A STEP INTO THE LIGHT
(The Awakening Of The Children Of The Light)

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THE SPIRITUAL EXPERIENCE
(The Author)

On or about 1987 I had been contemplating my future. Everything was going fine and it seemed that I had reached all of my possible goals or plans in life. But deep inside I felt that something was missing that had not yet been fulfilled. One afternoon I decided to meditate on this and see what might come to me as I often did with small trivial things. Little did I know that it would be a day that would ultimately change my life. That afternoon I had a very profound spiritual experience that was out of this world and that emotionally, mentally, and spiritually, I was not able to understand. I went into a state of denial, as I was not able to handle the reality of it, and I felt that if I told someone they would think that I had lost my mind, so I told no one at that time.

In 1990 things started to fall apart in my professional world, and little by little, things got worse. By 1992 I was flat broke, heavily in debt and barely surviving. Since the age of eighteen I seemed to have the magic touch, in that, I could always find work for myself and all others that worked with me, but now I seemed to be plagued by bad luck. Shortly thereafter, the IRS came after me, holding me responsible for thousands of dollars in taxes for a subcontract in 1987 where the employer failed to issue 1099 forms and being that I was the spokesman for the unit, I was now being held responsible. Knowing that my accountant of twenty years would clear this mess, I immediately called and was shocked to find out that the only person who could clear my name had just died.

In my search for work, it was unbelievable to me that in my desperation to survive, I could not even find a job at a fast food place. For months I hit the streets and the State Employment office without anything being offered. I was now getting close to my limits on my credit cards without anything in sight.
Coming to the lowest point in my life, in a state of mental and emotional agony, the depression was so hard to bear that I literally thought that I was going to explode. I now knew why someone would take his or her own life. Although I could never do this, I now could feel the pain and despair of those that have taken their life.

I had traveled and worked all over the United States and had never been without work or finances since I left school. Why was I being punished? What did I do wrong to deserve this? I knew in my heart that I was a good, spiritual person. I’ve always gone out of my way to help someone in need. All of my life I have prayed to the Creator three times a day and along with this I meditated at least once a day. I had always asked to be of service since the year I learned to meditate. I could not understand why I was being forsaken.

Thereafter, for about two months, I lived on $15.00 a week teaching a friend piano lessons, praying that I would not become homeless. I had so much pride, and being in the state of mind that I had devolved to, I was not able to ask for help much less let anyone know of my condition.

Shortly thereafter I found a real job driving a delivery truck, which was to take me through all walks of life. From the lowest of the low in the skid rows of Los Angeles, to the elite in Beverly Hills, Malibu and Palm Springs. All manner of human life forms wore unfolding before me, which had a profound, humbling effect to my being. I had now been reduced to this state in which I felt entrapped. Soon after, I started to know and recognize the homeless, not by name but by a frequency or an energy force; in that, I felt sad when I wouldn’t see someone who was a fixture on some corner or area, and the knowing that they had died or been killed. These certain individuals had a purpose even in their state of being that touched my soul; consequently, I was literally shaken, as someone important was no longer here, but how can that be? It was just another homeless person ……. or was it? Certain of these
individuals would literally shake the depth of my soul when their eyes locked into mine in this strange type of recognition. Not in a threatening manner but in a knowing that someone of great wisdom, as and old soul was calling to me. They never spoke or greeted me other than a deep feeling that I knew or somehow understood, but what was it that I understood? It was a mystery to me, as I felt that it was something affecting my mental capacity in this state of being. This was occurring with certain individuals, both within the elite and the lowest of the low. A strange recognition of some sort.

On March 15, 1995 at exactly 7:15 in the morning, an accident occurred at the warehouse, which resulted in the amputation of a fingertip exposing the bone. I was taken to the hospital emergency room where the doctors all gazed, but no one looked like they wanted to work on this mess. A young female doctor broke through wondering what was going on and volunteered to work on it. She looked at me and said, “This is going to hurt.” Although the pain was presently unbearable, I was still able to joke with forced humor and said that I could handle it. She then looked at me intensely and said, “Peter, this is really going to hurt, as I somehow have to snip the bone deep enough without hurting the remaining tissue and small arteries, in order to wrap flesh over the bone. Otherwise we will have to amputate another portion of the finger. The other thing is, we cannot use anything to deaden the area. You are bleeding profusely, and yes, it is going to be an intense pain, but these six assistants are going to hold your body down.” With that, they then proceeded to place a rubber mouthpiece for me to bite on.

The first jolt of pain was like a white lightning bolt that went up my arm, straight to my right temple, then to the rest of my body. With six individuals holding me down, my body still lifted off the gurney-operating table with each jolt. I could not believe what was occurring! I would see a white bolt of energy as she tried to snip the bone off an uncontrollably, shaking hand. It took forty-five
minutes to complete the task of repairing the damage, but I still had no control of the signals my brain was now sending to the rest of my body resulting in electrical spasms and twitches. Somehow I knew that something extraordinary had occurred in my brain, which would ultimately change my life.

Since that day, my sleep pattern changed in that I have not been able to sleep as normal people do. Sleeping two hours and being awake for five, then sleeping fourteen hours then being awake for three, but as of this date two and a half years later, it is finally stabilizing.

About a month and a half after the injury I became aware of visions of pyramids, pictures and what I perceived to be ancient symbols during these sleep sojourns. Then one evening I became aware of a knowing, that a book was sectioned off in a golden grid, as part of my brain. Immediately, I started to meditate and being in alignment within my being, as a soul, the sections started to come to me in a non-speaking voice, which I started to write down.

Somehow I was able to access this information, within my meditation alignment and in many unusual ways. Sometimes it was like working on a computer accessing information, which was awakening within me with no outside help. At other times I felt like I was on a conference call with other enlightened beings, all giving certain input, which included myself. At other times, it was different forms of mental telepathy. The most unusual form was at the end of pulling in the last segments of the book, which were not in any order; just pieces similar to a large puzzle.

I was resting on the couch in a complete state of confusion not knowing the sequence of the book. This was in the pre dawn of the morning, after pulling in the last information after an all night session. I was thinking out loud, wondering, how I was going to pull this information together to make sense, rather than in the sections all scattered, lying on my kitchen table. At this point, in what I can only describe as a loud, soft and quiet, gentle voice (which of course is a paradox) spoke to me. I was amazed that
Chapter One

The Spiritual Experience

every article, from a spoon, picture, plant, furniture etc., which included my body, resounded with this voice equally present in volume and gentleness. The voice asked me to get up and walk to the table and see how I subconsciously had laid out the pages and chapters. It was all there in front of me! I had written down a list of pages to work on and it was also there!

Then in an instant the voice reminded me of the spiritual experience of 1987, and also, my injury experience in the hospital, then related the purpose of the book; and with that the frequency withdrew.

As I recounted at the beginning, I had sat down to meditate on the future of my life one late afternoon in 1987. Not in a serious mood rather in a light, inquisitive, pondering way. As I meditated I started to sense an unusual frequency of energy that was increasing with intensity. It was a nice feeling of a loving sensation that now started to surround my body. With my eyes still closed, I sensed the presence of two individuals behind me who then proceeded to lift me out of my body, each with one hand firmly under my arm sockets. Although I did not directly look at them, I knew that they were two hooded monks, who I felt completely confident and comfortable with, knowing that they would not drop or harm me. There was no fear, only a sense of excitement, and the wonderment of a new adventure.

As they lifted me through the ceiling of the room, I could still see my body sitting in deep meditation. In an instant the planet Earth was just a large ball and soon we were passing stars, planets and all type of unusual formations, which then started to blur, as we were traveling at a high rate of speed. Then it occurred to me that this is what many people see as a tunnel in near death experiences. In the distance of what I presumed to be this tunnel of blurred lights and stars, I could see a city with a brilliance of light radiating from it. It looked like it was made out of icicles or crystals from what I could make of it. I couldn’t keep my eyes off of
it, as a great feeling of Love was now pounding in my heart with excitement that was quite overwhelming.

Then, without warning, we came to an abrupt stop! “What was wrong?” I asked. “Why did we stop?” But there was just silence as I looked at the hooded Monks. I could not see their faces, as the hoods seem to be oversized for that purpose.

Suddenly an orb, slightly larger than a tennis ball, appeared in front of me. It was a beautiful lime green ball just rotating in front of me, as we just hung there, stationary in space, with stars, planets and clusters in the distance. I could no longer see the Light from the Celestial City. What was happening? What were we waiting for? Why was this beautiful orb rotating in front of me?

I stared in amazement, as this orb started to unfurl into a beautiful being in front of me. There was no fear, just a state of awe, as it was now obvious that it was an Angel. I felt like a child, as I was totally immersed in checking every part of this being. I realized why they say that Angels have wings. What is perceived, as wings are streams of energy, that are polarized frequencies radiating from the heart center coming out of the back area behind the heart. They are left and right polarities that stream out from the back, which gives the illusion of wings. The energy is constantly flowing, then streams and fades away from the body. To the eye, it looks like the large, transparent, tail fins of tropical fish, just waving away like wings.

The being never spoke but just allowed me to completely fill my curiosity as I gazed at its presence. When this was done, the Angel raised an arm and pointed to the side for me to see what was now being presented. Knowledge was now being presented to me, as to how everything in the Universe works. From the tiny insect on planet Earth, to all life forms in other realities and states of being. The reason for every thought form in existence, to all Universal Laws. The whole scheme of things, in all manner of form, was unfolding before my eyes. The only sound was my own “ooh’s and
“aah’s” as each new presentation was being revealed to me. This all happened quickly, although, it felt like a lifetime.

When it was over, the Angel just smiled at me and withdrew back into an orb, fading away right in front of my eyes. With this, I felt the Monks withdrawing me back to Earth.

I was so excited! I could tell everyone how everything works! I could help everyone! But then, something started occurring. As we were getting closer to Earth, knowledge was starting to fade. I kept telling the Monks to stop, something was wrong, its all fading away! “I’m forgetting everything! Wait! Please wait!” But to no avail, they just dropped me back into my body in one big jerk! They picked me up in such a nice way and now they rudely, just dropped me back into my body and in an instant they were gone.

What was the purpose of this adventure? At moments, I thought it was a cruel joke; then the next moment I felt blessed; then I felt totally disappointed knowing that I could have helped all those in need. It seemed like such a waste! I knew that if I told someone they would think that I was crazy. I had no proof! This haunted me for three days, at which time I concluded that it was best not to tell anyone, as no one was hurt and no harm had been done other than the rattling of my brain. I went into complete denial, telling myself that it did not occur; that it was all a dream or illusion. But deep inside I knew that for a short period of time, in 1987, I had known the secrets of the Universe. Now my mind was blank other than the memory of the actual experience. Coming back to the present, and being able to see the sequence of the book lying on the table, I finally knew why all these things had occurred in my life. It was all part of the Divine Plan and now it would be presented in this book. From 1990 to 1997, all my trials & tribulations within a seven year period. From 1987 to 1997, exactly ten years from the Spiritual Experience, all within the Law of Cycles; a first hand experience in what is contained in this book.

Peter L. Martinez
Author’s Note: The book is structured as a tutoring book in that each chapter, when completely assimilated, will prepare you for the next succeeding chapter. If a chapter or its contents are ignored, it will have a chain effect to the full benefits of each following chapter. Growth may still be enhanced, as Light will be revealed by its contents.

It is not necessary to believe or fully accept the contents of each chapter, but by keeping an open mind and neither accepting nor rejecting the contents, truth will awaken from within your own heart and not by what is written.

It has taken two and a half years to complete the book, as there would be periods that information would not be revealed. There was a dry spell of seven months where the only thing that would come through was to have patience; although, other information would be presented that was not part of this book.

It is suggested that those students on the path, that intuitively know this book is personally for them, should read one chapter daily. Those who do not have the discipline to do so may read the book all the way through, then go back and read each chapter daily. Those who may be curious and do not feel that they are on a spiritual quest, will find entertainment in what is revealed, but you may want to hold on to the book for future references, as in the future, sign posts and bursts of awakening will occur. Each chapter is A Step Into The Light!
CHILDREN OF THE LIGHT

The three basic laws of this teaching deal with all the new sciences, technology, spirituality and the foundation of most religions. As we advance into a new age of computers and numbers, we will ultimately discover the power and the great significance of the number three.

In each era of advancement in the sciences relating to the evolution of mankind, automatically new or relevant basic laws to this advancement are awakened, which will be revealed in the contents of this book.

The basic three laws of the trinity are starting to become more apparent now. This, to some degree, will shed some light into the mystery of the giant pyramid of Gizah along with other like structures around the planet. This is not the first time we have advanced in all the sciences. This time again we are just giving birth to prior, spectacular, advancements, which in the past surpassed what we are now experiencing and this is only the tip of the iceberg. One difference is that we are accelerating into the new sciences at a high rate of rediscovery or remembrance, which if we are not careful, could destroy our environment and propel those few who survive back to cave like dwellings and conditions.

The information of the trinity of three, in all matter, time and thought would not have had much of an affect on our lives a few hundred years ago. But with the advancement of the new sciences during this cycle, the study and teaching of the “Basic Three Laws” described and explained in this book is advantages to the seeker. Studies of this type in ages past, without the tools to apply them to, were kept secret in the Wisdom Schools. Only the portions of which certain parts of this knowledge could be applied to were released to the masses with great caution.

In our present existence we have seers who have access to knowledge of which we may not be mentally able to handle, accept, or be trusted with. If we progress with Love, Peace and
Harmony in our hearts, we all may someday have access to this knowledge.

Einstein revealed knowledge of black holes in space, which science was not able to accept till the invention of the radio telescope. This did in fact; acknowledge the existence of the black holes long after his death. How did he know about black holes when we did not have the tool of the radio telescope to verify this? Was he a Child of the Light?

Those who are not familiar with Nicola Tesla and his work with electricity will be astonished with what this visionary was capable of bringing to this world. His greatest gift to mankind was to be free electrical power, which he proved to be in great abundance. His financial backers did not want to give anything as precious as this to the masses without a price tag attached to it. Many of his inventions were stolen from him. After many brushes with dishonest individuals, government and other dark forces, he demonstrated but never revealed the secrets of this knowledge for fear of it getting into the hands of these dark forces. He stopped writing things down as we are not ready for such knowledge, although our government has worked on trying to duplicate his other feats, they have only touched the outer rim of the Divine Knowledge that he held within. Present tampering by those who are not vibrating to the frequency of this Divine Knowledge, can and will, have devastating effects to the planet and its weather patterns. The Children of the Light will once again confront the Children of the Dark.

The knowledge of the second Law of Polarities, which is part of the “The Basic Laws” as explained in this book, must be reawakened in order to confront the Dark Forces of the Law of Self. Knowledge is the great tool to combat and balance the Law of Polarities; thus allowing the higher frequency of love to propel the seeker to higher realms. Both, the Light and the Dark Forces have equal knowledge of free will, and each can reach equal realms of the frequencies relative to their chosen polarity, with one
exception. Those of the Law of Self or the Dark Forces cannot sacrifice themselves to the Divine Light. This is the message of the Sacrificial Christ Principle.

We have remnants of great civilizations of ages past, and the Third Basic Law Of Cycles will explain this. We are all amazed as to how these civilizations came into great knowledge that we are presently, just now, rediscovering. Civilizations rise and fall like the seasonal cycles, but, what the present scientific community does not know is that the present advancement of technology and sciences, are just a reawakening process of greater knowledge of the advanced civilizations prior to our primitive man, as we know him.

The planet has gone through many cataclysmic upheavals and destruction, sending man to a primitive state as if to start all over again. The only remnant in visible form created by the knowledge of these super advanced civilizations, which far surpass our present existence, is the pyramid of Gizah. Many seers have prognosticated that many more structures will be unearthed during the coming changes of the planet. These are all part of the lesson of cycles, which is the third basic law contained in this book.

The true seeker of the Divine Light must become knowledgeable in all the sciences and not just in spirituality or the teachings of their particular religion. All that is revealed in this book will bring awareness to the individual, a wider spectrum in religious, spiritual and scientific matters.

The planet is presently accelerating in frequency during this cycle of scientific and technological advancement, that many believe Armageddon will soon be upon us as mentioned in the Bible. Mankind has to awaken to what lies ahead as the planet is going through a very important cycle.

It has been said that several million enlightened souls have sacrificed themselves to be born during this cycle. They are known as the Children of the Light. They have come to help humanity in their advancement to higher realms and to safe guard against the
destruction of the planet by the Dark Forces of the Law of Self; knowing that only 1/10 of the original will awaken to their true purpose.

The law of rebirth, as demonstrated by the Master Jesus, is that all knowledge of that purpose or mission is wiped out at the moment of birth, with the exception of a feeling that something is missing in our lives and a yearning to seek, “likened to a voice crying in the wilderness.” Jesus stated, “Everything I can do, you can also do, and do it better.” Zoroaster, Buddha, Jesus and all the enlightened have demonstrated the trinity of Love, Peace and Harmony, which is the awakening of the Light within the Heart Center.

But at any rate, whether these enlightened souls known as the Children of the Light awaken or not, because of their higher frequency they will still touch humanity. The homeless person you step over as you go to the market, store or bank may be an enlightened soul who did not awaken, but is still creating a function by opening up your heart to the homeless. Then again, this may be the particular service this person incarnated into in order to serve humanity. But once you lift the light of your frequency, you will recognize your brother or sister as your eyes meet in that quiet silence of a glance. This is a period of reawakening!

This book is one path of many, but of its design, it has been revealed from ages past for this era of computers, science and the future, which is now. It is designed to awaken those who have chosen to incarnate in this period of advancement and change, realizing that each may be trapped in this three-dimensional environment. These enlightened souls will all forget the purpose of their mission upon incarnating into the three-lower-worlds of our dimension. They have sacrificed themselves, knowing full well that they may not awaken to their purpose, and may become involved with Karma; entrapped in this frequency.
(Very few are born fully awake as to their purpose in life. Because they come from higher realms in frequency, they have a difficult time adjusting to this planetary frequency of a three-dimensional world. They go through life feeling as if they do not belong, and they have this feeling that they are waiting for something. This something is the awakening process to their purpose in life and what they preplanned as a service for humanity prior to being born. The awakening process can occur later in life on up to their 70’s and 80’s.

This does not mean that each and everyone has a profound purpose for the world, but rather, some may just be supportive, as a light so others can find their way. Some are as “Beacons of Light,” and others take an actual role to create change in physical, mental, and emotional ways. Many of these individuals start becoming intuitive, recalling unusual dreams, voices, seeing lights, and energies.)

Basically, all of the Children of the Light are beset with aversions of many types to the vibrational frequency and lower density of the planet resulting in severe reactions. Three of the most common amongst many are: sinus/allergy problems; a feeling of alienation and abandonment; multiple personality disorders, which they try to hide as they are multidimensional. These and the many other sensitivities will be alleviated by the application and contents of this book in an awakening process.

For those who are seekers of the Light or just curious, each chapter, with its application is a step closer to the Light.

WE MUST AWAKEN EACH OTHER TO OUR TRUE PURPOSE IN LIFE!
INTRODUCTION TO THE THREE BASIC LAWS

Everyone is familiar with laws pertaining to science, nature, spirituality and even laws within societies. Everything within our existence has a law pertaining to it. Where do all these laws come from? The right term should be, that it has been reawakened within our existence. As we start getting used to one particular natural law, we eventually discover that it may be a minor law within a new major law that we have awakened to and so it goes.

The Wisdom Schools of the ancients taught that the planet Earth is a school to awaken that, which we lost by the fall of man from the Greater Light, which is the One Life called God. By the spark that was awakened within us, we endeavor to go back to the Light by co-creating particular lessons in our daily lives within this school called planet Earth. It is not a school in the regular sense of the word, but rather, an awakening process in that we design our individual lessons to co-create the Light to that, which we lost.

As man evolves within each Grand Cycle, civilizations rise and fall, beginning with primitive man to what we call our modern day man. When man evolves to this age of numbers, computers, and the higher frequencies of the physical, mental and emotional bodies, this eventually brings about mental telepathy, which reveals all that has been hidden from the ancient past that is presently manifesting, and will escalate to a higher frequency, which is bringing the release of these Three Basic Laws coinciding with the end of a Grand Cycle.

Those who are students of the higher esoteric Teachings of the Wisdom are already familiar with these three laws. In fact, many are subconsciously aware of these laws, but do not use them, as they do not understand how they function together.

This Grand Cycle is coming to an end, as will be revealed, but those who do not understand the nature of this change may find themselves in a real predicament. The knowledge of these three laws and subsequent lessons will prepare the individual on the path to be better able to withstand the change, as there is no need of having fear. But, by the same token, prayer alone may not help you, as this is a lesson “en masse” that must be learned and accomplished as a group by the reawakening of the Light within.

Although, this book is written in scientific and spiritual terms, it does not matter if you do not believe in God; what religion you may be, or if you just hold a neutral, curious, atheist attitude to its contents. The book will awaken
that, which is within by what will be occurring on the planet. This will be self-evident.

At this point of man’s evolution the Three Basic Laws reveal how the planet Earth works as a school. It will reveal that all schools of thought, whether it is scientific, atheist, or religious, is all a point of view in frequencies of “polarities,” “cycles” and all endeavor to become the trinity of Love, Peace and Harmony within the Greater Light.

The end of this Grand Cycle does not care what your belief systems may be, it is eminent and on its way. The Messengers of the Light are here to awaken the Children of the Light who must awaken to their true purpose in life; which is, to save the planet from being destroyed by the Children of the Dark. The school must not be destroyed! This cycle is like a high school graduation, but the evil, rebellious students want their way and may burn and destroy the school in the process. This would send the human race back to its primitive origins to start the lessons of evolution all over again.

The Three Basic Laws are at the apex of a pyramid with all other laws descending to its base. Everything that exists in the three-dimensional world is composed of the three. The basic laws create the frequency, energy and vibration to help us co-create each lesson within our lives. Once we awaken as to how the planet and all its contents work we then proceed to awaken as to how we, as students, within a persona body, function. If you do not know how your physical and nonphysical instrument works, you will not be able to prepare for the higher frequency that the planet will be evolving to.

Every person, with a common level of knowledge, is aware that dinosaurs and other creatures were basically wiped off the planet by a single natural event within the Divine Plan. Many of these creatures have been found with undigested vegetation in their stomachs, as the change occurred in three days.

Scientists and governments are withholding information of higher life forces along with discoveries of ancient civilizations, which far surpass our own. In the same manner that influenced those who edited the Bible, they are under the false belief system that they are protecting the masses by keeping us in the dark.

“There are three major “belief systems” in this three-dimensional world, which are: the Spiritual; the Scientific; and the Atheist. All three are correct as a trinity of one in a balanced state. Humanity, in general, will pick one over the other creating an imbalance; although, they all exist as a unit of one within a balanced trinity.” The Messengers Of The Light.
THE MESSENGERS OF THE LIGHT ARE HERE!

This book is written as a text of learning in steps of enlightenment starting with the Three Basic Laws in Part One of this book. All other laws in science, mind, and spirituality stem or originate as an offshoot of these three laws. Those who question their purpose in life, and why they were born, will awaken higher mental, physical and spiritual truths with each succeeding chapter. This book is also a tool to awaken the “Children of the Light” to their predestined purpose in life chosen prior to their birth.

As we proceed with the following chapter, the first Divine Law is the Law of Threes. The Messengers dictate that the foundation of every thing that exists and is balanced on the planet Earth has three frequencies, regardless if given a scientific, spiritual, or atheist view. They all relate to the frequency of Love, Peace & Harmony.

The First Law teaches that in order to reach a certain level of perfection we must balance three frequencies in this physical three-dimensional world.

Do not be disturbed, if you, the reader, are not able to assimilate or understand “Part One” of this book. If you read with patience and an open mind, higher truths will awaken with “Part Two” and “Part Three.”

The Atheist, the Scientists and those of the Spiritual have been opposed to each other’s “Belief Systems” and do not understand that all three are part of a “higher consciousness” that will free humanity of ignorance and the need to hurt one another when each are an integral part of the whole within a Divine Plan of a Trinity of Higher Knowledge. Those Ancient Ones that built anomalies far in advance of our present capabilities touched on this “Knowledge of the Three Laws.”

Peter L. Martinez
“A Step Into The Light”
PART ONE
The Three Basic Laws

* The First Law Of Threes (The Trinity)

* The Second Law Of Polarities

* The Third Law Of Cycles
THE FIRST LAW OF THE TRINITY
(The Law Of Threes)

The school called Earth is the third planet in our solar system. Everything that exists on the planet Earth is governed by a three-dimensional reality, in that, everything exists in a series of the number three.

Everything that exists in what is called Mother Nature exists within a trinity of "Love, Peace and Harmony," which is the essence of Divine Knowledge, Consciousness or the Divine Plan. Einstein reawakened the knowledge that matter is energy and that everything is composed of this energy. Energy is the vibrational frequency of light. In the beginning God said, "Let there be Light!" We may use the spiritual point of view or the scientific point of view; both are the same.

As we reawaken we will find that from the physicist’s point of view everything on the planet has three distinct dimensions: height, width and depth.

The mathematician will see patterns in equations such as; that $3 \times 3 = 9$, multiplied by any number always adds up to nine, $(2 \times 9 = 18, 1+8=9), (3 \times 9 = 27, 2+7=9)$, etc. All series of threes within cycles.

The psychiatrist is aware that the human body is composed of three integral parts: the physical body, the mental body and the emotional body.

The three major belief systems are: spiritual, scientific and atheist. All other belief systems branch off from these three or a combination thereof.

In this last century, scientists were awaken to the knowledge that matter is light in its densest form and composed of atoms. Each atom is composed of three integral parts: the electron, the proton and the neutron. The strongest, hardest steel is composed of vibrating atoms. If we could shrink to the level of atoms, we would see that each atom is worlds apart of one another in the same
manner that our planets exist in our solar system. Each atom is composed of frequencies of vibrating light, which attract and retract within a law of gravity. Never touching one another in Divine gravitational cohesion, in that, they all vibrate independent of one another to the hard, compressed, consistency we know of as steel. The atheist may lean to a scientific view.

Many others who find themselves in the creative world will find the threes. As artists, we have the three primary colors, which is the basis for the rest of the color spectrum. As a musician, we will need three notes to form a chord of harmony.

Time as we see it is broken up into three segments: the past, the present and the future. The day is broken up into a twenty-four hour period and when divided by three, eight hour segments result and the list goes on. All Divine Natural Laws within and throughout our three-dimensional existence.

The spiritual or religious standpoint is the Sacred Trinity: The Father, The Son and The Holy Spirit. You will find the threes in all the sacred texts and teachings.

The life of the Master Jesus is revealed within the threes. When Jesus was born the three Magi visited him and each brought a gift representing a different frequency. From the age of 12 (1+2=3) to the age of 30 (3+0=3), or as others would have it, from the age of 27 (2+7=9 divided by 3=3), there is an edited portion in the present Bible regarding the Master Jesus from the age of 12 till his return to start his ministry. He was crucified and died at the age of 33. Those of higher esoteric teaching will discover that the number six signifies Love from the 6th density. Also, that the human body has 33 vertebrae that correspond to the 33 steps of enlightenment.

There were three individuals crucified on Good Friday. Jesus expired on the third hour and on the third day after; he arose from the dead according to scripture.

It does not matter what your belief system may be, as the use of common sense and listening to that inner voice within the Heart
Center, which is that spark of Light, will awaken Truth radiating in the Light of Love, Peace and Harmony.

Everything and anything that exists in our three-dimensional world that exhibits the threes or a trinity in any fashion, is in perfect harmony within the One Life called God. This is the first law of “Threes.” It is a manifestation of the Divine Plan, which helps create enlightenment by a process, which is opened to us by the following chapters of the second law of "Polarities" and the third law of "Cycles."

The "Divine Plan," in lesser three-dimensional terms is known as Mother Nature, a clock that has been set to determine the end of a lesson. Praying will not stop the lesson or its final outcome, which is eminent. The function of prayer, which is a very useful tool, will be outlined within the contents of this book. We must awaken and go beyond regular prayer, as we know it, and be active participants of the "Divine Plan of the Christ Principle." The Master Jesus stated that when two or more individuals "gather in my name it will be multiplied." This will occur with the awakening of the Children of the Light.

One of the largest structures in the world is positioned at a point of longitude and latitude, which is precisely at the center of the Earth. It serves as an awakening reminder from a higher consciousness and from a civilization of ages past. Those who take false credit for its structure created other monuments and structures, but were not able to duplicate the preciseness of this Giant Pyramid of Gizah, which they did not create.

The outside rugged structure is what remains of a once, beautiful, dazzling sight. The outer structure was covered with casing stone slabs, perfectly cut, squared, and bonded to one
another with a mortar cement as thin as a sheet of paper. They weighed approximately 15 to 16 tons each and the outer surface was polished to the degree that far surpass the lens of eye glasses, contact lens, or camera lens in modern day workmanship. When the sun reflected its brilliance, it was a beacon of light, which could be seen from great distances.

Present day books are constantly being rewritten and updated as scientists uncover or rediscover new data with the use of new technology and precise instruments in regards to these ancient structures.

Who built this giant symbol of the Sacred Trinity and what was its purpose? Why was it called the Light? Where does the word pyramid come from and what does it mean? The time of awakening is upon us!

The Law of the Threes will start to awaken the Light of Love, Peace and Harmony in all of your surroundings. For example: man's awareness is the conscious, subconscious and the super conscious. The world is mineral, plant and animal. All these and other series of the First Law of the Trinity will unveil this principle, which is in perfect harmony with the Divine Plan, as a portion of the One Life called God.

THE TRINITY OF LOVE PEACE & HARMONY

Mother Nature, as part of the Divine Plan, exemplifies the All That Is and is manifesting the Trinity for all humanity to learn from all its examples. The threes will start to manifest in your life, in that, an awakening will occur each time you find yourself in a lesson, which fate or destiny seems to present to you.

(The First Law of the Trinity is sectioned off in three very important parts similar to the atom with the electron, proton and neutron, along with other factions in Nature. All must come to the source of Love, Peace & Harmony.)
LOVE
(The First Aspect Of The Law Of Threes)

The first frequency is Love. All That Is is Love. God, Higher Consciousness, The Light, "The I Am, That I Am," and the list goes on with the names given to this “frequency of energy," which you may feel comfortable calling, "The Divine Creator." Constantly radiating, giving, nurturing with the essence of Truth. It does not matter what your belief system is, Light, Love, Energy, are the same name, which should satisfy the spiritual, the atheist and the scientist point of view and any that branch off from these three.

Love, Light, Energy does not have definition other than its radiating frequency. It does not have a color and is neither of the White light or the Black light. It is just Light! It is just Love! It is just Energy! It is the absence of fear! It is the absence of the dark! Love is a rotating, radiating energy of the father aspect as the source. This source of Love does not have need for sacrifice, adoration or appeasement and is not a punishing vindictive source. It is Love constantly radiating like the Sun. (Similar to the electron portion of the atom.)

PEACE
(The Second Aspect Of The Law Of Threes)

The second rotating frequency of the trinity is Peace. This is the frequency taken on by the sons & daughters of the Divine so that others will be shown the way. Where there is no peace, there is darkness! Peace is the balance and liberation of the polarity of the negative side. It is the driving impetus that does not allow the frequency of Love to diminish in the density of the three-dimensional school called Earth. The vibrational frequency of planet Earth is dark, heavy matter or heavy density. The Children of the Light shine the Light of Peace, as beacons of Love, so that
their brothers and sisters may reawaken to that, which they have lost. As in the atom, the electron radiates, the proton propels, and the neutron draws & balances in all frequencies and dimensions back to the source.

HARMONY
(The Third Aspect Of The Law Of Threes)

The third frequency is Harmony or the neutron portion of the atom in scientific terms. It is neutral and is not electrically charged but has a magnetic pull, which rotates, back to the source. This is spirit or the force that draws from its opposite polarity and returns it to the Light/Love frequency. Now you can understand why the trinity is called, "the Father, the Son and the Holy Spirit.” The electron, proton and neutron are three aspects or states of a single entity or frequency of the Divine, which we call Energy, Light or Love.

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“The First Law Of Threes”

Everything in nature, in this three-dimensional school called Earth vibrates with the trinity, and is in a perfect balance of Love, Peace Harmony. All animals, plants and minerals are in perfect balance with the trinity within a cyclic life span.

Humanity, endeavoring to be conscious souls, are the only unbalanced creatures in this three-dimensional world with one aspect missing, which is the Light of Love. Earth is a school with self-imposed lessons of our own design, to reawaken that, which we have lost by learning these lessons. We have no remembrance and we are in a dream state trying to find our purpose in life.

We are at the end of a Grand Cycle and most of humanity has not opened the Heart Center of the Divine within. Fear is starting
to overwhelm the planet, which is the Dark Force, and those who have made the call in the form of prayer, now have a chance to receive the Messengers of the Light!

Anything that does not have the trinity falls under the frequency of the Second Law of The Polarities, which is the next chapter. Let the Light shine in the awakening of the Trinity.

"The Trinity Defined"

THE FIRST LAW IS THE KNOWLEDGE OF THREES!

(According to the first law, everything that is in perfect balance within the planet Earth and with Nature and all things that exist in our reality is charged with three “frequencies of energy,” which eventually equates to Love, Peace & Harmony.

They also dictate that human beings are the only unbalanced creatures on the planet, as a whole, and we function in the frequency of the “Law of Polarities,” which is explained in the following chapter as being and consisting of two frequencies with one frequency missing, which is Love. P.L.M)
THE LAW OF POLARITIES
(The Second Law)

The second law teaches us that a polarity, which is a force that opposes another force within our immediate reality, is what constitutes each of our co-created lessons that are presented to us in this three-dimensional school called Earth. This means every argument we have, every fight with whomever we consider our enemy, anything that incurs injury or harm to the physical, mental and emotional body of another human being is a co-created lesson that we must learn. Even the elements of the planet Earth will become the teacher as to how to survive with Love, Peace & Harmony with the All That Is. These lessons sometimes come without warning as to preparation and completely catch us by surprise. When anything goes wrong within our reality, we consider it as being evil and against us.

Illness is a teacher, but we may think of it as a bad stroke of luck; or possibly, God may be punishing us for something we have done because that’s what our religious beliefs tell us, which is an illusion or distortion. God is Love!

The second Law of Polarities will awaken us to the fact that anything that is in opposition to our being is a self co-created lesson that we have consciously or unconsciously created and attracted to us. Earth is a school and we co-create these lessons.

As we awaken to the knowledge of the Law of Threes from the previous chapter, we may question as to why there is this so called evil in this three-dimensional world, when we, as individuals, follow the golden rule of our society or religion. Why are there such chaos, famine and poverty along with opulence and prosperity for many others in this school? Many, have the belief system that we are under the reign of a punishing, vengeful God that allows these things to occur, which is a distortion in a belief system. Light, Love, Energy is radiating and is constant! Darkness is pulling in, drawing into itself. This is a polarity of two opposites
with a different frequency. It is a horizontal polarity, from left to right or right to left, with two similar opposing frequencies.

To the left we have a dark light and to the right we have a white light. This is an example of a belief system of good & evil. We must understand that everything in the Divine Plan consists of a balanced trinity, in that; it is composed of three parts. Here we have two parts, which is a dark light and a white light. A third part is missing. The third part is that, which we have lost by the fall of mankind that will present itself as a lesson that is attracted to us. We have subconsciously co-created this particular lesson that has entered our life, and is now being presented as opposing polarities of dark light and the white light. We have to create the balance of these two frequencies by learning and mastering the lesson, and thus, bringing in the missing frequency to co-create the “Trinity.”

Before the fall of mankind we were Light Beings and were conscious of all the lessons we must now reawaken to, as we all became self-willed and believed that we could create by this self-will, which caused us to fall into the chasm of Darkness. The planet Earth is a school and the Law Of The Threes, as perfect balanced frequencies, is an example as to how we can reawaken that, which we have lost. The clues and the lessons will unravel with the Divine “mysteries of the trinity,” as spoken of but never revealed in the past.

Everything in nature, as part of the Divine Plan, and everything that exists in this three-dimensional world of the third density, exists as a balanced trinity. We, as conscious souls, endeavoring to awaken from the darkness, are the only creatures with opposing polarities within our own frequencies. We are conscious of "good
& evil" or "the dark light & the white light," but we still function as “animal-like man.”

We may say that animals kill one another, and nature is very destructive and certain plants are harmful to humans. The plant, animal and mineral kingdoms are balanced trinities, within life cycles, as an example for our awakening. The Law of Threes are examples as to how balanced frequencies vibrate with Love, Peace & Harmony.

As we continue to evolve more trinities are discovered. Knowledge of the atom, 2,000 years ago, would have been useless at that stage of mankind’s evolution. Presently it is a precious gift.

"The White Light & The Dark Light"

We are always discerning polarities. We view things as right or wrong. We view criminals, and those that create harm, as being dark and evil. We may also view religions & preachers in general, as being in the white light and being good individuals, and those that oppose as being in the dark light. Both are our brothers and sisters!

We will take notice that the example of the horizontal polarity is, left to right, or right to left, but most importantly that it is perfectly level. One light is not higher or lower than the other. Now, if I were to take you to the dark light and ask you to open your eyes and question you as to what you were capable of seeing, you would not be able to see anything. It is too dark! And if we would do the same with the white light, you would still not be able to see anything, as the white light is too white! Both sides are asleep and must awaken to the Greater Light! Although they are
our brothers & sisters, they are under the illusion of being awake, as they are opposing one another in a horizontal position. In a vertical, up and down position, they are at the exact same level.

The part that is missing is not a white light and it is not a dark light, it is the Light of Love. Light is Light and is not dark or white! It is a balanced trinity that exists in the absence of fear. Both the white light and the dark light are capable of creating and maintaining fear by manipulation with their belief systems. Fear and manipulation does not exist in Love, Peace & Harmony.

Many of our brothers and sisters are trapped in the frequency of the horizontal polarities, not realizing or awakening to the real purpose of these opposing frequencies. Many are created by the belief systems of the dark light and/or the belief systems of the white light. Belief systems, based on the trinity of Love, Peace & Harmony, only awaken that, which is dormant inside as a lesson to be learned; thus changing from a belief system to a Truth, which is of The Light.

"Polarities As Lessons"

The purpose of polarities in our lives, are that they are self-imposed lessons in this school called Earth. Whenever we are confronted with a problem in our life, it will present itself as a polarity. This is the lesson that is needed to balance the dark light & the white light with the missing ingredient, which is Love and understanding. Love is Light! The dark light & the white light will
no longer oppose; but rather, work with one another as Love, Peace & Harmony in the right proportions of balance.

The law of electricity tells us that we need a wire with a positive electrical polarity, and a negative electrical polarity in order for a light bulb, the third aspect, to give electrical light. Both positive and negative polarities are needed to create the manifestation of this electrical trinity of light.

When Love is created by the lesson fulfilled, the dark & white light no longer exists as they are now a balanced trinity, transforming or transmuting to Peace and Harmony by the Love created from within. A trinity is created and the frequency of the individual evolves. We have balanced and learned a lesson.

Our brothers and sisters caught in the frequency of the white light have good intentions, but they use the elements of the dark light such as anger, hate, guilt and fear to manipulate these so called good intentions.

Those caught in the frequency of the dark light, use elements of the white light to manipulate and deceive in like manner. Everything and anything that creates or induces fear is not of the Light!

The Love, Energy, Light of the essence we call God is "Love, Peace & Harmony" and does not entertain punishment, appeasement, or have a need for adoration. The All That Is is in a constant state of Love.

Anything that upsets you in any way, shape or form, immediately sets itself as a polarity/lesson, especially if it creates
anger, hate, guilt or fear. It does not matter if it is not your fault or if you consider yourself to be "the helpless victim." You may be on the receiving end of errors created by incompetent individuals, and all information at hand may prove this to be true, but why are you the victim to this? Please remember that in polarities, the dark light and the white light are horizontal and at the same level, one not being higher (or better) than the other.

**You have attracted the mirror of what you are,** and that is, you are the mirror of incompetent individuals! You are not higher or lower of that, which opposes you. You have attracted that, which is dormant within you, but you hide it in the polarity you maintain, and in this case, the whiteness of the white light, which is an exact mirror of the black light. You may come to realize that you may hate incompetent people because they are a reminder of what is hidden within you. (You and that, which you oppose are one in the same thing, hiding under the illusion that you are either of the "white light (good), or of the "black light (evil). This is why both will attract each other in conflict or opposition. Both are one and the same thing standing on the other side of the fence of polarity. A balanced person within the trinity stands in the middle and does not react with anger, hate, guilt or fear and is not affected by incompetent individuals, or either side of the polarities. This balanced person recognizes them for what they are without judgment.)

Anything that is created, touched or visualized by mankind, in this three-dimensional world, immediately falls in the frequency of the Law of Polarities. It will have a dark light as well as a white light. We, of our own design, will attract the polarity/lesson and thus co-create the scenario that is needed. If we do not learn a lesson, it will come back to haunt us, over and over again, until it is fulfilled. You may have three separate car accidents in one month. What is the lesson or the cause for this? There is no such thing as bad luck; it is only the failure to learn from that, which repeats itself.
Again, anything created, touched or visualized by mankind in this three-dimensional world, which includes all belief systems, immediately falls in the frequency of the Law of Polarities. This includes all religions, sects, governments, schools, dogmas, etc., etc., in whatever state or nature of being. This also includes the Bible and all sacred texts.

Anyone who has read the Bible, from the standpoint of the Light, will agree that it is a marvelous textbook for this school called Earth. There is a proportionate amount of the black light & the white light enclosed. The reader/student has to bring in the frequency of Love in order to transmute the opposing polarities within and Truth will be revealed. The Bible is comprised of many books. Some that promote fear and some that promote Love. As in all polarities, you (the student) will have to balance the frequencies, and thus learn the valuable lesson contained within.

Many of the texts, written by many authors in ancient times for ancient people, must not be followed blindly as we are evolving; Truth, by the “Law of Polarities” will reveal the Light of Love, Peace and Harmony relevant to the awakening process for this day and age. Truth will be revealed from within the heart of the student and not necessarily from the words written.

(The Master Jesus, when asked, “Which one of the Ten Commandments is the most important?” The Master replied, ”I only have one Commandment. If you follow my Commandment, you will have no need for the rest, and that is, Love one another as I have Loved you.”)
Polarities are “trinities to be” in a state of being the base of a pyramid. They are in a frequency of matter, which needs release to a higher form. If humanity could see the belief systems that they maintain, which holds what they believe to be love, is not higher or lower of that, which they oppose. Individuals fighting and hurting one another because of their belief systems, are still caught in the polarities of ages past with very little soul advancement. “Trinities to be” are everywhere on the planet, with history repeating itself.

This is causing disharmony and damage to the planet Earth. It is time to release ourselves from the "dark light as well as the white light" of opposing polarities. Many are caught in the illusion that a white light is the Light! Those of the Lucifer Rebellion, as mentioned in the sacred texts, were of the white light. Those of the white light can equally manipulate with anger, hate, guilt and fear in the same manner that those of dark light demonstrate. Promoting fear is their foremost tool. Fear must be completely eliminated in order to bring in the trinity of "Love, Peace & Harmony," which is not dark light or white light. The elimination of fear is what will heal the planet and will propel the enlightened into the forth coming, fourth density and the fifth for many. The Law of Polarities is the lesson evoked from within this three-dimensional school.

**Belief systems are “trinities to be.” Believing is being on the path but not yet being there. Truth is being there and is not a belief system!**

A balanced trinity is a truth and not a belief system. Belief systems, that are created, touched and visualized by man, fall into the Law of Polarities. Every belief system you engage in or are a
participant of is proportioned with “the dark light & the white light.” It is a lesson whereby you must bring in the missing ingredient of Love/Light and understanding. Love is Light and Light bears Truth. The transmutation process is activated, transposing/changing the dark & white light into the trinity of Love, Peace & Harmony. Every belief system is a trinity to be, it endeavors to be-come the Light. A belief system that induces or creates the manifestation of fear results in anger, hate, guilt, and is not of the Light. It is important to assess all your belief systems and awaken to the Law of Polarities realizing that they are "trinities to be" as lessons in this school called Earth.

The time of awakening is in the present now, by the awakening of the First Law of the Threes and the Second Law of Polarities, which will prepare us for the Third Law Of Cycles.

LET THE LIGHT SHINE FROM WITHIN!

(When we can balance the dark portion of ourselves or the light portion of ourselves with love for one another, free of anger, hate, guilt or fear, the third part of the “Trinity” will manifest itself resulting in Divine Light. The bearer will become enlightened to the lesson that was co-created, by manifesting Love, Peace & Harmony, the trinity of Light.)
“REVIEW”

The first “Law of the Trinity” explains to us that everything within Nature and everything that exists on the planet, with the exception of humanity, is in perfect balance with the Divine Christ Principle of Love, Peace & Harmony, which is the balance of three energies. We must awaken to our three-dimensional existence.

The second “Law of Polarities” teaches that all of humanity, in general, is lacking one frequency that is missing, and will attract opposing polarities into their lives, as co-created lessons. This results as everyday problems and difficulties that enter our lives, and as to how we handle these situations; otherwise, they will keep reoccurring till we learn each particular lesson. The characters and individuals in opposition may change, but the lessons keep reappearing because we are subconsciously a “mirror replica” of that which we oppose with anger, hate, guilt, and most importantly, fear.

We must take responsibility for everything we attract, as lessons, which must not be mistaken for “bad luck or punishment.”

When we bring in the Light of Love, we are then released of these polarities.

(Although it is very important to comprehend that the Divine Source of Light is not a “white light,” and of course, it is not a “black light.” This would indicate a “polarity” with a missing third part, as a “trinity to be” under the Law of Polarities.

The only two comparisons that I can use, as an example, at our state of evolution, is that the Light is similar to the brilliance of a “perfectly cut diamond.” The other example is the brilliance of the Sun on a day that it has no color, or the reference to the Golden Sun. On a clear, clear day, the Sun is just a brilliant Light. It is the accumulation of trillions of clear-cut diamonds.)
Prologue For The Next Law Of Cycles

The Third Law of Cycles can be abstract and difficult to understand. In essence, it teaches us that everything and every occurrence on the Planet consists of a cycle of time with a beginning, peak and end. (Three parts)

They can be “positive or negative” time periods according to the Law of Polarities that attracted the co-created lessons. For example:

If you are involved in a car accident, at the moment of impact, a cycle of time has begun till the whole mess is cleared up. The impact is the beginning; the peak is when the paperwork and who is at fault, and how the process of repairs will be handled; and the end is when all cars are repaired and everything is finalized.

If we learn how to maintain and create Love and Light from this seemingly dark experience (the time cycle), we may not have to repeat similar circumstances again.

Everything that is touched, created or presented to us will have a time cycle with a beginning, peak and end. A new born child, a house that we built, a new relationship, a new job, all will fall under the Law of Cycles.)
THE LAW OF CYCLES
(The Third Law)

The planet Earth is a school. We are here to reawaken that, which we lost by the misuse of the Greater Light and thus falling from Grace into a chasm of Darkness. The third basic law of this school is the Law of Cycles. The awakening of the first Law of the Threes is to create an example of how, the All That Is of the Divine Light is a Trinity of Love, Peace & Harmony manifesting in Mother Nature in a three-dimensional world of form as part of the Divine Plan. Consciousness or conscious souls are the only creatures on the planet that co-create as in the Law of Polarities, manifesting free will, which creates our lessons in life in this beautiful school called Earth. Everything and anything that enters or is co-created in this three-dimensional world of form falls under the Law of Cycles. Which means, it will have a beginning, peak and end. This is the time given to learn the lesson co-created by our conscious or subconscious free will within the Law Of Polarities.

As we go through life we start to become aware of cycles or the repetition of circumstances and events. We find ourselves caught up in things that we thought we had overcome, but now we find ourselves back in these same types of situations. We usually do not discover that we are reliving these events till we are deep in the middle of such occurrences. Then we question and wonder, “Why is this happening to me again?” We keep wondering why do we
have this bad luck? Many will feel that they are being punished in some cosmic way.

We can see the monthly moon cycles along with winter, spring, summer, fall, and all other such cycles. We know and recognize each part of a cycle in regard to Nature, but we are basically blind to cycles occurring in our lives and how we sometimes react to the cycles in Nature. Oddly enough, we can see cycles in Nature and we accept them without regard, but we are basically unaware that our lives are a series of cycles, occurring as events, all intertwining each other.

These cycles or time periods may have many lessons to be learned within the time frame of each cycle. All cycles have three stages. The beginning, the peak, and the end. When we are able to have clear vision enhanced by our knowledge of the Law of Threes and the Law of Polarities; then we will become aware of cycles in our lives, and how to work with them to better enhance every aspect of our existence.

Sound is a series of cycles that can be measured and observed with an oscilloscope and is presented on a screen as waves. These waves start from the bottom and wave up to a peak, then wave down to the bottom. All segments of our lives are a series of cycles in this same fashion. Those who are not cognizant of such cycles occurring in their lives will awaken to see that a new job, a new project, a new change; anything that has a new beginning is a start of a cycle. Anything, and everything else that you are presently involved in, is in a current cycle, and, you may or may not be aware of what part of the cycle you are at. You may be taking a
three-week refresher course in school on a certain subject, and of course, this is a three-week cycle as it is planned that way. A new relationship with a new found friend will have its beginning, as of the day that you both met, but how long will the cycle last?

As you start something new you may be able to predict the longevity of this cycle, regardless if it is a three-week cycle or a thirty-year cycle. Because there are three sections of a cycle, which are: the beginning, peak and end, this will give you a clue. It is obvious when it begins, when it peaks, and of course, the end. But there are other things involved here such as a certain frequency, which has a barometer of intensity at each stage of the cycle.

POSITIVE AND NEGATIVE CYCLES

At the beginning of the cycle there is a period of getting the feel of the present situation. You are checking things out in the case of a positive cycle; or in contrast; a state of shock, disbelief, outrage or a similar circumstance as in a negative cycle. The frequency will increase on the uphill climb of the cycle with different recognizable aspects of intensity till it reaches the peak. The frequency at the peak that is reached is similar to climbing a mountain with a feeling of control, achievement or a knowing of all aspects of the cycle. If handled well, there may be a feeling of accomplishment, or on the contrary with a negative cycle, a feeling that this is as far as it goes. The down cycle, often referred to as the shadow side, is where the frequency and all things start finalizing and diminishing towards its ultimate end.

There are three aspects that will occur on the down side of the cycle and ultimately one will override the other two. The down side of the cycle will be accepted, rejected or denial will set in. Those who accept the end of this cycle, in a positive manner, will now await the start of the new adventure in life as in the form of the next lesson/cycle. On the negative side, those who reject the end will create turmoil, rebellion or cause emotional, mental, or
physical harm to themselves or others. This will have an effect on the present waveform of this cycle, and also on their new incoming cycle that often follows with another form of the same lesson. *(History repeating itself or what we may think of as a stroke of bad luck, not knowing that we attract these cycles to ourselves with our failure to learn and supercede our co-created lessons in life.)*

Those that will be in denial will have an abrupt awakening or will miss the next cycle/lesson; their lives will be in a state of confusion till they finally awaken to this three-dimensional reality. It is important to reawaken to the fact that the planet Earth is a school with the lessons to be learned within a given time frame, presented as a cycle, with a beginning, peak and end.

Obvious cycles are likened to grade school, junior high and high school. Each level is in a cycle of its own within the larger cycle of twelve years of school. If we do not learn the lesson we then have to take that particular class over again, till we make the grade and so on. Life is exactly the same; accept with the intervention of free will, which can effect the up cycle and/or the down cycle.

Cycles in Nature are very clear, smooth, and almost predictable to the minute. We can predict when the next eclipse of the sun will occur and which part of the world it will be seen to its full degree. We can basically predict where each planet in our solar system will be at each precise moment in the future. The same way that an astronomer has to study the heavens to make these exact predictions, we may also do the same within our own existence in our daily cycles. We must first become aware of all our existing cycles as well as all cycles from our past, in order to let our future cycles occur within the Divine Law & Order of Love, Peace & Harmony. A perfect balance within the Law of Polarities, to create the Light and to allow Love within our hearts to manifest the Trinity; which will bring us a step closer to the Light.

When we look back into our past we will begin to notice that certain cycles that were relatively smooth, occur in even as well as
perfect monthly and yearly cycles of three, seven and nine. They usually have the peak at the middle of that period, which can occur in days, months or years. Cycles come in a different variety of numbers, but as you reflect back you will notice the beginning, peak and end of each one. Cycles that were rough, it will be noticed that after the peak, the down cycle is shorter or longer than the up cycle. This is where self-will may have set in causing unbalance to the cycle. A person who does not want to let go of a relationship or something that is inevitable, may stretch the down cycle longer than its co-created term. When you reflect back to past cycles, you may in fact, be able to recognize what part of a present cycle you are currently in. By analyzing how you handled the old one, you may predict shortcomings in a new or present cycle, and actively balance polarities allowing a smooth natural course to the ultimate end.

An individual's life is a grand cycle in which other cycles occur within smaller cycles. A couple may be married for 60 years before one spouse passes to the other side, but during this 60 year cycle, we must accept the fact that they also had their ups and downs; which of course, were small cycles/lessons of their own.

In the same fashion that everything in existence, in this three-dimensional world, consists of the Law of Threes and the Law of Polarities; we also must awaken to the fact that the Law of Cycles is the third aspect of this trinity.

If we explore this further we will find that even thought forms have cycles along with animate and inanimate objects. Anything that is created, anchored or manifested by a thought form in this
three-dimensional reality will be subject to the Law of Cycles. If its time cycle is one minute or thousands of years, it will still have a beginning, peak and end. Any organization, belief system, government, religion, society standard or man made law, and the list goes on, will be subject to the Law of Cycles. Anything that is man made, at the point that it is manifested; it will bear the seed of its own decay. It does not matter if it is one minute or thousands of years, it will still die according to the Law of Cycles. A Divine Truth or a Divine Law is the exception, as it is not man made, it is Divine.

Our daily existence is a series of cycles. You go to work at a certain time, deposit your check possibly on Friday and pay your bills on certain intervals. You may feed your pet at a certain hour, wash your car on certain days and watch certain television shows on certain nights. These are all cycles that you are already capable of handling. The cycles that cause an abrupt change in your life, and that affects you physically, mentally and emotionally, are usually the lessons in life as they present themselves as polarities or “trinities to be.” A death in the family, or the birth of a newborn, is a very important cycle that affects your life. If someone wrecks your car or does harm to you this will affect your well-being, as a particular cycle has been attracted to you as a lesson in life.

The first step of a cycle can be determined, but as the cycle heads upwards, if we can keep an objective stance of observation without willfully interrupting the natural flow, the Divine Intent as to the purpose of this cycle will be revealed to you as well as the peak and the down cycle. Just like a school, if you learn the lessons well you will fulfill the purpose of taking that class and the next level of the learning/reawakening process will be available to you. It has been said that the peak is like a touch of Nirvana or Heaven, and the down side, if balanced by the Law of Polarities and the Law of the Threes, it can be a very smooth undertaking with a great feeling of fulfillment.
The end of a cycle can be very rough or on the contrary, extremely pleasant with a great sense of accomplishment. For those who remember their graduation from High School, if you recall the feelings of your classmates, some felt happy but with a slight sense of sadness that something very important in their lives has come to an end. Sad in knowing that they may never see each other again as they prepare for the next cycles in life. While some felt liberated, still others felt very insecure. It is all-relevant as to how you handle the cycle/lesson.

The end of cycles, especially how we handle the down cycle, can be very dramatic or even horrific. Some individuals who are caught by surprise at the end of a cycle, may fall into a deep state of depression and thereby miss other potential, beneficial cycles; which would otherwise, present themselves if these individuals would become awake to these great new opportunities, and allow the old cycle to run its course to its final end.

It is very important to let go of our past, even with loved ones who have passed on to another reality or school. Staying in a dream world of illusion is a self-created fantasy or within the third aspect at the shadow side of the cycle, and that is, being in a state of denial. Your loved one is in another cycle/lesson and if you stay in a state of limbo with the belief system that you will be with them soon, by denying new cycles/lessons that will be presented to you, and by not participating in life with the new gifts that the Divine Plan may present to you, which could be a new mate, you may be in for an abrupt awakening. You are still in this beautiful school called planet Earth and you have many lessons to learn before passing on. This is why being knowledgeable of the three basic laws is essential.
After a cycle has come to an end sometimes a new cycle will open up immediately. Sometimes as one is ending, another cycle overlaps and begins before the old one has ended. Usually there is a period of inactivity, which can be from a few weeks to years before a similar cycle enters your life. Many see this as a time of reflection or a time to put more attention to other cycles not related to the one that just ended.

**REPEATING PAST MISTAKES**

Because cycles are characterized as waves, we generally do not pay attention to them as they are very subtle and we are not aware of them till after the fact, or when we find ourselves in a very uncomfortable situation. At that point we find that we are reliving a familiar cycle or situation, which has previously occurred, in our lives. We become very hard on ourselves for not seeing or being aware of the predicament we find ourselves in, but this time with different participants, or circumstances, but the lesson is still the same. Many of us will try to put blame on others or even Mother Nature and the elements; forgetting, that we are the co-creators of our lives and must take full responsibility. At this point of growth towards the Light, our primary responsibility is, becoming knowledgeable of the Law of Cycles.

When we analyze our past and present we can take control of our future in regards to cycles. Just like the weatherman, if we know it is going to rain we take an umbrella. When we know at which part of the cycle we are in, we can weather the storm and
Chapter Six  

The Law Of Cycles (The Third Law)

ride the wave in a harmonious fashion. There are no surprises, no disappointments, and no resentments. We are eager and willing to embark on the next cycle that presents itself with a great feeling of adventure. While others, who have no idea of cycles, would now find themselves in a depressed state not being able awaken to new opportunities.

When we have what is generally called a negative cycle, we now have awakened to the fact that there will be a beginning, peak, and end. This will be a great opportunity to apply what we have rediscovered in the awakening of the Law of Threes along with the balancing within the Law of Polarities. With this, we can now weather the storm knowing when the peak and the end will ultimately occur. As we get better at this, we may be able to prognosticate the future within the cycle, as would a professional psychic, all within the Trinity of Love, Peace & Harmony. After this so-called negative cycle is over, we are filled with that great sense of accomplishment, knowing that we were in complete control of the lesson/cycle free of anger, hate, guilt, and most importantly, fear. Of course, we understand that this supposedly negative cycle is just a polarity, and that by applying what we have reawakened; we are now capable of balancing the beginning, peak, and end of this cycle/lesson, which then becomes the Trinity of Love, Peace & Harmony.

In the case of what we may call a positive cycle, we find that the beginning is relatively smooth and enjoyable, heading towards the climax at the peak as with a new love relationship. When we reach the peak we feel like we are in heaven being with the love of our life. Yes, we may be with this person throughout a lifetime or it could be that there is a great lesson to learn by having an eventual break up and how we handle it. Unfortunately, if we are not knowledgeable of cycles, we begin to panic by either trying to sustain the peak by fighting the inevitable decline and thereby causing great disharmony and distortion to an otherwise positive cycle.
Chapter Six                             The Law Of Cycles (The Third Law)

We cancel out the incoming new cycle and we end up destroying what was harmonious and beautiful in the same way that a very young child, upon seeing the colors of a rainbow after a storm, becomes very upset when this beautiful rainbow starts to fade away. Why does something beautiful have to end? Why do we start feeling so sad? Why is it so difficult to accept the decline and why can’t we use harmony and perfect balance? The end result is falling into a state of depression and inactivity. *(This is where we can’t let go of the relationship, trying to hold on to the past. If we do not release the end of the cycle, we may become blind and fail to see that we have a much better cycle coming up. Quite possibly, the last cycle was only a lesson to prepare us for an even greater relationship cycle, but we, in a state of “depression,” and most importantly, “inactivity,” lose a great new cycle of opportunity.)*

We must become awake to the reality that we are the co-creators of every cycle in our lives with the One Life we call God. The decline does not have to be difficult if we gently balance the polarities, distortions and the illusions of disharmony. The failed love relationship of this cycle can still be maintained by learning the lesson as to purpose; you will now have a friend for eternity and not an enemy. If we can maintain the frequency of Love, Peace and Harmony, we will be filled with the exciting expectation of receiving a new cycle; thus, allowing the present cycle to end gracefully and all will remain friends within the Light.

Unfortunately for those who have not rediscovered and awakened to cycles, by resisting and fighting the decline, they will
prolong or negate the down cycle resulting in shock waves, which are strong violent cycles or small undetectable, damaging cycles; which then destroy or unbalance new cycles coming in to our existence. This can result in great depression or a nervous breakdown. Most suicides occur at the down side or the end of a cycle. Because of this disharmony or shock waves that was willfully created, a period of healing must take place, which may take days to years, dependent on the resilient nature of the individual soul. Some may not heal to the effects of this disturbance within this lifetime.

Primitive and ancient cultures were knowledgeable of cycles occurring in Nature as well as personal cycles. Their whole lives depended on this knowledge. We have lost the awareness of cycles within our modern day societies, as we are not totally dependent on natural cycles for our existence. But, we can clearly see that much of our world problems, as well as our own, are a direct result of the lack of this knowledge; which we must reawaken to in order to save this planet and will result in humankind being one step closer to the Light!

The Law of Threes relates to us as to how the trinity of Love, Peace & Harmony is in the All That Is. The Law of Polarities demonstrates as to how the All That Is allows us to co-create our lessons in life, whether we do this consciously or subconsciously. The Law of Cycles is the three-dimensional time given to learn each particular lesson we co-create, which will have a beginning, peak & end.

EMBRACE THE CYCLES WITHIN YOUR LIFE AS AN OPPORTUNITY TO ADVANCE TOWARDS THE LIGHT OF THE DIVINE CHRIST PRINCIPLE OF LOVE, PEACE & HARMONY.
Although, the last three preceding chapters can be somewhat abstract and difficult for some to assimilate, the fact that this portion has been read, all will awaken and be clarified to a greater extent in the following chapters.

The three basic laws are the foundation or the base of every other law, whether it is scientific, spiritual, or a neutral stance as with atheist’s beliefs. If one can awaken to the fact that everything that is in balance in Nature, and that exists on the Planet, relates to the number three in composition, it will set an example for success and enlightenment in our lives. This is the “Law Of Threes,” the Trinity.

If we become aware that only conscious souls are capable of “positive & negative” thinking, which manifests all strife, conflicts, and co-created lessons in our lives; the “Law of Polarities” will awaken us to a third part that is missing as a “trinity to be.” This will bring in Light, which is knowledge and enlightenment in the frequency of Love that will balance all Polarities and change the existing frequency to a trinity of Love, Peace & Harmony. We must learn from the experience.

The “Law of Cycles” reveals the time period of all co-created lessons, which can be “positive or negative” with a beginning, peak, and end. It is explained that everything that is touched, created, or thought about by mankind will have a cycle of time, which can be days, months, or years dependent on what we have to learn by that experience. Consciously, or subconsciously we co-create these time periods.

The three basic laws will teach and awaken us to take responsibility for everything that occurs in our lives and that our lives are not mandated and executed by a vengeful, punishing god. The essence of the Divine is like the Sun, constantly radiating, nurturing, and giving light so that we can find our way by our self co-created lessons. Free will is the greatest gift and blessing of the Divine. We must take full responsibility for everything that occurs within this lifespan.
PROLOGUE TO PART TWO

The information received alludes to past civilizations before our recorded history that far surpass our present state in many areas, although, according to the information received, we have evolved in terms of energy, frequency and vibration; but are functioning with the “Law of Self” and are not of service to humanity or the Planet. Our greatest dilemma is that we are out of tune and not synchronized with the frequency of the Planet along with the Trinity of Mother Nature, and most importantly, the “All That Is.” The Children of the Light must be awakened to their purpose in life in order to uplift humanity during this end of the “grand cycle.”

The giant pyramid of Gizah, centered in the middle of the planet in terms of the grid, is a reminder and reflection of a “time that was” before the last destruction, and before our recorded history. The present inhabitants or descendents of that area did not build it, as no one survived. Apparently, from the information received, only those in high mountain peaks, caves, or unusual circumstances, (which was a very small percentage,) found refuge and started the quest for the Light once again. And this started our recorded history, which is in line with the Bible and Sacred Text, accept for certain parts in Genesis, which goes back eons of time. There are three distinct “belief systems,” which are the Spiritual, the Scientific, and the Atheist that are in conflict with one another in certain points of view. Ultimately, a “ring pass not” surrounding all three will manifest by what will be revealed, discovered, or uncovered that will reveal “Truth” and humanity will find that all are correct as a unit of “One.” A Trinity will manifest, as these new discoveries will break down all the “crystallized belief systems” that holds humanity in the dark. This is currently occurring.

As stated before, for thousands of years during our current cycle, this enigma of the ancient past (The Pyramid of Gizah) was
a shining, brilliant spectacle with its outer polished casing stones intact. The Light that reflected during the equinoxes gave the message for the planting seasons, with additional information, as a timepiece for advancement and evolution, for this advanced civilization before time as we know it. That area was also the breadbasket of the world, in the same manner that the San Joaquin Valley in California feeds the nation and many parts of the world. (Many new discoveries, along with what has recently been found, but kept hidden, will rewrite history concerning this enigma of an Ancient Past.)

The Planet has gone through many cataclysmic changes in the past in measured cycles that are timely, within a “grand cycle” that literally has tilted the axis in “Divine Manner” as if to start over again. Human Nature is allowed to co-create but ultimately, ignores “Divine Law and Order,” falling into the Law Of Self, which eventually causes imbalance within the Planet and Mother Nature, and this brings about destruction of “self.”

The next two chapters are given in order to tune in to the planet and Divine Laws within our “three fold body.” We will learn how our inner non-physical body works and how to be in control. The following Chapter on the Quieting of the Mind has some very interesting information even for those of “higher esoteric teaching” along with the Chapter on Transmutations. These two Chapters are very important in order to prepare us for Part Three of the book with the teachings of the “Feeling Nature.”

The frequency of the Planet is increasing and it is important to be synchronized to its vibration in order to adapt to this frequency of change. Scientists, the world over, are now becoming aware that something is definitely occurring. You do not have to be a Scientist to know this, as all you have to do is observe and feel. This may not mean that it is the end of the world, but for many, it can be. This book is given so that all will evolve with the times of change in a simple manner with Love, Peace and Harmony in our hearts.
“A Step Into The Light”

PART TWO
* The Quieting Of The Mind

* Transmutation
THE QUIETING OF THE MIND
(PREPARATION)

The quieting of the mind is an inner silence where in the Light of the Divine we can hear the message. Whether it comes through Divine Revelation from within, or by the Chosen Messenger from without, we listen with the frequency of Love, Peace & Harmony.

The previous lessons of the “Three Basic Laws” of this three-dimensional world are to enlighten and awaken us as to how this wonderful planet functions as a school. These three laws are the basic foundation as to how everything works and evolves into other laws at each given level or frequency.

Everything in matter and in the non-physical is related to the third aspect of growth, and is derived or is an offshoot of these three basic laws.

Every manmade spiritual, religious, scientific dogma is founded on these three laws or the disharmony of these laws. Mathematics, physics, chemistry, biology and every science is founded within these principles.

In essence, everything that is in our three-dimensional world works by these laws. Any natural law that has the trinity, at any level, state, or frequency, is in perfect harmony with the Creator. So it is imperative to learn these three laws as a foundation, to prepare us to be able to listen to the “message or the messenger” in order to prepare us for the coming change on the planet.

You do not have to accept, or for that matter, reject what the messenger brings. If you can visualize a Light around your being that protects you, the message can be placed at the perimeter or the edge of this Light Ring and it is neither accepted nor rejected. It is waiting for the Divine Light of the Christ Principle that radiates from the heart; this will reveal truth. Truth will awaken from within and not by the “message or the messenger.”
These three major laws will enlighten us as to how the school called Earth and the three-lower-worlds function outside our physical reality in the world of form or matter.

THE THREE NON-PHYSICAL BODIES
WITHIN THE “RING PASS NOT”
(The Inner Reality)

Now that we have been shown, by the previous chapters, as to how the outer reality works in the physical world in regard to the Three Basic Laws, we now have to awaken as to how our instrument or body works within its “inner reality,” in order to quiet the mind.

First, we need to awaken to the principle laws of our physical persona form, which in fact is not only one body, but comprised of three bodies within a frequency of an outer rim of Light (the aura as a spiritual body), that holds everything together as far as energy & frequency is concerned.

This acts as a protection that does not allow any other frequency to enter; it doesn’t matter how small or how great the outside force may be. We, “by the exercise of free will,” are the only ones that allow the intrusion or our willful trespassing beyond the frequency of this protection. This is your Ring Pass Not! This is the aura of your frequency/spiritual body! (You can begin by visualizing a protective ring of Light surrounding your body, or even your entire residence.)

We are in a constant state of evolution in all frequencies. This is a school and we are here to learn and to awaken ourselves to the Light. All teachings, dogmas, religious, spiritual, scientific thinking, including all laws, will open our awareness to the lessons needed by our instrument. (They refer to our threefold body as an instrument, or instruments of learning.) These are all steps and signposts, at different levels, and in different polarities that are heading to the same point, which is the Divine Light.
The three bodies within our physical persona form are: the non-physical body, the mental body and the emotional body. Although we may not know it or even feel it, they are in fact, very distinct separate non-physical bodies, functioning within separate laws of one another. We can see the physical persona body but these three bodies, surrounded by the aura, are not visible to the regular human eye. *(The non-physical body is an exact mirror or replica of the physical body in outline, formation, and content of organs, bones, and molecular structure in reference to energy and vibration. The mental and emotional bodies are both the same size as the physical body and overlap each other from head to toe, with one exception, energy radiates from all three bodies in a form of the aura, or a glow dependent on the individual. This can extend beyond each body.)*

*People tend to think that “mental and emotion feelings” are centered in the brain, this is not so. We have mental and emotional energy, as well memory and information in our toes and every part of our being and existence, even down to a tiny strand of hair on our body. DNA presently proves this although this was not acceptable a few years ago. The brain functions as a control panel of a computer but the information resides within our bodies as instruments of being.)*

Everything in physical matter and the nonphysical is energy as stated by the Three Basic Laws of the three-dimensional world. Energy, comprised of three different sources, will either attract them to like frequencies or repel as in opposite polarities; which could cause these three bodies to separate from one another. What holds them together is this outer “Ring Pass Not” that acts as a protection. This is the outer Spiritual Frequency, which is the extension of the Soul. *(Many other teachings do refer to this as the soul, which is acceptable, until we finally awaken as to what constitutes the nature of the soul.)*

In essence, we have three bodies within our inner reality: the non-physical body; the mental body, and the emotional body all
are held together by the frequency of the outer Spiritual Body. Thus creating one “physical persona body” as the outer extension of the Soul, or three bodies within the Spiritual Self as the inner extension of the Soul. **One is a point of vision from without; manifesting in physical form and the other is a point of vision from within the non-physical form. Both are correct at this level of the path!**

Both are polarities, as lessons, to formulate other like lessons from the standpoint of the “physical and non-physical.

![Diagram of triangle within a circle]

The three bodies within the spiritual frequency were illustrated in the Ancient Wisdom Schools as the triangle within a circle.

There are individual laws pertaining to each frequency, which will be revealed in the Quieting of the Mind, and will also prepare you for the lessons in the Feeling Nature. *(In later chapters.)* At this point, it is imperative to recognize, that, they are distinct separate bodies. Although, we may have heard this before, we may not give it one thought as to the awareness that is implied.

The Three Basic Laws teach us how the outer reality works in physical matter. The awakening of the Law of the Three Bodies within our physical persona form will teach us how the inner reality works in the non-physical. *(When we think, the computer control panel in the brain will shift our thoughts from one non-physical body to another creating confusion. The reason we have mental pain, physical pain, or emotional pain is that no one is in control of the computer. Each non-physical body is fighting to take center stage and be the one in control. It is similar to three children fighting each other for leadership and control but none has that power. This results in conflict and disharmony in our lives.*
In preparation for the "Quieting Of The Mind," we will learn how to utilize all three, in a silent state, to function with the “Power of One” within our individual “Ring Pass Not.”

Before we can see how the inner reality works, we have to first clean and refine or tune up our instrument, as it has been in the darkness and needs tuning and proper alignment. Because we have been in a darken state, we tend to call out to see if anybody is out there that can understand us. We can’t understand why we were born, or for that matter, what our purpose in life is. We attract ourselves to other like souls who create comfort but are also in the Dark.

We co-create forms such as dogmas, ideas, principles, belief systems within groups of like attraction in this darken state, which will eventually result in conflict under the Law of Polarities.

We must remember that any co-created form, within the three-dimensional world, will immediately fall into the realm of the second law, which is the “Law of Polarities.” Which means it is a self co-created lesson of a “trinity to be.” We have to learn the lesson, which has been presented in our life, and by accomplishing this, it will bring in the missing third frequency, which is the Light manifesting in Love and Truth. *(A great lesson in life will be learned, which will elevate us one step closer to the Light.)*

It will also fall under the frequency of the third law, which is the “Law of Cycles,” which means, it will now have a beginning, peak, and an end. This cycle signifies the time given to learn this particular lesson of our co-creation. The end of the cycle is the “death process” of our present co-creation; accordingly, a new beginning will be presented within our school.

There is an outer reality and an inner reality which are spiraling up to the aspect of Light as a Divine Truth, and through the process of awakening or giving birth, will bring a new cycle with a beginning, with a peak, and an end, at each particular lesson.

*(In order to prepare us for the lesson of the “Quieting Of The Mind” the Messengers proceed to define the process of prayer and*
how it originates within humanity. They further explain that prayer is a very slow process for the present state of human evolution. It is too primitive when used in “prolonged repetition,” which will cause an altered state of self-hypnosis. The Master Jesus taught us to use prayer in “communication,” which is often left out when we use the principles of primitive prayer. We are reminded that it was very effective in ancient times with primitive uneducated people in their primitive state of human evolution. It did have a purpose and was of great benefit in the past with its effective self-hypnosis that did calm down the savage beast within and brought the individual to a centered state of attention to their environment, Nature, the planet, along with, in some cases, their fellow fallen man.

It is very important to understand that this must not be confused as a rejection of prayer, or that it is not effective; but rather, by taking responsibility for our lives and by “Quieting the Mind” and in direct contact with the Divine within us, all that we believe we need will be provided for. This is a quick process and the results may seem magical. We are the co-creators of our lives. The right use of prayer is communication and to acknowledge that there is something greater than us. To “pray” essentially means to beg, which in most cases is self-serving within the Law of Self. In almost all cases, it is begging that someone will learn our lesson in life for us, forgetting that we are to learn each lesson and take responsibility.

One important thing that is given is that when we have reached the lowest of the low, in complete utter despair in a state of darkness, (which is usually brought about by our failure to learn a particular lesson,) that prayer works instantly! It is the call to the Light! In the depths of this pit of darkness, no one is ever forsaken. From my understanding there is no “Hell of Brimstone and Damnation” of a “punishing god.” We co-create a state of being in hell by our own failure to learn our lessons in life. How many times have we heard, “Life can be hell.” They constantly state that the Divine Essence we call God is the All That Is and is in a
constant state of Love. It radiates like the Sun constantly giving.
We allow the shadows and clouds of our own outdated “belief systems” to deprive us of this warmth, this Love, this Light that gives life.

In order to help humanity and the future state of the Planet, we must take action with the help of the Divine by following the Light within, in direct communication as to what we feel and what we think within our own hearts.)

PRAYER

With the outer reality and inner reality defined, (as to the makeup of the human persona,) we find that something is still missing. We are lost to the purpose of our existence, and again, we do call out to see if anybody is out there. We are in the dark and we are sure someone is out there that can hear us; which is, “likened to a voice crying in the wilderness,” crying out like an animal caught in a trap. The crying for help is the primitive beginnings of prayer.

In this primitive state, with the knowledge that is available to us within our visible range in this darkness, we start to co-create an image, likeness or idea; which we then formulate, then worship as the essence of that to which we call to. Even in our primitive state there is a knowing that something out there is greater than us. This is how a god is first perceived. This is the way primitive man started the quest for the Light. Along the way they became aware of signposts or laws, which raised them to another level on the path.

We will awaken or discover, to what point these ancient civilizations raised their level of consciousness by the aid of the Chosen Messenger; which essentially, awakened the Light within to elevate them on the quest for the Light. This was in response to the call of those seeking the Light of Truth. The era of each ancient
civilization had a beginning, peak and an end, and that is in accord with the Law of Cycles.

The call of the masses or the individual is usually made at the shadow, down side of the cycle or when the end is coming. We are presently at the end of the “grand cycle” and now the call has been made by the masses, but will they listen to the message brought in by the Chosen Messenger as to how to prepare for the end of this “grand cycle?”

The Vertical Polarity Of Prayer

What seems to motivate someone to pray for help to a higher source is described as a certain feeling of fear and desperation that originates in the upper stomach, which is located at the “solar plexus” area of the body. Spurts of adrenalin shoots up from this area to certain parts of the head resulting in headaches, panic and stress. This originates from either the mental body, or the emotional body and sometimes within the non-physical body.

You will notice in the following illustration on the next page, the pair of opposites (a circle with two opposing circles within) that is governed by the “Law of Polarities.” This is where “admitted confusion” originates as there are two opposing frequencies of energy. In times of uncertainty, it can be felt as the “butterfly sensations” in the stomach area. Conflicts and strife usually co-create our lessons in life by our unbalanced participation in using the lower animal mind located in the “solar plexus” area. This is the “primordial primitive-sensing” area of
lower animal-man. In times of opposition and threat this activates the “fight or flight syndrome” in animals.

Animals, at their state of evolution, do not have a conscious mind to reason and work things out. This sensing area of the “solar plexus” in animals does the job for them, giving them one of two choices, to fight or to run away. This is why it is referred to as the lower animal mind, but unfortunately, most humans still react as animals during times of threat and opposition.

First we must understand the frequency of prayer. Prayer is “admitted confusion” coming from the lower nature of man. It has a frequency range in an up & down vertical polarity. This is the bottom negative frequency calling to the higher positive frequency. Each prayer or call is made at a different level or step depending on the spiritual awakening or evolution of the individual. *(Sometimes it is made when we may be in the middle of our lessons in life hoping that God will do the lessons for us or to get us out of it.)* The frequency range in relationship to the physical & nonphysical extends from the lower area of the solar plexus, just below the naval and up to the general area of the Heart Center; both, within the inner & outer reality of the physical & non-physical bodies.
At its lowest point, prayer is a desperate cry in the agony of being lost in the darkness. In this form of desperation, prayer creates the polarity that attracts or awakens the soul in its lower, primitive animal nature, to start its quest to the Light. This is in the area just above the base of the spinal column frequency.

At its medium point, which is in the frequency known as the “pair of opposites” (polar opposites) in the solar plexus area, prayer is usually used in the common usage of asking in a form of a request, which is a slight positive polarity or, in the negative polarity, praying for forgiveness, which is driven by a fear of a punishing, vengeful, god which is an illusion or distortion. God is Love, Peace & Harmony and anything less than that falls under the second Law of Polarities, which makes it a “trinity to be,” and it now becomes a lesson as to how to bring in the missing frequency of the Trinity, which is Love/Truth/Knowledge, which is Light and thus completes the lesson with the Trinity of Love, Peace & Harmony.

The “aspirational solar plexus” is where most of humanity is stuck trying to break through to a higher Heart Center frequency before the end of this “grand cycle.”
At its high point, close to the Heart Center, prayer is the communication to that, which is higher. This is within the frequency of the Heart Center or the Sacred Heart of the Divine. This is where we all aspire to be in the Quieting of the Mind. This is prayer at its highest form in a state of communication. The up & down vertical polarity of prayer extends from the lower animal nature of man up to the Heart Center; which, opens us up to the next frequency of awakening in the form of silence and tranquility.

(The preceding may take a few readings to assimilate and to understand the principles implied. Animal-type man responds to “senses and energy” in the same manner that animals do in the Solar Plexus area often referred to as the “animal mind.” On the other hand, prayer is “thought & feeling.” Upright man registers these certain types of energies from the base of the spinal column on up to the base of the skull in the back of the head. The spinal column is like a barometer of frequency that registers within energy centers throughout the body that sends information to the brain.

When we get upset or react to danger in the same manner that animals do, the frequencies will register within the “solar plexus barometer” of animal-type man till we awaken and evolve in the awareness that we are “enlightened beings” that are separate from animals, but have fallen from Grace from the greater Light of Awareness of the All That Is. This is accomplished when we open the Heart Center.)

Now that we have an understanding of the Laws of the three-dimensional world from the previous chapters, we also have an understanding of the inner and outer realities of our bodies within the “Ring Pass Not” in relationship to the outer physical body. One is from the point of view from the physical, and the other from the point of view of the non-physical. We have also awakened to the vertical up & down polarity range of prayer and its three points of reference in each level of frequency.
Now that we come to this point, we have to realize the status of the planet Earth in relationship to the unqualified co-creations by humanity as a whole that are polluting and destroying our three-dimensional world. Everything in the physical & non-physical is subject to the Laws, and this includes the planet. The planet is reacting to the polarities created by mankind within the “Law Of Self,” which is the polarity of the Dark. These polarities, co-created by man without regard to the lessons of a “trinity to be,” are unbalancing the frequency of the planet both in the physical and non-physical reality. All trinities of the Divine vibrate with the frequency of Love, Peace & Harmony as in all things in Nature. Mother Nature or the Divine has a natural way of cleansing itself and maintaining or restoring its original frequency of “Love, Peace & Harmony,” when it has been abused and damaged. Just like a memory bank in a computer, it always has a back up system of restoration of memory.

But before we, as conscious individuals, can help in correcting the above situation, we have to align, tune and cleanse our instrumentality of our whole being.

Due to this unbalanced state, the planet started to slowly accelerate its frequency in 1987, and as of 1998, it has become obvious to the world that it is increasing at a faster pace. The call has been made in the form of prayer, but prayer, in and of itself, is too slow. It is dependent on the frequency of each individual or the group consciousness still stuck in the level of the “aspirational solar plexus” within the pair of opposites; which co-created these “trinities to be.” Divine Law is that we have to learn the lesson, as the teacher cannot learn the lesson for us, which is essentially what our prayer or call, is requesting to be done. Those of the Law of Self are praying that it will be taken care of for them.

Because the call is made, which is a slight leaning toward the Light, Divine Law allows a message or a messenger to be chosen to convey a frequency of the Light; so that, man can see the lesson provided within the “Law of Service” radiating from the
messenger. Light or Truth will awaken from within, and not by the “message or the messenger.” Those who have eyes to see the Light, and who hear from within, will listen.

Prayer, in and of it, is limited as previously explained. Most of humanity, with the application of the message, which will awaken within, can break through to the frequency of the Heart Center of the Christ Principle, which is Love, Peace and Harmony.

Prayer is basically asking or requesting at its medium point, and at its highest point it is communication, which is at the bottom of the Heart Center frequency range.

It is easy to get into a non-creative rut by our repetitiveness of words associated in prayer. It can also create a hypnotic like spell or trance, which is a negative polarity characterized by its frequency range of the lower animal-type man up to, and within, the “pair of opposites” in the solar plexus area at its medium range; then up to the “aspirational solar plexus” trying to break through to the Heart Center frequency.

But the next range, within the Heart Center frequency, creates freedom of the lower animal nature and its polarities. With prayer we speak and with meditation we listen and take action. This is in the Law of Quieting the Mind, which is exactly what it states.

**THE PROCESS OF QUIETING THE MIND**

Now, we must go back to the three bodies: the non-physical body, the mental body, and the emotional body protected by the Ring Pass Not, which is the circle of Light of your Spiritual Body. This is where we sit in quiet contemplation and listen to what awakens within the protective circle of your Spiritual frequency.

It is recommended that we sit on a straight back chair, close our eyes, and start with the quiet affirmation “Let this be according to Divine Law and Order within the Sacred Heart of the Christ Principle of Love, Peace & Harmony.” This increases the Light of
protection and polarizes you to attract the Light of the Divine, which is Truth within the Heart Center.

This must be done at least once a day, preferably at the same time period.

Now, as we sit in quiet contemplation, we must become conscious and aware of our three bodies encircled by the “Ring Pass Not” of the spiritual body. This will awaken you to all the frequencies emanating from the physical body; that sends messages to the mind body; which in turn creates mental, verbal chatter. This in turn will awaken the emotional body and all of its frequencies that also send mindless, verbal, chatter to the brain. The brain, being in the physical, agitates the mind body and it keeps the rotation going with all three bodies within the inner reality. (This state of confusion must be stopped.)

The Quieting of The Mind is a tool to stop this rotation and movement of frequencies in an effort to balance and have control of our personal life. This tool will awaken and give you the power to take control of the source of the incoming frequencies from the physical and emotional bodies, which are mixed in with mind body frequencies. This is the reason we pray! Prayer is admitted confusion! Prayer works, in that, if we repeat a short prayer at least fifty times in one hour, constantly repeating, the three bodies do shut up as they become hypnotized to the repetition. We feel better for a while until we start coming out of the hypnosis and the whole process starts again. Prayer “in and of it” is good but it is such a slow process that many well-intentioned souls are still stuck in the same classroom in this school called planet Earth!

The accelerating frequencies of the planet do not care if we pray twenty hours a day, it will be moving with or without us if we depend on the primitive prayer of the past. The “grand cycle” is inevitable and we all can be active participants in evolving with the Light of the Divine. (In the introduction to the Three Basic Laws it states the reason lower prayer may not work in the present is that the end of the “grand cycle” that we are presently experiencing is
a lesson “en masse” of all inhabitants of the planet, as a group, and not as an individual lesson. In order to survive and evolve we will need to open the Heart Center as an active participant.)

The physical brain is that, which creates form out of matter in the three-dimensional world. If the non-physical body, the emotional body and the mental body (which are not visible to the naked eye within the inner reality) are in a state of confusion, the information and messages are automatically sent to the physical brain, which will then create these messages into form; which will become a physical reality and it will now manifest as confusion within our daily life in the three-dimensional world. From the “inner reality” to the physical “outer reality.” (Have you ever noticed that when we keep worrying about something, we eventually make it happen?)

The objective is to be able to separate and identify where the frequencies originate, and to stop them from going out of their body source; this is the non-physical body and the emotional body, which is invading the mental body. The mental body, being agitated, then sends message frequencies back in return; thus keeping the rotation of confusion activated till the whole instrument/persona body gets exhausted and depleted of energy. This is why, sometimes at night, we keep worrying about some mindless thing that we cannot do anything about because we are in bed, and this mindless chatter keeps us awake and not being able to have a good nights sleep.

Each frequency from each body is significantly different and identifiable, as you will discover in the “Quieting of the Mind.” The next step is to discipline and to command that all three keep quiet. (Many individuals are under the impression that when we worry or think, that we are using the mind body only, which may not necessarily be so. We think and worry with three separate frequencies. Aside from the mental body, we also utilize the emotional body and the non-physical body in our worries and thoughts. The brain is like a computer. It needs “software” to
function. We feed the information to the brain from our non-
physical body, the emotional body, and lastly, the mental body. We
provide the software, which are usually based on “belief systems”
that are not yet truths.)

If you can keep all three bodies within their own range, and
keep the mind quiet, without one thought coming in, or originating
from within, for a period of three minutes, you will now have
reached a point of enlightenment. The “Ring Pass Not,” if applied
as instructed, will not allow anything to intrude into your
frequency, and by the same principle will not allow anything from
within your instrumentality to trespass beyond this protective ring.
This may sound easy until you apply the principle of this form of
meditation, or higher form of prayer, which must be perfected
before we can step closer to the Light of the Divine; which is, that
small still voice within our being.

The objective is to be the “Master of Your House.” You cannot
proceed on the path of the Light until you become the master of the
self. This is the start!

You will notice that most of these thoughts come from the
actions of your past. These memories will start coming in to haunt
you and distract you from being able to keep the mind quiet. But
for the moment, the key is discipline and separation of frequencies
from each body, then, to the Quieting of the Mind.

It is essential to learn how to keep the three bodies quiet and in
control. The mind (in the brain computer) is the receiver of these
uncontrolled frequencies. You must be in control and aware of all
bodies before you can cleanse, refine and tune your instrumentality
for the rigors of the coming change. This cleansing, transmuting
process will be explained in the next chapter. For the moment, we
must learn to be the “Master Of Our House” by learning this
process of becoming still without self-hypnosis, and being able to
calm and quiet the three bodies encircled by the “Ring Pass Not”
of the spiritual. Love and Light is the key to the Divine by
becoming quiet!
(Although I have not been giving any particular type of meditation, or specific technique other than what has been given, the idea is to become quiet. The word meditation, although it can be used, is not completely descriptive of this process but it is acceptable, and is a higher form of prayer. Many religious fanatics create fear in their congregations with the idea that if you empty the mind, evil will come in. But, according to the information received, anyone who radiates anger, hate, guilt or fear to another individual is working with the Law of Self, and in the same manner of those in the ancient past, who kept the masses in a darken state, once again, they become the “manipulator & deceiver.”

The mind will not be empty, but it will be quiet so that the individual can transcend above the human elements.

The reason there is so much conflict and chaos in the world is because the “minds of the masses” entertain and are filled with Anger, Hate, Guilt and Fear as with primitive animal-like man. The Master Jesus taught and radiated Love, Peace & Harmony and how to raise us above the elements of the world. The key is Love & Light of the Divine.)
The Quieting Of The Mind

The “Quieting of the Mind” is a very simple process with the following condensed form from the previous paragraphs:

1. We sit comfortably on a straight back chair. (With our hands on our laps if this is comfortable to you.)
2. We sense and feel our individual “Ring Pass Not” of our soul body and surround ourselves with “Love & Light.” (Anything that accomplishes this is fine.)
3. We now work on distinguishing thought forms, and learn to separate, which are which, of the non-physical body, the emotional body, and the mental body and create order by taking control and demanding quiet. (This may take many sessions to master, and yet, many are able to do this immediately.)
4. When the thinking awareness is quiet, you are in control and can communicate with your “inner self” if you desire, or just relax within the “Ring Pass Not” with the energy of “Love & Light.”
5. The goal is to maintain control of the three bodies within the “Ring Pass Not” and keep quiet for at least three minutes.

It is a very simple process that will open up to you. The reason I am not given a specific technique is that everyone instinctively will have his or her own method that feels natural and comfortable. You will know that it is working because you will be free of anger, hate, guilt or fear with the energy of “Love & Light” that will become manifest. Trust your own judgment. You will feel “energized and whole” in knowing that you are in control of the physical and non-physical body, the mental body, and the emotional body.
THE QUIET ZONE
(The Quieting Of The Mind)

Before we proceed with the next chapter we must awaken the consciousness to the frequency known as the Quiet Zone. This is a higher frequency reached in meditation by those of higher esoteric teaching of the Wisdom Schools, or by the Children of the Light who have opened the Heart Center, radiating the frequency of Love, Peace & Harmony of the Christ Principle.

The vertical polarity range of the frequency of “Prayer” has been given. (This is at the “aspirational solar plexus” area of the body.) The vertical polarity range of “Meditation” (a higher form of prayer) and its horizontal range has not been given as the instrumentality has to be aligned, cleansed and tuned to hold the higher frequencies; each step of the path is a lesson, which will unveil these truths from within. The part that can be given, is that, at the lowest point within the Heart Center frequency, when opened, meditation is the approach to the Creator through the Feeling Nature by keeping the mind quiet in order to listen to the “small still voice” from within. (This is where we receive feelings, sensations, intuitions, dreams and visions and all unusual forms of communication.)

This next point in Meditation is the approach to the Creator by knowledge of the Divine. The level of this frequency is not revealed at this time, as the lessons will, by their own instrumentality, create this range to its highest point for each individual soul. (As we learn to “feel and sense” thoughts, energies, and emotions within our bodies we will learn to identify what is of our own and what is not, and also, which of our non-physical bodies they originate that sends messages to the computer in the “brain.” We will be in control.)

The Quiet Zone must be explained, as this is the source of all that is brought into the three-lower-worlds of manifestation, such as inventions, ideas, technologies, and the vast expansion of Divine
Knowledge. *(This is the area where special individuals are able to tap into; this being, inventors, writers, artists, men and women of knowledge, and all those with the gifts of the Divine.)*

The enlightened souls on the path who have brought some of these gifts from the Quiet Zone, at times in ages past and in the present, get caught up with the Law of Self rather than the Law of Service, and/or other Dark Forces manipulate these enlightened souls and thus take over, causing the negative aspect that is effecting the planet. Many are enlightened souls from higher frequencies, beyond and above, the frequency of the three-lower-world of our school. Their purpose and service for humanity is to bring in the Light of the Divine. Many come as Master Teachers, Beacons of Light, etc., in all forms of service. At the point of entry, through birth, all is forgotten as to purpose of service.

They are bound by the same Laws of this three-dimensional reality just as everyone else, and must awaken in steps of enlightenment. They volunteered knowing this principle.

The Quiet Zone is also known as the “Rain Cloud Of Knowable Things,” “The Akashic Records” and “The Book Of Life.” This Quiet Zone is accessible to all on the path starting with the lessons of “Quieting of the Mind for a period of three minutes,” and all steps/lessons contained in the message of this book.

You can not just sit back with prayer alone, you must take action to save the planet and to propel you on the path of enlightenment; which will take you a step closer to the Light.

**MAY THE QUIETING OF THE MIND BRING PEACE!**

(It is extremely important to understand the message given on the subject of prayer. The Messengers are excluding prayer in the “Law of Self” for self-serving reasons, or not learning our lessons in life. Prayer with “Love & Light” is essential to life.)
In the beginning of the chapter we are taught that we have a physical persona body, and within this physical instrument, we have three inner bodies not visible to the eye. We have an inner non-physical body, an inner emotional body, and an inner mental body. Humanity in general believes that the mental capacity resides in the brain, this is not necessarily so. Each one of these inner bodies is an exact replica of the physical body, with emotional and mental energy, and most importantly, intelligence right down to every cell, which also includes the actual physical body. DNA proves this to be correct.

What hold these three inner bodies together as a balanced trinity is a frequency of higher physical and non-physical energy that is called the “Ring Pass Not.” This Light Ring is also known as the Soul extension of the Higher Self, but for now we can call it the Soul.

The information given also relates that the present use of prayer by most of humanity is of the “Law of Self” for self-serving reasons, and even when used in a positive manner it is too slow. We are at the end of the “grand cycle” and humanity is fearful, and using prayer so that higher intervention will come to save us. Life is a school of our own making. We will be taught how to accelerate prayer with the Divine Light as active participants for the Law of Service and for the greater good of humanity.

With illustrations we are made aware of the “polar opposites” in the solar plexus area, which causes strife in our lives. Under the Law of Polarities we can co-create our own “heaven or hell” that can be remedied by becoming aware of our out of control “three inner bodies.” This present state of confusion must be stopped. We are then taught to “quiet the mind” and be the master of our own house, which is our instrument of being with the “three inner bodies” encapsulated and protected by the “Ring Pass Not.” We become responsible for the trespass or intrusion of “darkness”
within this Light Ring. Once we have mastered and are in control of our inner bodies by the instructions of Quieting the Mind, and by demanding that the three bodies remain quiet for three minutes, we then start to empower ourselves with the Light of the Divine and ready to work with the outer reality.

The Quiet Zone will eventually reveal itself in small increments of knowledge and ideas. This is where enlightened souls, such as inventors, thinkers, and all sorts of creative individuals tap into this “Rain Cloud Of Knowable Things” also known as the “Akashic Records” or the “Book Of Life.” (When you reach this level of quiet discipline and you receive extraordinary revelations or ideas, you will understand why these famous persons, in almost all cases, will never reveal how they received these gifts. “Oh, it just came to me,” is usually what they say as society is still blind to higher truths and realities.)

This all starts by being in control of the “three inner bodies” and the increase in frequency of the Ring Pass Not for a short period of three minutes in the Quieting of the Mind. It may take 15 minutes to 45 minutes to quiet the mind, but once we do, if we can keep this “quiet state of three minutes” or more, we will reach a state of enlightenment that will eventually reveal your own “Divine Plan” and your purpose in life. Communication will set in with “feelings, thoughts, and energy of great wisdom.”

This will empower us to work with the next Chapter on the “Transmutation Process.” Transmutation is changing one form to another. According to information received, humanity is allowed to co-create, which comes as lessons in life, as we interact with one another in our daily existence. That we are responsible for our actions, or participation, regardless if we become the “victim or the perpetrator.” Life is a school and we have to balance, forgive, and bless everything in Life. Transmutation is very important!
When we acknowledge and master the teachings of the “Three basic Laws,” we will have a clear understanding that any manifestation of the trinity is a frequency of Light in harmony with the Creator. It is a picture or example, of the All That Is, which is the essence perceived as God.

Because we are in the process of awakening that, which we lost in the fall, we see things from the standpoint of being in a darken state. Too much Light hurts our inner vision or receptivity. The aspect of the trinity in many forms, levels and frequencies, present themselves as steps or lessons for our awakening.

As co-creators with the One Life, which is God, we in fact, co-create the lessons as “trinities to be.” The finality comes when we learn this particular lesson in our life and by a transmutation process adds the missing ingredient of the trinity as a frequency of the Light of Love, which reveals Truth and understanding.

The time period within the three worlds of manifestation is measured in a cycle with a beginning, peak and end. This is the period given by the Third Law of Cycles to complete the lesson. Many ignore the lesson or do not complete the lesson leaving a tremendous amount of spent energy, which remains polarized with aspects of both positive and negative energy. This energy remains with us in the frequency of our being. We forget or are not awaken to the fact, that we co-create these lessons or experiences, which are “trinities to be” within a given cycle for completion.

Everything that exists in our three-dimensional world, whether it is in the physical or nonphysical, consists of energy, which is Light. We are allowed to co-create with the Light in order to learn from our experience. It can be shaped, formed, thought, experienced, etc., and after we are through with our experimentation, in trying to learn the laws relating to each aspect we co-create, the law requires that it has to go back to its original form or state. This is transmutation. We learn the lesson by our
experimentation within the laws. We then take what we learn, in the form of Light, then return the remaining energy that is not used back to its original harmonious state.

Some of our greatest scientists of this century have stated that energy is pure and abundant. It seems that the universe has given us many clues as to how to go about co-creating and working with this abundant energy in order to help mankind, but the powers that be will not allow this to occur. Its creation would put them in a predicament, which would not be in their best financial interest or control. *(These are individuals of the Law of Self.)* But the important thing that has become apparent to scientists around the world, is that, energy may be co-created and used, but the third important part of this trinity, which is ignored, is that it must return or be transmuted to a pure clean state. If we use water in a steam engine, the water is transmuted to pure clean steam with no harm to the environment. In like manner, with our repressed co-created memories in our emotional, mental and non-physical bodies, we must transmute them to the Light.

Many of our everyday conveniences are taken for granted. The great advances in science and technology in the past one hundred years is astronomical. We seem to forget that prior to these one hundred years, humankind got around by animal and cart for thousands of years. In less than one hundred years we have gone to the moon. In the 1890’s many settlers in the West, were just trying to find a place where they could forge and cross a river without having their wagon swept away by the rushing current.

Why have we advanced in all the sciences in a span of one hundred years, where in contrast, we have made no noticeable advance as a human race in the last 10,000 years?

During the Renaissance, artists seemed to be in touch with a higher frequency. During the Industrial Revolution, inventors and scientists seemed to touch that “rain cloud of knowable things.” The philosophers also seemed to have their cycle during the Grecian era with their schools of thought. What can we learn from
these cycles? If we awaken to the Light within us, during this time of “Spiritual Awakening,” we may be on the threshold of correcting the past. This is the most important cycle in the history of humankind.

We, as co-creators, can balance all of the errors of the past, which are just unbalanced polarities and transmute the frequencies back to the Light. Immediately, a polarity will pop within your mind saying, “I’m just an everyday person going to work and just trying to make a living and I can’t be bothered with that!”

Once you step into the Light you cannot step back. You cannot unlearn what has been shown to you. You may want to do what you have done in the past; that is, repress and ignore this knowledge in the closets of your mind. One reason you are reading a book of this nature is that these closets are getting very full and intuitively you are seeking a way to release or unleash the pressure.

The individual on the path can start by complete awakening, which will bring understanding to the Law of Threes, the Law of Polarities, and the Law of Cycles. All the sciences have their particular laws relevant to each individual science. These three are a particular set of spiritual laws pertaining to the awakening of the soul and the advancement to the Light of the One Life, which is the Creator we call God.

In the same manner that the sciences have advanced in this short span of 100 years, spiritual advancement to the Light can be as fast as the speed of Light. This is why we see individuals who have been transformed from a life of crime, to a life of service for humanity in an instant of spiritual awakening, or as many religious individuals refer to it, “being born again.” Many are not able to handle this increase of higher frequencies, which is accelerating on the planet, and they are virtually losing their minds. All you have to do is look out into the streets and you will see the polarities manifesting themselves, separating those who advance toward the Light and those who reject it. Many are spiritual souls caught in a quandary, feeling that somehow they are different,
somewhere in-between both sides of these polarities, and seem to only find comfort in reading new age, religious or spiritual books. They feel that a new religion or spiritual group will miraculously change their life. Again, we must emphasize that we are going through a highly accelerated spiritual cycle of advancement to the Light. Think of the advancements made in all the sciences in this short period of one hundred years.

Since this spiritual advancement started accelerating in 1987, all the old forms are falling apart regarding certain groups, factions, ideologies or religions. Some are trying to transform to this acceleration. Remember that energy is pure and abundant; not only this, it is free and the powers that be are in a great predicament. This is the same with established groups and religions that do not allow for growth and expansion. The Light is constantly radiating and growing; anything that stops the expansion of the Light is within the Dark withdrawing inward within the Law of Self.

The key to understanding this scenario is by the laws pertaining to this spiritual advancement. Understanding these three laws that are vibrating at a certain frequency, during this cycle, will awaken you to the higher frequencies, which the planet will ultimately vibrate to. All the arts, sciences, technologies, etc., were envisioned and accomplished by the access to the knowledge of the threes. The artist and the three primary colors; the musician with the three notes to fulfill a chord; the scientist with an electron, proton and neutron in the composition of the atom; religions with the Father, Son & Holy Spirit and the list goes on.

In understanding the natural laws, all subsequent minor laws fall in place in Divine Law & Order. All other methods taught to us by organized religions are very slow, as we have seen in these past centuries. All methods are good as long as they bring us closer to the Light, but during this high acceleration that is upon us, we must accept responsibility for our advancement, as the One Life we call God is blessing us with a higher frequency towards enlightenment,
which is in the present. The other arts and sciences have had their cycle and now we are at the pinnacle of the most important “Spiritual Cycle” of all, and this is, the awakening of the Heart Center of the Christ Principle of Love, Peace & Harmony. \textit{(When the Messengers refer to the word “Spiritual” they do not refer to it as a religious or biblical term, as these have limitations; but rather, as a higher scientific esoteric term that deals with energy, sound, and vibration in a higher non-physical frequency that is the essence that allows us to co-create with the Light.)}

\textit{Science knows very little of this Light, which is of the non-physical, as they are yet trying to learn everything they can about electricity at its low end of the scale in terms of the range of this Light they speak about. The message is that this is the transition of physical science to the non-physical science that we will now enter in this millennium. We are reaching the octave of transition and are being blessed with a higher frequency to enlightenment.)}

Unfortunately, we have misused many of the gifts that have been opened for us, and the planet has its own way of cleansing and balancing itself when overly abused. The picture is very clear, that we are on the verge of destroying the planet if we do not start to repair and transmute everything we have done.

In the last chapter it was taught, that as you endeavor to clear the mind, old memories from the past start surfacing and will create a distraction in your efforts to be in control of the “three fold inner bodies” for at least three minutes of inner silence with Love & Light. Whether you are able to clear the mind or not, any effort is a win, win, situation. Any effort to clear the mind is better than no effort at all. Ideally, it is best to master it, as great strides and advances will be accomplished by having clear vision, which allows the Light of the Divine to be radiated. Any effort towards this goal is beneficial, although, depending on the strides you make, you may progress by trial and error, or faith alone, which are both very slow.
Old negative type memories such as: quarrels, hates, guilt, anger, frustrations, fears, childhood memories, abuse and the list goes on in relationship to the past and present is what needs to be transmuted back to the Light. As these old memories or unfinished business start to creep out of the closets of your mind, you will notice that they each have an energy, frequency or life of their own. They were all “trinities to be” at the time of occurrence, but we did not finish the lesson at that particular time.

Again, you will be faced with the polarities of stashing them back where they were stored and repressed, or you may try to deal with them, which may be very traumatic and painful. Depending on the frequency and energy that was given to these memories and emotions by you, as the co-creator, you may end up stashing them away where you had them in the first place, but now they don’t seem to fit in that space. Your awakening is drawing them out to the forefront. You were not able to deal with them in the past, and more than likely, you may believe that you are not strong enough to deal with them now, which is an illusion. Your point of power is in the present, now!

The mistake we make with these memories and emotions is that we feel that we have to make a deal with them, as if they, independently, have a life of their own. We forget that they are misplaced, created energy from the Light that was misused and not co-created, and the attraction and retraction of the polarities is what keeps them alive or existing within our frequency. We feed them (as bad memories) and keep them alive by our emotional & mental energy within our aura where they are grounded in, and thus create an energy drain to the physical body, which can manifest as an illness or malady.
WHAT IS ILLNESS?

Illness is a teacher! Those who are afflicted with an illness will have an abrupt change in their lives and will immediately stop and listen. Of course, they will look outside of themselves as to what caused this ailment or will find security and accept what their doctors will diagnose. Many will leave it at that, and they will accept the result, even in the case of terminal illness.

Illness is a polarity! Most of all illnesses are the direct result of not handling and learning a lesson, which we stashed away in the closets of our mind. Through the “Quieting of the Mind” and the “Transmutation Process” many souls on the path are able to alleviate or completely rid themselves of all illness by going back, in time, to the original lessons. (The cause of basically every illness that is not brought on by past life Karma is “instant Karma” of this life. By recalling and examining these past memories and situations in our present life, we will find the “cause and effect” of its manifestation as a lesson. And as they state, the transmutation process will alleviate this. In the mental body, it could be a fight or a quarrel, anything dealing with the mind especially with anger and hate. In the emotional body it could be a loss, a deep emotional hurt, or even rejection, which brings about guilt and sorrow. In the physical body it can be a physical injury, accident or harmful contamination of physical substances. In the non-physical body it usually is a direct result of unbalance in the emotional and mental body that brings about psychosomatic illness.)

Cancer is one of the most feared and misunderstood illnesses and is no exception to the above. Those that expose themselves to dangerous radiation from an outside source, it becomes obvious why they are sick. Then, there are those enlightened souls that have attracted and created cancer to them, in order that those around them may awaken to Love, Peace & Harmony, as a service of sacrifice. But in this instance we will speak about those that
have caused cancer from within as a lesson/polarity. In these particular individuals, cancer is the lack of Love from within. Love cures all cancer! Love is Light! Light is Truth! Love, Light, Truth is the frequency of the Trinity.

**Tumors are “false growths” that believe they exist and we create, feed them and keep them alive by our “self created belief systems.”** These tumors may become cancerous, which will result in the cancer eating us alive unless we wake up to the fact that we create that, which is harming us by a belief system that we have accepted. Those that believe that cancer is hereditary, as there may be a history of a certain type of cancer in the family, must awaken to the fact that the “false belief systems of the family,” which is passed on to one another, is the actual cause.

Cancer starts as a polarity in that we may feel hurt, bruised with an emotional pain that we hold inside and never let go; which then starts eating away at us with great resentment, in that, we then start creating a “false belief system” (or growth), which will manifest as a cancer of some type. A bruised apple will start to spoil and eventually will spoil all the other fruit in the basket, even though the others were not bruised. The cells in our body work the same way. A long standing “hate” towards someone in our past, who we may believe caused great damage or who we feel has ruined our life, in any way shape or form, will create the manifestation of cancer. We will come to realize that anything or anyone who creates opposition to our “belief systems” is just part of the polarity/lesson, we have attracted as a co-creation for our advancement to the Light. We must take responsibility for everything that occurs within our being in the present, as well as, balance everything in our past that is unfinished business.

We are the co-creators with the One Life we call God and must balance the polarities by bringing in the missing part of these “Trinities To Be.”

As was previously mentioned, we can correct all that has gone before, by learning how to transmute all the unfinished business, or
the polarities/lessons that are in the closets of our minds as unbalanced memories of the past.

Before we can change the world we must first start with our own instrumentality. Everything in nature works in perfect Love, Peace & Harmony with the One Life in this three-dimensional world. We, as stewards of this planet, have been allowed by the One Life to co-create. The emotions, thoughts and feelings in our mental & emotional bodies that haunt us are creations/lessons that were not finished or balanced within the trinity, and they now obscure the direct channel of the Light we once had in that place, within, where we are now directed to quiet the mind. Once we can quiet the mind or have some order in being able, for a while, to keep these wandering thoughts at bay, we can now start the process of transmutation. The lesson in the “Quieting of the Mind” is essential as a precursor to the “Transmutation Process.” (Before going into the transmutation process we must remember that our physical persona has three non-physical inner bodies as instruments of learning. The “cause & effect” factor is the direct result of imbalance and disharmony by not learning a co-created lesson or a memory that we do not release, which is the “cause,” and the resulting disease or illness in our physical body is the “effect.”

Great Teachers of the Light always state that life is a school, and that we are here for the sole purpose of learning from what we co-create. But, our egos are so great in that it gives us great pain to admit and view the errors of our past, which will immediately enhance our future. We may be quick to blame the other participants of this particular memory that haunts us. Even if someone went out of their way to harm us, the lesson learned may be, how we reacted; created anger & hate or possibly, to learn how to forgive. The Light within will reveal this.
Chapter Eight

Transmutation

The Transmutation Preparation Process

STEP ONE: Call in the Light of the Sacred Heart of the Divine to radiate Love, Peace & Harmony into our three-fold body according to Divine Law & Order within the Light of the Christ Principle. Once you have quieted the mind to whatever degree you are capable, allow only one thought or disturbing memory to surface. The idea is to view everything that occurred regarding this incident. You should be by yourself, sitting on a straight back chair, and completely in control of the physical, mental and most important of all, the emotional body. Imagine being at a theater, alone; you are the only one viewing a movie of something that occurred in your past. It is very important that you remain and maintain a position of being the viewer rather than a participant in the movie, as your emotions, along with your other bodies, may be sucked into participating in the action. You may be tempted to try and change what really occurred, or you may get so excited and involved that your heart starts beating faster. The idea is to view exactly what happened and to remain quiet and objective to all that transpires. It is important to remember that you are not a participant; you are the viewer! You are not the present person in the movie that is the you of your past! Even if it occurred an hour ago, it isn’t the present you. THE PRESENT, IN THE MOMENT, IN THE NOW, IS THE ONLY POINT OF POWER!

STEP TWO: After viewing this episode of your life in this process of maintaining and being objective, the lesson will be crystal clear. Not only will you learn a personal lesson, but by viewing the activities of the other participants and the obvious lessons on their part, you will also learn from all lessons involved. After you do this several times with other scenes from the past, you will be amazed at the clarity, vivid colors, and the three-dimensional aspect of what you are viewing.
STEP THREE: After viewing the scene from beginning to the end and becoming aware of the obvious lessons involved, the transmutation process, once again, becomes three-fold.

TRANSMUTATION

1. First you must forgive yourself for all the transgressions you may or may not have incurred regardless if you are the victim or the perpetrator. THIS IS VERY IMPORTANT!

2. Secondly, you forgive all other participants, whether or not they transgressed against you. Each individual involved in this episode might not be capable of transmuting energy, and they may be living with guilt or an error, that may or may not have actually occurred. By forgiving them, the Light will relieve them of some real or false guilt that they have erroneously been carrying around with them for most of their life, and if not taken care of, could destroy their future progress to the Light within this lifetime.

3. Thirdly, you give thanks to all the participants for the experience, as a lesson, blessing all the frequencies and the energy involved with Love, Peace & Harmony. The remaining energy is now transmuted with this Love, Peace & Harmony radiating from your Heart Center and back to its source within the One Life called God. At the point of transmutation, feel where the energy comes from and how it returns to the Light! Feel all frequencies, energies, sensations, sounds, feelings, as this will prepare you for “The Feeling Nature” in your present three-dimensional reality.

(This is a very simple technique and quite effective. The transmuted energy that leaves the body is sometimes felt exiting through the Heart Center, the hands, the center of the forehead; but most, in general, will feel it leaving through the top of the head.)
At first, you might do this technique haphazardly with many thoughts and memories jumping out for attention and all in need of transmutation. But as you finally gain control, you may find that only one episode from the past will present itself at each meditational sitting. Eventually, you may do one or two a day. This is a cleansing that will make you feel lighter and more in touch with your higher self, consciously alive, with energy vibrating at different frequencies and completely aware of your immediate environment. Finally, you will come to a point where you have ultimately cleaned out, balanced and transmuted all that was in the closets of your mind as well as in the emotional & physical bodies.

When you reach this point, you may find that if you transgress or cause grievance to someone, the same thing will occur to you within a few days, as if to say, you are being paid back for that particular transgression immediately. This is what many call instant Karma. Of course you are not being paid back, rather, it is a mirror reflection of a minor lesson to be taken care of and balanced. It keeps you on your toes, and you are in complete control; not allowing the mistakes of the past to over-power you. The closets of your mind will soon disappear and you will no longer find the need to stash or repress unfinished bad experiences/lessons. *(There are countless documented accounts and stories throughout the ages that at the point of death or with near death experiences, we are shown our entire life to review every experience we have created as a “cause & effect” factor whether good or bad, during our lifetime. Many have seen their whole life flash right before the fatal crash and impact, yet miraculously defying science, they have been sent back to tell their story.*

*Those that are spiritually inclined will see the recording angel or other light beings. Those who are scientifically inclined will see the Light radiating with Love and Compassion. Those who are Atheists will see what is actually happening without Angels or Light Beings. They usually find themselves floating above their
physical body, which seems quite natural to them, and yes they do see their life experience played before their eyes. These are generalizations of variations of many stories that you may have already read about.

Why wait till we die to see the “good & bad” in our lessons in life experience. If one works with the Transmutation Process your life will be balanced, cleansed and all lessons will be learned and acknowledged. The transition at the point of dying will be calm & peaceful. It can be a beautiful joyous event.)

If you were not able to quiet the mind before the transmutation process, you will now find that it may be simple to accomplish at this time. The quiet still voice within you will start to manifest itself along with clear vision. Clear vision does not necessarily relate to our physical vision, rather, it relates to a higher frequency or sense beyond your regular five senses. With clear vision you can sense, hear, taste, etc., beyond your regular senses. Hearing of an inaudible guiding voice, in a form of mental telepathy, without having fear, but rather, a Divine acceptance of that, which is natural in a higher spiritual realm. Once we reach this frequency through our own meditational alignment, the Light provides a protection against all the dark forces. (Negative “mental & emotional” energy.)

Now that your instrumentality has been cleansed of the past, you can now proceed with the present to make you strong for the future events to come.

WE CAN ALL BE THE BEARERS OF THE LIGHT THROUGH THE TRANSMUTATION PROCESS. LET THERE BE LIGHT!
REVIEW OF PART TWO

Before proceeding with the next chapters it is very important to completely understand the chapter of the “Quieting Of The Mind” and the “Transmutation Process.” We must thoroughly cleanse our frequency and balance our instrument of being in order to assimilate the chapters that will follow.

We must be reminded that most of humanity believes that we have a physical body with a brain in the head. But we have learned that we have a physical persona body with three inner bodies encapsulated by the Ring Pass Not. The brain acts like a computer with a keyboard, but the information also resides in the physicality of the bodies. All have intelligence and energy in every cell of the physical and non-physical bodies that must be kept in control by the Quieting of the Mind; otherwise, we will always be in a state of disarray and confusion. If we can demand control of our outer and inner bodies for a minimum of “three minutes” of complete silence within the Ring Pass Not of protection, we will increase awareness and energize our instrument of being by just relaxing in the Light that shines within.

In the Transmutation Process we will discover that the source of disarray and confusion is coming from the closets of our mental capacity, both in the “emotional and mental” that can cause illness. It is time to clean up this mess of unfinished business, and lessons in life that were not attended to.

You may want to set a small period of time each day, or even late at night before going to bed, and pull out one unbalanced memory at a time from the closets of your mind. You will find relief and sleep more soundly as you gain control. Great advancements will be made if we release all our unbalanced, negative, crystallized thought forms from our past, which will bring us to the present, in order that we can advance into the future.
PROLOGUE TO PART THREE
“The Lessons Of The Feeling Nature”

The next five chapters are studies to awaken the Feeling Nature within us that is basically dormant in most of humanity. Animals, not being conscious souls have a highly perceptive Feeling Nature. It is common knowledge that animals have an acute sense of smell, sight, hearing, and feeling with a “sixth sense” capacity.

We as humans can surpass these qualities in animals by learning and conquering our lessons in life. Unfortunately, we have animal bodies with primitive sensitivity in the solar plexus area. This will cause us to act like undeveloped man who becomes confused with the three inner bodies that are out of control.

Because we have a “conscious mind” we tend to believe that we only have a physical body with a mind in the brain. We need tangible physical proof of anything presented to us, otherwise, it cannot be, or it cannot exist. We have a tendency to only believe in the physical. Anything unseen is an illusion of the mind that can play tricks on us. Everything has to be proven its existence in physical terms, otherwise, we may freak out. Prove it to me becomes the credo of these individuals.

Unfortunately, it cannot be proven to a person that vibrates at lower levels of frequency within the Law of Polarities, which only creates opposition and strife. This is the Second Law. You have to be there to experience it. You have to be in the Light to see. This is the” Light of Understanding” of a balanced soul.

In the following chapters we will learn the Nature of Each Body within natural laws that can benefit those of the Spiritual, the Scientific, and the Atheist. Natural Laws that will better define the unseen within physical scientific terms that can allow “clear vision” to manifest to one and all. This is the transition of knowledge to the next octave of the unseen. These are the studies of the Feeling Nature that is dormant within us.
“A Step Into The Light”

PART THREE
The Feeling Nature

* The Feeling Nature In The Physical Body

* The Feeling Nature In The Mental Body

* The Feeling Nature In The Emotional Body

* The Feeling Nature In The Spiritual Body

  * Reincarnation

  * Love Within The Feeling Nature
Chapter Nine  The Feeling Nature And The Physical Body

THE FEELING NATURE

Now that you have transmuted what has been in the closets of your mind, or instrumentality from the past, you will find that in the present, you have to transmute what comes into your persona, which houses your three bodies: the physical, mental and the emotional. By quieting the mind and transmuting your old unbalanced energies/creations, you will now start to experience clear vision. This clear vision is a growing process and it will be apparent that “the brighter your light becomes the better you can see,” which will eventually go beyond the five senses as mentioned before.

By cleaning or transmuting what was in your “mental and emotional” bodies, you will now become sensitive to the frequencies that enter all three bodies. You will awaken to the frequencies of the foods that you ingest into your physical body. These crystallized, hardened, thought forms in the mind body will start to melt away, allowing finer elevated thinking to replace the old.

The emotional body, which can be described as a wishy-washy fluid state, becomes more stabilized and balanced. Because our instrument of being is in a cleaner state, we become more particular to what comes in. Not only that, but we become aware that we feel lighter in a spiritual sense, although, it will be felt in all three bodies.

As we become lighter we will radiate to higher frequencies of Light, as we no longer have the burden of carrying around all the unbalanced dead weight of past experiences. We then start to notice that we feel different and are more sensitive to the outer environment, and what we partake of it. We now have a sense of clear vision, which results in making us aware of the Feeling Nature.

We are now straddling two ways of being. In effect, it is something like, taking a step on a protruding rock in a rushing
river current. You have to feel if the new stone can handle your weight before taking your other foot off the last rock to cross the river.

You are not the same person you used to be as you are vibrating at a higher frequency.

THE FEELING NATURE IN THE PHYSICAL BODY

All unbalanced energies are attracted to the Light like a magnet; in the same manner that at the beginning of “Quieting the Mind,” thought forms from the past start popping in for attention. As bearers of the Light, we will find that, un-consciously, we will attract unbalanced frequencies to our physical being, and we now have to transmute on the physical plane. This entails being able to change the lower frequencies of the foods or liquids we ingest to vibrate at the same frequency that our Spiritual Light Body is vibrating.

If we have followed and accomplished all the previous chapters (lessons/steps), by now you will become aware that you are also a Spiritual Light Body vibrating with Light. You will now become aware of your surroundings and the frequencies they emanate and how they affect you.

But at this point, we will speak of the nourishment your physical body requires. You will find that you might be unable to eat certain foods, and at the same time, crave others that were not part of your previous diet.

What is necessary is to transmute the frequency of food and drink just at the point of partaking. Remember, you are now a Light Body, and hence, you now attract unbalanced frequencies. All the unbalanced frequencies of the individuals who handled your food, prior to you acquiring it, left some of their unbalanced energy. To a person vibrating at the same lower frequency as the person who handled the food, it will have no adverse effect. But nutrition, vibrating at a lower frequency and entering the body of
Chapter Nine  The Feeling Nature And The Physical Body

an awakening soul, can have adverse effects to the physical body, and to a lesser degree, on the emotional and mental bodies. So, we now have to transmute the frequency of all that we partake by changing the energy structure to vibrate at the frequency of our current energy, which is vibrating in the physical body. You will find that as we become conduits of the Light we are also becoming capable of releasing and transmuting unbalanced polarities; as well as, raising the vibrational frequency of Light Energy within all things in this three-dimensional world, which includes food and drink.

Energy cannot be destroyed. This three-dimensional world cannot tolerate a vacuum. Because certain things exist, this does not mean that they are vibrating with “Love, Peace & Harmony” within the Light. They exist in the state of a “will to be,” and eventually will become the Light. Being that energy cannot be destroyed, it can be changed from one molecular structure to another or one frequency to another. This involves natural or conscious transmutation with Divine Laws.

In most religious and spiritual teachings, we read about the blessing and partaking of blessed food. At the last supper, the Master Jesus blessed and transmuted the frequency of bread and wine to the frequency of his highly evolved, Spiritual Light Body. Those who did partake of the bread and wine were truly blessed with that frequency, as they were within the aura or frequency of the Master. Many are not able to sustain this blessing or energy for a long period of time, as their bodies are still vibrating at a lower level. It is like a battery being charged up. If the electrical flow isn’t maintained, the battery will slowly lose its energy, but the benefit during the energized period is a blessing within itself.

As we awaken to the fact that certain types of foods do in fact seem to affect us, we then come to the realization that it may not be the food itself, but how it was cultivated, handled, processed, and then prepared. It has gone through too many hands by the time we are ready to consume the product. It does not matter if it is the
so-called natural foods. Even these may come in contact with low frequency individuals.

During this higher spiritual acceleration of the planet, more of the unbalanced polarities are coming to the fore to be dealt with. What we could refer to as common man, or a person, someone who is not in the process of awakening to the Light, will feel no effect to this contamination or polarity. A child who plays in the mud, a little more mud will not make a noticeable difference. On the other hand, a soul on the path who becomes contaminated may have physical effects such as allergies, constant colds, flu symptoms, rashes and the list goes on. Doctors can’t seem to relieve or find the source of these minor, persistent, ailments, which keep reoccurring or never go away.

Many souls on the path who do not awaken to the fact that their instrument is composed of three bodies: the physical, the mental, and the emotional; will sometimes push the limit of one body; virtually forgetting the other two, which may result in the instrument coming down with a heart attack, stroke, physical breakdown or other catastrophic conditions. Balance of the three bodies is the key to health in addition to transmutation.

Many on the path read of other great souls or teachers who have accepted certain disciplines in order to achieve mastery of the physical body. Obviously, if they mastered certain things, it is because they intuitively followed their Light shining from within, and it was right for their instrument. But many, who try to emulate others without listening to the Light that inspires from within, can overload their instrument. Your body may require complete and different disciplines or none at all. Requests for these may be received during “the Quieting of the Mind” when the small still voice within you makes itself present.

Have you ever wondered why certain diets become the rage at certain periods, whereby, many over weight souls find great benefits? But this soon fades away and a new diet becomes the new fad. Why can’t there be one diet for all? Obviously, these are
cycles where group souls are experiencing similar unbalanced frequencies and the prevailing fad diet, does in fact; release a certain amount of pressure to the physical body if they refrain from the old. Some individuals lose ten pounds and others may lose upwards of fifty pounds. This diet is within the range, to give relief to the unbalanced frequencies of group souls.

Many souls on the path may have problems with particular foods ingested, which may have been handled by individuals with opposing polarities to that of the overweight soul who is creating or has created a Light frequency, which attracts. In the same manner that when we turn on a porch light on a summer night, the light bulb attracts all kinds of flying insects, all attracted by the light in the bulb. This in turn, may cause certain individuals to gain weight. This is not the only reason for what may be viewed as an over weight problem, but in the “Quieting of the Mind,” it may become quite clear where the answer lies. It may not be a problem at all, but rather a co-creation/lesson for the advancement of the soul.

Another example comes from the emotional body, then manifesting in the physical body. When the closets of our emotional body become full with old memories, they can leak to our physical body resulting in excess baggage on our hips, waist and buttocks. Many, find relief and lose weight, heal themselves of persistent ailments by the transmutation of old memories cited in the previous chapter. There are an infinite number of reasons to any malfunction, which can be discovered during “the Quieting of the Mind,” which will be relevant to you.

Another area to discuss is whether to eat meat or abstain and become a vegetarian. Many believe, that by becoming a vegetarian, progress in the spiritual will be enhanced. In certain, but not all cases, this may be true. In the same manner that we transmute memories in the emotional body that are weighing us down in the present and affecting our future progress; likewise, we may have to
eliminate certain foods, which obviously hinder, but not necessarily bog us down.

We all know that red meat vibrates at a lower frequency than fish or fowl. We also know that meat from scavengers or predators vibrates at a lower frequency than that of grazing animals. The preparation of Kosher Foods, within the Jewish Faith, eliminates pork and other scavengers. Many other cultures have their particular beliefs, which fall in line with this teaching. To eat meat or to abstain is an individual decision, which should be based to the attunement & alignment of your own instrument from within the self. Where you are on the path may dictate an answer.

Envision if you will, that all food products vibrate at a different frequency similar to musical notes. The low notes could signify red meat. Whatever the particular tune you are co-creating, will need the range of notes you are capable of singing. If you put in high notes that you are not capable of singing, and you force yourself, within a given period of time you will create damage to your vocal chords. It is important to know your “capabilities and limitations” in all areas of spiritual growth.

The illusion that if you are a vegetarian, signifies, that you are higher on the path than an individual who eats meat, is an erroneous observation. There are many highly evolved souls who have incarnated during this accelerated spiritual cycle to be of service to humanity. Because they have come from a higher vibrational frequency, they may have to partake of denser frequencies in food in order to anchor down in this physical world; in the same manner that an “air balloon” may need to be weighed down when not flying in the higher atmosphere. We must awaken to that, which is in us in order to know what kind of fuel our body/instrument needs.
CHAPTER NINE

THE FEELING NATURE AND THE PHYSICAL BODY

THE TRANSMUTATION OF FOOD & DRINK

From ages past to the present the blessing of food, to many individuals, has been symbolic. They have not awakened to the Feeling Nature, and obviously, are not aware of the transformation of frequencies that those of the Light are capable of radiating from the Heart Center of Love, Peace & Harmony.

Children, innocently demonstrate this on occasion. It will be noted that some children will intuitively rub their hands over the food that they are ready to partake of. To them, it will taste better, but they are not consciously trying to create an effect.

What, we may ask, is actually taking place here with this childish demonstration in this innocent setting? First, we must observe what is occurring here.

They look at the food with great delight observing every color and quality of the food on the plate; obviously they are thankful that they have it. They then proceed in rubbing their hands within the range of the Heart Center, but clearly above the food, mumbling some childish phrase like “Yum! Yum!” and then proceed to enjoy the meal. Very fascinating!

This is an informal, unconscious process of transmuting food or drink to the frequency of the child partaking in his meal. They are using the Feeling Nature in observing the food. They are thankful for this manifestation of a Trinity provided by nature and processed by man. They then rub the hands, which are the polarities of right and left, which then cancels out possible unbalanced frequencies of those who processed the food; then they pull in the frequency of Love, Peace & Harmony from their individual attunement & alignment radiating from their Heart Center, and the transmutation process is manifested by vocalization, which completes the process.

Although, you can create your own process with your own words or incorporate them as to your own religious or spiritual beliefs, the following steps must be acknowledged.
The Steps In Transmutation Of Food & Drink

1. Observation of the food; that, it is compatible to your alignment and in balance with your nutritional needs, as per the “Quieting of the Mind.”

2. By placing the hands over the food, be thankful for the gift of Nature or the One Life called God.

3. You rub the hands over the food, creating heat by friction, which will cancel unbalanced frequencies of those who processed the food. At a higher frequency, this also prepares your left and right side polarities into action by calling in the next step that follows.

4. Now you hold your hands over your heart in prayer fashion and pull in the frequency of Love, Peace & Harmony radiating from your Heart Center Alignment, which is your frequency and thus creates The Trinity.

5. Placing your hands about 3 inches above the food, you now vocalize the following affirmation, which concludes the “transmutation process.”

LET THE LIGHT OF LOVE, PEACE & HARMONY SHINE ON THESE GIFTS! “NOT MY WILL BUT THY WILL BE DONE”

(At this point the food and drink will transmute and vibrate to your own frequency. There will be a noticeable change in taste for the better. The Feeling Nature in the physical body will awaken.)
Chapter Ten  The Feeling Nature In The Mental Body

THE FEELING NATURE IN THE MENTAL BODY

After releasing all unbalanced memories and transmuting them back to the Light, we find that old thought forms or belief systems start to fall apart. These hardened, crystallized beliefs begin to shatter and crumble away with the awakening of finer truths revealed to us in the Quieting of the Mind. Many of these belief systems had a purpose in days of old, but as souls, we are evolving to higher frequencies of spirituality.

The mind is like a computer. You load up the memory banks with certain information, and it will maintain that memory bank till you find new knowledge to upgrade the old programming. The mind is rigid and hard to convince, unless it is shown what it considers scientific or undeniable, physical, tangible proof. It also becomes a defense mechanism; to position itself to other unexplained phenomena that it has no scientific, religious or mental data to support its existence.

If something were to occur outside the realm of our five senses, it has no data to support what has occurred, so it digs into its outdated programming and not finding an explanation, it must conclude that it did not occur. Just like the ostrich, digging its head into the sand, believing no other creature can see it.

An elephant trainer will use and old trick; and that is, securing a heavy chain from a stake and shackled to the right leg of a baby elephant. The elephant grows up believing that it cannot break this chain. As an adult, all that is needed is a thin rope tied to a stake and its right leg. The elephant having been trained to believe that it cannot break away, it won’t even attempt to do so. In many ways we are shackled to our old belief systems that will not allow us to be free to the Light within.

The only place of freedom is within us awakened in the quieting of the mind. Until it is experienced on a personal, individual basis, it will not be true to you. Truth is being there!
An open mind is necessary to become aware of your present mental programming. Mental knowledge is linear in a horizontal fashion, from left to right, or right to left. The cramming of knowledge into the mind can be the same as repressing old, unbalanced memories into the closets of our mind. In the same way that we have to transmute unbalanced frequencies or contaminated food for our physical body, we must do the same for our mental body. Spiritual knowledge is vertical and fluid, in an up and down frequency, and it is timeless. The Ancient Wisdom is the Present Wisdom, along with being the Future Wisdom. The Wisdom is “The All That Is” or the One Life, and because it is timeless, it never fails. We as souls have fallen into a deep sleep from which we must awaken.

Intelligence and knowledge is important and is needed in our spiritual growth, but when it becomes hardened, and crystallized like a rock, it can be dangerous.

Intelligence and knowledge can at times become unbalanced polarities at the opposite end of each other. A so-called intelligent person may argue or reject a certain type of knowledge and will not bother with it. When the trinity is created, the Love aspect evokes a vertical frequency of Light and brings in the Wisdom of Spiritual Knowledge, which balances both polarities into a beneficial way of thinking. Love, Peace & Harmony prevails!

THOUGHT FORMS

Thought forms are frequencies of energies, which are usually short lived, as we basically recycle these frequencies in our sleep state every night. Thought forms that become an intent will develop into a cycle with a beginning, peak and end.

We may plan to paint the house. We think about it; we visualize the execution of the work involved, and we envision the end result with the colors we have chosen. At the point that the intent has begun, the cycle has started. As we co-create with the One Life, we
are given free will, which can effect the cycle. We know that cycles within Nature are timely, but we can, by free will, change the cycle of our co-creation.

THE AURA OF THE MENTAL BODY

Thought forms can impinge and disturb the outer frequency or energy field of another person. The aura or energy field surrounding the persona body is susceptible to the thought forms of others. *This occurs to individuals that do not know about the “Ring Pass Not” or how to maintain its frequency of protection. See Chapter 7 page 64, the Quieting Of The Mind.*

As you progress to the Light you will feel thoughts that just pop into your mind. For a while, you may feel that these are your own thoughts. Become aware that these frequencies may not be your own, but someone else’s thought forms impinging and entering the aura of your mental body.

It is very easy to verify if these are your own thoughts. If you can feel them, they are not your own. You do not feel your own thoughts, but rather, you think them. This is a message of great importance in opening up to the Feeling Nature in the “Mental Body.” If there is doubt in doing something and it doesn’t feel right, don’t do it! It is so simple, but yet, humanity keeps making the same mistake, day in and day out.

It is like having a dresser door on the top shelf open and we keep banging our head every time we bend over to reach the bottom shelf. Just close the door! *(Use the “Ring Pass Not” if you feel thoughts that are causing disturbance. For those individuals that may have a difficult time to keep an open mind, the principle of the “Ring Pass Not” can be a great tool. First, it is important to neither accept nor reject new information, but rather, place the information at the rim of the “Ring Pass Not.” False information will soon fade, because it has no basis of truth, or it will remain as a truth of its own accord.* )
MENTAL TELEPATHY

One of the benefits of quieting the mind is the manifestation of mental telepathy. Our mind is like a receiving station with a beam of light. Once we start to acknowledge and separate what thoughts we are thinking, and what thoughts we are feeling, we will understand the basis of mental telepathy. Again, if we can feel them, they are not our own.

At the beginning, we basically become receivers, as we are learning the frequencies of the Feeling Nature. Even if we have practiced sending we would not have results, as those that would be receivers, are lost in their own clutter of thought forms and they would not sense or feel.

Enlightened souls, vibrating at higher frequencies, have the same caring as a parent encouraging their child as it struggles to speak, but the child learns quickly as it feels and listens to the outer environment.

With the acceleration of frequencies coming in during this cycle of spiritual enfoldment, many will be astonished to the “Feeling Nature” that is awakened within. Unfortunately, many souls are unconsciously awakening without benefit of schools, books, guides, or teachers. When they start feeling & seeing strange phenomena along with hearing voices, they believe that they are going crazy. A great percentage of these are souls who have embodied during this cycle of enfoldment, but have not been able to become consciously awake to their true purpose in life. This can be very disturbing if you are not prepared to experience this type of awakening. If you have a hardened, crystallized memory bank, this can only mean one thing; that is, I am losing my mind! Many souls that are wandering our streets, as homeless individuals, fall into this category. They cannot understand the “Feeling Nature” that has awakened in them, and yes, it is driving them crazy.

Do not worry that this will happen to you. The mere fact that you are reading this book means that, you have an open mind. Any
crystallization you may have is minor and is dissolving to a more fluid, spiritual state. More will be said about those souls who unconsciously have awakened to the Feeling Nature in a later chapter. (Crystallizations are crystallized, hard as a rock “belief systems” that an individual will maintain and not let go of. A “Belief System” is not yet a Truth; a Truth is being there and is not a “Belief System.” A “Belief System is subject to change, a Truth cannot be changed as it is Divine.)

PROTECTION

Being that we are like a receiving station with a beam of light energy, we can change the frequency in the same manner of changing the station on a radio, or by just turning off the on button. You are in control of your own instrument or mental body.

You may also want to broadcast or radiate out frequencies of pleasant thoughts, prayers or affirmations of enlightening energy. This cancels all incoming lower frequencies, as you have just changed the tuning dial to outgoing, rather than incoming; plus, you are vibrating at a higher frequency. The radiating of Light at this higher frequency, does in fact, transmute unbalanced thought forms and all incoming telepathy with the evocation and radiating of the Love aspect of the trinity, which will take us one step closer to the Light.

SHINE THE LIGHT OF LOVE, PEACE & HARMONY TO ALL OUR FALLEN BROTHERS & SISTERS, SO THAT ALL MAY SEE!
REVIEW

(In the previous chapter, on the subject of the “Feeling Nature In The Physical Body” we are taught to “feel & sense” all nourishment in “food & drink” and how to transmute the frequency to our physical needs. In order to be effective in this we must be able to “Quiet the Mind” with the given meditational process; along with, “cleaning and clearing” the past through the “Transmutation” exercise, which will bring us to the present and eventually allow “Clear Vision” to occur and manifest within our lives. The more you learn, the more enlightened you become with more Light, and the better you can see. “Clear Vision” will most definitely open up to you with understandable Natural and Divine Laws with the absence of Anger, Hate, Guilt, and most importantly, Fear. Love, Peace & Harmony will prevail allowing freedom to enter your Heart Center.

In the previous chapter, in order to “feel & sense” with the studies of the Feeling Nature In The Mental Body it is crucial to have assimilated the prior chapters, especially the chapter on the “Transmutation” process of all negative Mental Thought Forms; otherwise, we will become confused with all that is contained in the studies of the Feeling Nature.

We must have a clear mind in order to benefit and assimilate what is given. This will allow us to be able to discern as to what we feel (thought forms coming in to our frequency), and what we think, which is our own thought forms that originate with us.

If we feel “thought form energy,” it most definitely does not originate with us. We do not feel our own thought forms we think them.
THE FEELING NATURE IN THE MENTAL BODY
I ask for guidance in becoming aware of the Feeling Nature In the Mental body.

Becoming awake to all the belief systems that are presently holding me back.

The chains and restrictions that have shackled me will now crumble & fall apart.

Releasing me to the Divine Light that is now radiating from my heart with the frequency of freedom.

And as a free spirit with the Light of God, I now radiate to my brothers & sisters.

That all may become free of the cold darkness of old, outdated, belief systems.

I will become awake to the thought forms that I create and those that I do not create.

I will awaken as to how these thought forms disturb my aura and those of others.

I will awaken to the Feeling Nature and its true Divine Form.

I will learn to separate the thoughts that I am thinking and those that I am feeling.

Mental telepathy will be commonplace in the future, and I am now aware that I think my thoughts.

The thought forms that I feel are not my own, as they are coming from the outside of my aura.

My aura is that protective “ring pass not” that will not allow any negative frequency to enter if I so choose.

I now take responsibility for the “intrusion or the trespassing” beyond my Light Frequency, which is my “ring pass not.”

I now take control of the Feeling Nature in my Mental Body radiating Love, Peace & Harmony from my Heart Center.

I AM NOW FREE WITH THE LIGHT OF THE DIVINE!
THE FEELING NATURE IN THE EMOTIONAL BODY

The emotional body is the frequency that allows higher intelligence the freedom of choice. Whether we believe the story in the Bible about Adam & Eve eating the fruit from the tree of knowledge or if we believe in a scientific point of view; at one time in man’s evolution the emotional body was awakened.

The story goes that Adam & Eve, after awakening to the polarities of “good & evil,” were banished from Paradise. They had two sons. Cain killed his brother Abel. After realizing his error, he was sent to live with the other people. Who were these other people if Adam & Eve were the first humans? This is a polarity or lesson that individuals must solve by bringing in the Light to see, which is the third frequency of Love to a “trinity to be” and thus get a true picture.

Both the scientific view of the evolution of man, and the religious view parallel a truth.

We first have to evaluate the emotional frequency to its pure form with the knowledge available to us. In the Wisdom Schools it was taught that the emotional body is a fluid type state, vibrating at a higher frequency than water, but with the same characteristics. It can become cold and harden in the same form as ice. It can also become heated to the same frequency of the heat applied to it, up to its boiling point. It can also be fresh and calm at a medium level between the two extremes of hot and cold. But it also has another interesting aspect that is taken for granted; that is, it can be transmuted by two common applications. A small pool of water in a natural state will evaporate and transform into an invisible form or, when heat is applied by an outside source, the same process is accelerated. But the main idea is that it can be transmuted to higher invisible frequency, which is above the visible manifestation of steam not visible to the naked eye. This is the important similarity.

Now, if we get back to the story in the Bible, it is obvious that at a certain point of man’s evolution, the emotional body was
awakened; whether it was by a natural process or the application of an outside influence as in the snake tempting Adam & Eve. The fact is that certain individuals did become awake to the frequency of the emotional body.

They then proceeded to awaken this frequency in others, as a natural process or, in the case of Cain, by going to live with the other people. The Bible may hold a true story or a way by some enlightened soul, attempting to awaken the history of this process in a form that primitive man could accept or assimilate.

We must remember, man, in the early parts of the Bible, was very primitive and the three bodies and higher frequencies of the physical body were not yet awakened.

The emotional body, which vibrates at a higher frequency than the lower mental body, has many levels and frequencies. The emotional body in lower man is governed by the polarities of the solar plexus also known as the pair of opposites. You will recognize this area slightly below the rib cage and to the area just below the navel, in that, when the emotional body becomes upset by an outside source, it is the location where fear or the feeling of butterflies in the stomach occurs.

The butterfly sensation is emotional, electrical type frequencies, vacillating within the pair of opposite polarities situated in this area. *(The mental & emotional frequencies oppose each other in the solar plexus area within the pair of opposites.)*

It is quite easy to distinguish the Feeling Nature within each body. When you have a problem in the mental body, its negative effect will be felt as a headache or pressure in the head area. When you have a problem in the emotional body it will be felt in the lower animal mind frequency, and will manifest as a stomach problem with the frequency of fear resonating from that area, up to the mental frequencies in the head.
The frequency range of the emotional body will be located at the solar plexus (pair of opposites), at its lowest point, to the head area being the middle frequency. Its higher counterparts in terms of frequency are not yet awakened in most of humanity.

The lower frequency in the solar plexus is where the student on the path must awaken to the polarities of the “real you” and the “not you.” This is the area of indecision. We cannot make up our minds to make a decision and when we do make a decision, the “not you” in you, will keep telling you that you made the wrong decision. Then the “real you” will pop in stating that you did make the right decision and this goes on until you deplete your physical, mental and emotional energy. You may get sick in the process as you argue with yourself, or you may take a stand and stop this vacillation of arguments in the “pair of opposites” within the solar plexus area.

“Positive & Negative Thinking”

At the entrance of the Mystery Schools, the words “Know Thyself” were imprinted for all who entered. From ancient temples to our present day structures these words still resound. In the studies of the “Feeling Nature” we must completely understand the frequencies of the physical, mental and emotional bodies encompassed within the outer spiritual body.

Positive and negative thinking is a frequency located in the solar plexus, vibrating as the pair of opposites. *(They relate to mental and emotional frequencies.)* The lowest point of frequency in the solar plexus is the highest point animals reach in the three-
dimensional world. And this, of course, is the lowest point of the human emotional body. As man evolved from an animal like state to a human conscious soul, the emotional body was awakened or created by an outside source of higher consciousness, which you may or may not accept.

In knowing ourselves, at this low point in the pair of opposites, you will understand the two parts of “positive and negative” natures. One of which, at this point of awareness, you may regard as the “real you” and the other as the “not you.” The “not you” makes you doubt yourself and makes you feel less than adequate; vulnerable, where you find all kinds of excuses for not doing what the “real you” wants you to do. You go outside of yourself to ask a close friend for their opinion on what you already know as being true. Not realizing that your friend may also be vibrating in the pair of opposites and the “not you” in that individual will speak up first, and make you doubt what the “real you” already knows as being true.

The “real you” knows what is true in the frequency of that polarity, and by the negative polarity of doubting yourself, you build negative energy in the process of asking advise from that certain individual who may also be stuck in the solar plexus area.

The negative energy radiating from you, attracts the negative energy in them; that brings out the “not you” frequency within them to speak first. After you leave that poor individual caught in the pair of opposites now vacillates between the two frequencies wondering if they gave you the right or wrong advise. Very confusing! The old saying that “birds of a feather flock together” or, “like attract like” holds true in the solar plexus area.

But on the other hand, if you studied the Second Law of Polarities, you will understand that polarities are “trinities to be” or a lesson that is co-created with the One Life called God so that we can learn to bring in the Light of Love that brings understanding, which is the third ingredient that creates the trinity and then completes the new lesson in your life.
Chapter Eleven                           The Feeling Nature In The Emotional Body

When the “real you” decides what is true to its polarity, it will also create the wisdom of seeing the other polarity or the other side of the story; then with the realization perceived by both frequencies, it will create a Light, which is Divine Truth that will radiate from the Heart Center and upwards to meet the higher mind. Once you can see both sides of this polarity, this Light of Wisdom will draw you to its source, which is at the Heart Center. At this point in your evolution you will discover these polar opposites and awaken to the fact that every person has their own opinion, but you are not obligated to agree. What is truth to you, at this point of enlightenment within the Heart Center, is not necessarily true for someone caught in the frequency of the polar opposites, as their world is different now. It is different from yours, as the laws of the lower frequencies bind them. Like a school, they have not learned the lessons that have been presented at that level and cannot graduate to the next frequency level, which is the Heart Center of Love, Peace & Harmony.

By the above given example, as to how the pair of opposites work at the lowest point of the emotional frequency, we will have noticed that there is a frequency in the Heart Center that helps us reach the medium point of the emotional body located in the forehead area. This frequency is the Light of Love that is the third ingredient, which draws us out of the solar plexus area, then propels us to the head area, primarily at the forehead, and creates the Light frequency to see and learn the lessons at the medium level of the emotional body.

(This area at the forehead just above the bridge of the nose is referred to as the third eye. You will notice the pyramid with the third eye on the American Dollar Bill.

If you can envision a pyramid at the base of the “pair of opposites” in the solar plexus area reaching a point at the forehead with the open third eye, your Heart Center will be in the middle of the pyramid. All “Trinities to Be” in the solar plexus area, as problems and conflicts in life, by generating Love, Peace
& Harmony from the Heart Center will open up the third eye with “clear vision” to solve these and future conflicts and freedom will prevail.)

“THE EMOTIONAL BODY IN THE HEAD AREA“

This is the point where we find balance between the lower frequency, and the higher frequency, that has not yet awaken in most of humanity. This is like standing on a high edifice, at this point of high frequency, and being able to see how lower man functions in all levels in-between including the lowest of the low. You will see how the same type of energy frequencies attracts similar types. You will not be swayed by any lower polarity frequency. You will be equally comfortable within a positive or negative group of people, as you will understand the polarities that bind in the solar plexus, and you will not be affected by anyone vibrating these frequencies as you know where your true self is; that is in the frequency of Love, Peace & Harmony within the Heart Center. Not only will you be able to see all that is below the medium of the emotional body, but also, you can now create the serenity of opening your vision to the higher frequencies of the emotional body. (This is in reference to the opening of the third eye in the center of the forehead.)
THE HIGHER FREQUENCIES OF THE EMOTIONAL BODY

Life is a school in the three-dimensional world, and we cannot proceed with a new lesson until we master the lesson at our present level of spiritual or scientific evolution within the three bodies. Our instruments (bodies) can only handle a certain amount of frequency as it acclimates to each level of receptivity; which means that the lessons can only be assimilated and anchored within our instrument by the degree that we open ourselves to the Light of knowledge of the Divine Frequency, which is the One Life known as God or the Higher Consciousness of All That Is.

This is a personal self-activated function, which may be enhanced at a faster pace by the daily application of the lessons in the chapters on “Quieting Of The Mind” and the “Transmutation Process”.

The higher end of the Emotional Body is where Divine Spiritual Truths are revealed and awakened; thus accelerating the evolution of man, as a soul, back to the greater Light of God. It is an awakening process of that, which we lost by the exercise of will, as in the dark force of the “Law of Self,” ignoring the realization that we can only co-create, and that is, with the will of the Divine Light, which is God.

The lower mental body can rationalize and create in a rational non-feeling form. The emotional body is a higher extension of the mental body, in that it adds into the created mental form, frequencies of “feelings & emotions,” which endure in time according to the amount of emotional energy applied to the created form. The amount of energy applied creates the cycle with its beginning, peak and end.

LET THE CYCLE OF LIFE BEGIN IN THE LIGHT OF LOVE! PEACE BE WITH YOU!
It is important to be able to distinguish the characteristics and frequencies of each individual body within the “Feeling Nature.” It is also imperative to completely understand the lesson on the Emotional Body. The example of its fluid state, which can be “hard as ice” or its opposite, “being heated up to the boiling point,” or it can be “fresh & calm” at its medium level. But most importantly, it can be transmuted, as in steam and eventually becoming invisible to the naked eye when it evaporates. This is very important because we can transmute everything that troubles us that is in the “emotional body.”

If we can see how this all relates to how it manifests with humanity on a daily level, and how our “emotional body” can be cold as ice or hot up to the boiling point, by using the “Feeling Nature” we will be the masters of our own domain.

By using the “Feeling Nature” we will feel and sense frequencies in the “pair of opposites” within the solar plexus area before negativity manifests, and by vocalizing and radiating Love, Peace & Harmony in our Heart Center, the frequency will raise to the center of the forehead, and eventually the “third eye” will open up giving us “clear vision.” This will allow us to avert negativity and to solve problems within humanity. The Master Jesus opened the “third eye” on the Apostles as described in the Bible as “tongues of fire” on the forehead, in preparation of carrying on the Master’s work within their individual Divine Plan.

It is very important to work on the chapters of the “Quieting Of The Mind” on page 63, and the “Transmutation” on page 85 in order to assimilate and raise your frequency in reference to the chapters that follow.
The Shining Of The Light To The Emotional Body

May the Light of the Divine shine from within my Heart Center so that I may see the polarities that bind and hold my true self within my emotional body in the pair of opposites.

That I may rise and shine as the dawning Sun out of this darkness! I am now able to see both sides of every situation that confronts me as a lesson; thus allowing the frequency of my Heart Center to pull me to my rightful place; which is in the frequency of Love, Peace and Harmony. And in my rightful place I will never allow fear to dominate or restrict me from my brothers and sisters that are entrapped and who entertain this illusion, which finds its home in the pair of opposites.

I will be able to raise my frequency up to the center of the forehead, above this darkness and without saying a word; my Light will shine to those in need, radiating Love, Peace & Harmony, like the silence of the Sun, so that all may see.

I SHINE! SHINE! SHINE!
PROLOGUE
THE FEELING NATURE IN THE SPIRITUAL BODY

In order to understand how energy works and manifests its results in matter (the physical), we must see it demonstrated from a scientific point of view in order to better understand the flow of this energy and its polarity.

In the Law of Polarities, energy flows in a horizontal frequency. (Left to right or right to left.) In this lesson of the Feeling Nature in reference to the Spiritual Body we will learn that this new energy flows in a vertical manner and connects with the horizontal polarity, which will be at our present level of consciousness. Where the two flows of energy meet will be our present level of enlightenment within the Heart Center frequency range.

In this chapter, if we carefully study its contents, it will demonstrate the formula for co-creating everything imaginable starting with a “thought form” from a higher frequency and being released to the world of form, which is our physical reality, all through the “minds eye.” This is the result of assimilating and understanding the previous chapter with the opening of the “third eye” at the forehead. You must fully understand the last chapter in order to benefit from the information given in this new chapter. We must question ourselves, “Are we going too fast in reading these chapters?” Please slow down to your own natural pace in order to assimilate the information given. The chapters will awaken steps to the light.
THE FEELING NATURE IN THE SPIRITUAL BODY
(The Creative Force)

Spirit is the essence of Love in its pure form. Spirit is the positive pole in the vertical (up & down) polarities; Matter is the negative pole out of which all forms in the three-dimensional world are created. The frequency between these two poles is consciousness or the extension of the soul into the frequency of matter.

To the degree that we vibrate in physical form as the extension of the soul, will determine what level we are at on the path of reawakening.

With the application of the second Law of Polarities, which are horizontal left to right; with the frequency of the vertical up & down frequencies of “Spirit and Matter Polarities,” will create the cross of the Christ Principle.

The center where they cross each other is where the Light frequency is centered, and the level you are vibrating at in your present state of awakening. *(This will be your Heart Center)*
Below are two levels of consciousness:

(In the vertical polarity, the white light at the top is where we receive thought forms or ideas to co-create everything imaginable, from a house, to a business, to radiate love, to enlighten, and the lists go on. The dark light at the bottom of the vertical line signifies our creation according to our level of consciousness, which will determine our success to anchor it in the three-dimensional world of form. Ideally, we want to radiate from the Heart Center and the above frequencies in a high level of consciousness. One of the Apostles chose to be crucified upside down because he did not feel worthy of his level of consciousness in comparison to the Master.)

In the creative process, within our three-dimensional world, Spirit is the Love aspect of Light giving us clear vision of the pure form (in the minds eye); to the degree that we can hold the frequency of the Light will determine to what measure we can materialize it in the physical form, free of distortion.

The first lesson or law in creating is, “we are not capable of originating a thought,” but we can build a thought form! This is what has brought us into our fallen; darken state that needs reawakening. All That Is is pure Light of the Divine Consciousness, which is God. All That Is has already been created in the mind of God. This is why, we, as the separate self, are not
capable of originating a thought, but with the Grace of God we are allowed to co-create. The essence of this lesson is that everything in our reality is a co-creation with the One Life called God or Higher Consciousness. (We exist because of this Higher Consciousness we call God. Every thought form, idea, co-creation has already been created in the Minds Eye within this God Force otherwise we would not exist. This is why we are not capable of originating a thought but we can co-create with the Divine.)

NOT MY WILL BUT THY WILL BE DONE

Now we can understand the affirmation of “Not My Will But Thy Will Be Done” in the sacred texts and scriptures, and in all manner of spiritual advancement. As we endeavor to create, we must recite this affirmation as a reminder that there is only the Light of the Divine, which allows us to co-create that, which already is. (“Not My Will But Thy Will Be Done” means that Gods will or The Higher Consciousness is foremost, and by stating this affirmation we are asking permission of the All That Is to co-create in harmony with this Higher Essence of Divine Laws. Everything in life is co-created in a 50% - 50% manner, which creates balance. A 51% - 49%, or any other configuration thereof, is unbalanced and not of the Divine. We must all take responsibility; otherwise, the Law of Polarities will set in as a lesson with a “Trinity To Be.” The All That Is gives us 50%, and we must do our share with 50% of effort.) This is co-creation that will result in perfect balance.

The belief that some people have all the luck and others are unlucky in life is an illusion. Our lives are self co-created, in order to learn the lessons that will bring us back to this Light of balance. We must take responsibility for our lives in whatever manner they were co-created and get on with the lessons. We must stop complaining and blaming others for our co-creations by becoming
awake. (Regardless if we are the victim or the perpetrator to negative action.)

Another illusion is, that if we are bad, God will punish us. God is pure Love in its highest form and because his Love is great with his children, he allows us to co-create in whatever manner we may choose, even in what most believe to be punishment or darkness, but in fact, it comes as a lesson in the Law of Polarities with a “trinity to be” by our own design. The Light of Love is still shining, waiting to be awakened in the third aspect of the Trinity.

The Fear Aspect Of A Vengeful God is what keeps most of humanity in a darkened state. God is Spirit; Spirit is Love in its pure form. Any statement, words or frequencies that do not resonate in the Trinity of Love, Peace & Harmony, which is Light, is in fact, resonating in darkness without Love. We must awaken the Love Aspect, which is asleep within our brothers and sisters as we are all One. (Punishment or retribution is not a Love Aspect of the Divine. When we become willful and we do not co-create, we do in fact “create our own punishment and our own darkness.”)

THE CREATIVE PROCESS

To the degree that we apply the lessons in the chapters of “Quieting Of The Mind and The Transmutation Process,” will determine what we are allowed to visualize and co-create. These two lessons will allow us to access, through the Spiritual Body, the frequency of the “quiet zone.”

This process is not limited to the Children of the Light, but also available to the Children of the Dark who are vibrating under the Law of Self. What is considered an evil act is in fact, a lesson or a polarity, with a “trinity to be.” Life is a school.

In the Spiritual Body of the Feeling Nature, we will visualize and see the prototype of our co-creation after reciting the affirmation “Not My Will But Thy Will Be Done.” This is in the
meditative state, at the level of the “quiet zone,” within the Spiritual Body.

The co-creation is then brought down into the mental body of the Feeling Nature, as the mind is the builder or the anchoring point. This is where we mentally see the mechanics of how our co-creation will manifest and work in its intended purpose. We then send this information to the brain to give it form in the physical.

The physical is the end result in form, of that, which was co-created in the mental. See it first in the minds eye, and then co-create it into the world of form into this physical, three-dimensional reality. At the point of manifestation in the physical, it falls under the Law of Cycles, which then co-creates a beginning, peak and end to this form.

The fact that an individual in the three-dimensional world co-created this form, it automatically is under the Law of Polarities when it was visualized within the Spiritual Body in the "quiet zone.” It is immediately polarized with positive & negative aspects, accordingly. When the mental body gives it form in the physical world, it will now fall under the Law of Cycles and the Law of Polarities. Its success will manifest with the Law of Threes in perfect balance with the Divine.

It is important to note that one body was not included in this creative process. We had the Spiritual Body, the Mental Body and the Physical Body. The Emotional Body was not included in this process or application. We have awakened to the lesson of The Emotional Body, that its vibrational frequency is fluid and characteristic to water. It can become hard and cold as ice or, to the other extreme when heat is applied from an outside force, it can assimilate the same temperature as to the heat applied, up to the boiling point. Again, we must become aware that the Emotional Frequency is a very dynamic, strong and lasting frequency, which can be long lived even after the physical body ceases to exist. \textit{(In the chapter, “The Transmutation Process, most of the clean up and}
balancing of frequencies is from the Emotional Body, sometimes going into past lives.)

The hard, cold as ice polarity is self-inflicted, and in the other polarity, the assimilation of the heat from the frequency applied is from an outside force. This will give you warning as to why, at this point of spiritual awakening, it would be dangerous to awaken what our physical, mental and emotional bodies cannot handle. It is imperative that we learn and master the lessons of “The Quieting Of The Mind” and “The Transmutation Process” before proceeding. We must first refine our system of being by being able to open up the Heart Center Chakra of Love, Peace & Harmony.

THE LIGHT WILL SHOW US THE WAY!

The “emotional body” is what keeps energies and frequencies alive for long periods of time, which can be centuries; and most often with distorted “belief systems” that hinders humanities advancement to the Light. If we make an effort to keep our own “emotional frequencies” out of our co-creations, then the Light of the Divine (that gave us that spark within the mind’s eye to begin with) will be pure and will bless all that partake of it.
THE SPIRITUAL BODY

May the Light of the Divine guide me as I sit in quiet contemplation in the process of "Quieting the Mind" within my Spiritual Body.

I ask for guidance that I will not stray from the path of Light by the belief systems of others, who may apply heat to my emotional body, from an outside negative polarity; that I will not stray from the path of Light by my own belief systems, which may become hardened by life into a cold self-inflicted form of ice; that my life may be free flowing as pure, crystal clear water, free of the “negative & positive polarities” of the Emotional Body; thus allowing the creative love force of Spirit to shine in my minds eye, creating the Christ Principle of Consciousness, in all my co-created expressions in the form of matter within this three-dimensional world.

NOT MY WILL BUT THY WILL BE DONE!
REINCARNATION

What confuses many on the path is that they forget that they chose to exist in a three-dimensional world, which has its defined laws. They also forget that, they consist of three bodies: the physical, mental and the emotional body. But most important of all, is that they are under the illusion that they are a physical persona body, which has a soul! This is what has caused the greatest unbalanced polarity of those who reject or accept the belief of reincarnation. The balancing of this polarity is a very personal one, which must be worked on by each individual on the path.

The soul is that spark of light that is pure energy to be, as it has unbalanced itself, and is awakening to its true source by the creation of the physical, mental, & emotional bodies, all encircled in a spiritual body within the realm of a physical persona body and its own, outer and inherent frequencies. The symbol from ages past is a triangle within a circle.

Remember that energy, which is the soul, cannot be destroyed. It can be changed from light to dark or, visa versa in unbalanced polarities or, it can be perfectly balanced by adding the third frequency of Love. It can also be transmuted from one perfect balanced frequency to another perfect balanced frequency, which is transmutation.

The soul, being this spark of light, co-creates with the One Life we call God, a physical, persona body, to reawaken its frequencies back to the Greater Light. The soul, being this energy and wanting to reawaken to that, which it has obviously lost, extends itself into the persona body within the Divine Will of the One Life. If we acknowledge that God, the Creator, has created everything in a
state of perfection, then we can also agree that this threedimensional planet, called Earth, is the perfect school to learn to awaken to the Light in a physical persona body,

So when we hear individuals arguing that we only live one life and when we die that is it, and other individuals saying, “we have lived before and when we die we will live again,” we must recognize that this is just a polarity that must be balanced within us, as neither of these statements is entirely right or wrong.

The term reincarnation is a misused word with many frequencies and many meanings, which creates this unbalanced frequency. The true meaning is revealed or awakened at a certain frequency of Light, which will be reached at a point of Divine Truth. Reincarnation cannot be fully explained or taught, as each student will only accept what it can handle according to his or her individual frequency and level of consciousness.

If you visualize the word reincarnation; standing end to end; in an upright vertical fashion like a ladder, the person who is at the bottom of the last letter “N” will not get the benefit of one who has reached the letter “C.” And yet, both are lacking, as they have not reached the first letter “R” at the top. So, it is useless to waste time and most important, the energy involved in arguing for or against this point.

It is best to neither accept nor reject the word or any references to it, which can become a stumbling block if you allow it to be. (This is where you can place the idea at the rim of your “Ring Pass Not” without accepting or rejecting it, and eventually truth will reveal itself according to your individual Divine Plan.) Your particular faith, religion, spiritual group may have their stances on this subject. Maintain what is true to you at the present without distraction. It is
important to understand and respect those who have their belief in reincarnation. Belief or believing is a word that is not as yet Truth, but rather, heading in that direction. **Truth is being there in the Light.** Obviously, if we are in this three-dimensional frequency called Earth, we are just awakening to a Greater Truth.

By the same token, we must respect those who reject the whole idea of reincarnation in the same manner that we may respect those who do.

It is important to touch on the subject of reincarnation in order to understand the three bodies, and the Feeling Nature associated with each as an extension of the soul. So, the illusion that a "persona body has a soul" must be changed to, "the soul has co-created this physical persona body” in order to grow. Our bodies are subject to the Law of Cycles, and are short-lived instruments of expression, to help awaken the soul back to the Greater Light. The soul is Light or Energy that cannot be destroyed, and it will endeavor to be transmuted back to its source.

**LET THE LIGHT SHINE FROM WITHIN!**
JOY

Seasons come and seasons go
As the quiet of the night fades away
The early morning dawn brings joy to my life
With the presentation of a brand new day

Whether I have lived before or whether I will live again
Today is the present moment of my joy
It will heal my yesterdays and enlighten what tomorrow will
bring, because, joy is in my heart,
and I enjoy every day
LOVE WITHIN THE FEELING NATURE

The Love aspect cannot start to be extensively created until the Heart Center is opened. Love is the Light! Everything in the three-lower-worlds has a certain polarity of this Light, which is the consciousness of the Divine. This means that everything in the physical and non-physical form has a certain degree of Love.

Humanity speaks of love and the creation of love as being in one place or one frequency. The problem is that no two souls are alike, and each vibrates at a different level in the vertical up and down frequencies of the “Spirit and Matter Polarities.” In the side-to-side horizontal “Law Of Polarities” they may be in close proximity; however, those caught in the solar plexus of the pair of opposites do in fact vibrate at the frequency of like group consciousness. To these souls, the definition of love is very similar, if not alike. The Master Jesus very seldom singled out an individual, unless by that action, he was able to make group contact with the Light to awaken and uplift the “group consciousness” of the masses that were stuck in the solar plexus.

Love is a co-creation and follows the steps of all manifested forms starting with the affirmation of “Not My Will But Thy Will Be Done.” This cancels the process if it is not a good intention or for the good of all concerned.

In everyday, moment-by-moment, radiating of this frequency it is not necessary to go through the co-creative process, but we have to understand certain aspects in the “Feeling Nature,” which are involved here.

We cannot feel the true frequencies of Love that we radiate or give to others. In the case of giving Love, which is a radiating frequency, it goes forth to its intended target, but it is important to understand that we can only feel its manifestation by the echo of its return to us. The Love that was given to someone can only be felt by the recipient and not by the sender. The sender can only feel the reverberation coming back from the recipient as a series of echoes.
Chapter Fourteen                                         Love Within The Feeling Nature

The old saying, “when you give it returns back ten fold,” is a Truth. This Love or quality of Love will have its effect on the subject; the subject now is touched by this Light of Love and thus awakens its own source; that source awakens another source, which multiplies the frequencies resulting in echoes. (Echoes are repeated sound or energy waves in a series of cycles).

When people say “I feel the love that I give out,” is in fact a distortion and is not correct, unless they are feeling the return, which is always after the fact. Those who say, “I believe & think that I am giving a certain amount of Love,” will have to wait for the results, as the proof is in the return.

Again, we must be reminded of the lessons in the Feeling Nature and its corresponding bodies. We cannot feel the Love that is radiated out. What we believe we are doing and the belief that we can feel the Love radiated or given, is still an illusion. We can only think what we are doing, as this is a thought form that can only become reality by its results and by the echo of its return. To this degree, we can measure the amount given. (If we “feel a thought or energy,” the lesson of the Feeling Nature in the Mind Body teaches that it is not our own and is a frequency coming from an outside source. We cannot feel our thoughts, but rather, we think our thoughts.)

Belief and believing is being on the right path but not yet Truth. Truth is being there! Truth is the Light!

In the case of a plant: the sun radiates and blesses those that open and receive; a flower blossoms and radiates its beauty; the bee receives its nectar, and it goes on in the radiating that now takes many forms of this transmuted Love, which can be felt, touched and seen by the echo of the return.

An individual, who is sensitive and can see the manifestation of frequencies and energy radiating from the aura of another individual, can see to what degree Love, is in fact, being radiated or given. A person with good intentions and aspirations may think and believe that they are giving a great amount of love. They may
also claim that they can feel all this love going to their partner, and they can’t understand why this love is rejected as their partner does not respond or show the effects of this supposed love. This will be recognized as a frequency of the “aspirational solar plexus,” as the sender is still stuck in the pair of opposites. This frequency is located in the higher region of the solar plexus but is still governed by the stronger, main energy center of the solar plexus frequency of animal-man.

The sensitive individual that can see the frequencies of the aura will verify the source of this so-called love that was claimed to have been given. It was all aspirational, manipulating energy originating from the “aspirational solar plexus,” slightly above the “pair of opposites” and not from the Heart Center. The amount of love radiated was insignificant, in that, it could not echo back or return. This person will fight tooth and nail with their claim of how much love they felt they gave. We must all wake up from this illusion! Felt, feeling, feel are energies that are coming into your aura/frequency and do not originate with you! This is the foremost message/lesson of the Feeling Nature in all three bodies; which includes the Spiritual Body.

**We have to be careful when we qualify Love in any measure, title or form.**

In recent years the qualification of “unconditional love” has been rated by those, unknowingly stuck in the aspirational solar plexus, as a very high quality of love or even the highest point
attainable by humankind. The title given is its own defeat as to purpose! The words, “unconditional love,” immediately place a condition or limitation to this professed love. It is now “unconditional,” which is a title or a condition to this type of love. Love is Light! It has no condition or color! It is neither white nor dark; it is just Light and Light is Love! The mere fact that a human puts a title on a form within this three-dimensional world, it will fall under the “Law of Polarities” and the “Law of Cycles.” It is a “trinity to be” and not yet Truth or the Light, and in the case of cycles, it now has a beginning, peak and end. Very few souls on the planet are capable of manifesting a “trinity in its pure form,” but every soul is capable of balancing frequencies of “trinities to be” to the completed triangle of “Love, Peace & Harmony” thus completing the lesson.

This is a lesson learned in the co-creation of Love without a title or limitation. A lesson learned/awakened as a Truth, which is Love in the Heart Center and no longer bound by the “Law of Polarities” and the “Law of Cycles,” which will bring us One Step Closer To The Light!

THE SUN DOES NOT DISCRIMINATE TO WHO OR WHAT MEASURE IT HAS GIVEN! LET THE LIGHT OF LOVE RADIATE AS SUNSHINE TO ALL!

(According to the information received, “unconditional love” is still centered in the “aspirational solar plexus” as an opposite polarity of “conditional love.” It is still a “trinity to be” as a lesson in life, although it is a high “aspirational solar plexus” frequency, it is still under the influence of the “Four Lower Quadrant” of Anger, Hate, Guilt and Fear. It is still governed by a polarity of “illusion & fantasy.” We aspire to be “unconditional.” In the Heart Center, “Love manifests Light” without a polarity. In contrast, when we say animals give “unconditional love” is in fact an error. Animals are not conscious souls at the level of humans. The truth is they give Divine Love free of polarities. This is Light! This is Love!)
REVIEW OF PART THREE
“Studies Of The Feeling Nature”

We must revert back and assess the studies of the Feeling Nature. The Feeling Nature in the Physical Body is where we become aware of frequencies, especially with “food & drink” that we partake of, and in addition, the frequencies of those who handled the food. We learned to transmute these energies and frequencies by blessing and changing the vibrational frequencies to vibrate to our physical being by the process of Transmutation.

With the lessons of the Feeling Nature in the Mental Body we learned how to distinguish mental frequencies “incoming & outgoing” and how to be the master of our domain. Do we feel these or do we think them? And which of these are of our own making?

In the Feeling Nature in the Emotional Body we learned that there are four aspects, as it relates to water. It can be heated up the boiling point from outside influences, become hard and cold as ice of our own making, or it can be calm & fresh as spring, but most importantly, it can easily be transmuted from a liquid to invisible steam. This is the greatest gift, which means that we can transmute all our errors of the past to the Greater Light. Of the three bodies within the Ring Pass Not, emotional memory can last for centuries.

The Feeling Nature in the Spiritual Body that encapsulates the three inner bodies with the “Ring Pass Not” is a frequency of the vertical up and down polarities of the Creative Process. If we can assimilate this information we will eventually open up the Third Eye that will allow “clear vision” to manifest within the vertical and horizontal alignment.

The chapter on Reincarnation is short but very precise and informative. Basically it states that it is not important to deal with this matter at the present and that the true meaning will open up as we become more enlightened.
Love In The Feeling Nature is a chapter that may have to be read several times, as its true value may not be appreciated until we open up the Heart Center through the teachings of the Feeling Nature in the Spiritual Body. This is where we learn about the vertical polarity alignment and the opening of the Third Eye.

We all have our “belief systems” of Love and we may erroneously believe that we are loving people; but in fact, if we read this chapter several times on separate occasions, we may discover that we are still stuck in the “aspirational solar plexus.” We are still trying to break into the Heart Center frequency.

We may aspire to be good, and we may aspire to love, and we may also aspire to be of service, but we may awaken with a shock to our “belief system,” because we believe that we are nice loving people on the outside persona. Our inner bodies may be in great need of help, and subconsciously, we may still be shackled with the frequencies of Anger, Hate, Guilt, & Fear. It is highly recommended that the six chapters in Part III be read over again before proceeding with Part IV and the studies of the Four Lower Quadrant.

The aspect of “unconditional love, ” although it still has an opposite polarity of “conditional love,” is a “very high frequency range of consciousness” within the solar plexus area. It is an aspect that must be utilized to its fullest degree, because it is a choice of relinquishing the “four lower quadrant” of Anger, Hate, Guilt and Fear by being “unconditional.” When we awaken and rise to the frequency that “Love is Light,” “conditional and unconditional” will cease to exist. Light will manifest in the Heart Center revealing its true Source.

We must consciously work on the principles of these chapters in order to open the Heart Center frequency with the help of Love Within The Feeling Nature. We must learn the difference between “feeling” and “thinking,” and not just scan through this very important chapter.
“A Step Into The Light”

PART FOUR
* The Four Lower Quadrant

* The Energy Centers & The Frequency Of Colors

* Psychic Ability
THE FOUR LOWER QUADRANT

There is an area in the human body where the lower frequencies of man are held in bondage. This is the frequency of the solar plexus also known as “the pair of opposites.” It is located in the general area below the rib cage at the top, and just below the naval at the bottom. This pair of opposites is under the Law of Polarities, possessing both a negative and positive polarity.

It can be described as a quadrant on top of a pyramid. It does not come to a point or an apex like the pyramid of Gizah, but you will see the similarities of this other type of pyramid with the cultures of the Americas, specifically the Mayans.

The Mayan culture flourished and far surpassed Western Europe during the peak of their era with advances in the arts, mathematics, and all the sciences. However, they have been looked down upon by modern day historians, as they turned to idolatry and human sacrifices during the decline and fall of their era at the end of their cycle as a civilization.

It is interesting to see that the evolution of man was centered into this picture, as they were working on freeing themselves of the magnetic bondage of the four lower quadrant. On the upside of their era and to the peak, many positive advances were created by the souls that brought in great gifts in mathematics, art, astronomy, and all the sciences. After the peak of their cycle, the dark forces entered into the picture involving human sacrifices and other atrocities. This cycle ended and the Mayans vanished as a race, which has left a mystery to their disappearance. A race of an
advanced civilization seems to have left the planet leaving few stragglers behind.

All over the planet there are sacred sites, temples and pyramids of every type. We, sometimes are quick to point out that these were constructed by the dark forces for purposes of lower frequency rituals, practices, etc., but this is not necessarily so. We forget that most of mankind, at that state of evolution, was not capable of mastering the three-dimensional aspects, including the three bodies and centers of human consciousness.

Many of these temples were designed and created to teach people, at their state of evolution, how to overcome the lower animal nature and gain freedom from this lower quadrant.

<table>
<thead>
<tr>
<th>The Quadrant</th>
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</thead>
<tbody>
<tr>
<td>ANGER</td>
</tr>
<tr>
<td>GUILT</td>
</tr>
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The quadrant is broken up into four sections with the frequencies of **anger, hate, guilt & fear**. These are the foremost energies that create all the other negative aspects descending down to a primitive, animal type man. The quadrant corresponds with the elements of **fire, earth, water & wind**, which also correspond to the **mental, physical, emotional & spiritual bodies**, in that order.

The element of fire corresponds to anger and the mental frequency and is tangible as in a burning piece of wood. It can be touched and felt. The element of earth corresponds to hate and the physical; it is also tangible and is a very heavy, dense, frequency, which is long lasting. The element of water corresponds to guilt and the emotional frequency. It is soluble and needs a container to hold it together in one place; it is also tangible of itself.

Interestingly enough, fear, which corresponds with the element of wind and the spiritual frequency, is not tangible of and within itself, and must be created or co-created. The other elements can lead up to the co-creation of wind, or a human being can wave
their hand in a rapid motion thus changing passive air into wind. It is very important to remember that of itself it doesn’t exist unless motivated into existence by the other elements. Air is in a passive state, and wind is in a non-passive state.

The corresponding frequencies of the Lower Quadrant.

<table>
<thead>
<tr>
<th>Anger</th>
<th>Hate</th>
<th>Guilt</th>
<th>Fear</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fire</td>
<td>Earth</td>
<td>Water</td>
<td>Wind</td>
</tr>
<tr>
<td>Mental</td>
<td>Physical</td>
<td>Emotional</td>
<td>Spiritual</td>
</tr>
</tbody>
</table>

Fear is the cornerstone of this structure, and the descending blocks or steps are individual to each soul or persona as in the following diagram.

All humans stuck in the four lower quadrant have the same frequencies of Anger, Hate, Guilt and Fear. Below the quadrant are all the other negative aspects and steps, which may include jealousy, envy, dishonesty, etc., to the lower depths of torture, pillage, murder and the list goes on. These will be individual to each particular person and thus creates his or her individual primitive, animal persona. All possess the same aspects in the four lower quadrant; however, the lower blocks or steps are individual traits particular to each human soul.
FEAR!

As in all creations there is a central point of power as a source. In this case it is the frequency of fear, which is the cornerstone of the quadrant and all frequencies below.

Fear is the central most powerful point of the dark side. It can paralyze all the higher frequencies, and cancels out so-called psychic ability, the sixth sense, and above higher frequencies if allowed. It can paralyze all three bodies leaving the soul in an energy-depleted state. Every negative aspect in the dark side, to some degree, has an element of fear in its frequency. Dishonesty, malice, deceit etc., are frequencies that do not have Love, Peace & Harmony at its source, and all have a proportionate amount of fear.

BUT FEAR OF ITSELF HAS NO POWER! In fact, the victim to be is what gives power to this illusion or distortion.

To understand the four lower quadrant we must realize that it is a polarity quite different from the second “Law of Polarities.” The Law of Polarities in the three-dimensional world are horizontal, left to right, or right to left frequencies.

These are “trinities to be,” as both are at the base of a pyramid. Both are at the same level, neither one being higher than the other in a horizontal fashion.

The “polarities of the soul,” also found in the four lower quadrant are quite different as they are vertical. They vibrate from the lower trying to reach the higher, or the higher falling into the lower. This may be described in the old texts as gaining or falling from Grace. This type of polarity is not necessarily one of balancing from side to side, but one of rising above certain frequencies.
If you can envision once again, the pyramid with the quadrant on top with a line down the middle, and also place a pyramid of Love, Peace & Harmony on top of the quadrant, you will see the formulation of the cross of the Christ Principle.

Where the center of the cross meets is where the Heart Center opens up to fallen man. The Heart Center must become open to realize the trinity of Love, Peace & Harmony in order to maintain your frequency above the four lower quadrant.

The opening of the Heart Center is pictured in the Sacred Heart of Jesus & his teachings, along with the same teachings by Buddha, Zoroaster and the Ancient Ones before and after the Master.

Basically, all the Mystery Schools of The Wisdom from ages past allude to the same principle. It will be noted that one of the chambers in the giant pyramid of Gizah parallels and is strikingly similar to this symbol.

Once again, realizing that fear is a very strong frequency, we must come to the ultimate conclusion, that of itself it has no power. But it takes very little energy to give it power and blow it out of proportion; thus becoming a dark evil monster. And of course, the victim to be is the creator of it, or the one who gives it the power to exist. We must also take in consideration that we also give others the power to create it in us. Again, fear has no power of itself.
ANGER!

The next frequency that can create a magnetic effect to all others is Anger. Anger can come so swift and unexpected that it can erupt like a volcano with its corresponding element of Fire. Before you know it, you have dropped to the four lower quadrant.

HATE!

This will then set off the frequency of Hate. You Hate what you did or what others did to you causing you to get angry. You now Hate how you feel!

GUILT!

This now sets off Guilt! You feel Guilt because you should have held your temper. You may now feel that it is your entire fault because you may be a self proclaimed religious or spiritual person, or you may feel that you are just a good person in general and should not have fallen.

Individual Frequencies Below The Quadrant

Next, you may start to envy and despise others who may be able to maintain control, causing you to become jealous because everyone likes them while they shun you, and it goes on and on, pulling you deeper into the depths below the quadrant; which now becomes individualized to your persona within the lower group consciousness of primitive, fallen, animal type man.

Now, if you are a person who has the false belief system that God is a punishing, vengeful entity, this starts creating and feeding a darker frequency of Fear and so it goes.

This is a small example of the hundreds of individual variations that will open up to you as to what is occurring in your life.

Any connection, in your life, to the four lower quadrant of “Anger, Hate, Guilt and Fear” must be looked into. Guilt of any type, as well as, any of the other three frequencies will stop you
from progressing in this school called Earth. Those who control and manipulate others with Guilt of any type, and Fear of any type, is not of the Light of the Christ Principle of Love, Peace & Harmony; even though, they may say that they are doing it (the manipulation) because they love you and it is for your own good.

Manipulation with the frequencies of the four lower quadrant is the work of the Dark Light. We must awaken each other to the Light!

The individual on the path must make a conscious effort to learn the principals of the “four lower quadrant” by the recognizing of the symbolism implied, along with the formulation and its principals in order to conquer it. The Heart Center frequency is the transmuting aspect, which can manifest the trinity of Love, Peace and Harmony drawing you out of its magnetic pull.

When you do fall into the frequency of Anger, Hate, Guilt or Fear in the four lower quadrant, do not allow yourself to be pulled in deeper by its magnetic effect. Realize and accept the fact that you have fallen and gently pull yourself up to the center of the cross at your Heart Center. Radiate the Light of Love, Peace & Harmony till you gain your composure. You may co-create your own affirmation or, you may start by proclaiming “I surround myself with the Light of the Divine and I radiate Love, Peace & Harmony from my Heart Center. LET THERE BE LIGHT! I AM LIGHT! Your strength and instant healing power will prevail upon the situation at hand.

Everyone falls into the quadrant from time to time but, as the Heart Center starts to open up to you, the fall into the frequencies of Anger, Hate, Guilt and Fear will be less frequent. Be kind to yourself as you start to awaken to these principles. Even religious or self-proclaimed spiritual individuals fall on a daily or weekly basis to the entrapment of these four frequencies and into lower aspects of fallen man. You will recognize where an individual is centered by the frequency they radiate and not by their profession or title.
The GROUP CONSCIOUSNESS OF LOWER MAN

It is very dangerous to fall lower than the quadrant, as this can awaken the dark side of the “group consciousness” of lower primitive man, which can drive you to plunder, torture, rape, kill and commit all other atrocities of fallen man.

Fallen man is destined to eventually rise and be individualized within the Heart Center; thus freeing himself from the “lower group consciousness” of primitive man and the dark side. The Heart Center, being the center of the cross, is the midway point and the base of a higher “trinity to be” within the Light. This is ongoing as we reach each higher state of consciousness.

In the lower animal kingdom, “group consciousness” is a very important tool or a subconscious natural gift. We are all familiar as to how birds in their flight patterns can make a turn and change directions, in perfect unison, without bumping or crashing into one another. Schools of fish and herds of animals also demonstrate this. Humans are under the same system at a higher scale, but also under the influence of the same natural laws of this three-dimensional world. Once we understand that we can free ourselves of the four lower quadrant and its basic laws, we then start longing for that freedom, which will eventually pull us out of its magnetic hold.

In the same manner that birds, fish and animals demonstrate this “group consciousness,” without interrupting each other in a harmonious fashion, we must also see the other side of this polarity.

Aggressive, predatory creatures, when they attack in groups, sometimes end up attacking each other in their frenzy for a meal.

Normal law abiding citizens caught up in the frenzy of mob riots in our cities will participate in stealing and damaging property. It is amazing as to how many people in the Los Angeles riots were caught up in this “lower group consciousness,” while the
rest of the world watched in disbelief as it was being transmitted on television.

The lower quadrant and the “lower group consciousness,” have a magnetic drawing effect. The “Dark Light” or polarity, sucks in like a vacuum; while in contrast, the Light of the Trinity radiates like the sun and allows freedom.

If we take a look at gang activity and its recent rise during these accelerated times, we can learn how the Dark Side works.

Fear is the main frequency that perpetuates membership. Participants feel safer within a group. They are constantly trying to prove that they do not have fear by participating in the same gang activity, which perpetuates fear and, eventually draws them to the “lower group consciousness.” In this deep, fallen, hypnotic sleep they awaken the dark primitive forces of ancient tribal man having to protect their territory. The freedom of Love, Peace & Harmony is not a part of their world. As in primitive man, they have to be constantly alert against the constant threat of attack by their enemies. Fear keeps them in a constant, hypnotic dream state, and many young participants accept the fact that they may not live to adulthood.

Fear is with them twenty-four hours a day. The only time they find solace and comfort is when they are within their own group. But it is not a freedom or a feeling of tranquility that other evolved souls enjoy in the Heart Center. It is a state of illusion, which draws them to participate in other dark activities, which can pull them down to the level and capability of killing another human being without remorse as they are in a deep sleep.

As they devolve to lower levels they tend to show lower animal aspects. Animals, when threatened, demonstrate one of two actions called the “fight or flight syndrome.” They either attack and fight or, they run, take flight, and hide when surprised or threatened.

Higher evolved man vibrating above the four lower quadrant will see that this is a lose, lose, situation. He will seek other
alternatives relating to Love, Peace & Harmonious Action. This creates freedom for all.

Regardless, if you are a human vibrating at the lowest levels below the quadrant or a self-proclaimed religious, spiritual person who drops on occasion to one or two frequencies of the quadrant, you still fall under the category of fallen man. An alcoholic who takes one drink or twenty is still an alcoholic. Do not let your religious or spiritual ego blind you and keep you from the Light.

In order to step closer to the Light we must acknowledge that we do fall, sometimes on occasion, into the quadrant. We must also acknowledge that Anger, Hate, Guilt & Fear each have a magnetic pulling, or drawing into itself, effect. This sucking effect is like quicksand and can swallow us up to the lower depths of the quadrant.

If you allow yourself to remain there for more than three minutes, it will eat away at your life force and then the dark frequency will create the hypnotic sleep that will dull or distinguish your Light. From this point you may magnetically be pulled to lower levels of your past existence. This may include, not only the past of your present life, but all other life existences as the soul is energy and energy cannot be destroyed; it is perpetual to the level that is awakening from within!

The Transmutation Process in Chapter Eight is very important, if not crucial, in balancing polarities of our past existence.

Many individuals that fall into the quadrant after a hypnotic sleep, which can be hours, days or weeks, will awaken to the realization that they have fallen and have been there before. Many go into denial or blame others for causing them to have Anger, Hate, Guilt or Fear. The religious individuals may pray and ask the creator for forgiveness and eventually will feel better about themselves till the next time they have a relapse.

The self-proclaimed spiritual person may meditate on spiritual reasons for this fall not realizing and taking in consideration, that he exists in a three-dimensional world with particular laws of
frequency. These frequencies vibrate in physical, mental and emotional bodies within the realm of all the sciences and laws pertaining to a three-dimensional world.

Any level of prayer or simple meditation is good of itself, but these two examples are too slow for these present times of acceleration. A true religious person and a true spiritual person will learn all the lessons of life and does not limit the self to one dogma or one spiritual truth. Life is a school. When you finish the third grade you are now eligible to go to the fourth grade. If you have mastered all there is to know in this grade level, what is keeping you from the next? Are you going to stay in the third grade because of fear or other frequencies of the quadrant? The soul on the path, in this school, does not stagnate or become hardened and crystallized to one teaching or the same level!

Visualize the symbolism of the pyramid with the square of the quadrant on top. Memorize the frequencies of each. Ask yourself, “What is the cornerstone frequency of this quadrant that gives dark power to the rest and all below?” Realize, that in and of itself it has no power! The victim to be gives the power to this frequency, and this frequency is just an illusion or distortion.

Now visualize a horizontal line extending on each side on top of the four lower quadrant. This signifies the Law of Polarities in the three-dimensional world and is at the base of a “trinity to be.”

From the center and base of this pyramid, you extend a line upwards, past the horizontal line of polarities to a point that formulates the cross of the Christ Principle. To the point that it reaches, this is where you aspire to be. At the center of the cross, realize that this is your physical & spiritual heart known as the Heart Center of the Christ Principle of Love, Peace & Harmony.

From this day forward, make a conscious effort not to lose your energy in the four lower quadrant and below. If you fall, realize and accept that you have fallen, then gently lift yourself up to the center of the cross, which is the Heart Center within a three-minute
period. Now radiate Love, Peace & Harmony from your Heart Center and you will be in control of your life.

You will rise above the four lower quadrant, and you will also raise the frequency of your alignment by mastering the previous lessons. The trinity of Love, Peace & Harmony will solidify and anchor in the Heart Center preparing you for the next step towards the Light!

The “Cross of the Christ Principal” within the pyramid and above the Four Lower Quadrant.
THE ASPIRATIONAL SOLAR PLEXUS
(In The Quadrant)

The aspirational solar plexus is the frequency where lower man is aspiring to break out from the chains that bind from within the four lower quadrant. They aspire to give love; to be of service; to be spiritual in their religious fervor, but the element of the polarities of the “pair of opposites” still ties them down to the quadrant.

They are all good, well-intentioned souls who might be very religious and pray every day, but are still living in the fear of a vengeful God. Prayer and their aspirational good intent keeps them from falling into the lower depths of the quadrant. However, this aspect of fear is what keeps them from breaking out of the quadrant of the solar plexus and up into the Heart Center of Divine Love, Peace & Harmony.

They will be quick to tell you how often they pray and how good they are in charitable work and service; they also have memorized scripture, but the underlying element of this **Dark Fear of Hell and Damnation by a Vengeful God** is still magnetically holding them from the Heart Center. Ironically, they have no fear of the world or man for that matter, and they will claim that they are in the presence of God and the hereafter, but they are not evolving spiritually as they are caught in the polarities of the pair of opposites of “good & evil” and in a hypnotic sleep state.

The solar plexus, being this fickle, indecisive, mind of lower man, must be balanced within its two distinct polarities of “good & evil.” Most aspirational solar plexus well-intentioned people believe that they are thinking with the mind centered in the brain;
which is a distortion, when in fact, they are being polarized by the animal frequency of the solar plexus lower mind.

For example, we have all come across kind, aspirational, solar plexus souls who can’t make a decision. Even though, they may have two equal harmonious choices to pick from, and neither choice being less than the other, they still vacillate between the pair of opposites. A dark fear that they will make the wrong choice! This can cause them to fall to the level of an animal presented with two pieces of meat. The animal will want both!

If they do make a choice, they will constantly be haunted by the illusion of not knowing, if in fact, it was the best choice and they will not be happy with the decision they have made. *(You will note that on the illustration on the previous page, below the “aspirational solar plexus” symbol is another symbol of a Sun with two smaller circles within. This is the “pair of opposites” that will cause us to vacillate between each frequency within this indecisive mind. Many “aspirational souls” get stuck in the lower primitive animal mind.)*

In contrast, a choice made in the frequency of the Heart Center is always lasting, and a great sense of fulfillment overwhelms the individual with no reservations of doubt.

Most of humanity is under the influence of the four lower quadrant with a large part stuck in this “aspirational solar plexus” and within the “pair of opposites.” They have forgotten, being in their hypnotic sleep, that the three-dimensional world is a school. We have to learn the lessons as we have co-created them with the One Life we call God. Everything that is co-created or touched by man is under the Law of Polarities as a “trinity to be.”

The Bible and all spiritual, and religious texts of whatever nature are not exempt of these opposing polarities. *They are very important tools as schoolbooks, which present these “trinities to be” within the texts, as a lessons on how to bring in the missing ingredient of Love being the Divine Light to create the trinity. We cannot stay in one frequency by praying for “Divine Intervention”*
to take these lessons away from our existence. We have to finish the lessons ourselves. Prayer, to give us clues on how to get out of the quadrant by our own learning effort, will come when asked for. **Ask and you shall receive!** *(Prayer in this state is very effective, as it is a request for guidance in the form of Light so that we can better see and take responsibility to learn a lesson. It is not to be confused with the Law of Self.)*

It is important to align yourself through meditation within the frequency of the Christ Principle of Love, Peace & Harmony if you endeavor to study the Bible or other Sacred Texts as man has touched them. They were co-created by man and continue to be interpreted by man, and this puts them in the frequency of the Law of Polarities; accordingly, some of the contents are under the frequency of the Law of Cycles. However, what is most important is that they also include Trinities of Love, Peace & Harmony as examples/lessons, which can be a great learning tool for those caught in the four lower quadrant. On a personal one to one basis, through your alignment, you will be able to use these great schoolbooks and will recognize and learn from the balanced trinities within the Law of Threes, along with the Law of Polarities, and the Law of Cycles as “trinities to be.”

If you are drawn to study the Bible or Sacred Texts, you must take into consideration, the spiritual state of evolution the author was at. Being that the Bible is a compilation of many books, many of the authors, although well intentioned, were still caught in the frequency of the “aspirational solar plexus” creating fear or using anger to get their point across. If you do not understand a certain passage in the Bible, be careful in allowing someone else to tell you what it means, as your teacher may not be vibrating with the frequency of the Christ Principle of Love, Peace & Harmony. If it is within the Divine Plan for you to know the answer, it will come from within; through the Divine Light, and only when you are ready. The Bible & certain Sacred Texts are great spiritual tools, but the lessons are individual to the person who is divinely drawn
to study them within the Divine Plan. *(Place these inquisitive thoughts on your Ring Pass Not and the Light of Truth will shine & reveal.)*

God is pure Love, radiating for all to receive. We, in our fallen state, deprive ourselves of this Love. Everything in nature is vibrating with Love, Peace & Harmony.

Anything that resonates with elements of the four lower quadrant, such as in manipulation and fear; although, well intended, is still part of the “aspirational solar plexus.”

In the days of old, fear of a vengeful God was the manipulating factor of controlling the masses. Man was not spiritually evolved and was more primitive in his animal nature; this did the trick in deceiving and keeping the masses in line.

The Master Jesus came to bring us out of the quadrant and to evolve us into the frequency center of the Sacred Heart. The Master Jesus used Love, Compassion, and Harmonious action, never condemning an individual or group; rather, he targeted the frequency of that “group consciousness” that entraps each individual in the depths of the quadrant. When the “Prince of Peace” shined his Light radiating on an individual basis, his Love from the Heart Center was so overwhelming that the body of the recipient was literally shaken, and drawn with tears of joy into a state of ecstasy with a radiance that lasted for three days. This individual was ready to be blessed with enlightenment of the Divine Master.

We must all radiate Love, Peace & Harmony and rise above the four lower quadrant of darkness by stepping into the Light!
STUDENTS OF ESOTERIC TRAINING

Those who consider themselves as being higher on the path may have an awakening that can abruptly change their lives, as they will come to the realization that they are still in the magnetic pull of the solar plexus or the higher aspirational solar plexus. You will see that at times you may be in the Heart Center, but when you become aware that you do in fact, entertain the elements of the four lower quadrant such as anger, hate, guilt or fear, you may not be as high on the path as you may have first perceived. Although you may have studied higher esoteric teachings, and training in the Wisdom, you may come to a surprise awakening that may shatter your existence for a short while.

This must be accepted and it is a part of the learning process while you are awakening, and that is all that matters at this point of the path.

You may be well versed and knowledgeable of the mechanics of higher esoteric training; nevertheless, because you know of the teachings, does not automatically place you at a higher level of consciousness, as knowledge is linear from left to right, or right to left in a polarized fashion. The Wisdom, which can only be experienced by application, is vertical in polarities. It is important that you reassess your thinking on the principles revealed in this book. You must apply and experience the lessons contained by self-application to your everyday life experiences.

Daily meditation is essential to be able to ground that, which will be revealed to you by your own alignment. (Alignment, meaning that state of meditation where we are balanced and centered with the Christ Principle of Love, Peace & Harmony, where we are capable of reaching the Quiet Zone.) It is recommended that you meditate at least once a day; although, the ideal is three times a day. In the same manner that you may have three meals a day to maintain your body in good physical health, you may also apply the fact that you may take a bath at least once a
day to feel clean. Yes, meditation and alignment of your frequency centers is essential in order to be prepared for the increased frequency of the planet. By daily meditation you will be in synchronization with the frequencies that are accelerating with the end of the Grand Cycle and into the next frequency that the planet is accelerating to. Love, Peace & Harmony Prevails!

ILLNESS, DISEASE AND SICKNESS

Illness is disharmony in the three bodies of our instrument and falls within the Law of Polarities & the Law of Cycles. Illness is the teacher and, the frequency of a lesson to be learned as in a “trinity to be.” Certain illnesses and deformities, etc., may be karmic with a lifelong lesson to learn, which we have co-created with the One Life we call God; that is, before incarnating into the three-dimensional world.

In this section we will speak of illness in relationship to the frequencies of the four lower quadrant and not of a Karmic Nature.

When we have a fall into the quadrant caused by Anger, Hate, Guilt or Fear we will create damage to the physical, mental, and emotional bodies. That is why it is important not to remain in the quadrant longer than three minutes; consequently, as of that moment, our Light frequency begins to deteriorate. When we have an outburst of Anger, dependent on which frequency of our bodies we use, it will cause a certain amount of damage to that area of the body and will manifest as an illness if we entertain the four lower quadrant frequency. The intensity of the illness will match the intensity of energy we expel. Because we may not be completely awake to the Light, we do not know the intensity of our own energy. If you have a shouting match using harsh words, within three days you may experience a sore throat by the amount of energy you expelled. You may have used the emotional body frequency, utilizing your throat physical body frequency, and then after the aftermath of the incident, you may be entertaining
negative mental thoughts towards your opponent. This is very important to assimilate, as the damage may manifest within three days, but no longer than seven days.

This is an interesting phenomena, which many individuals may live a lifetime before even having a clue as to why they get sick. Heavy, physical, strong outbursts usually manifest within three days but, depended on the frequency of each individual soul, the illness may manifest between the fourth and seventh day. They do not correlate the illness to the outburst because four to seven days have gone by. The illness can manifest as a cold, flu, chest pains, internal organ pains and the list goes on with what you subconsciously want to create as a lesson.

Those of higher esoteric teaching know that every part of the body is connected in frequency to internal organs, as well as, the seven energy centers or Chakra points. The seven energy centers are then divided into minor energy centers within the network of the Divine Plan of the three-dimensional physical body. *(This will be explained in the following chapter.)*

In simple terms, when we drop into the depths of the four lower quadrant, the energy expelled will equal the intensity of the manifestation of a particular illness, which is corresponding with the Law of Polarities. If we prolong our fall beyond the seventh day then the illness will fall into the Law of Cycles; thus resulting in a time period to learn the lesson, which starts with a beginning, peak and end.

For example: a small outburst may result in a minor sore throat but if we keep fighting our opponent in our mind, within a five day period it may result in a head cold; consequently, if we keep holding on to the negative emotions and creating hateful thoughts, this may result in chest pains. Now, if you are still fighting beyond seven days from an emotional standpoint, this will create a cycle; which may result in coming down with pneumonia; which may take a month or longer to overcome. This is a small example of the
chain reaction that may occur with a fall into the frequency of Anger in the four lower quadrant.

The poor soul is wondering, who he got the sore throat from. He is sure that something was going around when his resistance was low, and this is what caused him the bad luck of getting sick, which is an illusion! (When your resistance is low, you are already vacillating in the quadrant. What got you there? Is this a personal fall? Or, quite possibly, a “group consciousness fall” in the case of a flu or other group consciousness illness?)

When you get ill, check back to what has occurred within the past three days but not beyond seven days. You will pin point the source as per the above example relating to a fall into one, two, three or four frequencies or a portion thereof in the four lower quadrant.

Certain gentle souls who may be stuck in the “aspirational solar plexus” radiate a higher frequency than a soul in the lower solar plexus. Because they radiate with a higher frequency, an outburst of Anger may have far more damaging effects on their three-dimensional body than it would on another individual who is vibrating in the lower solar plexus of animal man.

Hate, Guilt and Fear will cause certain individual effects according to each particular soul’s frequency. If you get ill, by checking back, you will correlate the resulting effects with the original cause; that is, having entertained Hate, Guilt & Fear or the combination of Anger with any of these.

A whole book can be written about prolonged or fatal illnesses; however, they can be dealt with by the simple application of the Chapters of the Quieting the Mind & The Transmutation Process through your own alignment. Illness is a teacher and a “trinity to be.” In the Quieting of the Mind the Light will shine on the lesson that is being presented. In this state of meditation the Light will present the original cause as to the corresponding manifestation of the prolonged or fatal illness, which is the resulting effect. In the Transmutation Process you will be able to balance the “cause &
effect” by bringing in Love to a “trinity to be” thus learning the lesson and releasing the energy back to the Divine Light and healing can take place.

Prolonged and frequent falls into the four lower quadrant will eventually weaken the three-dimensional body resulting in the manifestation of an illness/lesson. Love heals all illness! Love is the Light! The Light radiates with the trinity of Love, Peace & Harmony.

YOU ARE A CO-CREATOR WITH THE ONE LIFE WE CALL GOD. WE ARE ALL HERE TO CO-CREATE THE TRINITY WITHIN THE HEART CENTER OF THE DIVINE. LET THERE BE LOVE!
REVIEW

This is a very long chapter that will take a few readings to assimilate all that is given. Most of the symbols came through visions, dreams, and some were presented as the chapter was being formulated. Many were bits and pieces that were revealed to me after the lightning bolts of energy that went through my body on the gurney-operating table during the injury described in the opening chapter.

I have also had visions of pyramids in very Ancient Times before recorded history, along with small glyphs of the Pyramid of Gizah in Egypt. A marvelous structure of the Trinity before time was, as we know it. But, the most significant visions in our present recorded history are the Mayan Pyramids. These all relate to the studies of the Four Lower Quadrant.

It is important that when we study Ancient Spiritual Texts that we take into consideration the level of consciousness, and the state of evolution of humanity during these time periods. We must also take into consideration the “belief systems” of those cultures. Many present day religions follow principles of ancient times for ancient people and are not spiritually progressing. Some indoctrinate fear and cause many to fall deeper into the chasm of the quadrant.

According to the message and information received, “belief systems” that use the elements of Anger, Hate, Guilt or Fear are of the Four Lower Quadrant. The Christ Principle radiates Love, Peace & Harmony of the Sacred Heart of the Divine.

I read somewhere that the word Christ comes from the ancient Greek word Christos, which signifies the Light. It also signifies a “crystal” or energy source. The Messengers state that whenever a great teacher or avatar becomes enlightened the Christ Principle manifests with Love, Peace & Harmony. They become Christed. Accordingly, Jesus the Christ transfigured and ascended to the Father. (The Source of Light.)
A WARNING MECHANISM

Anger, hate, guilt & fear are a warning mechanism in animals and in lower animal man.

Animals along with primitive man, retain anger, hate, guilt and fear in a different level of frequency, which are unlike those retained by conscious, evolved man, and are released within spurts of three minutes each until dealt within the “fight or flight syndrome,” which means, that they will either run away or they will fight. Once they have taken action the four lower quadrant is released in animals and forgotten till the next experience or confrontation; again, only as a “warning mechanism” for lower animal forms.

Mankind, being a conscious soul, will co-create from this warning mechanism by retaining the frequency of the four lower quadrant longer than three minutes in the lower mind, which then sends frequencies to the brain, and the brain becomes, and is, a form making instrument and thus creates something out of this experience, or confrontation, which will be an illusion, as the experience should have passed or faded away within a three minute period and now we perceive this illusion as a reality. This causes illness or disharmony to manifest within this illusion. But the only reality is that this was only a “warning mechanism” designed to leave in consecutive spurts of three minutes as needed, but our ego holds on to it and won’t let go.

We are not animals, we are conscious souls, and that, for many, can be perceived as the real illusion.
THE ENERGY CENTERS & THE FREQUENCIES OF COLORS

Within the Feeling Nature we will experience and reawaken a sensation of energy that is radiated by colors. Each color has a specific vibration and frequency of energy. The atoms are, by the Law of Cohesion and the Law of Polarities, vibrating to their own individualized inherent qualities as a portion of the Light.

A White Light has all the colors in a mixed state and are not separated or split up into individual colors. They are all within the light vibrating in conformity to this particular source of White Light, but under the illusion of being in a white state. In contrast, the Black Light is where all the colors are mixed into one another, inharmoniously, but they are also in conformity to this source of Black Light and under the illusion of being in a black state. The White Light radiates a positive polarity; while, the Black Light draws into itself and is a negative polarity. This is within the Law of Polarities or a “trinity to be,” which needs the Divine Light of Love to complete the Trinity. The extremes of white & dark are what create the lessons in life and the evolution of man.

There are clues to the evolution of man by the colors that are perceived. In all manner of historical records, including the Bible, there have been only three colors mentioned or perceived by early man. Very primitive colors have been recorded as being red, black and white. Reds and browns have been recorded as being the same color as to what a present day colorblind person would describe. It is presently known that certain predatory birds see in the three colors of primitive man. Obviously, the color of red meat and blood would be appealing in a limited three-color spectrum.

Later in history, ancient poets describe only three colors in the rainbow. You would think that there would be the mention of the color blue, living under spacious skies and surrounding waters. Or for that matter, the color green, as in all the green foliage. But of
course, the Heart Center and the higher three frequencies had not yet opened to mankind as a whole.

The colors are very important as they unlock the key to our evolution. The number seven is also important, being that it is the spiritual number of humanity; from the seven days of God’s creation in Genesis; to our seven days in a week; the seven sacraments of certain religions; the seven deadly sins; the seven colors of the rainbow, but most importantly the seven Energy Centers of our bodies and their corresponding color frequencies.

THE SPECTRUM OF SEVEN COLORS

We all know that when light is passed through a prism of glass or crystal; light is separated and refracted into a spectrum of seven different colors. Each one is now individualized with its inherent properties, minus the other six colors with their own individual inherent qualities.

This prism can be illustrated as a house functioning with a main electrical circuit box, with currents going out to minor circuits or outlets within the house. (A prism is a piece of glass or crystal with a triangle on each end as illustrated above similar to the trinity in the Heart Center.)

Our persona body houses the extension of the soul, and it also has a main frequency/electrical box sending currents to other electrical circuits or outlets within the body. As in the “law of the prism,” the persona body also has seven units or energy centers
with their own inherent qualities. These circuits are currently known as Chakras, which are in fact, energy centers, frequencies or electrical circuits regardless of the name given. Everything in the three-dimensional world has a color frequency, which denotes its individualized part of the whole.

The body, acting as a prism of the Light, reflects the same colors of the rainbow and in exact sequence through certain energy centers located in the body. As we learn to identify and feel each color frequency we can see that starting at the base with the color red, the evolution of man can be followed by the colors perceived according to historical records.

The violet frequency vibrating at the top of the spectrum became more pronounced and started to fully manifest itself during the period of the Renaissance. The frequency of the color violet denotes transition, transmutation, and change as in rebirth. Although, there was prior visibility, many, to this day, still have difficulty seeing it in the rainbow and confuse it with the color vibration of indigo. The Renaissance was in fact the transition from medieval to modern times, as we know it.

Although, we presently can perceive all the color frequencies of the spectrum, we have not balanced these frequencies in our Chakra/energy centers. Everything that is in harmony with the Creator is vibrating in Love, Peace and Harmony as reflected by Nature as in the rainbow. We can accomplish this by studying and learning all we can about the colors; the balancing of the Chakra/energy centers; along with their out picturing into the three-dimensional world. The individual on the path has to transmute and harmonize each color to the original essence as reflected by the rainbow.
THE SEVEN ENERGY CENTERS

7. The seventh center is located at the top of the head and is known as the crown Chakra with the color frequency of violet.

6. The sixth Chakra is located in the center of the forehead, and is better known, as the third eye or the ajna center. Its vibrational color is indigo, a combination of violet & blue.

5. The fifth Chakra is located in the throat center, vibrating with the color blue.

4. The fourth energy center, also known as the middle Chakra, is located in the area of the heart. The Heart Center radiates with the color green. *(You will notice that there are three centers above and three centers below the Heart Center.)*

3. The third energy center, also known as the frequency of the pair of opposites, is located in the solar plexus vibrating with the color yellow.

2. The second energy center, also known as the sacral center, is located in the area of the reproductive organs, vibrating with the color orange.

1. The first energy center is located at the base of the spine, vibrating with the frequency of the color red.
In the physical world, infrared colors are below or before the color red, which is the lowest frequency perceived by the normal human eye. At the other end of the spectrum, beyond and above the color violet are the ultraviolet frequencies. Special equipment is needed for most humans to detect the infrared & ultraviolet frequencies in the three-dimensional world. But as humankind evolves beyond the Heart Center, a different frequency will be perceived and another octave of sacred spiritual colors will take precedence. The colors and their frequencies, plus, the location of the energy center as to where they are based at, will give a clue to their inherent qualities.

The following are basic descriptions and characteristics of each center. You will reawaken the full extent of each color and its corresponding Chakra/energy center as you step closer to the Light. You will discover the correlation of colors and why mankind uses these colors in everyday situations, from the use of traffic signals, to the application of every function in human existence. You will understand why you prefer to wear certain colors on certain days, and this according to the moods thus reflected in the awakening of the Feeling Nature. We do this in a subconscious universal manner but it is nice to be awake.

**RED**

The color red, located at the base of the spine, is also known as the root Chakra. It is the primal color of animal or primitive man in relationship to nature and the life force within this three-dimensional world. The lifeblood of the body is the same color frequency.

**ORANGE**

The second Chakra or the sacral center is a vibrant orange when used in a balanced trinity. This frequency governs the sexual organs. When misused in the Law of Self, it will become a muddy,
dark orange color, sometimes devolving into the lower base Chakra with a dark, brownish black, red frequency.

Now we can understand the old teaching of the seven deadly sins by this example; when misused within the dark forces, it is an unbalanced polarity.

Sex, within the trinity of Love, Peace & Harmony is a gift of the Divine. But unfortunately, those with the fear of a vengeful God have deprived themselves of this gift by perceiving it as a dirty, sinful act. By their own stagnation, they have stopped the growth and balancing of the frequency of the sacral Chakra.

The balanced sacral Chakra vibrates with the energy source of creativity, and it governs sex, the reproduction system, attitudes in relationships, along with, money with the circulation of exchange.

**YELLOW**

The color frequency of yellow is located in the solar plexus also known as the energy center of the “pair of opposites,” the yin and yang of lower man. This is the lower mind of common everyday man polarized in its unbalanced state in the “four lower quadrant.”

Yellow is a mental frequency in lower man and in ages past, while man was in a lower state of evolution, it was regarded as a spiritual quality. The sun was worshipped by many ancient cultures, and indeed it was a spiritual frequency as this was the highest frequency perceived or achieved at their state of evolution.

Yellow denotes mental thinking within the pair of opposites, and is the clearinghouse for emotional frequencies, which must be balanced along with the issues of personal power.

From our present point of view it is easy to look down at the ancient cultures as pagans that indeed worshipped the sun, especially those of the Americas. The Mayans were quite advanced in astronomy, mathematics, arts and all the sciences. Their intellect and scientific achievements were well ahead of Western Europe, so it is fair to say they were at the top of the class as far as humankind’s state of evolution was concerned.
As explained in the chapter of the Four Lower Quadrant, from the spiritual standpoint, they were working to free themselves from the frequency of the solar plexus as depicted by their pyramids with the quadrant on top. As in the Law of Cycles, once the peak had been reached, the down side or the shadow side of the cycle was taken over by lower man and the dark forces; which thereafter, was then followed by human sacrifices and the worshipping of other idols rather than the Sun. This became the end of the Mayan Era/cycle. The haunting after effect created by the enlightened souls that did release themselves of the quadrant, is that they left us with the Mayan calendar that ends in the year 2012, and according to their calculation, marks the end of the Grand Cycle.

Since the period of the Mayans, most of humanity is still stuck in the frequency of the “four lower quadrant.” They pray that God will take them out of their misery from their fallen state. They have not awakened to the fact that they are co-creators with the One Life called God, and they must co-create by learning all the lessons of the Light refracted in a spectrum of different colors, which are radiant and calling to them. In their despair, they are afraid to partake of higher teachings, but at the same time, they maintain themselves in a state of limbo by not falling deeper. They do not realize that they have the power to release themselves from the chains of bondage that keeps them in this stagnated state of the "aspirational solar plexus.” By the power of prayer, they do not sink to a lower stage, but they expect God to do the work of the lesson for them without any effort on their part with the exception of prayer. You co-created the lesson in life and you have to co-create in the learning of the lesson, thus freeing yourself of the paralyzing effect of the “fear of a vengeful God” who must be appeased with self-sacrifice and penance, which is the ultimate paradox and is a distortion. We all have to do the work! It is so ludicrous to even begin to think in these terms. We must wake up! Can you imagine, this dark belief system of sending your children to school and telling them “do not learn to much or your teacher
will punish you; just stay in this same grade level, but you better not fall to a lower grade level or you will be damned for all eternity.” You are damned if you do and you are damned if you don’t, if you believe in the illusion of this polarity of the “pair of opposites. This belief system, with the manipulation of “fear from the four lower quadrant,” is used by many religions & doctrines that still persist in keeping us in this darken, stagnated state.

We must release ourselves from the frequency of the “pair of opposite” by co-creating the frequency color of yellow and radiating it as in the brilliance of the Sun; where there will be no shadow cast by the forces of the Dark, which cannot exist in the Light of Love, Peace & Harmony.

GREEN

For regular mankind, who are trying to free themselves from the bondage of the “four lower quadrant,” the color frequency of green in the Heart Center, at this point in time, is the most important goal or aspect to be achieved. It is the center Chakra or the halfway point, which will propel you from the three lower centers, to the frequency vibrations of the three higher centers as their counterparts. *(There are seven Chakra energy centers. The heart center Chakra vibrates with the color frequency of green and is the middle or halfway point. There are three Chakra energy centers below it, and three above it.)*

The color green denotes awakening, healing, growth and evolving with the pull of the radiant qualities of the sun or the Light. Plants grow from seeds from within the dark depths of the Earth, sprouting, growing and on to the radiant quality of opening out as a flower in its magnificent beauty.

As man evolves to the Heart Center and on to the higher frequencies of the octave, the Heart Center will transmute its color frequency from the color green to the sacred, spiritual color of pink. At this level, man will have evolved and freed himself from the “four lower quadrant.” The lower Chakra, having been
cleansed and balanced, will not need the growing, nurturing, healing properties of green, which is essential to lower life forms. The color green will manifest itself elsewhere in the minor Chakras of each major Chakra/energy center in order to maintain the body.

Many have heard the term, “think with your heart and not with your mind.” This is instinctively, but unconsciously, pulling someone out of the “polarity & frequency” of the solar plexus lower animal mind. The key is to consciously raise the frequency to the Heart Center, and with Love, Peace & Harmony we can polarize the higher mind in the brain into right action; thus freeing yourself from the “four lower quadrant.”

**BLUE**

The blue frequency is located in the throat center. It is a gentle frequency, which is the first frequency of the triad above the Heart Center. It denotes the peaceful soothing color of a radiant sky or peaceful calm waters. It is the higher counterpart of the sacral center and the creativity associated with it. This center denotes expression, communication and judgment in verbal form. Jesus mastered this frequency, as he was able to say the right thing at the right time as the Master Teacher. Buddha, Confucius, Zoroaster and many other great teachers have also expressed this frequency.

**INDIGO**

The color of indigo is located in the ajna center in the center of the forehead, just above the eyes. It is also known as the third eye. This is the main circuit box for all the other Chakra/energy centers; this opens up the individual to the clear vision of the spiritual self and purpose.

**VIOLET**

Violet is the color of the crown Chakra located at the top of the head. This is the doorway to the higher octave or frequencies. This is the color frequency of transmutation of all the lower frequencies,
cleansed, balanced and returned back to the Light through each succeeding octave. It basically creates change for the better, breaking down of all crystallized hardened forms and belief systems, with its shattering frequency of “Divine Law And Order;” “Divine Will Into Form” and, “Ceremonial Magic” as in the transmutation of one form to another within Divine Purpose.

**DISHARMONY IN THE COLOR FREQUENCIES**

When the color frequencies are not in harmony they tend to darken with a cloudy, brown muddy hew. We can see why primitive man perceived three colors, as the other centers were not balanced. The lower frequency colors of red, orange & yellow, when in a darkened opaque state, will give off a brownish hew and would only look brighter or darker in tones. This similarity is common to a color blind person who cannot see certain colors distinctively; the colors blend into one another where one just looks a shade darker than the other with no definition because of this muddy hew. *(Those individuals that open their frequency with the gift of “clear vision,” within time, they will be able to “sense & feel” the Chakra Energy Centers. Eventually, after reading this book several times, and by assimilating and learning the lessons, they will evolve and open up this “clear vision” at a higher degree. This will allow them to perceive and see the colors with better perception.)*

When the color yellow was perceived in its true form, it correlated to the sun; which does give life to the planet and thus was worshipped with good intention during that ancient past cycle of awakening. Those souls that mastered this cycle went on to open the Heart Center bringing the color green into its full dimension of Love for those who would partake of its frequency.

Being able to see a color and to distinguish it from the others is a capability that we all presently have *(at our state of evolution)* but this is only visual. To be able to understand all aspects,
functions and its vibrational impact on the Feeling Nature, in all aspects of the human body and its relationship to this vibrational frequency, is to master and create the harmonious color frequency at will. This is where humanity is lacking. We all know the functions of a car and how it works; however, a single individual cannot create a car from top to bottom in his own home. There are too many parts involved.

We can see all the colors of the spectrum, but we are just getting acquainted with the certain frequencies, as regular man is still not able to maintain their frequency in the Heart Center with the frequency of Love. The Master Teacher Jesus gave us the lesson approximately 2,000 years ago, but yet, we choose to remain in the “four lower quadrant.”

Like the prism we have to create the spectrum by being able to reflect all the vibrant colors of the rainbow. We also have to reflect back in history and give credit to the souls that liberated themselves from the “four lower quadrant,” as with the Mayans and other civilizations at their state of evolution. Many of these advanced souls are of the Children of the Light who transcended and have elected to incarnate and be of service to humanity by enlightening us to the color frequencies and the Chakras/energy centers, which will enable us back to the Light of the Christed Ones through the Heart Center.

LET THE BEAUTY OF THE RAINBOW REFLECT THE LOVE FROM YOUR HEART! PEACE IS WITH YOU!
COLORS

I thank the Divine for the colors of the rainbow, and that I may create the same brilliance within my persona body so that all may receive of this blessing.

I will be an example in form, of the wondrous colors of the rainbow radiating each particular color to those in need, so that they may also be blessed in their awakening.

From my heart I will radiate the color green to those in need of Love and healing.

From my throat the soothing, gentle, calming color of blue will radiate, from the words of encouragement that I will speak.

From the center of my forehead, that the color indigo may open the third eye and give me clear vision in order to help my fellow man.

From the crown Chakra that the color violet will balance, transmute and refine all spent energy from the lower frequencies in the learning of my co-created lessons in life.

From the lower centers of the solar plexus, the sacral and the base Chakra that I will no longer be controlled by the frequencies of lower man. The brilliant colors of yellow, orange and red will now be perfectly balanced within my persona as the seven colors of the rainbow. All reflecting the Light of Love, Peace and Harmony.
PSYCHIC ABILITY
(Is It A Gift?)

When we start pulling in frequencies that we label as psychic impressions, we may fall into the glamour that “we have a special gift.” We then tend to demonstrate this so called gift with our friends by picking up impressions from their auras. Our friends will be amazed that their thought forms are picked up and confirmed.

Psychic ability has been regarded as a special gift but in fact we all have this ability but may not choose to use it. As we evolve in the next few years, with the accelerating frequency of the planet, we will find that we all will become more psychic. In fact, mental telepathy is already awakening to those on the path and will be commonplace in the future.

You the reader, may have already noticed, that in the past few years it has become more difficult to lie to your friends. In fact, many individuals cannot lie anymore. On the other side of this scenario, you can easily tell when someone is lying to you, and it is becoming more difficult to pull one over on you, unless you are vibrating very low in the Four Lower Quadrant. But even there, it takes a lot of effort and expansion of energy.

The vibrational frequency of the planet, in this state of acceleration, coupled with the frequency of Seventh Ray and other frequencies that are being brought in by the Children of the Light, is making it very difficult to hide our true intentions as everyone is expanding their awareness in all frequencies.

Yes, we can say that this so called psychic ability was termed a gift to those of the Light who used it as a service prior to the start of this acceleration, which began manifesting itself in 1987.

But now, it will be commonplace to all as true psychic ability is just the expansion of awareness in all our senses. We are aware that we have five senses; now the sixth sense is starting to manifest itself, which will awaken mental telepathy.
The expansion of this awareness, along with the acceleration of all frequencies on the planet; in addition to the frequencies being pulled in by the Children of the Light is causing great changes and it will be very hard on the masses. The reaction of the masses to these changes will bring in the primal frequency of fear, which then, by the multiplication of this frequency by the Dark Forces, can have a tremendous effect on the planet such as Earth changes, weather patterns, volcanoes, earthquakes along with other natural phenomena.

Many who are playing with the idea that they have just uncovered or discovered that they have psychic ability must take responsibility of what they are intentionally pulling into their frequency; as opposed to, which impressions are magnetically being attracted to their being. Yes, at first it is amusing and fun to pick up the other persons intentions, frequencies and thought forms, but there are many factors involved here. Are we really picking up other peoples frequencies, thoughts, etc., or are we imposing or trespassing into their frequency and violating their free will and destiny. By revealing that we have picked up an intention that a friend may have, and bringing it to their attention, may cause harm to your friend as you have exposed that intention. Regardless whether it was a “good or evil” intent, you have violated free will. It will have a definite effect on your friend. By the same example, in reverse, you might be diverting danger to your friend. The responsibility lies in being able to discern frequencies just like the dial on a radio.

Can you distinguish the frequency? Is it incoming or are you violating and imposing into someone else’s frequency? Is this a lesson for you or the other person? Is it a teaching or a learning experience or just the demonstration of a false ego? These are a few questions, but you, as an individual, must find out why this expansion of awareness has opened and how you are going to take responsibility for it.
One major step that can be taken is to see that it is a three-fold experience.

1. First, it starts with you. Are you the student, the teacher or both?
2. Secondly, why did you pick up this impression? Is your ego attracting it, or is your ego violating someone else’s frequency? What is the message in this?
3. Thirdly, is the source of this frequency crying, asking, praying for help, or are they just thinking out loud in terms of the frequency you picked up, and mistakenly, you misjudged this outburst of private frequency. This person, not being aware of frequencies in the physical environment may be very quiet, but in their mental & emotional state they may not be aware to what radius they are broadcasting their frequencies, although, they may be very private.

Because we pick up these frequencies, we have no right to violate or judge their persona in the three-dimensional world. Remember that there are three parts to this awareness.

The error that is made by the person who feels they are gifted with psychic ability is that they now deal with everything outside of their aura or persona. They are now capable of picking up the other person, the other frequencies, and the other source. We tend to think that the other stuff is what is involved here, which is a big mistake. It is not about the other stuff, it is all about you, and the primary responsibility of the self, and how you are going to handle this expansion of awareness. It is all about you! Everything else is secondary.

(For those that may have awakened Psychic Ability, it may be imperative to make a copy of the page that follows and always keep it handy before using or demonstrating these gifts. But most importantly, because of its protective frequency of “acknowledging the Higher Source.”)
PSYCHIC ABILITY/ The Three Fold Experience

1. Not My Will But Thy Will Be Done. When you pick up or become aware of an impression, you must determine whether the role you take will be as the student, the teacher or both. You may take action, thus becoming the teacher or you may decide to take no action and just observe and feel the impressions as the student. Although, the impressions are from the outside or belonging to others, the experience is foremost about you, the self, then the outside broadcasting force follows and thus becomes the secondary issue.

   After you determine the role to be taken, the affirmation coming from the Heart Center must be proclaimed, otherwise you may be coming from the Four Lower Quadrant in the area of the “aspirational solar plexus,” which is the source of most psychic ability that is not refined/balanced. “Not My Will But Thy Will Be Done” must be proclaimed in the Heart Center. You have now co-created the Light of awareness.

2. Let This Be According To Divine Law And Order. At this point, your responsibility is determined as you have taken the role of the student, teacher or both and the above affirmation is proclaimed. The question may be asked as to why you have received these outside impressions. Are they just a learning experience or am I to take action? The Light within the Heart Center will shine and Truth will be revealed to you and this will now take you to the third experience.

3. The Giving Of Thanks To The Higher Source. The third experience is in receiving the message in its highest form radiating from the Heart Center, and either, exercising the correct choice of withholding this revelation as the student, or passing it on in the role of the teacher, as it no longer is within your hands to hold. The giving of thanks to its true source eliminates the danger of falling
into the frequency of the “aspirational solar plexus” where the ego may become entrapped.

These affirmations will ground the intent in the three-dimensional world by the beacon of Light, which is you. The true reason for picking up these impressions, thought forms, or frequencies, is that we have made the call from the standpoint of the soul and it will be revealed. All of this is within the Feeling Nature of the body. One point to remember is that we are not capable of feeling our thoughts we think our thoughts. Thoughts and thought forms that are felt are from the outside coming into our frequency!

PSYCHICS, FORTUNE TELLERS, ASTROLOGERS & DIVINATION

All those who fall into the line of divination, whether it be card readers, palm readers, etc., are all our brothers and sisters on the path. All of these categories are sciences in different degrees of the Light. But, as warned in the Sacred Books, these are sciences that must be dealt within a responsible manner. That, which you sow you must reap.

Many individuals who have these abilities that are being suppressed, all because of these religious or spiritual warnings, are missing out on the lessons, tests, or initiations presented to them and must awaken.

In the days of the Bible, mankind was at a lower frequency of evolution and these abilities were often misused, thus the dire warnings against such practices.

The secret Wisdom Schools were the true source to guide us to the Light if we had these abilities that were awakened during those ancient times. We do have to be careful not to play around with these activities, and techniques, used in each of these individual sciences of divination, unless they are in fact, awakening within us.
As in the science of electricity, you have to be careful, as to which wires you cross, which may cause you to receive, and experience a tremendous shock. This may scare you right back into the Four Lower Quadrant and leave you in the Darkness until these abilities do start to awaken in a natural way within you. Until then, you may not be able to embrace the true nature of these gifts of enlightenment.

Basically, most of the so-called psychic ability is awakened in the area of the “aspirational solar plexus.” The elements of good intent are there, but they are still governed by the lower animal nature. In fact, because we in essence are asleep, we are not even awake to the sixth sense that animals have. So when this sense starts to awaken, we create the illusion that we are special, gifted individuals not knowing that it is exaggerated by our false ego. *Animals have a sixth sense, which is located in the “lower animal mind” frequency of the solar plexus. When we first awaken psychic ability, it is in this area of the “animal man” where it starts to develop. But unfortunately we are not yet free of the Lower Quadrant of Anger, Hate, Guilt and Fear. Although some psychic ability is opened, we may contaminate what is opened to us with negativity of the Quadrant.)*

Basically, most psychics start with this awakening in the “aspirational solar plexus” and immediately set up shop in divination to the public. They are in business, but because they radiate from the Chakra/frequency of the “pairs of opposites,” they will now attract other like souls in the “pair of opposites,” which consequently helps in the creation of possible futures. As they get better at this, they do eventually pick up greater frequencies that are radiating from their customers who are stuck in the Four Lower Quadrant; thus perpetuating this cycle.

Those, radiating at a higher frequency of the “aspirational solar plexus,” will pray and ask for guidance. Their good intent is starting to solidify and the frequency becomes stronger. When they increase their frequency, almost to the point of breaking out of the
“aspirational solar plexus,” which would release them to the Heart Center, something starts to happen, which does not allow complete freedom out of the Four Lower Quadrant.

The onset of complications to the physical, mental and emotional body starts to manifest. They may become emotionally sick, believing that evil spirits are out to get them. Mentally, they may start to hallucinate and not be completely aware of reality in relationship to this three-dimensional world. Or, they may start to lose a lot of weight because of depletion of energy from the increased frequency of trying to break through the barrier of the “aspirational solar plexus;” thus resulting in becoming sick.

On the other side of this polarity, the individual may start becoming extremely obese, not knowing the true reason for this phenomenon. The answer lies in the reading of the customer’s frequency and the “transference of energy.” Because of the increase in energy in trying to break out of the “aspirational solar plexus,” their frequency starts the process of magnetically attracting the lower quadrant energy of their clients. **Because they believe, that they of themselves have a special gift, they forget that they are co-creators with the One Life we call God and the term psychic ability is a co-created ability, and not a gift in the general terms.** The excess weight is the Four Lower Quadrant discarded baggage, left by the client to the frequency of the reader or psychic. The client walks away feeling great and the psychic is now left holding all the negative Four Lower Quadrant energy, as there has been a transference of these frequencies. The psychic does not have the knowledge of discerning the frequencies; the taking on of responsibility; and, right action or no action at all. But most important of all is that they do not know how to transmute “negative and positive” opposing polarities to the Light, so yes, they are left holding the baggage of excess weight, left by their clients.

Psychics that lose weight, in general, are burning out their own energy in trying to help their clients, and are not yet, at a frequency
that can cause the transference of energy to their own physical body, although, there may be a transference of energy from their clients to their own mental & emotional body. Although, they may pray for guidance they are still using their own self-will.

The true role of any type of divination is being the Messenger of the Light, and returning unbalanced frequencies back to their original state with the frequency of Love, Peace & Harmony radiating from the Heart Center. Never imposing but being of service as in the role of the Angel in Form.

All the psychic sciences are a co-creation of the Light to show us the way. The three Magi found the Christ Child as prognosticated by the Science of Astrology.

All forms of divination are a lesson of the Light and have their place in the world of form, they are the sign posts that can show us the way to the Light, but like any science, it must be studied and used correctly in order to guide our brothers and sisters to the Greater Light.

After we learn our trade to its highest degree, the role of the psychic, fortuneteller, astrologer is to be of service to humanity. I do not believe that you would like being surgically operated on by a doctor who only has a few months of training and very little experience. You must study and perfect what you believe to be a gift for the greater good of all.

Learn the trade of your preference if you are so inclined to these sciences so you can step closer to the Light and be of service to those in spiritual need. You may be the prophet of the future radiating from the Heart Center of the Christ Principle. *(This chapter will demonstrate why it is so important to completely learn and understand the chapter on Transmutation. It we start to awaken psychic ability and do not know how to transmute & cleanse our frequency, this transference of energy, which is attracting all the mental, emotion, and physical garbage of the person we are reading, will eventually overload our frequency and cause us harm.)*
Chapter Seventeen

PSYCHIC ABILITY/ Acceleration Of The Planet

As the frequency of the planet is accelerated, it also increases frequencies in all levels and dimensions. This frequency will bring humankind into a level, which has been touched in the past by those who have called it psychic ability. But in fact, it is a frequency of awareness that all will experience in the coming change. Those of both polarities of “good & evil” will have this so-called ability. It will have no boundaries, as it is an increased awareness, which will be shared by all. It will also have its inherent attracting and polarized frequencies, which will be generated by the frequency of each human as to the polarity that they are vibrating to. Those who vibrate with the frequency of Love, Peace & Harmony and, who also understand the nature of these changes, which will be occurring, will be heighten with that same polarity that they radiate with. All who come into their proximity will feel that vibration of like attraction.

On the other side of that polarity, those who vibrate with the Dark Forces and the negative polarity with no aspirations of changing or learning from the aspect of that polarity will likewise attract & polarize what they pull into their frequency. The Dark Force is a sucking, pulling in frequency, of the Law of Self. They will now be attracting, by the frequency of their chosen polarity, that, which is of the negative Dark Force.

This so-called psychic ability will be heightened as the planet accelerates and these individuals of the Law of Self will then become aware of all the entities, forces, frequencies, that the worst nightmare would not be able to conjure up. As the All That Is of that polarity will now be as one great evil family vibrating at a lower frequency.

Many will not be able to handle this frequency of Darkness that they have co-created and will literally disintegrate into the lower realms till the next cycle of rebirth, lessons, or awareness. Those who have created for the Dark Forces will be in the Dark. There is
no in-between as we are nearing the end of a Grand Cycle. Many have called it the great initiation. The Bible speaks of it as the separation of the sheep as in “good or evil.” During the beginning, peak, and part of the descending of this cycle, many were able to straddle between the two polarities of “good & evil,” but that is coming to an end.

We are all Children of the Divine, and even those that are lost in the Darkness till the next cycle, are our brothers and sisters. We are all one, and of the Divine Light, and will all return to the Light of the One Life called God.

The enlightened, who have chosen to enter into the frequency of this three-dimensional world to be of service, are also our brothers & sisters, who at other cycles, advanced to the Greater Light and are still endeavoring to return to the Divine Light called God. But as a service, they are now entering the three-lower-worlds, to help many of us who in previous Grand Cycles were left behind in the Darker Frequencies by our own will.

These Grand Cycles are very large in comparison to Earth years. As many have incarnated several times in-between these Grand Cycles. Obviously, we have vacillated between the polarities of “good & evil” during these many small cycles or lifetimes, all within the Grand Cycle of the one, which is now ending.

Those who are now co-creating and bringing in the Light of Love, Peace & Harmony within their own frequency, and also being able to transmute all the unbalanced polarities, will be amazed, as the new transformation will be apparent in our lives. But we must become aware of the subject of this so-called increased psychic ability.

As we progress, with the acceleration of the planet, many may start to have distinct premonitions of “good & evil” intents. Many may experience visions, dreams, sensations, and recall of past lives or even have vision in the non-physical. Many will have their past come back to haunt them, but if we have studied the chapter on
Transmutation, we will know how to correct/balance these anomalies and strange experiences. We may have a tendency to try to rationalize why these things are occurring. Many may actually have visitations from dead friends or relatives in a friendly, loving manner; however, in the opposite polarity, they may have visitations of a Dark Nature.

Those who start to have psychic polarities of the Dark Side will literally be jolted with Fear. These are things that will make you reread this book from the beginning and learn all the lessons with a new point of view, which will be essential to your well-being and mental state.

Those who have caused a lot of heartbreak and pain, with evil intent to their brothers and sisters on the planet, will now start to know the real meaning of Fear and will not be able to exist in the higher vibrational frequency. They will be pulled into the lower depths of the Four Lower Quadrant till the next cycle. But, as the awareness of these psychic frequencies presents itself to the Children of the Dark, they will think they are losing their minds. They may have a period of awakening where they may call on the Light, and change their life around, as many born again Christians have experienced.

The Light is never closed to anyone, it is in our own free will to make the call. No one is ever damned or forsaken by those of the Light. **God is Love, Peace & Harmony**, constantly radiating the Light of Love to those who choose to partake of it.

We, in our darken state, condemn and forsake ourselves into the Four Lower Quadrant by the Law of Self. And by this Law of Self, we do indeed create our own punishment. God does not punish, hurt, or harm anyone. All the Laws of this three-dimensional world demonstrate this. It is very simple. **Light radiates! Darkness creates a vacuum! All the lessons are here in this school called Earth!** But each individual must investigate this on their own on their quest to the Light. We all know what Darkness is, as we all have lived and experienced the Four Lower
Quadrant. As the Sacred Heart of the Divine opens up within you, you will awaken to a greater sense of awareness of all polarities of negative and positive aspects.

Remember that with the Divine, all is created in a perfect state of Love, Peace & Harmony in this three-dimensional world. Anything that vibrates with opposing polarities is a “trinity to be” with the lesson as to how you can add or recognize the missing polarity of Love, which is the Light of Truth that gives us the finalized portion of each particular lesson. Everything in the three-dimensional world is comprised of a cycle with a beginning, peak and end. The end is the death process of this cycle, which will complete the time period of this particular lesson that we have to learn. This particular lesson, which could be as to how to have patience; how to love; how to have faith; how to trust etc. The answer as to how to go about this process will shine from within and the opposing polarity of this lesson will fade into the Trinity of Love Peace and Harmony. Now we can await the next lesson or cycle, to start in an orderly fashion. All of those souls, who are not capable of handling the increased frequency of Light during this acceleration of the planet, will then have to wait till the next cycle in their Darkened Sleep State.

With the increase in frequency and the knowledge of the Law of Threes, we can discern and know that when someone speaks of religious teachings or spiritual matters, we will be able to recognize any polarity of opposition or manipulation. Anything that does not vibrate with Love, Peace & Harmony is obviously a manipulation by the Law of Self.

We must wake up to the manipulation of Fear. Although, in the past, there may have been good intentions by those of authority who used the frequency of Fear in order to keep us in line with their belief systems, it is still a manipulation of the Four Lower Quadrant. Parents must stop creating Fear, and use the Light of Love and understanding with a child that misbehaves. (We have to shift the responsibility back to a child who is at the age of reason
that misbehaves. The one who makes a mess must clean it up, the parent, as a teacher/guide must not do it for them. This instills responsibility at an early age.) Fear is a tool of the Dark Forces used by all those in power, whether it is in religious, social or political matters. Accordingly, the lesson is that, humankind in the three-dimensional world co-creates the polarities of “good & evil.”

Love, Light, the Divine, is still there waiting to be discovered! We co-create polarities, punishment, and all that is regarded as evil. We become blind to the Divine or the aspect of Love, which is always there constantly radiating till we decide to come out of the depths of the Four Lower Quadrant.

Just like a seed buried in the dark Earth; it breaks through the top soil, constantly growing to the Light till it opens its own Heart Center, which then flowers and gives off its seeds of Love so that other like seeds may grow.

Cycles will keep on manifesting themselves within the Grand Cycle, but now the Heart Center has opened to all with the gift of the Christ Principle of Love, Peace & Harmony.

MAY ALL SHINE IN THE LIGHT OF THE DIVINE THAT WILL LISTEN AND OPEN THEIR HEARTS TO RECEIVE!
Chapter Seventeen

Psychic Ability (Is It A Gift?)

REVIEW

Once we have assimilated the chapter on Energy Centers & The Frequency Of Colors along with this chapter on Psychic Ability (Is It A Gift?), we should now have a clear understanding as to the Four Lower Quadrant and the “aspirational solar plexus, in comparison to the Light of the Heart Center. We will know and understand exactly where we are at in terms of enlightenment, and how we function, and most importantly, where we need help with our instrument of being. Regardless if you were reading the book for entertainment, or for the actual advancement to the Light, truth will awaken as to where you stand in the “scheme of life.” Are you with the “Law of Self” and still aspiring, or are you with the “Law of Service” for the greater good of all?

On the subject of Psychic Ability we may have experience in terms of years in our own chosen field, but may awaken to the fact that we are still a student caught in the “aspirational solar plexus” and have not made much progress in being free of the Four Lower Quadrant. Even though we may be making a good living functioning as a psychic, a healer, astrologer, etc., and from time to time we may have miraculous results for certain client/patients that may surprise us, this can create a false sense of “glamour” that we may brag about.

In reality, this particular “aspirational frequency of success” is three fold. The success is in the guiding spirit that directed the client/patient to you, your guiding spirit, and finally the receptive frequency of the client/patient that co-created the miraculous. The client/patient pulled in the frequency. You were just the conduit, or the student in terms of being the “aspirant.” One who aspires “to be.” Until we are able to free ourselves of the Four Lower Quadrant of Anger, Hate, Guilt and Fear we may not be allowed to bring in the Light of our own accord as a co-creator with the Divine Light that must come from the Heart Center. An effective way to monitor each fall into the Quadrant is to jot down on a
calendar every time you have an outburst of Anger. Question yourself what and whom you Hate and how many times you talk bad about someone. How many times do you get manipulated with Guilt? What causes you Fear and how many times do you fall under these influences each day, each week? Eventually, you will narrow things down to only having two or three falls a month, and eventually a year. You must work on this by self-analysis in order to be free.

PRAYER

At this point of awakening we will become knowledgeable of the right use of prayer in the context of being of service. Prayer will no longer be of the Law of Self. Prayer will take on a different frequency in the Heart Center free of Anger, Hate, Guilt, and most importantly, Fear. You will now co-create and radiate from your Heart as an instrument of the Divine within that spark of Light that is within. You will help those in need by the radiance of your prayers that will now shine as a “beacon of light” so that they may see and find their way within their lessons in life. You will become an active participant in the uplifting of humanity as your Heart Center opens up.
PSYCHIC ABILITY

May the Light of the Divine guide me as these frequencies are awakened within my Heart Center. That I may be of service, as a teacher or as the role of the student, and that I may have patience with Love & Understanding as the Light of Love unfolds before me revealing Divine Truths from the heart. This co-creation with the One Life is like the flower that opens up to the Sun receiving the radiance of the Divine. Love, Peace and Harmony will prevail!
“A Step Into The Light”

PART FIVE
* Not My Will But Thy Will Be Done (The Time Of Crisis In Our Lives)

* The Children Of The Light
NOT MY WILL BUT THY WILL BE DONE

(A Time Of Crisis In Our Lives)

There will come a time of crisis in our lives where we are caught in a situation that starts out as a small thing, and then develops into something that seems to be completely out of our hands. It could be a divorce, a business crisis, litigation in courts, a catastrophic illness, and death of a loved one or basically anything that disrupts the status quo in our lives.

Everything you have learned thus far, in regards to the path of Light, does not seem to have an effect on the situation. A different quality of Fear or other frequencies of the Four Lower Quadrant seem to be knocking at your door.

You will recognize this situation, as it will fall under the Law of Polarities, and it gives you a distinct feeling that you are “damned if you do” or “damned if you don’t.” Although you may still be able to maintain yourself in the frequency of the Light, you may sense a desire feeling of just letting go. This feeling is slightly different from the lower frequency of the “fight or flight syndrome.” Although you have this desire feeling of letting go, you still hold on in the hope that time will resolve the situation, which only seems to prolong and increase the frequency of this crisis you are experiencing.

At this point, if you are religiously inclined, you will pray or others will pray for you. You may be advised to “leave it in God’s hands,” which again, does not bring relief. Why? Because we are co-creators with the One Life called God, and this my friends, is another co-created lesson on the path. This is not just another lesson, but a very special lesson similar to a final test at the end of a school semester. **It is a co-created initiation of the soul within the three lower bodies.**

We now have to reflect back to what we have learned or reawakened. We must remember that we are not persona bodies that have a soul; rather, the soul has created a persona body as an
extension of itself, to learn and return back to the Greater Light. We are allowed to co-create with the One Life, to awaken that, which we have lost by the will of our personal ego. The belief that we, of ourselves can create, is what got us in trouble in the first place; thus creating the fall of mankind into the chasm of darkness. The Divine Law is that we can only co-create within the will of the higher force, which is the One Life we call God or the Divine.

When we understand the purpose of the persona body, we then awaken to the physical, mental, and emotional bodies within this persona, encompassed within the frequency of the soul and its surrounding “Ring Pass Not.” These three bodies must be balanced within their frequencies in relationship to one another.

These are all experienced in the school called Earth, which is the three-dimensional world with the three basic laws, the Trinity, the Polarities and the Cycles. Everything that is in perfect harmony within the One Life is a trinity. Where there are opposing polarities, the lesson unfolds as to how to add the missing frequency of Love, which creates the trinity and finalizes the lesson with understanding and enlightenment. The Cycles are the time period given to learn and/or enjoy the fruits of our lessons. Thus, we may in essence, co-create our own “heaven or hell” by our own free will, and not by the illusion of a vindictive, punishing God.

God as the Light, radiates in everlasting Love, and in direct contrast, the Dark pulls and withdraws into itself. This gives us the vertical polarities, or the up and down frequencies that can take us to higher frequencies of the Light or to the lower depths of Darkness by our own choice, which is free will. The vertical up and down polarities are different from the second basic “Law of Polarities,” which is horizontal from left to right or right to left. *(We have also learned how to “Quiet the Mind” in meditation and also how to Transmute all unbalanced frequencies from the “past to the present” in order that we can advance into the future as “free spirits.”)*
It is important that we have assimilated all the chapters on the Feeling Nature along with the chapter on the Four Lower Quadrant in order for all the subsequent chapters, up to this point, to fall in place with understanding and awakening.)

This is a quick, partial review of the lessons. We now must get to the immediate attention of this crisis, which has entered into our life. **This is the co-created test or initiation of all that we have learned or awakened!** *(It does not matter if you are of the Spiritual, Scientific or Atheist Belief Systems.)*

As we feel this “desire feeling of just letting go” or the frequency of “you are damned if you do and you are damned if you don’t,” you will now come face to face with the ego. This paradox that does not seem to have a solution, must be felt in all the frequencies of your being. Feel and sense the physical pain, the emotional pain, and the mental pain, along with the helplessness of this paradox. You let go, but not in the form of quitting or stopping, but rather, in releasing the feeling of having to fight this helplessness. **You are still in the Light, as God will only allow us to co-create that, which we can handle.** As we come to this realization, there will be no Fear in feeling and sensing the pain of it within the three parts of the persona body. When we fight this feeling, it may become totally overwhelming that we feel we are mentally going to snap or die. We feel like this is it and to those who stubbornly fight it, dying seems to bring an illusion of comfort.

This part that you are letting go, in reality, is the dying and the death of the ego. **The ego that believed that it was capable of creating of its own will,** which is the illusion of the Dark, and the polarity of the Law of Self. Now you will be able to accept the Divine Truth that, of yourself you cannot create anything as everything has already been created by the One Life; however, we are allowed to co-create with the One Life we call God. **All is co-created by the magical frequency of “Not My Will But Thy Will Be Done.”**
At this point of the path, the power of this frequency can only be accepted in the area of the Heart Center as a “pillar of Light.” The complete acceptance of these words, in the Heart Chakra, will create an elation of Love, which will radiate in all frequencies of matter to highest of the high, along with all the enlightened beings in all frequencies, which is the chorus of the Angels singing in rejoice that another soul has awakened to the Divine!

From this day forward, “Not My Will But Thy Will Be Done,” will be acknowledged before we start to co-create in this three-dimensional world with the One Life called God. All of this, radiating from within the Heart Center, with the frequency of Love, Peace & Harmony.

THE TRINITY HAS BEEN FULFILLED AND THE HEART CENTER IS NOW OPEN. “NOT MY WILL BUT THY WILL WILL BE DONE.”
This “time of crisis,” is in fact, a co-created initiation of enlightenment in that we utilize everything we have assimilated and learned up to this point in our lives.

My “time of crisis” is outlined in the first chapter in order to prepare myself to receive these messages. We will all experience a “time of crisis” in our lives, especially when we have to fight for something that we egotistically cannot release or let go of, or when it is taken away from us, or when we lose a loved one, a career, possessions, and anything that we become mentally and emotionally attached to; it is the letting go of the ego in order to advance, on our own, to the Greater Light. If we stubbornly fight without trying to create balance to the “crisis” and if we use the elements of “self-will,” we may win for now, but in the final analysis we may find an old saying that holds truth, “To the victor now belong the spoils.” Within time the same situation under different guise will once again appear with different participants.

We must let go of the “ego” and stand as a “pillar of Light” for the greater good of all in order to co-create balance. After the experience of letting go, according to the Divine Plan, we may now co-create anything that we believe that we have lost from another point of view, within the Light. We will now have reached another level of enlightenment and life continues on in the Law of Cycles with the affirmation “Not My Will But Thy Will Be Done” in the presence of the All That Is.

This chapter is the “culmination or initiation” and may not have much meaning now. But when the “crisis” does present itself it will be relevant to you. The lessons in A Step Into The Light will now become complete.
CHILDREN OF THE LIGHT/THE CHOSEN

The enlightened soul that has come into this three-dimensional reality will experience many frequencies of success and so-called failures. Depending on their individual frequency, many may be born into poverty, as well as, the other extreme of being born with a silver spoon in their mouth. Even though a great number will come into this world into middle class families, most of these, from the angle of the soul, are adventurers at heart and will choose parents, prior to birth, at any level, situation or circumstance available to them. They are often called the chosen ones, the wanderers, the enlightened, and the children of the light, as well as the misfits, oddities, the rebels and the lost souls. Of course, they are not lost; rather, they are endeavoring to become awake. Because of the law of rebirth and the wiping out of all memory or purpose, they at first have to acclimate themselves to this world of three-dimensional matter, which is very heavy, slow and lethargic. They have come from a frequency where everything is lighter and faster.

Their resistance to this environment is great. Many may feel as if their parents are not actually their real parents. Many feel alone, isolated and abandoned as to why they were born, and still others are put up for adoption. They feel like something is missing in their lives, although, they may also come from a wonderful loving family.

These are very brave souls who will incarnate and be born into drug, alcoholic and any low frequency situations that may become available to them. Even braver ones will incarnate into blind, quadriplegic, deformed and handicapped bodies of every type, as no human vehicle or instrument will be denied. They all come for a particular purpose, but they first must awaken to be of full service to mankind. This does not mean that each one will co-create a service for mankind in a profound and glamorous manner.
Many, in these situations of deformity, handicapped and dire predicaments will be the beacons of the Light of Love, Peace and Harmony, and they will radiate in whatever environment they may find themselves in. By the frequency that flows through them, they will have a profound effect to all they come in contact with.

If you can imagine that one of these brave souls may have incarnated into a whole life of suffering, just for a chance meeting to awaken another soul who may possess a great gift for humanity, and who would otherwise not have awakened if they had not seen their brother or sister in that quiet moment of eye contact. This was the triggering point that would awaken this enlightened soul to then proceed into manifesting the great gift for mankind. These are truly the Children of the Light.

You will start to recognize these wanderers. Many, but not all will have some of the following reactions to the three-dimensional world: Severe to unusual allergies, headaches, sensitivity to certain lights, and especially fluorescent lighting. Also, the sensitivity to electric motors, electrical transformers, electrical currents, along with unusual body temperatures. They may also have a higher range than normal in one or more of the senses; hearing, visual, smell or touch. Many, but not all may have psychic abilities radiating from the Heart Center or above, but they keep it to themselves or amongst a few close friends. They have an inclination towards service to others, whether they find themselves homeless in the street or among the rich and elite.

Those who are sensitive will see or feel a radiating Light around these individuals, whether they are among drug addicts, thieves, street people or those in high government positions and all manner of life.

The prostitute, who, somehow radiates in the Light of Love, Peace and Harmony, may create a frequency, which may heal those clients who eventually wean themselves from the need to see a prostitute. If she has awakened, she will know precisely what her service is from the standpoint of the soul. If she has not awakened,
she may consider herself a failure from the standpoint of the persona. Her peers may criticize that she is too nice and should not involve herself in trying to change the lives of her customers, although she may never, verbally, try to change anyone. It just happens! In the same fashion that the quadriplegic person is a beacon of the Light, the same principle applies to this particular prostitute. The Light radiating from the Heart Center, although she never said a word to change anyone’s life, in her presence they could see their failings and addictions. The enlightened soul is a beacon of Light, and this Light flows from above, into and through their body, and out to the recipient of this frequency.

If you were to enter a dark room with a dim light, to the degree that you can see, everything looks clean and normal. But when someone turns on the bright light, and without saying a word, each individual will see that the room is dingy, dirty and filthy. Things need cleaning and no words were exchanged. Every time they enter that room the bright light is turned on, and they will eventually clean it up. The Light has shown them what is wrong with their life and they, of themselves, will co-create the change. This beacon of Light was just there where it was needed; regardless if the enlightened soul, working as the persona of a prostitute, is awakened or not. These are just examples of many that will unfold to you as you step closer to the Light.

Basically all the Children of the Light will experience a point in their lives, at the crossroads of change, where they will reach a low point that is very hard to bear. Some may lose all their possessions, go bankrupt, lose their family, or acquire a catastrophic disease, or even come close to committing suicide. Many, because of the resistance to this lower dense, three-dimensional environment and the sensitivity to its frequency, may become emotionally disturbed and possibly be committed to an institution for rehabilitation of one form or another. You may not be physically, mentally or emotionally sick, but rather, the persona is resisting the dense, three-dimensional environment.
Part of the self-imposed and accepted Divine Plan of rebirth, is to, at one point, hit the lower existence of regular man. Once you feel the lowest of the low, you can better help mankind with the service of your purpose in life.

If you feel that you are one of these wanderers, do not worry about the previous paragraphs, as you would have already experienced your low point prior to reading this book. If you feel that you are going to hit a low point in the future, again, from the standpoint of the persona, there is no need to worry as you are already awake, and it would just be another adventure in your exciting life. You are here to enjoy life! Whether you are a wanderer or not, it does not mean that you have to suffer or be without. Whatever your role in life may be, as you step closer to the Light, it will become apparent to you that, yes, you are a co-creator with the One Life called God! Adventure is the role of the wanderer once they acclimate to the three-lower-worlds.

Think of the individuals that climb Mount Everest in a subzero environment. To the regular individual, who can’t even bear the thought of having to scrape the snow off their car, climbing Mount Everest would be the extreme of self-torture and suffering. But try to tell that to those that have conquered the climb. To them, it was the most exciting, thrilling, invigorating experience of a lifetime with no regrets. Everything is relative to where you position yourself in the Law of Polarities. They like it; you don’t like it. But, because they conquered the climb and balanced their fears and emotions, they brought in the Light to their experience. You would have to be there to experience this particular frequency of the Light. They co-created it with the One Life called God.

General opinion of common man is that an enlightened soul or holy person comes into this world with a conscious awareness, and all persons around their birth, upbringing, and growth into maturity, are also aware of their Divine Purpose. This scenario is extremely rare and because of its rarity, it is not generally known
or revealed to humanity. Basically, this is a glamour or fantasy of how common man would like it to occur.

This same glamour was applied to the Master Jesus. The true story of Jesus is a more natural, profound, and more beautiful than what the present Bible teaches us. There is very little known about his childhood or awakening, and there is a large portion purposely left out after the age of twelve. Those who condensed and edited the true story felt that they were helping, protecting or guiding the masses during those times, and to some degree they quite possibly did. But, the true story that is destined to be revealed during this cycle will be very beneficial to our present day awakening. Nevertheless, the message of Jesus the Christ has been beneficial to the masses even with what we have. His message, if it had been written in its pure unedited form, would have catapulted humanity to higher levels. This is also true of all the Chrsted Masters before and after the Master Jesus. Jesus was the way, the teacher of the path to the Light. He stated, “Everything I can do, you can also do, and do it better.” These are profound words as we are all destined to be Chrsted with the Light!

The greatest impeding factor is the frequency of glamour. This frequency is the illusion that constantly leaves a soul at a horizontal, left to right, right to left frequency. The frequency of glamour feeds the ego into associating itself with titles, honors, degrees or statements of gifted authority. Although, these titles are needed in a linear, horizontal, left to right polarity of the three-lower-worlds, they have no function in the vertical, up and down polarity. A doctor, dentist, or lawyer, may need their degrees for existence in a linear three-dimensional world. But when a soul who claims to be of the Light, and a master of the vertical polarities, such as a psychic, soothsayer, mystic, occultist, sage and the list goes on; these claims can only be backed up by the Light that the individual radiates. There will not be a degree, trophy or title as a merit of their capabilities.
ANGELS IN OUR MIDST

They say that we are in the midst of a lost generation, but try and tell that to the enlightened that have awakened to their quest. This cycle is one of the most exciting and adventurous times in the recent history of our planet.

Again, these individuals in form do not carry titles, badges or insignias; they just radiate Light, which is Love from the Heart Center. There may not be any glamour around them, but they truly are, the Angels in physical form. They are not any different than you or I; other than that, they radiate with Light that is always of service. When they enter the room the atmosphere seems to change and everyone is aware of his or her presence. Of course, they will deny that they are any different, as they are vibrating to the frequency that is natural to them, and not by self-proclamation or title given to them by others. They cannot feel the Love they radiate, as only the effect or the echo that returns from the recipients of that Love is felt, and they can’t understand why everyone makes such a fuss over them by the service given. You may recognize these trademarks in your neighbors, friends or coworkers. You may recognize them within yourself! Of course, you may immediately want to pass it off, but consider the fact, that if you are part of the chosen, there is much that must be awakened as in “the voice crying in the wilderness.” If you feel the pain of those who are in need of the Light, the few kind words that you may render could be the crossroads of change to the person in need; although, you may feel that you didn’t say much. What you may not know is that this individual may treasure the words given in their time of need for the rest of their lives, as they will know that they have been touched by an Angel. You may ask, “why me?” “I didn’t do anything!” But of course, that is what an Angel will say!
PRAYER FOR CHANGE

Since the last world wars, many have been praying for change, but have not elected to take responsibility to actively co-create that change. We keep forgetting that the world environment is a school, and we must participate with the lessons. The change is starting to manifest during this cycle; the Angels in form are here to plant the seed of the Divine Light.

The farmer has to till the fields by uprooting the weeds, then digging into the topsoil with the plow; thus creating a change needed for the new crop. The poor bugs, worms and insects in lower forms, cannot understand what is going on with their world.

We will have to be active participants by creating the Light, and by becoming aware of the purpose of the eminent planetary changes, which are upon us with the recent increase of earthquakes, volcanoes, and unusual weather patterns. To the degree that we radiate and awaken to the Light, will be the result of the intensity of this change. The more Light, the more cushioning affect to the planet Earth’s upper crust.

THE CHOSEN

Those who are able to bring in the pure form of the trinity into the three-dimensional world are the Chosen Ones of the Enlightened, or those who have opened up their Heart Center, the Ajna Center, and all the frequencies above the Chakras. They chose to be here. Those who are familiar with the higher esoteric Teachings of the Wisdom and the Ashrams, will recognize these higher forms who will be bringing in Seventh Ray, which is “Divine Will Into Form, Divine Law & Order,” with its transmuting violet frequency.

These are a slightly different class of enlightened souls, as they are awake to the Wisdom. They will be called the conscious souls, the archangels in form, the magicians, the bearers and the radiators
of the Light. All are working to bring in the “Divine Plan” of the One Life into the three-lower-worlds in order to be of service to humanity. They do not impose, but rather, answer the call of their brothers and sisters, which comes through prayer, aspiration and meditation.

This is the dawning of the age of change. All crystallized, hardened forms, will be broken up and rekindled to a higher form of consciousness and expansion. (*Crystallized forms being: ideas, institutions, thinking, the structure and ideology within certain religions, governments, organizations etc., and all forms that are inflexible, hardened, and rigid to change, but most importantly, created by mankind.*)

These will all fall apart and will be dissolved to a higher frequency, as humanity is evolving into a new age of numbers, computers, and expansion in frequencies of the Feeling Nature within all aspects of the human body.

These Chosen Ones are preparing, teaching and bringing in the frequency of Seventh Ray, which is the doorway to the next octave. The color violet is the resonating color frequency of Seventh Ray as seen in the rainbow, which opens up the next frequency of colors. Many have been blessed in seeing a larger, wider rainbow with the second octave of colors. This is part of the expansion in vision, which those on the path will see.

These Chosen Ones will help in developing and strengthening of the sixth sense, which is mental telepathy and clear vision. Mental telepathy is not a psychic ability but a physical sense, which has been dormant in most of lower humanity, but will soon manifest to all, which can be either a blessing or a curse, depending on where you stand on the path. (*This is the choice between the Law of Service and the Law of Self.*)

They will bring Love, Peace & Harmony with no trace of Fear, or the other frequencies of the Four Lower Quadrant. We will be filled with the exciting expectation that the farmer has when his seeds start to sprout through the topsoil of his fields.
THE CHILDREN OF THE LIGHT AND THE CHOSEN ARE AMONGST US. LOVE, PEACE & HARMONY WILL PREVAIL!
LET THE CHILDREN OF THE LIGHT SHINE

May the Light shine so that I may awaken to my true purpose in life; may it shine in that I will become aware of the sign posts that will be presented to me; may it shine so that I can remember my dreams as I awaken from my nightly sojourns; may it shine in the quieting of the mind where the quiet still voice opens within my heart; may it shine in the radiance of the Light of my brothers and sisters who have already awakened! Let The Light Shine! Shine! Shine!
SUMMARY

This book is designed for the Atheist, the Scientist and those of the Spiritual. Although, it does speak at great lengths in terms of those stuck in the polarity of religions, it is because a great percentage of mankind is not elevating themselves to the Heart Center by the limitations of their religious belief systems.

Many, may be shocked as to the level of how many Atheists, who have Light, are higher on the path than most religious persons. The Master Jesus, Buddha and all the enlighten ones, before and after, were not specifically about religion or the spiritual alone, as they spoke and taught in the frequency and mentality of the three belief systems, which are the Atheist, the Spiritual and the Scientific. But, because the masses in general, those being below the Heart Center, still have a need to venerate, worship, appease, with the distortion of sacrifice to something higher than they, as in a god, will create an illusion of what this god needs and thus create belief systems as in a religion, to serve the purpose of their needs.

Religions in general, have a useful purpose but must be viewed as different grade levels in a classroom. They are polarities with a belief system as a “trinity to be.” They are on the path but not yet Truth! When you finish third grade in school you are now eligible to go to the next grade or belief system. Why are we allowing ourselves to stay stagnant in the same third grade? The end of the Grand Cycle is upon us and we must awaken! (According to the Mayans 2012 may bring in the “fourth dimension” at the end of the Grand Cycle.)

Those of higher esoteric training in The Wisdom, who have opened the Heart Center and the higher frequencies, will understand that the contents & language of this book is designed for the awakening soul. Many Truths are awakening and existing simultaneously in many dimensions and realities as spoken of by those who touch The Quiet Zone, as time is nonexistent in the way we know it outside the three-dimensional world.
In the same manner that a teacher may find it difficult to give High School level mathematics to a child in the third grade, a truth may still be revealed in the language that the child may accept, which does not distort or deviate from the original truth and will then open the child’s heart within its own time frame. Time is an illusion, as all things exist in the present moment, which is the only point of power, in the now!

The Bible is a wonderful tool for this school called Earth, but many portions of it have been misinterpreted and many translations are distorted; however, many portions do contain Light free of distortion for the present state of mankind’s evolution. Many are not capable of receiving this Light, Truth, or Energy, free of distortion, as their instruments of being are still stuck in the “four lower quadrant,” which keeps them in the Dark Light, or White Light dependent on their polarity.

It can be difficult to bring in Truth free of distortion into the three-dimensional world. The instrument of being has to be attuned in order to bring in a higher frequency, which could otherwise destroy the instrument of being, which is the persona body. This is why it is important to master the chapters on “The Quieting Of The Mind” and “Transmutation.”

There are cases, although rare, where the persona body has ignited and destruction has occurred within three minutes as the instrument was not prepared to receive & maintain the higher frequency that was pulled in; that person had not awaken to its pre-planned purpose in life. This is not the only reason for this phenomenon, but one of the most common. The evolved soul did not awaken to its mission in life because of the Law of Rebirth and the wiping out of all previous memory, which was a miscalculation; although, there was no unbalance of Karma, it was just a failed mission as the higher frequency of energy was not being released causing an implosion in the form of combustion; which then ignites and usually does not cause damage to the surrounding area other that the physical persona, which is
consumed. The evolved soul did not awaken! (This is currently known as “spontaneous combustion,” which has been a mystery to science as to why and how it occurs. According to reports, the physical body is consumed in flames or high frequency energy/light leaving the outer extremities, such as the hands and feet untouched, but the rest of the body is left in ashes from the intensity of an extremely high temperature. The bed or couch they were sitting on may be slightly scorched but with no real damage, which has been hard to explain. One would speculate that because of this high intensity of heat all surroundings including the dwelling would be consumed.

According to the Messengers of the Light, “the assimilating of higher knowledge, truths, and most importantly, higher light energy, it becomes very important to release and radiate to those in need of this information. Accumulation of Light Energy without proper release may implode, causing this phenomenon. The only “consumed faculty” will be the human instrument of being.”)

The Children of the Light, at this point in time, are born and positioned in a particular place in time and in all forms of family environments, religious factions, institutions, governments, medical and scientific facilities, universities, schools of all manner and form; as well as, with the lowest of the low in the form of gangs, illegal drug manifestations, prisons, correctional facilities, lower street life and dark situations of all manner and form. All this with the pre-incarnation purpose of hopefully awakening to their true purpose in life within these positions they find themselves in. When they do awaken, they will be in a perfect position to create change by being the beacons of the Light. Some may actively create change by the power of their position and create adventure to the process; and yet, many others may just shine the Light, radiating, never saying a word, but those around them will create the change by what they now see as Truth! The Light of the Christ Principle will shine for all to see shining through you! Love, Peace & Harmony will prevail! (This may
awaken in you as a Child of the Light. The kind words of uplifting, or whatever you participate in, whatever you may do as an act of service will create change, and this will astonish you. This can awaken with the “spark of light” within you.)

These Children of the Light, in their chosen position in life, who may have purposely entered the frequency of the “four lower quadrant” in order to help humanity; and in addition, to feel and know what their brothers and sisters are presently experiencing, may become entrapped as to their true purpose if they do not awaken. This book is one, of many from other sources, designed to awaken that, which is within. We must help and awaken our brothers and sisters to the Light of Love, Peace and Harmony.

All souls that have opened the Heart Center will realize that we are all One with our brothers and sisters as a group, within the One Life we call God; we are never alone even though we could be the only human on a small deserted island.

In contrast, everyone caught in the “four lower quadrant” feels isolated as an individual. Everything in general is for the purpose of the Law of Self; utilizing the frequencies of the “four lower quadrant” of Anger, Hate, Guilt and Fear. The individual feels alone and isolated even though they may constantly have a group of people around them.

As you awaken to that, which is within, by the design of this book and other forms, the first impulse may be to go out and preach that, which you have awakened, which of course, will be in the frequency of the “aspirational solar plexus.” Your intentions may be well intended but you may be coming from the wrong place. Superficially reading this book, one time through, will not qualify your purpose. It is essential that we know and understand the chapter on “The Four Lower Quadrant” in order to eliminate the frequency of Fear from our lives along with Anger, Hate and Guilt.

This is a schoolbook with certain steps, as chapters, with particular lessons, which must be learned, experienced, and
mastered from within the Heart Center. You have been instructed, not to believe the “messenger or the message” until truth awakens from within. You are the master of your own house!

The Divine Plan of the Christ Principle provides a Guardian Angel for every soul that enters the school called Earth. Yes, you are never alone! It is a very exciting, adventurous time that we are now evolving to as the “Angels in Form” are now awakening along with the Children of the Light. The Enlightened Ones may once again walk the Earth with the students of the Light. The call has been made by the masses close to the end of this Grand Cycle, but will they receive the Messengers of The Light?

Although the book and the bulk of information finalized in September 1997 other information and editing continued to this day. Certain prayers at the end of chapters and certain passages, transcribed and rewritten, so that the reader would have a better understanding of the contents without losing the frequency of Light that creates the awakening process of bursts of energy, as the first chapters can be a little abstract for the beginner on the path.

Lately, certain information would be transcribed upon being awaken after 4:00 a.m. in the morning. My persona body, being awakened from a nice, warm, sleep, would still ask with no avail that the enlightened beings would go away in this half sleep of being awakened; but eventually I would get up, meditate and align myself within the Christ Principle of the Heart Center and what was needed was transcribed, then I would jump back into bed and go to sleep.

The seven years of my “trials and tribulations,” as mentioned in the first chapter of the Spiritual Experience, was a testing period of initiations and a preparation process to have first hand experience by all contained in the book. From the standpoint of the soul, obviously, I know and understand many things as this was revealed to me by the Angel in the Spiritual Experience, but as I was being returned to my persona body, I can only speculate that the information was now going to a deep subconscious level within
my persona body, whereas consciously, I do not have access to that information. Even if the Dark Forces would try to manipulate and try to retrieve that information, it would be impossible, as it would be opposing frequencies in the case of polarities, and the only way to access that information would be to transmute the Darkness of the manipulator to the Light! Thus, the Christ Principle of Love, Peace and Harmony would prevail canceling out the Darkness or the intent of the Dark Forces.

My persona body still has its moments of doubts and I still have the same wants, needs and desires, as every human being in this three-dimensional world. I am not in a state of bliss or tranquility, and I do not consider myself a holy, spiritual person. But I do know that I have more Love in my heart and a Love for life and freedom. I do feel and sense the energy and frequency of those in need. I feel their pain and at times it becomes my pain. The worst pain and discomfort I feel is the frequency of those enslaved by their belief systems, which holds them from the Light. These belief systems deprive them of the freedom of Love, Peace & Harmony.

As a child I remember catching beautiful butterflies and containing them in a jar. I was very careful not to hurt them and put holes on the lid so they could breathe. But within hours they would die. Somehow, in holding them in a jar, I could feel their beauty but when they died something occurred within that I didn’t like; I was at fault for wanting to possess something so beautiful. Being a young child I could not comprehend all of this. Someone, who observed what was transpiring, explained to me that the only way to hold something close to your Heart is to allow it to be free. By allowing freedom we gain more Love. I was also told to sit by the flowers and extend my finger, and if I would have enough Love in my Heart, the butterfly will feel it and come to me. Soon, I was able to accomplish this and certain butterflies would allow me to gaze and fully inspect their whole being without flying away, similar to the Angelic being in my Spiritual Experience.
When the butterflies would come to my extended finger, each possessed a different frequency; I could enjoy their freedom through my whole body. By allowing them to be free I was also free.

In the beginning of 1997 I had six close friends become very ill with different forms of cancer and other life threatening diseases. I was directed to offer information contained in the book, which some accepted and some immediately rejected. Later, through summer and fall, other individuals became very sick, including someone very close to me in my immediate family. Soon after, I started having symptoms and manifestations of many of all these individual’s maladies; which included, kidney, liver, stomach, heart, lower abdomen problems, then later, a bleeding colon. I had tried to ignore what was occurring to my body but when I saw blood, it scared the living daylights out of me. I meditated and aligned myself with the Christ Principle of Love, Peace and Harmony and I was given information as to what was occurring.

Yes, I was getting very sick but not by any influence of those that were sick; although, they were a minor catalyst, but the full responsibility was my own in the transference of energy in wanting to release their suffering by my self-will. I was directly reprimanded by the Guardian Angels, that because I wrote the book, as a Messenger, did not relieve me or exempt me from the influences of the raising frequencies of the planet and the lessons of the three-dimensional environment. The planet Earth is a school and if you are consciously alive you are a student in this school and no one is exempt. What was occurring to me was a lesson in the same manner that those who are sick are participants in their own lessons. I was told that I had to read and master each chapter, just like everyone else, if I was to learn my individual lessons, which I had currently co-created and seeing a doctor would not help my present ailments. We can provide comfort and assistance, but we cannot deprive a student of their personal lesson by imposing our self-will in doing their lesson for them, as I was not
asked or Divinely guided to participate; although, we may feel for these individuals.

Of course, I came to a rude awakening and started studying the book with its principles and after three months, the bleeding and all other manifestations have vanished.

The seven years of my “trials & tribulations” are over in reference to A Step Into The Light. Everything that is contained in this book, regarding physical and nonphysical manifestations, have occurred and have been experienced by me, and/or I have been put in contact, by the Angelic Beings, with someone who it was occurring to, with the actual proof to behold, first hand. By experiencing everything first hand and eventually being brought down to the lower depths of despair, to the point that someone would take their own life in the lowest of the low, was a process of initiation; whereby, I could stand behind the words of this book. I have always been a doubting Thomas; in that, I have always had to have undeniable, substantiated proof of anything presented to me.

But now, this is not necessary, as the “Feeling Nature” has substantially opened up to me, in that, I do not think with my mind. I now think and sense from my Heart then I direct my mind as to what to do, if anything at all. Truth is now presented to me without having to go through the pain and suffering of having to experience it.

You, the reader, do not have to go through these “trials & tribulations” in life. The book is designed for the Children of the Light to create freedom from all man made belief systems, which keeps us in the Dark Frequency of Anger, Hate, Guilt & Fear.

One reading cannot assimilate the book, as I have experienced by my persona ego, which resulted in illness. It is a text that must be studied and reread. The book has been transcribed to me, as a messenger, and you would think that I, by now, would understand it completely. I have gone through weeks at a time without reading it, and each time I pick it up I am amazed at the “bursts of energy” and “signposts” that awakens more wisdom within me. I am on the
path just like everyone else and many times I ask, “why me?” All of you will ask this same question when some person will cherish the few words spoken by you in their moment of need. You are a Child of the Light!
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