

**THE
SHORT AND SIMPLE
TRUTH**

**A Guide Book For The Inner
Journey**

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Introduction

“The truth is not always beautiful, nor beautiful words the truth.”
- Lao Tzu

To embark on the inner journey to one's true self, one must first of all know the path. There are many false sign posts and guides that will lead you in the wrong direction, and there are many obstacles, detours and dead ends. If one knows the true path, he can avoid these pitfalls. Only a fool begins a journey without a map, what to speak of even knowing which direction to take.

This is not a usual book, in the sense that it may crush your belief systems. You are about to find out that almost everything you thought to be true actually isn't, especially in the field of spirituality. In this short description of the inner journey, along with so many beautiful truths, I will be exposing the lies and deceptions that have been masquerading as spirituality for thousands of years. This is important, because discernment is of the utmost importance when one seeks out the Truth. If you cannot discern truth from untruth, chances are you will settle for the untruth, because it usually has prettier packaging.

Many people argue that all truths are relative, but only small truths are relative. The universal absolute Truth is one. It is the way things actually are beyond the illusions. The conditioned mind cannot see the universal Truth because the mind is incapable of seeing through the filters of its past conditioning. It is those who identify with this conditioned mind that argue that all truths are relative. For one who has gone beyond the mind to the core of one's essence, he sees everything very clearly as it truly is. For such an awakened person there is no confusion. He sees the artificial construct that has been placed over the true reality, and he sees beneath it. There in the true reality, there is a wondrous world that had been hidden. That is the natural world where everything is alive. The mind lives in the past and future, which is dead. It avoids the present moment, which is alive. The real Truth only exists in the present moment, and the deeper you go into the present moment, the more of the Truth becomes revealed. Only by going beyond the mind, deep into the core of your Being can you see the Truth, the reality as it is.

I will not be repeating second and third hand opinions of others, no will I be speaking from any "holy books," gurus, philosophies or science except for a few quotes if they pertain to my own inner Knowings. I will not even speak much from knowledge even of my own first hand experiences of the world unless they relate to my own deeper inner Knowings. I will give a few quotes and examples to back up what I am presenting that also resonate with these deeper Knowings, and just to let you know that I am not completely mad.

This is a very short book, but it is concise and you will not find any filler pages or fluff like you find in so many other books. Besides, it's the simple truth, without complication. Short and simple.

So, you may be wondering, what am I offering?

This inner journey offers you something beyond your wildest dreams. It offers you freedom. Freedom from bondage and slavery. Freedom from the deceptions we have all been living in for many lifetimes. You will realize your own eternal sovereignty. You will Know the Truth. What is contained within these pages has emanated from the deepest core of my Being. It has appeared from such a deep space that I have still not reached the depths from which this has come. It issues forth and emanates, manifests, throughout my entire consciousness field. This is the only Knowings that I am certain are Absolute Truth. Everything else outside of this is only beliefs.

So you may ask yourself, "What will this journey bring me?" Or more precisely, "Where will it take me?" It will take you beyond your mind, beyond your beliefs and the labyrinth of lies and deceptions. It will take you beyond your chakra system and into the deepest parts of your Being. There is no ultimate destination on this journey, as it is infinite. You are infinite.

I cannot show you the Truth, but I can point you in the proper direction. I can tell you what is Not the Truth and I can tell you what I have experienced on my own inner journey. What I will be doing is ripping away the illusion. Ripping away everything you thought or believed to be true, for in reality, almost everything you believe to be real is simply an illusion.

In the end you will find yourself standing naked before yourself. You will feel just like Neo, in the movie "The Matrix," when he was ripped out of the matrix and found himself standing cold and naked before Morpheus. You will be wondering if perhaps you should have taken the blue pill.

But there is something very special and wonderful in this journey. It is alive, full of awe, gratitude and appreciation. You will find peace, a stillness, and true

unconditional Divine Love that will issue forth from the deepest part of your existence.

But not before you find yourself cold and naked before Yourself. This is the path to Truth. It is the inner journey, the road less travelled. Are you ready to tumble down the rabbit hole?

In actuality, you cannot search for the Truth. Everyone is searching outside, into the world, for the Truth. They ask, "Is it there? Is that the Truth?" And there are countless deceptions masquerading as the Truth. And then someone comes and taps you on shoulder and says, "Just turn around." As soon as you turn around, there it is! But as long as you continue to hold on to the deceptions, you cannot turn around. They have you in bondage. Until you break free of the deceptions, you will remain in bondage, unable to turn around and see that which was always there.

"I awoke, only to find the rest of the world still sleeping."
- Leonardo Da Vinci.

"Remember, all I am offering you is the Truth. Nothing more."
- Morpheus

Chapter 1

Keep it Simple

Do you notice how our lives are getting increasingly more complicated? And this complication seems to be increasing with time, to the point now that it seems to be exponentiating. How many of us can keep up with the ever changing world, especially with technology? Our minds seem to reel in dizziness at all of the information that is thrown at us daily. At times it is very difficult to keep up. There seems to be a part of us that is yearning for more simplicity. A rest from the chaos. And yet how many of us actually strive for that simplicity? Why is this?

Albert Einstein understood the importance of this simplicity. Below are four of his quotes:

"Make everything as simple as possible, but not simpler."

"Most of the fundamental ideas of science are essentially simple, and may, as a rule, be expressed in a language comprehensible to everyone."

"If you are out to describe the truth, leave elegance to the tailor."

"If you can't explain it simply, you don't understand it well enough."

So why do we strive for complication? To put in the simplest terms, the mind loves complication. It finds it interesting. Something to sink its teeth into. Actually, they are more like fangs, and the mind has an insatiable appetite. The mind does not like simplicity. It finds it boring. So why is this so?

The mind has a need to always be active and always involved in conflict, complication and drama. It has an inherent need to always be in control and will do anything to stay in control. And it is very cunning in keeping that control. It has an inherent fear. A fear of being found out for what it truly is, for then it would lose its power of control. It will do Anything to keep your awareness from knowing the Truth. Eckhart Tolle, one of the very few true teachers, discusses this at length in "The Power of Now." He gives a very concise and true picture of the mind. The Truth is found in the present moment, but the mind will do anything to keep you from staying in the present moment. Why? Because the

mind cannot exist as the controlling factor in that state of Presence. So as long as we continue to allow the mind to control our awareness, we will be lost. We will always be drawn toward lies and deceptions. To know the Truth, we must go beyond the mind, beyond thought, beyond the phantasmagoria of forms and dramas.

There are tens of thousands of books supposedly about the truth. I have read hundreds of them, and glanced through many more. I have yet to find more than I can count on one hand that actually expresses the Truth, or even point you in the proper direction. Eckhart Tolle is an exception. His teachings are the closest and most profound, yet he even states, he cannot show you the Truth, but he gives you pointers to where it is. That is all anyone can do, because no one can show you the Truth. You must walk through that door and experience it yourself, because the Truth is not something you can perceive or understand with the mind. How can anyone describe that which is beyond comprehension? It can only be experienced with one's awareness. Eckhart Tolle explains this very well.

But other than Eckhart Tolle, I find most other books and teachers nothing but hogwash. So many complications, deceptions, practices, regulations, promises and on and on. They completely miss the Truth, which is actually very simple.

I will spend some time unraveling the deceptions and illusions, so you can find the clear path to the Truth. In fact, that is what much of this book is. Clearing the pathway of all of the rubbish that has been placed there to make you lose your way and get lost. This is what I described as standing before yourself naked; to realize that what you believed to be true actually was just a deception. The inner journey itself is simple, but the problem is that there are so many sign posts and guides all leading you in the wrong direction. What a mess we find ourselves in.

The mess that we experience in the world, and in our own selves, is created by misidentification of the self with the mind. This is known as the false ego. Our true essence lies beyond the mind, deep within us. The mind can never grasp your true essence. As long as one has not experienced that inner nature of one's true essence, then whatever one's mind could possibly conjure up will lead one in the wrong direction and create suffering. It is tinged with it's origin, the false sense of self. This false pretense of self is the foundation from which all conditioned thoughts are manifest, and that foundation is always present in every stage of its manifestations. As long as one has not reconnected with his true nature, then his mind is never his friend and always creates suffering, as that is its nature.

"No problem can be solved from the same level of consciousness that created it."

- Albert Einstein.

The primary cause of unhappiness is never the situation, but your thoughts about it."

- Eckhart Tolle

"If the structures of the human mind remain unchanged, we will always end up recreating the same world, the same evils, the same disfunction."

- Eckhart Tolle

"Sometimes the questions are complicated and the answers are simple."

- Dr. Seuss

Chapter Two

I AM

I Am..... Fill in the blanks. There are thousands of possibilities. Or are there? The mind is always searching for something to identify with. I am a man, a woman, an American, a Catholic, a liberal, a democrat, intelligent, rich, generous, sad, angry, etc. and etc. All of these are coverings that hide the true self, that whom you truly are.

But that is the mind complicating everything. The mind just can't seem to be able to leave well enough alone. It seems to have some kind of need to identify with something, not being content in just Being. The mind fears that simplicity and runs away from it. But in reality, it is all very simple..... I AM. Period emphasized. Stop there. Now the mind becomes fearful and bewildered, because it cannot grasp this simple fact.

So what does it mean, I Am? In simplest terms, it is the state of Being. Being is not a thing. This can also be described as awareness, consciousness, presence. This is beyond the mind in the deepest part of who you are. It is the you that perceives the mind, the body and the world. It is formless and pure. It is beyond time and space. It is beyond words and cannot be understood. But it can be realized. So whatever definition that I, or anyone else, could possibly give only points you in the direction, but you must realize it yourself.

And this pure awareness is an eternal, infinite, individual, sovereign I Am presence. Contemplate this phrase deeply. There is great meaning in it.

We are not all one consciousness manifest in innumerable separate bodies and states of consciousness. That is a misconception of self and reality. We are all one in the sense that we are a microcosm of the macrocosm. All of the stars, the planets, the galaxies, all of the dimensions, and the entire creation rests within each of us. And we are also situated within everyone else. We are all so interconnected. But we are each an eternal, individual, separate I Am presence. We are not the same consciousness, but eternally individual. This is very important to remember on the journey. We don't say We Are, but I Am.

I am in You, and You are within Me, and We are all together.

Chapter 3

Fleecing The Sheep

As you will see, I'm not holding back any punches here. You cannot see the Truth until you let go of the lies and deceptions that hide it. These are the guardians that keep you from knowing the Truth and who you are. This path to freedom takes courage. It is not for the faint hearted. This is what is meant by a true spiritual warrior. One who is not afraid to step out of his comfort zone and confront these deceptions and the deceivers.

To begin the inner journey, you must first of all know which direction to take. And a map comes in handy to know where the detours, dead ends and obstacles are. The mind conjures up so many cunning tricks to deceive you, making you believe that any detour is the way to go, anything to get you off the true path.

This New Age lovey dovey, only be positive and don't look at the negativity BS just doesn't cut it. In fact, it is nothing but one big con job to keep you from actually seeing the Truth. To not look at the negativity means you are leaving the lies and deceptions in place to continue covering the true self. Notice who preaches this philosophy, and you will see the perpetrators. They love the fact that so many people refuse to look at the negativity. In this way they can continue to deceive without any confrontation. I have known many "spiritual teachers" who preach this philosophy, and then perform some of the most abominable actions. I have seen manipulation, corruption, stealing of funds, drug dealing, pedophilia, and even murder, while they tell you to look the other way or even to justify their actions. Yes, I could name many. We are exposing everything here. Nothing is sacred.

The world is not in want of false scriptures, doctrines, philosophies, religions, fake gurus or fake spiritual teachers. I have read many of these books and I have met hundreds of fake gurus and spiritual teachers, and I found that almost everyone who places himself in that position was phony and deceived. And then they deceive others in the name of spirituality. Once you know the game, it is not difficult to see the deceptions that we have been immersed in for life times.

Anyone who places himself above others, sitting on an elevated seat and expecting others to worship and serve him is nothing but a crooked fool. They are deceived and they deceive others. Such thieves steal and feed off of the power, energy and life force of their foolish followers. And these foolish followers

gladly give the culprits their power. They also have us worship them with love and devotion. They love this, because they feed off of our power. It is like a drug for them.

And that goes for All of these so called angels, ascended masters, beings of light, gods and goddesses as well. They are all simply deceiving demiurges feeding off of humanity. Billions of people worship these false gods, giving them their life and soul. So sad. They are fleeced while living, and led to slaughter at the time of death.

How do I know this to be true? I have experienced that path; giving my power away to false gods and their minions. I have seen so many atrocities in the name of spirituality. Upon true self realization, when you reconnect with the essence of who you truly are, one of the first revelations that come from within, is that we are all equal here. We are all sovereign. No one is above us, and no one is below us. Not even the creator of this entire Universe is above us, and not even the perpetrators of evil and deception are below us. So anyone who claims to be self realized and puts himself above others has deceived himself and deceives others. Fools following fools.

Now I am going to move out of the bounds of what I know to be Truth from the deepest part of my Being and tell you what I see with my eyes of knowledge. We must ask the question, "Who are these gods?" If we look at all of the ancient religions and mythologies, we see that they appeared from the "heavens" in chariots of fire, brandishing thunderbolts and other powerful mystic weapons. We see that they are not virtuous at all. They fight with one another, they are jealous, envious, angry, vengeful, and destructive. They do not hesitate to rain fire upon other gods and humanity. They are deceptive, controlling, manipulative and without mercy.

At best, they are passive aggressive, and they are all psychopaths (I'm sure I have lost a few readers by now. As I said, it takes courage to travel this path). Notice how they promise us an empty heaven at the time of death if you worship them and follow their rules and regulations, and if you don't they will throw you into the depths of hell. Like I said, passive aggressive psychopaths. How many of us would throw even our worst enemy into the hells they convince us exist? These gods do not seem very virtuous or loving to me.

When they first arrived many thousands of years ago, humanity was gripped in fear as they watched them battling in the skies with each other and forcing humanity to submit to them. They forced mankind to submit to their control and forced them to offer sacrifices of flesh and blood. They did not hesitate to destroy entire races that refused to submit.

In time, they were able to manipulate the minds of men through their very powerful mind control techniques. Soon mankind was programmed to offer them worship and sacrifices in love and surrender of one's life and soul. So now we see that so many foolish sheep run to their churches, temples and mosques to worship and pray to these gods and goddesses with love and devotion. They even dance in celebration of their bondage and slavery. We must love these gods unconditionally, no matter how they treat us, and yet we see that they certainly do not love us, even though they say they do.

So now we are getting to the bottom of this entire game of lies and deception. If you have read this far, you can begin to see how we have all been deceived. Why couldn't we see this before? Because we have been placed within these powerful mind control programs. This is called the matrix.

"I do not concern myself with gods and spirits either good or evil nor do I serve any."

- Lao Tzu

Chapter 4

The Matrix

What exactly is the matrix? The matrix is an artificial overlay placed over the natural order of reality. In the words of Morpheus from the movie "The Matrix:"

"Do you want to know what it is? The Matrix is everywhere. It is all around us. Even now, in this very room. You can see it when you look out your window or turn on your television. You can feel it when you go to work, go to church, when you pay your taxes. It is the world that has been pulled over your eyes to blind you from the truth."

Neo, "What truth?"

Morpheus, "That you are a slave Neo. Like everyone else, you were born into bondage. Born into a prison that you cannot smell, or taste or touch. A prison for your mind. Unfortunately, no one can be told what the matrix is. You have to see it for yourself. This is your last chance. After this there is no turning back. You take the blue pill, the story ends, you wake up in your bed and believe whatever you want to. You take the red pill, you stay in wonderland, and I show you how deep the rabbit hole goes..... Remember, all I'm offering is the truth. Nothing more."

Profound words of Truth. The matrix is an illusion that is generated out of the conditioned mind. As long as one identifies with his mind and allows it to control him, then all he can see is the overlay placed over the true reality. The natural order of reality is what you perceive in the natural world when you free yourself from your mind, the false notion that you Are that mind, and see through the eyes of presence.

From the mind is generated societies, civilizations, religions, philosophies and education. The hierarchical structures, kings, armies, conflict and war are generated from this conditioned mind. All industry, money, economics, and technology are from the mind, and overlays and they destroy the natural order of reality. All of these overlays are the matrix, the illusion. The natural order of nature and reality is not an illusion, but the true reality. The illusion is our clouded perception of reality. The reality lies beneath the illusion, beneath the matrix.

We see that all of mankind is caught within this illusory web of the matrix. They perceive only this artificial overlay, only occasionally getting a momentary

glimpse of the reality which lies beyond the matrix, only to vanish as quickly as it came. This matrix is being controlled by the false gods and their minions.

Now there is another matrix beyond this earthly matrix. It is called the cosmic matrix, and is extremely large. It is another false light construct that is created by these false gods. This cosmic matrix has swallowed thousands of star nations into their false light constructs.

All of the gods and idols that are worshiped on Earth, as well as their minions, including the angels, ascended masters, pantheons, channelings, all of the religions and New Age are all part of this cosmic matrix, and they permeate the earthly matrix.

This cosmic matrix has been going on for eons. All of this is the outward journey, externalizing one's consciousness away from the true self, which is your essence of Being. So much of this deception is disguised as the inner journey. Guided meditations, yoga, working with the chakras, kundalini awakening, praying, reiki, chanting, worship and devotion, working with crystals, mind altering drugs, etc. are all deceptions. False guides and sign posts leading you back into the earthly matrix, or into the cosmic matrix. We must identify all of these lies and deceptions.

The inward journey takes one out of the mind and the phantasmagoria of delights. It is the path beyond form and bright lights. This path is infinite, full of life and wondrous states of true Being.

"As soon as I hear that someone is thinking that another authority, another person, has the rights over their mental and emotional and attitudinal and psychic life, I'm worried about that person. Because I know that that person has some very serious psychological and existential problems, right off the bat. Then that person is going to be a part of a herd, or will be a controller of a herd, or be manipulated by the herd, or whatever you want to call it. But you will never find that person doing any good in the world."

- Michael Tsarion

"You find peace not by rearranging the circumstances of your life, but by realizing who you are at the deepest level."

- Eckhart Tolle

"All the things that truly matter, beauty, love, creativity, joy and inner peace arise from beyond the mind."

- Eckhart Tolle

“When you don't cover up the world with words and labels, a sense of the miraculous returns to your life that was lost a long time ago when humanity, instead of using thought, became possessed by thought.”

- Eckhart Tolle

“Stop thinking, and end your problems.”

- Lao Tzu

Chapter 5

The Inner Journey

There are two paths in life. The first is the outer, or external path of the world and all of its thoughts, forms and dramas.

And then there is the inner path, which leads us inwards, toward our true essence. This is the path less traveled. The mind is not interested in the inner journey. The mind wants interesting things, excitement and drama. It wants to be fully occupied, without giving you a moment of rest. The outer journey is fraught with struggle, pain, disappointments, sadness, anger, and occasionally a little pleasure. They all eventually reach a dead end in the labyrinth of the world.

The inner path is not interesting or exciting. It is the path beyond the mind. It is full of life, wonderment, awe and peace. It is the infinite path of the true self.

So much that is masquerading as the inner path is actually the external path, leading you away from the inner path. The inner path is not complicated. It is very simple.

Never be hesitant to change your path in life and onto the inner path. Listen to your intuition, observe the signs and the inner nudges of your inner self. If your path is full of struggles, pain and doesn't feel right, perhaps it's the wrong direction.

The inner path does not include imagery, lights or mantras. It is the path of silence, and it is pure and simple.

Eckhart Tolle gives a very powerful meditation in *The Power of Now* called the inner body meditation. A couple of weeks after my 2004 awakening, I began reading *The Power of Now*, and came across this meditation, and tried it. Within a few minutes I found myself in the current of life, which moved me swiftly into the depths of my Being. I eventually arrived before my higher self. In fact, there was no separation between us. I could feel that I was an aspect of this higher self, like a finger is an aspect of the hand. When this happened, a divine unconditional love gushed out of the core of my Being. This is the Divine Mother. It permeated my entire existence and spread out from me. When I came out of this and looked around at my surroundings the love continued flowing. My mind did not exist. I was sitting on my front porch, and it was a sunny late January

afternoon. The love flowed to everything that surrounded me. It permeated all the plants and trees and the little lizards and even all of the insects. I could not tell where I ended and they began. I did not feel that I was one and the same as all of these other beings, but that we had a very divine connection. That we were all connected at a very deep level. It was a wondrous experience, full of life, full of awe, full of love, acceptance and completeness. This lasted for quite a few minutes until my mind decided it was time to intervene and try to figure out what was happening. As soon as my damn mind came back it all disappeared in an instant. This was the first truly wonderful experience using that very powerful meditation. I find this as an excellent way into the inner journey. Please try it.

"A good traveler has no fixed plan, and is not intent on arriving."
- Loa Tzu

"At the center of your being
you have the answer;
you know who you are
and you know what you want."

- Lao Tzu

Chapter 6

The Inner Self

The inner self is also called the higher self, as it lies in dimensions above our physical reality. But it is manifested within us as the inner self. I prefer to call it our inner self, because that is where it is found, by taking the inner journey. When this is called the higher self, people get the concept that it exists outside of us, up above. But you can only reconnect with this higher self by going within. You cannot connect with it by searching outside of your self.

The deeper you travel inward, the more you reconnect with this inner self. Now you are not different from this inner self. It is not a separate being. It is you. The little You, the aspect of you that is conscious of this life you are living, is identical to your inner self. Get used to feeling this. When you reconnect with your inner self you are awakening to more of who you already are. Let me repeat that; when you reconnect with your inner self you are awakening to more of who you already are. You are realizing who you truly are beneath the false coverings. When you wake from a dream, you understand that the you in the dream is identical to you in your waking state. They are different forms of experience, but the experiencer is the same person. So when one awakens to his inner self, to reconnect with that higher aspect of who you are, one will realize this immediately. There is no doubt. It is like waking from a dream.

When I had my first major awakening in the late '80's so many revelations began issuing forth from the core of my Being like waves, one after the other. This continued for many months. When each revelation of Knowing emanated from within, they permeated my entire conscious existence. At first I felt like I was becoming those Knowings. That some how they became a part of my conscious existence. But in time I realized that I didn't become anything new. I already was those Knowings. I am those Knowings. They were always who I was. It's just that I had awakened to who I already am. The Knowings were non-different from who I am, and I always was those Knowings, and so many more eternally. It was simply a process of awakening to who I am.

On the morning of Jan. 1, 2004, I had an even more profound awakening, which made the first major awakening pale in comparison. This was a much deeper awakening, and I was aware of many more profound Knowings of who I am. Again, these came like waves of revelations emanating from an even deeper aspect of my inner self. One of the first revelations was that I was whole again. Nothing was lacking. I had awakened to the fact that I am whole and complete

within myself. Nothing more external was needed. This was a new and very satisfying feeling for me.

I had seen that my entire life I never felt complete. There was always something lacking, as though my consciousness was permeated with very large empty holes that constantly needed filling. I'm sure many of you feel this. There is always something lacking, so we spend our lives trying to fill these holes to feel whole. We work all day to try to fill these holes with so many external things and people. The new dress, the new techno gadget, the new car, the new house, the vacation, the night out on the town, the new toy, more food, drugs, alcohol and on and on it goes. And of course the most important thing for me was the intimate relationship. My "other half" to fulfill that emptiness within. Now, if we fill those gaping holes with external things and people, what happens? The holes don't stay filled for long before they need to be filled again. This is a never ending struggle, always looking to acquire something to fill those holes. This is like filling holes with water. They temporarily get filled, we feel temporary satisfaction, and then the holes dry up or the water seeps through the earth and they are empty again. And how many crazy things have we done to try to fill up the emptiness?

Our lives become futile. We are never satisfied for long before a hole needs filling. The amazing thing is that this is such a major part of our existence and we don't even see it. When it finally dawned on me what was happening, I was taken aback. How could I not see this so clearly before? Yes, I had a vague understanding, watching myself through the years always striving to become satisfied, but to truly awaken to it at such a profound level was quite astonishing; even embarrassing for a moment.

So the more we connect with our inner self, to who we truly are, the more naturally fulfilled we become. The holes don't actually become filled as much as we awaken to the fact that there never were any holes. It was all a misperception of reality and who we truly are.

One also realizes that there are many levels to the inner self. There isn't just one level of the inner self so to speak, but many many levels of that one inner self. There are several levels just within this Universe. But we are infinite. There are infinite levels of the one inner self. There is no end to to who we are. Therefore the inner journey is also endless. There is no destination any more than there is an end to infinity.

Now the mind certainly cannot grasp That.

But first of all, let's connect to the first level of our inner self. As soon as you connect to the first level of your infinite self you feel complete, fully satisfied and awakened. The other levels come in time when the time is right. Once you awaken to the first level, there is no anticipation to connect higher, as you already feel complete.

Our I AM presence is not only infinite, but also eternal. We always have existed and we always will exist eternally. Let's consider this. We always have existed. This means we were never born. We were never created by some god or spawned from some golden light. Otherwise we could not be eternal. And he who is born, must also die. So these religions that proclaim that some god created us and we are subservient to that god is nothing but a lie. Funny how no one ever thinks of that. How can we be eternal and yet created by some god?

So we can get a glimpse of who we are in fullness, but our mind can never understand it. It is beyond comprehension. It can only become known through awakening to our inner self, which is who we truly are.

Chapter 7

The River of Life

The deeper one travels on the inner journey, towards the true self, the more one surrenders to the river of life. On that path one will be inclined to let go of everything that is false. One allows the river of life to carry him on his journey, floating with the current, never opposing it. This is exemplified so beautifully by Richard Bach in his short story, "Illusions."

It is allowing what is to be as it is. To accept what life is presenting to you as exactly what you need in the moment. To not fight against life, but to work with it. Fighting what life manifests is swimming against the current, and as we know, it is a struggle to swim against the current of a river. Now this does not mean you cannot change where you are or what is happening to you, but instead of fighting it, move with it. First accept what is. See that it is there for you to learn something. Once you accept what is, then you can make arrangements to move on, but without judgement or resentment. An example would be if you were in the company of people that you feel are affecting your consciousness in a negative way. Accept and observe the situation. What is it that you need to see and learn? Feel how it is affecting you. Then, if you can, excuse yourself and leave, without judgement. If you cannot leave, then accept it. It is happening to you because it is necessary for you. You are there to experience and learn.

Our relationship with the river of life is reciprocal. If you work with life then life will work with you in positive ways. If you work against life, seeing it as a struggle or obstacle, or worse, to hate life, then life will treat you accordingly.

Now the river of life is always the same in its essence, just like a river is always water. But this water may manifest in different ways. Sometimes the river of life is calm, peaceful and serene. And sometimes it moves more swiftly, and at times there are rapids. As one develops faith in the process of life, one learns not to struggle against it, not to struggle against the current. As one becomes accustomed to this river and how she acts, one's journey becomes progressively easier.

Allowing the river of life to carry you also means to not try to hurry your progress. It is not wise to move faster than the natural current. Why would someone try to hurry the process of life, escaping the present moment, striving for the future? Besides, there is no end to the river of life. It flows eternally and infinitely. There

is no final destination, so what are you racing toward? Accept the present moment as it is.

"Accept - then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it."

- Eckhart Tolle

"Always say yes to the present moment. What could be more futile, more insane, than to create inner resistance to what already is? What could be more insane than to oppose life itself, which is now and always now? Surrender to what is. Say yes to life - and see how life starts working for you, rather than against you."

- Eckhart Tolle

Chapter 8

The Perfection of Life

One day I was meditating on a tree, being present, and connecting with the essence of the tree. Suddenly a leaf just fell. I realized in that moment that that leaf fell at the exact moment that it was always destined to. It could not have fallen one moment sooner or one moment later.

Now sometime before, in my awakening of 2004, I had realized this about my own life. When I awakened that morning I realized that I had awakened at the exact prescribed moment. I could not have awakened one moment sooner or one moment later. And I realized that it wasn't because of anything that I did. None of the meditation, or yoga, or chanting of mantras, or devotion, or pious works or any other spiritual activity had anything to do with it. It was by Grace alone. Grace of my Inner self, who is who I am in Truth. It was simply my time. I also saw that every experience in my life was necessary and vital for that awakening to occur. Every event, situation, drama, struggle, relationship, and even every little conversation were all experiences that were absolutely necessary to bring me to that point.

So now the question arises. I did nothing to bring this about and yet every experience was vital. So how is that? Did I not choose those experiences, or was I simply along for the ride, thinking that I made those decisions?

There is a divine plan at work. This present life that we are living at present was planned in every detail by our higher self before we ever took birth here. Your higher self, who is non-different from you, wrote the script of your life, and you, in your earthly aspect, are the actor playing it out. You are experiencing it first hand. And this is how our life is conducted, so in effect, free will is an illusion.

The argument of free will verses pre-destiny has been contemplated by sages and philosophers for millennia. On the one side, advocates of free will may present many philosophical arguments, such as, "We experience free will, therefore it exists." But does it? What if it is only an appearance? Other arguments for free will include moral responsibilities, the importance of being in control of one's life and the abilities to change circumstances and events, etc.

But if free will exists how can cause and affect exist? Free will would then be able to change the affects of causes. But cause and affect are universal laws of creation. Look at your own life. Do you believe that it was just coincidence that

you were born in a specific family, country, society and religion? Or are your spouse and children just a coincidence? That it is only a coincidence that events happen in your life and the lessons that come with them?

And what about the Sun, which is the father, creator and controller of this solar system? The Sun obviously follows his predestined path in space. He spirals through space on his prescribed path, and all the planets spiral with him on their prescribed paths. Have you noticed how the Sun rises every morning like clockwork? Do you actually think that the Sun can change that? "Oh, I think I'll rise an hour later today, or maybe I should move closer to Earth and fry everyone." Well, that doesn't happen. So the Sun and planets follow their predesigned courses through space, but we are so special that only We have free will? How arrogant we are.

And what about god's divine plan? If we had free will, then that would pretty much screw up god's plan. Which makes praying rather obsolete. As George Carlin says, "What!? You think god is going to change his divine plan because you want something?" "So, now nature has been following god's plan for billions of years, and then along comes humans with free will that could screw up god's plan by their whims? What kind of divine plan is that?" So there are hundreds of millions of people that believe in god's divine plan and free will simultaneously. Where is the logic in that?

Now let's consider this scientific experiment by scientists at the Max Plank Institute for Human Cognitive and Brain Science: Using fMRI researchers would scan the brains of participants while they could freely choose if they wanted to press a button with their right hand or their left hand.

By monitoring the micro patterns in the frontopolar cortex, the researchers could predict which hand the participant would choose 7 SECONDS before the participant was even aware of the decision he would make. The study's co-author, John-Dylan Haynes stated, "Your decisions are strongly prepared by the brain activity. By the time consciousness kicks in, most of the work has already been done."

It seems that mankind is very fond of the idea of free will because he wants to think that he is in control of his life. It is important for him to believe that he can change or avoid circumstances and events. Well, I have some shocking news for you: You are Not in control, your higher self is. When you reconnect to your higher self and surrender to that higher aspect of yourself, you allow your life to unfold naturally. You float down the river of life without worry or anxiety. Life becomes simple.

"I may not be perfect, but I am perfect just the way I am."
- George Kavassilas

Chapter 9

What Is This Place and Why Are We Here?

We have come from beyond the stars, beyond the cosmos and even from beyond this Universe. We are eternal and infinite, so we have infinite manifestations, eternally. Now I have no idea from where we have come before entering this Universe, and I don't believe it is possible to truly know, what to speak of any semblance of understanding. It is beyond our ability to conceive. How does infinite and eternal manifest outside of this Universe? It is very difficult to describe even the higher dimensions in this Universe. And each Universe has a different construct. Does time and space even exist in these other realms, except as the eternal Now and the infinite Here?

We are one aspect of our total I Am presence traveling eternally from one Universe to another. We learn all about these Universes and bring back that wisdom to our infinite self, which always resides deep within us. So everything that we have ever experienced in our total Being resides within us Here and Now. And we are not different from all of those experiences. We Are all of those experiences and wisdom.

When I had my first major awakening in the eighties, Mother Earth Manifest from the deepest core of my essence the entire Universe. This emanated throughout my entire conscious energy field, in all of its levels and divisions. I saw that all of the stars, galaxies and different dimensions were present within me in layers. The Universe is manifest as a torus, which is the same construct of Earth's magnetic field. One dimension was layered above the next, with the physical dimension being the innermost layer. The next dimension, the fourth dimension, which is the largest, was manifest in seven major octaves (most mystics erroneously conceive of these octaves as separate dimensions), just like our musical scale, and each octave is manifest from each of the seven chakras, with the physical octave (also known as the third dimension) being the root chakra. Beyond the fourth dimension lies the fifth dimension and the higher dimensions above that. These higher dimensions above the fourth dimension exist beyond our chakra system, which is a fragmented manifestation of our one true center of our Being. This true center of our Being is like a white light, and

the fourth dimension, which is a mathematical construct, is like a prism. When the white light hits the prism, the light is fragmented into seven colors, each in relationship to the seven chakra system, the musical scale and the seven major octaves of the fourth dimension. So our true essence lies beyond the chakra system.

I was also shown how all time, energy and consciousness have a primary structure and movement of the torus and exist also as secondary movements of spirals emanating from the torus from which it originates. So all energy, including time and consciousness, move through spirals of opposites. We see this in an oscilloscope in two dimensions. We experience this as day and night, the passage of seasons, birth and death, etc. Now each manifestation exists primarily as the torus structure, as I experienced it manifest within my energy field. It also exists as a spiral of the torus above it, from which it emanates. So the torus above us is Mother Earth, so we spiral out of the center of that torus of Mother Earth and spiral around her until our death, when we merge back into the torus at the opposite center point. So we spiral through life, experiencing opposite polarities.

So from this I was able to understand the structure and manifestation of creation and how we are each a microcosm of the macrocosm. In 2004 when I had an even more profound awakening, I was able to revisit my first awakening and understand it better, from a higher perspective.

Another aspect of how energy moves in this structure ties together with the perfection of life. Our entire sojourn in this Universe is in the shape of the torus. The outermost level is our sojourn in the highest dimension. In that dimension, each of our manifestations spiraled out of the torus in a spiral fashion. So there are innumerable spirals emanating from the first primary energy form of that torus. Now the next dimension is a torus that manifests just below that first torus. This creates a whole new layer. Picture the layers of an onion in the shape of a torus. Now within each layer, each of the manifestations of that torus spiral out individually around that torus. This happens with each sequential dimension. And each manifestation, or incarnation is a torus in itself. Each life form is a torus spiraling out of its mother torus. So when we descend into the fourth dimension an entirely new layer is created in the form of a torus. Each incarnation is then a torus as well spiraling around its mother torus. So now this happens again when we descend into the third dimension. So our lifetime at present is a torus spiraling around Mother Earth.

Now consider that we are living in linear time here on Mother Earth. Our lives appear to be moving in a straight line, but actually it is spiraling in spherical time. In linear time, time is divided into past, present and future. In spherical, or toroidal time there is no division. The past, present and future are all present in

the present moment, in the here and now. So our entire life path, and all of the past and future lives all exist within the present moment. The future has already been written. Not just This lifetime, but all of them. Take a moment to digest that.

Our entire sojourn has been planned by our higher self before time. Before we took the plunge into the fourth and third dimensions, our entire sojourn was already written. Every lifetime was predesigned. So why are we even here living life if it has already been written and has already happened in spherical time? Well, because we are the aspect of our higher self that is living it. We are learning from it, and that is the purpose, the name of the game. We had to live in an illusion of separation, the illusion of having free will and the ability to control our destiny. This is how we learn. We cannot learn if we know the future. So although on one level, all this has already happened, some part of us has to live it, experience it, and that is us. Each level, or layer of our higher self is aware of the sojourn down here. Our first aspect of our higher self is in the core of Mother Earth and is aware of all of our manifested lives we live on Mother Earth, past, present and future. And that higher self is aware that he is manifest from his higher self in the core of Father Sun. And the next higher self is residing in the core of the Milky Way Galaxy, which is a manifestation of our Divine Mother Creatrix. OK, now that your brain has been well fried, go take a break for a minute and then come back. We have more revealing Truths to come.

Let's look at this from another perspective. All of creation is manifest in fractal geometry. If you are not familiar with fractal geometry check them out on YouTube. There are several. There is especially a fascinating documentary there by Arthur C. Clark. In fractal geometry there is a basic pattern that continues to infinity in both directions. As you go through the infinite layers of the fractal you see that there is no separation or division. It is a continual flow to infinity in both directions. And the basic pattern is there in all of it. We see this pattern in all of nature, from the galaxies to the star systems, to the planets and everything manifest on every planet. This is also apparent in the manifestations of our higher selves. The same basic pattern is there in all of them and one is within the other. There is no separation. Wherever you go, all of your higher selves are within you. In fact, you are a fractal of your higher self, which is a fractal of its higher self.

So let's get back to eternal time and space. I can somewhat describe how eternal time and infinite space are manifest in the fifth and much higher dimensions, those that are beyond evil and conflict. Infinite space means that it stretches in its vastness without end in all directions. It also means that it is unlimited in its manifestation. In this physical dimension space is limited. If we have a couch in a room, it occupies that space. You cannot simultaneously place a table, or

anything else, in that same space at the same time. That's why cars crash into each other. They can't occupy the same space. Now in the fifth dimension and higher, there is no limit to what, or how much you can fit into any given space. In fact, you can fit the entire infinite space, and everything in it, into, lets say, an egg (or even within an atom). So the entire universe and our total infinite self are all Here.

And eternal time is manifest in its own way. It exists as the eternal Now. Within the eternal present moment exists everything past, present and future. It all resides Here and Now. And there is no limit to this. In the higher dimensions we know all of who we are, all of our past and future is there within us in each moment. And we have the ability to focus our attention to any point in that past and relive it as it had happened eons before, or to focus on the future and live that as if it is actually happening in the moment.

So if the higher dimensions are so radical to our little human understanding, how can we even imagine what there is outside of this Universe, in its myriad of levels and manifestations?

Now back to the story..... So we are guests here within this Universe. So we were never created from this creator of this Universe or from anything else. We entered into the higher dimensions and have been experiencing those dimensions, learning, experiencing. We have been traveling from one dimension to the next, experiencing all that there is. We finally came to the fourth dimension, which is very different from the higher ones. This fourth dimension is the largest. It is so large that most all sages and "realized" beings believe that this fourth dimension is the entire Universe. They are incapable of piercing into the fifth dimension and higher. This fourth dimension is manifest in seven octaves, each of which is connected with the seven chakras in our body. The base chakra is the third dimension, the physical reality in which we find ourselves in at present.

The third and fourth dimensions are very different from the higher dimensions, as the duality experienced here is very powerful, extreme and acute. Evil and conflict only exist in these two lower dimensions. In the fifth dimension and above, there is only unconditional love and acceptance. We had to enter these lower domains to learn all about this Universe, and don't think we didn't have hesitation. Many of us who came as guests still have not made the plunge. Those of us who did enter the lower domains have been traveling through the third and fourth dimensions for eons, taking birth in so many galaxies, star systems and planets, experiencing myriads of different life forms, from galaxies, stars, planets, humans, plants and so much more. It is incomprehensible how many life forms we are and have been.

It has been a very long and arduous journey, and we are now reaching the end. We have arrived at the end of the game so to speak. We have arrived here and now to complete what we began so long ago. Many of us are feeling very tired by now. So this brings us to the present.

Now the divine creator of this Universe is facilitating this entire process. The Divine Father has manifest himself personally as our Sun, and the Divine Mother has manifest herself as our planet Earth, the jewel of the cosmos. This was done to accomplish a very special and divine plan, to bring us to completion. Mother Earth is facilitating our completion here. Many of us here are about to take birth into a new form of Being. Mother Earth is birthing us. We are about to become, to transform, into Christed Beings, Buddhas. Eckhart Tolle describes this as the flowering of human consciousness. From there we will travel throughout the cosmos as Christed Beings. An aspect of us will return to our higher manifestations, bringing the new wisdom with him.

So before we came here to planet Earth, first our essence merged with the center of our Milky Way Galaxy, the Great Mother. We did this to calibrate our essence with the vibration and construct of this galaxy. We then incarnated on various planets experiencing much of what this galaxy has to offer. Eventually we were ready to come to planet Earth.

To do this we first merged our essence with the core of our Father Sun, so that we could calibrate ourselves to the vibrational energy of this solar system. From there an aspect of our essence merged with the core of Mother Earth to calibrate ourselves with the energetic construct of this planet. Our first level of our higher/inner self resides there. From the core of Mother Earth we then project ourselves onto the crust of the Earth in our various incarnations.

When we go inward, to reconnect with our higher essence, we are rekindling that relationship with our inner self, and simultaneously rekindling our relationship with our Mother Earth. You cannot reconnect with your inner self without simultaneously reconnecting with Mother Earth, as your inner self resides in her core. When this happens, we become overwhelmed with appreciation and gratitude for her. We can understand that it is only by her grace that we can even exist here. Our bodies are made of her elements, we breathe her air, and the food and water that sustains and nourishes these bodies are made of her elements. This gratitude is a primary key to life. The more we feel gratitude, the deeper we are allowed to go. The deeper Mother Earth draws us inward towards her.

We do not worship Mother Earth, or Father Sun or anyone else. We do not submit ourselves to anyone. We are sovereign by our divine nature. We do offer

her the utmost respect and gratitude. That is all she ever wants. She never asked us to worship her and it is as unappealing to her as if someone decided to worship you (except for the bogus gurus and gods that feed off of that. They are all deranged).

I have been speaking about how our total essence has so many aspects. An aspect of our complete and total self entered this Universe and traveled down through the dimensions. Each time we descend into a new dimension, it is an aspect of ourself that descends. So we still exist in those higher dimensions, even though we are not aware of those manifestations of self. From the fifth dimension an aspect of ourself descended into the fourth dimension, and we have fragmented several times in the third and fourth dimensions. I have discussed how we fragmented into the Milky Way Galaxy and the Sun and then Mother Earth. From there we project ourselves onto the Earth's surface.

Now it is important to know that we never actually divide ourselves into many different beings spread all over infinity. We are always whole and complete. Every aspect of ourselves, including the one that we are living, is always whole and complete. We don't divide like a cell. All of our higher selves are within us now. All of them from eternity and infinity. Now that is not really comprehensible, is it? That a higher part of us is still living in the fifth dimension, in the core of Mother Earth and the core of Father Sun and simultaneously in here deep within us now. And we are down here oblivious to all of it. And yet simultaneously they are all within us now. There was never any division or separation. This is a principle of infinite space. Remember how I explained that in infinite space you could have all of infinity held in the size of an egg? Ah..... Now you can begin to grasp the concept. But you cannot realize it fully until you experience it. There are many principles of reality that we have no idea of. In fact, when I traversed the Universe in my first major awakening (When the entire creation manifest within me) I could not get my bearings. Things just are not the same, and it becomes even more strange the farther up you travel. It took me many years of contemplating this entire experience to begin to grasp it, and most of it still remains a mystery.

So now that many of us here have reached the end of our journey in the cosmos, what is about to happen next? Well, that is the great mystery. So many people give conflicting predictions about this. But as Eckhart Tolle says, we are about to witness the flowering of human consciousness. We are about to be birthed by our divine Mother Earth into Christed Beings, Buddhas. How and when this will occur is anyone's guess.

Chapter 10

The Roles We Play

Upon my awakening in 2004, one of the profound revelations that manifest was that we are all playing roles down here. We are all characters in a divine drama. The script has already been written, and we are acting it out. We are all stars down here in this grand drama.

Everyone is playing a role. There are many roles that we play. Mother, father, husband, wife, teacher, doctor, business man, banker, guru, spiritual authority, healer, student, perpetrator, victim and so many others that we play in this drama. The problem is that people identify so heavily with these roles that they cannot see who they are beyond them.

And most all people wear masks to hide behind to create an even more deceptive role. Who is hiding behind the mask? What is it that they don't want others to see? This is the world that we are living in. I know many people that identify so heavily with their masks that they have even forgotten who they are behind the mask. They are totally delusional. And if you point out to them what you see beyond their mask, what they are hiding, they become extremely angry.

On that fateful morning I was able to see not only beyond the masks, beyond the roles, but who we are in the fifth dimension, where everyone lives in unconditional love. This is the abode of our higher self. It was from that platform that we planned our lives. We chose the roles that we were to play.

I saw in my own life many important people in my life, especially those who caused me great pain. What some would call my adversaries. I saw that each of them chose those specific roles for me to learn lessons and help my awakening. They were all very instrumental for me to learn important lessons, bring my karma into balance and for me to awaken. And I saw that from this higher

dimension they all did this from a deep place of unconditional love. There was absolutely no animosity. And I decided to play many roles to help people as well. So these are the true personalities beyond the characters we all play in this divine drama.

From this perspective I could very easily forgive them all, because in reality, no one truly caused me any suffering. I arranged the circumstances along with them in unconditional love. It's like a mother that chastises her child for running into the street in front of a car. She does it out of love, no matter how it looks in the moment. This is the only true forgiveness, to actually realize that in reality no one did anything to me. There really is nothing to forgive. Now the perpetrators may even hate you at this physical level, and they are completely oblivious to their higher self. But I know that in a deeper essence there is no animosity, only love.

Other types of forgiveness are only partial, and not true forgiveness. One still sees them as the perpetrator, yet one decides not to hold it against them; to pardon them, as though we are superior and offering our benevolence. We still remember the transgression, and if we continue to think about it, the anger will again resurface. So this is a closer look at the drama that we are all playing in.

By being present and going within, you see beyond the roles you play, and you see others from beyond the roles that they play. This is the platform of genuine honest relationships.

"Authentic human interactions become impossible when you lose yourself in a role."

-Eckhart Tolle

Chapter 11

Mother Earth Speaks

I grew up in the forests of Oregon and spent most of my days outside in the forests, rain or shine. We had very little technology back then compared to now. Life was very different. I developed a relationship with Mother Nature very early. I saw everything in Nature was alive, vital and full of energy. She was always my solace. When I was 21 I traveled from Italy to India overland. I went directly to the Himalayas, where I lived and trekked for 9 months. There wasn't any electricity there back then and it was very peaceful. There I was able to rekindle my relationship with Mother Nature. Everywhere I went I was awestruck by her majesty. I noticed the mountain people, although living very austere, had the biggest genuine smiles I had ever seen. They lived so close to Mother Earth and they were extremely happy. This made me realize where true happiness was. Modern society had it all wrong. That experience shaped my life.

I can't help but notice that our modern world, with all of its technology and our disconnection from Mother Earth has made us a very sick and unhappy society, with so many physical and psychological problems. Probably half of all Americans are on some type of medication to deal with our stressful life. Our connection with Mother Earth is vital, not only for our health, but also for our psychological and spiritual lives. If we were able to disconnect from modern society and live more in tune with Mother Nature, we could solve most of today's ills in the world.

Mother Earth is our Divine Mother. She gives us the life we are living here. Our bodies are made of the Earth. We breathe her air, we eat her food. Our feet are supported by earth. She is the cause of our existence here. For this alone we should feel immense appreciation and gratitude. Mankind has devastated her,

caused her tremendous pain, and still, out of unconditional love, she still supports us, still feeds us, still nourishes us.

I find that it is of primary importance to rekindle our long forgotten relationship with her. When one takes the inner journey, as we rekindle our lost relationship with our higher self, we automatically rekindle that relationship with Mother Earth. Our higher self resides within the core of our great Mother. We are simply a projection from that space. So when we reconnect with one, we reconnect with the other. And when this happens, there are intense feelings of gratitude. At times it is overwhelming.

And our great Mother reciprocates with our love for her in so many ways. Does she not give support, nourishment and love to all of her plants and animals? So how much more does she give to one who has rekindled that lost relationship in love? When we can rekindle that relationship and live in gratitude, we help heal the Earth in ways that are so much more beneficial than anything else one could possibly do. She sees that our lives here, when one feels this gratitude, are a great sacrifice on our part for her healing.

Mother Earth speaks to us, nourishes us and enlightens us with wisdom in countless ways. If we can walk in Mother Nature and find this place of gratitude within us, clear the mind and be in the present moment, wondrous things happen. If you clear your mind and could simply focus your awareness on a single flower, or tree or anything else natural, wondrous things happen. You merge your essence with the tree or flower and they speak to you, not in words, but in feelings, and so much wisdom resides in a simple flower or tree. It was when I was meditating on a tree that Mother Earth manifested the entire Universe within me. A flower can show you the same. A simple flower can offer you so much, and yet when we focus our attention on the flower, the whole plant receives so much from us as well. It is a reciprocal relationship.

And all of this begins with a little gratitude towards Mother Earth. As soon as we begin appreciating her in the many ways she supports and nourishes us, she begins reciprocating. Soon gratitude becomes natural and every time you put your attention on nature, you will feel this gratitude. As you feel this genuine gratitude she draws you into her more and more. And as she draws us into her depths, she also draws you inward toward your higher self. This reciprocal relationship grows, and the more it grows, the more she will reveal herself to you in so many ways. What you experience as you focus your attention on a bird singing today, may turn into something even more wondrous and beautiful a week from now. Each time you look out into Mother Nature, she will reveal more and more of her bountiful gifts, and you will feel more and more gratitude. For me there seems to be no end to this incredibly deep relationship. As we spend

time in this state of divine presence, we are healing Mother Earth, and every flower, tree, stream and everything that rests in our Mother's bosom. It is a wondrous place to live. Let the world spin in its madness. You are doing far more service to the world loving Mother Earth than you could by engaging in any activist endeavor. Let the others get entangled in those dramas. You have found something much deeper, fulfilling and healing.

When I walk out into Mother Nature I see and feel so much. It is extremely satisfying for me. I don't have any desire to go out on the town or any of the myriad of things that people get great enjoyment from. Sex doesn't even interest me any more. I find no enjoyment in any of those things any more. It all seems so meaningless, so dead. Just let me walk out into beautiful nature, and I am as happy as I could be. I especially enjoy the nature in the Western United States. There seems to be much more vital energy than on the East Coast or Midwest. Many people can feel this. Even Eckhart Tolle was drawn to the West Coast, and it was there that he wrote "The Power of Now."

When I had my awakening in the eighties, it was Mother Earth that revealed to me the Universe. I spent a few years living in the mountains of California, in a very beautiful area. It was holy land to many Indian tribes. I would walk into nature daily, feeling gratitude in every moment. And Mother Nature reciprocated so much. The nourishment and wonder I received daily was phenomenal. I would listen to the wind blowing, the trees rustling, and the sounds that Mother Earth speaks to us with. The singing of the birds was more enjoyable than any symphony. Every blade of grass was sacred, and I disturbed very little as I walked. The birds, animals and even the insects would come to me in love. The rattlesnakes would come up to me yet never did I feel any fear from them. Never did they shake their rattle. One day, as I was climbing up a waterfall of the large creek, I turned to my left, and there was a rattlesnake, a foot away looking me right in the face. It spoke to me in my mind, "I am the guardian of this mountain. You are our friend, so you can pass without fear."

One day a large mountain lion came crashing through the underbrush. It sounded like something very big moving very swiftly. She came right up to me, no more than fifteen feet away. The power of that lion was awesome. I had no fear. I felt such appreciation for this powerful Being. Every time she breathed I could feel the world around me expanding and contracting with each breath. She then hid behind a bush a few feet away. I was so enamored I started approaching her. Then these words came into my mind, very powerfully, "Stop! Do not come any closer. Even though you cannot see me, I am always with you to protect you. Now back up slowly and let me pass." So I did, and then she darted off with incredible speed. These are just some of the beautiful experiences I had as I rekindled that relationship with Mother Earth.

If you were to go out into Mother Nature and quietly listen to her, you will see that as the morning breeze blows through, it carries the energies of all of the plants and animals and sends those messages to the other plants and animals. That way all of nature knows what is happening that morning. It is the morning news of Mother Nature. They know what is happening and how the rest of the landscape is feeling that morning. The birds then know exactly when to sing and what songs to play. The hawk that was resting on the tree limb knows the exact moment when to fly and where to go. It is really quite magnificent.

Do you ever look at the sky? I'm surprised at how many people rarely look up. I guess that is why they can get away with spraying such dangerous chemtrails. When I ask many people if they notice how many chemtrails there are on a specific day, they look at me as though I was insane (of course most people think I am mad anyway). But besides the chemtrails, if you look at the sky you will be amazed at the show. The cloud formations floating with ease. And if you focus your awareness on the blue sky, it gives you a glimpse of expansive infinity. And the storms, I take great delight in the storms. What a show.

The night time sky is dazzling. On a clear night, especially away from the cities, there are millions of stars in your vision. A magnificent display of lights. I find it awe inspiring. And consider this: Each and every one of us is one of those stars in the sky. Yes, you are a brilliant star. This gives new meaning to starseed.

Now you know why a night on the town feels so dead to me.

"A few minutes ago every tree was excited, bowing to the roaring storm, waving, swirling, tossing their branches in glorious enthusiasm like worship. But though to the outer ear these trees are now silent, their songs never cease."
- John Muir

"Climb the mountains and get their good tidings"
- John Muir

"Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul."
- John Muir

"In every walk with nature one receives far more than he seeks."
- John Muir

"Keep close to Nature's heart... and break clear away, once in awhile, and climb a mountain or spend a week in the woods. Wash your spirit clean.

- John Muir

"The clearest way into the Universe is through a forest wilderness.

- John Muir

"We depend on nature not only for our physical survival. We also need nature to show us the way home, the way out of the prison of our own minds. We got lost in doing, thinking, remembering, anticipating - lost in a maze of complexity and a world of problems."

- Eckhart Tolle

"Whenever you bring your attention to anything natural, anything that has come into existence without human intervention, you step out of the prison of conceptualized thinking and, to some extent, participate in the state of connectedness with Being in which everything natural still exists."

- Eckhart Tolle

"The contemplation of nature can free you of that 'me,' the great troublemaker."

- Eckhart Tolle

"Bring awareness to the many subtle sounds of nature - the rustling of leaves in the wind, raindrops falling, the humming of an insect, the first birdsong at dawn. Give yourself completely to the act of listening. Beyond the sounds there is something greater: a sacredness that cannot be understood through thought."

- Eckhart Tolle

"When you perceive nature only through the mind, through thinking, you cannot sense its aliveness, its beingness. You see the form only and are unaware of the life within the form - the sacred mystery. Thought reduces nature to a commodity to be used in the pursuit of profit or knowledge or some other utilitarian purpose. The ancient forest becomes timber, the bird a research project, the mountain something to be mined or conquered."

- Eckhart Tolle

"Sometimes you have to listen hard to the sounds that Mother Earth still makes, all on her own."

- Greg Brown

"The mountains are calling and I must go."

- John Muir

Chapter 12

Awakening

Before I can describe what is awakening, first I must describe what is not awakening. There are many false paths masquerading as awakening. And they are all dangerous detours that take one to the cosmic matrix of false light constructs.

Practicing kundalini yoga and opening up the crown chakra and third eye are definitely not awakening - This is a very dangerous detour. Your individuality is lost and your life essence is sucked up to be assimilated into these false light constructs to be fed upon by the beings who control those paradigms. You will be lost for a very long time before you can escape. And they hunt you down, life after life. I know this personally.

Yogis that merge into the light is definitely not awakening - Like kundalini yoga, you lose your individuality and get assimilated into that light. There is no perception in those realms.

Phony gurus that touch you or blow onto your head to give you "enlightenment" is not awakening - Another dangerous detour. You have just given your power and essence over to some demiurge to feed off of. All for some tingling sensations and false knowledge.

Conversations with gods are not awakening - This is nothing more than an overactive imagination or some disembodied spirit deceiving you.

Expensive meditations that supposedly make you levitate is not it - This is laughable. Remember, hot air rises.

Practicing shamanism, taking psychedelics or ayahuasca, and meeting other worldly entities is not awakening - Another dangerous path. I practiced shamanism for quite some time. The mind loves this phantasmagoria. There are heavy repercussions for going there. The earthly veil may be lifted, but only to get sucked up into the cosmic veil.

Channeling other entities is not it - What channel is it that you are tuning into? These entities are expert in deceiving with their flowery words and promises.

Now that we cleared most of that rubbish from our paths, let's look at what true awakening is. It comes about only by grace of your higher self and Mother Earth. We awaken at our prescribed time, and only at that exact moment. There isn't really anything you can do to hurry this process any more than you can make the Sun rise before its prescribed time. Best to be patient. If you have read this far or followed Eckhart Tolle's teachings, then your higher self is already preparing you for your awakening.

Awakenings generally come in stages. It's rare that you have a full blown awakening like Eckhart Tolle and continue in that state. I've noticed in my life they come in stages, with a few very memorable ones. Also I noticed that spiritual practices are not always necessary for when it arrives.

In my own life, before my 2004 awakening, I spent four previous months in a very dark night of the soul. My entire life crumbled before me. I was falling off the cliff into the abyss of utter despair, grasping for straws on the way down. I found myself in a very dark negative space. I was angry, resentful, bitter, suicidal, and very much alone. I felt the entire world was against me. It was gut wrenching and agonizing. I threw out all my spiritual books, pictures, kicked my previous teachers in the ass and hated god. Then, 2 weeks before my awakening my higher self spoke to me very clearly this short phrase, "Surrender to the suffering." So I did, and went through a deeper hell, but I accepted it without resistance. Two weeks later, on the morning of January first, 2004, I woke up and I was awakened. All the suffering was gone and I rested in total peace. Revelations flooded through me. Two weeks later, my higher self came back and said, "Now pick up *The Power Of Now* and read it." So I did (I had it on my book shelf for two years and never got past the first chapter). I was astonished. This is exactly what had happened to me. I stayed in that satori for nine months, until the pressures of work brought me right down. But it was still there in the background, and it was easy to access.

Also in my own life, I notice that I still get frequent new powerful revelations that I wake up into. These are all a part of who I am. So I find that it doesn't stop. My higher self is always waking me up to more. Another important thing I notice is

that although I woke up to a fifth dimensional level of unconditional love, I don't remain there, but fluctuate between the third, fourth and fifth dimensions. Living between worlds. So one moment I could be living in a three dimensional awareness, and then the next moment I will be living in a fifth dimensional awareness. I have gotten used to this and simply allow whatever is to simply be without anticipation or anxiety. I still have circumstances that I need to experience. I have talked to others who have had similar awakenings, and they also live between worlds. So it seems to be normal for some.

I would like to express what I experience when I live in the present moment, in my presence. My awareness experiences the world from beyond my mind. The mind stops functioning, which brings a very deep peace and stillness. Everything seems so much more alive and with a much deeper meaning. Everything has meaning, a purpose for existing and everything is incredibly beautiful. I would look at an old worn out chair, and it was an artistic masterpiece, perfectly formed. Even the parts that were worn seemed perfect. And everything tells a story. A vision of it's use throughout its life was present in the moment. Such a thing leaves me astonished.

That eventful morning when I awoke, I saw the sunlight coming through the window. I had never witnessed sunlight like that. It bathed everything in its splendor. And the light itself was alive. I could see all of the tiny light particles swimming around each other and blessing everything they touched. The birds were singing and it sounded like a symphony. My house is always clean but clutter gathers. I looked at a pile of clutter and I saw that everything was perfectly placed. Nothing was askew. And each item and its placement had such a deep meaning. It was as if I had placed every item with perfect care to create a masterpiece. I dare not change anything. At that time I had humble second hand furnishings, yet everything seemed so beautiful and perfect. There were no needs, no wants; no regrets or misgivings. A feeling of perfect completeness. As I walked around I noticed that my body was so much more alive. Every movement, no matter how awkward, seemed so graceful. At that time all I could do was experience the wonder. There was nothing else to do. And waves of revelations came. I realized how much I was changing with each revelation. This lasted for many hours before I could even begin to function, and then only a little. There was really nothing to do except experience all of it. That eventful morning is still etched in my memory. And that satori lasted for nine months.

Soon many of you will be experiencing similar awakenings and more very soon. We have reached a point in time when we are about to go through great changes. All energy moves through cycles of opposites. We are coming to a point, for many of us, to pass through the eye of the needle, the passing from one opposite to the other. We are moving through great negativity at present, but many of us

will be shifting to a new way of life, the flowering of human consciousness. We will be seeing more and more people begin to awaken. So be patient. Remember, you cannot hurry the process.

What does this flowering of human consciousness mean? I really don't know. When will it happen? I don't have a clue. Will everyone experience this transformation? I doubt it. You have to be willing to change before you change. As I look out at the world, especially here in America, most people seem completely lost, enamored by trinkets and stubborn about giving up their ridiculous beliefs, oblivious of the most obvious things staring them in the face. What will happen to them? I don't know. Lao Tzu said, "Those who have knowledge, don't predict. Those who predict, don't have knowledge." I believe the mystery is an important aspect of our experience here, so I leave it to be.

"Live in the present moment, because that is where everything is happening, including awakening. A good traveler has no fixed plans, and is not intent on arriving."

- Lao Tzu

"The journey of a thousand miles begins with one step"

-Lao Tzu

"It is better to travel well than to arrive."

- The Buddha

Chapter 13

Creating a New World From Within

I decided to write thirteen chapters just to annihilate anyone's silly superstitions. Why should the number thirteen be so unlucky? Who made That up? Why do you think the "Powers that Be" created an entire superstition over this number?

When I was a young child, I would spend a part of my summer with my Italian grandparents that were from the old country. My grandmother was old, ignorant and extremely superstitious. I figured this out at 4 years of age. But nothing could prepare me for my time in India, the motherland of superstitions. Now India is advertised as the motherland of spirituality, but I have never seen any semblance of true spirituality come out of India. There was the original teachings of the Buddha. But the brahmans killed off most of the Buddhists and pushed them out of India, but not before completely adulterating the Buddha's true teachings, making it into just another religion.

I have never met an Indian guru that was Not a deceiving fool. The Beatles even wrote a song about Maharishi called, "The Fool on the Hill." India today is a broken country of toxic waste, disease, corruption and a caste system that has somehow legitimized slavery and chauvinism.

And it is not just India. The entire world is a grand deception. And don't think that the past was free of this. Every civilization that has ever been established on Earth, from prehistoric times, is part of this grand deception. Many people look towards the ancient civilizations as the Truth, but this is not the case. All of this and all the other terrible things you see in the world today and in the past are all generated by the conditioned mind. As I stated earlier, anything that has

originated from and generated out of the conditioned mind will end in suffering, because the original foundation of that is a false sense of self. And this foundation is present in every stage of its manifestation. We therefore find ourselves in a world of intense suffering. Just look around. It permeates everything. Many fools believe that we are at the pinnacle of human evolution and we are living on the cutting edge. The fact is that humans have been slowly devolving for several thousands of years. Now that we are at the end of the great cycle, this has been speeding up. Now it seems to be exponentiating.

Art, music, theater, dance, writing, poetry, craftsmanship and photography are all considered the Arts. I'm sure you have noticed that many of the arts are no longer being taught in the modern educational system, which is nothing more than a government propaganda campaign to create slaves of the system. The arts are considered superfluous. Even most parents dissuade their children from any interest in the arts. They tell their children that they will never make money or succeed in life by pursuing the arts. So now the story line is that making money and succeeding are the important things in life?

In our modern times, and stretching back some time, most of the arts that we are exposed to are all emanating from the conditioned mind. But the only true arts emanate from within. Other forms are generated from the mind or channeled from above. These forms of art are inharmonious, disjointed, without balance or symmetry. Just look at most modern and conceptual art, and the entire art industry. Look at the music industry and the terrible forms of music they produce. Or Hollywood and the slew of terrible films that disrupt the psyche. Modern architecture and city planning have created atrocities; blights on the landscape. And then there are the millions of books, both spiritual and otherwise, that are nothing but rubbish. Craftsmanship has given way to mass produced crap, now being manufactured in slave factories in developing countries. Some of the true artists were Leonardo Da Vinci, Mozart, Beethoven, Hazrat Inayat Khan, Rumi, Hafiz, Buckminster Fuller, to name but a few.

Then there are the sciences and medicine. Both of which have faulty premises and focus on dissecting everything, completely losing the big picture and how everything is interconnected. Math begins with a very faulty premise; that the point is empty, nonexistent and valueless, when in reality the opposite is true. They say that this entire cosmos was generated from a single point of nothingness. This entire intricate cosmos was generated from nothing and everything happens by chance? Really? The truth is that everything exists within that one single point. It is the seed of the cosmos. The entire cosmos exists in that seed form in its unmanifested full potential. So all of math, based on this

false pretense is very faulty. As they say in math, if you start with a false pretense, or foundation, then no matter how you work the equation the answer will be wrong. This applies to everything in life. So the entire world is topsy turvy.

"As soon as I hear that someone is thinking that another authority, another person, has the rights over their mental and emotional and attitudinal and psychic life, I'm worried about that person. Because I know that that person has some very serious psychological and existential problems, right off the bat. Then that person is going to be a part of a herd, or will be a controller of a herd, or be manipulated by the herd, or whatever you want to call it. But you will never find that person doing any good in the world. Not any real necessary good at all. It's a contradiction of terms. They may be sold the illusion, or delusion that they are doing wonderful work, because they gave to Live Aid or the next stupid charity that pops up out of the woodwork. [They are] the people's champions that lead you away."

-Michael Tsarion

This is the old world, which has served its purpose and is now beginning to fall apart like a deck of cards. Its time is coming to an end. A new world with a new energy is about to give birth, with us along with it. The energy is now moving into its opposite as we move closer to the eye of the needle. Sometime soon this will become self evident.

To paraphrase my friend George Kavassilas, "Our Mother Earth, and us along with her, are turning inside out. This is all happening now at the subatomic level." So all of the natural environment is changing from within, as well as the people that are open to allowing it to happen. The plant and animal kingdoms are sorting out who will ascend (I'm pretty sure that fire ants, mosquitos, poisonous plants and the myriad of bothersome species will not be participating in this event, but I could be wrong). The same is happening with Humans. One must first of all be willing for these new energies to manifest from within. This new energy will annihilate their paradigms and belief systems. If they hold on to their old paradigms they will become very uncomfortable to remain here. You will be seeing a lot of people exiting this reality whenever this begins to appear.

All of the old world will crumble before our eyes. All of the political, social, religious, New Age, governmental, financial, medical, scientific, electrical, nuclear, psychological, medical, industrial and military structures will crumble. All of the buildings that are disharmonious and/or built with artificial ingredients will crumble into dust. The old must go to give way to the new.

So this is already happening at the subatomic level. This is due to the interactions of the energies from Father Sun and Mother Earth. It would be good to be grounded to Mother Earth for these energies to be assimilated and integrated properly. We live in artificial environments and wear rubber soled shoes and plastic clothing that all insulate us from Mother Earth. May I suggest stop wearing plastic clothing, and take off your rubber soled shoes and walk barefoot on the Earth as much as possible. This also has amazing healing properties as it allows zillions of negative charged electrons and antioxidants to travel into our bodies at light speed.

This new energy manifests first at the subatomic level and then the atomic level. From there it progresses to the molecular, then the cellular level. Then the systems of the body will begin changing and then the whole body will transform. This is also happening at the mental, emotional, psychological and spiritual levels. As my friend George says, we are turning inside out.

This transformation process is individual. As I stated, not everyone will transcend. We don't have to wait for this to happen at the global level. We can actually transform ourselves before that time. All we have to do is be open to the process, to not resist it. The more we are open to this, the sooner it can manifest within us. This does take courage and complete honesty. To see the reality beneath the lies is not easy. We have to let go of most of who we thought we were and that which we believed to be true. There seems in be a great fear in exposing the lies within us, as though we would destroy ourselves. Well, yes, it does destroy the false sense of self, but it also puts an end to the conflict, complications, dramas, lies, deceits, pains and struggles we experience and endure. When one realizes that he has been a fool his entire life, it is extremely liberating. Only by coming to this realization can one begin to change. Isn't it worth accepting this fact so we can liberate ourselves and change?

We now find ourselves at the junction between these two worlds, the old and the new. These are exciting times we are living in. Of course it isn't without extreme difficulty. We are witnessing so much chaos, both in the world and in our own selves. I don't know how this transformation will manifest, or when it will happen, but it will be wondrous indeed. The mystery of life.

“We’re morphing, but very slowly. Sometimes we take a big leap, and then we sit there for a while, and then we take little steps. Sometimes we take a few steps backwards. But we’re always moving forward in the end. And really, it’s going to get to the point when we are just going to get released from it, and we’re just going to morph, and it’s just going to be a very, very incredible experience.”
- George Kavassilas

Epilogue

So there you have it, the pure and simple Truth. Short and somewhat sweet. I could have added so much more. Each chapter could easily have been three or four times longer, full of more details and commentary, but why complicate simple?

I feel that I have shattered most belief systems; the lies and deceptions that have been fed to humanity for thousands of years. I'm sure there are many more stones to upturn and rubbish to clear out of our minds and lives, but for now I will leave it up to each individual to clear his own path. Each of us has his own rubbish to clean up.

With the shattering of these lies and deceptions we become free. We throw off the chains and shackles that have bound us into slavery for thousands of years. This clears the path to the inner journey, to reconnect to who we truly Are. It is not easy to let go of these shackles, because we have been programmed for so long to accept them as a necessary foundation of our lives. For those that have the courage to break free, the inner journey becomes a natural path of Being. So this is the map. the guide book for your journey.

So don't believe anything I have written. Find out for yourself. Any words can only point you in the direction. You must walk the path yourself. It is your journey, and only you can walk it. I have sent you in the proper direction. Now it is up to you to travel the path and walk through the doorway. Happy trails to you brothers and sisters. It is only time that separates us.

"The journey of a thousand miles begins with one step."

- Lao Tzu

ABOUT THE AUTHOR

I grew up just south of Portland, Oregon in lots of forests, which I spent most of my time in. Mother Nature was my environment and my solace. When I was 7 I won first prize in the state art contest and was sent to private art school for 5 years. Later I studied architecture and worked in that field while in high school and after at some prestigious firms as a draftsman. My teenage years were spent in the late 1960's on the West Coast, so I became immersed in the new cultural movement of the time. Our generation was the first one to break away from the past generations and to help usher in this new consciousness. It was a time of great expansion of consciousness. When I was 19 I traveled to Italy, where I lived for one year and traveled around Europe. Then when I was 21 I went overland to

India and spent 9 months trekking in the Himalayas. There I reconnected with Mother Earth in all of her majesty. I then returned to Europe, where I lived for 11 years, much of the time in various ashramas searching for the Truth.

By 1986 I became completely disgusted with ashramas; the lies, deceit, corruption, scandals, manipulations, phony gurus and their philosophies based on fear and guilt. Legal slavery in the name of spirituality. This was a very important experience for me, to see clearly the deceit of all religions and "spiritual teachers."

So off I went to California for 7 years, most of that time living in the mountains, walking in Mother Nature, healing and meditating. It was there in 1989 that I had my first major awakening. Mother Earth revealed to me from the deepest part of my existence the entire cosmos. It sprouted from within and manifest throughout my entire field of consciousness. I saw the structure, the layers, or dimensions, and the movements of all time, energy and consciousness as they spiraled around this structure through cycles of opposites. All of the planets, stars and galaxies rested in my Being, as well as all of the dimensions. I saw that we are each a microcosm of the macrocosm.

I spent 5 years working on three editions of a book describing all of this. I had an entire suitcase of notes and I put all of that wisdom into an understandable context. It was impossible to publish it, as the Truth is always opposed in this world. Eventually a copy of my second edition ended up in the lap of the world's most respected authority on sacred geometry and architecture at the Prince of Wales Institute of Architecture. I was hired as a consultant and was also instructed to write another edition of my knowledge for an Oxford University text book. I had no idea that I just landed in the lap of the illuminati. One day I was approached there and confronted. They showed me a few chapters of my book and demanded where I got this information from, as it was the secret teachings of Plato and no one was supposed to know this. Well, shortly after I "strangely" became deathly ill and had to return to California, so I was never able to finish the work. I have been ill ever since. But I have an outcome, a destiny, and it may be impeded, but it cannot change the outcome. So I spent many years healing and coming to terms with what had happened. These were very important lessons for me.

On New Years morning, 2004 I had an even deeper awakening that revealed Truths from beyond the cosmos. I experienced satori for 9 months before the pressures of work interfered. Since then I have had many more very deep revelations that have sprung forth from the center of my Being. Each one awakens me more into who I already am. I have also had major impediments placed before me to try to end my life and stop my work, but I am still here,

stronger and more conscious than ever. So I thank those impediments and those who placed them in my path.

That brings us to the present. I realized that I had never written down the revelations that I awakened to during that time in 2004. It has been eight years since then. I felt this great inspiration to again write my Knowings after all this time, as it is now the Apocalypse, the time of the lifting of the veil, the revealing of the Truth. That is what this small book contains. It is a guide book for the inner journey.

