How much does a rifle differ from a fist used in anger?

Surely you are not saying that the higher consciousness that is leading many lives at any one point in time would be leading all those types of lives, so therefore where does the as above, so below come in? Surely they are leading lots of different lives? Am I getting muddled up?
You don’t understand what you are saying. Each consciousness can lead several, or many, many, many different lives, some good (we have to use your words here) in your opinion, some bad in your opinion, but in each case it knows that, this is not for real. This is purely an act. As we said before, there are actors who do a good death. People say “that was so realistic when he gets shot”. So, if you know that your particular puppet is just going to be withdrawn, shall we say, then you as the producer of that particular puppet may take pride in manipulating that puppet to show a really good death, so would you volunteer for the job?

Yes.

It is very difficult to move your understanding from a play where the image in your mind is a stage and an audience to that of say, a battlefield where people who do not want to be eliminated are, regardless.

I can fully understand that. What I find difficult to understand is that the consciousness not in the physical is leading many lives and how they can all be as above so below? Because to me the belows are all different so therefore how can the above be the same?

Why shouldn’t the above be all different? This is not the only reality. There are many realities you can experience...For example, most of this appears to work around, what you would call, the nastier aspects of human life?
No, forget the nastier aspects, just as above so below. That’s all I’m querying.

So we are saying that, take everything you see in the physical. That has to have been formed by the non-physical. So what is in the physical cannot be any different except that it has been expressed. So thought and intention exist in the non-physical, expression exists in the physical. Now would not you say that is as above so below, seeing that the physical cannot be produced except by the intent of the non-physical? What is your query here, what does not make sense to you?

I suppose I was imagining lots of different consciousnesses in the non-physical each producing X number of lives in the physical and I couldn’t see how that related back to the as above so below but if you just mean that everything on the physical is replicated in the non-physical…

It is the other way round. Now any consciousness in the non-physical can join the thought stream, you might say, or tune in to the channel of any instrument in the physical that takes its fancy. Are you aware of that?

Yes.

But each instrument is produced by a group consciousness, because that is a precondition, it is a necessity. One consciousness or even a few consciousnesses cannot produce an instrument. You only have to look at the diversity of operations needed to maintain that instrument
and the focus of attention needed on each aspect to know that it will require many, many minds working together. But each of those minds can multitask, so it can tune in while it is doing its own job say, if we leave this in the simplistic manner, it can simply have on the television, for want of a better analogy, and watch what is going on in the next door instrument. Do you see a problem with that?

No.

Comment: As I am transcribing this (Feb 6 2016) from the session recording I can see why it is said by those who have passed over that “we are always with you” . They can be with us whenever they wish by tuning into our thought stream and also memory, so whenever we have a strong emotion they immediately tune in and see whether we need any help or simply join in the family moment. So for those of you who miss someone greatly talk to them and know that they can hear you and try to feel that any answer or feeling you sense is indeed their reply. Although the larger parts of our consciousnesses are together all the time it is unlikely that we can truly understand this until we return.

And perhaps your T.V. just like here, has got 200 channels, so you can tune in to this instrument, tune into that instrument. What’s going on here? Nothing much. Oh, look what’s going on over here? Yes? So nothing is static, it is constantly moving. Forever becoming applies to everything, it does not just apply to a particular instrument or a particular consciousness or a particular viewpoint. Everything is in a constant state of flux. That isn’t chaos, its organised, its intentionally directed. I’ll look at this, I’ll look
at that. Run the parallel with your own focus. Just take the time and note how many times your focus changes. Even as your eyes light on various objects as you walk about, do you pick up the doorway to walk through, do you pick up the corners to turn, so you focus, focus, focus, focus. You cannot navigate without continually refocusing. So, if you had the ability just to sit quietly and focus into the image stream being received through the eyes of another instrument or many other instruments then you could say “so and so is at the football game, let’s see what they are seeing”, so and so is meeting so and so else, let me see how they are getting on and what they are saying to each other. Yes?

Yes.

So you, in effect, if you wish to say it this way, can link telepathically all over the place. You might call it hacking into people’s mental activities, but with agreement. If once you just start to sit and muse and think “what does interconnectivity mean”? What are the possibilities here? You can see it from the point of view of the facebook broadcast, everybody receives a message, but what if you could do it the other way? So you broadcast a message and somebody else looks and receives it, they look at it, the information goes into their eyes and their brain decodes the words it sees. But what if you could reverse the process, you could extract the information, or you could get into the central control unit say, in the brain, mind, consciousness, whatever sits best with you, and you would receive the same information stream that the group consciousness is receiving. So you may as well say that you look over, notice the intensity of this group consciousness, there is a lot going
on, people are flocking and you join in and say “mind if I take a look”? “Help yourself” comes the reply.

Comment: This is a simple explanation for telepathy, NDE’s where people report sights and sounds in other rooms, out of body experiences and remote viewing, all presumably fuelled by intention or desire. Occam’s razor applied. You might note that we are seeing this in print for the first time as we type. When we record the sessions the words I speak go in one ear and out the other. We are learning as you are.

With regard to the other question which arises all the time, “why are there so many nasty people”? It is whatever state of mind you wish to be in. As above so below applies here also. Do you understand the state of mind of somebody who wants to brutalise another person to the point of death?

No.

Then why should we? You are receiving the thoughts from the higher consciousness. If the higher consciousness understood, surely, unless it was purely for the benefit of putting on some kind of diabolical play, do you not think that your consciousness would give you some explanation? Mystery doesn’t stop at the earth level.

I would like to ask, how do I speak without understanding the mechanisms?
Relatively simple. You are aware that you walk without consciously moving the muscles and you put this down to the fact that your muscles and the cells within them have learned by repetition how to walk and you have assumed that somehow the brain can instruct all the muscles in turn in some bewilderingly fast series of instructions to move all the particular muscles using all the particular energy production of all the cells that form the muscle fibre to all contract together enabling the muscle to contract and thereby hinge the leg, let us say, and then relax it so that the act of walking is performed. Now indeed there has to be a series of instructions but as yet no one has found the method by which this is performed. You know that by the appropriate stimulus of certain muscles, spasms can be induced and to a certain extent you know that by stimulating various muscles in order a certain motion can be mimicked, shall we say. It looks and acts pretty much like you would be able to do, you would say, consciously, without understanding the term.

Let us shift to the act of speaking and as the same applies to the movement of air through the vocal cords and the shaping of the lips and tongue to form the word then you can see the vast amount of information transmission, orders you might say, that have to be given for each word to be spoken. Now we move back to, let us use your popular term, the implicate order where everything exists and is considered before being explicated, becoming manifest and we refer to our earlier explanation of thought. Now all probabilities are considered by the gestalt of consciousnesses that are interested in the activities of what you term as “you”, your personality, your body. All
possible actions are considered and certain ones are chosen at each nanosecond you may say, each moment and then transmitted. Now you are aware from your own scientific examinations of the brain’s enlightenment, shall we say, its perception, that there is obviously a transmission received by the brain before the eyes are aware of perceiving what would cause that particular enlightenment (see Libet and Norretranders) and some accept now that, that order, that transmission is coming from an intelligence, a consciousness that is outside of time, that already knows even before the computer is able to choose, that will cause, upon perception, that particular area of the brain to be activated.

Now apply that to your sentence construction. Can you do that or shall we go further?

No. I think I am ok with that.

You must, when discussing any of this area of physical embodiment, realise that that part of the group consciousness that is focused in the non-physical observing the part of themselves that are manipulating the physical.... we do not like to use this analogy.... but just think of you standing behind a screen manipulating a puppet on a little stage in front of you or with your hand inside a puppet and see what is happening through your eyes. You do the speaking, the puppet does the speaking. The audience watches the puppet, they don’t watch you even though you are in full view. You don’t actually exist.
Now imagine just the puppet and you behind the black curtain. What is the belief in who is speaking, the puppet? Yet you are watching the reactions of those who are speaking to the puppet. And you understand that the puppet isn’t real. But the puppet can make the audience laugh or cry, they experience the emotion. If you then understand that the audience are also puppets then the operators of the puppets can still feel, can still laugh or cry because of the action of the puppets. But they know that the minute they put the puppets down that the emotion is then able to go away. They may think about it because if it was emotion that was traumatic or even if it was laughter that you wish to remember, it makes you laugh again just on remembering. Even years later you remember it and laugh or remember it and cry. Yet it was still all part of something which you had created.

So in order to understand what is happening in the physical you have to put yourself in the position of the controlling consciousness. And how that controlling consciousness sees what you consider to be real. To go further imagine the puppets using swords. They would slice bits off each other wouldn’t they but you, the puppeteer, would feel nothing except some sadness at the disfiguration of your creation. This sounds rather callous and impersonal but this is the realisation that will come upon you when you return to where you came from.

You had an interesting conversation this afternoon which shows that physical instruments cannot always be relied
upon to function at maximum efficiency. Things do go wrong. It is not necessarily planned. People think that everything is planned. Does everything that is planned at your level work out? No it doesn’t. But who is doing the planning? Higher consciousness is doing the planning of course. It is using the instruments, it is experimenting with the instruments, experimenting for the experience. Some things work, most things work and if you look at how things have progressed things are far better organised now than they were in previous ages. Things are being perfected and this experience is becoming more attractive. So more are joining in. It is by no means perfect and we’ll carry on through what you might call the next few thousand years and maybe more as we slowly make the place a lot more enjoyable.

It wouldn’t be any good, would it, if everything was perfect because you would know it was perfect, you would know that there was nothing there that was going to be new, going to be different and it would all get rather boring. If you are sitting there with your puppet you want to keep devising new puppet shows and new activities for your puppets. You want to pit one against the other to see who is best at manipulating their puppets. So you devise games, let us see which one of our puppets can run fastest, let’s bet on these flies crawling up the window, because we don’t know who is going to win. A temporary bit of amusement.

With regard to your Alzheimer’s people you might ask “what has happened to the person that was there”? Nothing has happened to the person that was there. There is still a whole host of consciousnesses interested in being part of the
physical. They are still eating, still talking, walking, seeing. They are getting a physical experience.

That’s right.

And they are not worried about anything either. Looked after, meals provided, no real sadness and so some see it as a nice little way to try out a physical experience. So, let’s keep this one going, it’s ticking along quite well, it’s mobile etc. etc. and it hasn’t got any worries so we don’t have to have these fearful thoughts and others coming through. In fact it’s quite blissful. Another reason why these instruments keep going because this is a fairly relaxed way for consciousnesses to experience.

Certainly a different way to look at it.
Chapter 3

How Consciousness forms the Reality we perceive.
The Two Kinds of Order.

Einstein once spoke of the physicist David Bohm as his successor. Bohm introduced concepts of Implicate Order and Explicate Order. Bohm defined explicate order as the order of the physical world. He defined implicate order as the source of explicate order, and as an underlying whole that physical form constantly unfolds out from and enfolds back into.

“"There is no matter as such. All matter originates and exists only by virtue of a force which brings the particle of an atom to vibration and holds this most minute solar system of the atom together. We must assume behind this force the existence of a conscious and intelligent mind.""

Max Planck 1944

“"Consciousness is the fundamental thing in existence. It is the energy, the motion, the movement of consciousness and all that is in it. The microcosm and the macrocosm are nothing but consciousness arranging itself.""

Sri Aurobindo
When it comes to creating your own reality, you do so on every level of existence whether you are focused into the physical, the astral, the mental or any other reality you care to envisage. You work within the parameters of that reality with the tools available to you in that reality. The connecting thread here is the desires of the consciousness that focuses in each of these different realities. There may be a reason to play with different presentations, different scenarios in an easily manipulated or malleable reality where ideas can be “imagineered” with ease and many potential scenarios examined, their results assessed and those not fitting the desired end are then discarded.

You can imagine just how fast these can be examined and then, what we will term as, the probable ones, to suit the situation in let us say, the adjoining plane which in this case happens to be the physical, are passed to the brain for evaluation. Now it behoves us to state here that the consciousnesses involved in the creation and maintenance of the physical body have, as you can imagine, a certain say in the matter. This is why different possible scenarios are presented. Like an experimenter one can test out different scenarios to see what outcomes arise should each different one be chosen? What might be influenced by one’s own biases in the mental plane might be differently influenced by the co-creating consciousnesses in the physical plane. After all you do have a certain degree of free will and therefore it is interesting to see when a course of action different from that of your own preference, we are talking now of the entity’s preference, when the physical organism brain/mind chooses one different to your preference then it is also educational as to whether that route is successful.
If you imagine both different aspects of the consciousness focus in each of the so-called planes creating and testing out their own hypothetical methods, routes, concepts, courses of action and then by cooperation and examination refining down to two or three so that the physical brain or the mind interfacing with the physical brain can present just a limited choice so as not to overwhelm the body consciousness. When speaking here we need to have you remember that words such as body consciousness encompass the brain and the connections with the, what you would call, astral self or mental self or mind. It is difficult to be definitive on this subject as all interpenetrate each other and one cannot put a locus on any particular aspect of contemplation or communication as the level of intensity as regards courses of action, ideas etc. can vary from one plane to another. One may step outside the usual transmission route by considering a thought of such intensity that it merely swamps the voices of other thoughts.

Let us discuss what has just previously been spoken about from the Seth book and this is the nature of the totality of consciousness that is presently engaged in physical reality. Now, again we have the argument that the physical reality that you think you inhabit is actually an illusion, but even illusions are fabrications of light, you might say, or fabrications of the imagination, whatever it is you actually do see. You do see, you do hear and you do feel, now whether or not they are nebulous in terms of being mostly space it is immaterial, to you they are still a mental creation. Do you understand this?
This mental creation, albeit physical creation to you is mental, they are interchangeable and so, the same applies to all consciousness because your physical reality shows stars and planets and everything else and so it is. Now would you think that the consciousnesses that make up the earth and the consciousnesses that make up the sun do not exist and they are only purely in man’s imagination and everything else is in man’s imagination, of course it isn’t.

No. I was going to say that does not sound right.

They are all consisting of… as soon as you try to understand that everything is part of the same source, whatever you wish to call it, you can call it waves, you can call it particles, you can call it whatever you wish, consciousness, it does not matter. Whenever you look into what you think your reality is you come down to some kind of homogenous overall totality from which images and tapestries are fabricated using the imagination. So, if you find yourself in the midst of a major event consisting of many thousands of people then how much do you think that you influence what goes on? You would say, “most unlikely”. You would be able to play a part but unless we can get the attention of the whole crowd and have them listen to us and have the appropriate equipment so that they can all listen to us then we cannot influence events very much. Should there not be the continual methods of communication to the mass from the individual then the mass will tend to go its own way. You look at your own society and in general the major portion of time is spent in doing your own thing and a certain amount of time is spent working, via your taxes you may say, in a co-operative manner, in general you act as an individual.
Now, apply this to the sheer mass of consciousness, you accord each wave, particle its own consciousness in a co-operative endeavour, to the sheer bulk of consciousness involved in the stars and the planets etc. and indeed they are living in a reality totally divorced from your own reality, and as was previously said this is pretty much the same as the bacteria living upon your skin in their own communities, living their own lives and with regard to the mites etc. they are procreating and that analogy is easily drawn with that of the earth and yourselves except, of course, through human nature, its ego and its predilection to self-importance way above its station, it feels that it is different... you cannot possibly equate a human being on the earth with a mite on a human being, and yet obviously the parallel is very hard to ignore. So, one must look round and say, yes there are certain elements you have to look at and say, “we have agreed to inhabit this area, to create our own reality within this area” and they are operative words, to create our own reality within this other reality and we have to roll with the punches. We have to see what is going on, sense what is going on, feel what is going on between the big players and find our own way of surviving within that area.

If, for example, the sun decided to go into a frenzy of activity and send out far more radiation then we would have to vacate the earth, switch your focus away from the earth, because the structures that we have fabricated to live within the earth’s atmosphere would then not have the atmosphere to live in. So we would have to change and look for something else. If you go back through the “history” of the earth you will see on many occasions you
have had to evacuate whole areas of the earth due to various climactic events, ice ages, formation of deserts etc. You can look at your ice ages, you can look at the Sahara desert, shifting sands etc. and you will see that you had to change your ideas. An idea that would work at one point in time does not work at another point in time, because when the Sahara did not exist and it was green and fertile land then you could organise a community there and now you cannot. The same would apply if another ice age starts then certain countries would no longer be inhabitable and you would have to move.

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 focusses 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.
So, see yourself as a player creating your own reality but do not give yourself dominion over much larger and powerful concentrations of consciousness.

Obviously we are living many lives all at once and one of those lives is an earth life. Can you give us any idea of what any of the other lives might be like?

Anything you wish to imagine can be created. You are already aware of that but you are trying to understand other lives in terms of your own life. Now we can just sit here and say to you “Yes, you can see yourself as a very handsome man, very rich, one of the world’s rulers”……..

I wasn’t thinking in those terms, that’s still thinking in human terms.

Exactly. Now switch outside that. So switch yourself, do this by degrees otherwise your imagination will not be able to cope, you will have to switch by degrees, in which you then say, “Now what if I was a creature of the air?” Now, you will immediately think of a bird, but what if you were a creature of the air in that you were a bubble say, a bubble that doesn’t burst and then try to move your consciousness and feel what it would be like to be swept along, swept up, swept down and then move to the next stage where this is no longer in an earth, in a physical situation. So we still feel ourselves as a bubble but that is as an analogy only. So, now you see yourself as a bubble of awareness and so you are looking out through an imaginary bubble and now you see, and you want to create something so you create in your imagination, the same as if you close your eyes and try to
imagine a scene and of course you can only imagine scenes that you have experienced in the physical at the moment. But because you can see other people’s imaginings as well, you are looking through your bubble and you are seeing all these happenings going on, all these imaginary pictures appearing and disappearing, appearing and disappearing, and you look into this one and you look into that one. Now, your imagination can run as far as ours, we can say to you that we can find ourselves in realms of wonderful roller coasters of colour, we ride the rainbow, you might say, we are up there, we slide down the rainbow to the accompaniment of glorious music and then we launch from there and we imagine ourselves with wings. We have to put this in terms you can understand, otherwise we have no analogies to draw. So we have to take you by degrees to where you can understand that anything is possible….. this is why these things are so difficult to explain.

Let’s change the question then. Can you describe another life that you have lead? A non-physical life that you have lead?

We will get to the same problem here in that there are many minds contributing to this monologue that you are listening to, so we would then have to decide that, yes we give you this particular life, you might say,…

Yes, you would have to choose one of the minds…..

But then that mind has been engaged with many, many other minds as well and we can give you anything we like in exactly the same way as a reincarnational story. For
example we could say we were a dressmaker back in the time of King Henry VIII and describe a life and embellish it somewhat.

Yes but I was looking for a non-physical life.

We were describing one before when we saying about riding the rainbow. Now if you wanted sheer joy and enjoyment imagine riding a rainbow. Well, you can do that. Take your rainbow away from the earth. Imagine the picture savers on the computer, bursts of colour, you watch all the different things happening as the colours move and swirl. Now imagine yourself being able to move with that colour, being part of the colour, swirling, the emotion. You enjoy dancing, can you imagine being swirled in the colour and just going with the flow and as you are told about heavenly choirs of angels, well this is just music but imagine the pleasure that everybody would be getting from producing music. Think of the number of musicians who suddenly find they are better than they could possibly imagine. Previously they had to use a physical body but now that they can imagine, the music they produce flows straight from their consciousness and imagination. The same with singers. Singers dream of hitting and holding certain notes and purity of tone. They imagine it. Well imagine that just because you think, it is. Put that together and imagine, no time, how long you could enjoy being swept around, but bodiless, weightless with just the wonderful sensations of sound and feelings of rhythmic movement and the sights of the colours, just what pleasure that would be.
Now, forget the business of life because you think of life in terms of time. Before you can imagine other dimensions of reality you have to drop off the ideas of beginnings and endings and growth. You must be able to accept the concept of just “beingness”, “isness”, being in the moment. Every moment is a life. Would you say a life is any different if it lasts three days or three hundred years? You still call it a life. So what we have just described would be one of the things that you would use for, you might say, bliss. No decisions just pure enjoyment. What we have described, how blissful would that seem to be? You would be lost in the moment. The colours are wonderful, you don’t know what’s coming next, all joyful. There are no shocks because the movements are very rhythmic because you have the feeling of movement. As the music moves you and you feel the music when you dance in the physical then there’s no difference to your feeling the music in your, you might say, mind, your consciousness in the non-physical. The same pleasure is experienced and so we are taking you from a concrete physical experience to a bodiless experience yet we have to give you some of the same feelings and emotions otherwise you simply would not be able to understand. How can we describe a feeling to you that you have never experienced?

No, you can’t.

You see! You only have your own senses here but there are other senses. It is impossible to talk about them because there is just no parallel. So it is best for you to think that anything that you could possibly imagine can be experienced. Now we have just used our imagination to
describe to you a potential existence and from there you can go to any single thing you wish because anything you think of you can be part of. Now, that will depend if the idea that you think of requires more than just your awareness. When it requires more than just your own awareness then you must cooperate with others to get sufficient intensity to alter the fabric. But that is part of the joy as well because at some time all ideas will be manifested in one fashion or another. We use the word “time” but of course we are talking all the time, so difficult! of infinite potential. Everything is possible. All consciousness has the ability to be completely fulfilled but again you will ask “why do all these things happen on the earth”? We say back to you once more, why do you produce all these violent things? We don’t mean actually physical, we mean your dramas, your films, your games etc. You do them for enjoyment. However horrible they may seem, how many people get involved in them and watch them again and again? Simply because you know it is illusion. Just take one step removed, it’s done because it can be done, because you know that in the end it is effectively meaningless.

You always are searching for meaning, purpose, truth, whereas if you just forgot about meaning, purpose, and truth and concentrated on being, enjoying the creation that surrounds you knowing that there are many other areas and that the imagination is limitless, the potential is limitless, but for the moment you have joined in with the idea of your own particular personality living what you consider to be a life in a physical arena.

Yes, I try to do that.
Exactly. Some do, some don’t. And so you might say I have agreed because it requires agreement. If the idea envisaged, the life envisaged was to be for a life of say 80 years involving XYZ events then at some stage or another the consciousnesses minds involved have to say “yes we agree to do this. Why then, if you agreed to that in the first place, would you suddenly decide, well I have had enough of this, I’m going? Now if you were in say a team of 11 people and you decided you wanted out and you had all signed contracts to stay in, then how would you leave? Maybe your terms of contract would have been that should you leave you cannot leave unless you get somebody to replace you because otherwise you spoil the whole thing. So most minds, most consciousnesses stay with the game. They stick with what they have agreed to. There are exceptions but there are always many other minds that are quite happy to join in. You must remember there are minds that are actually active intense drivers of a particular experience and there are many, many others who are quite happy just to go along for the ride. They gain the experience without having to get involved in the process of direction. If you keep in mind that as above so below then it is quite easy to see how these things perpetuate.

Would you describe “Framework 2” in an easy way for people who might be reading this?

For those who need reassurance from the scientific community they will find this set out in David Bohm’s implicate and explicate orders. Now, let us take an idea that
is in the imagination, is not material, and yet one can design it in one’s mind, see it, think about how to construct it, what materials, what colour etc. Would you say that is” implicite”? When it is made it is “explicate” but until it is made it is ephemeral. It is merely a fleeting picture in the mind. Yes?

So now take lots of consciousnesses all sending their thoughts and concepts, pictures, details to each other and discussing them. They are working in a different framework from the physical. When they take those ideas and turn them into objects and events in the physical world, and for the purposes of what we are saying at the moment, use their instruments that they have created, physical bodies, they are then operating in what we can term “framework one” (physical reality) where you are operating at a distance, shall we say, even though you get lost in the drama (i.e. you do not realise that you have created the reality in which you are immersed). Framework one is where you are operating your instruments. Framework 2 is where you design your instruments. It is in a world of ideas much as if you were not storing your designs on a computer, you were merely playing with the lines and the colours on the screen, but you didn’t actually keep them, then they would be “implicate”, hidden. Whereas if you stored them you have a bridge between the idea and its execution. You have stored the blueprint, the details and the pattern. Even though it has to have much work and energy added to it before you can have the object of the design. Is that satisfactory?

In terms of what this life is what will our next life be like?
How many different types of lives are being led in the physical? Myriad. Those lives were all chosen by the participating consciousnesses, were all formed by the participating consciousnesses. As you have heard many times before, as there are many preferred environments in the physical so there are many preferred environments in the non-physical(s). You create, or are drawn to, environments already created by those of like minds, the plural is correct, to yourself. The answer is, whatever you feel comfortable in being involved in. You can review vast numbers of potential experience locations, shall we say. When you first move over, if you read back once more, you will visit and be shown the environments in which your previous loved ones now inhabit. Of course you will be eager to see that, you will be eager to find out how they live, what they have done, what they know. Because they came from roughly the same environment, perhaps not with so much of the technology which you are used to today, they will have found a suitable environment in which to explore the abilities and limits of their new found status. You will look around and you will decide whether it suits you or whether you will move on to another one.

Now just as you go to a ballroom dance, the next generation will go to a discotheque. Just as you would have listened to the radio, three generations forward they will be watching their hand held phone. You are always becoming, and moving from one experience to another. When you would go with your parents to a dance you would have gone to a dance of your era. One which pressed your buttons at the time and then became the type of music that you felt made you feel good. As you know, now you are constantly
exposed to types of music that make you feel anything but good. Yet others do feel good and would find your choice somewhat pedestrian and boring. So the field is wide open.

You need to understand that you have chosen what you are experiencing. If you look forward you can see that you can choose what you wish to experience next. You can decide to stay where you are, doing exactly the same as you are doing, or you can change completely if you wish or you can just have a little dabble and have a week or two doing something entirely different. Many do. Many decide to go off and do a week or a month’s retreat, which they have never done in their lives or take up some activity which they never thought they would ever do. The same applies.

Life is continuous. (Heavy emphasis) It does not stop and start.

We have also read an article about the human body being a projection of consciousness. Would you like to speak about that?

If you would look back at what we have already transmitted to you in the hours that we have spoken you will observe that we say that you are constantly creating your body. You are creating your body from energetic vibrations. Depending on how you wish to perceive something, you can either perceive it as a solid body without understanding that solid body is merely a tight knit connection of
electromagnetic wavelengths which, for you and your senses, is reflecting light which gives it the impression of solidity. Yet, should you have x-rays for eyes, just as you have for your machines, the body disappears to x-rays. Certainly the flesh of the body, the extra density of the bones reflect the X-rays and enable you to see. If you went further up the spectrum you wouldn’t see anything at all, or you may see just the vibrations. If you were used to being able to decode those vibrations, as we said, you would be able to hear sounds, make out colours and make out features because you would be able to take the vibratory presentation and, for your understanding, slow it down until the denser hologram, you might say, takes shape. Is that a satisfactory answer?

We confirm, everything is, yes, holographic.

When we talk about the creation of the holographic reality imagine, if you will, looking up into the sky and as you look and you imagine or you visualise, see, wonderful light plays across the sky. As you see the imagined object or event or happening in your mind’s eye so it appears in light moving across the sky. Think what is involved in order that this be produced. It is merely a projection of your thought which has an attractiveness to other consciousnesses that are of course, the night sky and everything that is around. So if your particular imagined object, happening etc. is of interest to consciousness then consciousness can move and travel and inspect and be a part of, travel within, the thought that has been projected.
Now, this to you on the ground looking up presents itself as a radiant image. An image of light in the sky and as you changed your moment focus and then one image replaced another within your mind so would the same image sequence play out across the sky. Now the words “play out” are correct in that you would generally, to start with, actually use this ability to play with, to see what you could do, what you could build, what scenarios you could put together. Play out a battle between two people in that your images are in the sky and then another person beside you decides that he will have an image as well and both of these images that you have are of warriors with swords and they are fighting each other and so the battle goes on until at last one gains advantage and spears the other one. The one falls to the ground and is out and the other one stands victorious.

For a third party, unaware of the activities of the first two, thinking that the warriors were real, this would be a tragedy, “I have witnessed the most awful thing”. But to the two people who had manufactured the scenario and were perfectly aware of what they are doing in their scenario, there would be no tragedy, it would merely have been an enjoyable exercise.

How do you feel about that when you decide to think about how consciousness creates holographic reality and the physical instruments that are immersed in the holographic reality see the holographic reality that is being created but imagine it to be real? So take it as your higher selves are creating this reality and they know it isn’t real. From the process that we have just described can you understand how nobody, shall we say, dies, without consent, simply
because when you imagine the two warriors it is in the imagination, so whatever happens the opposing parties can always recover, even as the sword comes towards them and goes through them they recover immediately just like the cartoon characters that hit the ground, go deeply into the ground, should be dead but merely climb out and start all over again.

The one in the physical can only see the light show i.e. the hologram and you must assume that everything that you are looking at, at the moment is reflecting light because if you turn the light out it isn’t there. It is there as far as you are concerned, you can reach out and touch because that pattern is there, the force is there, but you need light to be bounced off it in order for it to be observable. So take this as all these objects are created by your higher self but you can only apprehend them through the senses that your instrument has been endowed with. You are unaware that the whole scenario is effectively a mirage.

So how much do you think we choose before we come to the earth plane?

Once upon a time a thought arose. Consciousnesses were interested in that thought and they decided “I’ll focus upon this thought” and others joined in and gradually the intensity built up and the thought, starting from a skeleton of a thought, gradually, you might say, fleshed out, both in terms of the physical instrument and the story line of that instrument, from what you would call birth, to what you
would call death, even though that is being created in every instant.

You are being born and dying in every instant, in the same way that electricity in AC is going backwards and forwards, you are being re-created in every moment. In the same way electrons are going in and out of existence.

When it comes to what you are choosing, you are merely, we are coming back to the “you” again you see... there is no “you”...there is merely what is seen. If we come back to a unit of consciousness, a unit of consciousness can experience a “you” in a certain fashion. But the “you” only arises when a certain intensity of, say, emotion, a certain intensity of feeling is attained with multitudinous units of consciousness. That intensity of feeling results in a manifestation and that manifestation means an action. An action, an opinion, a belief, it is all one and the same thing really. It is just a question of that in “time” you will see things in a linear framework but all actually happens at the same time.

So it is not a question so much of choice, it is a question of interest. A question of interest, a question of focus, a question of intensity. So the choice, if you wish, made by a unit of consciousness is merely “well, this looks interesting”, but do enough units join that consciousness in order for it to manifest? You might ask the question, “Why do some children not get born? Simply because not enough intensity can be generated to carry the process through. This may be because the construction is not going as well as planned or the intensity regarding the story line has changed, many
reasons. It is all to do with how the conglomerate of consciousness, the gestalt of consciousness reaches the intensity for manifestation. If it does not reach the intensity for manifestation then it will not manifest.

Some of those who have had near death experiences tell us that we choose our life before we come. We choose our parents and we choose our life. So how do we do that?

How do you form any endeavour? You have had this transmitted to you and spoken about ad nauseum by David. When you have the idea of a life you then set about to see how you can create that life and all the necessary things you need in order for that life to eventuate. And so in order for the pattern to be constructed you have to choose the materials from which that pattern can be constructed and insert the event of conception into the time framework that you can see is likely to ......difficult once more because all is there.......so to make it easier to explain..... you take your reel of film of what is going on and, this isn’t correct of course, you insert yourself into a certain reel of film so that the film will then have you in it and will then change the outcome as it goes along. But you must remember that there is more than one film all the time, so you can pick up a film at any time, insert yourself into the frame and effectively then produce new frames as the film goes along . This is extremely difficult to explain in terms of what you are seeing as a linear, physical manifestation. Turn this around and see this as your own consciousness imagining a life and deciding, this is me in my mother’s womb and being able to
tune into the pattern sequence that conception to birth takes. Building that pattern around yourself so you can experience it. Of course you are doing this with many other consciousnesses simultaneously. You are entering in to the play that you and your fellows are constantly creating as you go along. Then you get what you would call your illusion of reality. Illusion just means like trance, various amounts of depth, various amounts of solidity depending on the level at which you wish to participate in. If you focus intently with your fellows on creating a straw house you will inhabit a straw house. On the other hand if you focus intently on creating a 100 storey block of condominiums in which you have the penthouse then that is what you will have. You create all your experiences. It is impossible to draw an analogy using the methodology you use in the physical plane to describe what happens in the mental plane. It is like you wave a wand and it is there. That is much nearer the truth than you think.

Life is magic, as you know it.

Do you believe that each individual conscious awareness is capable of creating its own reality?

I think that reality is created by lots of consciousnesses getting together so it is a joint creation.
That is ok, but you have to agree to get together because you can always retreat into your shell, shall we say, and just be aware of the shell around you.

So perhaps you can explain what happens to those who do retreat into their shell and do not agree to what would be their reality.

As we said a few moments ago you open your shell, figuratively speaking, each morning and decide, from the infinite array of possibilities, what you wish to focus upon. Now, from, we must say, your limited point of view, it is quite easy when creating your own system of beliefs to actually believe in your own creation. To actually believe that you have no power to change your reality. But once you sit down and think very carefully about this then you do have some power to create your own reality. It may not end in the outcome that you envisage especially if that outcome is too far divorced from the position you have already created within that reality. You cannot have a sudden transformation from being a refugee to living in a million dollar apartment in another part of the world but as your refugees have shown those who sincerely wish to change their reality can take steps to change their reality. You have chosen to come into a physical system, you cannot change your reality just as you can change your imagination for you have already stepped into a system that, shall we say, takes time and much energy to create the objects, the events, that exist within that system. Should you retreat into your mind, then in your imaginations you can create whatever you wish to experience. However, you will not experience them in the same way as you do in the physical and you can
imagine yourself on your golf course, as now you can see yourself swinging the club, hitting the ball, it bouncing on the green and in your mind you can see the pin and the ball bouncing towards the pin and settling a few inches away. You can actually experience the emotion of watching that shot fly through the air and you will feel yourself happy and satisfied. That will have the corresponding effect on your chemical processes within your body and this form of daydreaming can be very pleasurable, but then you realise that you are in the physical reality operating a physical body and then you wish to do the same thing. And it, in most circumstances, does not come out to the same conclusion as in your visualisation. That is all about the process of learning to create your own reality and so as you repeat this endeavour many thousands of times you actually, together with your physical body which are one and the same of course, get better and better in the process of creation until you get so good that you feel, I think, this is as far as I need to go with this, and you look for something else which you can take on the challenge for.

Now, you must, whenever you look at any reality realise that all participating in that reality have chosen their position within that reality because they cannot be annihilated. That is impossible. Therefore should they wish to turn their focus to another reality they simply withdraw their consciousness from the instrument. Of course the instrument like everything else has been co-created and therefore as consciousnesses accumulate and disperse around a particular pattern then it takes a majority of different intensities to decide on whether the event
continues to be experienced or is simply terminated. Does that make anything clearer for you?

Thank you. So would you say that our world is a reflection of one expressed on a third dimensional plane.

You have discussed this amongst yourselves many, many times. Everything that you produce using your minds and your hands and machinery starts with a thought, an idea or intention and let me ask you where do think that thought, that idea or that intention has its home?

Probably in another dimension.

Could you possibly capture that thought and put it in a box or put it on your computer screen without typing it in say? How could you transfer that from your mind to something outside yourself except through a process of manipulating energy until you have a dense object?

Well, we don’t know how to yet. Not in this..

Not in this reality but in another reality you have some indication of this when you are able to influence certain physical objects such as staring at another person and them turning round. Something has moved between you and the other person. Yes? The same with telepathy, the idea has gone from one to another. Now what has been received?

Thoughts.
But you both think of the same idea, so was the idea tangible?

Did the thoughts come from somewhere else or did we just pick them up?

Where do you think thoughts arise?

Well, if we are all in agreement as to how everything is going to go then thoughts must arise in another dimension.

Of course. But each consciousness has the ability to think thought and once that thought is released it is able to be picked up. Any other consciousness can become aware of that thought simply because of resonance. Each thought has a certain resonance, has a certain natural state of being and anybody searching, as you would on a radio tuner, will pick that thought up if it is closely allied to something that he has been considering himself. Whether or not he retains that thought and stores it away or merely observes it and lets it pass by, shall we say, is dependent on whether he finds it useful.

We are told that there are different levels and temples of knowledge in the afterlife can you expand on either of those please?

Merely man’s attempt at trying to explain the infinity of knowledge that exists. The language of the time in which those words were formulated was when the word temple to you would evoke scenes of ancient Egypt and other such
eras. Now, who were the people that the populace turned to for wisdom? The priests, the religious emissaries, the agents of the god that everybody thought held dominion over their lives and everything connected with their lives. Now knowledge, beliefs and technology have moved on to where you now, whenever you wish to know something immediately turn to your computer or other instrument that is connected to the internet. Again, the word, even though recently coined, internet has its own magic shall we say. We go back to something from way back when in the Vedas called Indra’s net, how similar. Now, Indra’s net was imagined to be this enormous net studded with diamonds which were all individual units of consciousness and of course, in that net which was sparkling with connectivity, everything was connected and therefore all thoughts were known, all knowledge was known. Now you have “internet” which; when you look at it carefully, says that everything is interconnected. Yes? You can think your own way through this.

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All enquirers are looking for something deep and profound and yet when you look into, as the scientists do, the basis of everything, what do you find but a total homogeneity and simplicity of, so far as you have got at the moment, vibrations, vibrating strings or small particles, whichever level you decided to adapt? Tiny little things where when they come together form different patterns and therefore form the universe as you know it. Isn’t that simple? Now taking complexity, and reducing it to simplicity, and yet, when it comes to trying to understand what is going on, and
why, we refuse to accept the simple. And the simple is, that you do it. Everything is created simply because you wish to create it, and that includes all your attitudes and beliefs, as well as those things that you consider to be objects.

I was going to ask you, we talk about co-creation and we also talk about, for want of a better word, blueprints, so where does the idea for the blueprint come from, bearing in mind that billions of tiny consciousnesses get together.

We are confusing the chicken with the egg, so, let us say that the tiny, tiny consciousness, as you put it, can think, it is aware, therefore I must be thinking and so therefore I am. Now, we are all in this together, so I am thinking and I am aware, what am I aware of, so I am aware that I have imagination I can actually think things up and somewhere I remember, there is a memory of something what is it? Ah yes xyz memories, upon memories, upon memories the tiny consciousnesses are in the same position in regard to their thoughts and of course, because of the interconnection they are not sure, ah, is it my thought? Or is it another thought from somewhere else, but one thought, one memory you might say, although my experience just triggers little bit more thought and suddenly the thought starts to blossom, shall we say, and you start to see, envisage, imagine the blossom and it grows as more are attracted because the same thing is happening to them, as they look their attention is taken and energy is added the more the energy is added the more it grows, the more the imagination. Now can you see how the event grows from this, can you see how
from the first hut that was built exactly where you are now then others came and joined it, another hut was built and more then somebody said, “we really ought to have a road to service this hut”, another said, “don’t you think we ought to have a shop so that we don’t have to go too far”. As you carry on with that imaginary exercise for yourself you will soon see how consciousness from the one little unit doing something, having an idea or an action, from little acorns oak trees grow.

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We talk about blueprints, would you like to expand?

Blueprints, patterns, we have covered this ground before. It all stems from the desire to create. The desire to create results in thought, results in an idea, if this idea gains approval from many others then the motivation arises to create a reality from the idea. This can happen in many forms of which physical reality is one. So, because you are only aware of physical reality, the term blueprint or pattern is used because you are aware of how objects and events are manufactured from a pre-created plan. What you are not aware of is your imagination instantly appearing in front of you. You have some who have some understanding of this from your quantum science in which it was... began to be understood, the observer, let us say, solidified what he observed. He could not see the electron and its movement at the same time, but if he could decide where it was... I think we are exceeding the knowledge of the instrument here and the correct scientific terminology is not available. Suffice it to say that collapsing the quantum wave, as you, your
scientists have stated, results in the formation of a pseudo reality you could say. Now, if you took the attitude that the observer effect when you, we have been through, spoken of this before... that you are able to look at a blank screen which is active and then your imagination lights up various pixels on that screen and whatever picture you think of then appears on the screen. Now this is very much the same as what actually happens, the waves come through, they impinge upon the screen and the screen lights up to varying degrees which gives you the picture. Now that has been taken from a picture existing elsewhere broken down into television waves, just electro-magnetic waves, and then the picture recreated somewhere else using... Now just put...give your...oh dear...your consciousness, or mind and let us move forward say, you know your rate of technological process/progress, so let us move forward say another 500 years, do you think it would be possible just to look at something then it happens? Now you already have voice recognition, where you can make a statement, and the lights switch on, or the curtains draw. Because it recognises the wave, the sound wave. You have now or are on the verge of using thought waves to fire missiles. So it is not without the bounds of conjecture to envisage that you will be able to look at a screen and the picture that you wish to see will appear. Computer aided design comes to mind. How long before the cameras around a screen can track your eye movements and then as you look at the screen you can draw lines around simply by the movement of your eyes. You can see that this could easily be a possibility.
Now you think in general terms of speed of motion in a linear fashion. Now start to think of speed of motion in a circular fashion or a spiralling fashion as in an hourglass with the speed of motion rushing in a figure of eight say or spiralling up to the nexus of an hourglass narrowing down, getting dense then spiralling out and getting less dense again and then repeating the pattern. You would say that there is an enormous amount of energy getting to unimaginable speeds but actually getting nowhere. If you imagine all this fantastic amount of energy movement, information transfer, image creation, reality creation, all happening because of moving light. Moving light creating pictures, sensations, meaning sensory perceptions not just tactile or taste, but sensory perceptions meaning the formation of beliefs, the resulting motions etc. All this tremendous speed happening in the same space. Can you understand this?

Simply because energy is moving around, we have to give you some idea of space for you to be able to envisage it, so we have said, an hourglass. Imagine this hourglass, we will persist with the same analogy, being reasonably large in front of you, the size of your television screen say, and you see all this enormous activity of energy and colour resulting in pictures in front of you, much as your television. Now imagine yourself surrounded with all this frenetic, unimaginable hive of activity. So as you look around, what was on the television screen is now all around you, and in such a format that all your senses decode this light movement into your realities. Again, easily explained in that sight is light waves, sound is sound waves moving, touch is
a tactile sense, an electromagnetic sense, this is for simplicity’s sake, and so on.

Now we have got to the point where you have imagined yourself surrounded by a complete ocean of wave activity moving at however many times the speed of light you wish to imagine and this is what you and everybody else, exist in. Now you just have to apply your ideas of scale to this and what you feel that your consciousness is. You already know that photons communicate with each other and yet what do you need to see a photon? What do you need to imagine the size of a quark? At what stage do you say “we need a certain measurement”? You also have to realise that once you leave the physical there is no need for measurement.

And so the mystery still remains a mystery because you are not able to use your logical, rational brain which thinks in terms of the parameters of the reality in which you exist to understand the reality of something you have absolutely no conception of. But you can get the general idea. It is not too big a leap of the imagination to have some understanding that the world that surrounds you is indeed, a constantly changing illusion. It is best to find another word for “illusion’. It is indeed, a constantly changing reality. It is just, that for someone who is not endowed with your sense perception organs, there is nothing there! Except said sea of frenetic wave activity.

Full of sound and fury signifying nothing, but signifying everything for you.
Likewise for them, if they adopt a different set of sensory perceptions and a different set of rules with their co-creators, their co-participants then they will see a totally different reality from the same sea of moving energy, because they will decode the waves in a different format. These will not ... when you use a set of sensory perceptions you pick out from the sea of moving waves those waves, which of those frequencies, that you wish to form your particular pattern. Yes? Others pick out different waves. You could see this as when we, you have had referred to you God’s tapestry, now imagine this tapestry to be comprised of the most unimaginably small threads and therefore the number of threads would be basically to your concept, infinite, you can’t even count the number of threads. But, you could decide to focus on just one colour of thread. Yes? Remember the threads, in the way they are composed are running through each weft and weave. You focus using a red filter, you will see a picture that the red filter produces and so on. Now, that presupposes of course, a pre-existing picture but now say to yourself I can decide which filaments in which part of the tapestry are which colours and therefore, that particular picture will arise and yet beside you, unbeknownst to you and unbeknownst to them, is another intelligence deciding that the threads in any particular part of the tapestry are going to be seen in a different colour. He will see a totally different reality to you. Neither of you will be aware of the other. This is capable of conception. But is very, very difficult to say the least, to put this into scientific terminology, and thereby underlay the concept, the physical rationality, because simply we are talking about something that has to be experienced to be known of.
Imagination exercises.

Now we referred before to imagine yourself surrounded by a television screen which effectively formed the reality in which you are immersed. And we also referred to the computer with the sensors surrounding the screen which tracked your eye movement and then you were able to, simply by moving your eyes, see the design, the lines, as your eyes moved, the lines, the shape appeared on the screen. Now imagine your screen surrounded by thought sensors, they actually pick up your thoughts. So as you think of a tree the tree appears and when you look into the tree you see the shapes of the leaves and you look along a branch and you see a white cockatoo sitting on the branch and you notice his yellow comb. Now can you see that your focus is narrowing down from the general to the particular and as you focus on the particular you lose sight of the general? But then you switch your focus back to the general, that is, the tree and you see the tree once more. You look down, you see a rabbit on the grass below the tree. You notice it is a black rabbit, unusual. Then you look back in the tree and once more you see the cockatoo, because you know it is there. You look back again you see the rabbit, it appears. Now we said, appears, but you knew it was there and the thought sensors picked up the fact that you intended to see the black rabbit and so it appeared. Once more you think of the white cockatoo, you move your gaze, to the other part of the tree and low and behold it is there.

Where ever you focus what you believe you are going to see will be there. You are creating your own reality. Sit still and think this process through it will give you a much greater
intimation of the process by which you not only create your reality but you gain your sense of self.

Comment:- Your entity (you) impresses you to look, it provides your thoughts. It already knows if the cockatoo or rabbit is still there otherwise the thought would be “I wonder if the cockatoo/rabbit is still there?” in which case you are not surprised if it is not there any longer.)

You can also relate this to the imagination exercise where you had to imagine the body or see the body as simply a mass of moving energy waves and the mind being just also moving energy waves and the two merging. We explained how to visualise yourself being immersed in energy waves all around you so that wherever you looked you saw the energy waves. Take what we have just explained as your point of focus so that everywhere you focus on this sea of energy then the object [you wish to see] appears. Just as you know you will see a rabbit as you look at the ground the rabbit will be there. You will automatically create it. You look back up in the tree and you automatically create the cockatoo that you expect to find. For a humorous exercise we will refer to a famous and mystifying quote by Donald Rumsfeld in which he described what he termed to be “the known knowns”. The “known knowns” you can take as your point of focus that you are actually looking at, you know it is there and you know that you know that it is there. Then there are the “unknown knowns”. This would be comparable to looking at the cockatoo and yet” know” that the rabbit is on the floor, OK, basically you are focusing on the cockatoo which is a “known known” but you also know but the word “unknown”......you must use your
faculties here.....you cannot see it at the moment but you know it is there.

Then you have the “known unknowns”. Whereby you could look at the scientists, cosmologists looking into the universe and realising that there must be something there. They know there is something there but they cannot pin it down and you can call this a “known unknown”. They do not understand what it is, they can’t see it, but they know it is there. [Potential] Lastly you have the “unknown unknowns” where we will refer you back to another quote “you can only be aware of what you are aware of”, so you cannot be aware of what you are not aware of.

Now apply this to your various lives and your points of focus and you will see that wherever you focus you create your reality, you create that self, you know who you are, but when you switch your focus somewhere else you create another reality in which reality you then know who you are.

Questions please. [Said in a tone that implied, you will need to think hard to figure this out]

Comment: When you are focused in one reality you think that that is the only reality and that you are the only you. When you switch your focus the same applies. In both cases you have “unknown unknowns”. This is a clever way of showing us that we are totally unaware that we are leading multiple lives in multiple realities.
Question re halls of learning and different types of music.

You create your own reality, together. If you are able to join with those of like mind and because there is recognition of, let us say, equality amongst souls or amongst consciousnesses so you are not excluded in terms of class, accent, wealth etc. you are included because you are a fellow traveller. Your thoughts are seen and if you have a genuine desire to join with others in constructing wonderful buildings or beautiful music or scenic gardens then people join together with that goal in mind. They work together and take joy in the finished result.

Now when you say, halls of learning, that is any area of study. While you have been in the physical, how many areas could you look at now and say “If I had the time I would like to get involved in the study of this or that”. In the study of flowers, in the study of animals, in the study of rocks, in the study of the cosmos, we can go on and on and on. So what has been said to be a hall of learning……..In order to have the feeling or even to give the concept to those who venture from the physical into the non-physical, in the dream or even the near death state say, what would be a physical analogue that would denote the activity. If you just saw a host of sparkling lights then how would you decipher a particular activity going on? But once you see a building with desks or stages or music halls then you instantly comprehend the activity that is being engaged in.

So likewise, those who have not been long from the physical and even some of those who have, they would feel that great music requires a great amphitheatre because that is
where the enjoyment comes from. Much as any great event is enjoyed so much more when you are present rather than when you are watching it on television. The whole feeling you are swept up within because it is the joy of experiencing en masse rather than individually. So, just as you create buildings here buildings can be created in other dimensions. They are unnecessary but so they are unnecessary here. You do not have to have vast amphitheatres that are full of columns and fancy architecture. You could have a plain and simple barn and provided the acoustics were organised correctly there would be the same enjoyment of the music but would it feel the same without the grandeur of the colour and the light and the tiered seating etc. A sense of occasion adds to the experience so if you feel you wish to create music why not create the space to put the music in.

Something different now. We have heard that the sun is rotating on its axis, perhaps you would like to talk about that.

The physical system is an idea, an idea which is fleshed out by the process of perspective which gives rise to illusion of creation. When a painter or painters have an idea it is generally a, what you would call, concept to start with, and then in order to make the concept a reality the detail must be thought through. As you think the detail through, then you find certain aspects have to be, or rather certain attributes have to be given to different aspects of the concept. So, if you decide that you are going to create a universe then you say, “How do we do this?” Let’s come
back to the Big Bang, then you take this, this is an example, as being a truism and there is a vast explosion and creation of hot gases, which then as they cool condense, as water condenses to ice, then the gases condense to minerals. As you have created space and as your experiments have shown that say something dropped in space tends to form a circular ball, then that would give you the answer as to why planets, stars have the appearance of a ball. But that could be expectation, based on a belief that is the only way it can happen. Now, then you look at our own physics and motion and attraction and repulsion and you find that in order for this sort of equilibrium to be established then the various bodies work like a gyroscope, can hold that position if they spin. Once they stop spinning they fall over. Now, you must realise that just as you construct in the physical, then ideas are constructed, and therefore all the attributes are constructed and you are also constructing an environment in which the inhabitants, the constricted consciousnesses, have reason, and therefore, you must be careful to make sure the environment, as perceived, is based in such a way that the reason can find satisfactory theories to fit what it perceives. Are you following me?

Back to the play. You cannot construct the set of a play that is meant to be in a setting of an oasis in the desert and yet have a sailing ship in the background. Because one of the participants in the play will say, “there is something wrong with this! This is supposed to be desert, what is that doing there?” Can you see? It would be an anachronism, therefore you must ensure that all parts of the jigsaw fit harmoniously together and what is expected to fit does. So, once you have it all spinning, it may not be understandable, but there again
if you want to have the uncertainty and the excitement of
discovery and knowledge and illusion and progression,
then, because in order to utilise the set, consciousness would
have to agree, illusions have to be maintained. Therefore,
you do not construct an illusion that crumbles at the
slightest element of doubt. Do you see? You must construct
a believable reality and as the perceived progression of
knowledge progresses, you have to continually change your
fine tuning of the perceived reality. So, at one stage, when
the earth was flat, the sun was perceived to go round the
earth but now, the earth is round and the earth is perceived
to go round the sun. Do you see? And yet, we now say, “ah,
it wasn’t like that, this is what it is really like. But was it? Or
was it changed to suit the change in perception, you will
never know. We merely extrapolate our beliefs backwards
in time to suit our beliefs in the present, hence, the Big Bang,
or the belief in the Big Bang.

Can you say something about greater powers and life’s
blueprint?

As in the physical world there are always those that dream
of greater things, of the organisation of affairs that work
smoothly and connectedly and harmoniously. In much the
same way there are those who disagree because they are not
being heard and they rebel and in many cases actively
endeavour to disrupt the organisation that the majority
accept. So greater powers, or rather more properly, those of
greater influence, those of greater persuasion, those of
greater leadership because as above so below and in reverse
most are happier to be followers rather than leaders. So there are those who think and plan, design and create both for those who do not have sufficient desire to go through the intricate process of creation and would rather wish to be given the opportunity to manipulate a pre-prepared vehicle/instrument. The vehicle may not be exactly to the complete satisfaction of those who decide to take up, you might say, the base model although they would have preferred to have a model with many more features although those features were not being offered by the creators of that model.

So, the acceptors try to manipulate the instrument to achieve the desired intentions, even though in many cases the instrument simply does not have the capability, resulting from its design. It does not have those features that are capable of achieving those objectives without a degree of modification. It is like a car, cars are designed with certain shapes and certain engines, interiors and colours. The car can generally be altered to some degree by the addition of certain components, alteration of the colour, you might say expression of personality, various modifications to bring the instrument more into line with the object as desired.

So the greater powers as such are the same, as you create your world so worlds are created. As you design cars so worlds are designed. As different cars have different attributes so worlds, realities have different attributes. Cars are now relatively simple mechanisms, they have evolved by the process of perfection of design because there were those who were interested in perfecting that design and yet many drivers not offered a different design will still be happy with any vehicle that simply got them from A to B
because that was all the purpose they needed it for. Similarly in your technology you have those who are happy with the simple phone but others who must have a virtual companion in their phone. The ability to be in instant communication at all times with all people with access to all information. Of course there have to be minds that design such instruments and so it is with other realities. There are simple realities, there are complex realities. There are peaceful realities, there are frenetic realities. Fast moving, exciting, fast changing, suited to those groupings that enjoy the challenge, the excitement, the thrill of rapid manipulation and creativity. Those groups, those minds would not be happy in a reality that is peaceful, harmonious and what you might say is some people’s idea of heaven. To others it would be hell. So one entity’s heaven is another’s hell. You choose your heaven, some might say, you choose your hell, depending on your point of view.

Now let us repeat from our last conversation and go back to your impression of the source. Its exploration of its creativity, does it make sense? That it would create all its creations equal? You are quite happy with the diversity of species around you and their obvious inequalities but you seem to wish that those you call humans are all created equal. Does not this fly in the face of your logic? So there will be great minds and lesser minds, great intelligences and lesser intelligences. Now that doesn’t mean to say you shouldn’t treat them all equally while still recognising that in terms of creative ability they are not equal. Of course you do recognise that.
You do not give the job of extremely high responsibility e.g. of teaching or controlling, let us say, a surgeon who has a life poised underneath his scalpel and the attendant anaesthetist. You do not entrust those positions to those of no training and no knowledge. The training and the knowledge is simply there to weed out those who are not capable. Would you agree?

Yes.

So you have to select those that wish to be and change their instrument and follow a line of development and improvement, to be accepted to perform those responsibilities, which are available only to those who show the determination and the ability and the resourcefulness and the dedication and the responsibility to carry out such as a heart operation or other forms .....So greater powers are relatively easily explained, just as you have great designers of highly technical and highly intricate and extremely delicate machines and may we say, education and other sensitive areas then the same goes at all levels once more. As you see round you, so you will see as you survey other worlds that you may wish to focus into. Does that answer or give you, again, a logical and rational answer?

Yes, thank you.

Everything that you will ever know you will find that eventually your own intelligence is capable of understanding. The intelligence that you are is the intelligence that you always will be. You are merely in your present focus being hypnotised by the beliefs and the
conditioning that you have accumulated while you have been one pointedly focused into the physical. When you relieve yourself of that focus, you will understand more, we were going to say, of who you are, but what you represent would be better.

If you are talking about intelligence you are presumably talking about the intelligence behind the physical body, not the intelligence of the physical body, because the physical could be dyslexic or Down’s syndrome or whatever. So when you are talking about intelligence you must be talking about the intelligence behind this particular physical body.

Intelligence, if we use the word to describe the confluence of thought of all the consciousnesses that wish to experience the physical through the instrument remains the same. The instrument was designed for the purpose of certain experiences, whether, if you wish, by design or by faulty design.

I don’t think you have faulty design. I think you can have design for a purpose, which to some would appear to be a fault but it is not a fault, it is meant to be the design. Unless you are saying that something goes wrong during the design phase.

You adopt any belief that you wish. All beliefs are possible as all else is possible, we are merely giving you an option of many. But, the intelligence behind, above, within is still the same.
Sorry, that is what I wanted to make clear. I was trying to get you to say that it was that intelligence and not the intelligence in the physical.

You are differentiating between the physical intelligence and the non-physical intelligence?

I am, yes.

There is no difference. There is only the one intelligence, it is how it is expressed. Expressed through the instrument. The instrument is an instrument, it has.... It is difficult to .... Because all is conscious but as we have been endeavouring to describe there are different collections, different gestalts, organisations, aggregations, conglomerations of consciouses with their own purposes to experience. The physical instrument is such a grouping, it does not have a guiding intelligence of its own. You will see this in a new born baby, who teaches the new born baby?

The parents.

Who teaches? Who teaches the baby to cry? Who teaches the baby to close its fingers, to move its head, to sit up? Which intelligence persuades the baby to accept some instructions and some knowledge and reject others. Which intelligence makes choices, the environment provides the options and the intelligence makes choices between the options.

The intelligence is with the baby.
The baby is the instrument, the consciousnesses are non-physical. The thoughts that come together then activate the instrument to make the choice.

**So if the instrument is incapable of making the choice then it’s just a design fault with the instrument.**

If the design fault is with the instrument it could be that the consciousnesses that have focused upon this instrument wanted that experience, could also be that sufficient level of intensity of agreement does not arise for that instrument to behave in the generally accepted form of normality. There are many possible reasons, you simply decide for yourself if you wish to have one or many reasons or beliefs as to why a certain instrument behaves as it does. There is never one answer in any particular event there are always multiple possibilities.

________________________________________________________________________

**Tell me what you think about angels.**

We were sitting under a tree today and I asked you to look up and tell me what it meant to you. If you looked at each one of those waving arms at the end of the branch it was composed of small seeds attached to each frond. Each seed saw itself as an individual, each frond saw itself as an individual, the branch with all the fronds upon it saw itself as an individual. It was attached to a bigger branch, individual, attached to the trunk and when you looked around and stood further away you just saw the tree and
the tree saw itself as an individual because it saw other trees as individual and each composed of more individuals, of many individuals. Now, everything is relative. Now, the seed on the frond, depending on your viewpoint, because the seed contains the tree and would the seed consider the tree to be more powerful than itself? Do you understand what I am saying?

Yes. I don’t know if the seed would consider the tree to be more powerful than itself because how much would the seed know about the tree?

Would you consider a small snowflake to see a large iceberg as a more powerful, as an entity capable of more powerful action than itself? Would it realise that?

One imagines it would. It is a question of whether it realises the iceberg is made up of lots of snowflakes.

Let’s assume it does.

That’s the assumption that you need to make.

Of course, but that is awareness, that is awareness. Do you think that the snowflake is not aware of other snowflakes?

No, I think they are aware of other snowflakes.

Yes, and so if you as a snowflake and you are surrounded by lots of other snowflakes, how does the human being or any animal in a pack feel, does it feel more powerful than it
does when it is alone? So angels, I have given you now a tree, the seed, the snowflake, and the iceberg, the human and the crowd, the animal and the pack, so now take consciousness and angels. Do you understand?

So what are you saying? An angel is a multiple of consciousness?

It’s a massive consciousness and therefore has much more power at its disposal, much more intensity than the smaller gestalt. It is the mountain to a grain of sand. It is the tidal wave in the river, it is the adult of the child.

So should we ask for help?

Does the child ask the adult for help?

Yes.

You have your own answer. Is consciousness connected?

Yes.

You have the answer. But you have fashioned your belief. Instead of the word angel, if you said I am going to ask that big consciousness, but that is exactly what religion is, praise to god. It prays to the higher, larger consciousness, it calls it power, it calls it higher power, it calls it various names and it prays to something bigger than itself and because of the nature of hierarchy that you are used to here, you set up a hierarchy of beliefs in various, various larger
consciousnesses and you give them names, because you give each other names here. But just as stripped of names, and stripped of jobs, and stripped of locations and stripped of reflection, stripped of light, then how would you differentiate one human to another?

Say that again?

I was trying to bring the analogy to the earth. Put all humans in the dark and just have the voice how would you differentiate between one and another apart from the voice?

By their thoughts.

By their thoughts, yes, so.. I think we may have spoilt the analogy here somehow... Basically there is no need to give a hierarchical aspect to all these angels, archangels, gods, etc. excepting where you focus your attention. If you wish to focus your attention on a very large consciousness then you pray to “all that is”, then you think,” shall I be heard?” If you want to pray to a very local consciousness, a small consciousness, but then you don’t believe that the small consciousness can do what the large consciousness can do, do you? Yet, what you don’t pray to is your own consciousness. If you listen to your own consciousness you will know what to do. In-tuition.

Tuition from within.

There is no difference when we say creating reality to a child playing with a pile of bricks, it is all relative. A child
playing with a pile of bricks is creating his reality where he is focused upon at the time. You are creating your reality that you are focused upon in this moment. You are both creators in your own way and so is everything else. Everything is fulfilling its desire. On another level everything is known to be a creation, your own creation.

When you say, your own creation, we can only be an absolutely miniscule part of this creation. Our thoughts can still only create a miniscule part of this creation.

Every part of consciousness focuses upon an area of interest and when that area of interest reaches a certain intensity due to the amount of focus upon it then it manifests. If you no longer wish to be part of that focus, that intensity, you turn your focus away from that.

Explore your creative abilities. If I design this can I design it such that it can survive, it does not necessarily have to have a purpose, as we have described purpose before. There is no overarching plan, there is simply design that can survive in the environment in which it is proposed to exist. You will have noticed that as species have become extinct through the ages that life goes on regardless and so the theory that everything has its place and is interdependent is somewhat flawed. As one species ups sticks, shall we say, then the remaining find ways to fill the gaps and as we discussed previously nature returns to equilibrium. It is not only the humans that are forever becoming, all that is, not in the conception held of an omniscient power, but all that is
expressed all that consciousness manifests in the universe. All is forever becoming in the co-created fashion, if you care to think deeply about co-creation and new focuses, new design, new manifestation you will see that all around you all that you can be aware of is forever becoming. There is no plan, there is no purpose except that which each consciousness chooses to be part of.

I am now going to ask you a question that has previously been asked, when we are in the sleep state do we form tomorrows or the futures consensus reality by the higher consciousnesses talking to each other and deciding which events we are going to experience in the future?

As you have already transcribed, you are in the guise, shall we say, of your higher self, talking to each other at every moment asleep or awake and you are recreating, let us say, fractition numbers, fractally altering your physical instrument at every moment also and as you do that you are also, in co-creating terms, altering your environment fractally at every moment. You must be careful not to think that you are creating everything around you because you bring separation back into your beliefs. It is hard to understand but everything is linked together, all information is linked together, all consciousnesses are agreeing. We can only explain this to you in terms of information transmission that is of such speed, it is, of course, instantaneous, you cannot understand that, but you can understand to some degree superluminal speeds and if we can say superluminal speeds to the power of 50 say then
that goes beyond your imagination and becomes akin to instantaneous. So, if you can say that multiple decisions and by multiple we mean infinite, are being taken upon agreement between infinite consciousnesses as far as you are concerned, to constantly create the agreed environment in which all find themselves. Is that too convoluted for you?

I am sure that once it is transcribed onto paper it will be easier to understand.

All is happening at once with the agreement of all concerned.

Yes, thank you and is there any difference between to form and to create?

Back to language once again, as far as your language is concerned, what does form mean? Now you can form something according to an agreed plan. Now you can create something but it had to have an idea behind it didn’t it, it did, therefore what is that but a plan. So, what is the difference between create and form apart from your own semantics?

Very little. Why does everything have a unique fingerprint or mark?

Why do your phones have a unique number?

So that they have an individuality and can be identified,
Keep speaking,

so that it doesn’t get muddled up with somebody else or something else,

Keep going. What does your phone do?

Receives messages from other people, receives calls from other people

And converse,

And makes calls to other phones.

Could it do that if it did not have a unique signature?

No.

So, you have thought your way through, with a little assistance,

Why everything has to have one.

You have, there you are, not difficult.
Re comment from David Jackson UK

“I can understand the concept of ‘group souls’ creating a reality and living it, but what about the stars and galaxies which we see in this reality? Are they the stage and props of this reality or do they exist as independent entities or objects? Our planet is so small in comparison to the universe (which is infinite) so are there other beings elsewhere creating their own scenarios in the same universe? Can we still access this universe when we are back in the spirit world?”

Now, we recently discussed no space and no time and perspective. We also discussed creation by one person of a reality and the invitation to another group consciousness, shall we say, to join in that reality and have a coffee overlooking the Mediterranean. In other words you accept the reality that has been constructed, accept as your own, and join in and both enjoy that reality. Because one group has co-created it your group just adds its weight and joins in the co-creation and maybe puts in a few flourishes.

Now, if we start from the assumption that all is consciousness then unless we come back to the one god, one mind etc. breaking itself into myriad pieces and forming all different realities all over the place, much like the Big Bang of course, how many scientists see the parallel between the one god supposedly investigating all its potential and the one little speck exploding into this vast infinity that surrounds you?
So where do we start here? Do we start at the specks? Or do we start at the tapestry that has been created? And you can take your choice. You must remember that we are still arguing the toss about this over here. So let us apply our usual reason and logic to this discussion and look at the tiny little local worlds that you are familiar with and by this we mean your daily habits apart from your occasional holidays. Your daily habits are in a tightly knit circle of operations which when considered in terms of your locality, your country and the world you exist in is really very small. So would you think it would be sensible to create all this other stuff just from the point of view of having to wonder what was around the corner, what was on the other side of the world, what was in that jungle, what was this, what was that? Of course if you were the higher consciousness creating it all, you would know, so why would you create it all if you were never going to investigate it? So does it make sense that the rest of this tapestry is composed of higher consciousness groups, some vastly bigger than others. It is not easy for consciousness with a certain experience and focus, even though we are talking no time here you have got to remember that some venture, some don’t and that there are areas of activity, areas of quiet.

Now you would not personally think about becoming a rock in the centre of the earth and yet there are some who would think “I would like to travel to the centre of the earth to see what it is like. I would like to be there to see how it works”. And if you can move your mind to this it is as good an investigation as any, isn’t it? You can move your mind to the bottom of the sea, you can move you mind to the planets. These consciousnesses have their own being and
their own methods of communication but you have to join in with these things and if they don’t catch your imagination, like any other idea, then you let them pass by. You could for example take a look at the sun, just a mass of burning material and explosions and think, what would there be really interesting in that? So would an infinite number of other consciousnesses. But some who have been involved in that sort of thing and it is the only reality they know find it quite enjoyable because what you consider as extreme heat and disaster they just experience as another reality as nothing affects consciousness. They simply don’t take on the attributes that would feel the heat that you would, because it is a different reality. So it is so difficult to explain to you that your senses are only suited to your reality. They may be completely unsuitable for another reality and yet there are senses that are suitable for that reality but they have no counterpart or comparison with the senses being used in this reality.

To answer your question, do you think that there are more than just group consciousnesses that are involved in the human life?

Absolutely.

If you accord all particles, waves, consciousness with imagination and ideas then you can see that around you, if you think trees are conscious then trees far outnumber humans don’t they? Stars far outnumber humans, galaxies even do. So the human aspect is a tiny, tiny part of the whole. You might say, for purposes of giving you more of an idea, that you can fit your imagination within a larger
imagination. Somebody suddenly spreads out before you an amazing picture, which you both know of course is a product of imagination, let us say a hologrammatic image to make it easier to understand or just a 3D image, and then you see a little corner of that image that looks very inviting and you think “Ah, look what has been imagined over there, that looks absolutely idyllic. I wouldn’t mind spending some time there”. And as you focus further you see that there are some interesting things there and you think “I could do this and I could do that” and your fellow consciousnesses come up with their ideas and before you know it you are constructing your reality in the corner of another reality. Why do it all yourself when there is so much other consciousness all creating wonderful things to explore?

Now you are quite happy to say “let’s visit this other reality that other consciousnesses have constructed and we just have to fall in with the laws and parameters, the thought patterns etc. in order to experience that reality” but wouldn’t you say that you are experiencing another reality? You are experiencing the reality of a little corner of the earth. You are able to explore it nowadays whereas you could not have done, in terms of time, before. But as your imaginations have expanded so you have been able to expand your dis-cover of another vast imagination and out there are all the rest of what you consider to be stars, galaxies and various other objects in the universe and so it gives you a vast area to explore for many, many visits and many, many ideas of what shall I do next without having to sit there and scroll through lots of ideas and join one only to find that it’s still born.
So, as we have said before, most consciousnesses are followers. They take advantage of what the visionaries have constructed and simply piggy-back, shall we say, in order to take advantage of what has been laid out and of course these are often welcomed because the person who plans on a vast scale is often not the consciousness, the group consciousness of course, that is one for the detail. It is like somebody that is great at painting landscapes but not much good at painting objects or figures, people, animals etc. Not much good at putting together working models, shall we say. They are great at seeing the wider picture, painting the whole vast scenario. So then myriad others are needed to make it really interesting, really become alive. Do you understand all this?

I think so.

Have you any questions?

The questioner also asks “Can we still access this universe when we are back in the spirit world?

The higher consciousness can focus anywhere it wishes to but again it has to focus otherwise it is simply randomly searching without even perspective and to see you must know what instruments, what senses you need to see. Otherwise you may be using senses that will not pick anything up. It is like using infrared to try to see the bones within the physical body, you need X-rays. You need to use the correct senses, the correct frequencies to probe. This is another area where to draw analogies is again so difficult. Yes, you can see wherever you wish to see provided you
understand what you need to do to see it and of course that is chicken and egg because unless you know what it is that you are trying to see you won’t know what instrument to use in order to see it. Measurements again, perspectives. The same with focus. Where do you focus? You focus at a distance don’t you? When you go searching you narrow your focus into a searchlight to pick up something of particular interest.

So yes, you can go look for whatever you wish to look for, you just need to have some idea of what you need in order to find what you don’t even know you’re looking for. But you can say yes I’ll go off to that particular star and you may or may not see what is on that particular star depending on the laws pertaining to any form of activity that is going on there, if any.

The questioner asked “Are there other beings elsewhere creating their own scenarios in the same universe?”

Again, it is back to the imagination. We come back to the fact that the vast visionary background is laid out and various consciousnesses chose various corners to set up their own imaginative activities, so you would have to say yes, wouldn’t you?

Now we have tried to straddle two horses here, in that we are trying to show, in order to head off the obvious question that it is all in the imagination and there is nothing out there, that there can be a big “out there”, as we have just described, in the imagination and there can be small “out
there’s” within the big “out there” from other groups doing their own imagining. Have we got that much across to you?

Yes.

And at the same time if you wish to think that this is all nicely laid out just for human exploration then so be it. Wouldn’t you think that where you cannot see there is probably plenty of activity in much the same way that you couldn’t see the activity below the solid object, body at one stage and yet now you have got all the way down to waves that go into and out of existence. So if you build up invisible beings that can still think and be visible to each other using the right senses then many of those worlds can be populated in just the same way as this one. Then if you called them, let us say, spirit beings, you wouldn’t need the air, the water, the food and yet they could still create their own reality within that, living an entirely different life. Now you would accord that to the astral world, shall we say, where you don’t need to eat etc. etc. and you are happy with that so let’s say that there can be innumerable astral worlds out there. So even if you go to what seems like a barren planet to you here then the imagination once more can create a valid reality within the “reality of that barren planet”.

Thank you.
A Matter of Imagination

So you want us to talk to you about the nature of matter. Now as you have concluded, there is no matter. There is only what you want to conceive of as matter. That which you wish to make a belief in. A belief in matter, something that you can organise as props and scenery in which you wish to carry out your imaginative series of events. It is true that you have to devise a system of numbers and measurements, angles and the rest of it in order to communicate with one another as to what it is that you wish to perceive and jointly agree on. This makes it easier to do so. If you have a system of measurements you can all agree on and further agree to use then one metre, 10 metres and so on can all be understood and visualised. The meaning is common to all. The same goes for all other measurements. It is easier for intercommunication to have standardised systems of measurement in order to construct the illusion.

As you can imagine, if you can imagine, and you must imagine, the scene whereby the plain is flat and the mountains are high must be seen proportionately the same by all, all must use the same scale of measurement. So measurements have even got to be used in transferring the imaginative concept to another imagination so that both can construct their imaginations in like form. Are we making sense to you?

I think so.

As above so below. You are aware that you are measuring your rather diaphanous, hard to see, hard to grasp, what
you call reality in terms of measurements but as you can only bring this down in your conceptualisation to forces and so-called magnetic fields, waves of light, you have no real idea of how to manipulate these in order to construct reality although you are getting somewhere when you are starting to organise your virtual realities in holographic form. Even so you cannot understand how this could be projected from one mind to the other, one consciousness to another and yet if you even say to one another “look at a mountain range of so high and see in your mind a mountain range and now look the other way and perceive a mountain range much higher” and you will be able to do so. So then ask the other to picture at the foot of that mountain a vast forest fading away into a snowline with snow above and slowly in your minds you will be able to see that, and so on and so on.

Now imagine that you have a mind capable of holding all this information and keeping it stable. Many of you all holding that imagination in your mind. Then move forward along your imaginative road, passing your imaginative buildings and lakes and gorges and forests until you all start to agree “yes we see that, yes we see the other, look how deep that is, look how high that is”. You are all agreeing with one another. Slowly it goes along and your systems of measurement are becoming beliefs and as one says “that’s a high mountain” you all see a high mountain. It becomes a consensus of belief, a habit of belief. As you see with the flocks of birds and the shoals of fish, as one begins to turn all begin to turn.

So you can imagine consciousness all seeing the same reality because the decision to turn equates with the decision to
acknowledge the perception of one instantly appreciated by all and therefore accepted as a reality i.e. believed in!

(so we have a ‘group soul’ the same as the much looked down upon animals, birds and fish. Humble pie for the hubristic human ego).

We are back to our previous discussion on make-believe but rather than the word ‘make’ we use the word ‘choice’ to believe. Yes?

Yes.

So consensus choice to believe is what imaginative reality consists of. We are trying to make this as simple as possible you understand. Something that you can actually form in your own mind and then understand that others see the same. If you lead a guided meditation with everybody having their eyes closed then you can gradually get them to agree that they are seeing the same thing. They will have their own context and biases of course but if you took the average of say, several thousand or several million of those who are listening and are agreeing to the measurements as propounded by the leader of the meditation, a roughly consensus average would come out of that. You will have the spread from one extreme to the other but like any statistical presentation you will see a bell curve, so we ignore the extremes as they just have to go along with the vast majority who carry the day with their conception of reality.
Much the same as in your human consciousness where you all agree “this is real”. Whereas on the outer edges you have the mystics, clairvoyants and others who say that it is not quite as you see it. At the same time the scientists, as regards the belief of the mass, are saying this is all illusion, this is not real, it is just electrical charges coming into and out of existence, there is nothing there except forces. The mass however says, I don’t care, you may be right, you may be wrong, but to me it’s solid and it’s usable and that’s all I care about.

Yes.

Let’s face it this is all your experience is meant to be, all that you care about. You don’t care how it’s made. You are happy to believe in it because you came here wishing to believe in it so why on earth would you wish not to believe in it? Because then your experience wouldn’t be experience.

Switching focus – Switching realities.

When one is in a higher state of consciousness how easy is it to switch from one focus to another without being lost in the drama?

It is all a question of duration. As we explained with the actor, the longer you are in it the longer you feel that you are the part you are playing. However if you just dip in, bring yourself up to date, shall we say, or make your contribution and then dip out again; I think you had
occasion in the past with Ludwig and your own speculations arising from the Seth books of sitting in a theatre in the round where there were half a dozen plays going on at once, much like sitting in a multiplex cinema where for example you would have six screens around you but shielded by intervening walls in triangular tunnel shaped divisions so that you in the middle as you turned your gaze was filled with another film. Let us call that another play and then amalgamate that with our analogy of sitting in the back of the theatre but focussing on the stage. Now if you were sitting in the middle and you compare that with sitting at the back of each theatre, back of each of the six theatres, but there was an automatic focus switch where simply by focussing you could be on the stage and indeed being one of the parts. Because you are a quick change artist after all.

So, as you look from one to the other you could either take an observers view of what was going on or you could focus straight in and be on the stage. If you knew you were just going to focus in on the stage and perform some action or speak some lines then you would know that you would retract straightaway. Whereas if you focussed in knowing that you had a lot to do and you didn’t know how long you were going to take and it took far longer than you expected then just like the actor who spent some years in the play you would find yourself lost in the drama to quite some extent. However, you have always got your higher consciousness which although it has one aspect of itself lost in a particular drama is still dipping in and out of others. It is not lost in each drama. There is always a central control.
Now this does lend itself to a complete comparison, shall we say, to your consciousness being aware in a dream, a lucid dream. You are aware that you are in a dream but in most dreams you aren’t aware, only some you are and then you know you are actually laying in bed somewhere else. But, when you become conscious in a dream, is it your higher consciousness, shall we say, reminding you that “don’t go too far with this, we need you back here”?

This is all degrees. As you know, the total consciousness is however many want to join in at one time and so you can have more than say the normal amount focussed into the physical. Something interesting happens and others want to experience it, they can temporarily join the physical expansion as well, but there’s always the ones who want to stay back at base. This may be by desire or by design in order that you don’t all get lost in the drama. But you never will because there are always others watching that aren’t even particularly connected and if they see a certain intensity diminish too fast then there is always someone who can jump in. This doesn’t actually happen but of course you can see that it can. Look, that person’s drowning, go and pull him out. That person’s immersed so let’s pull him back above water and remind him “don’t go in there again too far”. It’s all quite simple really but of course if it is something very enjoyable then you may want to stick around for a while. Other times when you look in and something particularly gruesome is going on you may want to look away again quickly. Once you run a few scenarios yourself you can soon see what is likely to hold you there and what isn’t. Has that given you enough to play with, to
understand that there’s always someone around to pull you back?

Yes. Thank you.

2 thoughts on “RE:- Question from David Jackson UK”

1. David Jackson  March 21, 2016

Thank you for a very comprehensive answer. So it is all down to ‘thought power’. That is just as my friend Brigitte Rix stated in her books. Yes, it all ties in. Many thanks, and bless you.

2. Tosca Zraikat  March 21, 2016

Thank you, David Jackson, for your great questions, and thank you, David, Jean and your spirit sources for the wonderful answers. It is so liberating to know that through the application of our imaginations and focused intentions, we can connect with other realities and experience aspects of our own world that seem to be beyond our reach. Imagination is indeed a powerful vehicle for the expression and exploration of consciousness, but the main lesson in this reading for me is that in order to see beyond what is already known, even higher consciousness “has to focus otherwise it is simply randomly searching without even perspective and to see you must know what instruments, what senses you need to see.” To me, this statement is as relevant to what we might call ordinary consciousness as well as to higher. That is, I suspect, what all the spiritual traditions originally sought to develop in us – the perspective, instruments and
senses needed to experience and comprehend deeper dimensions of our reality. Perhaps that is also what science at its best could help to develop, a richer, deeper awareness of the perceptual and mental tools available to us, far more than ordinary perception, physical experimentation and mathematics. So much food for thought here, and so much inspiration to keep those ‘gates of perception’ as wide open as possible at all times.

When we go over to the other side all the consciousnesses that are part of our makeup, shall I say, could want to go off and do something entirely different so where does that leave us? Do other consciousnesses come and join.....

You are fluctuating all the time. You have within your own group a group of like minds, you might say, that tend to, like a flock of birds or a shoal of fish, follow the same thought patterns simply because they are of like mind. Not because they are following a leader or anything like that, they just hang together because there is a certain amount of enjoyment in feeling the enjoyment of those you, you might say, love. The sharing of enjoyment.

Now as the ideas float through and you are looking at this idea and that idea then, it’s just like magnetism, consciousnesses are attracted. So as you look at one idea a number of consciousnesses are attracted, you look at another idea a larger number are attracted. Can you imagine? Sooner or later one takes your fancy and you think, we’d like to do this and then others realise that this
could actually be a probability whereas previously you were scanning possibilities. So consciousnesses may stand off a little when they realise you are just scanning possibilities but once you start to zero in on something and people feel it is going to become good-to-go, you might say, then they decide to join the party. It pushes them over the edge. “I wanted something else to do. This looks interesting”. So they join in their little bands as well.

They are not all swimming around out there in singularities you know, because the whole point of coherence, coming together to experience something, doesn’t just start when the physical body is about to be formed. The idea starts to attract and once you are scanning ideas you scan ideas in the company of your like minds. You can again look upon political parties that come together. If you’ve got half a dozen parties of the left then whoever takes the lead and gets the most votes the other parties still vote left, they don’t go and vote right do they? So you have got like inclinations of small groups so when the idea comes up then if they like it they’ll join it.

Now there could be another idea from the other party, you might say, but you are never going to like that idea. So take this as your light and dark, there is one group that are war hawks, they enjoy the game of war so whenever they see a war game about to be played they rush to join because they find it exciting. Now another group may like the idea of loving animals and so a life spent caring for animals in some form may attract in much the same way that you are attracted toward a particular career when you are here, but
actually you were attracted toward that kind of life in the first place. Do you understand?

You have got these groups of consciousnesses looking for a reality to join into and like anything else at some stage you say “We’ll do that one”. Of course at the same time you can be doing several others as well. Additionally there are times when, even though you are a group, you may belong to more than one group because although you may want to do the animal loving life you may want to also be involved in a life where verbal debate is featured so you may take a life as a politician say. You can experience more than one thing at a time which is why you take several lives simultaneously. Do not think that you restrict your areas of desire to one any more than you do here.

I think you may have misunderstood my question, what I was asking was, how much of this remains with us once we move over to the other side to keep us recognisable as who we are?

What have we just said? We will go back to what we said before, we never know how many consciousnesses are tuned into the instrument at any particular time and yet the instrument is recognisable.

So is the instrument recognisable through what I would call the blueprint rather than through the consciousnesses?

Well, how would you activate a hologram, once the physical body has stopped how would you activate say a hologram
or an astral body or any other body for that matter without a pattern?

**With difficulty.**

So there is always a pattern, then it will only take a certain group of consciousnesses to activate the pattern. Of course, as we have been saying generally consciousnesses are in groups, which is where the idea of group souls comes from. Group souls reincarnate together, only this has been said as group souls as a band of actors, therefore giving the impression that the group was a group of singular consciousnesses, whereas it is much deeper than that. Singular consciousnesses group together of course in order to enter into the realities, in order to create the realities. They can only co-create, you don’t have the amount of imaginative power to create on your own but it feels as if you are on your own, because when you cohere together, then you are all strapped to the same stage coach or the same sledge or you are all pulling on the same rope. You all feel the same sensations and you all consider yourselves as singular because it is easier to consider yourself that way.

**Comment:-** All participating consciousnesses consider themselves the “I”. So as set out in “Entangled Minds” thousands consider themselves as Joe or Joanna Bloggs or any person you care to think of. We are not as unique as we think we are!

Now in other realities you are aware that you are part of a group. In this particular reality you only see yourself as a singular, even though it is plain to see with any moments
thought that your body is composed of many but that is how it is and as I think we have said before but who do you argue with in your mind? Shall I do this? Shall I do that? How come there is a for and against, protagonist and antagonist? There are two opinions, so there are two intelligences. Just work that one back for yourself and then when you go to two you might as well go to two parties again with numbers making up the two parties. Once you get this into your mind and think this way that the single unit of consciousness feels once it has cohered with another number of consciousnesses which at any one time can vary from enough to participate in the game to a thousand times that depending on the match.

Now, if you are playing a home match against the local derby side, Liverpool and Everton for example, it will attract 100,000 consciousnesses to watch that match, but if you are playing an away match at the other end of the country against a team that is at the bottom of the table how many supporters are going to travel that far? See the idea? What is happening at the time depends on how many people get involved, but, of course, they are all “I”. Entangled minds once more, they all have the sense of “I”, while they are focused right in there. “I” experienced that, in fact if you look at it that way and say to yourself, “I” experienced that. When you recount the experience to somebody else you would say, “I did this, I did that”. You would not say, “I was part of a whole bundle of people doing this thing together, well did I experience what everyone else experienced? Of course you come back to the fact of yes I did. You use the easy phraseology term, “I experienced it” your sense of “I”. If you can approach these
questions from that view point you will find them far more easy to understand although of course, you like everyone else are reluctant to give up the sense of “I” until you understand that you haven’t given up anything, you have experienced it just as much as everyone else has and been part of the co-decision. Sometimes you will feel, I know I am doing this but I don’t know whether it is right or not and so I hope it turns out okay. That is because you are having to go along with the group decision even though your particular group consciousness is a bit ambivalent about the whole thing. If others have joined and you are temporarily overpowered, shall we say, outvoted then you go along with it anyway, because you have no choice.

Yes it gets quite addictive. There is much excitement at still being able to speak in the physical. Imagine if you had a machine which you could switch on and talk to those in the non-physical. How rare it would be, how exciting it would be and even though you may not be able to get through to exactly who you want to get through to just speaking to people on the other side as you are now able to do is extremely interesting. This is the same for us of course. Even though we know what is going on it is still quite something to do something that others aren’t doing because we are to a certain extent exploring another possibility of the higher consciousness, as you call it, being in closer contact with the instrument.

There may be another possibility explored whereby the consciousnesses are in far closer contact with their
instruments so that there is a greater degree of control and the idealistic scenarios might be more able to be brought into being and the nastier aspects as we have agreed with you to call them are minimized. So that there is to some degree, heaven on earth but being able to utilise the solid physical bodies and environments in such a fashion that there is less heartache and fear.

All realities are possible and while this one will be kept going in its present form, the one we have just described might be organised in another reality. You can look at the different ones and decide whether you want the uncertainty of the nastier sides breaking into your reality or the more certain knowledge that these things can’t happen in this other reality. Therefore you are shielded from those sort of experiences. For those who have been through those experiences and simply don’t want to experience it again then wouldn’t you think it would be the thing to do to say “let’s get together those who don’t want to experience violence, pain, loss again yet still want to enjoy a physical life”. And why not? You might decide to take time out of it as well, so you create a physical reality with no time, no degradation and you can come in at whatever level you like and if you wish to change levels, i.e. projection of ages, then everybody understands when you suddenly say “I’ve had enough of being a five year old, I am now going to become an adult, OK with you?”. “Sure, off you go”.

So there wouldn’t be all the associated traumas with how are they going to turn out, how they are going to earn a living etc. To do this of course we are going to need to have a different method of energy production, food production
etc. or organise a body that can live on the sun’s energy or water or something relatively easy. Also have mind to mind communication and projection so that you won’t have to have vehicles to shift the body around in. You may as well have your holographic Skype which obviates the need to actually go somewhere and the ones you want to interact with then live in those particular areas and only occasionally will you want to go somewhere else. Who knows, we then may just recreate the body in another location.

All in the future, you might say, all in the planning, all in the works. All the potential exists for this of course. As yet we haven’t found it. Maybe it’s there though and we haven’t discovered it but we can all imagine, as we all do, and we all exist in the product of our imaginings. So, you have questions?

I would just like to comment on that you were talking about the future.

Everything is potential. If it hasn’t been dis-covered yet, hasn’t been tried out yet, does that mean to say that is the future if it all actually exists in potential? It hasn’t been experienced yet but maybe it has. It is a vast area and just as you can’t explore all parts of the universe that has been created we can’t explore all parts of consciousness. Although everything is interconnected we have to know where to look, we have to know what to ask for, so if we imagine this reality and then we start asking, putting the thought out, does anybody know of this? Then it may well come back to us, we have tried this before, or whatever. It is
all there in potential, when we say no time everything exists, it is a question of whether you focus upon it or not. So from your point of view in the physical you can say, “well that is a future focus of mine”, using the word future where it is basically an alternative focus. It is these words again, language once more, this past, present and future. If you took those words away and just said alternative focuses, then how do you get time into that? Apart from the fact of sequentiality.

Yes that’s where it comes in.

So, once more you see, you basically can be whatever you want because as your basic unit of awareness doesn’t change then there is no time for you. Everything is in potential, open the oyster, where do I look next? Because time doesn’t matter, put it that way. You create time in this world for a reason, in other worlds you will not bother to create time.

I was going to ask whether any of your group have lived in other realities but then I realised that was not a sensible question.

When you think of what you are saying then think about the words coming out and you have to listen to them. You are not forming them. They are being formed by a whole bunch of consciousness. Each of those consciousnesses has experiences of all kinds and so when you ask “have any of
you”, how do we get agreement quickly in order to get one particular life in one particular reality where perhaps only a small percentage of the consciousnesses have experienced that reality and they will be different experiences so how can a single experience be put across? We can only put across a group experience. Every group experience is different and is constantly fluctuating.

Yes. I realised that which is why I said it wasn’t a sensible question.

As we said last night due to different senses unbeknown to you that may be used in other realities it is extremely difficult to describe environments which none of your senses could comprehend. You are only able to conceive of worlds similar to your own but simply vibrating at a different rate and therefore invisible to you whereas there are innumerable ways to experience states of being.

You will be able to explore and understand more when you return to the back of the theatre. You can’t do it while you are still on the stage.

The first thing you will do when you move over will be to construct your new realities in conjunction with others in the fashion that you have been used to and you feel comfortable with. So the realities that you wish to put together with this particular band of loved ones, friends, acquaintances and others you will find have already been constructed by the ones that have gone before but as generations go over these will evolve as well. In terms of the gradations, as each wave, shall we say, goes over it
constructs the reality to suit its comfort zone, much as music tastes change with the different ages. Choice is infinite and you will have many different realities that you care to focus into. Just like having a number of homes in a number of countries with different cultural amenities. Your house on the beach, your house in the country, your apartment in town each with their different range of activities and social connections.

Take your own favourites and imagine that if you could construct everything that you wanted to what would you do? Would there be people who would like to do the same and when you say “people’ there will be other group consciousnesses won’t there and they will have created many realities. Which ones will you choose to focus into, become part of? As your Heather said “Over here there are heres and theres everywhere” and if you think about that it describes what we have just talked about. You construct all your realities to suit.

There are those who go in search of other realities just for the sake of exploration and discovery of something new. Once more as above so below and vice versa. There are those who sit on the stones and those that turn over the stones.
Chapter 4

Entangled Minds

Once upon a time, a thought arose, where it came from no-one knows. Minds saw this thought and liked the idea behind the thought. The thought was about having a certain life in the physical. Many more minds liked the idea of this life in the physical and joined the thought, until there were many, many minds and their thoughts linked together, united in their decision to experience that projected life.

They sorted out a mother and a father and it began. The child was born and was named Joe Public. As Joe’s life progressed other minds were attracted as they saw the events that were planned for this life, and they wanted to be part of it, wanted to experience this life, and as it went along many minds came, and many minds left, having experienced the event that they wished to experience. So, the conglomeration of minds known as Joe, went along, forever adding and losing minds, but always known as Joe and all those minds that had ever been Joe, ever been a part of Joe, always had the memory of the experience of being Joe. So Joe was a part of many minds and many minds were a part of Joe and so it went on and Joe went on forever, forever changing, forever adding new minds, losing old
minds, but was forever Joe, and Joe was forever connected to every other mind that had ever been a part of him. And every other mind who remembered their experience with Joe was always connected to Joe. And so Joe never had a real identity because Joe was a part of the whole of all these minds. And so was every other Joe and every other Joanna. Everything that exists is all a part of everything, a part of the thought world, endless conglomerations of thought, endless gestalts of consciousness.

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Rosenblum and Kuttner: “In principle…any two objects that have ever interacted are forever entangled. The behaviour of one instantaneously influences the other. An entanglement exists even if the interactions is through each of the objects having interacted with a third object. In principle, our world has a universal connectedness.”

Entangled Minds (an expanded version) Excerpt from Lecture on Co-Creation of Reality.

Once upon a time a thought arose, where it came from no-one knows. Minds saw this thought and liked the idea behind the thought. The thought was about forming a world composed of light, with many things to see, do and experience.
Seven major gestalts of consciousness decided that they would make the idea reality. They were known as Red, Orange, Yellow, Green, Blue, Indigo and Violet. They agreed that the group would be known as Roy G. Biv or ROY for short.

ROY began mixing colours (of consciousness) from his infinite palette. When he thought that he had done enough he said, “LET THERE BE LIGHT,” and there WAS.

Now some of these innumerable compositions of light, gestalt consciousness’s were called people. The people, as they stood in awe and wonder at the world around them, soon realised that ROY was everywhere, and they said, “ROY is omnipresent,” and someone exclaimed, “but that means he must know of all that is and therefore is omniscient. Such total knowledge must give ROY total power, so he must be omnipotent.”

Roy G. Biv was, is, and will always be, composed of multiple consciousness’s with infinite aspects which when displayed in their infinite variety of composition we label “physical reality.”

Now ROY can present all shades of himself depending on what mix of gestalts of consciousness (minds) he chooses to project. All these shades we now refer to as personalities, aspects of minds of different intensities displayed as one.

ROY is, amongst others, also known as Joe and Joanna Public.
“Nobel laureate Steven Weinberg likens this multiple universe theory to radio. All around you, there are hundreds of different radio waves being broadcast from distant stations. At any given instant, your office or car or living room is full of these radio waves. However, if you turn on a radio, you can listen to only one frequency at a time; these other frequencies have decohered and are no longer in phase with each other. Each station has a different energy, a different frequency. As a result, your radio can only be turned to one broadcast at a time. Likewise, in our universe we are “tuned” into the frequency that corresponds to physical reality. But there are an infinite number of parallel realities coexisting with us in the same room, although we cannot “tune into” them. Although these worlds are very much alike, each has a different energy. And because each world consists of trillions upon trillions of atoms, this means that the energy difference can be quite large. Since the frequency of these waves is proportional to their energy (by Planck’s law), this means that the waves of each world vibrate at different frequencies and cannot interact anymore. For all intents and purposes, the waves of these various worlds do not interact or influence each other.”

Chapter 5
The Nature of the “I”

So what is this thing called “I”? The “I” is something that you reserve, something that through your decisions you alter, that you create by virtue of those decisions, by virtue of the direction that you wish to take, in fact your wishes, your desires, your decisions all work together to form the “I”.

The “I” is merely a transient concept or fabrication that is produced when you open the window and peer into the realm of the physical. When seeing the situation that exists, you form an opinion on that situation, then as you are in a position to manipulate an instrument, you take action which
alters the situation which you are observing. You learn from the actions you take and become aware of the strength of those actions and from that comes the feeling of power, and as this power is exercised, or this feeling grows through the exercise of decision, so arises the “I”.

The “I” arises from seeing the consequences of your decisions, my action is doing this, my action is causing that, this is “ME”, this is “I”, this is the power.

So what you are doing in each moment is adding yet another layer of render to something, to something that started from nothing. There was nothing there until you painted the first stroke, then it became larger and you added another layer of paint, another colour and light was reflected in a different way. You became immersed in this ever growing pageant of light and you considered it to be real. You no longer considered it to be something you were producing, but if you stopped producing and retraced those steps, what would you be left with. You would be left with nothing. Therefore there would be no “I”

Can you see that is why there is no “I”. There is only the “I” that you continually create and through which you believe you have your existence.

(The premise is correct, the unit of consciousness cannot be aware of itself, it can only be aware of that expression which it creates in conjunction with other units of consciousness. Each unit of consciousness participating in the production of the “I” considers itself to be the “I” and is unaware that the “I” is a co-creation.)
So what happens to that “I” when we no longer have a physical body?

Nothing happens to the “I”. The “I” that you have created still remains in your memory. The memory of the self, the self that you are, the self that created the “I”. You do not create a “self”. If you consider yourself as that which creates the “I”, then the self is eternal, it merely creates a succession of “I’s”.

So what happened to those “I’s”? 

The “I’s” are like paintings, as we said, you construct the painting. Does the painting cease to exist after the artist dies? It often grows in stature. When it is first painted it is often not regarded, not vaunted or admired and yet hundreds of years after the artist has passed the painting is considered wonderful and worth enormous sums of money. Why is that? It is because a myth, a story, a perception, a hallucination, imagination has been built about this artist and the paintings…. we won’t say the artist, because one is not aware of the artist,(self) we are talking about the painting as being the “I”. This “I”, this painting, has been given a mythic status, a mythic significance but this has been built up in the eyes of many “I’s” all of which are ignorant of the self that lies in both cases behind the “I”’s. You understand..both cases? Behind the “I” and behind the “I”’s.

So when you say “Do they continue to exist? Do the paintings still continue to exist? The “I”’s continue to exist, whether they are active depends on whether the artist still
maintains an interest. Of course, the artist maintains an interest, meaning the “I” will continue to exist, for as long as the love connections continue.

If your higher consciousness suddenly withdraws its focus and you as an “I” are no longer being created what happens to the pattern of the “I”? Does it still live on and be there to meet its loved ones when they pass over?

Your “I”, once created, is created from the block of stone (on the basis that every possible sculpture exists in potential in a block of stone, so every possible manifestation exists in potential in the totality of consciousness) and as we have said so many times before it has always existed in the block of stone. You merely focus upon it and it is, but of course it is still there, it doesn’t come out of the block of stone, it is still in the block of stone. If you now take the block of stone as energetic vibration and you focus upon it and then it, in inverted commas “emerges” so that it gives the illusion of separateness then if you unfocus it sinks back, you might say, but it is still there, it is simply not highlighted, so you cannot destroy it. You cannot destroy anything because everything always exists, it merely comes into prominence when you focus upon it. (like 3d stereograms) Now this is almost impossible to explain to you but if you, anybody, thinks of an existing pattern it will come into prominence and because it comes into prominence it will, as we have said before, instantly update with everything and as there is no time you will not see any intervening gap. How can we show this not only from a point of objectivity but from a point of activity that all is happening all the time, this is almost past possibility of explaining. If you imagine the CD
game we have referred to many times before, imagine it being played at the same time by millions upon millions of players, which it probably is. It is all happening at the same time, it is the same thing happening at the same time, wherever you look it is moving, moving, moving in every direction, that is the best we can probably do, to draw an analogy to show you that multiple focuses of an event can make that event seem to be happening at the same time, we were going to say in several places but, of course, there are no places, it is just what you imagine to be, a constant motion in the ever present once more. If you cast your mind to the CD just being endlessly repeated but also multiply that to as many focuses as wish to be focusing upon it. You can almost imagine standing between two mirrors looking into those mirrors and making a movement and watching it being repeated endlessly. We hope we have given you some idea, now imagine the play going on endlessly in all those locations, and also in order to spike your guns with regard to sequentiality of action, imagine it being started and finished in every moment, so that wherever you look all actions of that sequence are happening simultaneously. You must ask yourself a question at that point, “where did it start?” and “where did it finish?” because you have so many that are happening all at once, all starting and all finishing.

What about ego, what’s your take on ego?

Ego is the same as the “I”. There is no difference. They are one and the same.

We talk about people being egotistical......
Full of the sense of “I”, full of the sense of power. There is merely a degree of self-expression, a degree of pride in the “I” that they have created.

Yes. Confident people seem to be egotistical to other people.

Not necessarily. You can be confident and yet humble. It depends on how you express it. Was Gandhi confident of getting the British to leave without firing a shot? Did he do it in an egotistical way, in a brash, forthright way? He did it through humility, persistence and non-violence and merely expressing the will of the Indian people. Gandhi was the will of the Indian people expressed through their chosen instrument, perhaps without them knowing it.

[Just as each of us are the expression of the multiple consciousness’s that have chosen to cooperate in producing the painting that we consider to be “I”, without realising that the “I” that we feel is ours alone is actually the product of a multiple thought stream.]

So how do you feel if you consider yourself to be merely a painting being painted by an unknown artist?

Perfectly OK.

You are at peace with that?

Absolutely, that is the expression taking place.

So do you feel confident in the artist?
As I don’t feel that I know the artist, I can’t comment on that but it is as it is and I am happy with that.

Are you not aware that you are the artist?

Some part of me is the artist or the overseer of me is the artist and therefore I should be confident in that, so yes.

You speak as if you are separate from the artist?

Part of the artist.

Describe to me if you can how you are part of the artist.

Purely the expression of the artist.

Why would that be a part?

Well, I consider myself to be a facet of the artist, an expression of the artist.

We are asking you to describe yourself here, in a manner, because the “I” that you consider to be you is a picture drawn by the “self”, the artist, that you do not know.

Yes. I understand.

Now, on that basis, in the living picture (vehicle or instrument, as it is normally called) which the artist /creator is creating, it can start the vehicle, the “I” and it can either
then control the vehicle or it can let go of the controls just to see what the vehicle will do. When the artist/creator does that and he wishes to observe the result of letting his vehicle, let us say, keep moving in an uncontrolled manner, in that the vehicle has been programmed over its life into a series of repetitive behaviours which if left to itself it will continue to repeat. Yet within its programming there will be a series of new actions that can be taken simply because as the action arises it is filtered through the history of previous programming in an associated context and therefore another action can arise. It will be an action that has happened before but may be presented in a different way or may have come about in a different way in a different situation. Then the artist will then see what happens when his creation is allowed to carry on. The artist creates the vehicle, the artist allows and directs and programs the vehicle and the vehicle also learns because its computers, with their senses, record every bump in the road, every direction the vehicle takes, every form of incline and decline, the number of passengers that get in, the weights etc.. Everything that happens to that vehicle is recorded and so you can then, for a while, have a driverless vehicle, because it can get from A to B, because it knows how to get from A to B from memory, not just of the previously travelled route but from knowing what to do at an intersection, at the traffic lights, and it also knows what to do when aware of other traffic. Which is how these driverless vehicles that will, in the near future, be on your roads have been programmed, but they bear striking analogy to the “I” that the artist has been creating. Do you understand what we are saying? Yes. Therefore the artist is observing his creation. The observer is creating the observed but the observed is purely a reflection of the observer.
He creates the vehicle in such a way that eventually it is able to drive itself, with the artist watching the vehicle and how it behaves and what it can do. And deciding whether he can do better and create another vehicle especially if the first one wears out.

So tell me how you feel about all the “I”s that are in the world today and how they behave?

If we are talking about the instrument we call David, me, then I feel I am gradually learning what the real situation is. I can see that there is neither good nor bad. Good or bad is purely an interpretation we put upon something. If I wish to view what is happening from being part of the play, the living play, then I will interpret this as being good or bad depending on how it affects me or my mind or my beliefs in what should be. If I then understand that this is all just different scenes from all the scenes that exist in potential, and it is a continually changing panorama of illusion, because all you are talking about, as far as we know from the physical plane, is that everything is just energy, if you wish, electromagnetic charges appearing from nowhere and disappearing into nowhere, but that nowhere is something that we do not understand. So if you stand back you can look at the whole thing from a completely impersonal viewpoint, quite dispassionately, much as you, to some degree, look at history. That was interesting, look at that, but there is no immediate effect. 20,000,000 people died in the First World War, that’s terrible, but have I got a feeling about that, yes it shouldn’t have happened, but what feeling have you got about that? So it depends when you say “what do you think”. It is a question of which you, the “I” can
think one thing, the artist, the self can think something entirely different because the artist understands and the “I” does not. The vehicle feels the road, the artist watches the vehicle go along the road, the artist does not feel the enormous bump except he may see the vehicle rise over the bump. He may see the jolt, he may understand what the jolt does to the vehicle but the vehicle carries on and the artist is unaffected, but for a while the vehicle remembers the bump, it remembers the jolt and when it sees the huge pothole next time it steers round the pothole and the artist may say “I programmed that vehicle well”.

So choose the seat you sit in or the position you wish to view from. You can be on the stage, in the drama, or you can be up at the back of the audience. Wherever you wish to be. And so at one stage you can place yourself in the audience but then you decide to use your binoculars and find yourself right in the middle of the action. Focus is everything.

________________________________________________________________________

Would you please comment on ‘other selves’ and ‘created environments’.

Other selves, to summarise, you create the self (the “I”) that you think you are at the moment. The consciousness feels that this created self is itself, although it harbours a suspicion that there is more, hence the seeking, the looking within. Of course, there is more. Every instrument is a gestalt consciousness and, if you would like to put it this way, part of a larger gestalt consciousness that does not
exist in the physical. In actuality, all in the involved consciousness exists in all dimensions, a word which is not necessarily the right one, at once. But focuses perhaps only on one. Now, consciousness is interconnected, as we have established many times before and there is no reason for consciousness not to have a finger, fingers, in many pies, that is, it has involvement in many gestalts of consciousness each with a primary focus on one instrument, one life, oneself. Just as each of these instruments are separate in the dimension in which they operate, in your case the physical dimension, so the consciousness, as it is involved in each one of these, has quality of separateness, let us say, we use the word, the veil of forgetfulness once more. Just like your channels on the TV they cannot exist in the same place, you cannot be aware of both channels at once. Where you focus in one channel, then you switch to the other channel. Now, the difference is that consciousness that has its finger in all these pies does not think, much as you do not think, of one channel while it is focused on another one, it merely switches its attention, switches its focus. Because of the depth of attention in each focus, each channel is such that you blank out what you have recently seen on another channel, unless there is a happening which is extremely similar, shall we say, to that which was recently seen or experienced on another channel and somehow you have the idea, “This is what I will do,” or a eureka moment or “I think I had better do it this way”. Some of that can be because you have in your, let us say, composite memory the experience of the other dimension, although the focus is fully in an alternative one, then because you are mentally searching for an answer, you access it without understanding from where it has arisen, yet it has arisen
from yourself. Let us come back to the previous analogy, which is not a wonderful one but it gives you some idea of how you live lives simultaneously. We postulated that just as time passes very quickly when you are enjoying yourself and very slowly when there is nothing to take your attention and also that it seems to pass at an ever increasing rate, speed that is, as you get older, then time has an elastic quality. Therefore, we said, that if you thought it was possible to break your day into a number of segments and then expand the time in each segment, expand the experience time, shall we say, in each segment to that of a full day, you could fit in several lives at once. Once you turn it over in your mind, you will see this is a possibility. So this a way of saying, of living, having several selves, living several lives, keeping them all separate if you wish, because in general it is necessary to keep each life separate, otherwise confusion arises, if the memory of the previous experience, recent experience in one life, is thought to be in another life, then confusion will reign as you can imagine, it would be chaotic, because simply the pieces of the jigsaw would not fit together, they would be of different shapes. Another analogy is, put it another way, the frames in the film, some would be out of place, they would not fit into the sequence or the association.

Now, when it comes to creating environments then you co-create your own environment, so if we now go back to the separate selves being lived simultaneously, each one would have created, co-created, their own environment and so you will have created different environments. Just as you can create different environments in the physical dimension you can create different environments in whichever dimension
with its associated, as Seth would say, camouflage patterns, senses, laws, agreed frames of reference, as we would say, terms of reference, then you can create your different environments within said terms of reference.

I think we did miss a part, because we talked about multiple personalities able to use one instrument, yet when one personality, shall we say, surfaces it has no idea, whatsoever, that the other personalities also use that instrument, and why, because when it focuses upon that instrument it creates the “I”, the self that you know, the “I” is being created all the time at every moment. All “I”s are being created at every moment and why, because when it focuses upon that instrument it creates the “I”. The “I” is being created all the time, at every moment, all “I”s all environments are being created at every moment, just as electrons flash in and out of orbit then so does all energy, for want of a better word. Everything, you might say, blinks on and off. It is just that as the light blinks on and off the existing pattern is shown each time and as it changes, then simply it changes, what we would say fractally, so you cannot tell the difference, until, what you would say, time passes and then you can see the difference. But, from one on/off to the next on/off it appears that no change has happened.

Now, so let us come back to the multiple personality experiencing the same instrument and yet being unaware that other personalities are involved in the instrument. Turn that inside out and realise that a gestalt consciousness of any size that is involved in a range of focuses, a range of involvement, with other gestalts, whose primary focus is a
single instrument, although none of them are, they are all focused separately, but however for the purposes of explanation, can you imagine one consciousness has a finger in many pies, is involved in many gestalts. When we say consciousness we mean a gestalt consciousness without saying it. A consciousness can be a single point of awareness but it takes many points of awareness before it is possible to create a self. A single consciousness cannot create a self. A single consciousness is aware that it is.

Each cell that composes your body can be aware of you as the self that you are. However its primary focus is upon the activity in which it is engaged e.g.as in the role of a heart cell, a muscle cell etc.

As an analogy, let us take the point of view of a soldier in an army. When he is discussing how the war is going, with a friend say, he would probably discuss from the point of view of the overall situation i.e. he would identify with the army as a whole. However, when discussing with his comrades where their platoon is going to be sent he will be identifying with his platoon, his focus will be on his platoon as an entity, a gestalt consciousness if you like. In the heat of battle his focus will generally be on his own personal safety, his own gestalt consciousness which he experiences as himself, “I”. In much the same way as a liver cell, when confronted with a sudden rush of alcohol focuses pointedly on the role of a liver cell, of who he is in that capacity.

A sense of “I”, or “Self”, or idea of being, is, or can be, created depending on the viewpoint from which the consciousness is focusing and the information it is receiving
from that focus. The consciousness gets so absorbed in what it is experiencing that it effectively becomes the observed forgetting that it is also the observer. This is how the liver cell can experience being the whole body, the “I”. It can experience two “separate” “I”s and yet feel that it is exclusively each one.

All gestalts of consciousness, to whatever degree of conglomeration, are constantly fluctuating in the number of consciousnesses focusing within the idea, around which the gestalt has formed and as such all are being constantly created in every moment.

The sense of “I” arises from a state of mind or a state of being, therefore when I ask, “who is doing the talking?” it is the “I” or the sense of “I” that the consciousness is using in we must say, your particular space or your particular time or your particular dimension be it both in space and time. Of course, I am now aware that I have many “I”s depending on where I switch my focus and, depending on the frame of reference of that, shall we say, dimension, I am another “I”. But each time I switch “I”s, I am only that “I”, and each “I” is not aware of the other “I”s. But in the same way each “I” is not aware of the consciousness behind the “I”. (All “I”s are instruments of the “self”.)

If the actor is wearing makeup and costume can he see the actor? He can see the part he is playing, he can see the role, facial features aside, can he see who he really is? He can only have a sense of “I” from within, you finished my
sentence for me. We are although, able to understand much more from this vantage point than from that of the physical instrument. The physical instrument is too personal, a physical person, the earthbound ego you might say. You would not expect to understand the complexity of the worlds of consciousness with just one small incursion into the infinite realm and interconnectedness. Would you agree? We can only move a certain way along the line of further understanding before the concepts become unfamiliar. Although we make tentative attempts to grasp that the ghostly mental images of understanding we normally seek, gradually the concept, the understanding, becomes more certain. Do you understand what was being said there? Did it make you doubt something?

No, it did not make me doubt anything.

(David speaking, What I can gather, is that although they have been saying a lot, they don’t think they understand it all. I know it sounds as if they know an awful lot, but they still only know a little.)

It might sound a lot to you but we know that we are not much less limited than you are.

__________________________________________

What about the different levels there are supposed to be?

Do you live in a different level of experience from those you spoke of earlier?
Yes.

Therefore, as above so below. You create your realities. You go to those areas to which your thoughts naturally attract you and that is why you are encouraged to act and think in a way such that you naturally gravitate to, and are accepted by, those who you wish to be accepted by. Your idealism, your ideal world, in which people act in ways commensurate with your ideals where you would feel immense happiness and peace as everybody and everything that you experienced was in perfect harmony with your own vibration. It takes much practice, we are trying to avoid the use of the word “time”, it takes much focus and practice to divest yourself of a lifetimes attitudes of judgement and replace them with attitudes of acceptance. You learn to accept things that you see and decide that, this could be interesting, let us put all judgement aside and see how it feels. Of course, you will naturally find that some things are in harmony with what you are and some things are not. Another time the initial feeling will be so good that as you let old attitudes surface and you find yourself unable to stay in that state you will learn to change your attitudes and therefore change your vibration so you can continue to stay in that harmonious state.

That is the process of “forever becoming”.

Each new focus you take upon will entail a different vibration. A different frequency that you are focusing into and you have to adjust to that frequency. Sometimes you get so used to that frequency that you find it hard to adjust back again. All consciousness is in the process of, shall we say, re-
discovering. This is a circular thing. You discover something, get lost in it, change your focus and you re-discover something you had experienced before but you have forgotten. You put it aside, because the internet exists, for your world, humourously, Wikipedia exists, anything you wish to know is there for you. So why create a storage facility, there is no need. Anytime you want it you can pick it up if you desire. So you move on forever becoming this and forever becoming that and not necessarily, unless you stay in a certain reality, having any need of the actuality of what you have experienced as memory of a previous event or object. Are we making sense?

I think so. Are all individual consciousnesses of equal importance?

You believe that all molecules of water consist of two hydrogen atoms and one oxygen atom. Would you consider them to be the same?

No, they are different.

In what respect?

One’s hydrogen and one is oxygen.

Now a molecule of water, or an atom of water, whichever they be, a molecule of water consisting of two hydrogen atoms and one oxygen atom, all water molecules consist of the same combination do you agree?
Yes.

Can they be any different?

Well then they would not be water.

Exactly, whenever you come down to consciousness, for language sake being units of pure awareness, then they must of necessity be of equal importance. This is simply a value judgement that you have created on the physical plane. It does not exist except in your mind. Importance is purely subjective judgement that you place upon something.

Yes. So a consciousness in your toe is equally important as a consciousness in your heart.

Of course. If those two consciousnesses had to be put side by side to converse with each other in their natural state what has each chosen to be?

The part that they are playing.

And therefore, have they chosen the part that they play? And having chosen the part that they play and being aware of the parts that they are playing then one could take it upon himself to say “I am more important than you are, because you could be chopped off but I couldn’t be.” What is that but an ego, a feeling of self-importance? Back to feelings.
What about entering a new life on earth? How is it determined? How are the parents determined for example?

The parents are not picked out from a smorgasbord of those who are intending to have a child. You are confusing fact not the fact. You cannot take the physical and the non-physical as being separate. It is all interconnected. The group consciousnesses that are utilising the instruments which you call the parents are in contact regardless. They are indissolubly linked, interconnected, with the groups of consciousness that wish to start a new physical life and so agreement happens and then the instruments are manipulated to produce a new physical instrument. But the parents on another level are aware of the reason why they feel they wish to create the new physical instrument and the group consciousness that is of each, the main driving ones let us put it this way because everything is interlinked on another level, then it is possible for a group consciousness to have a connection with each parent and with each child simultaneously. For example, you will know that many parents wish for their children to be able to accomplish that which they had not been able to accomplish. It is called living through the child. Can you see what that means? Living through the child? You are merely living your own life and you have an interest in another one at the same time. You are manipulating your own instrument but you are also part of the group consciousness that is manipulating the child instrument. So your thought stream, this is from the group consciousness level, is going towards both the parent and the child, is involved in the group
thought stream and thereby the manifestation of both the parent instrument and the child instrument. But obviously your main focus, because that was your main purpose in the first place, when we say “your” we are talking about the particular group consciousness that manifested the parent instrument, had a certain agenda. That may have changed, other things may have come up and so it is not a question of having complete separation between each generation when you are looking at it from the point of view of the group consciousness. Can you understand? That you can have a primary focus on the parent and yet a secondary focus on the child instrument and as you move back to the other side (pass over) then you still keep a secondary focus on the child instrument. You can say that that is love but you still feel the connection and the feeling of pride when the child achieves something.

So the group consciousness in that effect is continually involved as you move from one generation to another when the bond has been developed due to resonant vibration shall we say. As pendulums resonate with one another then close contact gives a certain amount of resonance but many resonances can be encompassed in one.

Comment: The above explains the messages that come through from those that have passed. That they are always with us, we are never apart and they are aware of everything that is going on in our lives.

What happens with a child that is not wanted?
The initial agreement between the groups of consciousness that collaborate to produce and utilise the new instrument, as we have said, minds join and leave all the time, so as minds join and leave, focuses change. In the vast majority, the overwhelming majority, the parents, regardless of even the group consciousness changing focus, feel the responsibility to nurture the child and the group consciousness that is utilising the child instrument in general is of such agreement with the parent group consciousnesses that everything proceeds in a harmonious manner.

However, let us say that in one of the parents or even both that a new focus arises because of a change in the minds resulting from certain minds leaving and others joining and that new focus finds the child to be a hindrance. Because of the disconnection or lack of connection between the instruments and the larger consciousness of each instrument the original agreement is forgotten, certainly lessens in intensity, and the desire for the child lessens. So you could say it is not wanted and you could also theorise that originally out of a feeling of duty the parent group consciousness made the agreement with the, let us say, applicant group consciousness to provide the service shall we say. It may also be that the experience of being abandoned, of being an orphan, and you might say “why did this person choose to be an orphan”? when you say that you are choosing your life. But that is no different to one that is effectively cast away to a foster mother. There is little difference as one no longer has a birth parent, one would not know their parents, one may know their parents for a
short time, a longer time, how do you cope with feelings of rejection?

Remember there is a vast infinitude of degrees of experience that can be had. Imagine discussing your degree of experience, “my mother, my father were this when I was 2” and another says “my father was this and my mother was that but I was 4”. Imagine all the different degrees that each experiencer could discuss with a like experiencer and the fine distinctions that could be drawn within each experience because each one would have a particular belief that their situation was different from the other one. They would never see it as identical which indeed it couldn’t be.

Which “I”? Which Reality?

So you are moving through a reality, a reality that you call physical reality and you think it is the only reality. But when you think that you find yourself in other realities when you are asleep then you call them dream realities. Yet at times you find yourself conscious in those realities and they seem exceedingly real. Such that you can wake up extremely frightened or extremely puzzled as to where you have been and what it meant.

How often do you consider that your dream reality might be as equally valid as the reality of your waking reality? When you are awake and your eyes are open, you see the reality that you have co-created along with others.
you accord that same belief to the dream reality you found yourself in when you were talking to those you know and you were experiencing sensations even to the point of touch and certainly of voice and sight in those realities? We daresay there are some who also experience taste and smell in those realities.

So what is there to tell them apart? Apart from the fact that when you have your eyes open you can see that you are in a physical body whereas generally when you are in a dream reality you are not really aware of your body because, perhaps, that reality is all in the mind. You haven’t necessarily constructed a recognisable body and yet you are enjoying all the sensations of a physical body. Of course when you bring the memory of the dream back into the physical you convert it into something you can understand. Therefore you have to use the language of the physical reality and that entails the feeling of the vehicle, the body. Yet often when you are asked to describe the body you are inhabiting in the dream reality you find it difficult to do so.

So, you will have to sit and ponder on the differences between your waking reality and your dream reality as to which one is more real than the other. You will say of course that the physical reality is more real, but is it because you have only spent more time in the physical reality and you have built a belief system about the aspects of the physical reality?

Now try to imagine in one of your dream realities if you stayed there for a long, long time and you were aware of time. Of course in dreams you can seem to be there for a
long time and yet very little time has passed, and sometimes vice versa, as time has suddenly become extremely elastic or maybe simply doesn’t exist. Depending on which reality and which laws and parameters are followed in that particular reality then your ideas of time and space are found to be extremely flexible.

But let us say that you spend, say, weeks asleep in the other reality. What would be your response upon waking back in this reality, to learn that you had been asleep for several weeks and that the other reality had become a real reality to you? So when you wake up back in this one you will bring those memories over and suddenly this reality would seem strange and you may take some time to get used to it again. Because you, while in the dream reality, would have forgotten all about this reality. So even though it would come flooding back, the longer you spend away the longer it takes for you to re-acclimatise. Does this make sense to you?

Yes.

We are saying, the longer you stay focused in, let us call it, the reality created by the imagination entered into with others who join in the group illusion, the group creation of a reality, then you all believe in it together and reinforce each other’s beliefs. The longer you spend there you feel that this is the only reality you know. It is the only real thing that you understand. Until, of course, you are able to switch realities, generally by leaving this “vehicle” i.e. you move over, you pass over, you change your focus and the physical body is no longer activated, is no longer created. Then you
find yourself in another reality and you quickly get used to that of course.

So one has to ask you to sit and think quite deeply about this and imagine your change of focus.

Let us go back to the actors in the plays. Imagine an actor having to play his role in a live 24 hour soap opera which is open to members of the public drifting in and out. The cameras are on all the time, let us say like one of your survival programmes except that everyone has to play a certain part for the whole time and the cameras are always upon them. Now imagine you having to play a certain part continuously, for years, would you forget who you really are?

Yes.

Because every action you take in order to portray the part that you are playing would gradually become a new habit and slowly you would become that person. And it may be with some difficulty that you would be able to return to being the person you were before. But once you made the break and moved into a different focus, a different reality, then you would become a new “I”. Yes?

Yes.

So let us go back to the actor, several years in one part and then finding he had to switch or a very remunerative new part came up and he could switch into that part and so he
would develop a new persona to suit that play. You (he) would change from one "I" to the other but gradually his original sense of "I" would become a very distant memory and probably disappear altogether. As you moved from one part entailing many years into another part entailing many years you would gradually form a succession of "I"s.

That is exactly what you are doing. You are taking life after life in conjunction with other consciousnesses and simply creating one "I" after another except of course there is no time and you are living all these lives at once. You keep them separate because otherwise confusion would reign.

But, as the instrument has found, because it is all a co-creation by a large group of consciousnesses not all concentrate in one life or fully in any life. Some remain as a sort of observer or director in the capacity of overall director of operations, shall we say, as a whole group. They receive the emotions, the sensations, watch the events. They are aware of the abilities and the information transmission is going to and fro continually to each of the "I"s that we have been talking about.

Now because this information goes to and fro to what you might call a central group of minds then any "I", if it is aware of the situation we have just described, can send out thought to find whether there is an ability that he hasn’t yet been able to master, and whether this has been explored in another "I". The instrument found that somehow, to use the terminology that can be understood, he seemed to have hacked in to another "I" who could speak beautifully and, somehow again, he was able to tune in to the information
feedback loop between the centre and that “I” and alter his own speech to that of which he presumed to be another “I”. Whichever way, he managed to access the ability and utilise it in his own method of speech.

Additionally while accessing, as per Einstein, “a higher plane of knowledge”, by accident maybe or by desire, the singing voice vastly improved and the whole action of singing changed. The voice emanated from the upper chest, not from the throat and the back of the mouth, seemed to resonate, pour out, with different voices. The explanation that we have given you is that it is not difficult for a group of consciousness to resurrect a pattern of a previous singer in whatever part of his life they choose and should they be able to find a suitable instrument they can overlay that program on the instrument and the voice can live again. Which is why David does not seem to be able to produce the voice at will, he seems to have to induce it or the urge suddenly comes over him to sing. Again, this is just a thought from those who wish to hear the sound and David gladly acquiesces because he thoroughly enjoys the sound and, let’s face it, there is a certain amount of satisfaction in a newfound ability.

So, for the moment, we feel there is really far more than enough for you to think about and you will need to think about it. This is not something you can just say “Ah yes, I understand”. It is something you may have to think about for many weeks or months and depending on your belief system you may never be able to fully accept it, but if you are open-minded enough you will see that what we have said is quite logical and rational.
Listen to it all and relate one thing to another. Relate your waking reality to your dream reality. Now if you could sing beautifully or speak beautifully in a dream reality then why should you not be able to do it in your waking reality? They are both sounds in your mind, both expressions of what you would call “I” because surely you feel that you are “I” in your dream, the same as you feel that you are “I” when you are awake.

Enjoy.

Comment:- We think this is worth repeating.

That is exactly what you are doing. You are taking life after life in conjunction with other consciousnesses and simply creating one “I” after another except of course there is no time and you are living all these lives at once. You keep them separate because otherwise confusion would reign.

The Co-creation of the “I”, the sharing of the “I” experience.

Well of course, we are interested in these things in the same fashion that you are. We are only one step removed after all. People think that it is all under control, it is all set out there, this is planned that is planned, it is all planned to learn from experience. But think that one through as well. What sort of life would it be if you were sitting there saying “let’s organise this and let’s organise that, plan this and plan that”
and then it all works out like clockwork. How long do you go on doing that without saying “well this isn’t much fun is it?” It’s like painting by numbers, it is all laid out there. All you are doing is going through the motions and filling in the blanks. “There is no real learning in this is there?” Apart from saying “I can design a pretty picture and I can write a play”. But you know what the beginning and the end is going to be and we have talked before about the uncertainty and the excitement, so how do you write a play where you don’t know what the end is going to be? Where’s the excitement for the writer in not knowing how it’s all going to end up and how do you structure a play for this to happen apart from saying to one person “you do this, I’m not telling the others, we’ll see how they react to it”. That gives you some new information, something you can learn from. At the same time you can whisper to another “you do this and do that” and sometimes when it appears to be going off at a tangent you may step in and give an instruction because you want to change the direction. It’s not going quite the way you want it to go.

You learn as you go along. You are seeing different things happening and it keeps you interested because you never know what kind of response is going to come up. So you organise the personalities to suit. Now when you have different consciousnesses organising different personalities then the level of uncertainty rises. “We’ll agree to operate our instruments as each of us see fit and we’ll see how we have to compromise to get along” in view of the fact that we both want to have a good experience in running a puppet and not have too many sad experiences, which we feel as well, because there’s not much joy in that is there? We want
to have some fun and some high points, some enthusiasm and achievements. We can compete on this side just as well as you can compete there, except of course when you say you compete there it is our puppets competing with each other to see who wins the race, shall we say, who gets the last laugh, whatever it happens to be. When you see who gets the last laugh you get the last laugh as well because you’re the operator.

You can be fully focused in there or you can sit back and put it on semi-automatic. We’ve given it the program, its going through the maintenance schedule of eating and showering and the rest of it all, it knows how to do that and so it will get on with that. A bit like a self-drive car, it can get itself from A to B without any problem and we’ll focus in for the next exciting bit. Of course you can have lots of these going on and lots of what you might call semi-automatic instruments that are programmed to go through the working day, go through the motions and then come into areas where maybe a deal of surprise or learning is lurking. You then get alerted as you feel the vibrations starting to quicken. You might call that nervous energy or a quickening in the pulse rate whatever it happens to be as you feel the excitement. The alarm goes off and you switch your focus, come back in and are ready for a touch on the tiller should things not be quite proceeding to your liking.

Now when it comes to planning, as we were talking about, then as you say there’s no time but you start off doing something don’t you? You are not bothered about time, you are just bothered about getting on with whatever is going on and moving from one thing to the next. Time doesn’t really
matter, it is still there, it is still going on and if the instrument is wearing a little bit thin and showing signs of age does it matter a damn? No, because there is always another instrument isn’t there? So life and death doesn’t mean anything. Shame, that one’s stopped working, never mind I’ve still got 8 or 10 going and I can start some more up. Time doesn’t have the importance that it does in the physical but because of the nature of the game we have to program the element of time in and the element of self-responsibility, being in charge of one’s own life, otherwise you couldn’t make these decisions could you? You are programmed to make some of them and some of them you make without even thinking. Others you hedge about, shall I, shan’t I. That’s when we are talking to you, we give you the shall I, shan’t I to enable you to feel that you have made the decision because otherwise if too many things came through, “I feel I need to do this” then you would start questioning “why do I feel I need to do this and then do it? “What is actually pushing me?” We have to let you feel you are in the position where you actually make the choice. You may not be but you have got to feel that way because you can then make choices on the smaller matters yourself as well and occasionally we want to see what happens when we just leave the choice to you. Because after all we have programmed the instrument and there is a certain amount of pride in programming one that works better than the next door one.

When you are talking about puppeteers and puppets, you can visualise that with people and animals and that sort of thing but what about for example earthquakes? Would you consider that a puppeteer working a puppet, and if there are
plans how do those major events affect any plans or are they all part of the plan?

You have to realise, as we have said before, you are looking at this beautifully large picture, tapestry, world, reality, created by very large consciousnesses and you would agree that, in the scheme of things as you look around yourself, if you attribute everything to a conglomeration of consciousness, an idea conjoined by consciousness and put into what can be seen through the eyes of the senses used in the physical reality, you must look at the earth and the planets and everything else as what you might term as super, super conglomerations of consciousness. Yes? And what have you chosen? You have chosen to create your reality in a very small part of their reality. Now what on earth makes you think that you can actually influence these other consciousnesses?

I don’t think you can.

How do you know, other than pure speculation, and how do we know as we are the consciousnesses creating our puppets in this little corner of reality. We are minor players, they are major players and do they bother to speak to us? Occasionally, we may be able to get some idea but at our level we are still bit parts. Look at the earth for example as a planet, look at your life span and look at the earth’s so-called life span. How much does the earth change, how long has it been going as far as you can ascertain? Man is a very recent introduction. It is something, you might say, worlds apart. It operates in its own fashion, it is doing its own creation and who knows, when you look at the bit that we
see which is akin or even less than akin to the skin on your body compared with what is underneath and what is going on. When we consider what is going on underneath then the skin of the earth is very little indeed so how would you class an earthquake in comparison with your body?

Really, really minor.

A little shudder and take no notice.

But is it part of the plan in any way?

As we have mentioned many times before, there is no grand plan. There is just existence, you exist, you exist, you exist. Forever you exist. You always have existed. So why would there be a plan? A plan is basically a non-sequitur. It has no meaning.

So there is no plan for people to meet to have children……..

When you say that there are small ideas, you can call the idea a plan and what is this for? Basically what you would term a playlet. Now how do we understand what is in the playlet for the earth and the sun and the stars when their whole level of existence changes so minutely and so slowly compared with the consciousnesses that are involved in the physical reality that you find yourself involved in?

To me they would be a bit like the scenery on the stage of a play which really doesn’t change except for a gradual deterioration.
So what plan would you say the scenery has?

Well there is a plan when the scenery is created but when it is done it is done.

So take your scenery, take your mountains that are created, pushed up, then how many hundreds of millions of years before they are worn down to the level of the plain again?

You can’t even begin to think of it.

Would you consider that to be a life cycle?

In terms of the mountain yes.

So when there is forever existence and time is of absolutely no importance whatsoever all you have is the experience of the now and the experience of the now is one day followed by another day, in earth terms this is. Sometimes you are quite happy to follow your 24 hour days for a long period and be quite happy that nothing is really changing. So for those consciousnesses that are happy to follow what they consider to be their day, which may be say 1000 years of your time, how do they see it? To them light and dark would be happening every second or so. Now if they saw light and dark happening every second or so then it would depend on what they programmed themselves to actually register as to whether they registered long periods of dark and long periods of light or all light or all dark. Do you understand that? It is your snapshots, what you take in. If you ignore the darks and only saw the lights, we’ll come
back to your 60 frames per second, what happens in between the 60 frames? You have no idea.

No.

So take that as your lights and your darks and you are only aware of the lights. In which case you could have a million lights and a million darks but you would only be aware of the million lights. So that would be a long day, wouldn’t it? And depending on how you felt and what your belief was you might then have a long night. That would be your reality in the same way you have your reality. Certain consciousnesses would just think this is how it is. Once more, you create your own reality. You create your slow change, you create your quick change depending on what you want to experience. And when we say ‘you’ we are referring to the massive you, (all the consciousnesses involved at any time) you join a reality. The phrase ‘create reality’ is all very well but it gives the impression that you create your reality in a singular fashion but as we have explained so many times you don’t actually create your reality in a singular fashion, you create it in a cooperative fashion, a gestalt fashion. You are aware of the reality that is then produced and you then decide whether to stay focused in that reality or you decide you have had enough and you move off and focus somewhere else. But the reality is still there. The reality that is you, the pattern, carries on with the consciousnesses that are interested in the life of that pattern and yet as a singular awareness you can leave and focus into another one. This movement is going on all the time.

How many lives would you say are totally without interest?
I wouldn’t say any life is totally without interest.

Exactly. There is always somebody, plus which you get used to something don’t you? So if you have got used to what is going on with somebody then that instrument is, let us say, being piloted along but there will always be a certain amount of uncertainty. It is like you switching between programmes, if they are all boring and there is only one or two of interest even the interesting ones will have boring periods or the adverts come on and so you switch to another one to see if there may be something happening which could be interesting. So even with what appears to be the most boring life there is always something that may be of interest to somebody. Eventually of course there comes a time when so little is going on the consciousnesses lose interest and there is insufficient energy to maintain the pattern. At other times the decision is made, we’ve had enough let’s all go. Again here you can get a crowd effect in that another great idea comes up and a whole body of consciousness decides to switch its attention somewhere else and unfortunately the one they leave suddenly ceases to be active. This doesn’t seem caring but you have to realise as above so below, it really is, and the more you think about it and you believe that you have a higher level of consciousness operating a bit of itself down here, it is one and the same thing. You just have to think what would I do in those circumstances? That is the easiest way to think your way through this.

Now we say that there are all these consciousnesses. So on your side do you interact with individual consciousnesses not grouped together?
You can interact in that you are aware of all the others that are around, thoughts can go backwards and forwards. It is a bit like tuning in to radio stations all over the place. But if you want to create something that you can both enjoy as such, to make it easier for you to understand, let us say something that can reflect light so that all can see. You can transfer imaginative concepts from one to the other but they will be somewhat altered by the experience, the bias you might say, of each particular consciousness in that every consciousness sees something differently. So if you want to have everyone agree that we are all going to see the same thing then you need to join together and all agree that you are going to see the same thing. So you do not see it particularly differently. Everyone agrees and accepts the scenario. It is like painting the scenery as we have just discussed. We are all the actors, all the producers, so let’s paint the scenery and are we all happy to enact our playlet with this background of scenery? Yes is the reply.

Now where would you be if there was no scenery and you had to enact your play without? You would be in a vacuum wouldn’t you?

I would hope to co-opt other consciousness to help build the scenery.

But that is exactly what you have just done. You have got together to create the scenery. If you don’t get together no scenery is created so how does the idea get enacted with no stage and no scenery? What are you left with?

Just a concept.
Yes. You are just left with thoughts going between awareness’s. You have points of awareness sending ideas backwards and forwards to each other so you end up with just a conversation. Purely a conversation until someone says “let us make this something that is actually real”. The word ‘real’ is not correct of course but it is something that we can all see, we can all agree on and it doesn’t change because, although we maintain it, we maintain it to the exact pattern. So all of a sudden you agree on your theatre, you agree on your stage, you agree on your scenery and then you agree on your puppets! Everybody is in agreement on everything. If they don’t agree then you don’t have anything because nothing gets formed. So one group consciousness, “this is our puppet, are you happy with this?” “Yes, we see the representation, we are OK with that”. This is why we are using the idea of light because it is the only thing you will be able to understand. You will not be able to understand an invisible hologram even though other senses may be able to see it. You can only think using the senses you have. You cannot possibly conceive of anything happening outside your own senses and yet if you think to yourself, if this was all in a medium where you used X-rays or ultraviolet to see what was going on your senses wouldn’t pick any of this up but those who had those senses would see the reality although it may be invisible to you. This is why you agree on the parameters of your realities. You all use the same senses, you all produce the same stuff but of course it all may be completely invisible to anybody else unless they know which senses to use to see whatever is there.

We covered this point when we discussed looking for other realities, unless you know what senses to use you will not
discover them. It is a matter of experimenting with different combinations until you find one that works. You can compare this to your own procedures of general research and say probing of various states of consciousness using drugs, meditation, chanting etc.

So you are doing exactly the same thing on your side as is happening here?

What is happening here is what has been planned on the other side otherwise there would be nothing happening here.

I was trying to find out how it’s all working over that side because all the consciousnesses have all got to have a certain amount of individuality and I was trying to work out how it is on that side as regards individual consciousness.

It depends on how you view an individual consciousness.

A point of light.

But then are you talking about an individual awareness. We are back to words here with how you would define consciousness and how you would define awareness. Now would you say that consciousness arises when……….

I would have said that consciousness was basically what I would call an atom or smaller than an atom.
Let us say whatever it happens to be and we can start with an atom if you wish but it is aware that it is aware. So, what is it aware of? I know that I am but what else is there? There must be other I am’s. You look around and you communicate with others be they atoms, electrons, points of light etc. But what sort of life is it? Think this one through.

You can imagine it being a busy life.

Doing what as an electron?

Just fluttering from here to there. I can imagine there would be some sort of communication going on, some sort of thought…

Once upon a time…. (see Entangled Minds)

But you wouldn’t need food or drink so you could imagine it like molecules of air floating around you now.

Once upon a time a thought arose, can you remember the rest?

Probably not.

Where it came from…

Nobody knows…
But some minds noticed this thought..., so when electrons see a thought somebody says “if we got ten million electrons together, say, we could end up as a cell in a human body doing this and because we are all talking to each other we would know what is going on. Could this be more interesting than just flashing about the place in a mindless fashion”?

Can I just ask about something else then? We, when we pass over are expecting to see our loved ones. Now all the consciousnesses that were involved in our loved ones when they departed this life would presumably have gone off and found other thoughts and ideas to go and experience. So how do our loved ones come and meet us? How are they re-formed?

We refer you once more back to Entangled Minds.... Every mind that was ever a part of Joe always remembered being Joe.... So if they always remember being Joe they will remember how they loved Joanna.... Do you understand that?

Yes. I understand that. I am only asking these questions to make it clear for other people.

Moving on from there, each point of awareness, you might say, each consciousness had decided to take an interest in being Joe, joining the pattern, the projection, that was Joe and feeling the love of and for another, that wonderful feeling. So when Joe departs, even though you have interests in many other places, as Entangled Minds says... you always remember being part of Joe....”I was Joe”.
Although Joe goes on and the pattern exists it doesn’t mean to say that it is active but the pattern is there and so the minute that anything to do with that pattern, say Joanna, Joe’s loved one, comes over the link is there. You may say it’s on hold because there is always somebody keeping an eye on it and keeping it ticking over and the pattern continues on anyway in its other forms, its astral etc. The alarm goes off again, and that love bond never goes between the points of awareness, and so you all rush back and thereby reactivate the pattern for the wonderful feeling of reunion. Everything is experience. You did things to experience things. How lovely to re-experience that feeling through a fabulous reunion.

I totally agree.

And then you can explain, if you need to explain, because all the consciousnesses know what the game is, but you all have a fabulous reunion. Not as a mass, as a unit together, you all focus through a particular puppet, so that you all feel, each one of you, are the puppet. (Every participating consciousness considers itself Joe, the feeling of “I am Joe”). The feeling is amongst all of you. It is very difficult for you to understand that the many become the one but the many all feel themselves the one.

So when all the consciousnesses rush back to portray the consciousness that is going to meet its loved one, what happens to all the places they have left?

How many lives is each consciousness able to lead at one time?
As there is no time it seems that we can live lots of lives at one time.

Have we said so often, and so have others, you don’t leave anything, they haven’t rushed back from anywhere, they have merely added another focus. You don’t have to leave one thing to go to another, you can just, in your terms, switch your gaze. When you are speaking in any area are you aware of what is going on outside your point of immediate focus? For example, when you are talking to somebody else does something catch your eye when a bird flies by outside the window?

Yes. It can do.

Yes. So other things can come to your attention but you can still hear what the person is saying or you can listen to what the person is saying and at the same time you can be thinking about what you are going to cook for dinner tonight. Now this is with a pretty slow moving instrument. Look at how many jobs a computer can do at once and this is something you have to get through to yourself, that you are a vastly expanded consciousness once you realise that you are not limited to the focus into the physical. Again, look at it from being at the back of the theatre, you can keep an eye on what is going on in the play and yet you can notice the bald head two rows down, the bright shirt across the aisle, the lady leaving her seat on the other side and yet you will know exactly what is going on in the play.

It is the same thing. You will suddenly be aware that so and so is coming over, “let’s go and meet them, won’t that be
wonderful’. But that is just one of the focuses, it is just like someone exciting exiting onto the stage. You’ll see that the same as if somebody moves in your peripheral vision. It is difficult to explain what it is like when you are so limited in your ability to focus. Try to imagine your speed of information scanning to be the equal of that of your computer and you will get some idea of how many focuses you seemingly can handle at any moment if your senses were programmed for it. Now if you imagine how fast the computer can continually revisit say 100 sites, many thousands of times per second say, to your senses they would all appear to be continuous, all happening simultaneously. You can see how it is possible to focus into many lives seemingly simultaneously and once you do the math you will find you could be experiencing a number of lives running into six or seven figures however incredulous that may sound. It all depends on how many things you want to experience at once, some will choose a few some will choose many, as above so below.

So it is no big deal to resurrect your physical appearance for the welcome home party. Everybody has a great time, relives those loving moments and the rest of it all and then of course the one coming over quickly comes up to speed and realises they never went anywhere in the first place. This is a very hard part to understand of course, that you were together all the time, there was never any separation. The puppeteers were always in contact with each other. The experience needed non-essential information to be screened out because it just wouldn’t work if it wasn’t.
Now with individual consciousnesses, as we’re calling them, are those that want to go to a human body also able to be a part of the earth or the sun or a tree or whatever or do they prefer to stick to one type of creation?

Imagine yourself as, what you would term, a singular consciousness and you open your oyster in the morning. Now, just open your mind and think to yourself, what would I like to experience today? Just for five minutes here, an hour there, I’d like to experience what it would be like to be this or that. Do just exactly that, think to yourself, I’d like to do this and now speak it.

I’m visualising myself being a cloud, looking down to see what I can see which isn’t very much because I’m in the middle of the cloud and I’m surrounded by drops of rain. Actually my cloud is changing and disappearing and now I can see down to the ground but it seems to be night time. I have now changed into air from the droplet I was before but I don’t know if I am oxygen, nitrogen or what, I just know I am in the air.

So what else do you want to do? You can do many things.

Perhaps I want to become part of a stream, bubble along over the rocks. A shallow stream merging into a deeper stream going along towards the sea, bumping into the banks every now and again and there are creatures in with us, fish and frogs and tadpoles all in the water. There is a delta where it is very shallow and now I have reached the sea and am part of a big wave going out into the deep, deep sea.
Where would you say you have described an interesting experience? An interesting journey. You have been, let us say, a water molecule both in the air and in the river and sea. In both situations you have had interesting perspectives. So you opened the oyster and you decided I will do this and I will do that. Now of course you have just opened the oyster to every single possibility that there is. You can do this, that or the other. That is yours to do every single moment even though you may agree with others to keep a certain amount of focus, focus energy, shall we say, to keep the scenery alive, to keep the puppet moving in one area. Then the rest of your energy, if you wish to call it that, your focus, your myriad focuses can be involved in many other things as well.

So you can be whatever you want to be whenever you want to be. It is a question of what holds your attention. What turns you on you might say. There is always something that is of interest because there is always interaction with others and every other sees things slightly different from every other one and so whoever you exchange conversation, ideas, thoughts with you see something slightly different. This keeps you on the move, keeps you alive and at the same time you can be resting happily in a peaceful situation deep in a rock. Still a conversation going on, still lots of particles whizzing around. While it may look unmoving from the outside once you start looking deeply within it is a mass of moving energy again.

So whichever level you are at there’s awareness. You cannot say at any one time that anything is purely inert. It cannot be so. Everything is always in motion, inertness is just a
question of relativity. It is extremely difficult to understand that the “you”, the “I”, the self is something you participate in, it is not something of yours alone. It is enjoyed by many, many, many other consciousnesses.

That is very hard for us to understand.

Yes, because what you experience is the product of many but all the many experience this and they accept it because that is why they have agreed to use these senses and if we just take sight alone that is what they see and when the thought gets expressed that is what they hear as being said. When you come back to the thought that is going through what you call the mind each is aware that the thought that gets presented is already........ Let us say that the thought is like a light that requires a certain amount of electricity in order to light up. Let us say it takes 1000 volts and each volt requires the attention of one consciousness, one awareness. Like harnessing 1000 horses to something before you can move it and then it moves. So when 1000 consciousnesses focus it lights up, but which consciousness decides it is the 1000th?

It can’t.

But can it feel it is?

I suppose it could because when the 1000th one joins the light comes on.

And who knows who is the 1000th?
Nobody knows except possibly the 1000th.

Why?

Because the light came on when he joined or each joined.

But each one is thinking, you cannot see the others so you wouldn’t know you were the 1000th. So if you think that the light came on when I joined then do you think that what you see is what you created?

Yes.

So then does your sense of “I” arise? I did that. But every other one feels the same, I did that. Because if the idea comes by and we think, “That’s a good idea” and we focus upon it and it appears, are you aware of the rest?

No.

Of course you’re not. This is what we have been saying for so long. We do not know how many consciousnesses are involved in the particular instrument at any one time and therefore we don’t know what is going to be said until it is said. We have a reasonable idea because of what is going on at the present time, the trend of the conversation, but we are still not totally sure and we may not always agree but we know that this is the product of however many consciousness’s are involved at the present time. It is a constant flux so what is the point of wondering how much does my individual consciousness influence this?
You know that you could not possibly do it on your own, you need all these others involved. It becomes a fact that “I experienced this, I know others experienced this at the same time but it doesn’t matter because I experienced this and most of what is said and most of what happens is something I agree with”. Now I know there will be times when I am going to do this and I am not happy at doing it but I know I am going to do it and that is one of those times when it doesn’t really suit you but you have agreed to be part of it and you are happy to subjugate your strong feeling in order to go through that period to get out the other side. Your other choice is to leave and you don’t want to do that and you can apply that to your present life can’t you?

It is a question of sitting down and thinking through how the sense of “I” arises. Once you get further on than that and you start to think of what happens when someone else says “Well I was Joe” so was I, so was I, so was I…. Then you realise, well of course, we were all Joe weren’t we, wasn’t that fun?

Yes.

And so your sense of possession of the “I” disappears and your sense of sharing the “I” replaces it. Then you find it is far more fun sharing the “I” and far more secure than it is being in sole possession of the “I”. At the moment you feel that you are in sole possession of the “I” but on another level you know that you are only sharing your experience of the “I”.

You don’t know on this level.
If you did the whole point would be abrogated wouldn’t it if you did know? You have to have this sense of “I” otherwise you’d have no sense of responsibility either. You’d just say it’s all happening, it’s nothing to do with me, I’m just going along with all this. So then you wouldn’t even try to alter situations but if you all feel that you can do something different then you will get yourself in gear, shall we say and that is when the intensities of individual awareness’s come together and the intensity grows. So in a fashion, as an individual conscious awareness, if you are passionate about something you indeed are making it happen but along with others who share your passion as well but if none of you were passionate nothing would happen.

It is a co-creation of the passionate.

Everything!

Have you found this reasonably enlightening tonight?

Yes thank you.

We thank you too.

Your choices forever create the “I”

Perhaps you could explain for others exactly the relevance of all that you tell us has for the way we are currently living.
The last session should give you the answer to that. You have sought interminably for the answer to why bad things happen, in your perception, and how can good and bad be part of the same thing and we have sought valiantly to answer your queries. If you read again what we have delivered, it enables you to stand away. To view what you call your behavioural reality from a distance, dispassionately to some extent. So that you can say that ‘this is a story that we are constructing with others in order to experience it”. As we said, just like getting together to put on a play.

You build the scenery, make the costumes, play your parts and then you can sit and discuss how well so and so played his part, how someone else let the side down maybe, how the dog stole the show. But you all agree it was a worthwhile endeavour and maybe you would like to do it again and take a different part and see how that worked out.

Yes.

How do you feel in your mind and in your equanimity when you view it from that perspective?

Calm and thoughtful.

There’s no pain is there? There is only a degree of interest and possibly excitement and challenge and why?

Because you are sort of watching from the wings.
Because you are constructing it and you are constructing the ‘choice belief’, the make-believe, the choice-believe. You are choosing everything that you wish to do and so are all of your brother consciousnesses involved in the endeavour. You are all aware that you are part of the production and that actually it isn’t real.

We have chosen this depiction of puppeteers and puppets to try and get the idea across, but of course once more to confuse you a little bit, the puppeteers and the puppets are one. As we have said, the observers and the observed are one (note ‘observers’), so you must now try to equate that the puppeteers and the puppets are one because it is the one (group) consciousness stretched if you will. We had to use the term stretched because you only understand in terms of separation, yet yesterday we talked about above and below, within and without, around and within but we’ll have to move into the area of ‘it all exists in the same space’ and there is no space in the first place. Then we lose you again.

Yes very difficult to say you fully understand.

But if you can imagine moving on to a different level and say that your body consists of many bodies, all of different levels of vibration. This is as far as you have got in trying to understand that the physical body may be controlled by a mental and other bodies and you have chosen ‘bodies’ in order to portray them as different degrees of ‘dispersed energy’, shall we say, vibrating at different frequencies. Suffice it to say it is all ‘one’ regardless.
If you can take this another way and imagine that your point of awareness with other points of awareness as they come together and imagine the same thing actually radiates, comes alive, in that it radiates light. So your body becomes the production of the imagination of consciousness, both from within and without together with all the apparatus that goes with making the thing work. This has to be done in conjunction with all the other group consciousnesses and we are having to say this because of your concept of separation whereas it is all one mass in the first place except there is no mass. Then of course we are back to the concept of the one god, one mind, breaking itself up into different imaginative elements. It is up to you how you want to form your own beliefs.

Yes.

For your purposes here and for some time in what you would term the hereafter you may as well look upon it as being ‘you’ve joined together with other consciousnesses to create, explore and enjoy the imaginative reality and events and experiences that you all choose to experience’. You are doing this in as many focused areas as you wish to focus into and when you wish to move from one to another you can do so. But the “I” that you experience as Joe cannot move into the “I” that is Joanna and still think of itself as Joe. Do you understand that? When you move from focusing in your group consciousness of Joe and move to your focusing in your group consciousness of Joanna you will only be Joanna. You will have no recollection of being Joe.
Yes I fully appreciate that. Separateness is essential to prevent confusion of identity.

And when you move your gaze back in to being Joe you will only be Joe and will have no recollection of being Joanna.

Your "I" is only where you focus. You will eventually understand that there is no "I" as you think of it. You co-create the "I" and you share the "I" and you do that with every "I" and so you are happy to rest in who you are in the now. Do you understand this? (To all our readers, please let us know if you can accept this and/or understand the concept of co-creation generally)

Yes, I can accept the idea.

If a thought comes from someone saying “do you remember being Joe?” you immediately think yes because he is already focused in the Joe pattern and the mere mention of it links it in and you are once more Joe. Because their thought is focused on Joe you are immediately aware of Joe and you link in and you both link in to the same knowledge bank, which is ever present. So once more you are focused upon the ‘Joe’ that is always there. There is always somebody, if you wish, remembering, but when they remember, ‘Joe’, is active. This is why everything always exists. You think in terms of “How can it exist if it isn’t moving forward and being sequentialised. The existence of ‘Joe’ depends on a whole group of consciousness. As consciousness thinks of Joe, Joe is alive because Joe is a combination of all the thoughts, and so is everything, of all the consciousnesses that are focused upon that pattern. Do you understand?
Yes.

So, just as you agreed on the scenery and the characters, you agreed on the nature of Joe. As you think of Joe it is just like putting it out over your Facebook, all those interested in Joe see the Joe contact and are immediately, shall we say, linked in, if they care to be. They are automatically linked and they must make a conscious decision if they do not wish to link, if that focus does not interest them anymore. But for the instant they are linked. There are always those, like the die-hards we have referred to who will always be curious and will focus in.

Now that was me speaking in the same way, in almost the same voice.

Yes, the same tone and delivery.

So it’s all the same and yet I’ve got my eyes open. So have they proven something. We tried it the other night and the whole flow stopped and yet it has now just continued on.

To make it easier, as consciousnesses both focused into the Joe pattern you can both discuss what is going on, it isn’t quite like that but it is the easiest way for your present understanding. When you decide to switch to another focus you are then that one, and that one and that one. You are all these things at once and yet when you move your focus away you are no longer that. You will be thinking that you will be carrying the experiences from one to the other and you will remember the experiences of others but you have
to get into your conception that the idea of forever becoming is ‘you are forever being changed by your experiences’ but you cannot remember those experiences unless you focus back into the pattern from which that experience was derived. Can you understand what we are saying?

To a certain extent.

In other words you will not be using memory. It is as if you are a bucket of paint and each time you experience something a drop of paint of a different colour is mixed in fractionally changing the colour of the paint, but can you find the drop?

No.

So can you understand this as experiences continually changing the nature of the substance? The substance that is your awareness. Which is continually being changed by your experiences and yet with no recollection but the pattern still exists so if you wish to focus once more on that, as soon as you focus in, instant update. But because there is no time it is not actually an update, you are just aware of everything once more. You will have missed nothing because you are aware of everything. (So, no gaps, no catch up) This is all very hard conceptually but we are moving you on slowly from previous explanations which were relatively simple to the more difficult to comprehend nature of who you are. To try to get you to drop this idea of a static “I” and understand that you are a forever becoming state of being constantly being modulated by experience which
blends into your overall, you may say, experience bank but is not segregated or compartmentalised.

Yet because the patterns always exist you can, if you become aware of a thought from a loved one say that is coming over, immediately focus back on the pattern with which that loved one has a link and so once more you have that experience and, you may say, re-live the feelings etc. Everything is always there and yet it is not there in the fashion....... You use memory in order to hold onto things because you think they are past. That is the only reason you use memory, it is memory of a past, but when there is no past there is no need for memory because it is always there but then you will say “well how do I access it then?” As we said, when something triggers the need to and that need generally comes from association because when you are absorbed in something else how does it come up except through a thought and that thought has to come from somewhere and then the link is made and off you go.

I think we’ve provided quite a lot of food for thought here, more mental gymnastics. Put that out there and see whether it evokes some response.

Thank you, I will.
How We Choose Our Lives and Their Events.

Do you actually choose the lives that you wish to lead and how do you choose? You said the other day that there was no plan but it seems to me that there has to be a plan as to how that life is going to proceed or is it random?

The method of choices is not so much you deciding that you want this, that and the other in some form of even random order because what you are asking for is a list of experiences to be experienced by an instrument. But the instrument has to be constructed by a conglomeration of consciousness and a far larger one than you think. You would have to have a very large number of other consciousnesses all wanting to experience the particular list of events etc. that you have drawn up. Now just how likely is that to be?

Whereas on the other hand if you said, ‘Here is a broad brush idea, it is intended to be a male with average sporting abilities, will get married, have children, will have a career in a profession and encounter many problems but will have the satisfaction of overcoming challenge after challenge after finding themselves in despair from having to start from the bottom again. They will travel and see the world, live to a good age and enjoy reasonable health’. If you took a scenario like that other consciousnesses would look at it and say ‘Sounds quite interesting’.

But if you went into fine detail how many would say ‘that’s not for me and that’s not for me’ and remember your playlet, plan, whatever, has got to have the other participants whose choices mesh with your proposed
experiences and events and these are all ideas that are floating around. So you can see that actually putting this thing together takes quite a lot of to-ing and fro-ing and quite a lot of compromising. You may start out with an idea that you want to do X, Y and Z, and settle for doing X and experiencing A as well and maybe K because there are those who want to do A and K. They wanted to do A, B and C and now they find themselves agreeing to AXK.

It depends on the attraction of the particular experiences and how many others want to be part of that because, as we keep on saying, you cannot construct anything on your own. If you wish to experience a certain event others will also need to want to experience it. It is not a question of saying ‘I want to do this, that and the other, where are my parents?’ There may be brothers and sisters, uncles and aunts involved, mothers, fathers, children. These things all have to be considered and put together so that there is room for manoeuvre and openings for others to come in.

It starts off with a larger consciousness with a larger plan, or a larger playlet. If you could imagine all the participants in your particular life being part of a larger group, as they would have to be in order to enact the playlet that you are currently participating in, that is the larger consciousness, shall we say. Again we are talking chicken and egg here, are we talking about a larger consciousness with a big idea attracting others or are we talking about consciousnesses getting together with the idea of putting on a play, considering various suggestions and ways of putting them all together? Do you understand?
So we are really back to talking about plans although…

Just don’t use the word. Desires, choices instead.

So who initiates those desires?

What have we just said?

That the larger group..

And what did we also say?

That everyone has to agree…

We said chicken and egg, it can come together from a top down or bottom up process. It can start with a very small idea that is added to or from a big idea that needs the details filling in, all is possible.

So what is the idea behind these experiences?

Do you want to sit on the stone or do you want to move about?

So even when it comes down to a very poor life, must that still be desirable?

Would you be happy to get murdered in the first act?

I’m not talking about murder…
We are making you think. You are talking about a poor life which is a choice. Being murdered in the first act is a choice. There is always somebody who is prepared to be murdered in the first act, there is always somebody who is happy to experience the poor life. For there to be long and short straws there has to be those who happily accept the short straw although you must remember that these are simply varieties of experience. They are only long and short from your point of view. It is all just focus, it is all unreal, so you don’t mind choosing the short straw. You have many things going on so if someone asks you to help out as the plot requires someone dying at birth then why not?

So you could have somebody who comes on for a very long life but it’s a very hard life living with very little food and water.

But, as we have said, are you on the stage or at the back of the theatre. It depends on how much you are connected. There are those who can live a very poor life and yet be quite fatalistic about it, ‘this is my lot, yes, it’s not the greatest but I’m relatively healthy, I sleep well, I get enough food to keep me going and I’ve got plenty of people to talk to’. This is a physical experience. It may not be wildly exciting but on the other hand I have also got another life going which is wildly exciting so I can withdraw every now and again and compare my experiences and contemplate my preferences.

Is it better to have this huge mortgage and the stresses and strains of the upkeep of this house or do I experience more contentment and peace of mind by having very little and
not having to care about it? So I look outwards and find that my relationships are perhaps less fraught than where the scramble for material possessions causes a lot of stress. How else would you find out which is the better way to live? How do you experience values without comparison?

Yes. Would you say that now the majority of people have got access through computers and phones etc. to what is going on throughout the world that it has caused a lot more discontent in those living in what we would consider to be the poorer areas whereas in terms of overall happiness they may have been considered good areas?

You could say ignorance is bliss, knowledge creates desire. If that desire is seen as being pie in the sky as regards fulfilment then one can leave it there but if it is seen as attainable then one considers the price of attainment and whether one is prepared to pay that price. So you find that the addiction to desire, shall we say, spreads and it waxes and wanes. You have a classic case at the moment in that peoples of poor and war torn nations have been given the ‘Dick Whittington’ concept that the streets of Europe are paved with gold but like Dick Whittington the ones that have reached there are finding out differently. Some of those will find the stress and strain of city life in the Western world too much and will return to the simpler life they left and inform others of the reality of living in those areas.

When thinking on this subject you must keep reminding yourself that you are not limited to the one life. You can afford to dip a toe in here, dip a toe in there and as we just said, if you want to compare experiences you need to
experience both and to do that you may need to join two group consciousnesses at the same time or many group consciousnesses. So you will have several programs you can be switching in and out of, to make it easier for you to understand. Imagine yourself focusing in on the stage of the poor life and feeling the emotions and the pain while at the same time you could feel the exultation and the power and the gourmet experience of events in another life.

Now as we talked about with the forever becoming business each experience in each life is changing you, you don’t need to keep it in mind because you can go back and have another look. You will know what it feels like to be right there and so you won’t have the desire to experience it again unless the particular experience left such a mark that you feel it was wonderful. There will be a nostalgia, a longing, to do something again and for others there will be an instant ‘I don’t want to do that’ and you may not know why. Because you have long since learned that there is no point in dragging up old memories. Unless you want to go replay it there is simply no point.

There are always so many ideas coming along and of course you cannot replay the same life anyway. You can play a new, improved version along with other consciousnesses. Very few people want to go back and be a slave in Roman times for example. They may be curious but not want to experience a whole life time so may with others agree to re-invigorate a segment. When we say the pattern exists it is not a static pattern. Everything always exists so every frame in that life does exist so you can step in with enough other consciousnesses but in order to experience it in the full all
the other characters have to as well so again you have a huge operation to organise. If you want to experience being part of the Roman army surrounded by hundreds of centurions well then you will need the hundreds of centurions. Even though you put that down to imagination you need all the other consciousnesses imagining as well.

So who is involved with the organisation?

 Everybody is involved with the organisation that is the whole point.

Surely that would be chaotic?

 It is simply a matter of coming to agreement. Think how your present life is organised. Is it chaotic or do some people agree to be a coordinator, listen to everybody, circulate ideas and have them voted upon? You have to vote by means of a physical mechanism but if you could vote immediately by thought transfer how fast would things happen? Then speed that up to the speed of your fastest computers and agreement via a majority would seem to you to be almost instantaneous. ‘This is what the majority are going to do, you outliers can join or you can go and find something else. Who wants to come along? All those in favour say ‘aye’. It is immediate. Just because the physical process is slow and cumbersome you have to realise the consciousness process is not, it is basically instantaneous.
Now tell me something else. If a group of you, consciousnesses, wanted to say something that David would totally disagree with, would you be able to do that?

It is not a question of David, David is the group consciousness so there is no such thing as David. There is only what the consciousness is projecting at any particular time, in the words they say, in the actions they agree to perform and so the personality, moods etc. may change by varying degrees.

So a different group of consciousnesses would not be able to speak through David and say something in opposition to his beliefs?

It is not a question of ‘he’. You have the group consciousnesses there as we say with the teachers. You come into this situation that is happening now. The ones that are focused purely into the physical aspects, which are all they want to be generally interested in, of the pattern, instrument which you insist upon calling David, are now supplemented by more and more joining due to the fact that you have started exploring this area and the uniqueness of the operation makes it very interesting and so the balance of opinion changes. You would call that ‘the mind started to open’ but a more appropriate statement would be ‘his consciousness has expanded’. There wasn’t a single consciousness in the first place, the expansion has come from the additional consciousnesses joining the existing consciousnesses already focused in the pattern. You refer to that as ‘you are now more open minded than you used to
be’ but it is simply that more cows of a different colour joined the herd and so gradually it changes.

Now this is a matter of intensity as well. If you have people who don’t particularly want to listen then you will need proportionately larger numbers of consciousnesses to sway the opinion but if they are open and amenable to listening they will not contribute their opinion, they will listen to what is being said which means the teachers thoughts can then be expressed by the spoken words while the others sit back and listen. In other words the day-to-day focused consciousnesses have moved to the back of the theatre and the teachers have moved onto the stage. The teachers have the microphone and the other consciousnesses are listening and when you decide that you have had enough or the teachers decide to leave then the others return to the stage but this time they have some more knowledge.

(and if the words are convincing the worldview of ‘David’ changes, you find that your new belief seems to be eminently reasonable).

It is a question of ebb and flow, of consciousness joining and leaving the focus of attention changing the actions of the instrument.

So obviously if you had two different instruments both sitting there in a trance state you could have very diverging views from the two different instruments?
First of all you have to look at the two instruments and their already basic belief systems, the groups of consciousnesses that comprise those two particular instruments. So let us assume that there are two similar instruments with similar beliefs who presumably would have compatible views when discussing a particular subject. Let us use politics. Two Labour would be agreeing on many issues and two Conservative would be agreeing likewise. But if you put one of each together, especially if they were to the extreme of their relative spectrums, then there would be differing views and little agreement. But who would they attract and what would their belief systems allow to be spoken? When we say the belief systems this means the consciousness group which comprises the Labour or Conservative instruments. You would need some very intense and large groups of consciousnesses to come and join in order to overpower the consciousnesses that are already there and why would they want to do that? They will join the group whose view is compatible with their own not a group with opposing views.

Think of what you would do in the same position for you are a group consciousness. You will go to where you feel attracted to and that attraction will be a product of, will be influenced by the experiences you have had before. You may not be fully aware of it but an idea will attract you or repel you and you won’t particularly know why. In some cases you may, it depends on how advanced your group is or rather what your group is interested in i.e. if it is a group that wants to understand, wants to know.
You might say you are looking at personalities so if you can attribute a personality to a single awareness then like attracts like and you will get an instrument with a personality that the consciousnesses involved all feel comfortable with. Otherwise it wouldn’t be produced in the first place. So you are back to choice again, aren’t you?

Yes. A point that you could expand upon is playlets within plays.

As we said you can construct from the top down or the bottom up but most will be a compromise between the two. Some will see the big picture others will be interested in the detail. The big picture may not suit everybody and there will be points which are inconsistent and those inconsistencies will need to be ironed out. You will reach a position where you agree that the idea accommodates the possibility of all the desired experiences of the majority.

If there was a completely constructed plan with a system of time embedded and this, that and the other will happen at certain times, that wouldn’t leave much room for uncertainty because you are still the same consciousness whether you are on the stage or off the stage and you have to effectively use your focus to blot out your knowledge. You do not bother to remember that you know. To have that complete uncertainty which is part of the idea you need to forget your original choices and let them surface as feelings and desires. If you think about this, when you are a teenager where does your desire to get married come from? Your desire to have children or not?
It must come from the group.

Yes, but it must have come from an aspiration, a group aspiration which was probably outlined in the original idea that all decided to manifest into the physical. Due to the effect of experiences from childbirth to teenage the original idea, rather than the veils of forgetfulness, just seems to get lost in the midst of time, you might say. These agreements are agreed to because you know it’s not real, you know it’s just an experience, so you just agree to a whole lot of things quite quickly because at the time they don’t carry any particular import.

I can understand that.

‘Yes, that sounds like a good idea. Let’s go to the pictures.’ Five years time. ‘Do you remember that film we saw on your birthday five years ago? Well, um, er, no. Do you remember what we did that day? No, no idea.’ If you can’t remember your physical experiences you’re hardly likely to remember your non-physical experiences are you while focused in the physical. And even when you come out of the physical and you look at your life review you often don’t realise you had agreed to all that in the first place. Later on you know that you must have agreed to all that because that is what happened. You may not understand why you agreed to some things ‘I’m sure I wouldn’t have agreed to that but it’s all over and done with so it doesn’t matter anyway, I’m still me’.

Like there are strong characters over here are there strong groups over there who wish to experience certain things and
because of that are other groups almost coerced into playing parts which otherwise they would not have chosen?

How many realities do you think there are that you can experience?

I should imagine enormous numbers.

Sure. So can anybody bully anybody?

They certainly can here.

Can anybody bully anybody into experiencing this reality?

That is what I am asking you.

We are just asking you to think. If you have the choice of all different realities you will choose that which appeals to you, an experience you want to go through. As we have said before and as Seth has said, “nobody dies unless they agree to it”. Now that is pretty final as regards an instrument, so when you talk about bullying nobody can be bullied unless they agree to it. No part is played unless you agree to playing the part otherwise you simply switch your focus. If somebody comes along with an idea, or an idea floats by that you like and are happy to do, then you do it. If you don’t you merely look somewhere else. Do you understand?

Yes.

There cannot be coercion, there can only be consensus.
So you don’t have groups that are stronger than other groups?

You have groups that prefer certain activities. You have awarenesses that prefer certain activities and so they group with others that prefer those activities. Just look at your own society and see how like attracts like. Who are members of Bikie gangs and who are members of the groups that care for disadvantaged children? Who are the volunteer workers in the hospitals and who are they that belong to the drug cartels? Do you understand what we are saying?

Yes.

These people have different ideas, different groups they want to be involved with, but of course it can be the same individual consciousness belonging to both of these groups. It can be experiencing opposites if it wishes to do so and merely comparing the experiences. Everybody can be involved in everything. If you want to keep switching from one group to the other to the other to the other you can do so but most find that they don’t like to be whipsawed between one feeling and another because experiences change who you are. You don’t want to experience something which turns you into one way of thinking, focus elsewhere and find yourself feeling differently because you start questioning who you really are. So you tend to go where you feel attracted to. Ideas that do not appeal do not generally get focussed upon. There could be an instance where one may desire to experience how, say, a jihadist thinks but that would require a deal of courage knowing that those feelings could affect you. On the other hand some
find camaraderie and purpose in fighting for a cause and don’t consider whether their actions are justified or not. It is just an experience they find thrilling and enjoyable.

You can be in an idyllic mansion with untold wealth and yet feel very much alone and perhaps envy someone who has a strong support group and involvement in a consuming cause. It is a comparison of values. Some prefer a simple life with family and friends while others prefer achievement, power, prestige etc. and all shades in between.

You perceive from where you are because you are in the process of forever becoming and at present you are what you have become. It is the same old business about walking a mile in another man’s shoes. You would have to experience, fully, what the other life was like. How many in the physical are prepared to say “I am going to give all this up and I am going to go and live with the natives in the jungle where they basically have nothing and live from hand to mouth”. So once again, as above so below as you are only a projection of the consciousnesses that have the feeling of what they want to do. There is no separation. You feel that you are separate from those who run you but as we have said previously it is difficult for you to understand that you are what you are, there is no other. You have to look at what you are and say “I am a single awareness and part of the group consciousness that holds these values that are being projected to form what I see as Jean and so the way that I feel is “me”. There is no separate me that feels differently, while it is focussed on the pattern of Jean. Now it is focussing on all these other patterns as well but in each instance it is a separate “I”.
It is impossible for you in your present focus to say I am all these things because you cannot experience your separate “I”s as an observer and yet you are being changed by those experiences. Everyone is being changed all the time. It is not a question of you deciding what you want to be because that is changing all the time. To a certain degree you are at the mercy of your own particular choices. When you make the choice to participate in an idea you adopt beliefs arising from experiences in each one which are continually changing you as an awareness but you are not aware that you are being changed. You are merely aware that your preferences have changed somewhat. On another level you are aware of the process so you don’t bother to examine why your preferences have changed, you are happy to rest in the who that you are now knowing that you may be a slightly different who tomorrow. Just as you are aware that you were a slightly different who yesterday, in your time terms. So you just go along opening the oyster and making choices.

As long as you feel happy in who you are. It is the same here, as long as you are happy in who you are you don’t change much. If you don’t feel happy in who you are you go looking for something that will change you, even though you may not realise exactly what you are doing. It is all rather simple actually and rather sort of ho-hum in that there is no big plan for attainment, there is no big secret to just being who you are, no big secret to just being an awareness.

You have to create the diversity and the separation to make it exciting. So you can go back if you wish to your concept of
god sitting there thinking what on earth am I going to do with myself? Well, I’ll create all these different experiences, different organisms, give them free will and watch the show. Of course that is exactly what you are doing. Again you can come back to the concept that “we are all god”.

What can you tell us about the lesion on David’s head?

This is an eruption. You might say that this is something that wishes to leave, one way or another. This is not easy to explain to you but when it has been removed what would you say has been the motivation of the cells that comprised the particular piece that was going to be removed?

Well, you can only say that they were fed up with being there, but surely an easier way for them to leave would be just to slouch off.

But would that have been the same experience?

No.

And would the consciousnesses that are involved in the whole pattern have experienced these feelings and the interaction with other people. Although these are what you might call nuisance factors, they are still experiences and if you are going to have a play or playlet, especially in the fashion of a human life and you have to maintain the vehicles, then you have to go through an awful lot of very mundane stuff. You can’t have it all highs and lows constantly. You have to have the ordinary pedestrian
experiences along the way, all minor challenges in one way or another and when it comes to expansion of knowledge do you know more about this subject than you knew before?

Yes.

Would you bother to go looking for this knowledge otherwise?

No.

So you are experimenting with self-treatment and if you find something that works you will tell other people won’t you? You may be able to help and also you are giving others employment. All sorts of things need to happen to make the wheels go round, if nobody got sick then there would be a lot more unemployed people. When you look at the playlet you are involved in, rather than the word society, you have sub-plots all over the place. The main plot, you might say, is surviving from birth to death but you have sub-plots everywhere in how this one survives and that one survives and all the different personalities and events that are constructed and experienced. Diversity is the source of interest and is absolutely necessary to keep the whole show continuing on. Necessity is the mother of invention and the necessity of maintaining interest in the physical reality requires an ever-changing parade of new events and items of shock and awe, if you wish. As you turn the stones over there are new and exciting things underneath. Just look at the flow of ideas that are coming past you at the moment in the physical. If you sit at that computer how many new things will you see if you search?
Innumerable.

You could be on there all day, couldn’t you? Now switch yourself to a point of awareness watching ideas come by. You can’t see them all, you will choose some to focus upon. Much in the same way as you browse the internet you will choose some sites to read. Meanwhile there are thousands more out there. Do you think you could ever get around to them all?

No.

No. As above so below. Exactly the same. So imagine the possibilities here and imagine the possibilities in consciousness. As an analogy imagine the possibilities for someone living deep in the jungle compared with the possibilities you enjoy. So, the possibilities are endless and you cannot possibly know of them all and you never will. New areas are being dis-covered continually. That does not mean to say that they are not active, it just means that you haven’t come across them.

So when you dis-cover something it is not as if you have taken the cover off something which is inanimate, you merely switch your gaze and put together a particular combination of senses, shall we say, and something else appears. “Well, I didn’t know that was there”. No, because you did not know where to look, and you did not know how to look. As you move from one to the other the degrees of commonality …… let us say you are enjoying a particular aspect, you become a particular group of experiences that feels in a certain fashion, so when another idea comes by
you feel attracted to it. But it’s all degrees and as you feel attracted to that, let us say you see the ghostly image and as you focus closer and you communicate someone says “if you change the frequency to X you will see a lot better”. Suddenly it comes into focus and you pick up the settings, shall we say, that are needed to fully appreciate that reality. Then you can make the decision whether you wish to join in with that reality.

Just like looking at a night sky that is full of millions of stars where the intensity of the light is continually moving between the stars. Your focus looks at the different lights doesn’t it noting the brightness of some against the others. Now imagine if there was a different intensity in the event scenario there and you could focus in and you could see what was going on, what would happen to the rest of the night sky?

You would ignore it.

Yes. And there would be another over there and you would focus into that one, but if you found one that held your attention you would notice that the span of attention that you would need to afford that particular scenario is such that you can afford to turn your attention to somewhere else and then just shuttle backwards and forwards basically getting two continuous pictures as we have explained before. The tiny fraction of a second that passes between when you left and when you come back is insufficient for you to notice any difference. As we have said before you can shuttle between 8 or 12 or whatever number you wish to keep continuous contact with, such is the speed of
cognition, even though they are all separate focuses and mostly because they are so different you don’t bother with comparisons. You are focusing in that particular one, you are looking at what is going on and adding your thoughts to what is going on, you are on the stage, part of the action. The minute you are focusing you are thinking and your thoughts are combining with others who are similarly focused to produce the reality you are experiencing. You, and all the others involved, are creating the reality you are experiencing without realising it, without knowing it.

Except, as we are talking, we accept and understand that we are creating that reality, but it doesn’t mean anything to us, we just simply know it is. We go along with it because we understand that we couldn’t create it on our own anyway so what is the point of thinking that we alone create it.

We experience it, we know we experience it, we know we are going along with a majority. We like it or we don’t like it and at some stage we decide that we like it enough to stay around and keep focusing backwards and forwards into it or we decide we will just focus in now and again for curiosity’s sake knowing that we will understand what went on anyway.

Are you beginning to understand more how you are just who you are?

Slowly.
Forever becoming, changed by your focuses into the realities that you are co-creating, but not creating them with aforementioned intent, you are co-creating them with instantaneous response to what you are seeing and at the same time you may be looking at the unfolding events and wish them to go a certain way. You may have a desire to see a certain outcome because that will come from the who you are but whether the majority will have the same desire will become apparent. It may or may not turn out to be to your satisfaction but you will change. You may decide not to focus there anymore. That doesn’t mean to say the play stops. The pattern goes on, the play goes on, you are no longer interested in it but you haven’t died. Nor has the pattern died. Jean or David doesn’t die because certain consciousnesses decide to focus elsewhere as other consciousnesses come in. It is not until there are not enough consciousnesses to sustain the play that the pattern is discontinued.

You will need to turn this over in your mind and apply your reason and logic to begin to understand.

It is like a whole series of plays, all the time the audiences are sufficient to sustain the actors the play goes on. When there is no longer sufficient paying audience the play is discontinued. Now just scale that up into the zillions of consciousnesses that are needed to portray the playlet you are part of in just your local area let alone the rest of the world. And the whole thing has to mesh because there is a ripple effect from every action and so you can begin to see the vast intricacy of the whole exercise. In the end you can say “Yes, I can see how it all happens but meanwhile this is
the focus I have got and it seems to be set up so that apart from the occasional bleed through I can’t experience anything else I may be involved in while I am focusing in this reality and if I focus in another one I can’t remember this one”. It may be frustrating but by now you can understand why.

Yes.

Without you being aware of it there is some effect of your actions and feelings in one focus that has a limited effect on how you act in another. An aura effect, we will put it that way. Because of the ongoing nature of new ideas, new ideas, new ideas you are not in the position of being able to sit back and compare your, say, 10 lives. You may be aware, in some cases, that you are leading these lives but you are not in a position to compare them. Not for a long while anyway. Even then you realise the futility in comparing them because it is how you feel, not how you judge. Do you understand that?

Yes.

When a new idea comes along you will not examine it and judge whether you want to get involved or not, you simply will want to or not want to. Your feeling will automatically guide your decision, you will instantly sense yes or no. In much the same way as when you taste something you immediately know whether you like it or not. Now ask yourself why do you like one taste but not like another taste and you will find it quite difficult to give yourself an answer. You may search for some comparison but you will
find it hard to find a comparison. How often do you say to yourself “Why don’t I like that taste”? You don’t do you? But in your life somewhere something taught you, something you experienced, gave you the impression or the feeling that “I don’t want to taste this”.

That is pretty much how you can view experiences. You might apply that to sound as well. Certain sounds from a violin can sound hauntingly beautiful or extremely harsh and jarring whereas someone else might feel that the gravity and power, thunder and lightning of what you would call harsh is appealing and so then you can see that in the light of your good and bad.

It is how you view things, who you are, based on your experiences.
Sir Charles Sherrington 1857 – 1952 Neurologist, Nobel Prize winner, President of the Royal Society

“How far is the one mind a collection of quasi-independent perceptual minds integrated physically in large measure by temporal concurrence of experience?”

Simply enough put, there are as many kinds of consciousnesses as there are particles and these are combined in infinite fashions. Your consciousness is not one thing like a flashlight, that you possess. It is instead a literally endless conglomeration of points of consciousness, swarming together to form your validity – stamped, as it were, with your identity.

Seth:- The Nature of the Psyche – Jane Roberts
Chapter 6

The Nature of Individuality and Personality

Each of you in this reality have decided upon emphasising certain characteristics and forgetting others. You have allowed, therefore, certain characteristics to come to the surface and you are aware of them and you use them and you think, these characteristics are myself. The ego is the king of a very precarious crown and you think you are what your ego is. It does not occur to you however that there are literally countless, countless, probable egos within yourself. Numberless activities, abilities, that could come to the forefront of your consciousness to be latched upon and used. You are unaware of these buried selves, these buried abilities, these buried creative functions and combinations
and yet in other layers of reality these come to the forefront and you allow these their play and the characteristics that you think of now so securely as your own are buried. But while they are buried, they are not unaware they are in trance, and you can become aware of them. Within that self you know, are countless combinations of selves that you do not admit. In other layers of probable realities these selves have their say and live out their potential. They are sleeping within you in this reality but in those realities you are sleeping within them. The trees that you see outside the window you see simply as trees because you can see them only through the physical viewpoint and yet even these trees have potential abilities and potential combinations of consciousness that you do not perceive and that exist in other probable realities. We do need, for example, and for everyone in the room there is an unlimited amount of what you would call identity. Now, all you do when you have an identity and focus upon it is to grab out of your own bag of potentials a group of potentials, and say these are the ones I would settle upon for now. And these I will call my identity and so I will use these and I will ignore anything else. But another portion of the self says “ah ha, these potentials are not used, they are freewheeling” and I will adapt these and these will be those potentials with which I will work. There are no potentials within you that are not being realised and no creative abilities that are not being used.

Now, development is a journey within creativity. You have at your command literally infinite amounts of energy. In your terms, you are, if you prefer, latent gods. You must learn to handle and use this energy. As mentioned earlier this evening, you will create, you cannot help creating any
more than you can help breathing, and when you breathe no longer you will still create. You cannot escape your own creations. It is not death any of you have to worry about, it is your own creations and you cannot blame your own creations upon any god or any fact, or any predestination. If you want to speak in terms of god, then from that infinite gestalt you receive the energy to create. But because you have freewill you create what you choose and you learn through experience. If, however, one portion of your personality has not learned from the experience, other portions may well learn. I want you to understand, a few points along the lines of probabilities. First of all as I have said, you are not tied to a neurosis from a past life, but also I wanted you to know, that your present thoughts, feelings and emotions, not only affect you but affect your probable selves and yet no probable self is at the mercy of negative thoughts of yours.

Each consciousness has its own responsibility for those thoughts and emotions. The personality in its entirety includes, therefore, selves of which you are presently unaware. This does nothing to negate the validity and integrity of the self that you know. Divisions are illusions and when you wake up to yourself, to your true self, then you are aware of these other portions of your personality. Theoretically you are working towards a time when the, you, that you now know, will be aware of the entire personality and accept it as your identity.

The whole personality is not like some super self in which you are lost, in which the identity that you know is gone. You must simply accept the fact, for now, until your
experience begins to prove it more and more, that the inner identity is far more than you presently realise and the best way to work towards such realisation is to accept the self that you are now, as you are, to feel the movement of the spontaneous self.

Time is basically meaningless, so the question cannot be answered in the framework in which you asked it. Each personality to its self has continuous consciousness. Its consciousness is continuous and it knows who it is and it experiences no lapses.

Every singularity is created from a plurality. The one is always created from the many. Physics will show you that all is built up from the smallest by a process of accretion. Each discrete entity is composed of multiple entities, you might say, whatever you care to examine can be broken down into its many parts and therefore it is the sum of its parts.

So do not think that personality is not the same. Why do we cling to the notion that the self, the soul, the higher consciousness etc. is a self-contained discrete entity when all that your senses perceive are composed of multiple entities, particles, if you wish?
Now, when we are speaking we are speaking as a confluence, a coherence of many minds, consciousnesses, whatever you perceive to be the intelligence or intelligences that are forming these words. And we are speaking these words through an organism that is again formed of many, many parts. Vocal cords powered by lungs kept going by the heart that pumps the blood, all of which composed of millions of cells mediated by a brain, composed of millions of cells as well but also comprising millions of neurons, millions per second of electrical charges moving across, what you term, the synapses between neurons.

All is multiple, so when you look at what you consider to be a person, a singular, it is a representation of a multiple. It only has a validity in terms of a multiple representation much as a government expressed as a singularity is representative of millions of people and you might say the president is the personality, or how the country is seen depending on how he presents himself and what he says. Then one [who] views, with no knowledge of the country, believes that he is speaking for his constituents, the word is correct, the constituent parts of the organism.

Now, how you perceive yourself takes on a different aspect when you consider that you do not have a separate, defined self as an inviolable spark of consciousness, you might say. Because we are aware that the instrument is speaking, moving, hearing, feeling the combined impressions of the multiple thoughts that comprise the consciousnesses that are presently focused upon the operation of this instrument, we are in the position of observing the combined thoughts of many as to what should happen next, actually happens.
As we are observing we are not aware of the total number of thoughts that are being reflected in what we are observing because as thoughts, you might say, “lock on” in focus, we are not aware of the additional, let us put it this way, we are not aware of the additional in terms of saying, we now have a certain number. We are aware of a slight increase in intensity. If a lot, you might say, tune in, then we are aware of a greater increase in intensity. Just like your own communication channels, depending on the activity being conducted at the time, the focus that is being concentrated upon, thoughts from consciousness then join and leave according to the level of interest and we feel the intensity move up and down.

Now, as to self, there is generally a core of what you might call “die-hard supporters” who attend every game, who are there for every motion, every action and who want to experience every feeling. These are the ones that are attached. They are attached to…… let us say the personality that we are working through becomes attached to personalities that others are working through and therefore certain bonds are formed and certain consciousnesses stay focused upon their particular instrument/personality. This is where the principle, previously propounded by our friend Ludwig, of the many-to many, is more easily explained.

We passed the thought this morning that language, as has been said many times before, has an origin. That origin generally comes from some thinking about what one is trying to express. The word is coined, and if it fits, goes into common parlance. So we look at the word “some...one” . “Some” is a plurality, “one” is a singularity. Why are the
two joined? “Some” in “One” maybe. Also In..divi..dual, now the prefix “in” is used in “intuition”, tuition from within.” Inspiration”, inspiration by spirit. So, “in..divi..dual”, inside again is a “division”? or”diversity”? Whatever, it means MANY. Then we have “dual”. Does this mean mind and body, as in dualism? The make-up of the word came from somewhere. What was it trying to express? The word is looked upon as a singularity whereas the make-up of the word implies at least two, probably many, and within!

So that is a thought, when you consider the principle, that “All That Is”, is comprised of many.

Now again, as we have said previously, you need not fear about losing your “self”, for the ones that are the “die-hards’ we mentioned previously, tend to stick together, you might say, and are accomplished in projecting the personality, as you might expect, and therefore when the instrument is dropped there is no problem in recreating the personality in a different form, a different dimension. You may easily say, an astral body, an etheric body, a..projection of thought… as from a mental body you might say. But a projection of thought whereby thoughts which would come across as sound and vision if you wish, certainly mannerisms etc., speech mannerisms, depiction mannerisms would give an identifying signature enabling another of the same to recognise one interesting concept that one has known before.

So, each will still know the other, which means, ”the many will still know the many”.
Much as the “team” still recognises the other “team”, the government still recognises the other government, you can fill in any blanks to support the same hypothesis.

You consider yourself an individual. An individual what? You would say an individual personality in an individual body which is separate from other individual personalities and individual bodies, because I see them apart from me and I cannot see any way in which we are physically joined. Yet upon examination you will admit that you are to a great extent mentally joined because your thoughts that you wish to turn into action, generally will require agreement from others, in order to construct the reality around you and the events in which you partake. Of course you will freely admit that you are inhaling atoms, molecules and larger amounts of consciousness, that you imbibe in one form or another, all of which have been parts of other groups of consciousness but, when it comes to talking about your personality, you find it difficult to believe that just as your body is composed of myriad units of consciousness expressing themselves as atoms, molecules, parts of cells, cells, organs and ultimately the body, which you will say you are in control of, even though you cannot control its inner workings. As so many consciousnesses are involved in the operation of your physical body, the intelligence and organisation required is vastly in excess of that intelligence which you would grant yourself.

Now let us assume that what you consider to be yourself, your personality, is likewise composed of myriad units of
consciousness, all wishing to view the television channel which is your life, the soap opera of you, all these consciousnesses have turned to your channel, this is an interactive channel and they can simply, by thoughts, decide which way you are going to go. So the mass of consciousness which is involved in your soap opera is reacting to the events within that life, shall we say, we change to the word life, and as each decision point approaches then the balance of thoughts that leans to one particular form of action then determines which action is then taken. In other words it requires a majority. Don’t let us argue about whether it is 51% or 75%, we take this as being the scales and so the majority, and this will have to be weighed with intensity as well, not just a simple majority but the intensity of emotion and feeling as to which action should be taken, will determine the next action. This is happening from moment to moment and as your life takes a turn in another direction then some of those consciousnesses will decide they are no longer interested in this channel and will switch channels to another personality, another life. Now remember this only requires focus, it does not require physical movements and the intake and expelling of atoms. It is merely switching from one channel to another by merely moving ones gaze from left to right. You will leave your involvement in that life and join in the involvement in another life.

Now I hope you are realising by now that you are capable of being involved in many lives at once simply by moving your focus and of course you can follow several lives at once. Some, you will decide, no, I am not going back there for a long, long time, because it simply isn’t doing anything
which interests me. It was promising to start with but now it is taking a turn which I do not find appealing. Then in another life you’ll say, I will stay with this one until I get tired of it because in the balance of things it is quite interesting. It shows me a side which is not being shown by the other channels I am involved in.

Now each time you look into a channel, because there is no linear time involved, the whole of the events in that channel, that life, that personalities’ actions are presented to you in entirety, so you do not lose any continuity. You must realise that in simultaneous time, you might as well equate this to enormous speeds of comprehension, in that even though you may not have looked into that focus for what you would consider to be a portion of time, the minute you look, then to coin, to form another analogy, you get an instant update, just as you would on your computer. You are updated instantly. It is as if you have never left that life. You immediately have experienced everything that to your intents and purposes you would have said you had missed, like going to sleep, you would not say you have missed any of your life and yet you have slept for a third of it. Every night you will sleep and yet you will say this is my life and discount those times when you are asleep.

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Your attention was taken by the recent article on bacteria capturing or eating electrons.

If we go back to what was expressed in our previous discourse that every singularity is composed of multiplicity
then you can see that everything is an accretion. So if we take you back to your smallest particle, wave, energetic motion that you know of and then it is obvious that everything is simply a multiplicity of the same.

Is that wave not a singularity?

As far as we know the wave can also show up as a particle but like yourselves we are not aware of the source of the wave. We do have our own philosophy as you do and our own investigations but perhaps we are not so wedded to the idea of our personality as you are because we understand that whatever we perceive arises from the thoughts of the multiplicity or the multiple. So we do not have the level of attachment and we are confident and happy in the fact that we exist in the light of what we perceive. It is an ever changing state, an ever changing panorama and why worry about who we are when we know we exist. It is more “I exist” and I am happy that I exist, instead of trying to think “Who am I”. We do not worry about the “I”. We can use the term but we know it is pointless to try and stand outside ourselves. It is impossible. How does a mirror see itself? The analogy is not the best but you get the idea.

So back to the subject matter. It is quite logical that as everything is built up from multiplicity then at some level as the smallest waves get together or the smallest particles get together as others join they can be seen to be “eating” Yes?. As the accretions get larger and larger and the particles, the waves, the energy come and go it gives the impression of fuel being needed to power the organism. When you think of electricity passing through something you just have the
conversion of that electricity into heat or light or electromagnetism that causes motion, but nothing is destroyed.

If we take a parallel with the consciousnesses/minds leaving and joining, a constant flow of minds leaving and joining, you have the same effect as electricity being passed through a machine or a light bulb. Now this isn’t a description of exactly what happens but for purposes of understanding as the machines get bigger they need larger amounts of electricity. So as the organisms get bigger they need a larger amount of “fuel”. As the organisms get larger in size the fuel has to be taken in in larger quantities, in more condensed quantities. So it is simpler to take in items that already have accreted. Can you imagine a large organism trying to process an infinite number of electrons in a stream? So it is easier for a hierarchy of accretions to be built up with the larger consuming the smaller or let us say, utilising the smaller or giving passage to the smaller.

The world is far simpler than you imagine. You tend to make it far more complex than it need be because you cannot see at the smallest levels.

We are composite beings.

There are plenty of places of being and not being. When you are just a point of awareness you are basically in a position of not being, because you do not belong. There is no “I” to
identify with. “I”s arise from composite beings. Each time you focus on being part of a composite being you are effectively saying you identify with that composite being, you are part of the group. Now, as you move from one focus to another, each time you are becoming another “I”. Each time you are taking on the attributes and manifestations of the group and in each case you feel this is me, this is me in the present and each “other” which you would say is in the past, you are no longer. Yet you retain the memory, no matter how many focuses you have in the present, and you can have many lives at once, but in each case you are only the “I” that you focus upon, because it is only possible to be an “I” through collaboration and cooperation with others. So, “I”s arise from a grouping as we know them. When you look away from all your “I”s that you are participating in, then you just reduce yourself back to a point of awareness, because there is nothing to identify with. So, the sense of “I” disappears and then you have the sense of being part of the universal whole. Then if you feel that you are the universal whole, every part of the universal whole thinks it is the one. So this is where the notion arises that we are all god, because we are all part of god, until we decide we want to identify with something else, which is the “I”s.

So, once you contemplate this “theory”, if you wish to look at it that way, “truth” if you wish to look at it another way, then you will see that it is only truly useful to savour the “I” of which you are presently aware. By all means look for other “I”s in which you are focusing but be aware that to you these may seem like figments of the imagination, even as you find yourself, imagine yourself, to be another “I” as in when you feel that you are aware of a past life, past focus,
but you always come back to who you are now, the present. So, the concept of forever becoming just means, the continually changing sense of “I”.

We like to say that the underlying is unchanging and that is true. What we don’t realise is that we feel that the whole is changing. We do not understand that we are part of an enormous composite which is continually changing and our sense of “I” arises from that. When we are able to observe, as in leaving the body, we find that we have to return to the body, otherwise our sense of “I” disappears, because that sense of “I” is no longer in the body. It finds itself in a different life in which it has a different sense of “I” and can only look back, a memory of its identification with a body, but now, of course, it has a separate identification. So, you might say that when you leave the body and look back at your body you already have a different, although probably unknowing, sense of who you really are. But then if you do not return to the body you find yourself in what is called the spirit world and you have another sense of “I”. Until you find the idea of another life, another focus, that you will have to, unknowingly maybe, enter together through association with others desirous of experiencing the idea of another sense of “I”.

So, what you call existence is a continual movement from one state of being to another state of being, from one sense of “I” to another sense of “I”. You always are but you are forever changing. But because of that ever changing, you forever feel the same because each “I” is an experience and on, what you might say, another level you are aware that it is all an experience.
You ask “what is the self”? Now Seth refers to himself as an “energy personality essence”. You notice that the first word is energy, the second word is personality, energy with personality that he is the essence of. Normally the essence is the distillation so one can infer from the use of these three words that the essence is the distillation of many personalities that have been experienced by the energy. So, we are saying are we that this is energy with a personality? Now, just for purposes of maybe understanding this in a slightly different manner, let us look at magnetism, electromagnetism. Now, when you have a piece of metal it does not have any attraction or repulsion, it is just a bar of metal with no seeming let us say desire, and yet, when you manipulate it in such a way that all the constituent electrical properties within that bar of iron form into coherence then you achieve a pole at each end. A pole that attracts and a pole that repels, in other words, opposites.

You can take those opposites as your love and hate or your light and dark and all the spectrum of feeling in between. Now, as you know, all particles seem to exhibit a degree of awareness and also to communicate with each other. In that case, as the atoms, molecules, whatever in the iron bar now have the property of attracting and repelling, would you grant them the quality of consciousness? Probably not, but how come the attraction or the repulsion and how like it is to your own conscious self that is in one degree or another attracted or repelled by the other electromagnetic bodies that you come into contact with. (Everything is composed of electromagnetic waves/particles) The point to note is that
when the constituent parts are in a chaotic format then no attraction or repulsion arises. Yet when they are aligned coherently and all pull together one might say, then the attraction and repulsion arises and therefore is this when personality arises? Do we say attraction and repulsion, light and dark, opposites, are only perceived when in a reality such as the physical? Or do we say that they are inherent qualities of the particle that is behaving in a random manner?

That’s quite interesting that the like poles repel and the opposite poles attract. You would think that would be the other way around.

What’s in a name? It depends on who decided the qualities in the first place and how the actions were viewed.

You can see that coherence produces power. There was no power in the iron bar before you induced coherence but then it had the power to pull something else towards it or push something away from it, it displayed kinetic energy. So, power arose from coherence. In previous talks we have outlined how the power of intention of many, you might say “energy personality essences”, they come together and then are able to utilise the power of their intention to create form or, as we have been discussing, to manipulate an instrument. That instrument being the physical body and brain. They may also have created a mind as an intermediary to enable easier operation. We might as well refer to the brain as the hardware, the mind as the software and the “gestalt” consciousness or energy personality
essences, a group, as the programmer, or programmers agreeing. You can see the parallels.

Power arises from coherence. We don’t know how many consciousnesses are necessary to carry out any particular creation of form or manipulation of energy. You can assume that varying groupings are necessary appropriate to the degree of power needing to be applied. So to send a thought probably requires a smaller amount of power than to move an arm. However if the arm is programmed correctly and the hardware then reacts correctly to the programme then perhaps the energy necessary to move the arm is, from the point of view of the programmer, quite small. Or from the point of view of the body it would be a magnitude of times greater.

The same principle can apply whatever you think of. Especially with regard to moving mass beliefs. One thought, one voice is a voice in the wilderness. Many thoughts, many voices come together and become a convincing force of conversion and once enough join in the new belief then it becomes accepted mainstream except for a few outliers who refuse to accept what they may call, a mass delusion.

So we come back to the intensity again. The intensity of thought and the thought not only amongst the instruments but amongst the consciousnesses who manipulate the instruments. Back to the consciousnesses that are part of the overall pool of consciousness who feel themselves separate, as above so below, and yet they know they are part of an
interconnected and interdependent reality. But simply do not understand, any more than you understand, that you are part of one system. Because you have a feeling of individuality, you expect the totality to have an individuality. It may or it may not but when do you ever see the totality acting as one. When you as individuals do not act as one then why do you assume the totality is one? You invent this concept that it wishes to explore all aspects of its individuality but if you take the total all it can do is explore its different creations because all aspects are creations. All personalities are creations, all individualities are creations. So you have to say then that the totality is just exploring its possibilities. And where does that leave you? If the totality has always been, surely it has always known its own possibilities.

Again we come back to time and the impossibility of those in the time based system to comprehend a system in which there is no time.
The desire to live life to the fullest, to acquire more knowledge, to abandon the economic treadmill, are all typical reactions to these experiences in altered states of consciousness. The previous fear of death is typically quelled. If the individual generally remains thereafter in the existential state of awareness, the deep internal feeling of eternity is quite profound and unshakeable.

Edgar D. Mitchell.

Astronaut, Founder of The Institute of Noetic Sciences.

There are things known and there are things unknown and in between are the doors of perception.

Aldous Huxley.
Chapter 7

States of Consciousness

Now with regard to being a unit of consciousness, consciousness, we can say at any time, can return to what the eastern religions refer to as Nirvana or a state of bliss, a state of awareness, and you can do this at any time you like. You simply switch off the television or the computer where you have been browsing innumerable websites, innumerable lives, if you wish, and you can say, I have had enough, and effectively you can decide to go to sleep. Now you will agree that when you are asleep you are still alive, you are simply not interested in what is going on with the body. You just put it on hold, or rather it waits for you, while you decide to turn your attention elsewhere into a
dream state. Now one could equally say that you turn yourself into this Nirvana, this bliss, this meditative state where you decide to ignore all thoughts that come through, but of course you are units of consciousness and you cannot extinguish your awareness. You can merely ignore the thoughts which pass in front of you, you can shut your eyes to them as best you can but consciousness cannot stay still.

Consciousness is in a state of always becoming, you may call it learning, you may call it experiencing, but it is a form of seeking for some kind of satisfaction, answers, fulfilment, there are many words which describe it. Sooner or later an idea comes in and you decide, yes that’s interesting, and before you know it you are involved and the state of meditative bliss, living in Nirvana, sitting on the right hand of God, is forgotten. You are in action again. Because you are in action, you are involved in dealing with lots of thoughts again, and of course, the one thought which attracted you brings in many associated thoughts, and at that stage another thing attracts you, and another and another. Suddenly you are living lots of lives once more. The excitement is contagious within yourself, and also, as you want to be involved in something, then this requires being involved with other consciousnesses in order to manifest this in the particular reality in which the idea is to be experienced and fulfilled. You find yourself swept up with many consciousnesses and in the excitement of the moment, you just simply forget that awareness in itself is something that you once considered to be a desired state. Very few consciousnesses retreat to a state of simple awareness for what you might say very long. The simply
amazing infinitude of experiences and creativity, that is available, just vitalises your energy, you might say, to where you simply can’t wait to see what is round the next corner, what you can get involved with, how deeply you get involved with somebody. Of course, the same thing applies here. You can flit through dozens of activities in a day or you can immerse yourself in one, to the exclusion of others. Now you will be able to see a similarity here, between retreating to a state of awareness which is a one pointed focus, you might say, to completely immersing yourself in a particular activity.

So we can say that the beginning and the end are one and the same. The beginning, the one pointed focus of meditative bliss in which your focus is simply to ignore everything, is the same as being totally absorbed in a particular activity where that is the only focus you have at the time and you ignore everything else that is going on. One is in the complete mental world of, you would say, nothingness, and the other may be in a boisterous activity. Yet you are singularly focused in that, along with maybe millions, tens of millions, hundreds of millions of other consciousnesses, all fixated on the same program, or you may simply be alone in your room totally enwrapped in a good novel. But in all cases, you are for the moment, totally unaware of all the other events which are going on in the reality and realities around you.

From your side, I presume there is a group of you, how much do each of you know what is going to be said?
We are all aware of the intensity we can see, it is almost, as we said before, like watching the results come in, in an election. You can see the votes being counted, it is not exactly that of course, but you can see the drift towards the consensus opinion and although we can dissent, we are part of that consensus opinion and we can’t put ourselves above that any more than you can when you are in the midst of a crowd baying for a goal. We are in advance of you of course, we know when the intensity is about to, say, erupt in the form of words but there isn’t much that we can do about it and generally as it is making pretty good sense then we are much in accordance with it. You must realise that those interested in answering the question are all of a certain knowledge, those who are not of that certain knowledge are generally not either interested or even privy to the operation that is being carried out. As we explained in our thought net analogy, like minds are sort of allowed into the decision chamber and the unlike minds are politely told that, maybe this isn’t the place for you. That’s not to mean to say that it is biased, it means to say that you have to have a certain level of expertise before your opinion is given consideration. It is considered of course but may be quickly rejected. So there you are, that’s the answer. We know just a little bit ahead of you and, as we have said before, we are learning as you are learning. We are not always aware that far ahead of you of what questions are going to come up next. If they are in your mind exactly, that would be Ok but if they were in a company of people that come together then we would obviously be able to tune into them and find out what they are thinking and we would again be ahead of the game but until they turn up we won’t know who we are going to link
with and so we won’t as you may feel be ahead of the game by days. Because it is all the present and, as we say, you can see intensities build but you can’t exactly say just who is going to be in the room in three years’ time for example. Has that given you some idea?

Yes Thank You. What would happen if you have two opposing opinions and the intensity is about 50/50 each way?

We would do what all good economists do, we would equivocate. We would say “on the one hand and on the other hand” and satisfy both sections.

Do you find that you have certain elements that have a tendency to take over the proceedings?

Not really, because you can have vehemence but then if the others turn their back then the whole thing falls flat. You know, you can’t just shout others down and cause the action to happen. In this kind of operation, imagine, there are an awful lot of consciousnesses involved, so one little minority will not be given precedence no matter how voluble they try to be and should they become a problem they will simply be excluded.

So it’s not quite like here where somebody can take hold of proceedings and hog them say. Even where you are they can only do that if they are
allowed to. If the majority turn around and say “shut up, get out, take the microphone away from that person” then it happens. Yes? They will not put up with, let us say, a heckler that refuses to be quiet. They will ask for him to be ejected. Once again, as above so below or the reverse. You are still the same here as you are there and will be here. Now as we said the other night, this is going to be an enjoyable ride. You are going to feel good, both from the point of view of satisfaction of getting, as was said, plaudits, and also from the satisfaction of seeing the gladness in another’s heart as they realise that their loved ones, they will always be with them and one day they will be able to see again face-to-face and hug each other. And, you will actually have fun doing this. You may not think so but you will feel better. You have our energy coming in and that energy is enthusiastic and this will be transmitted to you. So you will feel more alive, more buoyant and it has many benefits. So once more, don’t be in doubt, we didn’t want to use the word fearful, there is no need to use that word, simply don’t be in doubt. You know, if you look at what we have said, what you have transcribed in the last week or two, and the direct words from us to you, you must realise that we do know what we are doing, we do know what we are saying and if we tell you that this is going to go quite nicely as far as we are concerned then that will be the same for you because, as we repeat interminably, you and I are one. Does that make you feel a little more at ease?

Thank you.
Now David wonders at times whether anybody joins him when he is dancing. Once again, those who have exited the plane, some of them who are addicted to certain activities or have bonds here, like to merge and get the feeling once more. So anything is possible isn’t it?

Yes.

So, you must wonder at times who is singing as David does. It doesn’t really matter does it because what the name was may not be the same conglomeration of consciousness today. Even so the pattern stays, the ability stays and new consciousnesses may decide to resurrect this pattern, shall we say, and use the physical instrument to make the voice sound again you see. You could say reincarnation, couldn’t you?

Yes.

Again, we wouldn’t want to put names on these things because then the inevitable comparisons would start. Out would come the old records, the old tapes and nobody would recognise the fact that the voice of the singer when he was twenty may be entirely different from his voice when he was fifty and also he may have changed his style and he may have switched from say, being a tenor to a baritone if he had had some alterations to his vocal cords due to heavy smoking say or something else or simply age. So it’s best that you don’t know, just enjoy it.
So are we likely to see any other changes in the Dave that we know?

Again who knows? If the desire is there, then or if, the probe goes out once more in exploration, “What else is there I can experiment with, I can see what happens”? At the moment there is no desire, there appears to be quiet satisfaction with the voice and the singing and it would appear that one is trying to hang on to the voice, but again the desire’s got to be there and if it is pleasure to listen to then gradually it may become a habit, but of course you have had the original for an awful long time and some old dogs are hard to teach new tricks to.

Now David is aware that his nose is itching and he remembers a previous session when he broke it off because of an itchy nose. So I’ll allow him his… and we’ve had the word, he’s disappeared because the end of his nose has taken his attention. So we will bid you farewell.

Farewell (laughing) Thank you for coming.

You cannot be aware of yourself, you can only be aware of what you are aware of.
“not sure what you mean by that”

We will come back to what Seth says, “as the eye cannot see itself so the ego cannot see itself”. The consciousness that is the ego cannot see itself, so you cannot see yourself, except as a reflection. If there is nothing to reflect you could not see your face, you would have to rely on other consciousnesses to tell you who you are.

“To tell you what you look like”

Tell you what you look like, but also to a certain degree tell you who you are, because if you had nobody to else to look at, to talk to, how would you know what sort of person you are.

“That’s true.”

So in the same way the personality cannot see itself, it can only see what is reflected to it and then judge what it is by its reflection.

You have constantly desired to have a deep rich voice, a dark brown voice as you termed it. Now, you have explained, this afternoon, how you can instruct your body consciousness to follow new programs, adapt, and respond to orders automatically if it senses those orders come from the source that normally instructs it. Now you have requested, and you and the observer are one, so you have
basically given yourself that which you desire, and as your body is being recreated in every second, it is no difficult feat to reorder the structure of your vocal chords minutely, but also, to access the information whereby when you sing your breath work is different. You have merely been doing what the people you have read about have been doing. They have learnt how to paint, they have learnt how to play musical instruments, like those who are long dead. You have learnt to sing. Painting, playing, singing are all aspects of physical activity. So, you are learning to create your own reality, you are on the threshold, but you have one foot over the threshold. In the same way you have learnt to speak, again, to put it in modern day parlance, you have merely downloaded the program of which, of course, there are many examples. Now, the interesting part is, what else is there that you could conceive of, that you may be able to focus upon, that access the Akashic records, shall we say, in order to obtain the ability, the aptitudes, the attributes that you feel will make you into a better version of what you already are.

If one puts oneself in the state of the higher consciousness or move to that viewpoint then it must be something like a self-imposed set of gateways whereby the higher consciousness does not want to divulge its, what you might call, its secret thoughts. Perhaps because we are talking a composite consciousness here, is there some element of the composite or gestalt that is basically given the task of keeping all the rest of the gestalt in the dark, shall we say, so that the instrument and the majority of the observers are
taken by surprise and experience the highs and lows, the joys and agony across the spectrum, the relief and the temporary despair until the end of the play.

Some part must know what is happening in the script, surely. Because some elements, although there may be probabilities, are predicted with quite some precision in which case there must have been, as in all co-creations, some form of planned sequence of events and goals albeit we all create them for the enjoyment of all participants. But like with anything else there are some who know what is planned and others to whom the announcements come as a surprise even though the plans were drawn up far earlier in the case of time and in many cases the actions carried out to achieve certain ends. While all around those watching the various actions did not put two and two together and see where it was going to end up.

So, although I’m talking from the point of view of my higher consciousness can I break into the operations room, the planning department or the board meeting and see which destination this ship is heading to? But then, do I want to? Once more, I am here to enjoy these highs and lows from my part of the focus and should the instrument part of the conglomerate find out what lies in store, would then the wishes of the majority be thwarted?

It would appear that the operations room, the planning dept. and the boardroom are on higher floors of the building and you need a key to operate the lift and there are no stairs.
That’s what I was getting. I sensed “them” looking down saying (in an amused tone) “Yes, you know what it is about but you are not going to be able to get here”.

You have to make a decision yourself in a way. Take the conglomerate. You have got all the pieces playing their part, obviously the focused element is playing its part as well. It is like having scouts out there, go and find out what is happening on the ground, get up close and personal and wire it back. We are back in headquarters here but we need to know. So if “I”, whatever it is, physical body and its perceptions, have taken on the job of being right in the middle of the play then the only way you are going to get to be in headquarters is to leave the play. Straightaway I get “It is your choice”.

Well, that puts the ball in your court doesn’t it?

Can you give us any advice about going into trance and allowing somebody else to speak through you? Could you find yourself in another reality and not get back?

Just be aware. All the time that you feel that the communication is sensible and sticks to the subject then you can be reasonably sure that the source is yourself. You are just accessing the knowledge that is available to all. Now it is perfectly possible for another intelligence to not only send you words and images but to temporarily manipulate your instrument. Now this is usually when you are in the
clairvoyant mode, fully awake and aware that you are transmitting evidential information from the communicator to the recipient. You always know that you are in full control.

When you go into trance, relax, still your mind and let the words flow through. Now, one of the reasons you have somebody looking after you in a physical circle, and really you should have in a trance circle, is to make sure that if any unwanted manipulator, shall we say, decides to muscle his way in and use the instrument for his own purposes, and there are some powerful consciousnesses out there, or else in a moment of inattention somebody can jump in the driving seat, shall we say, then there is someone there to call you back.

Do not let yourself drift too much. It won’t improve the situation any more, in fact it will actually worsen the transmission. When you are awake your brain is fully active and we can, from this side, access the words, pictures, concepts etc. whatever we need to, because the machinery is running. Now if you let your focus slip away to somewhere else, what are we going to focus through? You have switched away to say, a dream mode, for want of a better word, another focus anyway and therefore you have, for all intents and purposes, left your physical brain on tickover. So it is not operating to full capacity and you must also be aware that you are a participant in this transmission. Although we have complained that you get in the way we couldn’t actually do this without your compliance because as you are fully aware that if you did not allow it, it would simply not happen. So just remember it is a co-creation,
keep aware, keep an eye open and make sure what is coming through is sensible and there will be no problem.

How much of this is David considering all that he has read?

In order to be able to put a lot of these concepts across it is necessary to have an instrument with the requisite vocabulary and it makes it a lot easier if they have the requisite structures. Because it is quite easy to pick the segments of knowledge out and string them together into a coherent and understandable presentation. It will always with any channelling be the fact that the instrument will have a certain amount of knowledge and also you must remember that it has to be filtered through the belief, and that is knowledge, system. This information could not be transmitted through a person who had no knowledge, whatsoever, of this field of metaphysics and consciousness simply because the language wouldn’t be there and the belief system would prevent the information being transmitted. You must have a sympathetic instrument with sufficient vocabulary and openness to the concepts being presented, for them to be able to be passed through.

When people go into trance who is coming through their voice box?
Let us say that the consciousness who is operating the instrument, and again if we take the analogy of the bus or the cruise ship or the plane or the tour company or the lure of streets paved with gold in another land, how many instruments if we talk from the physical level, or how many consciousnesses if we talk from the non-physical level, that wish to experience that particular idea, can be part of, linked to, co-operate with, vote their leaders, but still be tapped into every feeling, emotion, that comes through. How many consciousnesses can be involved in any one life, any one instrument? We do not know. The number can vary as we have conjectured before. It can be a few at one time and hundreds of thousands or millions, or whatever you wish to say, we have no idea at any time. This can be allied to one of your radio or television programmes. Are we ever certain at any time how many people are tuning in? When you broadcast information on a certain wavelength, unless there is reciprocity, you have no idea of how many people are actually receiving i.e. tuned into the broadcast. So when it comes to “who” is speaking, then this activity that is happening at the moment is relatively rare and therefore attracts the interest of many consciousnesses and those consciousnesses are not interested in general in the day to day life of the instrument. Are you aware of what we are saying? So at this stage the consciousness that normally comprises the instrument’s influencing entity or gestalt, and though it waxes and wanes, is greatly expanded because of the interest in this and even more so when information is required to be delivered. As we said earlier, the information deriving from the experience of a multitude of other consciousnesses is also drawn upon. So how can we give an identity to this sort of constantly fluctuating mass of
interconnection that has never had an identity such as you would recognise. We can use a name but that is just meaningless.

_______

It appears that we have two beings, two aspects working through David at the same time. Can you tell us what it is that is being experienced? How do the two beings relate to each other?

The two questions are part of the same question. It is not two beings it is one consciousness which again, if you wish, is part of the total consciousness. This aspect of the total consciousness is the, if you refer to it as a gestalt, consciousness that is focused in the physical as well as elsewhere, then as we are aware it is possible to be involved in many physical minds at once.

Now most entities, (people) self-described entities, only define themselves in terms of physical description. What their senses tell them, what their thoughts tell them, what their beliefs tell them. But for those few who challenge the accepted “normal” and realise that there is every possibility that their consciousness has the ability to focus in several places simultaneously, then it quickly becomes apparent that different attitudes, beliefs, attributes, traits, whatever you wish to call all these different aspects of manifestation, could be, let us say, accessed via the centre by each constricted consciousness, shall we say. On the basis that the overall gestalt consciousness, in this case we mean the gestalt and not the one, then that consciousness has, as we
said before, a finger in many pies. A focus in different lives but it keeps these separated in order to avoid confusion and chaos in each individual “play” in which it is an actor. Which you can easily see the rationale for. However should there be one of the actors who is aware that there are other plays going on, then he has the possibility to route his awareness to the gestalt and access the “plot”, shall we say, of another play (life), and from that can take advantage of those aspects which are being manifested elsewhere that appeal to, let us say, desired by the entity. Much as one would wish to play wonderful piano, if you hold that desire long enough and work hard and long at it, you will probably achieve that. But if you have not got that degree of desire or motivation you will not.

However with minor aspects of presentation you will find no difficulty in “substituting” your normal “stream of influence”, shall we say, from the gestalt for another line of influence which is generally expressed in that other play.

Are you saying that somebody from another play can interlope the current play?

No. What we are saying is, assume you are a consciousness in play A but you realise that play A is not all there is, you realise there is a possibility of play B but you don’t know where play B is being enacted. However you are aware that the producer of both play A and play B is therefore connected and gives directions to the actor in both play A and play B. So if you attune your consciousness clearly and closely to that of the producer you can effectively pick up telepathically the thoughts of the producer. And because the
producer is obviously, in order to influence, telepathically connected with both the actor in A and B you can access that bank of knowledge. Now from that point if by accessing that bank of knowledge you can “see” a stream of influence going to the actor in play B, and that is an attribute that you would like to express as well, then you could say you could divert or blend with that other stream of influential thought. Without necessarily, possibly, the producer having to agree, although it is likely that the producer would have to agree. But it may not be. You may simply, as in a dream, enter into another dimension. But in this case you are merely tuning in to the other transmission.

So I assume Dave is tuning into another play, play B and he is choosing an aspect of that play that he likes and bringing it back with him to play A.

Adopting it.

Adopting it, but he is obviously not adopting the words from play B. He is only adopting the mannerisms from play B. Am I correct in that?

Is the personality defined by its beliefs, its mannerisms, its actions? Would you ever say that the personality is defined simply in terms of the spoken word?

Oh no.

Then you have your answer.
Therefore it brings back just the personality from play B and nothing else.

Yes. Absolutely. Obviously it would not be in the interests of the actor in play A to have the words being spoken in play B which would be utterly meaningless in the act going on in play A.

Therefore, are you saying that, the fact that what we are terming as David coming into play A is not making any difference to play A at all?

No, not at all. Think of it as a piano player. OK, you are a piano player, you hear another piano player that plays with an entirely different touch and you feel, “how can I learn that touch?” You both play the same notes but that player’s touch, he produces a sound that is far more melodious, acceptable, soft, musical, the sound is entirely different. His touch is so delicate and ethereal. The sound that he brings out of a piano is totally different and so the same goes for any musical instrument. This is what you are talking about. You are talking in how the instrument is operated, not in what is spoken in this case. In the same way is how the musical instrument is operated, nothing to do with which tune is being played.

You are looking more at the accent and mannerisms and not at the actual words that are spoken.

Yes, you are looking at the manipulation of the instrument.
Now there are some aspects that are more involved with what is being said in the slightly more dictatorial manner of the voice known as David.

When you play the piano would you expect each note that is played to be better than yours, or would you think well yes, overall he produces a far more melodic sound than I do but I think, I actually play the top notes better than he does or he doesn’t play the top notes as well as I do, they slightly jar. So, the same thing applies, one person has an overall technique, let us say 85% is perfect but the other 15% isn’t quite perfect. You could take the same with golf, everything is good except for the sand play.

So, is it possible to get the perfect parts from each player?

Practice. With practice you can reach the desired level of perfection that you desire.

So, in this particular case has Dave got to practice to get the best parts of David without the not quite so good parts or has David got to practice to get the better parts of Dave to join his better parts?

Look at who, in this case, started off with the desire, Dave, and what he has desired he has received, but in order to receive that, one has had to access another instrument that is being played and like most things, either we can take the musical instrument or we can take the game of golf, we say that 90% of the manipulation, be it of the keys or be it of the golf club, is, “I really do like it.” But you can say, “I don’t
think much of the other 10% and I wouldn’t do that that way, I would do this my way.” So yes you can pick and choose, but as in the initial tuning in you get the whole stream and from that then you must develop a skill in order to only receive that which you want. This is a matter of fine tuning, by fine tuning, that’s the best description we can give, because the term fine tuning means just greater clarity, but in our case we are saying, “you are fine tuning in that you tune out the discordant aspects.” It is like turning up the base and turning down the treble or whatever, putting in or taking out reverberation.

How does that affect play B?

Does not affect play B in the least, simply because you have tuned in to the thought influence from the centre to the actor in play B. Play B is not affected, but, it is possible that the actor in play B, because of…. It is possible for the reverse to apply, that the actor in play B may be of the same seeking as the actor in play A and therefore, there may be some ingredient of exchange.

You are almost saying, possibly they could be swapping roles.

Exchanging techniques.

For what purpose would you say this is happening? Why have these two aspects been brought together in this life?

Now, are you talking about David and Jean here?
No, I am talking about Dave and David.

Simply expansion of consciousness, expansion of awareness, expansion of knowing “who you are”. Dave has been seeking the knowledge of “who we are”, we all are, who you are, who is, in case there is any mix up, along with many, many people in the physical plane and the desire is there, like those who have sufficient desire to practice consciously leaving the body, a certain few manage to achieve that goal. In this case you may say, “Unconsciously, Dave has in a fashion achieved the same thing. He has allowed his consciousness to roam, to probe until it finally was able to tune in to something else. The reverse of mediumship where you simply still your vibration and let others tune in to you. So, the brain is a receiver/transmitter, whereas the medium generally puts themselves in a receiving mode, you can also attain the ability to transmit your desire and that may be received by another consciousness, identity, whatever, who may then transmit back or you can look at it a different way in that you need the ability to scan the other broadcasts and then lock on. In much the same way as those not in the body can scan the medium’s frequency and lock on and then transmit. So you can lock on and receive even without that other person being aware. In other words, mind reading, if you wish to bring it down to a physical level. Tuning in to someone else’s thoughts, but it is basically your own higher consciousness. If that higher consciousness is connected to wherever it is connected you can find a route through, assuming you know where to look. But, invariably one does not know where to look, one merely stumbles. But, if the desire was a certain attribute then, just like the internet, you
plug in your stated quest and you will be lead to the appropriate source. Is that clear? If one remembers that everything is connected, then it is just like going through a maze, but instead of there being dead ends all over the place, desire is like a key that unlocks the doors that are blocked off in the maze, leading you directly to your goal. Can you see?

So this melding of Dave and David, of what benefit is that to this life?

Why do you engage in all the activities you engage in? Of what benefit to you in this life is dancing or playing golf.

Just pleasurable.

Exactly. Where did the desire arise? Desire arises to have more pleasure in listening to how you speak. So if that makes you feel better, does it actually make you act better as well? Maybe yes, maybe no. But if it makes you feel better it is no different to any other skill that you wish to excel in. So you go searching and you practice, and the more you practice the better you get.

So how do you feel this is affecting David and Jean’s relationship?

In any relationship each party has to voice their opinion, their feeling, nervousness, serenity regarding the manifestation they are confronted with. If it is acceptable you say so or if you have some concern as to whether this
different manifestation may interfere with the hitherto stable relationship, the harmonious relationship, like any other behaviour change you discuss it. In this case there is simply something to which one is not used to. Therefore, is it pleasing, is it not pleasing? Is it pleasing to the person who is manifesting it and if so, if it is not displeasing to you, then surely you are happy that the manifesteer is happy. So when you practice your golf, when someone shows you how to perform a certain shot and it doesn’t immediately happen as you expect it to happen consistently, do you give up or do you say, with practice this will work as I wish it to work.

We go back to what we said earlier, practice with awareness.

Would you say it is possible to go to a play one year and go to the play the second year with the same actors and see subtle differences in the way that they are now interacting with each other.

Yes.

That is your answer. Each experience, each interaction slightly modifies the ensuing action. Of course, you can go backwards and forwards. You can try the new way and then you can say, I think I prefer the old way. The producer however will use his influence to produce the effects he wishes to see. Both plays are kept separate it goes without saying. As you would expect the producer may borrow a technique from one play to use in the other.
So how should we proceed from here?

How does life proceed?

One step at a time.

Absolutely. Take it as it comes, accept what you wish to accept, reject what you do not wish to accept. If the cap fits, then enjoy it. If it doesn’t, then destroy it.

Remember, it is all a game. Nothing is forever, nothing is to be taken to be irreversible, any decision can be turned into the opposite decision at any time.

Do spirits blend with mediums when mediums are giving a message and find parts of their body moving without their conscious intent?

With permission one consciousness can control the instrument of another consciousness. We gave you the example of the dual controlled car. You can come along, in a figure of speech, put your head through the window, say would you mind if I sat in and experienced driving this car, because actually I have a friend down the road and I want him to see me driving this car. So translate that back to wanting to move a body in a particular manner that will promote instant recognition in the recipient of that visual depiction and associate it with one who has passed on. You say blend, you merely ask can I use your car? Can I control
your puppet in other words? Give me the controls because I wish to make a few signs which will be recognised by my wife and she will think, ah, my husband is still alive. Very simple, if you think of the instrument as a puppet then just hand the controls over, just for a moment and thank you very much mission accomplished. So, blending, same thing, it is just that I have given you a three dimensional image but just as you know that there is no solidity, then you can just say that the energy blends and a different hologram is projected. We are covering this from as many angles as we can.

Thank you. Now, we hear of planes of existence. Would you comment on planes of existence please?

We spoke about levels the other day, these are just like your music of the spheres and other theories that arise from limited projections into other states of mind. There are as many levels, if you wish to call it levels, as there are states of mind. Now, of course, like you see all around you there are those of like mind and those of nearly like mind and those who, while they may not be fully in agreement would say, but this is quite a nice place so I would happily keep my views to myself and just nod and therefore, conglomeration of semi like states, and like states occur. We are trying not to use words denoting space or time. There are certain intensities and so you can equate a number of intensities with a number of levels with a number of planes. Can you see? You could look upon this in terms of the magnets and iron filings, imagine similarities of thought attracting iron filings, then stack your different similarities of thought into levels or planes you will see different amounts of iron filings
being attracted by the different magnetic levels of thought. So, as usual, and coming back to previous questions, all elements of the spectrum from one extreme to the other have their adherents but the majority will group around a centrally agreed position with lesser and lesser amounts going to either extreme. You understand that.

Yes. We have noticed that trance controls have difficulty in transmitting communication from deceased relatives, they do not seem to be able to communicate directly with these personalities, can you say why?

You call it trance control, but it isn’t control as such. We refer to another session, an agreement by the core consciousness, the diehard supporters and all those close to that, to allow the less physically focused, those with a wider viewpoint, to communicate through the instrument. Yes? Now, should the instrument wish to give messages from the deceased, the instrument must open the channel which puts themselves into a state of mind of intention to receive messages from the deceased. When you enter into a trance state in order to transmit knowledge you are opening a different channel. Do you understand this? Again, this is a difficult one. It is quite possible for the instrument to stay in trance, but they must be aware or sufficiently aware and agreeable to switching to the spirit communication channel and moving away from the trance channel. So, you are actually talking about channel one and channel two. All things are possible but there is a time and place for everything.

Do souls develop without coming to the physical plane?
Of course, there are infinite states of mind. If the idea of the physical plane is not one that takes your fancy then you don’t bother to come and the word develop that you have used is immaterial, irrelevant because you are always in a state of mind occasioned by what you are focusing on, so as your focus changes your state of mind changes, so as you look for one experience you put the previous experience aside. You are always in a state of forever becoming, you do not develop as such. You can, if you wish, use the term expand your consciousness by focusing into far more realities than the average consciousness. There are those, as we referred to the other day, that are better at multitasking than others.

Yes. If everything has always existed, i.e. all that is, energy, consciousness, whatever, we are saying that souls have always existed, if so, who or what activates them to seek experience and do some souls simply move from one experience to another forgetting the previous one.

You have just asked the question which we have just answered.

It is, it is just a different way.

But with regard to the infinite question, shall we say, what makes you think that simply because we are currently existing in a reality which we have created ourselves, not dissimilar, we do not mean in physical terms we mean the reality of one’s own creation therefore not dissimilar, what makes you think that anyone in any reality is aware of his origin? You soon come to accept that you simply are and
that you have always been, therefore, you do not search. If you had not discovered what your scientists call red shift, the big bang theory would not have originated and the steady state theory would have prevailed.

How do we know when we are connected to our higher mind? How can we connect more to our higher mind?

You have the example speaking to you at the moment. The instrument is, we will not say baffled, or in awe of, but is quite puzzled, shall we say, and somewhat at a loss to explain how, when he is in what you would call, an altered state and with closed eyes, he is able to produce material of, let us say, quality and knowledge that he deems far more proficient than his waking self. As we stated, there is a fine division between, in inverted commas, “ourselves” and David, who is of course, one of us also.

Do you have anything else that you wish to say to us tonight?

You ask how you can get in touch and recognise that you have contacted a source of knowledge which you can then attribute to being that of your higher self, then follow the pathway of those who trust that it can be done. Have an open mind and to tiresomely repeat the phrase “seek and ye shall find”, “ask and it shall be given to you” and we will add “try, try, try again and someday you will succeed”.

Thank you.
The Mechanics of Trance Communication.

What is the difference when David has got his eyes closed as opposed to having his eyes open as to who is involved in the transmission of the information. If David gave a talk with his eyes open would he be able to communicate in the way that he does with his eyes closed?

It is a matter of belief and trust. When someone stands up to do clairvoyance they simply trust that the communicators will appear and that trust opens the gates and allows it to happen. You stand there without judgement, without analysis, you just pass on what you receive, you transmit it in other words.

To a certain degree this is what is happening when you decide that you are going to go into the trance communication mode you might say. If you can believe that you can say this just as well when you are awake as you can when you have your eyes closed, even though you are still awake, then it will happen. You remember when we said “we talked to you in the car”, that was because David was in a semi-detached mode driving on automatic you might say, effectively relaxed and we were able to come through and talk. David didn’t even realise what was happening because he wasn’t aware and therefore he wasn’t on guard.

So once you get around to believing that you really are one and the same then you will be able to talk in just the same
manner in your normal conversational style with eyes open as you do with your eyes closed.

On the other hand varying amounts of consciousness are involved in various activities. Certain functions do not attract as much interest as others. Some consciousnesses identify so completely with the body that they forget that they are able to go to the back of the theatre. But for those who are at the back of the theatre and for those who are waiting for the signal then they can come and join in and that will in general elevate the standard of conversation and of knowledge. Those who want to teach are not going to identify closely with the body, they will just wait for the opportunity to step in and teach. You must remember that the consciousnesses that are tightly allied to the body are in the position, you might say, of thinking that they are learning as well. Though if they were able to pull themselves away from that intense focus in the physical they would find that they already knew what was being said anyway.

Once more it all comes down to your degree of focus. The closer you focus in, the closer you identify, the more you forget who you are and where you came from and how it all works. It’s not rocket science, once you think about it it’s pretty mundane stuff really. You don’t have teachers round you all the time, do you? You have to go along and listen to them. Well reverse that, they come to you. When the time is right, they appear. The old saying ‘When the pupil is ready the teacher will appear’. Well the teachers appear and as we just said but didn’t make it quite clear, when they start to speak the ones who are closely allied to the physical realise
that this is something which is at the moment beyond their ken, and listen.

The intensity is such that the teachers can get through what they want to say.

Thank you. So should David now try to speak with his eyes open?

He certainly can but the best way for him to realise that he is one and the same is for the question to be in flow and for him to open his eyes and see whether the same degree of intelligence continues or whether his fears and doubts step in and he narrows down, let us say, the available flow by putting his own belief restrictions around the conduit.

Look at it this way. When you are awake and fully connected with your eyes open to the physical then the ones who are constantly with you, involved in every aspect of your life, have their belief systems. These are the ones who have basically forgotten who they are and where they come from. So they have the rigid belief systems and they basically, even though they are still acting as a conglomerate, are not aware that what is being spoken is being spoken by the conglomerate. They all think that they are the “I” and that they are the originators of the spoken words and the actions. But when all the readings and experiments go on and all the experience is gathered then the intensity of thought of the mass is such that they now know that other things are possible. That is how the mediumship started, by trial and error, by experience and then it was easy to switch to trance.
Now when it comes to the trance it is still difficult for David; when we say David we’ll say the group consciousness of David, because then the whole thing will be easier to explain. So that group consciousness, which has got the belief systems, once they start reading the material which has been transcribed says “well I didn’t know all this” and it’s true, they don’t know all this. They do but they have forgotten or they have shut it out and so it comes as a surprise or quite new although it is absorbed quite easily. You can imagine the reason it is absorbed quite easily and accepted, because it is fitting into a system of beliefs that already exists even though they are hidden from the view of the consciousnesses that are in the day-to-day life. Gradually the realisation is dawning that it is all one and slowly confidence will build and at some stage you will just be able to talk directly. Put it this way, the expanded consciousness that appears and is able to get through when the eyes are shut will be able to get through when the eyes are open. The barriers won’t be up. Just as the barriers came down for the mediumship then the barriers will come down for this advanced knowledge to be transmitted.

After all, if lectures have to be given or even a Skype conversation or something, it doesn’t look too good to have someone just sitting there with their eyes closed does it? It would be better if the words were able to come through and be accepted as somebody with very good knowledge and a very good connection with his higher self, shall we say. As long as the proof of the pudding is in the eating, as long as the material is of a high standard, it won’t really matter whether the eyes are open or shut. Some would prefer to see the eyes shut so that they feel that the words are coming
from a higher source because with the eyes open they may feel that “this is just an ordinary person’. But you can’t win them all, can you?

So did that all sound ok to you?

Yes.

Certainly does to….I was going to say me….. but I should say me shouldn’t I? Because me and I and them, we’re all the same thing. It is quite difficult to understand, not quite understand, probably it’s a sense of not wanting to feel that you are more than you really are or that you are privy to the higher knowledge.

But of course you are, because when the teachers come, or the other consciousnesses arrive, they become David as well. They become “I am experiencing David” and they wait to see what words come out. “Here we are, we are experiencing David and this is what he is saying” because it is what we are all thinking. Each one will say “that was me talking” even though they know that ”yes, it was me and a whole lot of others, a whole lot of other me’s, but yes, I was able to sit there and sound really intelligent”. And so were we all, but that is the joy of all pulling together and pooling our resources, pooling our knowledge and we all learn together.

Another way of explaining the interconnectedness of thought and the interconnectedness of knowledge because if you (consciousnesses involved) listen to what is being said
you know that the vast majority of you think that way. If there isn’t prevarication and equivocation then you can happily take on board the concepts, opinions, beliefs whatever, that are expressed because you think that there is safety in numbers. ‘We may be wrong but at least we will all be wrong together’, but until something better comes along we can rest happily in what we know at the moment.
“The Observer and the Observed are One”  

J. Krishnamurti
Chapter 8

The Observer and the Observed are One, Freewill, Mind and Brain Interface.
Who is speaking?

With regard to who is speaking, of course you already know, it is you who are speaking. Not just speaking the words but forming the words, forming the sentences. You have just crossed another threshold in this last year or two whereby you, as the observed have realised that you also are the observer. You have made the connection. Of course, while you are focused completely in waking reality the connection is extremely difficult to make but when you shut out physical reality the connection just re-forms. It is simply that you have rotated your gaze from physical to non-physical. You have just spun the dial. You have changed channels and therefore the information comes and of course for you to believe it, at present, you need to attribute it to another source. Not really believing that you yourself are the knowledgeable source because in waking reality you cannot access knowledge. So you have to go through this specialised ritual of sitting quietly and focusing away from the physical and waiting for the information to be delivered. Now what you are doing is no different to when you are practising mediumship, you simply open to transmission, but in this case you are allowing your, let us say, maternal/paternal or your non-aligned “ernal” to communicate with you. This is like giving guidance to a child in the physical world.

Now, because you are navigating to all intents and purposes 100% in the physical world your enquiries into the non-physical world are necessarily more like probes than structured enquiry. Now all the time you are both the interviewer and the interviewee it is obvious that a certain
amount of information will be biased somewhat, sometimes to a marked degree depending on you, the observed’s, beliefs. Because you will find it hard to express an opinion which is diametrically opposite to that of your own. However, we do appear to be educating ourselves, did you notice we said “ourselves” rather than the somewhat benign “you”. We are basically bringing our “selves” into a state of coherence and if all goes well you may find yourself in a position of being able to observe our other lives, or at least, one of them. But again, you will have to take time to focus away from the physical world in order that you, as we said, probe, and probe means obviously looking where you cannot see, and with luck you may find the right channel of another one of our focuses.

We will do what we can to help. As for us, this is quite an interesting experiment. Also, as you found out with your golfing experience, our other “soul” found a new ability which previously he would have considered impossible. Let us hope that you receive the same benefit.

Now, with regard to the episode which unfortunately you did not record. The bodies which are seen by your clairvoyants and to some extent measured or, let us say, ascertained, indicated, by your electrical equipment, and here you are talking about the astral/etheric body, if you wish. Then as we outlined last night, the body in each case is composed of consciousness. In the same way that your physical body is composed of consciousness. Your physical body has its senses and experiences the reality which surrounds it and of course when you are speaking about the first stage after death you say that the astral body
experiences an even more real environment which surrounds it and meets all those who have passed on, who at one stage you may have believed were dead. Your astral body, being composed of consciousness, albeit linked to the physical consciousness, is also able to focus and enjoy its own reality and, like yourself, it can focus in another direction. As “you” focus and receive information, as you are presently doing, and you receive information from those who are deceased, so your astral self, shall we call it, can focus, and does of course, towards you in the physical and it can also focus in other directions.

We will use the terms that you are currently used to, of emotional, mental and causal bodies etc. It is not quite as it seems but for now it is good enough. Now, in each one of these “bodies”, or “frequencies” or “levels of existence”, call them what you will, there is the consciousness. These are not just inanimate electrical fields, not that anything is ever inanimate, everything is alive and everything is connected to many things. It is not just a simple hierarchical system whereby the soul sits at the top, if you wish, “the soul”, and then creates all these bodies in order just to operate the physical body. Each, as it is termed “body” has a full life, and, explores in just the same way that you do. Just as the observed and the observer are one, as we have come to use in a simplistic way, so of course there will be no argument when one says that the physical, the astral, the emotional, the mental, the causal, and any others you may care to intersperse with, are all one.

You could say that the physical body is the “observed” and all the other bodies are the “observers”. And, of course, they
are all co-creators. They are all co-experiencers but that does not stop them multiplying their experiences and taking other probable actions. Now you have been told that although you take a decision to take one road, one path of action, other paths of action are explored in order to see what would have happened. Various scenarios have been proposed as to how this happens. That each time you make a decision another universe is created. This gives rise to infinite parallel universes or multiverse theories and various others. That does seem rather cumbersome, doesn’t it? Wouldn’t it be simpler, and let us use Occam’s razor here, that the simpler explanation would be that your various other “bodies”, who exist, in what you would call a non-local area, and can process information, experience etc. instantaneously and being “part of the action”, cannot straight away project and process and conclude alternative actions.

As you can see if you have, five courses of action, in most cases there are only two and only occasionally would there be a large number, given the speed of communication and also just plain extrapolation of probabilities, you can see that these probabilities are explored, and note taken. Now you may say, why doesn’t every decision turn out to be right? But then you may as well go straight back to the question of why you are inhabiting a reality which is sealed off, in general, from knowledge which is available to those outside that reality. On the other extreme we can say that you can look at your own conclusion that once you know the outcome of everything, there is no point in doing anything.
And so this physical reality is created by you in order to enjoy the game. Once more, you may take a decision that does not work out but have you not learned more from that decision because you have learned what does not work and therefore you are able to conclude, or at least suppose, that another route followed would have worked. But you can only see that, by analysing the reasons why the other decision did not work. So, it is easier to learn from doing the wrong thing than from doing the right thing.

Now we have strayed a little from our explanation of last night but we feel we have added some more pertinent propositions.

So who am I speaking to? Do you have a name that you would like to be called by?

What would you feel would be an acceptable answer because we can be whoever you want it to be or whatever you want it to be?

I, personally, do not think it is important for you to have a name. The only reason for having a name is to be polite. I suppose it would be quite nice in a way to think that you were a totality of our family, families, as we knew them. I will think of a suitable name for you if that is acceptable to you?
We are a reservoir of knowledge and experience. It is not as much a question of who, or what, because knowledge of all is available to those who seek. Therefore endeavouring to envisage a limited form with a certain amount of knowledge and probably with a background of human existence is what the normal enquirer is expecting. But if you are faced with merely an “automated” for want of a better word, source of information that has access to myriad sources of information, how do you give that an identity, apart from the fact that that source, in your terms, seems to be manipulating the instrument. If the consciousness that generally manipulates the instrument is able to place itself in such a position as to have access to a wide range of knowledge then again we are back to the consciousness that cannot even know itself. It can only understand the activity that it is engaged in, in this instance, operating this particular instrument.

Now, previously you have asked, “who is speaking?” and we have replied, “you are speaking” because you are now aware you are connected to the part of you that you would label the observer, the one who is watching on, the one who is guiding and directing and supplying energy, you might say, but that is only supplying of focus, and the focus is energised if you wish in order to create activity, but if you can imagine that this is all in the mind, not a word that is correct, it is all in the imagination of the consciousness, so, you could say, if you wished, it is part of the whole who is speaking because everything you consider to be separate from you is part of the whole and is connected to the whole
obviously because it is part of the whole and as such has access to the knowledge that the whole has. Not only the interconnections. It is like finding your way up river, you may be the river that you are currently focusing in, if you worked your way back upstream and you found other rivers coming in, which one would you think you were? Not only that, if you thought I will explore this river and then you found there are more tributaries and then little streams, then rivulets and then eventually maybe we could say spring but then that would lead us too far into the analogy, so let us say you found a little bit of trickle of water from a rounded rock which was collecting rain drops and then we could keep going and eventually what would we come to, we would come to atoms and hydrogen and oxygen and then on as usual to the electrical charges coming into and out of existence but now follow that back the other way and you find yourself part of the river. So, who are you? You are all of them aren’t you? You are all of them but it just depends where you want to focus. You can focus on being the electrical charge, you can focus on being the tributary, you can focus on being the river, which one do you prefer? Because that is what it is about, preference of focus. I take it that you have understood fully what is being said, you create your own reality by your preference of focus. Wherever you find yourself is because you have focused on that. The reason you focused on that is because it has attracted you, you like it, it interests you and as long as it does so your focus will stay there and you will say, “this is me, this is where I live, this is where I belong, this is my home until you find that it is no longer as interesting as it used to be and you will make plans to move on and arrange for your exit in an acceptable manner to the rest of the cast.
and you will at some stage merely switch your focus to another, which you are already experiencing, of course, but that one is more attractive than your present focus. Now can you understand that? You simply move your focus from one reality to another reality because you wish to do so. No judgement, no blame, and you do it at the appropriate time in general to cause as least pain as possible to those who you love and care for taking into account the inevitability of you having to leave this focus at some stage.

Perhaps you would touch on the question of no time, everything existing all at once. I am going to be giving a talk on the survival of physical consciousness after death but that definitely implies one thing happening after the other. So can you enlighten me with regard to this concept, survival of consciousness after physical death bearing in mind no time?

When you speak to a child you use different representations to that when you speak to an adult. Different experiences have been assimilated at various times during the growth of that person. There are certain levels of understanding. Now, when we speak to those who are caught up in the illusion of time then is it easier to couch your words in a time-based linear format than to infuse those entities with a concept that they cannot relate to, in a process where we lessen the value of the information we wish to impart. So as far as your listeners are concerned, they see the termination of life as a moment in time, the movement, to those who have some understanding, to a new reality to which others before them
have already passed. They consider that those who have passed to the new reality still exist in that new reality and because you create the precepts of your reality and so do those who have passed, we put together scenarios to satisfy the desires and the longings of the individuals that now have the ability to be, as they see it, together again. And so the message must be always presented in the manner in which it can be understood and give comfort and not sow confusion. Does that answer your question? When you are sufficiently, and we use time here for your understanding, in the situation where you no longer have a physical body then you will gradually understand the meaning of the “ever present”, I will not say timelessness, the ever present, and at that stage you will...... it is impossible in many respects to outline, apart from lame analogies, how it is to inhabit the timeless world instead of one where you can only see one moment following another.

“Is there someone there trying to speak through David? (Dave) If so we welcome you.”

We are pleased to be here.

Welcome.

Thankyou.

Do you have a message that you wish to give us?
There will be messages, not necessarily that we wish to give you, though we wish to be in a position where we can explain to you, the answers to the queries that may arise from time to time. Now, that is not to say, that some of these may not turn out to be quite lengthy, so they will seem as if we are passing knowledge across. Messages is not the right word. Messages are for the mediums and the churches etc. We are here to impart knowledge. We have been working for many years, to be able to speak through David and until now David has not been aware that there are other personalities which comprise his being. But the advent of the one, you have termed David, has opened his mind to the possibility that there may be others.

Presumably, you are a group of consciousnesses speaking.

All selves are a group of consciousnesses. But, what you must realise, is that a consciousness is not a singular unit in terms of being able to exist in any particular reality in a meaningful form. It must group together with others if it wishes to co-create the reality in which it can participate as one of many. So that there is a, what you might call, society of participators, where roles can be played, experiences can be conjured up, challenges can be set, laughter, enjoyment etc.

We refer to Dave as the normal Dave we have always known and David as the well-spoken, seemingly younger aspect that occasionally surfaces. Can you explain please?

The first point we must make is that this may be a difficult subject to put across as we have, obviously, a very
interested party here. It may be more difficult to bypass the intense curiosity that is part of this.

We first, as came up earlier, have the nature of time involved. You think you are living one life at a time, whereas it is not too difficult to see that you split your attention between different lives and different times. Although there are no times there are different imagined scenarios, which because of the physical environment, you have just lined up in sequential order and believe that is how things happen, but in truth, they all happen simultaneously. Let us not go into that as it is something that is just beyond our capability to explain in terms that you would understand.

Now, most of those existing on the physical plane are quite happy to just receive information from their senses and in fact get discombobulated, in other words disturbed, when they are confronted with information that does not fit in to the established pattern of events. Events, being all sensory perceptions. So even when this does happen then the walls are set up so that they are not allowed to be breached in future. There are few that actively seek the experience of other than the physical. Most have explored through meditation or taking hallucinogenic drugs. Veils are breached but because when you enter into an entirely different scenario with different laws, different parameters, different frame of reference, it is very difficult to interpret them in terms of the one you habitually inhabit. In other words, if a scene is all in red it is very difficult to describe the same scene only using blue. A very simple analogy. But for those whose belief system enables them to have a
conviction of the possibility of awareness of other lives they have been leading then, especially mediums who are aware that they can receive sensory perceptions of all sorts from minds other than their own and of course they allow the use of the physical instrument by those minds, you can see you (they) are already well on the way to having one of the personalities of the higher consciousness able to use it’s particular mind, shall we say, to blend with the mind of another instrument which is part of the same consciousness. In other words, both personalities are productions of the same consciousness.

So let us say a producer is producing two plays at once. There will be certain things, because of the techniques, skills, portrayals, points of knowledge, opinions favoured by the producer, that they cannot help but somehow showing up as a signature in whichever film they produce. Much as an artist, while even trying to hide his normal technique can often be picked up by somebody who is very skilled in the techniques of various artists and can differentiate between one and the other.

Same thing is happening here, much as a parent and a child, that the parent here is saying “well this creation, I’m letting it run but it’s showing a lot of enquiry here”. So, just as you would a child, you would introduce it to something which it has obviously been thinking about and you say “well here it is, now let’s see what you do with this”. Because if a child is showing a particular aptitude in one area, you may say, well let’s take it to music lessons and we will see how it goes. Well the same is happening here. One instrument is following a particular line of enquiry and is turning this
over and over and over, so you might say “I’ve got this one going over here. Let us take this particular form of expression and blend it”. Much like a cook making a different flavour. Instead of producing exactly the same recipe they just try a different recipe. And what happens here? The instrument’s knowledge is expanded, but of course so is the higher consciousness’ knowledge expanded. Because it has been used to, it always has kept its various expressions separate. And as much as it knows it has to keep each expression separate there are times when, simply because each one is a reflection of its own that it can’t help but at certain times reach comparisons and this is what we don’t know. We don’t know whether the higher consciousness does or is able to make comparisons between all its lives. One can only assume that it can. That makes sense doesn’t it? But it would keep each one separate so as not to confuse each individual instrument. That does not mean that you cannot take an expression of one instrument and not blend it with another and in terms of consciousness that is not too difficult. It is just a question of operating an instrument in a different fashion. If we take the example of programmes then it is quite easy. One has a certain programme, as you see now, speaks in one way, and it is no different to inserting that programme in the other instrument and that then produces exactly the same expression.

So this is what is happening in this case. Of course a certain amount of confusion arises in the instrument, because in much the same way as the brain lights up, “where has this suddenly come from”? Think back to your first question, free will, “well this isn’t my free will, so whose free will is
it”? If it is pleasurable then one accepts it as a boon but if it wasn’t pleasurable you would be most discomforted. In this case because the instrument was actively looking for said experience or open to the experience and formulating the theory, that this was, is indeed possible. Being open to the underlying truth of several lives being lived at once and as we said before, indeed as the instrument has said before, the experience was given to validate the concept.

It is up to the instrument now, because the instrument and the consciousness are one, to decide whether it is happy to accept, on a temporary or a permanent basis, the new expressions that have been provided. But, it needs to be in close harmony with, let us say, the controlling consciousness who, because of our previous discussion, you would have to say, holds the ultimate sway. The term, right to dispensation as to “yes, OK this can go on” because it may or may not be in the original plan for that particular instrument. It may be an amusing diversion or it may be something which is “well at this stage, why not? Let it carry on”. It could well be an alternative avenue of exploration much like the hybridisation of plants. Let us see what happens. Now, if you recall, if we are going to allow the vehicle to drive itself and see how well you programmed it, well why not this? No difference. It is another form of creativity and see the results of your creation. It may also be that you’re merely devising a whole new instrument to utilise in, what you would term, another life experimentation, because if you think about the hybridisation of the flowers then you have to put two together, then produce the seed to see whether the seed produces the new flower. This is the same sort of thing.
Again, this is all open to just which belief or opinion you wish to adopt as to the process in motion. So, we would leave it with… and because I am interested aren’t I so it stopped coming and I basically think that its left to the instrument that the instrument knows that really it is under the, it’s up to the part of it really outside of its control that will ultimately determine what is experienced.

Yes, your feeling of being “semi-detached”.

The first intimations that you are more than what you previously thought. You have realised that you were, let us say, part of something, hence the feeling of “semi” detached but not fully detached because, through a glass darkly, you were beginning to sense the connection to your “higher self” or the larger aspect of who you are. Gradually that has built up and you no longer are using that term of semi-detached. And as we are speaking now, it is you who are speaking now or I that is speaking now or me that is speaking now because all are one and the same. And you, the instrument, we might say, is now seeing the world and yourself more and more from the position of the higher self.

It is now getting very difficult to explain because of the use of the language of I’s and you’s and self’s because as there is no differentiation we must find an encompassing term which will not constantly throw up references which confuse as to where perception and motivation arise. So let us say that we will use the term “ego” and describe it in the way that the higher self or the consciousness that is you,
that directs operation, is the “ego” sense of the ultimate
director. But the instrument also is a part of the same ego
sense that carries out the idea conceived by the director.

A reasonable analogy would be of you having an idea and
then putting it into operation. In other words “I’ll build
this” and then building that. So you could say that the
higher consciousness has the idea, has the intention and
then gives itself the permission to carry out that idea. Can
you understand this? It is all one, you are doing the whole
thing, you think you have the free will but it is you all
along, from start to finish. It is only that we feel that the
doer is also the decision maker and you are but not in the
way that you think. Your expanded self is the decision
maker, your non-expanded self, your focused self is the
doer. That is a better description.

The expanded thinker, rationaliser, weighing up
consequences, a chooser of probabilities, all emanates from
the total of yourself. But once you decide on exactly what
your next actions are going to be that focus comes in,
narrows right down and then executes the physical motion.
So you can rest assured that you do have free will, you
simply have to have trust in that there is a part of you that
knows exactly what it is doing and even though you appear
to make a mistake you could look upon this as having the
intention to execute a particular action in a certain fashion
but while doing so become momentarily distracted or less
mindful of the task in hand and not executing it in the
envisaged manner. Is that clear?
Let us take an analogy with which you are familiar. You intend to hit a certain golf shot, you go through your usual pre shot routine, but you let your attention be momentarily diverted by noticing a twig on the ground or whatever, but your mindfulness just varies that fraction even though you don’t realise and you don’t consider it makes any difference whatsoever and yet a poor shot results. You had every intention and were doing all the right things as you always do to execute that shot in the desired manner and yet simply by an unseen microsecond of inattention the action was not carried out in its normal programmed manner. You might just say something as if there, in the vast number of intramuscular connections that have to be made to execute a golf swing, there was a slight interruption, any analogy you wish here, in the electro connectivity, a bit of atmospheric disturbance shall we say? Which caused one connection not to fire and therefore threw the whole sequence fractionally out, the consequences of which were magnified many times over because of the distance between the muscles and the head of the club. Can you understand that? Yes. Then you can apply this to everything, so that you must be aware that your consciousness, which is you, is not infallible and is using this physical playground to experience and to enjoy and to experiment.

Can I just mention an observation I have made, when David is himself and talking his arms are moving about all over the place and when you are talking his hands do not move at all.

I don’t know when to say I here. (Sounds like Dave speaking rapidly.) That’s interesting because it came out as
me straight away, didn’t it? It did. I did notice that when I stopped and spoke to you I waved my arms about (obviously out of trance) I was aware of that then. And when you said... I knew what you were going to say when you said about there is something you noticed. I could feel my hands here, my nails were digging into one of my fingers, the thumb’s clasped between the other thumb and finger and I was aware that everything was absolutely dead still except my lips. Of course Louise was like that, nothing moves does it? So it is obvious I am able to go in and out of trance at will almost, it is a conscious trance. This is all stemming from being the observer and the observed. You see this is another thing I am realising that I can say let’s try this and then the stillness comes over. “I” start to speak and when the speech stops then, let’s put it this way, “me” returns. Then when the next question comes “I” come back. “I” and “me” are both part of the same thing, except that “I” seems to know a lot more than “me”.

I am not convinced of that but...

Well where’s the stuff coming from? You’re not convinced of it but I am in here listening to what’s coming out, it is like listening to Ludwig and I am thinking yes, hum, because I seem to be able to, I won’t say think, but I can listen and absorb and I don’t formulate questions but it is as if it’s fitting nicely in to understanding. It is slotting in, without raising red flags. So you think, well that’s quite, see that’s me again isn’t it? That’s quite a reasonable explanation I can live with that. And as I said with that one there’s concepts I never thought of before. You seem to think that I can just, as
your observation, why does my whole body expression change?

Yes, that is the big thing.

Because you are finding it hard to accept there’s “little me” and “big me”.

I am accepting there is a “little you” and a “big you”. As I say there is a difference in the bearing of the vehicle.

I don’t really want to call it vehicle any more, I am just realising that...

The bearing of “me”.

Yes, the body I could say as the instrument, but the person talking is all part of it except that it is a question of focus again.

Trance personality returns. When you stand back and you observe, then to use your favourite phrase, you do not get caught up in the drama but when you walk down to the front of the theatre and up onto the stage and the lights are on you and you are surrounded by the rest of the cast and the conversation is going on and you find yourself a part of the conversation, then how do you expect to view the scene as a whole when you are part of the scene?

Not easy!
That is as good a description as you can get with the higher consciousness and its focused point of consciousness. The part that you find difficult to understand is that both can exist at the same time, the observer and the observed co-exist at all times.

And are in fact one.

Depends on where you want to be, you can be on the stage or you can be in the back of the audience. Either one is party to all the sights, sounds, emotions, everything. Do you understand?

But yet in the focus part all those sensory perceptions are enhanced, felt more, more immediate, more important, whereas to the observer they are items of interest. They are something to be viewed instead of experienced. Something to be assessed and we can only say related to, rather than, the best word is, owned. You will save your experiences, that effectively they were your experiences, you own those experiences. Whereas the observer can say just that, I observed this experience, I understand, I can understand the feeling but the feeling does not, has not...

It’s like somebody watching the play. Somebody watching the play knows that it is a play and by knowing that it is a play you haven’t got that emotion and also the observer can see the whole picture whereas the person who is acting in the front of the play cannot see what is going on behind or to the side whereas the observer can see the whole thing, above below and even in front.
It is part of the survival of consciousness that you will be all that you ever were or that you are, however you wish to look at it. You will lose nothing but it will no longer have the importance to you that it does at the present and yet the things that you wish to have importance to you will still have importance to you. Now this may seem as if it is a form of assurance that you will not lose your connections to those you love but also remember that many in spirit, and you have read of enough of these returnees or ghosts as you may call them, to know that some have attachments to material objects. So it is no different, that to which you are emotionally attached will continue until you no longer wish to be emotionally attached and that is the same at this level as at any other level.

If you love somebody here when you move over you will love somebody there, but again just the same as here it may last, it may not last, the same applies. You can have a short relationship here or a very long relationship here and the same applies no matter which dimension of mind you find yourself inhabiting. So you can accept that if you continually think of somebody who has passed on then you know the bond exists and they will be there to greet you and your paths may continue to follow the same route or in a later time they may diverge but that is part of the ongoing life. As long as you feel well disposed toward another then you will continue to enjoy each other’s company.

Dave back. Where did that all start?

*It came from the observer and the observed and the play*
And we just moved into using that......It came from the free will to start with didn’t it?

Right at the very beginning it came from the free will then moved off it.

It is basically understanding that the individual is all one with itself. It’s just a question of what position it thinks it’s operating from and whether you can have enough discipline to, and this is about raising your vibration I suppose, where you have enough discipline to be able to move yourself into the position of observer and try to hold your attention in that position and that is extremely difficult.

Yes it is because it’s not what we are meant to be doing at the moment.

I don’t think it is so much what we are meant to be doing, it’s a question of the focus. As soon as you switch the focus back, I think this is why I keep my eyes shut all the time because if I open my eyes I’m here. If I’m keeping everything, without knowing it, absolutely still and eyes shut then I can be in the higher consciousness because I’m not aware, other than like in a pre-sleep state, of any focus in the physical and therefore the thoughts can just be spoken directly from the higher consciousness.

Basically that’s trance.
Earlier we, David and I, were talking about the interaction between the mind and the brain, how responsibilities are shared, or are they? Is it the mind that is in complete control?

Now, you presently use lots of labour saving devices, which did not exist in prior ages, and yet now, of course, you are free to spend much more time in other activities, whereas previously you were, and as some are still, in various parts of the world, fully engaged upon obtaining enough food and shelter to sustain themselves through the seasons. You have now been able to negate an awful lot of requirements through labour saving devices, shelter, mass production of food, and so on, and so on.

Now, you are your consciousness, your mind, your brain are all engaged, we are not saying there is three, from the point of your understanding. All are engaged on constantly making life easier. Yes? So once more if you were creating a physical body and you are improving it from generation to generation then why not also make that body a labour saving device, in this case a control saving device. Which is why, it is often speculated, that the human being is little more than a robot, or a puppet, being controlled by a non-physical mind. But as we were talking with you in the car, we say we because there is a very fine division between David and ourselves.

Now, you will program your instrument to do all the things that you really do not need to get involved with any more. You wish to be able to turn your attention to more interesting things. So gradually the operation of the
body/brain is being improved. You used to have, and to a certain extent still do, many people, the vast majority, who take on one task at a time. Now you have invented the term “multi-tasking”. So what are you doing? You are shifting your focus quickly over several areas but you manage to keep all the balls in the air, all the plates spinning as a matter of course. You understand? Which gives you satisfaction in that you get a lot more knowledge, a lot more experience through handling a far wider range of activities than your parents were able to do. You have done this using more, labour saving devices. Quicker information transmission, quicker answering. If you had to wait for a letter and write a letter back, it could take you weeks to come to a decision or an agreement. Now, often this is done in seconds. How much more experience have you gained? Yes?

So would you say, from the point of view of organising a system, there is more interest in coming to this system now than there was, say, 500 years ago? What you can also say, “Is this the answer as to why the population is increasing so rapidly”? Because it is an attractive place, or shall we say, a more attractive place to enjoy, gain experience, learn, whatever phrases you wish to put upon the desire of consciousness to come with their peers to experience a certain period of activity in a dense physical plane. We are throwing in many connections for you to think about. Everything is connected, not just the consciousness but all the events and objects and progressions. As you care to sit and see the lateral connections then normal, you might say, human desires will be seen as the planners and instigators
of what is happening. And of course you must substitute that for consciousness or rather the other way round.

**How does the brain/mind fit in with what you have just said?**

A labour saving device. The brain is a labour saving device, and as we said, many years ago it was programmed to do one task, now it is programmed to do many tasks, so giving the mind...... we have just explained how so many more activities, experiences, learning can be derived from one sojourn in the physical now, as against what could be experienced, say, 100 years ago. A lot of this is due to improving the labour saving device of the brain. Now you have the ability, through other labour saving devices, through other information transitions (transmissions?), through aeroplanes, telephones, cars, the ability to be in several places within several hours whereas previously it may have taken several days to get to one place. So, can you see that the brain is a part of these constant improvements. Yes?

That does not mean that the brain is conscious in the way that you conceive it. It is still an instrument just like the physical body, which it is part of. One tends to perfectly accept the fact that the physical body is referred to as an instrument or a vehicle and yet wants to think of the brain and the mind as somehow separate whereas there is a constant feedback loop between the two. The brain is indeed a collection of consciousness.....all the time you believe that the physical body is, what you would term “a solid reality”, it is difficult for this subject to be explained. If you can take
the physical body as merely being a collection of, what you might term, electromagnetic energy which, when you go further, is conscious, although you cannot see it, and understand that what you term “the mind” is composed of exactly the same substance, then it is no different to certain of your consciousness groups having the designated functions of liver, heart, leg, toe, eye, Yes? and others having the function of controller, director, Yes?. One is a mental function another one is a physical function. One is the engine room one is the bridge. And yet they are connected, and part of the whole. It would be easier for you to understand this if you take away the view that the body is solid, is physical and the mind is non-physical. As soon as you realise that all is non-physical, you merely are using the created senses to give you the impression of physicality. Look at it this way; try to step outside, look at the body as totally invisible and just a set of moving waves, and then look around for where the mind is and likewise look at that as a set of moving waves enmeshed with the other set of moving waves. You will realise that all is consciousness. Can you see that?

Try to visualise that in your mind and then try to separate them. And for what purpose?

You must not try to see the body as one aspect and the mind as a separate aspect. They are one and the same.

I would like to ask you about free will please.
Can you frame that question a little more specifically?

I wasn’t being specific because I really wanted to get your thoughts on whether there actually is any free will or whether everything is decided before we come here right down to the last little bit. So really it is a question of how much free will do we really have?

So, let us draw a comparison once more between parent and child as we did last night. Knowing that you are both part of the same thing, in which case as the parent and child are locked together for the, you may as well say, lifetime, but obviously in the formative years until the child leaves home, then the parent has a very strong influence upon the decisions as to the action taken by the child. Would you agree? Yes. So, what did we say last night about how the consciousness who resides in the non-physical and has put a part of its consciousness in the physical but without access to the knowledge of anything outside the physical. Now, the child, in many respects that does not have the knowledge with which to argue, still accepts the dictate of the parent. So, you can immediately use your mind to see how that the, what you would call, higher self has a very strong influence over the part of it that you term lower self. Would you agree? So, shall we say free will is partial, which is why I asked about the framework in which you posed the question. Free will is free will up to a point. Now, free will, you only have free will within the constraints of the societal rules in which you live. Yes, you can do something but would that be unacceptable to those with which you wish to keep a harmonious relationship. Would you agree? So your free will is circumscribed, in much the same way the free
will of a child is circumscribed, from a young age it’s severely circumscribed and as they reach the age of reason and the age where they can be trusted it is loosened and loosened into where when they leave home they are only…

their free will is limited by what they wish to believe they wish to do and also by their feelings as to what their parents, relatives, friends will think of their actions. Can you see what I am getting at? So, free will is free will up to the point where you find that the costs outweigh the benefits.

We will move onto the next part having established that free will is subject to all your self-imposed constraints and also there is a restraint put upon it by your total self. Now let us draw another analogy whereby when the lower self is put under hypnosis it will agree to things that it would agree to generally in the fully awake state but it will not agree with things that it would never agree to in the awake state. So, once more we move to the higher consciousness, for want of a better word, and we say, “that the higher consciousness is responsible for forming the physical and using that instrument for its own, what you would call purposes and influences the same. Again, when we go back to last night’s discussion with regard to the delay in conscious decision from when the brain has already the action into motion, in other words, the action comes before the decision, which most people would think is impossible, but it is totally evidential. We may say,” the machines do not lie.”

Therefore, to any reasonable person the instruction has already been delivered to the brain from we know not where, so we have to posit that there is an extra physical entity which is outside time and has made the decision as to what to do. So, would you say then that the lower self has
free will in that case? Because its decision was being taken for it. It thinks it has made a decision. In which case we have to then follow the logic through, the decision has been made, the brain goes into action and yet, the lower self then thinks it has made that decision. So, where has the thought come from? You must take this one stage further and think OK you might say, “the brain has lit up” but does that mean that the thought to take the decision has been put in? So, then you would say, “who has taken the decision and before you know where you are, you could say, “well actually there isn’t any free will.”

Yes. Because, what about, what we call for want of a better word, higher self, has that got any free will?

Well we are back to the turtles aren’t we? Now at the moment we only know when we think that what is being spoken at the moment should be coming through, or one would only think it must be coming through the higher consciousness of the individual, what would that consciousness have to say about this. One can only say, that as far as that higher consciousness is concerned it is still influenced by its own, you may say, prior conditioning. We were getting some realms of conjecture here because it is not prior conditioning as such, it is knowledge of, you might say, the illusory nature of existence any way. In reality it is doing what it wants to do, but, of course, that can be influenced by suggestion, by the arousal of desire, the arousal of curiosity from communications with other, what you would term, higher consciousness. Before we go into the realms of one consciousness, one mind and the aspects of god. It makes more reasonable sense that whatever the
ocean of consciousness is, there arises hot spots, cold spots, waves, different temperatures, etc. different “locations”, different states of being and that will give rise to different opinions, different views and therefore different courses of action and so there will be an influence on, for purposes of this discussion, upon the higher consciousness. But, again, you can still argue that having taken the decision at the bottom level, the lower self, then you can say, “ah, but I don’t really like that, I think I’ll change my decision.” But we are back to the chicken and egg, did the brain light up at that point and therefore signify that came from the higher self. Now if taken to what would seem to be a logical conclusion, we go back to the parent and child and at times you give the child free rein to see what it will do, how it works it out for itself, because you wish to see what the personality of the child is like, and its creativity etc. Much the same applies to the, what you might call in parlance, the brain child of the consciousness i.e. the instrument. As we said before you sit back and you let it drive itself and you see just how good a programmer you have been and how good a teacher you have been. I think we have covered your question, but again there is no just yes or no.

So where does this leave free will? If you assume once more that free will comes from your higher consciousness….the human being seems to think that free will exists at the physical level and yet we can go back to the brain experiments which show that by all logic and reasoning that the brain is being instructed to transmit to the senses that which is desired by the instructor even though the instrument decides [thinks] that they are making the decision.
So following the line of cause and effect backwards, “what caused the brain to light up?” Something knew, something knew even though ostensibly to those in the physical the target picture had not yet even been chosen [by the computer]. We can go further from the half second delay to the experiments where the whole sequence was brought forward into consciousness several days before the sequence was run. Almost as if to say “work that one out”.

Once you can accept, albeit reluctantly, the idea that free will is an attribute of your higher consciousness you have to trust in the driver of your vehicle. Let us use the concept of a dual-controlled vehicle. The instructor, who has the main controls, tells you “your controls are now working, you drive”. You start to drive and you think that you have all the control but you are unaware that the instructor decides, say, to turn right and because his wheel is connected to your wheel, the movement starts, the light comes on in the brain and you think “I’ll turn right here”.

There is a faint impression of the car starting to slow and you think “I’ll brake”. In other words, the law of cause and effect is operating but you are not aware of the cause, you think you are the cause. But what has happened is, the cause comes from another source, you feel the effects and you then translate that effect into your impression of cause.

Do you understand? I hope that we are making this relatively simple.

To summarise. Free will does exist but in your higher mind or higher consciousness, the total you. It is indeed, your
free will. But only if you can understand that you are your higher consciousness and not the instrument. It is to understand that what you call “self” is your consciousness, your higher self. If you can take on board that what you are looking at, what you are hearing, everything you think you perceive, is being perceived by what you would call your “your out of body self”. Now imagine your out of body self, which you know by now, can see and hear and record, transmits to the instrument, the brain, for later reiteration.

Once you can understand that and say to yourself “I am that out of body self and is that out of body self my higher consciousness? Then it must have all the faculties that I think the physical has.”

“Therefore it activates the brain and it activates what we consider to be our visual and hearing faculties”. It would be like you using a megaphone or a loudspeaker, speaking to a microphone in one room with the loud speaker being in another. Is that a good parallel for you? So your out of body self, your higher self, has the microphone and the physical instrument has the loudspeaker. In other words the physical instrument is a pass through mechanism for the observations, actions, all the attributes of the senses. But this is all being sensed by the higher self which resides in the area of no time. It obviously has enough intelligence to ensure that what passes through the instrument is compounded into a structure which fits with the belief in linear time. Is that clear?
So we’ve hopefully explained how clairvoyance/remote viewing can see the present, the past and the future because all arise from a world of no time in which all consciousness exists.

Seth said:- “Listen to me now and in so doing listen to yourselves. You come through as I come through. You are not non-beings in a god stream, you speak and the god listens. You are the god that listens. From you that god, that “all that is”, learns what is happening in your corner of reality. You send messages backward through the fabric of time and space which is also, in your terms now, the fabric of that god’s being as again the smallest cell in your finger or toe sends messages to you and you, even if unconsciously, make adjustments in response. So in those terms and using that analogy do you send messages to that god as to what is happening in your corner of the universe and that god makes adjustments accordingly”. Would you comment please.

The terminology used in that paragraph is not one that I would particularly use, when I say I, I mean whatever intensity is coming through at the moment. Everything is connected as we said earlier. Now, because everything is connected then everything will have different focuses, although connected, and as an intensity of feeling is felt then the focus will move to where they feel that intensity is beckoning, is of interest and if it is they will add their intensity to it. Of course, what we are effectively saying is a message has been sent, has been received, the focus has
turned and therefore a message is then sent back. Because if it is of interest the message will be sent back and even if it is not of interest it will just turn away. That means the intensity goes up fractionally and then fades away again. Now, when we use the word god one can say that is the total consciousness that is in that particular area of focus at any one time. Any consciousness that is focused within that particular event or object or whatever is learning, is experiencing, feeling what is going on in that event. So, messages are being sent backwards and forwards and each consciousness is learning, experiencing, feeling at the same time. Does that answer your question? Or do you need further elucidation?

Seth said:- “Man did not have to learn by trial and error what plants were beneficial to eat and what herbs were good for healing. The “knower” in him knew that and he acted on the information spontaneously. The knower is always present but the part of your culture that is built upon the notion that no such inner knowledge exists, and those foolish ideas of rational thought as the only provider of answers, often limit your use, your own use of inner abilities. You will end up with, if all goes well, a new kind of illuminated consciousness, an intellect that realises that the source of its own light is not itself but comes from the spontaneous power that provides the fuel for its thoughts”.

We are talking total interconnectedness. Every consciousness is part of the whole. All knowledge is available to all consciousness. Each gestalt of consciousness is quite able to speak, to link, with the other gestalt of consciousness that happens to be the poisonous herb and it
can understand that it would be detrimental to the physical instrument but you must realise that we are in the business of uncertainty and excitement. You can add to that, “experiment”. You must also accept that it is a co-created reality, a co-created play. The intensity of feeling is to ingest the poisonous herb,

for what reason?

because it is part of the play, that is the decision that is taken. The human species has developed this belief that the human is there to survive from birth to some kind of averaged death of the particular instrument at some point in time. And yet this concept is held even though the same groups of consciousness set about killing each other at a very early time (age?). They do not say “we have all got to live till 70”. They are busily killing each other in their teens and twenties, en masse. And why? Because of the experience, the excitement and the uncertainty. The experimentation of war and battle, games, winning and losing, all the things that are not available when you are aware of every possibility. So of course the knowledge is available but the whole point of visiting the physical plane is to get away from that situation. If we all knew (everything) we would be back over the other side and there would be no earth or universe.

Everything is a construct. Everything is a construct of consciousness, consciousness in motion.

We spoke earlier about the imagination of the human species, it is the imagination of consciousness, imagination
focused. Focusing on an idea can lead to intense desire to experience same and generates the will to manifest. Belief and will are sides of the same coin.

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I have another question, freewill, do we have freewill on the earth plane or is freewill on a different level altogether?

Freewill is an inviolable, unassailable, inherent quality of every single, we use the word, unit of consciousness, or thing that has consciousness, whichever definition you care to entertain. Now, it is only because you identify yourself as a separate body that you consider that you as this separate body have a freewill that is constrained. Now, let us go back to the fact, and we will call it the fact that your physical reality is the manifestation of a fantastically intricate, consensus agreement between an unimaginable host of consciousnesses which are focusing upon creating and participating through their thoughts the manifestation of your physical reality. All of those consciousnesses are exercising their freewill now, through agreement but, of course, they agree in much the same way as you agree to pay your property taxes in return for your roads, schools, etc. You agree to your laws, and say you must only drive on the roads and not on the pavements and so you can think your way through many of these. Now, would you say that you have no freewill in that matter? You have given away, we will rephrase that, you have agreed to certain disciplines of behaviour because it actually suits you and you actually wish to have that. Now, that is not constraining your freewill that is an expression of your freewill. At any
moment in time you can if you wish step up from where you are, walk out the door and never return. But other elements of your freewill say to you that it is comfortable here, I don’t want to lose all this I worked for and where would I go? So, are you exercising your freewill?

Yes, but then has that been agreed by multiple others?

Just rewind the disc and listen to what was said a few moments ago. Nothing that you experience happens without your prior agreement. You have agreed to the smallest, the largest, the most enjoyable, the most unenjoyable of your experiences.

Therefore, it would seem to me that freewill is not on the earth plane, it is where the agreements are being made.

Are you on the earth plane?

I suppose my higher consciousness is not, it is just a physical body experiencing the earth plane. But that’s what I am really talking about. Has the physical body got freewill? It seems to me the answer to that is no.

If you rewind the disc you will then, first of all consider, what exactly is the physical body other than a perception, other than a thought form agreed in manifestation by all the consciousnesses that are involved in participating and being a part of that thought form, the pattern has to be fleshed out in whatever terms you wish to think of. As we spoke of before, they can be from the most dense to the most clear
visible reality to just being a product of the imagination in
the mind’s eye that doesn’t actually even have a thought
form. For example, imagine, we are digressing but, imagine
how the thought arose for a motor car, one had a thought
that riding horses is slow, uncomfortable, dangerous and
wouldn’t it be nice if we could just really sit in comfortably
and quiet whatever, and just sail along through the air at
high speed until we get to where we want to go, so that was
the wish, shall we say. But as thoughts were applied to the
wish, the thoughts gradually changed the intelligence, the
associations were thought about and carriages appeared,
pulled by the horses and so on and so on until you get to
where you are today. Then only do you not have to ride
horses but you get in jet planes. Thoughts not only exist, of
course, but they mutate and change and grow, much in the
same way as you grow, thoughts grow. We hope we have
given you food for thought.
“Time is not at all what it seems to be. It is not flowing in one direction, and the future exists simultaneously with the past.”

Albert Einstein
Chapter 9

The Nature of Past, Present and Future

This can all be understood if you realise that the past, present and future are all available from the present time. The present can be present in the past, the present and the future and alternatively for the other two. Now, it is easy enough to see how one can focus the consciousness on another area and, if we call it travelling clairvoyance one can see that area. You could say that it is an out of body experience and the same factors that are used in surveying
and hearing the goings-on while in an out of body experience can be utilised in a remote viewing capacity.

Now, when it comes, to let us say, viewing the past, it is possible to take the view that the vibrational pattern of anything existing in the past, in that particular space, still exists and that anybody viewing remotely that has the capacity to view across a wide spectrum of frequencies, shall we say, for your understanding, is able to see the different patterns i.e. energy patterns, blueprints, ideas that were subsequently manifested into the physical world, even though they have now been, you would say, destroyed, from a physical point of view. This can be seen as a logical and rational explanation even though you may have to stretch to believe that the energetic blueprint still exists. However it is when you come to the future that the resistance comes in as the whole basis of the belief in free will is brought into question.

If you can imagine that anything, is a predetermined plan in the mind of a participant, one must also include in this definition those participants who are not of the physical, who reside, as we have discussed before, in a dimension where there is no time and therefore something which may occur, to you, many years in the future, may already be in the mind, even to a blueprint and a fleshed-out total plan of what a consciousness plans to do.

Now, as you think from a physical and time-based point of view you will see predictions that are far into the future and say “but that wasn’t even planned then”. The people weren’t even employed, there was nothing planned. But you
must remember, all those instruments, you may say, were already planned by their controlling consciousnesses who, we will reiterate reside in the world of no time. Therefore you can imagine yourself musing on different ideas, living in a world of ideas, {thinking}, we could do this, we could do that, we could do the other, what would we do if we did this? Imagine the vast array of different scenarios that could be played out in the mind, especially if you imagine minds that can work far faster than the speed of today’s computers, this will go some way to you realising that in a world of no time basically infinite scenarios can be envisaged. Let us put it this way, for a particular location, if various scenarios are worked out, possible scenarios shall we say, then leading on to probable, as events are chosen because once the ball is started in motion more events become probable rather than possible. So these ideas for that particular location then have a connection, there is immediate association e.g.; in the case of your air marshal who saw the future operation of the airport, all those potential ideas were already existent and had an association or mental connection with that particular site even though no physical mind, you might say, had any idea, at the time he saw it, that this would happen. But in another realm, another dimension the possibility had already been fleshed out.

What we are told is that everything that ever was, is and ever will be already is, already exists. Back to the block of stone, every possible sculpture exists within it and so it is the question of when which scenarios apply to which times and which locations. Do you understand?
In that obviously the uniforms and the planes at an airport wouldn’t show up in your back yard. They will only show up in an appropriate place and as such in an appropriate time.

**Unless your backyard in some future time was going to become an airport.**

Again, that would already have its intention. So, ideas come, we would not say with a firm intention but with a possible intention. So, one could speculate that the future picture seen by the air marshal could have been applied at any other airport but because of the association maybe that was intended to be.

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There is not a “day” that exists after death. There is, we can only say memory, within each participating consciousness of, the experience of that idea……. I will take a different tack here….you are looking, from your point of view, at a timeline which says that consciousness arises at birth but then continues after so-called death. Yet you are willing to say “how do you choose to come”. You must step back and widen your focus to see that consciousnesses are involved before birth and that consciousnesses are involved after death.

As you take that view you will see that before you arrive the idea arises and so in time terms it takes time for the intensity to develop for manifestation to occur. Then at what
you call "death", it will take time for the intensity that arose for the manifestation to dissipate. The belief system that arises already is in actuality before conception because there is a belief in the idea of what you are going to do and where you are going to come and what you are going to experience. Then those beliefs get changed as you go through physical life, as consciousnesses join and leave and you get lost in the drama and at physical death you still have the same beliefs. The consciousnesses still have the same beliefs. At death the focus switches away from the physical but then it takes time, just as it took time through life to accumulate and dispense with beliefs and change beliefs and one belief becoming another, it takes what you would call "time" after death for those beliefs to change once more. And yes, there may be an element of surprise but that is just another bit of uncertainty and excitement. Slowly you begin to realise that this was all a created experience by a conglomerate consciousness in which the particular consciousness, which you feel you are, participated

Let me try explaining something else here if we can. If we feel that a unit of consciousness is a point of pure awareness, a point of pure consciousness, at that stage there are no beliefs. Beliefs are constructs. You adopt beliefs and you discard beliefs. You cannot equate what you call "you" or "I" or "me" with a unit of pure awareness. The you, I, or me arises from.... It is like an explosion of light, there is nothing there and yet suddenly electricity jumps across a gap and there is a flash of light. That flash of light you interpret as being a you, a me, an I. I am afraid it is not a very good explanation.
Any consciousness speaking through an instrument is, by nature of doing so, limited by language. Especially when there is absolutely no possible way that that language has been constructed to understand the reality of consciousness. It is, as the NDE people say, ineffable, inexpressible.

As the Buddhists profess, you return to the ocean of consciousness, but the pattern [which you have and still experience as you] always exists, everything is always there. It is just a question of when you care to focus upon it. Everything that you can ever imagine that has happened, will happen, is happening, is always happening it just depends on when you want to focus upon it. When we say always happening that means that the possibility of it happening is always there. (Think of the video game it is always there ready for you to play.) You merely have to switch the light of your focus on. So it is like being in a darkened room you can look and see nothing until you switch the light on then everything becomes clear. That is the question, everything you could possibly imagine, you merely switch the light of your focus upon it and what you believe is there will be there. It is simply that from the physical plane you have the belief that it won’t be there or I won’t say that it won’t be there, but it is only there because you know it is there.

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Time presents you with a picture in which you have freewill but each event that you choose will have its own time version. Can you comment on this please?
So we come back to intensity, intensity of interest. One group of consciousness on one focus, one aspect. On the basis that one group of consciousness can focus in many different directions at once exactly the same as your consciousness here, the group consciousness can be involved in several different activities over the course of a day, a week, a lifetime and this can be all simultaneously occurring in many other areas, other levels, if you wish. Depending on the intensity of the particular idea you are following what is trivial in one area will be of importance in another. And so what manifests in one area may not manifest in another. What is just another meal on one day may assume importance on another day simply because of the people who are around or because you are focusing this time on really tasting the meal as someone else has prepared it. It may be the same meal yet taste quite different. It is simply because you are focusing and allowing the intensity of the flavours to be absorbed whereas before your attention was elsewhere.

As Seth said: The inner core of events is held together by just that kind of activity. You are on every hand providing an unending source of probable events from past and future from which to compose the events of your life and society. Let me remind you that all time exists simultaneously.

Absolutely. Every possibility exists simultaneously, we refer you back to the potential sculptures within a block of stone. Infinite possibility is ever present. The possibility that was present in the past is present now and will be present in the future.
In view of the fact that everything is happening simultaneously can you tell us anything that, in earth terms, would be in the future.

We have said that manifestation can only occur when the intensity of desire to manifest reaches a certain amplitude. What you call the future, that is not a future, as you only have the present, and you only have the present intensities going on. Intensities take time to arise and time to dissipate as we have stated previously. If a certain intensity has arisen in a certain activity it will take time to dissipate. Although there is no time the intensity is there......let us compare it to hot spots in the ocean. To all intents and purposes the ocean is timeless but you have intensities within so you have a certain intensity of something going on. Looking from the earth which is time based and you must remember that we are speaking using a time based consciousness...

I just thought that as everything is happening simultaneously that you might...

We refer you back to the block of stone, as you gaze upon the pattern which contains all possibilities, to use your language, as you focus from one to the other, to the other, to the other, then you could say the “others” are coming toward you. How do you expect us to explain “no time” in the terms of time? The block of stone is as good an analogy as exists in this particular circumstance. All designs, all possibilities exist within the one and therefore you can go forwards, backwards, sideways, in and out but always remaining in the same place simply by focus. The same place equates to the same time. There will be a “time”
(laughs) when you will understand. It may not be until you leave the physical. Look at it this way, call it a state of mind, when you have all the time you ever need and everything that you focus upon seems to be present and fully cognisable, shall we say, as to all ramifications of what you would call past, present and future then you quickly come to the conclusion that there simply is no need to put things in a sequential order. Therefore time, as you know it, as a linear concept, is meaningless, so you simply dispose of the notion of time. Can you understand what we are saying?

Hopefully. I think it will be easier to understand once it is transcribed.

It is not a question of everything happening simultaneously. Everything has the potential to happen at any time. It depends on the intensity of focus, the intensity of will, the emotion that waxes and wanes. The future does not exist until it happens and then of course it is the present, until that point it is merely conjecture.

So you are not able to focus on something that would be in the future for us.

It is not a question of not being able to focus as we are a part of a total amount of focus. We can feel the intensity arising but do not know whether it will rise sufficiently to manifest as it is a blending of many, many consciousnesses. A parallel can be seen in your financial markets which directions are influenced by the thoughts and actions of many buyers and sellers (consciousnesses). Their combined intensities of emotions determines whether there are more
buyers or sellers and the trend is up or down accordingly. One can only extrapolate the trend or try to feel the emotion, shall we say, and act accordingly. If beliefs, emotions suddenly change then the direction changes. So in regard to what you term the future one can postulate several probabilities as all are present in the present moment. This is why predictions do not always come to pass as the event that has been “seen” did not reach sufficient intensity to manifest, much as in markets. All probabilities are always present and possess varying intensity due to the level of focus upon them but only certain attain the requisite intensity, power of group will, if you like, to come into being. You must remember that we are part of the “ocean of consciousness” as you also are, so much as you are only able to guess the trend of a market from your feelings, say, we are only able to guess at the probability of manifestation from gauging the rate of the increase in intensity apparent in the various probabilities, which as we stated can wax and wane, rather like betting on flies crawling up a window, any one of them could reach the top first.

The outcome of an election depends on how many individuals, within the total of those eligible to vote, vote for a particular outcome. That outcome is not determined until the vote count is completed, although exit polls advise you of the probability. Likewise, as particular consciousnesses “vote” for a particular course of action, manifestation does not occur until the intensity reaches a tipping point.

You have chosen the illusion of separateness as you wish to experience the uncertainty etc. and you are no longer therefore fully connected to the totality of consciousness
from the point of view of the instrument. From the point of view of your entity however you are still connected but you deliberately restrict your focus as regards your various instruments for the aforesaid experience, uncertainty etc. The senses you construct for your instrument limit its focus. In the same way as you attach a speed limiter to a car which otherwise is capable of far greater performance. Now a few instruments discern the speed limiter and endeavour to bypass it and access other realities.

Focus of the moment indeed. That is the most significant statement because there is only focus in the moment. Think about it. How do you focus, out of the moment? You can only be, in the moment. No matter what your thought is of, you are still in the moment, focusing, in the moment. Your focus can change from moment to moment and once more, you can focus on what you would call the near present or you can focus upon the distant past, you only believe that you cannot focus upon the future because you do not think it exists as yet, but indeed it does. For those who do believe that they can cast their minds into the future, they do come up with predictions, some of which then eventuate in people’s lives, but of course not all as they see the probabilities that may come about but they are not privy to the focus of the entity of which the prediction is made.

Now when it comes to seeing the future then if one is in the habit of idly speculating what the future may hold then one
can put forward all kinds of alternative scenarios. You merely have to read the opinions expressed in the blogs on the internet to see how wild the thoughts are of those who are seemingly intelligent. Now, all those thoughts are real, they have even committed them to print. Those thoughts are flying around in the atmosphere. Those who are open will receive certain of those thoughts and may interpret those thoughts, maybe, in a picture form, certainly in a concept form. So we throw it open for you. Trance yourself, think of what may happen, then find reasons for it and see how it fits into a framework, then go over it and try to see how today’s facts point that way and by the time you’ve revisited your theory a few times you may even convince yourself that this possibility is now, at least a probability and possibly a vision from the future.

In your opinion, what is going to be the next big discovery?

If we refer back to the principle of intensity, as you look around the ocean of consciousness you see myriad pools or areas of, we use the same word again, intensity, let us call them radiant points of light which are fluctuating in brightness and dimness, just like looking up on a clear night at a bright sky, a starry sky, some appear brighter than others. Now, we will take that image and look upon that as the universe of ideas. Then, let us see... overlay that with the fact, as is at the moment, the moon is looking much bigger at this point in time, than it does say at other times, so why does it look bigger? So take this with the intensity of ideas, take this with the billions of stars you see and imagine
them rising and falling as the sun’s activity changes at one moment and then see how difficult it is to say, “this is the next major discovery. You can look out there and this is why your seers, who forecast future events, see many events, some come to pass but many more do not. Your seers can feel intensities probably better than others. Others have thought on for some time about what is likely to occur and have developed beliefs about that and then looked at the reasonableness of that belief and then given it a probability percentage of happening. Most of that comes from a form of extrapolation, so we can say to you, “Yes you can have flying cars very soon. You already have the possibility of driverless cars on the road, then why shouldn’t there be driverless cars in the air? Which would get rid of the need for roads, because just like the aeroplane you can travel at different heights, different planes if you wish”. When we say planes, planes of existence, but we don’t mean it in that fashion, planes of altitude. The cars on the road pass within one foot of each other, so it would be no problem surely for cars to be at levels of a hundred feet from each other and then above the ground you could have ten lanes of traffic couldn’t you, where as previously upon the ground you could only have two. So, that is one that is not beyond the bounds of conjecture. So, anything you think of in this fashion is being thought of by consciousness. So which one comes to pass? Some eminently reasonable ones are out there that can come to pass but will they? Because will your systems of economics allow it? So you can see that a new intensity is arising and a new idea is becoming perfectly feasible and valid but will it be adopted? What I am saying is, “you can see various intensities but they may not come to pass even though they are perfectly feasible, perfectly valid,
perfectly able to be put into operation but you may not adopt them.” Others, which are even more totally unlikely may come to pass. A case in point at the moment is your own government, who would have thought that today’s scenario would have existed before this election. When, you could have said that person would be elected, but that person wasn’t elected, a totally insignificant person in terms of intensity at the time of the election has ended up being elected. How difficult is it for any consciousness to say with certainty, this will happen. Every butterfly that flaps its wings affects everything else everywhere. So faced with the idea that the whole reason for creating the physical is to enjoy the uncertainty and the excitement of the uncertainty and the coping with the unexpected and the challenge of same, why would you expect even “all that is” to outlay a predictable scenario which would totally negate the object of having said uncertainty?

But again you must realise that we who speak do not have all the answers any more than you do, but we do have a little more understanding than you do because we see things from a broader perspective. But that is all. We have our own theories. If we knew it all then there would be no point in being involved in the physical at all. So you take this all the way back to “all that is” and all it wants is to continue the process of seeming discovery, if you can understand the phrase.

As an overall comment, why do you read fictional material when you know it is fiction?

The same as you do anything really, purely for enjoyment.
But there is no reason or purpose in reading fictional material because you gain nothing from it other than a sense of time being passed in an agreeable manner. Would you call that a purpose in terms of the serious purpose you look for in the existence of reality?

No, as in the same way as doing a lot of things for example being in a choir, dancing, they are all just ways to enjoy yourself.

So we come full circle once more as we will do on many occasions. We are back to consciousness keeping itself occupied in an entertaining manner.

There was another question about time.

We have covered time in ‘The nature of past, present and future’ to a certain degree and it has been alluded to in various other areas but that will entail the instrument going through the whole thing trying to find these odd paragraphs. The easiest way at the moment is to just imagine that the earth doesn’t turn, it only faces one way like the moon. It has a very cold side where nothing grows and it has a very hot side where nothing grows. It has shadowy sides which are neither one nor the other which are quite small areas and do we know whether they will be able to maintain life as we know it.
As light conditions do not change you have no measure by which to measure time passing. Yes you can see growth and decay but that is it. So how would you even devise a need for time? When you have a spinning earth and regularly you see the light come and go, by means of a sundial say, it is fairly simple to devise a time measurement system. But if conditions didn’t change, how would you have organised a system of time? Would there have been any necessity for it? Would progress have been different? These things are mental gymnastics, but you can imagine that without something changing then you would not be aware of a need to measure the passing of time.

Remember, you construct your belief in time. Who knows that if from birth everybody was told that they would live to 200 years and they wouldn’t see any ageing until past their 100th year whether that belief would take hold? That belief would have to be held by the higher consciousness and that consciousness programs the instrument and therefore the instrument would be programmed differently wouldn’t it? So remember that time is programmed from above, not below, it’s programmed from above for the reason that so far the instruments as currently constructed cannot be indefinitely maintained. It is easier to start a new one than it is to try to maintain the old one and that may seem fairly mundane but these physical things have to be constructed. They have to be designed, they have to be organised, they have to be maintained and they have to have the consciousnesses interested in maintaining them.

When you look at anything which you call a life there is an awful lot going on. It doesn’t happen by itself and so the fast
moving, exciting instruments are, what you might term, technological marvels, way beyond any of your present technologies. Remember that we are only so far ahead of your own, what you would consider, thoughts and beliefs and achievements down here. They are coming from above but they have to be tested out and like anything else what is going on at the moment is quite attractive so there is no need to change it too quickly. The scheme works quite well and what would happen if suddenly you started to have people living to 200 years, the whole system would have to be changed once more wouldn’t it?

Time is an invention, a construct, for the purposes of operating in the physical reality. Outside of that there is no need for time. Consciousness is infinite and there is simply no need for time. There is simply “What shall we do next?” Yes, there may be sequentiality but there is no need for time, no need for purpose, as everything always exists in potential. The patterns exist for everything, everybody knows it. There is no need to hang on to memories as nothing is lost, just re-focus and it is alive again. As soon as you look at a pattern, providing you have enough consciousnesses to focus in upon it, the little model starts ticking away and spinning around again. All it needs is the energy which consciousness provides because nothing can atrophy as it is consciousness, not physical. It is just imagination, an idea, it can be kept alive, it doesn’t rot. So as soon as you imbue that imagined idea, that pattern, with sufficient energy, light, whatever, it lights up and is on the move again.
So you don’t have to worry about “I’ll never do this again” or ‘time passes by’, because whenever you want to do it, you do it. So there is no need for time, in fact there’s not even a need for the word ‘time’. It has no meaning apart from the realities in which it is constructed. This is not the only reality which uses time, others do as well in order that the system can be operated to the benefit of all those who wish to experience.