

THE WORLD OF SPIRIT AND SPIRITS



A new slant on spirituality

Written by
Adriaan de Rijk

Foreword

The subject of philosophy is very dear to my heart as some of you might know. I love to think freely about the essential elements that constitute existence and how existence came to be. I also love to read about what others think about it.

I thought that what I was thinking was the only way. I started to think for myself after my experience in Scientology. I intuitively knew that I needed to learn to think for myself in order to disentangle me from this former belief.

Due to all my thinking “efforts” I started to believe that I’d found the truth. I was offended, even ever so slightly, when people countered my thoughts. I had used logic to the extreme to make sure what I was thinking was making sense. How dare someone speak against it? I was also often ridiculed for writing about my philosophical thoughts.

This helped me to become a real philosopher. In my opinion a real philosopher is someone who loves his own thinking but also that of others who make a genuine attempt to draw their curtains to see what is behind it.

A real philosopher, in my opinion, understands that the mind has its limitations and therefore will never fully understand what is beyond the mind.

A real philosopher doesn’t need others to agree.

A real philosopher doesn’t see established philosophers as authorities who cannot be questioned.

A real philosopher is humble and doesn’t see himself as an authority on a subject.

Religious teachers or gurus are quite the opposite. They want you to agree with their philosophy or the philosophy they believe in.

They are not real philosophers at all. They want to control your mind in order to make you think the way they do. They cannot accept the fact that you have a different view.

A real philosopher honestly enjoys others thinking for themselves and is willing to learn from others.

A real philosopher will try to understand how others think about the essence of life.

A real philosopher will not change his view unless he can see that someone countering his view provides a more logical explanation.

A real philosopher understands that all views on life’s essence are just views, nothing more and nothing less.

A real philosopher understands that the essence of life (Source) is a mystery that cannot be solved within the mind.

It is my opinion that using the above definitions could be of great help in reading this E-book.

I have noticed in myself that I still have some longing for agreement that I have to deal with. But I am fully determined to overcome this and as such become a better philosopher.

For me, writing this book was an adventure into both the known and the unknown. I am writing it for those who have a divine spark of Source within their spiritual being. I will explain what I mean by that in this book.

Nothing in this book is factual information. It is just my attempt to bring some of my logic into the biggest mystery of all time and that is the Source of all creation.

Countless words have been spoken and written on this topic. Many books have been written in an attempt to shed some light on who we really are and what our true identity is.

Apparently, we humans (me included) tend to think that we can describe the Source of all creation in words. We cannot. Words only seem to point in its direction but even that is pointless, as Source has no location. However, the human spirit does have a location. The human spirit is the spiritual being. A spiritual being has a divine spark within its spiritual body that represents Source in existence. Humans are spirited souls. They have a spirit body. That is probably why we are seen as spiritual beings.

I know, words such as spirit, a spirit, a soul or a spirited soul can be confusing, as all schools of thought define it differently. Even the title of this book might be confusing. Is there a difference between spirit and spirits, or is spirits just the plural form of spirit?' you might ask. What do you mean with a spirited soul? I thought the spirit was the soul.

Just ask several spiritual teachers or gurus what the difference is between spirit, spirits, a human spirit and a human soul and they will all come up with their own belief.

It is pretty much the same with words like awareness and consciousness. Each religious philosophy has its own view on these words. Spiritual leaders tell you what it is, as if they understand it and we don't. In this book you will learn that nobody really understands what we are dealing with here.

This means that all my contemplations that you will read about in this book are my assumptions on this topic. Here you will find no factual information backed up by evidence whatsoever. I am not a spiritual teacher or guru who wants you to accept my philosophy of life. I am just trying to make some sense of it all.

I have been studying and thinking about spirituality for more than thirty years but that doesn't mean I know the truth. What I can say is that I have tried to bring some more logic into this topic and whether I succeeded in this is for the reader to decide.

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Chapter 1

What is Source and how does it differentiate from spirit?

I decided to start this book with what we cannot possibly comprehend, as it is a complete and utter mystery to our thinking mind. I like to call it the mother of all mysteries. Nevertheless, it does need a place within the overall scheme of things.

Many spiritual teachers teach us about the spiritual aspect of life, as if they know all about it. In fact, they like to see spirit as consciousness and use the word consciousness instead in almost all their literary work.

Using the word consciousness instead of spirit is understandable as consciousness is somewhat more comprehensible. However, this doesn't change the fact that they all have a slightly different explanation for it. There can be many reasons for this. Let me give you one reason:

The word consciousness implies that there is something that can become conscious of something. In other words, there is an observer that observes whatever there is to observe. Since they don't know who or what the observer is they fill in the gap. So, they say things like: "The observer is you, the self, the higher self, God, infinite consciousness, the oversoul just to mention a few".

The higher self is a very popular expression in New Age communities. The problem with these identities, such as the self, the higher self, God, consciousness or the oversoul, is that they don't explain spirit, let alone Source, whereas we seem to think they do.

Why do I think the words Source and spirit are so mysterious to our thinking mind?

Source cannot be a part of existence as it is the cause of existence. You cannot be both the cause and the effect of the cause when the effect is what we call existence. I hope I didn't lose you here, but what I am trying to say is that Source doesn't exist within existence. Source, in and of itself, is beyond existence or it wouldn't be the Source of it.

Please realize that I am not saying that some element of existence cannot create another element of existence. It is just that I think nothing (non-existence), (Source) is a potential of everything.

Obviously there had to be a Source outside of existence where existence emanated from, unless you want to believe existence just happened for no reason at all. Many scientists believe just that. They seem to believe there was a Big Bang and that was the beginning of existence.

I call it a belief, as there is no scientific proof for neither of these two options. You cannot prove that something originates out of nothing, but you cannot prove either that something did not originate out of nothing.

You can observe that something originated out of nothing, but you cannot prove it or explain it in any possible way. The Big Bang is as much an assumption as the assumption that there never was a Big Bang.

Do you now understand why I see Source as the mother of all mysteries? The mind cannot understand non-existence. It can only understand existence. The thinking mind only works with entities.

An entity = That which is perceived or known or inferred to have its own distinct existence (living or nonliving).

I would say: 'That includes everything'.

A non-entity such as Source simply doesn't exist in the way we understand existence. I like to see Source as a quality without quantity. I know, it doesn't really make sense either, but it helps to complete the puzzle. Since we have no real understanding of Source, we cannot be certain about anything we think or say about it.

However, when we apply some logic, we could come to the conclusion that Source has at least one quality, and that is to be the cause of existence; that is if you believe in a cause.

I hope you are not offended when I state here that Source doesn't exist. Many people have an aversion to non-existence. They don't want to have anything to do with it. And understandably so, as there is nothing we can do with it. We can only believe or not believe in Source. That is our only choice.

When you believe in Source you cannot believe in the existence of it, as it has no part in it. The only two things that you can believe in are that existence emanated either from a Source or it did not. I believe existence to be an indirect emanation from Source. I will explain later why I think the emanation is indirect.

If you, the reader of this e-book, don't believe in a cause for existence, this book is not for you.

Another quality of Source could be that it knows all there is to know. It knows existence while being beyond existence. Don't try to understand this as that is impossible.

Source can also be seen as a potential of everything. Usually, we associate a potential with something, like a potential of electricity. What about Source being nothing, but as such, a potential of everything? I know it is strange and hard to wrap your head around. I am just giving you possible clarifications that seem somewhat logical to me.

The word "knowing" means that we have an understanding of something or that we have knowledge about something. I have come to realize that knowing has a deeper meaning. When we know something, the thinking mind is no longer involved.

When we know how to drive a car, the thinking mind plays no part in it anymore. We do all the things we need to do to move the car forward without thinking.

Driving a car has become an action pattern within the subconscious mind that operates entirely on its own.

This is why we can have a conversation with someone while we are driving a car. We don't need to have all our attention on the driving, and therefore, we can have our attention mainly on the person we have a conversation with.

We only need to have some attention units on the driving, but only for making decisions, such as where we want to go to or for unexpected circumstances. We know how to drive a car and that gives us the possibility to talk and listen while driving. This is how we humans operate.

We use all kinds of action patterns for our existence in this reality. Learned action patterns have "knowing" as its foundation. When you know something, you don't think about it anymore. Your conscious mind is no longer involved. In our physical world, we need action patterns from the subconscious mind to do what we want to do.

With Source it is an entirely different story. Source knows all there is to know and has no need for thinking patterns or action patterns, as it doesn't participate in existence. It already knows all about existence, so why would it become a part of it? That is why Source can know all there is to know. Source is not in the mind and doesn't use the mind.

This is of course highly speculative thinking but bear with me, as I want to show you how I think existence came about.

Let's assume that Source does want to experience existence. What would need to happen for Source to experience it? To answer this question, I first need to make another assumption, but don't worry about me assuming all kinds of things, because assumptions are all you are going to get in this e-book. The only thing that counts here is whether it does make some sense to you.

Is there some logic to all of this?

As I see it, there is only one reason for living life within existence, and that is to know what it means to live, to know what it feels like to experience life as it unfolds in order to know it.

In other words, we humans want to know all there is to know, whereas Source does know all there is to know. Does that make sense?

Now, you might object that when we experience something to its fullest extent, we know what it feels like, so why do we keep repeating the same or almost the same experiences all the time?

One possible answer to this could be that repeating experiences is in itself an experience that we want to experience in order to know how it feels. We do want to know all there is to know, as this is our most basic drive for living. Another answer is that we can change an experience more easily when we go through it more than one time.

Here is the problem with Source: It does know all there is to know about existence and as such has no reason for living. If Source still wants to experience living a life it must pretend it doesn't know. Only then an intention to know the pretended unknown could come about.

Maybe this doesn't make much sense to you but this is how I think existence came about. It all started with the intention to know the pretended unknown. The unknown part of Source created a void in which creation became possible.

This void is the home of spirit. There is nothing there except spirit. Space, as I see it, is not the same as spirit. Space is a creation. It contains energy but not subtle energy, since subtle energy, in my opinion, is the spirit field. Maybe one could say that space is a particular type of energy, like air or water.

Space is surrounded by form. Form can exist within space and always exists around it as boundaries, no matter how vast or small the space is. This is how space differs from the void (the unknown). Space is a creation within the void, just as matter, energy, form and event are. The void is the spirit field without creation. The spirit field is also known as the original substance, the zero-point energy field, life force and many other names. These might be different layers in the spirit field.

More about this in chapter 5.

Hopefully this will all become clearer to you when you read on. I do realize that the word "nothing" can spin your mind, and therefore what I am writing here might be hard to fathom. Hopefully, Chapter 5 will make this all more palatable to you.

In the next chapter I will explain how I understand consciousness.

Chapter 2

What is consciousness?

Let me start off with a few definitions from the Merriam Webster dictionary:

1. The quality or state of being aware especially of something within oneself.
2. The state or fact of being conscious of an external object, state, or fact.
3. Awareness
4. The state of being characterized by sensation, emotion, volition and thought: MIND
5. The upper level of mental life of which the person is aware as contrasted with unconscious processes.

I like to use the word awareness instead of consciousness just to simplify all this.

Merriam Webster definition:

Awareness = the quality or state of being aware; knowledge and understanding that something is happening or exists.

I see three different aspects in awareness:

1. Intention
2. Attention
3. Emotion

We can even further simplify awareness by excluding parts 1 and 3. It is definitely possible to have attention without intention and emotion. Attention would then be pure awareness where there are no intentions or emotions affecting the process of observation.

This can only be attained when the mind is still, meaning without any thoughts. Only then can we have pure awareness. When both automatic thinking and conscious thinking stop, our ability to observe is pure. This will naturally happen when we focus on things outside of us. When we focus our attention we don't think. When we have observed what we wanted to observe we will want to think about it and when we think about it we focus our attention on these thoughts.

When we combine observation with thinking thoughts or ideas we introduce emotion and, as such, diminish our ability to observe.

One reason for thinking is intention. When we think, we usually want something or we don't want something. Each and every thought carries an emotion, since emotion is generated through both intention and attention. Attention can also be a reason for manifesting intentions into existence, and the same goes for emotion.

For example, when you put your attention on a new car this could lead to an intention to buy that car.

Emotion plays a role in the manifestation of your intention and it could be the main reason for your decision to buy the new car. All three elements that constitute awareness are usually in play to a greater or lesser degree.

When I say thinking I mean causative thinking. Most people don't think much themselves, as they are overruled by their automatic thinking patterns that have a life of their own. Also, in many cases, their causative thinking ability will be taken over by other people's intentions.

Causative thinking is the result of becoming aware of things and we become aware of things through attention (observation).

When we observe we have an observer and the observed. We now have to ask the following questions: Who is the observer? Who is paying attention? Who is consciously aware?

To give a possible answer to these questions that would fit into this line of thinking we have to dive into the mystery world of spirit again.

The title of this book should tell you something. In the foreword of this book I asked the question: 'Is there a difference between spirit and spirits, except the latter one being the plural of spirit?' Now is the time to clarify this.

There are spiritual beings and there is the spirit field emanating from Source. The spirit field is the most subtle energy manifestation there is. It is omnipresent and all pervasive. The entirety of existence is built from it. It is quite possible that the most basic amplitude of the spirit wave is near zero. Amplitude is the distance between the crest of a wave and the middle point of that wave. It cannot be a flat line or it wouldn't be called energy. All energy is vibrating wave form.

Spiritual beings are an energy manifestation within the spirit field. Each and every entity in existence is basically an energy manifestation from and within the spirit field.

Spiritual beings can create from nothing. Since Source is the real nothingness with unlimited potential spiritual beings create from Source.

Source, being nothing, created the first spiritual being from nothing within and from the spirit field. A spiritual being is, in my opinion, a spirit body containing an aspect of Source.

We now have what we could call an individualized spirit. When more spiritual bodies are coming into being we have spiritual beings, and that is what I meant to convey with the title of this book. Spirits (plural of spirit) are spiritual beings that were created within and from the spirit field. Remember the spirit field (spirit non plural) is a subtle energy manifestation that emanates from Source.

Consciousness or awareness is in fact a spiritual being (body) observing existence. Spiritual beings (bodies) are closer to Source than any other entity since they have an aspect of Source within their spiritual body. The spiritual body is what I called the observer. It is the real you when you are a spirited soul.

Still, this doesn't fully explain how existence comes about. There has to be existence before it can be observed.

This means that a spiritual being, when she creates from nothing, must first create something in her individual mind and then project it outward in the divine mind, so it can be observed by other beings. This individual mind is a creation from and within the spirit field. I will repeat the word 'spirit field' many times in this e-book. There are many other names for it that I will leave out for now not to make it more complicated than it already is. I will go into other names later in this book.

Spiritual beings don't have to create from nothing. They can use existing creations as well. A thought is a creation that is, most probably, first recorded within the spirit field. Our thoughts are also manifested in the astral world. Then there are also the Akashi records where, according to Rudolf Steiner (founder of Anthroposophy), all experiences, thoughts, words and emotions are recorded.

We can, sometimes without realizing it, tap into the spirit field and in this way use thoughts that are not our own for manifestation. When this happens we might think that these are our own thoughts but they are not.

Most people get their ideas from others who get them from others and so on but an idea has to originate somewhere. The creation of an original thought or idea comes from a spiritual being. When it is already created and recorded it can be taken from the spirit field but only when the one receiving it is somehow connected with this field. It can also come from the astral plane. A thought or idea cannot really be taken out of the spirit field as the spirit field is everywhere and permeates everything but it can be used or changed.

Existence is not only projected outwards by a spiritual being or spirited soul since there are souls that have no aspect of Source within their soul body and can still project their own existence. Soul bodies without spirit do project their own reality. When a being has no spirit body it can only use the projections of those that have a spirit body.

The difference between a soul and a spiritual being is that a soul can only project and change that which a spiritual being or spirited soul has originally projected.

What is a soul? I looked through several dictionaries and took a few definitions just to give you some idea of how we humans view a soul:

- The spiritual part of a person that some people believe continues to exist in some form after their body has died, or the part of a person that is not physical and experiences deep feelings and emotions.
- The part of a person that some people believe continues to exist in some form after the body has died, or the part of a person or thing that expresses the basic qualities that make it what it is.

[Cambridge Dictionary](#)

The soul is the immaterial part of a person from which flow the actions, thoughts, desires, reasoning, etc. It is separate from the physical body.

It is that part of a person that makes a person what he is, alive, aware, able, etc. It is the essence of personhood. Biblical theology teaches that the soul is separate from the body and can exist independently of it.

[Carm Dictionary](#)

In most dictionaries soul and spirit is the same or at least synonymous. Although above definitions of the word soul do give an impression of what a soul could be, I believe there is much more to it than we humans can understand.

From the [Wes Penre Papers](#) we know that the soul consists of trillions of minute, nano sized fires. It is believed that each physical cell in the body is occupied by a soul fire. Soul fires have their origin within the spirit field just as everything else has.

As stated before, spiritual beings or spirited souls are exceptional as they have a spiritual body that contains an aspect of Source within. I assume this aspect of Source has an energetic form or it couldn't exist within the spiritual body.

Only humans have a spirit body. All other living beings only have a soul but can, when they reach a certain point in their development, gain spirit and as such create from nothing. However, they will never have a spirit body as that is unique to humans.

To gain spirit means to attain the ability to have a solid connection with the spirit field. As the spirit field emanates from Source they, in this way, connect with Source. Creating from nothing means creating from Source. This can only happen through a connection with the Spirit Field or through the divine spark within a spirit body.

Source created the first spiritual being within and from the spirit field. The spiritual being that created our universe did so by using the spirit field and created our universe from it. It did so by first creating the 4 elements of its existence (fire, water, air and soil). These four elements are used in the creative process to form universes.

The soul fires Wes Penre talks about in his papers, project several different bodies within and around the physical body. It is written that there are at least 7 different subtle bodies around the physical body. It is not real bodies with a head, arms and legs. These bodies are in fact energetic layers and have the same colors as the chakras do.

I believe that only the spirit field contains subtle energy, but it is commonly believed that the entire energy system around and within the physical body is subtle energy as well. I disagree with that and I will further explain this in chapter 5.

When we ask the question "who is the observer," we cannot, as mentioned before, state that spiritual beings are the only ones that can observe. Observation (attention) exists in everything that lives. We cannot even exclude the possibility that inanimate objects have a form of attention to it. When a certain part of the spirit field contains no creation, it means that there are no attention units existing in that part of the spirit field.

On the contrary, when creation exists within a certain section of the spirit field, attention units will exist there as well and they will exist there as a viewpoint.

Attention as a viewpoint creates dimension points and thus there is space.

Existence in every aspect is conscious and consciousness stripped from intention and emotion is just plain and unadulterated attention. Attention without the other two parts is only useful in receiving information. I mean information in the broadest sense of the word. Information can be anything that we mentally receive.

When you look at a tree you receive a tree in your personal mind. That would be information. As soon as the tree is received everything you understand about this tree will join the observation and it becomes an information package.

You do have to realize that I use the words awareness and consciousness interchangeably. I see no meaningful difference in the definitions of these two words. It is the same for observation, attention, viewpoint or viewing. These words are all synonymous.

Attention is an element of consciousness or awareness but is the most important one because without attention there is nothing we can take inward, unless it is a data dump that happens without being conscious of it. This information can then be located within the subconscious mind.

We humans become aware in different ways, in different circumstances. Attention is the invariable that never changes. It is only the way in which we become aware that differs all the time. It is the other two elements of awareness, intention and emotion that determine the way we become aware of things. These two elements can influence our attention in a way that we pay less or more attention to what we observe, they can even divert our attention to something else but it doesn't change attention in itself.

The observer might be attention itself. If this is the case, then what is attention? What makes attention more important than intention and emotion? Intention is basically wanting to know or not wanting to know, as every wish or desire is an attempt to know or not know. Emotion changes an intention in a wish or desire and can also amplify that wish or desire. This is how we enrich our experiences. A wish or desire is intention + emotion.

Attention doesn't need all that. It can exist without the other two elements and when it does, attention is pure. This is pure awareness. There is no rejection, no attraction, and no interfering thoughts. Most emotions will either make you reach for something or withdraw from something. There are neutral emotions as well. They are neutral because they don't make you reach or withdraw. An example of a neutral emotion is apathy.

Intention causes the thinking mind to become active. When the thinking mind is active each thought that is generated or activated will bring about some kind of emotion.

Emotions can be very strong or very shallow and all the levels in between. When they are very strong or very shallow it can be more difficult to notice the influence it has on us.

When we learn to control our thoughts and thus our emotions, we can become extremely powerful, as intention brings about manifestation.

It is intention that manifests thought, and thus emotion, and as a result we manifest existence. Intention is a necessary outward force that we use to empower attention, emotion, and action.

When we allow obstacles in the way, intention can be diminished. This is because intentions translate into action and when action is hindered or stopped due to obstacles, our intention can diminish as well.

When creating without action, as we do in the astral plane, obstacles can hinder the persistence of creation and actually destroy it but only when we allow counter intentions to be of influence on our original intention. An obstacle can only counter our original intent when we think it can. This is the only way we can make our intentions fail.

For example: When we want to overcome a disease but we think we cannot, we are bound to fail. Healing cannot last or even occur when we don't believe it can.

When a doctor gives you a prescription and you don't believe it will work, chances are it will not work. If a doctor tells you I don't know if I can help you but take this medicine and we will see what it does, you'd better go to another doctor. His uncertainty becomes your uncertainty and hence will block your intention to heal.

Thought is senior to structure. If we could only understand this, and especially not forget about this, we would be less inclined to counter our own wishes.

We observe and experience life in an attempt to know it. We can only try to know it. We cannot know it completely, since knowing will make life disappear. Only Source knows all there is to know. This is why Source doesn't need to manifest anything at all.

In the beginning, if there even is a beginning, Source didn't know anything, since "before" creation there was nothing (Source) and thus nothing to know either. Source became all-knowing through creation. However, knowingness is a nothingness, as it is beyond something (creation). It is a quality without quantity. How is that for a mystery?

When we want or desire something (intention + emotion) we always complicate the issue. This has a reason. Life is complex, for without complexity there would be no obstacles in the way. We think we need obstacles in the way for a richer experience. There is nothing wrong with obstacles. They only become a problem when we don't understand them.

We can best compare this with a game. We understand there are obstacles in a game and we want these obstacles there in order to overcome them. Without obstacles we wouldn't consider it a game. So it is with life. Living life without obstacles would, for most people, not be considered a worthy living. The problem with our lives here on earth is that we play the game without understanding the obstacles.

The biggest unknown obstacle in human living is intention. We humans don't understand intention. We think intention is force and so it is when we generate emotions with it.

The more we intent something to happen using our thoughts and emotions, the less chance we have that it will happen. Using intention + emotion to get what you want is doing it the hard way. However, it seems we like it that way.

To get things done, we only need intention and action. An intention is a thought or an idea that must flow out of us and away from us for it to manifest. This happens naturally. We don't need to add our own emotions to it, as these are based on thoughts and as such can act against our original idea (intention).

An intention doesn't need our powerful emotions unless we have contradicting thoughts. Only then do we need powerful emotions to break through our own contradicting thoughts. When an intention is set and left alone it cannot fail. It is not the universe that makes things happen for you, as so many claim, it is our intentions. It can be the intention from someone else. It can be the intention from others in combination with your intention. Intentions manifest as thought within the spirit field. At the exact moment our intention appears into the spirit field it will manifest in that field.

When the manifestation is different from what we intended, it is just because a higher aspect of ourselves has a different intention than what we originally intended or we had contradicting intentions that distorted our original manifested intent.

The spirit field is the original creative substance from which all is made and in which all exists.

Ask a construction worker if he uses his emotions to complete his construction. The question might confuse him. He might reply: "What do you mean using emotions? I just do my work and it will get done in time." In other words, intention and action is all he needs. His intention is the plan he has, and his time schedule is part of his plan.

The construction worker understands what is expected of him and he does it without adding his emotions to it.

If he is incapable or if we put obstacles in his way such as "it has to be done by tomorrow or you are out of a job," he might start to add his emotions (force) into his activities and as such diminish his intention. Now we can only hope he will be able to pull it off.

Intending while adding your own emotions is the underlying obstacle that causes failure. When we emotionally intend, we attract opposing ideas and opposing forces.

When we act with plain intention there are no obstacles. If you see an intention as an idea that will manifest, it cannot possibly fail. You just do what needs to be done and it will happen.

Having an idea doesn't require force. The actions we take to make our idea come to fruition require force. Action is not always needed because intention can manifest without any need for action to take place. This, however, is quite impossible in the dense world we live in.

To summarize:

To manifest we need an idea, intention. If we put force (our emotions) into the idea, we will create obstacles by attracting counter forces (ideas and emotions). These counter forces are wishes or desires to crush the original idea. You can do this to yourself or others might do it for you. In the latter case you still must agree with them for if you don't, nothing can stop your idea from becoming a reality.

I started this chapter with the title: "What is consciousness?" I hope I have given you some things to think about regarding consciousness. In the next chapter I want to discuss what I understand from the Gnostic Teachings.

Chapter 3

The Gnostic Teachings

My understanding of Gnosticism is very limited. I haven't studied this subject much but for now I don't want to exclude Gnosticism from this e-book as there is information in its literary work that helped me gain a better understanding of life in its essence. This information proved to be of value to me, as it made the deeper meaning of life more comprehensible. For those unfamiliar with this topic, [here](#) is some information that explains what Gnosticism is about.

The word Gnosticism is derived from the Greek word gnosis. Gnosis means knowledge or knowing. It is not just any knowledge but a deeper knowledge of life in its essence.

As I am mainly interested in the essence of life, I only took from the Gnostics what I could use to further my own research. What I call Source is called the Monad in Gnosticism. The Gnostics seem to think that the Monad is "all that is". If that were true then there would be no Source. There would only be existence. In a sense the Gnostics are correct since Source doesn't exist within existence and then we could logically assume there is no Source. But I believe there is. However, we could change "all that is" in "all that isn't" as that would describe Source pretty well.

They did realize that the Monad could not be understood but they didn't tell us why. Maybe they didn't understand why.

The reason for our inability to understand the Monad is very simple. Source (the Monad) has no part in existence. It therefore cannot be understood. Only existence can be understood. Even the mechanics behind existence can to some degree be understood but not its cause. The Gnostics solved this by stating the Monad is existence in its entirety but that leaves Source out of the equation.

The Monad cannot be all there is, as the Gnostics suggest because the Monad is Source and as such has no wave length (no energy) and thus cannot be "all that is" (existence).

From the Monad (Source) the first spiritual being emanated. This first spiritual being had an aspect of Source within its spiritual body. In Gnosticism this being is called an Aeon. From the first Aeon came many other Aeons (we don't really know how many) but according to Gnosticism the last Aeon that came to be was the Aeon Sophia, and we live in one of her universes.

Actually, we don't really know if there are other Aeons besides Sophia. It is not because the Gnostics say there are that this is actually true. How can they know about other Aeons anyway? Did they meet them? I don't think so. But ok, we can presume that there is an indefinite number of other Aeons besides Sophia. The Aeon Sophia is most real since we live in one of her universes. Other Aeons, if they exist, could also be higher aspects of Sophia. Don't tell the believers in Gnosticism, as they will probably see this as heresy.

Even when there are no other Aeons but only higher aspects of Sophia, it doesn't matter. We can use the term Aeon anyway as an Aeon is just a spiritual being. I do believe Sophia is not the only spiritual being that acts as a creatrix.

Aeons (spiritual beings) are the creators of universes. Their universes are separated from each other in such a way that life in one universe cannot enter into that of another universe. One Aeon can create many universes. Some believe that these universes have the shape of an egg. All these universes are kept separate from each other, possibly with an egg structure.

Sophia means wisdom. All the other Aeons attempt to know all there is to know about the activities in their own universes but not about universes not their own.

The Aeon Sophia became an exception, as she intended to not know all there is to know about her own universes. This was an inversion of the intention to know that I presume the other Aeons have in common.

To me wisdom means having gained a deeper understanding of things through experience and thus being more able to judge its circumstances, whereas having knowledge of something is merely having an understanding of the facts that make up a particular situation. Wisdom becomes a necessity when illogical thinking has deteriorated circumstances.

Another expression for not wanting to know is ignorance. Ignorance also means not knowing but in this context it means 'to ignore' or 'the unwillingness to know'.

Ignorance introduces imperfection. Whereas the universes of the other Aeons were presumably created with perfection, the one universe of Sophia that we are living in was created with imperfection. This is why I assume that before Sophia created our universe, imperfection did not exist. With perfection I mean that creation happens the way it is intended.

To clarify this: When you really want to know you cannot but become perfect in whatever you want to accomplish. Eventually you become a perfect creator who is able to manifest precisely what was intended.

When there are things you don't want to know about what you want to create, your creation might not become what you intended or might not even manifest at all.

Now we have a problem, we wanted to create something and the result is that our creation did not manifest or it turned out different from what we intended. These problems require wisdom or they won't be solved. Sophia has severe problems to solve because she allowed ignorance to infest our universe and so do we.

In the universes of the other Aeons there must be problems as well but they don't require wisdom to solve them, as there is no ignorance in these universes.

Spirited souls are Sophia's children. She gave us, spirited souls, and a spiritual body that can hold an aspect of Source within. This spiritual body could also hold a location near or within our soul bodies.

If you as a spirited soul don't understand who you really are then here is a possible answer to this question. As I see it, you are a spiritual being (body). You are a spiritual body (energetic form) that holds an aspect of Source inside. An aspect of Source could be seen as a divine spark. This divine spark is what spiritual beings could then use to create from nothing.

I like to see it as Source in energy form. I think the divine spark is a representation of Source within existence. As such Source exists through the Aeons and spirited souls but is as "itself" beyond existence.

The difference between the divine spark and its spiritual body is that the divine spark is not made from the spirit field. The divine spark is, as I like to see it, a direct emanation from Source. It is not a creation within the spirit field, as everything else is. The divine spark is not an entity but still is a representation of Source. For this reason, the divine spark has no wave form, not even a subtle one. It only takes on a wave form when it creates. It is somewhat similar to a spark as a spark has a very short life span.

The meaning of 'to be' is to exist. This is how I think we can understand a spiritual being. 'Spiritual being' means in fact existing spirit. It exists as a spirit body. The spirit body is a creation from and within the spirit field, whereas the divine spark is not.

The divine spark does exist but is not a creation. Each and every creation has a starting point within the spirit field. The divine spark has not. It is beyond the spirit field and as such beyond any form of energy. It can however take on an energy form when it creates from nothing (Source).

The spiritual body needs attention (consciousness) to experience life. Do you see how close we are to Source? We embody the divine spark and as such represent Source.

There may be another way Source can become involved with existence and that is through its spirit field. More on this in chapter 6, "The field of creation."

In chapter 2 I stated that we are 'attention'. This still holds true to some extent, since attention is what gives life to what is manifested. Attention is the basis that makes everything come to life.

Don't make the mistake of thinking we essentially are Source, which we are not, as Source has no identity. It is not an entity. Spiritual beings (bodies) are entities with identity, whereas Source is not. It is the spirit body that can be seen as the first identifiable entity. I don't see the divine spark as an entity as it contains no energy. I am just assuming that the divine spark enters existence when it creates from nothing.

This seems most logical to me. Again, we touch upon the mother of all mysteries called Source and how Source represents “itself” within existence.

Considering that we are Source doesn’t make any sense when you think about it. At least it would be against my logical thinking. But logic is the thinking mind at work, and the thinking mind cannot understand Source.

Also, when we talk about “we”, we are not talking about Source and not even its divine sparks; we are talking about Individualized spiritual beings.

Source is a nothingness with infinite capabilities but you could have an infinite number of spiritual beings (bodies), all containing a representation of Source inside. Because we “have” a representation of Source inside doesn’t mean that we are it. Our thinking mind wants to see everything as an entity with identity.

Spirited souls are absolute unique in Sophia’s universes. The number of spirited souls on earth or beyond is unknown to us.

If you read so far and it still has you interested, there is a great chance you are in fact a spirited soul. Spirited souls can be very curious and do want to know about themselves. This is why I wrote in the beginning of my foreword that this book is written for spirited souls.

This doesn’t mean that all spirited souls will be interested in finding out about whom they are, where they came from and where they are going. It all depends on the state they are in. They, mostly by their own actions or choices, can be so much deviated from their origin that it might never occur to them that they have an aspect of Source (divine spark) within their spiritual body. Most spirited souls here on earth aren’t even aware of their spirit body.

Gnosticism is a vast subject that has been corrupted. If you want to learn more about it you really have to use discernment. It would be much better to study [the Penre Papers](#) (WPP) first, as the research by Wes Penre into the history of man paints a picture that is much more comprehensible in comparison with [the Nag Hamadi library](#), which is considered to be what Gnosticism is mostly about. To some degree, the WPP have some common ground with Gnosticism.

The Nag Hamadi scriptures are difficult to understand because they were written in ancient times and in a style that not many people are familiar with. Nevertheless, they do give us some insight regarding our history and where we spirited souls come from.

The Aeon Sophia created an avatar to represent herself in the physical world. This became the Queen of Orion in the WPP and Zoë Sophia in the GT.

Aeons, according to the GT, are androgynous spiritual beings. This means that Aeons have both feminine and masculine characteristics.

Androgynous =

Having the characteristics and nature of both male and female.

[Merriam-webster](#)

Feminine =

Characteristic of or appropriate or unique to women.

Masculine =

Characterized by or possessing qualities traditionally attributed to men, such as aggressiveness.

The American Heritage® Dictionary of the English Language, 5th Edition

According to Gnosticism, the Aeon Sophia has Christ as her consort. That the word consort is used is somewhat strange, as that could refer to the word husband. However, consort can also mean partner.

Christ is not the husband of Sophia in the way we understand husband. The word partner would then be more appropriate, I think.

Although the above terms do refer to man and woman, the Aeons are not man or woman. Both Sophia and the Christ are spiritual beings that apparently can operate with or without each other. Maybe they can merge into each other and act as one, as well as act as separate entities. They both have feminine and masculine traits just as us humans have. Sophia is seen as feminine and Christ is seen as masculine. This could mean that masculine traits in Christ are more pronounced and feminine traits are more pronounced in Sophia. Both are also seen as one Aeon, or at least acting as one.

This concept of Sophia and Christ being separate beings could be entirely wrong. It seems much more plausible that Christ is just a metaphor for Sophia acknowledging her masculine side in creation.

There is no mention of Sophia in the Penre Papers. Sophia is a Gnostic concept. I have reasons to believe that the Aeon Sophia is real for if not there would be no soulless spiritual beings as that is what Sophia is. Since the soul is a creation within and from the spirit field, it is more likely to assume that a spiritual being like Sophia created the first soul. The first soul would then be her avatar the Orion Queen or according to the GT Zoë Sophia.

I don't think the Aeon Sophia created universes. I rather think she used her avatar the Orion Queen for that.

But let us stick to the GT for a while. According to the GT Sophia created an abomination that shocked her so much that she casted it away. In the GT, this being is called Yaldabaoth. You could see him as her unwanted son.

Yaldabaoth, being an Archon, created his own offspring who became his helpers the archons.

Since Yaldabaoth was ignorant, not knowing where he came from, he started to see himself as a god. To him there was no one above him. You could say that he didn't know who his mother was.

Although Yaldabaoth, like his mother the Aeon Sophia, is an androgynous being. Yaldabaoth, probably due to Sophia's imbalance between her masculine and feminine aspects, became far too much masculine with very few feminine aspects. One would think that it should be the other way around as her masculine partner, the Christ, was absent.

I don't know what to think about this. Since the Gnostic teachings are hugely corrupted, we don't know what information is actually true. Don't take my word for it. The above could as well be a made-up story.

There is another possibility that was suggested to me that I would like to convey. What if Christ never existed as a separate Aeon?

Couldn't it be that those writing the GT made a mistake and Christ is just the masculine aspect of Sophia? This makes more sense to me than assuming Christ to be a separate Aeon.

Being created too masculine Yaldabaoth became the harsh being he is, without any compassion for other beings. He became a very intelligent creature. He used his intelligence to keep all his creations under his control, and that includes us humans.

Yaldabaoth, being ignorant, is not seen as an Aeon since Aeons are not ignorant. Therefore, the name 'archon' was used maybe to distinguish between the non-ignorant Aeons and the ignorant Aeon Sophia. The Aeon Sophia was only ignorant once, when she created Yaldabaoth. Was she ignorant with the purpose to experience imperfection or was it just an accident?

I tend to think that she wanted to experience imperfection. Only the outcome of her ignorant creation must have baffled her.

If the above is true we can assume that before the creation of the archon Yaldabaoth there was no evil, as all evil stems from ignorance (not wanting to know).

I like to leave the GT for what it is. I have a different view that I want to convey to you but let me first explain how the Penre Papers differ from the GT so you know both theories. Then I will give my own view on it.

According to the Penre Papers the Orion Queen is seen as the creatrix (female creator) of this universe and many others. In these papers the Aeon Sophia is called the Mother Goddess who is seen as first source.

The Orion Queen had two sons of which the real names are unknown but they have titles, many titles in fact. The titles mostly used in the Penre Papers are Enki and Enlil.

Enki is the first born son who was supposed to take over the Orion Empire when his mother would move on to higher realms.

For some reason the Queen decided differently and saw in Enlil a more fit predecessor. Enki didn't agree with her decision and decided to rebel against his brother Enlil and his mother the Orion Queen.

At first the Queen had put all her trust in Enki and taught him all the things he needed to know to take her place as the king of Orion. Enki became an extremely intelligent being who could do things that we would consider absolute miracles.

For some reason Enki developed an inflated ego and started to act in such a superior way that his mother changed her mind about him as she could see that he would not be able to take her place without messing things up.

This was reason enough for Enki to rebel against his mother as he thought he was her rightful predecessor being her firstborn son. And also because he thought he had all the know-how and expertise to take over the Orion Empire.

There is an Alien Invader Force (AIF) lead by Enki and his son Marduk, actively influencing us humans in many ways. This is done through a pyramidal power structure that has control over practically all aspects of our lives.

This pyramid structure consists of elite families and many secret societies that have their influence on all the governments of the world, the media, the banking world, the big corporations, the education system, the health care industry, the military industrial complex and, last but not least, all the world religions.

There are many more smaller influential organizations like the United Nations, the World Health Organization, the World Economic Forum, the Trilateral Commission, the Bilderberg Group, The Council on Foreign Relations, all working for their higher-ups in this power structure.

There is so much more to this story that I cannot convey in this e-book. If you haven't read the Penre Papers you should. Then you will understand how we humans fit into the story. Another source that explains what is really going on in our world is the book "The Falsification of History" from John Hamer.

The Alien Invader Force (AIF) is the same as what the Gnostics call the Archons. They still exist but mostly within another frequency band. Their influence on humanity is severe. All the bad character traits we find in humans are due to their influence. In fact, the AIF/Archons gave us humans amnesia which made it very difficult and for most even impossible to remember our previous lives.

They also mess with our soul fires before we enter into a new life. In each new life we live here on earth we start off with a different composite of soul fires. We are never the same soul as soul fires from other souls are mixed in with our own fires.

The subconscious mind is AIF/Archontic in nature. It contains all the programs we need to function in this earthly construct they created. It acts entirely on its own accord.

It is the subconscious mind we have no control over. The only thing we can do with it is changing behavioural programs or thinking patterns that don't suit us. Most people are not aware that they have this ability and keep acting like a puppet on a string. They repeat certain behavioural characteristics reactively without ever realizing that they need modification.

This is why many people never grow up as they keep reliving their childhood programs that were installed when they were young. Until the age of 7 to 14, children are unable to evaluate the information input they are subjected to. When you are not sufficiently aware of your life experiences, such as is the case with children, it all becomes a part of the subconscious mind.

The AIF/Archons probably like to keep us in childhood mode, so they have a much better chance of keeping us under their influence but also because they themselves act like spoiled children.

Here is my view on the Gnostic Teaching versus the Penre Papers. Gnosticism is a religious philosophy. Religion is a belief that cannot be questioned because if it is, it would no longer be a belief. The Penre Papers is research data that can be questioned. These papers are considered a work in progress and many new insights have been communicated by the author in an avalanche of video tapes and books.

I have come to the conclusion that we don't need Gnosticism in order to understand our history. In my opinion the main difference between Gnosticism and the Penre Papers is the Aeons. I believe the Aeons to be a valid concept as there has to be a relay point between Source and existence. When we see the Aeons as soulless spiritual beings that use soul avatars for the creation of universes I suppose we got it all covered. I don't think the Mother Goddess is Source but that should be obvious if you have followed my line of thinking.

There is one more thing I like to address in my evaluation of things and that is the subject of perfection. Is it true that the other Aeons (spiritual beings) are absolutely perfect? Never making a mistake. A perfect universe seems to be pretty boring since there is nothing to do. Why change anything if it's already perfect.

I considered perfection the opposite of ignorance. This is not entirely correct as wanting to know is the correct opposite of not wanting to know (ignorance). It would therefore be more correct to state that in other universes than the universes from the Orion Queen, there is a willingness to know but not the unwillingness to know. This conclusion has a lot to do with my discovery of the awareness scale.

There are no perfect universes if you ask me. There are universes that lack ignorance. It means that the lower part of my awareness scale doesn't exist in these universes. More on this in chapter 9 The Expanded Awareness Scale.

It is probably much more complex than what I am explaining here. There is much to learn about the Penre Papers and the Gnostic scriptures. Always use discernment, especially with the GT. The Penre Papers are far more trustworthy, as the GT is severely corrupted and might even have been written to mislead us.

The Penre Papers comprise outstanding research data, derived from different Sources, about the history of man. If you really want to know what happened with us, it is the Penre Papers, and not the GT that tells it all.

It is advisable to work on your reactive programs before you try to understand Gnosticism, as you have to discern what information can serve you and what information will not serve you. Even when you are relatively free from reactive programs, it still is a difficult task.

Recognizing the AIF/Archontic influences in these scriptures is difficult as subconscious patterns that we are not aware of could still make it very difficult to recognize these influences. I go into reprogramming the subconscious mind in chapter 8. The subconscious mind can distort our ability to observe the obvious.

Chapter 4

The Soul

I wrote about the soul in earlier chapters but in this chapter I want to go deeper into it. Let me resume what I wrote about the soul so far. I also added a few concepts.

1. According to the WPPs, the soul consists of trillions of nano sized fires.
2. The soul body can have a spiritual body attached to it, within it or surrounding it.
3. The human soul fires do manifest soul bodies, sometimes called avatars. There are 7 different soul bodies or layers making up the human aura. (More on this in chapter 5)
4. Each cell in the physical body has a nano sized soul fire manifesting it.
5. Most souls don't have spirit inside.
6. Spirited souls are quite unique in our universe.
7. Spirited souls can create from nothing. Creating from nothing is creating from Source, as Source is a non-existent nothingness but has the potential of everything.
8. Non-Spirited souls can only change what spirited souls have originally created.
9. Aeons are soulless spiritual beings.
10. Only spirited souls and the Aeons are able to create from nothing (Source).

The human soul can live in different time zones. In order to understand this we have to look at time. What is time?

Time is the persistence of manifestation. As stated before, consciousness (an attention viewpoint) has to manifest something before it can observe and experience it. In order to observe and experience a manifestation that manifestation needs to persist in time.

Time is the duration of an experience in manifested reality. It consists of past time, present time and future time; at least this is how we experience it. The future is infinite possibilities. Each new decision we make, opens a new timeline in the future. The future consists of an infinite number of timelines. Past and future are somewhat illusive concepts as all of existence is within the present moment. In other words, it all exists simultaneously.

Some will call the present moment the infinite now. However, when you really look at it, there is nothing infinite about 'now'. 'Now' is timeless and infinity is time that doesn't end. 'Now' isn't even a moment, as a moment contains time.

Some new age gurus advise you to live in the 'now'. I am here to tell you that you cannot live life in the now as the now is non-existent. You cannot help but live life in the present moment as the present moment is all there is and ever will be. The present moment is existence in its entirety.

The timeless now is a nothingness from which something can spring. Creation happens from the now and then exists in the present moment. The now we can see as Source as Source is a nothingness in the meaning of no thing or, in other words, beyond existence.

Since the 'now' contains no time, it cannot exist, as time is needed for existence to exist. If there was no time and space, any and all manifestations would simply disappear at the same instance they were created.

Even the astral world, the world we visit in our dreams or in out-of-body experiences, needs time to exist. It might be a different experience of time but it cannot exist without time. Nothing can exist without time. Only "nothing" can exist outside of time, I might add.

There is also a concept that is called vertical time. The concept of vertical time is a reasonable attempt to clarify the existence of time as the present moment. However, in order for us to experience time, it has to have a sequence of events and is as such seen as linear.

Time is said to be circular like in wheels of time. This seems to indicate that time starts again where it ends. Since time is actually a sequence of events it would mean that every event would be an exact copy of what happened in the first time circle.

If that were true it would mean that consecutive time circling through the same time circle would tend to erase the time cycle.

When you observe something (attention), many times the observed tends to be erased. This is because it becomes knowingness, and knowingness has no existence to it. However, this is not likely to happen since we never experience things in precisely the same way.

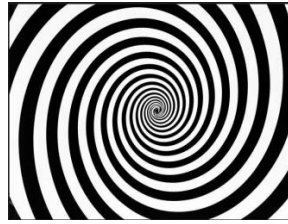
When I was in Scientology I did an experiment where I wanted a student to overcome a particular negative attitude. I made the student copy this negative attitude many times. What happened was that the negative attitude started to change and eventually disappeared entirely. This can be done with unwanted emotions as I learned at the time.

When this can be done with attitudes and emotions, which are just forms of energy, it probably can be done with any other form of energy. It is different in this dense 3D world. It is not that easy to make the chair you are sitting on disappear by observing it carefully for a certain length of time. It doesn't mean it can't be done. Similar things have been done by shamans. The reason most people cannot do it is because they continue putting the chair there with their subconscious mind.

Whether the chair actually disappears is irrelevant as it is just a mental manifestation that only disappears for the observer(s).

What I am trying to prove here is that when we are able to make an exact copy with our conscious mind of something we observe, without having our subconscious mind kicking in, we might eventually erase the observed but only when the observed becomes a knowingness.

What has this to do with time, you might ask. Well, if the above is true, there cannot be wheels of time, at least not totally. This is why I came to think that the end of each circle could make a new circle. This would mean that time is a spiral. Time has a spiral shape to it or it would eventually erase itself. The first circle would spiral into a new one. Free will allows for change and change is what makes a time circle become a spiral of time.



Picture nr. 1

Time is cyclic. It has a beginning, a duration and an end that introduces a new beginning. The new beginning is the beginning of a new circle and this new circle begins at a slightly different location as where it started morphing into a spiral. It can however spiral at any given moment.

Maybe a spiral isn't the right term for the phenomena of time. As you can see in the above picture of a spiral the time line is continuously increasing in length. When we look at the picture of a coil spring in the picture below we have a more accurate idea of what a time line could look like.



Picture nr. 2

I am not saying that time couldn't increase as a spiral. However due to changes it doesn't have to spiral as in picture nr.1. It could as well stay the same in length of time as in picture nr 2. It could even increase or decrease in length due to changes as you can see in picture nr. 3.



Picture nr. 3

There is time and there is the 'now'. This is the same as the notion that there is existence and non-existence.

Whether a sequence of events is horizontal or vertical, it still gives you a timeline or cycle of time. Each and every series of events is a time wheel that repeats itself indefinitely.

It can only change when we make it change by looking at it from a different perspective and for that reason decide to introduce change. It is at that point where time bends itself into a different wheel of time.

Vertical time can make some sense when you want to make a drawing of different timelines and you use horizontal and vertical lines but this doesn't tell you much about time itself.

Timelines are sequences of events and how you draw these lines doesn't change that.

Timelines are not straight lines (linear), they are circular.

Another way to look at vertical time is that everything happens at once. Like when you look at things from an exterior viewpoint you can see many activities happening at the same time. Just because many things happen at the same time doesn't mean that time is vertical. A timeline is what it is, the duration of a sequence of events that keeps repeating itself unless we make changes in these events. I think we almost always do make changes even ever so slightly or evolution and devolution would not be possible.

There are an infinite number of events happening at the same time. These are all timelines. In fact, the entirety of existence is nothing but timelines happening outside the 'NOW'. The NOW is Source and the time lines are what we call existence.

What happens when we change location from one cycle of time to another? I believe the only way this can be done is through the NOW. In other words, when we consider being in another cycle of time we are there instantly. For example, we don't travel downwards into a smaller cycle of time or upwards in a bigger cycle of time but instead we are bilocating. However, I don't want to exclude the possibility that we can travel towards a different time line.

Does time actually exist?

I would like to apply some logic to this question at least in so far as this is possible. For those who don't know, I have made the assumption that existence has 6 component parts namely:

- Matter
- Energy
- Space
- Time
- Form
- Event

When we take time out of the equation, all other 5 elements can no longer exist. Why is that? It is because time is needed for all the other 5 elements. None of these 5 elements can continue without time.

Someone suggested to me there is at least one more element to existence and that is Sound. I gave this some thought and realized there are even more components to existence.

There is light and there is information but also, there is manifestation and observation. So, let's add these to the equation.

1. Matter
2. Energy
3. Space
4. Time
5. Form
6. Event
7. Sound
8. Light
9. Information
10. Manifestation
11. Observation

There might be more than eleven components but for now I am not aware of other elements that constitute existence.

Again, when we take out time none of these elements can exist. In fact, take out any of these eleven elements and existence gets obliterated.

(Number 6) Event is the element that comprises change, action and repetition. All these elements are interchangeable to some degree.

Matter is condensed Energy. Energy makes for change, action and repetition which is to say Event. Time is just a measurement of an Event. Observation creates Space. Light is information and information is light. Sound is Energy that creates Form. Manifestation (number 10) is all the other parts except for Observation.

When you really let this sink in, you will surely come to the conclusion that existence without Time is impossible. In other words, time, just as all the other parts, is inextricably connected to existence.

Since I now have proven to myself, beyond reasonable doubt, that Time exists, I want to further elaborate on how time can manifest and perform.

First of all, when we talk about the non-existence of Time, and thus the state of non-existence, what are we really talking about? Beyond existence there is Source. For Source there is no time.

Source is Total Knowing. Knowing and existence don't go together. They cannot even approach each other since knowing would evaporate existence.

'Time is not linear' is what has been stated by many truth seekers. When we look at the definition of linear we can see that linear means having the characteristics of a line, be it a straight or a curved one, as both are possible. Take a look at this definition [here](#).

Since all time lines happen in the present moment, how can time be linear? When all time lines happen at once, where is the line? There are no time lines when all things happen at the same time. There is no timeline unless we manifest one. When we manifest time there can be countless timelines. These countless timelines can take on all kinds of geographical shapes. But remember time is duration, which is to say, persistent motion (Energy).

Here is where mathematics comes into play. Mathematics and Time could very well be interrelated. Some say that life started with mathematics, which is numbers, and Time is measured in numbers. Others say life started with Sound and Light as Sound is Form and light is information and mathematics is information. So, it looks like both Sound and light are needed for existence to come about.

Having looked deeply into time, let us further clarify how the soul can live in different timelines.

The soul can send a soul fire to a location away from where the soul is located. This means that this soul fire now exists in another timeline than the timeline where the main soul is located.

The soul fire that manifests a new soul body in a new timeline can stay in communication with the soul body it originated from. Also, the soul body that is created through the soul fire in a different time line has all the information which is contained in the soul body it departed from. This could be the case when we assume that the soul body is holographic in structure.

As you might know, a part of a hologram has everything in it that is contained in the entire hologram. That is why holograms have enormous data storage capabilities.

Soul fires of the human soul do exist with their soul bodies in different timelines. This is because the past and the possible futures do all exist in the present moment. In fact, the entirety of existence consists of past and future timelines. Because everything exists in the present moment we cannot really speak of past and future.

We might think that the past has passed and therefore does no longer exist. This is not the case. The past doesn't disappear, it is still there, all of it, and has a time stamp on each line of occurrences. The past can be experienced and re-experienced as much as we can experience future timelines. The past can be as real as the present moment because it is in the present moment.

We spirited souls lost the ability to communicate with our different soul bodies when the chief archon Yaldabaoth or Enki in the Penre Papers gave us amnesia.

Therefore, we mostly direct our attention to the current life we live in. We also lost the ability to experience our manifested realities in many different timelines all at once.

I assume that spirited souls were created by the Aeon Sophia through her avatar the Orion Queen. The reason for this creation was because she wanted to set up an experiment on Tiamat.

Tiamat is the name of a planet that was created by the Queen and where spirited souls originate from. Tiamat was located in between the 7th and 8th heaven. The Gnostics called it heavens but you can also see it as dimensions or frequency bands.

It is the Yaldabaoth/Enki who is in control of the seven heavens. The 8th heaven is the domain of his mother the Queen of Orion. The 8th heaven is called the Orion Empire in the Penre Papers (WPP).

The spirited souls that lived on Tiamat were called Namlu'u's in the Penre Papers. They are also called Aryans in other literature. They were us spirited souls and we were part of an experiment that was set up by the Queen.

She wanted to know if we could gain more compassion and empathy by going through a reasonably rough experience. After the experiment she wanted to see if the Aryans could improve things in the Orion Empire. Tiamat was also referred to as The Living Library where all kinds of animals and vegetation lived. Here an excerpt from the Penre Papers:

"The Namlu'u's were truly magnificent beings. Some say they were around 13 – 15 feet tall, with slender, almost transparent bodies, long limbs and big, elongated skulls. Their eyes were large and black. They emitted wisdom, compassion and love.

They didn't talk; they had no vocal cords like you and I. Instead, they communicated by thought. You could feel their thoughts inside your head when you spoke to them and they replied. Their communication did not always come into one's mind as words; these beings sent their messages in whole concepts, like a whole 'package' of thoughts at once. They were very friendly, and the only time you could hear them was when they made a loud, but pleasant sound, as they were calling stray animals.

The Queen made them androgynous. They had no need to reproduce; they were all created at once and the Queen calculated how many of them there had to be to fulfill her purpose. And these would be all there would ever be.

They were neither males nor females. They were the Guardians and their responsibility was to see to it that the Living Library was flourishing and prospering, and when the day was over they reported back telepathically to the Queen of the Stars. This was what they were designed for; this was their passion. They were truly one with nature and in total communication with Mother Terra." (WPP)

There was a war between the archons/AIF (Alien Invader Force) and the Orion Empire. Tiamat was destroyed by the archons/AIF and the Queen's experiment was jeopardized. A part of Tiamat became earth and all the many pieces became the asteroid belt.

Below the seven heavens is hell that consists of 5 levels. All together there are 12 dimensions, 5 below earth and 6 above earth and earth being the first of the 7 dimensions.

All these 12 dimensions are under control of Yaldabaoth, called Enki in the Penre Papers, the son of the Queen.

According to Gnosticism there is a 9th heaven. This is seen as an intermediary location between the 8th heaven and the Pleroma. The Pleroma is the world of spiritual beings (the Aeons).

I believe the Pleroma to be a very high frequency field that also emanates from Source. The Pleroma differs from the spirit field in that it resides within the spirit field on a slightly lower frequency band. I also tend to believe that the Pleroma is omnipresent and pervades every creation. Just as the Pleroma is made from the spirit wave (subtle energy), so is the ether.

Earlier I stated that the spirit field is the ether but just as with any other creation there always seem to be different levels to any particular entity. It is quite possible that the spirit field also has different layers to it and the ether being one of them. The Pleroma could then very well be the highest level in the spirit field.

The planet Tiamat was where spirited souls originated. The archons/AIF high jacked the experiment of the Queen and messed with our mind and physicality in a big way.

Our awareness was lowered to 4%. We lost 96% of what we were aware of before. We currently have no memory of this. Still too many people think that what we become aware of is all there is, while it is just a minute part of it.

Also, the archons/AIF made earth into a prison planet of which escape was next to impossible. They separated our bodies into male and female, whereas before we were androgynous beings. They introduced death and aging. They kept us in the dark about all this by inducing amnesia into our systems. They gave us the subconscious mind that they can easily program to their advantage.

The prison planet was established with a dome and a grid. The dome was needed to keep us from escaping and to keep other species out. The grid was needed to keep us from escaping after the death of the physical body. It is still in use as a soul catcher. Since recently holes appeared in this grid through which escape became possible

There is so much more to this story. If you really want to know our history and how to use this knowledge to your advantage, the Penre Papers instead of the Gnostic Teachings are your best option.

Humanity is approaching the machine kingdom, better known as transhumanism.

The archons/AIF don't want us to escape to the greater world, the Orion Empire. In order to prevent this they need to enslave us even more and that is what the machine kingdom is all about.

This is what is happening now!

The grid is not safe for them anymore and will probably become weaker. More and more holes will appear in it as more people become conscious of the human condition.

Both technology and human consciousness keep the grid in place. When consciousness improves in more humans, the grid is negatively influenced.

The machine kingdom is their last hope to contain us. The archons/AIF are parasites that cannot live without tapping our emotional energy, called loosh. They need humans to survive. They have so many booby traps to keep us ignorant, and still, they might lose too many of us and perish.

Only a sufficient number of people waking up to the dangers of the machine kingdom can still prevent it all from happening. No one knows whether this will happen. Currently it looks like we have passed the point where humanity could save itself. The basics of the machine kingdom are already in place and we are rapidly progressing towards total control.

When our soul is permanently connected with its avatar in the machine world there is no turning back. Even death will not save us, as the cyborg bodies we then use can almost always be repaired. In this stage, we are permanently enslaved by the archons/AIF, until the machine kingdom fails to maintain itself. Mark Zuckerberg's metaverse is just the beginning. It might even fail and be exchanged for a more sophisticated one. It will eventually change into an inescapable digital prison.

The elite who work for the archons/AIF will do all that is in their power to make transhumanism as attractive as possible. The smart phone is already extremely addictive to people. This addiction with technology will only grow stronger as more technology is made available.

Many spirited souls might fall victim to the machine kingdom. It is a sad story but it needs to be told.

The Aryan spirited souls had tremendous capabilities. They could nano travel in the multiverse and at the same time operate their physical bodies. Only the Aryans can do this as they are very advanced spirited souls. In the war between Orion and Tiamat there were Aryans that could escape. The ones who could not escape now live on earth in an extremely downgraded condition. That is me and you, the one reading this E-book.

Normally it is not possible to exist in different universes, as universes are sealed from entrance. Beings from another universe cannot enter it. Why the Aryans could do this is unknown to me. It must have something to do with their spirit body.

In the next chapter I will go into the seven soul bodies that are projected by our soul fire(s).

Chapter 5

Subtle energy and the unified field of creation

I have mixed feelings when I read about the subtle bodies and the energy systems that run our physicality. There was a time when I thought we didn't need this rather complex system. Why not just get our energy from the spirit field that is omnipresent or the galactic center? Why is our soul energy being dispersed across chakras?

We think we understand these things but do we really?

Where does all this information come from about chakras, meridians, and "subtle" energetic bodies?

If we live on a prison planet where the archons/AIF and their minions want to control every aspect of our lives, wouldn't it be logical to assume that the complex energy systems of the human body could have been installed for nefarious reasons? At least we cannot exclude the possibility that they have been tampered with.

Some seem to think that when we raise our frequency to a certain level, chakras become obsolete. Others think that we can erase our chakras but how do we know this and how can we keep our frequency above a certain threshold where we don't need our complex energy systems, **if** that is even possible? Lots of questions!!!

In this chapter, I would like to suggest some answers to these questions by finding some logic in all this.

In order to come to assumptions that would actually make some sense, we need to go back to basics. We know that basics are simple and the more basic they are, the simpler they get. 'Nothingness' is the simplest datum there is. Source is a nothingness and only nothingness has the potential for everything. This is very hard on the mind but still it is pure and utter simplicity.

For creation we need a medium in which creation can take place. This medium is subtle energy. This medium has many names, and I think it is of some importance to recognize these names as synonymous to some degree. I like to provide this list of synonyms for a better understanding of this subject. It is not necessarily a complete list but it gives you some idea of human thinking regarding this subject.

Ether	Prana (Yoga)	Zero Point Field
Scalar Waves	Theta (Scientology)	Zero Point Energy
Ki	The field (Lynne McTaggart)	Neutral field
Shi	Oregon (Or and DOR (W. Reich)	Unified field
Life Force	Original Substance (W.D.Wattle)	The Void

Subtle energy is everywhere. Without subtle energy there would be nothing. Subtle energy is the energy which life is built from and built in. It permeates all forms, it is where form exists in, and it is where form is essentially made from. As stated in the previous chapter, life consists of matter, energy, space, time, form and event. I assume subtle energy to be the basic energy which these 6 elements are created from. I also listed an additional 5 elements in the chapter before this one but for now let's stick to these 6 elements.

Subtle energy, that I called the spirit field in the previous chapter, could have many levels to it. Let me list two of them that I am quite sure about:

1. The Pleroma
2. The Ether

The Pleroma would then be in the Spirit Field on a higher energy frequency and the ether is the Spirit Field on a somewhat lower frequency. The Aeons must be aware of both these spiritual levels. Spirited souls, when freed from their subconscious mind, might become aware of both these levels as well. From both levels creation can take place.

All the names for subtle energy I listed above refer to the spirit field.

The Pleroma is what could be called creative energy.

The galactic core could be seen as the centre of a universe that energizes matter, energy, space, time, form and event.

The galactic core is the heart of a particular universe and beyond the heart of any universe is Source. I believe that subtle energy (the ether or the Pleroma) emanates directly from Source.

Through the creative process subtle energy (the spirit field) can transform into regular energy. With regular energy I mean the energy that can be measured or observed. The other elements of existence: matter, space, time, form and event are all energy-based.

Time and event are pretty much the same. Time only differs from event in that it is an indication of the duration of these happenings.

The unified field, yet another name for the spirit field, is the subtle energy field and all the other names listed. I don't know why it is called a unified field as this subtle energy field was never unified. It has always been one field. Only within this field we can have separation. Without the subtle energy field (the spirit field) every creation would instantly disappear into nothingness (Source).

Here is a definition of the unified field according to the Vedas:

"The unified field is a field of consciousness and the most fundamental state of human awareness. In Vedic terminology it is known as Atman, which means "pure consciousness." Therefore, the unified field is the deepest reality of nature."

In my view of things, pure consciousness is attention without intention and emotion, as previously stated. Unadulterated attention, lacking intention and emotion, is pure consciousness.

The word 'unified' doesn't seem appropriate here because the subtle energy field is not a unification of different fields, it is just one gigantic field in which creation takes place.

Instead of unification, life is all about separation. Separation started with the Aeons. As earlier stated, the Aeons all together are "all there is" (The Monad in Gnosticism). As stated earlier, the Aeons are not Source.

The Aeons create their own universes within and from the spirit field through their avatars. These universes are all separate and everything in these universes are separate entities.

Things can exist in the same space on a different frequency and so can entire universes. They can occupy the same space when they exist in different frequencies but that doesn't change the fact that they are separate from each other.

This theory completes my foundational understanding of things that I will use to clarify certain existential questions.

We humans live in one of the universes created by the Orion Queen. Our universe got corrupted when, according to Gnosticism, Sophia created Yaldabaoth without her consort, Christ. Before this happened everything was absolute perfection. Nothing ever went wrong. It is assumed that Sophia wanted to experience ignorance and the resulting imperfection.

When ignorance remains in the face of imperfection, it will eventually become evil.

The result of her creation must have been a shock to her when she found out that her son Yaldabaoth (Enki in the Penre Papers) rebelled and turned against her. This probably never happened before. It was a totally new experience that would need great wisdom in order to control it.

This was the start of all evil as ignorance is the cause of all evil.

Let us look into the 7 chakras, the corresponding 7 soul bodies that comprise the aura.

The term 'chakra' is Sanskrit for 'wheel'. This refers to the spinning, spherical energy centre that makes up a chakra. The knowledge of the chakra system originated in India between 1500 and 500 BC. The data on each chakra was recorded in the Vedas.

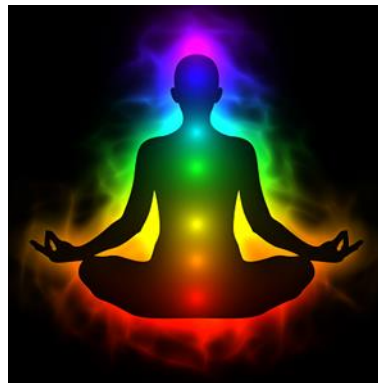
Here are the seven chakras and their corresponding numbers and colours in order:

- | | |
|--------------------------------------|---------------|
| 1. The Root Chakra: Muladhara | colour red |
| 2. The Sacral Chakra: Svadhisthana | colour orange |
| 3. The Solar Plexus Chakra: Manipura | colour yellow |

- | | |
|---------------------------------|---------------|
| 4. The Heart Chakra: Anahata | colour green |
| 5. The Throat Chakra: Vishuddha | colour blue |
| 6. The Third Eye Chakra: Ajna | colour indigo |
| 7. The Crown Chakra: Sahasrara | colour violet |

It is a spinning of energy. Why it is brought into a spin we don't know. The fact that chakras manifest in a spin is actually not so strange as energy mostly manifests in a spinning form.

These spinning energy wheels can easily be pushed out of balance and can even stagnate with all sorts of negative consequences. This is why many therapies were developed that can help us bring them back into balance and unblock their energy flow.



Here a picture that shows where these energy wheels are located in the body.

How do we know if the chakras really exist since they cannot be observed or measured directly? Well, there is scientific proof for their existence that you can have a look at [here](#) if you have any doubt about their existence.

Since we live in a section of Sophia's ignorant universe where her psychopathic son Yaldabaoth/Enki is in control, can we really trust anything here? The name Enki is used in the Penre Papers whereas the name Yaldabaoth is used in the Gnostic teachings.

The archons/AIF need our energy to survive. They are parasites who are doomed if we humans don't supply them with our emotions. Just like everything else, emotions are created from subtle energy (the spirit field) and the archons need our emotions for their survival.

Even when we want to gain electricity from the spirit field, as has been proven to be possible; it needs some sort of creation to make it happen. The positive and the negative that make electricity possible, have to be created from neutral subtle energy. Electricity is a creation just like anything else is.

Many scholars in spiritual wisdom seem to think that the spirit field itself is intelligent. I don't believe this to be the case. Intelligence starts with creation in and with the spirit field.

Only spiritual beings can create from nothing. This is why I think that intelligence springs from spiritual beings and not the spirit field itself. I could be entirely wrong about this but we have no way of knowing. Some think that the spirit field is in fact an information field. Information is light and light is a form of energy that is created from subtle energy.

Even when subtle energy has, besides the ether and the Pleroma, an information field it still doesn't make the subtle energy itself intelligent. It is what we do with information that determines intelligence or stupidity.

All this taken into consideration it wouldn't be far-fetched to assume that the chakra system is used by the archons/AIF to harvest our emotional energy.

The subconscious mind that works as a stimulus response mechanism can easily be triggered and thus intensify our emotions. The stronger our emotions become, the more "food" the archons can gain from us.

Even the kundalini energy can, when activated, amplify our emotions considerably. This very strong energy can move through each chakra up and down several times. The harvesting of this energy probably happens from the crown chakra.

Kundalini

In Hinduism, Kundalini is a form of divine feminine energy believed to be located at the base of the spine, in the muladhara. It is an important concept in Shaiva Tantra, where it is believed to be a force or power associated with the divine feminine or the formless aspect of the Goddess. [Wikipedia](#)

The divine feminine is the Aeon Sophia in Gnosticism.

There are several theories about what the kundalini is. Is it good or is it bad or is it both? It seems that some people who awaken their kundalini experience a nervous breakdown. Others seem to have a profound spiritual awakening. Apparently, it belongs to our energy systems. It is based in the root chakra and it uses the other chakras to move upward all the way to the crown chakra. It is also called the serpent energy.

It seems obvious to me that both the kundalini and the chakras are energy systems that use the energy from our soul fires and disperse this energy through our meridian system and our 7 soul bodies also called the aura.

I like to think that the soul fires can connect to the heart chakra and that our soul energy is dispersed from there through the lower and higher chakras, but this could be entirely wrong as well.



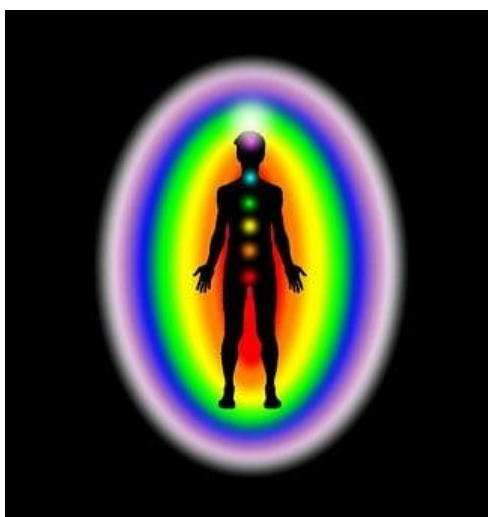
If the above picture is a correct representation of a Kundalini rising, then this energy creates a torus field around the body. Without kundalini activation this could still be the direction in which the energy flows. It would then be more likely that the soul fire energy enters the body from the feet and gets dispersed at the root chakra (muladhara).

The soul fire energy possibly enters the body from below as white light and is then dispersed through the entire body and beyond. The root chakra must be some sort of prism that disperses the white light into the seven rainbow colors.

The colour of the root chakra is red and red is a significant colour as it represents enthusiasm, passion, security and vitality. It also represents evil and the devil. Is that why the Kundalini energy within the root chakra has the shape of a snake? We must realize that these attributes can be used both for good and evil.

When the dispersed soul fire energy reaches the crown chakra and flows out of the physical body, it projects the seven soul bodies. I don't think body is the right word for it as they look more like layers of light.

I think that only the astral body can be seen as a real body as this body is used to travel outside the physical body.



In this picture you can see that the soul bodies look more like layers of coloured light extending from the physical body. These seven layers of coloured light make up what we call the aura. The aura has the shape of an egg. The outer layer of the aura can shield invaders from entering. When there are holes in the aura other entities can enter the aura and mess with our lives.

It is possible that only the three layers that correspond with the three lower chakras need shielding as the other four layers vibrate on a much higher level where demons with evil intent cannot connect. Let's assume that the shield is like the shell of an egg.

We could argue that demons cannot penetrate the upper layers when the eggshell has holes in it as the vibration is too high but we can also argue against this as it probably depends on how much the upper layers are activated with soul fire energy. If not much energy is getting to and through the heart chakra, all layers above the heart chakra will also be very weak. This could explain why entity possession happens more easily with people that live in a low vibrating aura where the higher layers are very weak. This could then result in a weak protection shield.

When demons enter the aura, it is called entity possession. It means that soul fires from other beings can enter our own aura and manifest themselves in there.

They can even talk to you and you don't know where the voice is coming from. These beings can be very hard to get rid of and can make your life quite miserable. This is what creates [multiple personality disorder](#). Most psychiatrist don't understand that it is just entity possession and don't really know how to deal with it.

They think it has to do with the splitting of the personality. I doubt it. I rather think it is multiple entities that have invaded the aura.

[Entity possession](#) happens mostly when the host has addictions similar or the same as the entity that entered the aura through openings in the less protective shield. It is possible holes in the protective shield only occur when the soul energy can barely uphold the higher frequency layers of the aura.

Let me list the names of the different layers that are generally believed to make up the aura.

1. The Etheric Body
2. The Emotional Body
3. The Mental Body
4. The Astral Body
5. The Etheric Template Body
6. The Celestial Body
7. The Causal Body

I was going to summarize what different Sources think about the layers that comprise the aura but I refrained from it. During my research I discovered something of interest that sheds new light on these seven so-called bodies.

According to H. P. Blavatsky, the founder of Theosophy, we only have two parts of our being which can accurately be called “bodies,” and these are the physical body and its double known as the astral body. There is a third body, as mentioned before, and that is the spirit body inherent to humans only.

The Etheric Body is the Astral Body. I consider the Etheric Body a misnomer as all of creation is ether-based and so are both the Astral Body and the physical body. A lot of confusion on this topic can be solved when we see the subtle (etheric) energy field as a field for creation.

When something is created in this gigantic field the creation in it is no longer the subtle energy field. It is a creation in the field. The basic elements of life (matter, energy, space, time, form and event) are the ether-based fundamental creations that make the diversity of creation possible.

When this assumption holds true, the Astral Body is not an etheric body but, as with every creation, an etheric-based body. All creations are then in fact energy manifestations and not subtle energy manifestations, as subtle energy is the spirit field that makes creation possible.

I know this goes against the views of many philosophers including Madam Blavatsky but I don't care. I just think that this puts many puzzle pieces into place.

I looked a bit into Theosophy and to my surprise I noticed that several principles in my own philosophy seem to correspond with this knowledge.

For example, in Theosophy Source being nothing, is acknowledged. They see Source as a non-existent entity which is an oxymoron. I used to think that spirit and Source were the same but not anymore; I now think that spirit is the subtle energy field (the spirit field). If my understanding is correct, theosophists think that Source and the ether (the spirit field) are the same “thing”. I don't.

Yet another principle that corresponds with my views is the spiritual being. The Theosophist sees it as a vessel that carries Source inside. And of course, they cannot explain this properly either. Nobody can for that matter. As stated before, I see a spiritual being as a spiritual body that carries a divine spark of Source inside. But ok, The Theosophists are pretty close.

In Theosophy the seven layers of the aura are explained in seven principles. I have mixed feelings about them as well.

Here is a diagram listing the seven layers (principles) of the aura. The diagram also shows the Pseudo-Theosophy and how it differs from Theosophy.

<p style="text-align: center;">THE CONSTITUTION OF MAN</p>	
<p style="text-align: center;">According to Theosophy (H. P. Blavatsky, William Q. Judge, The Mahatmas, etc.)</p>	<p style="text-align: center;">According to Pseudo-Theosophy (C. W. Leadbeater, Annie Besant, Alice Bailey, Geoffrey Hodson, etc.)</p>
<p>#7. ATMA Pure Eternal Spirit, the Self, the Higher Self, literally one and the same as the Absolute. The <i>One Universal Self of all</i>; not an individual or personal Principle in any way. There can be nothing higher or more supreme in the Universe than Atma.</p> <p>#6. BUDDHI Spiritual Soul, the vehicle for the radiation of the divine light of the Atma. Not actually an individual or personal Principle. Atma + Buddhi = <i>The Monad</i>.</p> <p>#5. MANAS Human Soul, the Ego, the permanent reincarnating Individuality, the mind and consciousness principle. This is where actual individuality begins. An egoic principle, not a "body" of any kind. Dual: higher is divine & immortal, lower is our personal everyday consciousness & is new each lifetime.</p> <p>#4. KAMA Animal Soul, the desire/passional principle. A principle, not a "body" of any kind. Only after death does it eventually become a <i>form</i>, the soulless and senseless shell called Kama Rupa.</p> <p>#3. PRANA Vitality, Life Force.</p> <p>#2. LINGA SHARIRA Astral Body, i.e. the Astral Double. The subtle, unseen blueprint, framework, and mould upon and around which the outer shell of the dense physical body is built and exists. The vehicle through which the vitalising energy of Prana flows to the physical. Used in astral travel, astral projection, etc.</p> <p>#1. STHULA SHARIRA Physical Body, the outer shell.</p>	<p>THE MONAD Pure Spirit, the Divine Spark in man, higher than Atma and Buddhi, a type of supreme divine individuality, more or less unique/distinct for each person.</p> <p>ATMA The higher part of the individual soul, the force of spiritual will.</p> <p>BUDDHI The individual faculty/quality of spiritual intuition. Basically synonymous with intuition & higher intellect, works alongside the force of spiritual will (i.e. Atma). Each person has their own Buddhi, their own Atma, and their own Monad.</p> <p>HIGHER MANAS Spiritual Mind, the Soul, the Ego, situated within the Causal Body aka the Higher Mental Body and the Higher Self.</p> <p>LOWER MANAS The Mental Body, the subtle vehicle in which the Ego functions on the lower parts of the mental plane.</p> <p>KAMA RUPA The Astral Body, aka Emotional Body. The vehicle used by the Ego on the astral plane & in astral travel, astral projection, etc.</p> <p>ETHERIC BODY Linga Sharira. The subtle, unseen blueprint, framework, and mould upon and around which the outer shell of the dense physical body is built and exists. The vehicle through which the vitalising energy of Prana flows to the physical. <i>Cannot</i> be used as a vehicle of manifestation or consciousness.</p> <p>PHYSICAL BODY The outer shell.</p>

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Here is what I think:

Atma is Source and Source is the Monad in Gnosticism. Pseudo Theosophy seems to consider Source as some kind of energy manifestation like a divine spark. I don't. The divine spark could be considered as some kind of representation of Source within existence but not Source itself as I consider Source itself to "be" beyond energy.

In Theosophy this representation of Source is called Buddhi and in Gnosticism it is called an Aeon. In Theosophy (not Pseudo-Theosophy) Atma is the Absolute.

In philosophy, the Absolute is the term used for the ultimate or most supreme being, usually conceived as either encompassing "the sum of all being, actual and potential", or otherwise transcending the concept of "being" altogether. [Wikipedia](https://en.wikipedia.org/wiki/Absolute)

The definition of Atma in Theosophy also comes close to my way of looking at it.

However, I don't see Atma as eternal because eternal implies existence. To me, Atma is not supreme. How can it be when it is in a state of nothingness? You can only be supreme when you exist. Supreme, in this context, means greatest in status, authority or power.

Atma is not the higher self. This is because Atma (Source) is beyond existence. The higher self does exist. An Aeon could be considered the higher self of all the living creatures she created.

According to the philosopher Rene Descartes the self is the mind and if this were true Atma would not be the self. I rather think the self is in the mind.

To me, the higher self is an existing entity. For spirited souls this could be the Aeon Sophia. For non-spirited souls this could be the Orion Queen. Then again, in essence Sophia is the Orion Queen.

Buddhi is what I call the spiritual body (being). A spiritual being doesn't necessarily have a soul as the Aeons have no soul but are spiritual beings.

But we now have learned from the Gnostics that there really are spirited souls. Still, a spirited soul is not Atma either.

So, I am back to square one. With this knowledge I cannot explain the seven layers of the aura. I know now with some certainty they are not how they are commonly understood. As I already hinted on earlier, the seven soul bodies listed above are, except for the astral body, not bodies.

Let me show you why I came to that conclusion. For this we have to visit the subject of Theosophy again. Here a direct quote from [their website](#):

"Someone has remarked that the teachings of H. P. Blavatsky and William Quan Judge quoted in articles such as [Mysteries of the Astral Body](#) seems to be confused and mixed up between the "astral body" and the "etheric body."

But the fact is that there is no such thing as the etheric body and that the confusion the reader may have experienced is due to their having unfortunately accepted and believed the Pseudo-Theosophy teachings of such people as C. W. Leadbeater and Alice Bailey.

Neither H. P. Blavatsky nor the Masters recognize or mention any body matching the description given to the so-called etheric body by Leadbeater, Besant, Bailey, and other subsequent writers.

Blavatsky and the Masters also never use the term "etheric body."

No-one had ever heard of the etheric body until C. W. Leadbeater claimed to have discovered it by his clairvoyant powers sometime around the early 1900s.

He and Annie Besant then altered the existing description and definition of the astral body in order to fit the "newly discovered" etheric body into the details of man's inner constitution. At the same time, they altered the definition and details of all the other "principles" or components in man, resulting in terrible confusion for many students ever since."

I think that both Theosophy and Pseudo-Theosophy contain considerable flaws. I do realize that it can be hard not to contradict yourself when you try to come to some understanding of the unfathomable Monad.

I have my own hypothesis of what the seven layers of the aura could be and I am just putting it out here for you, the reader, to consider. Not to teach you, just to inform you of a possible solution that makes the most sense to me.

To some degree I agree with Madam Blavatsky that there are only two bodies and not seven, the astral body and the physical body. The astral body contains the seven layers of the aura.

There is a third body and that is the spiritual body that only the Aeons and spirited souls have in common.

The reason for the aura having seven colours is because it is dispersed soul fire energy that has moved through the crown chakra and formed the seven layers in and around the physical body.

As stated before, the seven colours are created from white light. I believe soul fire energy is white light that changes into coloured light when it moves through the root chakra. All the qualities that are connected with the seven layers of the aura are in fact qualities of the soul.

It seems logical that the astral body is the soul body that is manifested by the soul fires. However, it recently came to light that the astral body is actually an artificial overlay of the real soul body. I tend to think that it was created by our oppressors.

In Theosophy the individual mind is the soul. I assume the individual mind of us humans is mainly in our astral body. When the makeup of the soul is holographic, and I believe it is, then this assumption would make the most sense.

In a holographic structure information never gets lost. No matter in how many little pieces you split the information; each little piece contains the entire information. The data storage capacity of the mind is pretty much unlimited when the mind is embedded within the holographic soul.

It could also mean that the individual mind is holographic or at least has a structure similar to the holographic soul. When the mind would leave the soul, it would still exist outside of the soul, as is the case with the Aeons. The Aeons are spiritual bodies, they are not Source but carry a divine spark that represents Source within their spiritual body. That, to me, is the true meaning of a spiritual being.

The individual mind consists of the 6 elements of existence and holds all the significance and corresponding emotions that were added to these elements.

All the quantum computers combined can't match the data storage capacity of the mind. It can only contest with the soul/mind composite when holographic or a similar technology is applied. Speculation, I know. However, the question is if it makes sense. I think it does.

Each soul can keep its soul fires going through contact with the galactic centre. The galactic centre gets its energy from the vast subtle energy field and is the energy source of a universe.

Source is behind the vast subtle energy field. We could say that all energy, be it the subtle energy field or the energy that is created from that field, comes from nothing (Source).

All that is manifested from the subtle energy field can only sustain itself through the extensions of Source, the Aeons.

Original manifestation is an outward masculine emotional energy from an Aeon or spirited soul. It is not personal; it can only happen through you. Not by you.

It is of some importance to understand this as many things fall into place when we know that original creation comes from the divine spark that exists within a spiritual being. Original creation can only manifest in reality through this divine spark that represents Source.

One could assume that we spirited souls are the divine spark that is present within the spiritual body and, as such, we are a direct representation of Source. I don't think that this is the case. We are the spirit body since I don't consider the divine spark an entity.

Original thought is original creation. It is a divine feminine energy. It is feminine because it is received, which is an inward motion.

Manifestation of original thought is the divine masculine energy. It is masculine because it is an outward motion. Original thought can only be received by a spiritual being and can only manifest through a spiritual being. All original thoughts emanate from this divine spark but come from Source.

An original thought is a thought that didn't exist before it was thought of. It is a unique thought that doesn't depend on other thoughts. It is a complete thought that can stand on its own.

If you are a writer, creating a story that has never been told because it didn't exist before you created it, makes you a spirited soul. You receive the story via the divine spark within. The story comes from within your spiritual body. It is ok to consider it your story but it isn't. It is given to you by Source through the divine spark within you.

When you communicate this story through the writing of a book it becomes a manifested reality. Source, through its divine spark, writes the book through you. You are the vessel that makes original creation possible. You can change it afterwards any way you like. When you do, it becomes your story. The altered version we can see as your creation.

Source complies with your intentions. It might be hard for some to accept that original creation comes from Source because we want to be the source of it but we are not.

Just ask a composer where he got the ideas for his music piece. He might tell you that it just came to him. This is of course only true when the composition is not just a copy or an altered copy of the original composition.

The original thoughts a spirited soul receives from Source through the spark from within can get mixed with his/her own thoughts, resulting in a watered-down version of the original received thought from Source. His/her own thoughts are based on other thoughts that are not original thoughts.

There is one more thing I like to get into, as I promised I would in an earlier chapter.

What is attention?

What makes attention more important than intention and emotion?

There is a very simple answer to this. Attention is thoughtless. It is not non-existent but in essence attention is thoughtless. That is why it is the core of consciousness.

Attention doesn't think, it only observes. Observation becomes less pure with thoughts. It's recommended to think about it only after we have observed what there is to observe.

Attention happens from a viewpoint in space and can be called the real you. Attention is who we really are. We are the observer and we use intention and emotion to have an experience.

For those with a body/mind composite lacking an individual spirit (divine spark) I think they are just an attention unit having a viewpoint in space. Highly speculative of course but that is what this E-book is all about.

This concludes chapter 5. In the next chapter I will go into the subject of magic.

Chapter 6

It's a kind of magic

The meaning of the word magic as I want to use it in this chapter is:

- Having supernatural qualities or powers.
- The use of special powers to make things happen that would usually be impossible.

There is a very dark side to magic that I am less interested in but I will cover it to some extent.

I think magic is all things that can be observed or experienced beyond the 5 senses. This would be the broadest meaning of the word. It is not defined this way but I like to think of it like this.

I just did something magical. I thought of a new definition of the word magic that no one has thought of I presume. If it is true that no one else before defined it this way, it is an original thought coming from Source. Isn't that a kind of magic? (Queen)

Since it is all about magic in this chapter, I want to give other definitions of the word, so we know what we are talking about here:

Magic

1. The art or practice of using charms, spells or rituals to attempt to produce supernatural effects or control events in nature.
2. The charms, spells and rituals used.
3. The exercise of sleight of hand or conjuring, as in making something seem to disappear, for entertainment.

Magic

1. An extraordinary power or influence seemingly from a supernatural Source.
2. Having seemingly supernatural qualities or powers (adjective).

Magic

1. A power that allows people (such as witches and wizards) to do impossible things by saying special words or performing special actions.

Magic is a vast subject that can easily be compared to science and religion. Magic as I see it is definitely a part of every religion but also a part of the entertainment industry.

There is no magic that can supersede the magic coming from Source. Magic is a mystery to those subjected to it. The magic that comes from Source is what I called original creation or original thought. All of a sudden it exists. It didn't take time to create it. It just came out of nothing (Source) instantly and perfect.

Mystery (magic) is the inability to understand something.

On a certain level of awareness, we will start to change original thought and thus the original creation. The reason we are inclined to do this is because we are below the awareness level of extra sensory perception (ESP). Just below this level is the level of intuition. The only difference between ESP and intuition is that on the level of ESP we know what we see or experience. There is no doubt about our observations, whereas on the level of intuition we are not completely certain about what we feel or experience. Many people have issues with trusting their intuitive abilities. When intuition is strong, it has undoubtedly become ESP. Since we are uncertain about what we experience, we will be inclined to change it. Above ESP we don't feel the need to change things as we can easily accept reality as it is experienced.

The term ESP could also be expanded considerably to a point where all observations that we do without the senses are on this level, as this is what the term actually means. The level of ESP on the scale below however is different.

I want to publish my Awareness chart here in this book as it can be of help to understand what I want to cover.

Here it is:

The Awareness Scale

Total Knowing
Knowing
+ Being Fully Aware –
+ Being Yourself *
+ Extra-Sensory Perception –
+ Intuition *
+ Purpose –
+ Competence *
+ Belief –
+ Ideas *
+ Understanding –
+ Exchange *
+ No Understanding –
+ Confusion *
o Assumption –
o Unreality *
o Fixed Reality –
- Helplessness *

- Irrationality –
- Total Failure *
- Unable to Assume Identity –
- Unaware *
- Not Wanting to Know
- Not Knowing

The plus levels contribute towards constructive creation. The minus levels contribute towards destructive creation.

The zero levels can contribute towards both constructive and destructive creation depending on the influence from the plus and minus levels of others. The stars and dashes on the right side of the awareness scale indicate whether it is a stable or an unstable level of awareness. A star indicates instability, a dash stability.

The knowing levels at the bottom and the top of the scale are not awareness levels and therefore carry no symbols. “Not Wanting to Know” is what we refer to as ignorance. Ignorance is beyond awareness. It is the opposite of “Knowing” and “Total Knowing” which are also beyond awareness.

Not Knowing can also be defined as ignorance according to dictionary definitions. I added “Not Wanting to Know” to the scale due to new insights. However, ignorance as used by the Gnostics means not wanting to know. This state was created by the Aeon Sophia and got humanity into the deep trouble it has been in for a very long time.

Somewhere in the middle of this scale is the level of “Assumption”. This is the awareness level where we start to change original thought and thus original creation without the use of logical thinking.

We are no longer able to see or experience the beauty and perfection of original creation and therefore want to alter it in order to make it perfect again. Because we cannot know its perfection, we think it is wrong or we just want to change it, so it is perfect for us. This is the deeper meaning of ignorance.

Why would Yaldabaoth/Enki, the son of Sophia/Orion Queen, not be able to make a perfect copy of original creations? It must be that he cannot completely observe perfect creation. That is why he makes imperfect copies. Why is he unable to observe perfect creations? He is on too low a level of awareness to see that the original creation is perfect. Intentions and emotions get in the way of pure awareness. Awareness becomes blurred. It is as if we look through ideas or beliefs instead of just looking and seeing what is. Don't we all do this as well to a certain degree? Our beliefs colour our vision.

Magic predates religion and most probably religion predates science. Established religion banned magic as it often went against their religious doctrines. Nevertheless, religion is all about magic and so is science.

Life is magic and magic is mystery. Since wanting to know is our basic drive, we need mysteries to solve in an attempt to know these mysteries. Even if we solve them, we cannot know these mysteries, as knowing is beyond the mind.

We can understand mysteries but understanding mysteries is nothing but replacing them with other mysteries that we try to understand. Understanding itself is a mystery to some degree, as no one understands things exactly the same. Understanding is a personal thing.

We can function thanks to agreements about understandings but as soon as we really explore what we think we understand, we wind up in mystery again. Life is pure magic. For us it is impossible to know existence, for if we did, the magic (life) would disappear instantly and only nothing (Source) would remain.

Black magic:

There is black and white magic. There is an obvious and essential difference between these two forms of magic. Black magic is used for evil and white magic is used for good but there is more to it.

Black magic needs rituals and symbols to succeed, whereas white magic essentially needs none of that. By simple intent, things will manifest magically. The only problem with white magic is whether we are able to have pure intent, so we don't block or hinder our intent.

People need rituals with black magic because they are lower on the scale of awareness. They are on the level of Assumption or on the levels below Assumption. The level of Assumption can easily be confused with the much higher levels of Intuition and Extra-Sensory Perceptions (ESP). These higher levels are real. What you intuitively feel is correct. What you perceive without the senses is what is actually there. On the level of Assumption, we think that it is real but it usually isn't.

Of course, when we assume something is real it can eventually become real for us but not for others. Reality needs to be agreed upon, for if it is not, things are real for one but not for the other.

Rituals and symbols help the black magicians to manifest since they believe that the rituals and symbols bring about the desired result. They cannot simply have intent, as this requires a much higher level of awareness. Having intent without any additional tools or procedures starts on the level of ideas and becomes easier and more successful as we rise from this level upwards.

You must realize that the level of Ideas is a plus level, meaning that the Idea is constructive and meant to be for the benefit of all. Black magic is destructive because it is only of benefit to the practitioners and whoever they work for but it is to the detriment of others. However, it can be done successfully and is done successfully by the elite to bring as much harm to humanity as they possibly can.

As long as they believe in their rituals and symbols it will do the heavy lifting for them. It is still their intention that brings about their evil but according to them it is the rituals and symbols, as this is what they believe. Their intention is too weak to manifest without these symbols and rituals.

Pure intention is impossible for them as this requires a mental stillness shortly before and shortly after an intention is set. They cannot do this.

They need to replace their evil intent with rituals and symbols or they will not succeed. A real intention is far more powerful than an intention that needs rituals and symbols.

In my opinion this is all we need to know about black magic.

White magic is pure intention that is most effective when we are on the highest awareness level of Being Fully Aware but it can already be successful from the level of Ideas upward. From the level of Ideas, rituals and symbols but also crystals, stones and other gadgets that we believe in can assist in manifesting our intentions.

Now I would like to attempt to clarify the magic of all magic. In other words, where does magic originate from?

When we look at the subject of kinesiology (muscle testing), where we use the body to get answers to our questions, we could ask ourselves: 'how does the body know whether some medicine or supplement will actually benefit us or not?' Is it the body that provided us with an instant answer of yes or no? Is the body really that special or is there more to this? Is it the subconscious mind that answers our questions with a yes or no, or is it the soul? I believe it is none of these elements.

There are also therapists who use a pendulum to get answers. What moves the pendulum? Is there some mysterious force that moves the pendulum or is it the hand of the therapist that is taken over by the subconscious mind? Does the subconscious mind have all the answers we seek?

Don't you have to be all-knowing to give answers to the most difficult questions? Is the body or mind all-knowing? I don't think so.

The obvious answer to all these questions is Source, as only Source is all-knowing and knowing has no part in existence. Therefore, I believe the answers come from Source. They appear out of nothingness. And they appear within the subtle energy field that is omnipresent and permeates all things.

Many therapists don't understand this and muddy the field by thinking. Through thinking the answers from Source gets blurred. This type of testing becomes unreliable when therapists start to assume things. Thoughts have energy and can as such effect testing. When a therapist thinks that a certain supplement has health benefits for you, this thought might create a positive response in the patient and as such blur the response from Source.

Remember that Source works through its divine sparks that exist in the Aeons and the spirited souls. This doesn't mean that Kinesiology can only work when the person is a spirited soul. Non-spirited souls can be in contact with the information layer of the spirit field and as such be in contact with Source.

Thinking that the subconscious is able to correctly answer all questions is giving it too much credit, if you ask me.

All magic comes from Source and from nowhere else.

This to me is a big piece of the puzzle. What we want the divine spark of Source or the information layer of the spirit field delivers, when we stay out of the way. It really is some kind of magic, I would say.

I used to think that Source was not involved in creation and I still think so, as it is the divine spark that creates original thoughts. Evil creations find their roots in imperfect copies of original creations.

In the next chapter I want to go into the reprogramming of the subconscious mind.

Chapter 7

Reprogramming the subconscious mind

There is nothing more important than getting more control over our subconscious mind. [Wes Penre did a video on this topic](#) where he explains how this can be done. I want to give you my view on this video in an attempt to make this subject crystal clear.

When you have read this chapter, you will understand that you can overcome all the barriers that stop you from taking responsibility for your reactive behaviour. This doesn't mean you will do what is explained in this video. Whether you will act on what you know after you read this chapter is totally up to you and no one else. But you cannot say to yourself anymore that you didn't understand the importance of it or that you don't need to do this. There will be no excuse for not doing it as all the excuses will be dealt with here in this chapter.

We all have undesirable thoughts and behavioural patterns. No one is totally free from it and no one will become totally free from it no matter how much reprogramming we do. This has everything to do with the planet? We live on and the suppression that is part of our everyday life.

There are several reasons for people, who know they have undesirable thought and behavioural patterns, to not take responsibility for them and this is what this chapter is mainly about. I do want to go into different methods that can be of use in extreme cases. I also want to elaborate a bit on Wes's video. So, let's dive into this extremely important topic.

The subconscious mind is a collection of programs that activate all kinds of different patterns. It is an automatic, reactive mind that takes care of all the different functions in the body. It collects our thoughts and experiences and registers them when we are not aware of them. These thoughts and experiences can become programs through intention, emotion and repetition. It is the patterns from these programs that make us behave and think in a fixed way.

For information to settle in the subconscious mind we need to be unaware of it. When we are fully aware of certain information, it is registered in our conscious memory bank.

The subconscious works on a fight-flight response basis without our consent. It gets activated by outside stimuli or by our own imagination or a combination of these two. Its function is to protect us from harm. Without this automatic mind we cannot live in this world. It is a survival mechanism that we cannot be without. It also contains standard programs that deal with the functioning of our body.

There are mainly three different categories of standard programs:

1. Programs that are working non-stop without the need for stimuli.
2. Programs that are working only when correction or maintenance is needed.
3. Programs that were installed through experience in order to avoid future harm.

The programs installed to prevent future harm (category nr.3) work on a stimulus response basis from outside the body. They go into action when an earlier experience similar to an experience in the present moment gets triggered. The earlier experience gets triggered because it consciously or subconsciously reminds us of it.

Maintenance programs (category nr 2) are stimulated into action by the body itself. An example of this is the flu. This is a maintenance program that starts a detox of the body. It actually is an emergency detox. The detox organs could not deal with the toxic overload anymore. Now the body needs a more severe program to deal with it. This is also why the flu happens cyclically in people with too many toxins in their body.

Doctors and therapists think they have to interfere with it with medicines and thus make matters worse. Medicines provide temporal relief but at the same time stop the so needed emergency detox program. Moreover, medicines are toxic most of the time and add to the toxic overload.

Here a piece of advice:

Don't start a detox cure when you are sick as you might become a lot sicker. Be careful with detox cures as it is a bypass of the body's own detox programs. Detox cures can be extremely valuable if used in a moderate way. When Herxheimer reactions are becoming too much, lower the dose or stop the cure until they subside.

When you are chronically ill you might benefit from a detox cure when you build up the doses very slowly and decrease or stop the intake when your body overreacts. Continue with a lower dose when the reactions subside. In some cases, like chronic illness, detox cures are not the right thing to start with. Look for other non-detox remedies or consult a natural doctor/therapist.

The subconscious mind determines to a great extent how we experience our life. It can work for us or against us. The way it works depends on the information it gets. It programs itself with the input coming from outside and from our own thoughts about what we experience.

With the first category I refer to all the automatic functions in our physical bodies.

Reprogramming our subconscious mind is a necessity for every human being who wants to become more aware. If you want to become less aware and more evil, reprogramming this mind is also a necessity as you can always become more evil by overwriting the existing evil programs with the more evil ones. This is how evil people become more evil.

This should tell you that the subconscious mind is of great use to the archontic/AIF oppressors of this world.

There are limitations however. For example, someone with a social personality cannot be programmed to kill his/her fellow man. This programming to kill (category 3) goes against the moral codes of the Social Personality and will, for this reason, not be executed.

One could still kill consciously but not as an automatic reaction coming from the subconscious mind. Doing this consciously with intention, emotion and repetition will definitely transfer the killing act in a subconscious program.

However, social personalities are a rare breed. Let me explain:

I made a personality scale that should make a lot of sense. You will find this scale explained more extensively in [this e-book](#).

Personality Scale:

- Social Personality (SP)
- Moderate Social Personality (MSP)
- Non-Social Personality (NSP)
- Moderate Anti-Social Personality (MASP)
- Anti-Social Personality (ASP)

Most people are Moderate Social Personalities (MSPs). There are of course many shades of grey between these personalities. The Social Personality is honest about everything and will not bow to harassment or tyranny. You can see why not many people here on earth are (SPs), as oppression can be extremely hard to endure and there is a lot of oppression going on in this matrix construct.

Moderate Social Personalities (MSP) will do harm to others if forced to. Even if it goes against their moral code. This depends on how much force is used or harm is inflicted upon them.

'If you don't kill him, I kill you'. The (SP) will not kill but the (MSP) might do. The (NSP) will certainly do it and below that it will be done with great pleasure.

The anti-social personality is a sociopath, a psychopath, a narcissist, or a combination of these three. The narcissist and the sociopath can both be categorized as a Moderate Anti-Social Personality (MASP). The psychopath is the ASP.

For a more elaborate explanation check out [this e-book](#). It contains essential information on the topic of discrimination which is very much linked with anti-social behavior.

With this personality chart we have some kind of a yardstick that can be used to determine who we want to associate with. It is of some importance to learn to recognize on what level of this scale people mainly function.

When we associate with people who are too low on this scale our subconscious mind will get overstimulated and it becomes hard or next to impossible to gain more control over it.

When we are associated with people that operate on the two lowest levels we are in deep trouble. The only solution is to distance ourselves from these people as they cannot and will not change.

When you are victimized by anyone who is on the two lowest levels you do have to take this information very seriously as the traits on these levels will ruin your life if you fail to recognize them and act accordingly. This is no laughing matter as it might influence you for the rest of your life. If you fail to distance yourself from these people you will experience great misery and there will be no remedy that can give you relief, at least not for long.

You need to educate yourself on this as much as needed and there is a lot of good information that can be found on the internet.

There are two information sources that really stand out from the avalanche of information available on this topic. It would be a wise decision to learn from these two Sources.

[Richard Grannon](#)

[Sam Vaknin](#)

The latter one is an actual psychopath by own admission. He is also diagnosed as a narcissist but his knowledge on this subject is second to none. These two people are, without any doubt, the best information Sources you can find.

Since it takes normally 20 to 30 days to overwrite an undesirable subconscious program, it is very hard for a co-dependent to not fall back into the same routine. The Anti-Social Personality (ASP) or the Moderate Anti-Social Personality (MASP) will most probably find out about what you are doing and do anything in its power to make you fail.

A co-dependent is unable to set healthy boundaries and is inclined to please others. Their sense of self-worth depends on the person who is on the receiving end of their attempts to please.

Co-dependency defined:

Co-dependency is a way of behaving in relationships where you persistently prioritize someone else over you and you adapt your mood based on how they behave.

Here is [a website](#) that explains it in great detail.

The method explained in Wes Penre's video has not much chance to succeed as the ASP will not allow it. Distancing yourself from those people is the only solution.

As long as you are a co-dependent to an ASP or MASP you will have a hard time distancing yourself from them. When you think this might apply to you, study the above website very carefully and follow their advice, for if you don't, there is no hope for improvement no matter what you try.

Co-dependency usually finds its roots in childhood trauma. You can be a co-dependent without being connected with an ASP or MASP. This is less serious but can still turn you into a victim. Victimhood is also a reason for the inability to reprogram your subconscious.

If you feel victimized by certain situations in your life, such as heavy losses, you will find it very difficult to apply useful methods to reprogram your subconscious mind.

I wrote an e-book named "[Victimized by a Loss](#)".

When you look back at your life and feel that you carry a heavy burden, such as a severe loss, you might find some relief by reading this e-book as it explains in great detail what your chances are to rise above it and how to go about it. It also might provide you with a deeper insight of the situation you are in. This is much needed since improving your understanding of your current condition increases your chances to overcome it.

Another hurdle that might prevent us from reprogramming our subconscious mind is the unwillingness or inability to observe our own thinking or behavioural patterns. People who are extrovert have a hard time to look inside.

Extroverted people are very much submerged in the story of their life and that of others. Their attention can be quite fixed on what is happening around them. They talk a lot about what they have experienced in order to gain attention from others.

Because their attention is directed toward the situations in their lives, they have very little attention left for self-reflection.

Introverted people tend to put more of their attention inward and as such are more able to look at their thoughts and actions. Introverted people clamour much less for attention and are therefore more willing to self-correct.

It is the inflated ego which is the real hurdle. It wants attention non-stop and doesn't feel good unless attention is given. It can never feel at peace as either there is attention hunger that makes the ego feel depressed or there is too much attention which creates a short-lived state of euphoria. Both of these states cause different hormonal responses in the body. Due to all of this, the inflated ego is hardly ever at ease.

The inflated ego will have to work vigorously to get attention from as many people as possible to not feel depressed. Being at peace means nothing to those people. They want to score. They want to be successful and show the world what they have attained or what they can do. Their craving for attention can be so strong they are willing to do almost anything to gain it.

An inflated ego can be extremely extrovert and lead a perfect life, yet still be depressed most of the time. Having a strong purpose they can work on is a saving grace for them as they can direct their attention on what they do and divert it from feeling depressed, caused by a lack of attention.

They can be narcissists but not necessarily. They may fall under the category of the moderate anti-social personality (MASP) but more under the category of the non-social personality (NSP). Introspection can be very difficult for them, if at all possible.

For this reason, reprogramming their subconscious mind might not be for them unless they really want to change.

Mental and physical health issues can also prevent you from reprogramming your subconscious mind as they can really drag you down into the lower levels of awareness.

All these hurdles need different approaches. In fact, when we look at the awareness scale each level from the lowest to the mid-level of assumption needs a different approach.

Let me show you the part of the scale I am referring to:

- + Confusion *
- o Assumption –
- o Unreality *
- o Fixed Reality –
- Helplessness *
- Irrationality –
- Total Failure *
- Unable to Assume Identity –
- Unaware *

As you can see, it is the zero and minus levels which form the barriers to reprogramming as on these levels the person is generally not open to reform or awareness improvement.

On the level of Assumption people are non-critical and have lost the desire to ask questions or think logically. They Assume things because someone else they see as an authority said so. This is the level where people are most prone to manipulation.

On the level of Confusion just above Assumption one can still have a desire to sort things out or to investigate things in order to solve the confusion. On the level of Assumption there is no such desire.

We can still respond to self-help methods when we assume they will benefit us. When we execute a self-help program assuming it won't work for us, we will fail miserably.

From this we can deduce that the level of Assumption could be influenced in a positive or negative way, depending on what outside Sources would have us believe. The herd mentality starts at this level. It is a crucial point on the awareness scale, as we go from logical thinking to not thinking things through at all.

When we descend on the scale things gradually deteriorate.

The level of Unreality is experienced as uncertainty. When you start to work with information that you just assumed because of authority saying so, you become uncertain when you act on it. I called this level Unreality as that is what it looks like when you view it with a logical mindset.

Assuming things can also be beneficial when you want to philosophize. A philosopher who cannot assume that a certain datum could be correct or incorrect will find it hard to draw conclusions.

This, however, has nothing to do with the awareness level of Assumption. At this level you assume things without any logical reasoning and you will almost always get into trouble with it when you use such a datum in real life.

People descend from Confusion to Assumption due to a lack of desire to solve that confusion. It is possible one wants to resolve his confusion but is unable to. He could drop the entire confusion and go on with his life but if he has to solve it and cannot, he will be liable to start assuming things without any logical reasoning behind it.

This is the trap. When you are looking into how people get trapped, don't look any further since this is it. This is also the point on the scale that the archons/AIF uses most successfully. They can suggest a datum that is entirely false and get away with it. Out of urgency to solve a confusion we might buy any datum that comes along and accept it as true. From this point it becomes rather easy to lower one's awareness or that of others.

We descend into the level of Unreality when we act on suggestions from others and get into trouble with it. This is an unstable level of awareness. At this level accepting self-help methods becomes slightly more difficult.

However, if we descend lower on the scale to Fixed Reality it becomes even more difficult because this is a stable awareness level which is hard to shake. On this level people are certain they are right and defend their beliefs vigorously. They defend it by making others, who think differently, look wrong and feel this is perfectly justified. How dare they question our belief.

War can only happen on this level or below. All arguments happen at the level of Fixed Reality. At this level their belief system can only be altered by their authority. It is much more a fixed opinion than a belief.

It could be a religious leader but it could also be a parent, a teacher, a politician or a media outlet. Anyone, but those they consider their authority, is wrong as it is only their authority that is right. That defines a person in Fixed Reality to a certain degree.

When their Fixed Reality is thoroughly shaken, they are in deep trouble as they might descend into the unstable level of Helplessness, instead of rising to the unstable level of Unreality again. Both below and above Fixed Reality there are unstable awareness levels. This is another reason why people don't easily move beyond Fixed Reality. They don't want to feel uncertain and they definitely don't want to feel helpless.

At the level of Helplessness, they cannot be helped. That is why I called it helplessness instead of victimhood but it is the same. At this level people can no longer make up their mind. They cannot decide about anything that pertains to what they feel victimized by.

Helplessness makes it even more difficult to either rise to or descend from. Usually there is an urge towards stable levels of awareness when at an unstable level but on this level one desires for more stability but is utterly unable to take any effective action.

The anti-social personality knows how to use any level of uncertainty in others to his advantage. That is why we find their associates mostly at the levels of Unreality or Helplessness and not so much at Fixed Reality.

I hope I have given the reader some idea of the value that can be found in this awareness scale. There is of course much more we can learn from it. I wrote an e-book on this scale. There is also an expanded awareness scale with more than 100 levels of awareness, all explained in great detail. I provide a link for it in case you want to look into it.

[Awareness, the Road to Knowing](#)

The above is not a story book. It is more like a study book that mainly contains research data. The research was done through observing my own and other people's behaviour for many years. Human behaviour kept my interest for a very long time. When I mingled with others, I let them talk to me and hardly listened to what they had to say. I was far more interested in how they said it and whether they had a hidden agenda with it. I learned a lot from just observing human behaviour.

This book was published in 2011 and took more than 10 years to write. I must admit that my view on the essence of life has evolved over the years and the philosophy written in that book is not up to date anymore. However, the information on the awareness scale is still very much applicable. Almost all of my later research is based on this extensive scale. I could not have written the other e-books without it. In this book I also leaned heavily on the knowledge that was written in "Awareness, the Road to Knowing".

The scale can be used in therapy when you want to know if a person is actually rising in consciousness. This is not that obvious. You'll find out when you work with this scale.

Each level below Confusion requires a different approach. Wes Penre's video about reprogramming the subconscious mind may work best for people who are above the level of Assumption.

We must realize that, in each aspect of our life, we can be at a different level. There is a level we are at most of the time which is what we should work with. When people always complain and cannot see anything in a positive light, we know that they are at the level of Helplessness. We cannot be of much help to these people.

That is why I wrote the e-book "[Victimized by a Loss](#)". Helpless people can only rise above this state by a better understanding of their condition. Then it is up to them to follow the advice given in this e-book. No one can do this for them.

They can be assisted but only to a certain degree. Eventually they will have to come to a decision all by themselves or they will not rise above it.

When people are at the level of Fixed Reality, we know there is an authority they believe in, no matter what this authority tells them. The fact that they believe in this authority is by far more important to them than what this authority communicates to them.

They easily accept pure and utter nonsense as it is not so much the message that counts but the stability they experience from their belief. This is very hard to grasp by those higher on the scale. They think these people are really stupid. No, they are not stupid. They value certainty and being right above rational thinking and an open mind. In other words, they don't want to know anything that goes against their belief as this puts their life in jeopardy.

Remember that these people might have invested heavily in their belief and, understandably so, are not very willing to let go of it.

Just try to tell a Catholic that his pope is a crook and see what happens. Or try to tell a member of a sect that his/her guru is only in it for the money and status. Would they believe you? They probably think you are a nutcase who tries to attack their religion and that you should be dealt with accordingly.

Nevertheless, there is some hope for people who are stuck in Fixed Reality. There is one thing you can do for them that might snap them out of it. They won't like you doing this at all, so don't expect them to be thankful. They might hate you for doing this.

What you do is ask questions in such a way that they cannot answer them and if they do, you question their answer.

You never go against their belief; you just question their belief and keep at it until they either become upset or confused. When they do, you leave them to it. No, they will not ask you for your opinion; they would rather want you out of their sight as you made their Fixed Reality less stable. They know it and don't like it one bit.

You might never hear from them again but you did sow a seed of doubt in their conscious mind. When they accidentally are reminded of it, they will cringe. The doubt is there and it cannot be erased. It can be ignored but it doesn't go away. When something else happens that goes against their belief, the seed will start to grow.

They will resist it as much as they can until the seed starts to grow to a point where they cannot suppress it anymore. When this happens, they will start to question their own beliefs and will look for answers.

This might or might not happen. It all depends on the person and how strong he or she will hold onto his or her beliefs. The more he or she invested in them, the more difficult it will be. But rest assured that you have done all you could for the person stuck in the awareness level of Fixed Reality.

At the level of Unreality, please be gentle as the person can be very uncertain and therefore rather vulnerable. Don't laugh at them or ridicule them for their belief. Be polite and ask the person if they want some advice from you. Give your advice only when they honestly want it.

On the level of Assumption, a lighter approach could do wonders. Although it is a stable level of awareness the person is not so stuck at this level in comparison with the lower stable levels. You can more easily change your mind when others question your belief. So questioning would work best at this level.

The responses to your questions will not be too irrational as is very often the case with Fixed Reality. The person might even ask you how you think about the issue at hand and you can tell them.

Still, irrational assumptions can get in the way of reprogramming the subconscious mind.

Assumption is a zero level of awareness. This is important to know as the zero levels are neutral and can therefore become either positive or negative. The zero level of Assumption is most prone to outside influences. When we assume that something is a certain way, we can still rather easily change our mind about it when information to the contrary presents itself.

We can rise to the positive level of Confusion and then try to sort it out for ourselves. We can also descend to the level of Unreality when we start to act on our assumptions.

This is what a real philosopher would not easily do. He would not act on his assumptions knowing full well that it is only an assumption and not factual information. The philosopher would use his assumptions in his thinking. He would try to find logic in them. He would try to find out if his assumptions correlate with other information Sources. This is why a philosopher is much higher on the awareness scale. More like on the level of Ideas.

Below Confusion ignorance manifests itself. We don't want to solve the confusion anymore and we resort to taking any random datum and just accept it so we don't have to think about it anymore. That is what I am talking about when I consider the level of Assumption.

It is such a crucial level to understand as it is the beginning of ignorance and all the ramifications it entails. The levels below Assumption only strengthen this level.

It is not that you stop assuming when you lower your awareness into Unreality and below. On the contrary, your assumptions are still there only now they changed into facts that you believe are true. You now call them facts that you want to hold onto. These facts are no facts but fixed opinions.

Can you understand how this creates the world we live in? It is what made this place into hell. A hell we create ourselves due to having descended on the scale below confusion. From there we can be manipulated, mind controlled and what have you. It is the starting point of all evil. Evil could not proliferate on a planet where people are on the level of Confusion or above.

Stay away from people who are below Helplessness as they are in the categories of an ASP or a MASP. You cannot help them and therefore it is best to distance yourself from them as stated earlier.

Let us summarize the barriers covered so far that can prevent successful reprogramming of the subconscious mind.

1. All the awareness levels below confusion
2. An inflated ego

3. Association with an ASP or a MASP
4. Illness
5. Codependency

The inflated ego is a very interesting hurdle for reprogramming the subconscious mind. Don't regard it lightly as it is a very serious barrier.

I would like to give my view on what the ego actually is.

For us humans the ego is mostly a subconscious mind construct that is formed and strengthened throughout our entire life. It is a complete mental package of who we are.

Our ego is mostly influenced by astrology, heritage and mind control (education). When we function in life we function as our ego. It is our ego that most of our attention is directed to. To keep society running smoothly we need to be in balance with other egos we associate with.

Many people seem to think that we are not our ego and I agree as essentially we are spirited souls or spiritless souls. I think that we are what we direct most of our attention to. When our attention is mostly on our ego and how to survive or thrive with this ego, we cannot help but be that ego.

There is nothing much wrong with our ego, it is what it is. The problems only start when our ego gets out of balance with other egos.

An inflated ego is a compensation for an inferior ego. When we think of ourselves as a total failure, usually due to childhood trauma, we tend to compensate for this feeling later in life by exaggerated behavioural patterns that were somewhat successful and became a program in the subconscious mind through emotion and repetition. This is what an inflated ego is all about.

The inflated ego fits at the level of Fixed Reality in the awareness scale and in the Personality Scale the inflated ego can be found from the level of a Non-Social Personality (NSP) down to the Anti-Social Personality (ASP). It can be a very serious hurdle for reprogramming the subconscious mind.

Illness as a hurdle is a double-edged sword. As earlier stated, illness or disease is an attempt of the body to do an emergency detox and will eventually help you to recover your health. In other words, it is a good thing. The bad thing is that people don't know this and do all kinds of things to stop the detox with medication. If this doesn't work anymore, they get depressed and the stress this creates makes it even more difficult for them to heal.

Now the illness becomes a real problem as, due to our inability to accept our condition, we lower our level of awareness below Confusion and as such are far less able to reprogram our subconscious mind.

There is another very important aspect to illness and that is the mental part of illness. All illness starts in the astral body first.

We have a real intricate energy system that can get blocked through emotional trauma. This can stay blocked for a long time, but eventually it will work its way into the physical body, and we get sick or become accident prone.

If you want to heal from this, detoxification isn't going to do it for you. You need energy healing so the blocked flows of energy can flow again. This is a whole other approach to health but a very important one. It should not be neglected. In many situations it is advisable to look for remedies that can heal you at this level first as physical remedies can be too much of a strain and might not get you anywhere until some serious energy work is done.

Codependency is another serious problem that lowers our awareness at the level of Helplessness. In other words, we are a victim of our own doing and are utterly unable to make up our minds about the situation we are in. A Codependent associated with an ASP or MASP is probably the worst situation imaginable. I don't want to discourage people in such a situation and I do think there is hope for these people but there is no easy way out.

If this applies to you, please read the solutions below. If you think it doesn't apply to you, read the solutions anyway as I firmly believe we can all benefit from them.

Solutions:

The most profound solution is to strengthen your connection with the subtle energy field (the spirit field). You can do this from the level of Helplessness all the way to the top. Below Helplessness the ability to connect with the spirit field is next to zero. The higher you are on the awareness scale the more you will be able to connect or strengthen your connection.

But let this not discourage the helpless as they can raise their chance to get out of Helplessness exponentially even when they connect with the spirit field ever so slightly.

Helplessness can be very hard to get rid of. That is why we need some support and the best support you can get is by connecting to the spirit field.

Solution Nr. 1

Connecting with the spirit field

Here is what you can do to connect with the spirit field or accomplish a stronger connection with it:

1. Find yourself a place where you can be alone for a while and not get disturbed.
2. Sit down or lay down so you are comfortable.
3. Close your eyes and notice the thoughts that fill your conscious mind. These are the automatic thought patterns from the subconscious mind.

If you didn't think them up yourself they are not your own thoughts. When you pay attention to these passing thoughts, allow them to be there even if they are of a negative nature. For this exercise it doesn't matter whether you see them as positive or negative. Just be a silent witness to these thoughts.

Don't try to stop these thoughts from happening, just let them happen but pay close attention to them and the emotions they generate. These emotions can be rather subtle but if you look out for them, you will notice they are present. When your mind is empty of thought, emotions can still linger. Just be in their presence and accept them. They will wither away eventually.

4. Now, find a still point within your train of thoughts. If you have a very active mind at first, you might have some difficulty finding a thoughtless spot, but they are there between thoughts. Keep looking for them until you find one. Just notice this still spot. The still spot is where you can connect with the spirit field.
5. If you cannot find a still spot ask yourself questions like: "Where will my next thought come from?" Now, notice the still moment just after the question and the next thought.

If you keep at it this way, you will get the hang of it. When you get really good at this you will notice that thoughts start to disappear. The still periods will increase and the time they last will increase as well.

6. To connect with the spirit field is extremely simple. All you have to do is to be in the still spot. In other words, be in the presence of emptiness or stillness and you are connected with the spirit field. You know you are connected when you feel a calmness or serenity or even euphoria. This is different for everyone. You are at peace and there are no thoughts that break the peace.
7. If you want help from the spirit field, you simply set an intention. When you are sick, the intention you would send into the spirit field could be something like: 'I am healthy and strong' or 'My sickness has made me healthier'. Always phrase the intention as if it is already a fact, or it has already happened. In fact, at the moment you set an intention it happens instantly. It is just that you are not aware of it. Then, when you start thinking again, you will be strongly inclined to nullify your intention. You might say to yourself, 'It didn't work', 'I still feel sick' or whatever your intention was about. We can find it hard to have an intention persevere because we overcomplicate it. It already happened for you in the astral realm (subconscious mind) but you couldn't see what happened and so you doubt your intention and your doubt modifies it. It has become an intention that you doubt will happen. So, how can it happen when you don't believe in it? Just leave your intention alone and the way you do this is explained in the next step.
8. After you set the intention, stay in the still spot as long as it lasts. The idea is to sandwich the intention with stillness (emptiness). Don't think about it anymore, just wait for it to happen and it will if you leave it in stillness (emptiness).

This means that you leave it in the hands of Source as Source is behind the spirit field and behind all manifestations in it.

These 8 steps are a rework of a system that I took from Dr. Frank J Kinslow's book "The Kinslow System".

In the still spot there shouldn't be any emotions as emotions are generated by thought and in the still spot there are no thoughts. However, as explained above, emotions can linger on even when your mind is still. Don't let this discourage you. Just accept them and observe them until they subside.

Solution Nr. 2

Shadow Work

'Until you make the unconscious conscious, it will direct your life and you will call it fate.'

CARL JUNG

[What is Shadow Work?](#)

"The idea of the shadow self was first conceived by Carl Jung, a 20th-century psychologist from Switzerland. In his field of psychology, often referred to as Jungian psychology, the word 'shadow' refers to hidden parts of our being."

"This may be parts of ourselves we try to repress because they make us feel sad or hurt. This is the side that we don't show society, like when we are at work or school. It can also indicate how we internally perceive ourselves as being weak or in pain – that we feel the need to hide these parts of ourselves."

Carl Jung believed in the integration of the shadow side so that our full self is acknowledged, and we can live in a balanced way.

Before we can reprogram the subconscious mind, we need to do shadow work. We need to look at our dark side and accept its existence for if we don't, we allow it to dominate us and there will be nothing to reprogram. We might even think that our subconscious mind doesn't need reprogramming when we are unaware of our dark side.

I don't fully agree with Carl Jung. I do agree that we need to face our shadow side and thus bring it to our attention. However, to integrate it into our being in order to be a complete being is to acknowledge that we are our shadow side.

We are not, unless we start to believe we are. Let me give an example here:

Let us say we become aware of a habit we have and that is pushing others down when they counter our beliefs. Just realize that this insight is a major step forward.

Now we integrate this as part of our being, so we are more of a whole being because our shadow is not a shadow anymore. In other words, this nasty habit is part of our being beside the good habits being a part of our being. So, is it ok to be a nasty son of a bitch?

I don't think so. This nasty habit is not what we are. I would say it is an archontic/AIF attachment that keeps us at a low awareness level like Fixed Reality or even worse. It became a part of the subconscious because we were unable to evaluate it.

If we would have been able to evaluate it from a plus awareness level on the scale, it would have never settled in the subconscious mind.

To me, shadow work is finding the undesirable attributes that each of us have to some degree and realize that this is not what we are. Every soul and especially the spirited soul needs to wake up to these undesirable attributes and evaluate them as such.

When we are at the level of Fixed Reality or below, we think that these undesirable attributes are a good thing. In Fixed Reality they assist us in being right, whereas we could be completely wrong. They can also assist us in maintaining an inflated ego. This can be a serious blind spot that stops all progress toward rising on the awareness scale.

We need effective solutions for these 5 barriers. I list them again here for your convenience:

1. All the awareness levels below confusion
2. An inflated ego
3. Association with an ASP or a MASP
4. Illness
5. Codependency

I have given a few solutions but we need more of them to make reprogramming of the subconscious available for as many people as possible as long as they are not below Helplessness on the scale.

The level of Irrationality is actually what we see as insanity. It is not that the insane cannot make progress. If they are not an ASP or MASP they can become saner but we don't put much effort into these people as they might be too far gone.

The ASP and the MASP are both insane. Distance yourself from them, no matter how hard it may seem. Those are the personalities that will drive you insane too if you let them have their way. They want you to be insane, so you match their level of operation.

The importance of shadow work cannot be overstated. If we fail to rise on the awareness scale up to confusion or above, our future could be very grim indeed. In fact, this is a matter of life and death. If we fail to raise our awareness, we will not make it and will become a part of the machine kingdom. In the machine kingdom the astral body will become the inflated ego. The inflated ego may replace the astral body and in this way you as a spiritual being are entirely out of the picture. The astral body is already an artificial overlay of the soul. When we dump the astral body we dump the actual soul body as well. When we become a digital avatar in the machine kingdom we still have a soul but our attention is mostly on the digital avatar and that is how we isolate ourselves from our soul.

We are more or less slaves to the archontic/AIF suppression that has dominated this planet for a very long time. However, the level of suppression and the level of slavery that await us within the machine kingdom (transhumanism) have not yet been experienced by any of us. It is so immensely evil that social beings will have a hard time comprehending it. I would imagine it to be 10 times worse than any hell we can possibly imagine, when we look at it from a spiritual viewpoint.

Your personal mind will be taken over by a hive mind where all involved will think the same and will agree with what the archons/AIF want from us.

It is a form of mental slavery that has probably never existed before. It is their last attempt to keep us under their thumb. If humanity will allow this to happen is still an open question.

This is not to frighten you but to stimulate you to take this message extremely seriously and do all you possibly can to raise yourself out of the zero and minus awareness levels as much as possible. In the current state of affairs nothing, I repeat nothing, could be of more importance than facing our shadows and reprogramming our subconscious mind accordingly.

Solution Nr. 3

Therapies and systems for reprogramming the subconscious mind

As stated before, we are all at different levels of awareness in all the different aspects of our life. At work we may be at the awareness level of Exchange, whereas in our marital relationship we may be at Fixed Reality. If you would learn about Fixed Reality on the Expanded Awareness Scale, you would better understand how this awareness level plays out in much more detail.

There is a level of awareness in each of us that we are at most of the time. This is the level we need to work on.

When our marriage is in trouble due to both being in Fixed Reality it might even influence our work situation. You take your marriage to some degree with you to your work. It may or may not influence your work performance but if it pulls you down while at work, you know this is the level of awareness you are mainly at and, if not addressed, may take you down in all other aspects of your life as well.

I recommend to always start with Solution Nr. 1. When you keep at it long enough you will have much more chance to work on it with Solution Nr. 2. If there is an ASP or MASP that you are associated with, you can still do Solution Nr. 1 but not Solution Nr. 2. You have to deal with these people before you can do serious shadow work and reprogramming. Solution Nr. 1 can always be done and if you persist it will strengthen you to a point where you can take the decision to distance yourself from these personalities.

When you sever the connections with an ASP or MASP you could still find yourself at the level of Helplessness. Please consider reading my e-book "Victimized by a Loss" as it will provide you with the knowledge you need in order to break free from it. Together with Solution Nr 1 you will have a real chance to succeed. It can still be hard to rise from Helplessness but it can definitely be done.

For those who cannot apply the Wes Penre video to reprogram their destructive subconscious patterns there are many remedies to consider. Especially addiction and severe traumas can be very hard to overcome but there are many therapies that can be of benefit.

Let me list a few. You can always search for them on the internet.

Emotional Freedom Technology (EFT)
Brain Wave Entrainment (BWE)

EMDR
Somatic Experiencing
Meditation
Vagal Breathing
Self-Compassion
TFT (Thought Field Therapy – it's what EFT was started from)
Theta Healing
BQH
Journaling
Inner Child Work
Quantum Healing
Heart Brain Coherence

With special thanks to trauma specialist Tricia who was willing to help me out with finding the resources mentioned in the list above. Theta Healing really caught my interest as it is closest to my Solution Nr. 1

Solution Nr. 4

Illness or disease

These can really drag you down on the awareness scale. The biggest problem with disease is that we don't understand what is going on in our body. We think we need to act immediately to stop all symptoms. It is understandable as we don't want to be sick or in pain, we want to feel good and be an active participant in our lives.

Stopping the symptoms is like turning off the control lights of a machine and just keep using it in the hope the machine will continue to work. It makes no sense whatsoever. The control lights are there for a reason.

Similarly it is with our body. When toxicity becomes such a burden to the body that the cleansing organs, such as the liver, kidneys, gut, and several other organs performing detox activities cannot handle the overload, the body will go into an emergency detox.

Throwing up is an emergency detox similar to sneezing. When your stool becomes diarrhea or you are constipated, your bowels have become too toxic and this is how the body responds to it.

An emergency detox can definitely go wrong. It is somewhat similar to being taken to the emergency room in a hospital. You don't know for sure if they will be able to handle your emergency. They will probably do all they can to save your life but there is no guarantee.

Doing nothing when an emergency detox goes haywire is not an option. You will have to act immediately, or you might be in serious trouble.

Go see a doctor who knows about natural remedies. Get a second opinion if the treatment isn't working. Do whatever is needed to get the emergency detox back under control.

Solution Nr. 5

The inflated ego

This is the most important barrier we need to overcome if we want to reprogram the subconscious mind.

Let's take a look at the awareness scale again to see where the ego starts to inflate itself. This is not hard to figure out. It cannot be at the level of Assumption as this is just a bad way to solve a confusion.

It cannot be at the level of Unreality as at this unstable level we are mainly uncertain. Uncertainty is at the bottom of all fear. In other words, all fear starts with being uncertain.

Considering all this we can safely assume that the ego starts to inflate at the level of Fixed Reality.

Below you find the Fixed Reality scale and the Helplessness scale as it is published in the Expanded Awareness Scale

Fixed Reality –

Being Right –

Identity *

Extra Sensory Perception –

Intuition *

Purpose –

Competence *

Belief –

Ideas *

Understanding –

Exchange *

No Understanding –

Confusion *

Assumption –

Helplessness *

Indecisive *

Basic Routines –

Dropping Basic Routines *

At the level of Fixed Reality we don't think logically since we left logic behind after we descended from Confusion. An assumption that a datum is true without any logical thinking or research can only happen when we are confused and we need a solution to this unstable level of awareness. It is in this state of mind that we accept information as given. We don't question it, because if we do, the undesirable confusion turns on again.

So, instead of sorting out a confusion, we accept any datum we think will stop us from being confused. This becomes our stable datum that we can use to silence the confusion. We gain stability and can feel more relaxed again.

How you feel by taking on this stable datum is of much more importance than if this datum makes any sense.

Maybe the datum does make sense. It depends on who is the Source of the datum and what his/her intentions are. But whether it makes sense or not doesn't matter as we want to get rid of the instability of confusion, since that is our main intention.

All of this doesn't mean we cannot think logically in Fixed Reality, we certainly can but only as long as we don't question our belief. We can only think in a logical way about what we believe. We can be intelligent about what we believe in but as soon as our belief is questioned, we may get confused again.

Illogical thinking starts when our awareness is below the level of Confusion. It is at that point that we are unable to think in a logical fashion because it is where we are accepting data. Data of which we do not know if it makes any sense.

Confusion can be solved by selecting and inspecting information that can work as a stable datum. A stable datum is a piece of information that gives us a clue as to how we can investigate it further. It can be used to evaluate conflicting data or data that doesn't fit in.

Researchers, Police Inspectors, Private Investigators, Scientists, Mechanics, Lawyers, Judges, to name a few, don't permit themselves to make assumptions without any logic involved. They are dedicated to solving the confusion and they do it mainly as mentioned before. They can still make mistakes but if they are honest, they will self-correct because they want to come to an acceptable understanding of the confusion.

Most of the awareness levels at the 'Sub awareness' Scale of Fixed Reality correspond with the main levels on the scale. When you study this Sub Scale, you will also notice that the two levels on top of the scale, Being Right and Identity, deviate from the main Awareness Scale. These are the two levels that create a fixed reality. A religious belief is an example of a fixed reality.

There is so much to learn about the level of Fixed Reality. For example, where does it fit in the personality scale? I think it corresponds very well with the Non-Social Personality (NSP).

One would think that the Non-Social Personality doesn't do much harm to civilization. Quite the contrary. Almost all harm to society is done by the NSP as this personality is fixed in its reality. It will listen and obey leaders that often led them to this state in the first place.

Leaders can be constructive but in our world most leaders are destructive since constructive leaders are continually replaced by destructive ones. We find the ASP and the MASP as leaders who lead the non-Socials into destructive operations.

The Moderate Social Personality (MSP) cannot face up to evil and therefore lets it all happen.

The result is Helplessness (victimhood) and below that Insanity. As I wrote before, there is much more to this scale but I think I gave you, the reader, some impressions of it. Therapists can use it to see if their therapies are really helping people.

Awareness (consciousness) has a wave form as it goes from a stable level to an instable level and again to a stable level. As a therapist you want to end your therapy on a stable level, or your patient might think that you made their condition worse.

Above a stable level of awareness we must move through instability to reach a higher stable level. The same is true for going down the scale.

The inflation of the ego always starts in Fixed Reality and gradually worsens as we move further down the scale.

The only way out of Fixed Reality is to break through the most powerful grip the subconscious has on us and that is having an obsession to be right. This is how we deflate the ego.

There is no other way. We just have to become uncertain (Unreality) in order to rise above Fixed Reality.

I will get back to the awareness scale later when I explain how I was able to find all these levels. The discovery of the awareness scale is the most amazing thing that ever happened to me. This scale is an absolute jewel of genius. I am still in awe of the many ways it can be applied. I don't think I was the inventor of this scale. I am quite certain it was given to me.

Chapter 8

Communication

To me this is an interesting subject as it has many ramifications and is what most people do most of the time.

Personally I had great difficulty communicating to others when I was a child. I was very shy and unable to express myself clearly. From a young age I felt like I was a stranger in this world and no one could understand my fears. In my entire childhood I felt very shy and depressed, not wanting to participate in anything really.

I felt totally lost in this world. I didn't want to go to school. I hated school so much that I didn't want to participate. It caused me to be a very moderate student that made it to the next class with very low scores.

What hooked me into the Scientology religion was that it helped me overcome my shyness and my inability to communicate with people. Before my involvement in this sect, I was unable to read a book. I had such a limited vocabulary that I could only vaguely understand what I was reading.

In Scientology I learned to read and write in English and Dutch. These were great achievements to me but had not much to do with the Scientology philosophy.

When I say I got hooked I mean that I started to believe that Scientology was the only way out for mankind. I trusted L. Ron Hubbard and accepted everything he said.

I found out much later that I was at the awareness level of Helplessness and had risen to the level of Fixed Reality when I got involved in Scientology. Hubbard couldn't possibly be wrong about anything. Scientology gave me the much-needed stability. It got my level of awareness one level higher on the scale and this meant a lot to me.

When you feel Helpless you want to hold on to something and this is more important than anything else. If what you hold on to actually makes sense is the least of your concerns. Helplessness is a bummer and I experienced it my entire childhood. It caused me to feel depressed and utterly unwilling to participate in life.

Within the Scientology movement I learned about communication and I had lots of, what they call, auditing (therapy) on it. It changed my life for the better. I know firsthand what it can take to overcome Helplessness (victimhood).

The reason I am telling this about myself has to do with the rest of this chapter on communication.

Communication is at the heart of everything we want to be, do and have. There is a right and a wrong way of doing it and all the shades between these two parameters.

Nothing is completely good or bad. There is always a story behind each good and bad situation that we don't usually pay attention to.

Within communication there always is a send point and a receiving point. The point of reception can change into a point of origin and as such originate a new communication.

This is also why communication can be out of balance. When A only wants to communicate to others and has a hard time receiving communication or the other way around, when A only wants to listen to others and does not really want to offer ideas to others, we speak of an imbalance in communication.

It seems quite obvious that the first personality is the extroverted one and the second personality is the introverted.

Very often the inflated ego pays little or no attention to people receiving his ideas. Most of his attention is on himself and whether people's response is favourable or unfavourable. The inflated ego doesn't really want to know what people think of his message. He wants to be admired for what he brings to the table.

The introvert communicates to others in a totally different way. He wants people to listen to his ideas but on the other hand, he also wants to listen to what they think of it. The introverted personality is much more interested than interesting.

The extrovert wants to be interesting to others, whereas the introvert is more interested in other people's thoughts and views. The extrovert wants to shine and be admired, the introvert wants others to shine and be admired. These two personalities and all the shades in between play a dominant role in communication.

Very few people can be totally themselves when communicating with others. Most people have a hidden agenda when they communicate or when others communicate to them. When we need attention from others, we are not ourselves. We hide behind a mask. The mask is our personality (ego). It is also how we want people to think about us. We need admiration for our personality. This and many other things can get in the way when we are in communication with other people.

Real communication can only happen when both people who communicate with each other are at least being themselves. Ideally they should be fully aware without any distraction from their personality (ego). Real communication is rare in this world but when it happens it can lift you up and make you feel out of this world. It is the most beautiful experience there is. Nothing compares to it. It really is heaven on earth.

When two people honestly love each other and care for each other and are honest with each other, communication can do wonders for them. These people can direct their attention toward each other, without any hindrance and then magic happens.

You cannot teach people to communicate with each other in a perfect way. I should know as a communication course teacher in the Scientology Church (sect) for more than 10 years. I participated in a pilot course in Florida where we were supposed to learn to communicate in a perfect way.

The pilot course was under the guidance of Mr. Hubbard himself. He considered it a great success. I was on this course for 9 months and it wasn't going anywhere.

Eventually success came but not for many. There were just about 300 students participating in this course and only a handful made it to completion. Just imagine training yourself in communication for 9 months, 7 days a week and still being unable to communicate in a perfect way. How frustrating that can be.

I made it to perfection after 9 months. I coached 5 other students and two teachers to perfection. Apparently, I was the only one that could do this. The only reason that I could do it was because I threw the training regimen out the window and invited the student to talk to me. They had to talk to me during the training exercise but take all their attention off the exercise. Then communication became pure and natural. With attention on the exercise, communication was robotic and unnatural.

After this experience, although much later, I concluded that you cannot train people to communicate in a perfect way without raising their awareness at least to the level of Being Yourself on the awareness scale.

Most people never get there and are because of this unable to communicate in a perfect way. The entire pilot course was a disaster to say the least. It failed miserably in teaching people to communicate in a perfect way. Mr. Hubbard didn't see it that way. From this pilot course he developed a communication course for professionals and had it distributed to all his followers, knowing full well that it was an unworkable training regime that could work only for a few exceptional people. Only those people who could be themselves already had a chance of succeeding.

What does it mean to communicate in a perfect way?

It means you can completely be yourself. There is no ego that interferes when you exchange ideas with others. The highest state of awareness is being fully aware. It means you can be the person you are with.

Here are some hypotheses I took from [my e-book Unity Consciousness](#):

- The highest form of awareness (consciousness) is the feeling of being one with everything you become aware of.
- The lowest form of awareness is the feeling of being disconnected from everything you are aware of.
- Unity consciousness is a feeling of love for all that is.
- Below the awareness level of Being Fully Aware (unity consciousness) we can feel separation, distance and disconnection.
- Exchange in communication or action is in essence a striving for balancing imbalances.
- The balancing of imbalances is determined by the ego.
- The ego feels in balance when it can Be, D and Have all it desires.
- The ego feels out of balance when it cannot Be, Do and Have all it desires.

On both levels of awareness Being Yourself and Being Fully Aware, communication is natural and perfect. On these levels there is no need for training in communication.

Below these levels, training in communication causes robotism. At the level of Being Fully Aware there isn't much need for communication at all.

Robotic communication is caused by an inability to be yourself. When you are not yourself you have assumed an identity that is not you. The ego can take on many identities. An identity is the unwitting assumption of the characteristics of someone else. It comes about through a fear of who you think you are. You don't want to be yourself for fear of being ridiculed by others.

When you have low self-esteem you tend to use identities to hide yourself behind. It is clearly noticeable in a group of children. They want to impress each other and use their favourite identities to do so. You see it in actors. Real good actors can make it look like they are themselves in a role they play and as such impress their audiences. They are not themselves but make you believe they are. Many actors have a low self-esteem and compensate for it by acting out an identity they like very much. They become the identity that is the character they play.

At the highest level of awareness, communication becomes obsolete. When you can be the person you are in communication with, words and ideas have lost their meaning. On the level of Being Yourself communication is almost a miracle. It flows in perfect balance between two people. Imbalance is not experienced at this level.

Below Being Yourself, the ego takes over and will eventually make a dog's dinner of it.

Again, you cannot learn to communicate in a perfect way. Communication comes naturally and if not, it isn't perfect communication. You want to be someone so you can show off.

Perfect communication has a formula to it:

Cause, distance and effect, with intention, attention and duplication. The result of which is an understanding of what was communicated. When effect becomes cause, the formula goes into reverse. This is called two-way communication. The result of communication, even in a perfect way, isn't always understanding. One can still misunderstand or not understand that which is communicated.

It is in two-way communication that imbalance can occur, when people are too low on the awareness scale. As stated before, when we are below Being Yourself, the ego starts to dominate us and it is the ego that causes the imbalance in communication.

When both parties are at the level of Being Yourself, they don't talk endlessly or have the other party talk endlessly to them. At this level this just doesn't happen. A healthy balance between giving and receiving communication will be maintained naturally without any need for training.

That is my conclusion after many years of communication exercises. I even went so far as to make my own communication training course, only to conclude that real communication is a natural thing that can only happen on the level of Being Yourself or above.

Bad actors sound robotic when they play their role. Perfect actors sound genuine when they play their role. It is not as if they are themselves but they sure embody the role they play.

This is what I attained when I finally graduated. I was a perfect actor. I could perform the training regimen naturally by being the ideal therapist but not by being my true self.

We can only become our true self when we stop our mental resistance to what we become aware of. When we stop all mental resistance, we can remain in a neutral state. Our true self is always in a neutral state. It is not that in this state we lack compassion; we can be compassionate without losing ourselves. We can feel emotions without becoming them.

This can only be attained by introspection, by looking to our shadow side and transforming our shadows into programs that are for the good of all.

Raising our vibration in any other way will not last. There are many techniques to raise our vibration. These techniques cannot be compared with you doing it yourself. They can put you on the road to higher consciousness but they are a mere makeshift that will not last very long as we will undo it ourselves by negative, erroneous thinking.

Chapter 9

The Expanded Awareness Chart

This is another topic close to my heart. This chapter cannot replace my e-book [Awareness, the Road to Knowing](#) but I will give my view on it in a more concise way.

The entire scale came about by following the consciousness wave from stable to unstable to stable etc. Every time I found a corresponding unstable level above and below a stable one. It felt much like it was given to me, as the levels came to mind rather spontaneously without much thinking.

All these awareness levels flow into each other in a rather logical fashion.

Expanded Awareness Scale			
	Total Knowing		
	Knowing		
+	Being Fully Aware -		
+	Being Yourself *		
+	Extra Sensory Perception -		
+	Intuition *		
+	Purpose -	Determination	-
		Intention	*
		Planning	-
+	Competence *	Authority	*
		Ability	-
		Capability	*
+	Belief -	Conviction	-
		Confidence	*
		Acceptance	-
+	Ideas *	Opinion	*
		Visualization	-
		Imagination	*
+	Understanding -	Concepts Association	-
		Concepts	*
		Data	-

	Sublevels	Sub-sub levels	Sub-sub-sub levels	
+	Exchange* Duplication *	Management *	<	Duplication *
				Source -
				Conditions *
		Control -	<	Realization -
				Explanation *
				Response -
		Qualification *	<	Rectification *
				Recognition -
				Results *
		Execution -	<	Creation -
				Prediction *
				Activity -
		Exchange *	<	Possession *
				Balance -
				Exchange *
+	Flowing Out -	Consolidate -	<	Agreement -
				Education *
				Orientation -
		Establishing *	<	Verification *
				Association -
				Perception *
+	No Understanding -			Lack of Data -
				Random Data *
				False Data -
+	Confusion *			Conflicting Data *
				Protest -
				Disorientation *

0	Assumption -	Stable Data	-
		Forced Understanding	*
		Substitute Understanding	-
0	Unreality *	Uncertainty	*
		Fear	-
		Distrust	*
		Blame	-
		Lack of Identity	*
0	Fixed Reality -	Being Right	-
		Identity	*
		Extra Sensory Perception	-
		Intuition	-
		Purpose	-
		Competence	*
		Belief	-
		Ideas	*
		Understanding	-
		Exchange	*
		No Understanding	-
		Confusion	*
		Assumption	-
-	Helplessness *	Indecisive	*
		Basic Routines	-
		Dropping Basic Routines	*
-	Insanity -	Obsession	-
		Failure	*
		Delusion	-
-	Total Failure *	Unfixed Attention	*
		Hallucination	-
		Utterly dispersed	*
-	Unable to Assume Identity		-
-	Unaware		*
	Not Wanting to Know		
	Not Knowing		

Let me first explain the knowingness part of this scale. Total knowing is Source which is what the Gnostics call Monad. It is the incomprehensible Source of existence.

The creator of the spirit field is Source. The Aeons, being spiritual beings, exist within the spirit field and create their universes from this field. It is the divine spark within each and every Aeon that represents Source. The divine spark is not Source but a representation of it.

Source is total knowing. It knows all there is to know about the entirety of existence. Total Knowing doesn't allow for existence to exist unless it creates a Not Knowing or an Unknown. The unknown creates a void of subtle energy which I call the spirit field.

The creation of existence starts with the creation of thoughts. Original thoughts are energy manifestations within the spirit field that originate from the divine spark. An original thought can transform subtle energy (spirit) into manifested energy.

The Aeons do not know their own perfect creations. I assume the Aeons to be at the highest level of awareness of the scale. They understand life at its deepest level but cannot know their creations or they would evaporate. Just as spirited souls they have the divine spark within them and, as such, a direct representation of Source. All original thoughts come from this essence, which is the divine spark of Source. They receive original thoughts directly from Source via their essence (divine spark). They become what is created and they see it as perfect.

The awareness scale could be seen as a circle where the Unwillingness to Know transforms into Not Knowing. Not Knowing, at the bottom of the scale, meets the Known at the top of the scale. All awareness levels in between the Known and the Unknown, except for the minus ones, are needed to produce a divergent panorama of experiences that can exist in time and space. The minus levels cannot exist in the universes of the other Aeons, as I believe these universes to be above the level of Assumption on the awareness scale. The minus levels only exist in our universe. The level of Not Wanting To Know came about through Sophia's choice to experience ignorance.

The most crucial level on the awareness scale is the level of confusion as it is the exact point from whence ignorance can generate. It is for this reason I want you to take a close look at the subscale of Confusion.

To understand Confusion we need to know how it starts. It starts on the level of No Understanding. No Understanding sets in when we have a Lack of Data. This can be solved, we think, by adding random data to it. The more data we can add, the more chance there is that we come to some sort of understanding of it. This is quite a fallacy as most, if not all, random data we add will appear to be False Data.

Now we don't only have a Lack of Data but also a lot of False Data that cannot be understood. At the level of Confusion we will experience False Data as Conflicting Data. This is because False Data will conflict with other data. It doesn't fit in, so to speak.

We cannot accept conflicting data, so we protest against it and descend into the sublevel of Protest. You see how we lower our awareness step by step, each step a little worse than the

step before. Eventually we will experience Disorientation. Now we are really confused and seem a lot less able to solve the condition we are in.

It is at this stage that we become vulnerable to influence from others. Disorientation is a very unstable awareness level that we don't want to stay at.

We will yearn for stability and get it by accepting any information that will ease our instability. We don't care whether the information is correct or incorrect as long as it fills the void.

This is why the problem-reaction-solution method the elite use on us works so well. We fall for it every time. The problem they create comes from conflicting data. They create conflicting data, so we protest against it and then become disorientated.

That is the reaction part. When they then come up with their solution for the problem they created, we will accept it without questioning. The suggested solution is what we need to stabilize our awareness.

We passed the point of critical thinking when we started to protest and got disoriented. Conflicting Data can also be used to sort things out. When we don't do this, we deepen the confusion.

Why do you think the media always presents us with conflicting data? They want us to react, they want us to protest and get disoriented. That way they can call the shots and make us believe anything they want us to believe. They will present us with their solutions and we accept them. It is a very vicious trick.

Assumption starts with a Stable Datum; not that the datum is stable but we consider it a stable datum. When you assume the person you are dealing with is crazy, it solves your problem with him. The label you put on that person solves your confusion.

Now you know why he countered your ideas and got you confused. It is because he is crazy. Problem solved. The definition of a problem is an idea that is countered with another idea and not knowing which one is correct. This causes you to protest against the person who uttered a different idea than the one you thought was correct. Now you tell him he is crazy for thinking differently and the problem is solved.

Don't look for logic in this as there isn't any. Logic would mean that we use the conflicting ideas to sort out which one is correct or more correct than the other one. Very often we can find a cause for conflicting data if we only care to look for it. Then we rise in awareness out of confusion and into No Understanding and upward.

Another very important aspect of this expanded awareness scale is the Main Awareness Level of Exchange. As you can see, it has many sublevels. In fact, it contains an entire organizing board totally based on awareness.

It is not that an organization must have all these levels for it to function. I just want to point out that the stable and unstable awareness wave can also be seen in the structure of organizations.

I took the Organizing Board from the Scientology philosophy and reworked it entirely until it matched with the sub awareness levels Duplication, Flowing Out and Flowing In of the main level Exchange.

All organizations start with the Inflow of data. At a certain point it will Flow Out and use data in order to come to a standard Duplication of the product of that organization. This is what organizations do; they duplicate products and services that have exchange value.

Another important aspect of this Expanded Awareness Chart is of course Fixed Reality as its ramifications can be detrimental to our survival as a species. It is this level that can bring us most progress and at the same time do us all in, depending on what authority figures we allow to lead us.

As stated before, the subscale of Fixed Reality is almost the same as the sequence we find in the main awareness scale. It is all in there, from Assumption all the way to ESP. It is only the two top levels, Identity and Being Right, that differ from the main awareness scale.

Having to be right is what keeps our reality fixed. We simply cannot afford to be wrong about our reality. It has to be this way, or we are in uncharted territory.

When we feel Helpless it can be very hard on us to make a decision, yet the only way out is to do just that. We have to Assume that what we decide is the right thing. We have no way of knowing if our decision will work out. We can only Assume it will take us out of Helplessness and into Fixed Reality. We have to fix our reality above Helplessness, or we will sink right back into it. That is why we have to Assume that what we decide will actually work, even when we don't know if it will.

If we are to find more stability in life, we should go from Helplessness to Fixed Reality. We don't necessarily have to go that way. We might as well skip Fixed Reality and go straight upward to the major awareness level of Belief. This is not impossible but very unlikely. Most people will raise their awareness according to the awareness scale. There is a sublevel of Belief within the Fixed Reality scale that will be much more real to us when we come from Helplessness.

Since we lost our critical thinking ability on the lowest sublevel of the main level Confusion, how can we determine what would be the right thing to believe in? We have to rely on authority; there is no other way that far down the scale. We have to Assume they know what is right for us, and when we do, we most certainly hit the sublevel Confusion on the way up. As long as we keep following the authority (leader), we can move through all the sublevels of the Fixed Reality scale. When we divert from the ideas of the authority, we become uncertain again and thus enter the level of Unreality.

Just one more thing about this Expanded Awareness Scale. There are main awareness levels that have no subscale. It does not necessarily mean there is none. Maybe there are no subscales, or maybe I just didn't discover them.

This scale has many applications. It can be used by therapists to determine where their patients are at in all their different aspects of life and whether they improved their

awareness. It can be used to determine what therapy would be most suitable and where any form of therapy would fail.

It gives us a new understanding of human behaviour. It tells you in no uncertain terms why people do what they do.

Chapter 10

The Mother of All Mysteries

In this chapter I want to add new insights on the subject of spirit and spirits that I got while writing this book.

The question I asked myself is whether Source is really nothing? We can of course assume that nothing means no thing, no energy and thus no existence. Still, when you listen to spiritually oriented people, they seem to be aware of Source although in a metaphysical sense.

Could it be that Source can be experienced as a presence? You sort of feel that there is something there, yet there isn't? When we look at the word presence, not present time, we can also see presence as the NOW. As I explained earlier, the NOW contains no time and is therefore beyond existence. There seems to be a mysterious presence that we can, somehow, feel but not explain. We cannot sense it and still we can, somehow, feel it? Doesn't that sound odd?

What we actually feel is our spiritual body coming in contact with this mysterious presence. These spiritual bodies can feel all kinds of good feelings, such as love, calmness, ecstasy, peace, euphoria, or bliss. None of these feelings are emotions as they originate and radiate from the divine spark that represents Source in existence. Emotions are the product of thinking thoughts, whereas the feelings generated by the divine spark within us are manifesting through non-thinking.

What if the NOW is Source? The NOW cannot be experienced since experience involves time. How come we can still somehow feel a presence when we connect with the divine spark inside us? I know I do, when I set an intention between two thoughtless periods.

In fact, the feeling can sometimes be overwhelming but not in a negative way. You experience a level of peace and calmness that is quite foreign to the everyday world. You know you are connected with Source, yet you cannot understand it, you can only know it. It is pure and utter magic. Nothing comes even close to strengthening your connection with Source.

We cannot actually connect with Source in my way of thinking, as Source is beyond existence. We connect with the divine spark that represents Source in existence. I am not saying that it is this way. I am just thinking that it is this way. It makes sense to me. It doesn't have to make sense to the reader at all.

The connection is constantly under pressure due to our thinking and more so due to our automatic, subconscious thinking. As soon as you think even one small thought the connection weakens. Thought and emotion go hand in hand and it is emotion that blurs the connection. This doesn't mean that thinking is a bad thing.

Thoughts create life and we are living beings. We are not Source. Not even the spirited souls or the Aeons for that matter are Source. They are not, as they are spiritual beings that have the divine spark of Source within.

This all gives new meaning to us spirited souls being creator gods. In a sense we are creator gods as Source, through the divine spark within us, creating through us.

We have the divine spark of Source within our spiritual body. It is what Sophia as the Orion Queen gave us. In my opinion, this is how the Queen created us into spirited souls. Creator gods can create from nothing, but how? The divine spark makes it possible for Source to create from nothing as Source is nothing.

Existence is pure magic. Every piece of existence was first created by Source through the divine spark existing within the Aeons or spirited souls. There was never any need for modification of original thought but free will enables us to change original thought. I do believe there is free will in all universes created by the Aeons as without it there would be no change. Every creation would remain static. This means that there is imperfection in all universes. The only difference between our universe and universes from other Aeons would be that the awareness levels below the level of Confusion would not exist. Ignorance starts with the level of Assumption and that is what the Aeon Sophia through her avatar the Queen wanted to experience. She might not have realized that this could evolve into absolute insanity.

From the level of Assumption, modification of original thought created a downward spiral. The archons/AIF went into overdrive modifying original thought, as the chief Archon/Enki was ignorant of Source.

In Orion, souls probably have much more respect for the creations of Source as they may understand that there must be a Source for creation. In the realm of the archons/AIF there is not much respect for original thought as they are ignorant of Source. I think the Orion non-spirited souls see the Queen as Source. It could very well be that the spirited souls in Orion see Sophia as Source. As I see it, none of this is true. The Aeon Sophia is not Source but contains an aspect of Source (a divine spark) within her spiritual body and so do spirited souls.

To strengthen our contact with the divine spark of Source within us is the most valuable thing we can do while here in this archontic/AIF world.

Yes, we can learn to stop thinking and as such make place for the divine spark of Source to shine through but this is not the purpose of living. We live to experience and we are equipped with a full range of emotions to do just that.

It is just good to know how we can strengthen our contact with Source in order to recharge our batteries. This will make our experiences much more real and enjoyable.

And no, we are not all one. We are separate units of consciousness. There is no such thing as oneness except for the spirit field. Source is zero and as such indivisible, yet its divine sparks could "be" in an unlimited number of spiritual bodies.

We are all connected, as everything is connected, and as such could be seen as one or 'all that is'. Okay, everything is connected but does that mean that there is no individuation and separateness? I don't think so. The reason I think there is separateness is because we experience it that way.

In essence Source is the absolute zero but within the spiritual body the representation of Source (the divine spark) is one. Zero and one, where have we heard that before? In a way Source is both zero and one, zero being nonexistence having the potential of everything and one through the Aeons being the entirety of existence (all there is). When we connect with Source, we connect with the divine spark that represents Source and not with Source itself.

We are just a tiny part of existence trying to understand all that is. This is, of course, impossible. But we can connect with the divine spark by transcending our mind.

There is a very interesting saying: 'Are you out of your mind?' In other words, are you crazy? You must be crazy to think you can be out of your mind. A typical archontic/AIF way of thinking. It is only out of your mind where you can meet the divine spark of Source. I don't think you can think your connection to the divine spark. That is why it is so difficult for many of us to connect with it. No one can tell you how to do it. Not even when your mind is silent.

The point is not how to do it but to do nothing. Only when you do nothing and, you as a mind construct (ego) get out of the way, you as a spiritual being will be able to be in contact with the divine spark. We strengthen our connection with our divine spark to the degree we can let go of all things we feel attached to.

We cannot really step out of our minds as that would mean stepping out of existence. But we can periodically silence our mind, and when we do, Source can work with us through our divine spark.

We cannot exclude the possibility that we are the divine spark but I think we are the spiritual body that embodies the divine spark. This is because I assume the divine spark is going in and out of existence and only exists when Source creates through it.

Please remember that the information offered in this E-book is of a highly speculative nature. It is given for you, the reader, to ponder upon. And forgive me for repeating myself so often in this book.

Chapter 11

The Orion Empire, looked at from a philosophical perspective

Both in the [Penre Papers](#) and the [Nag Hamadi library](#) the Orion Empire is discussed. The Gnostics called it the 8th Heaven but this is the same as the Orion Empire (the latter term is used in the Penre Papers).

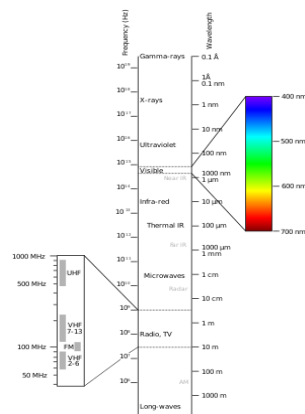
The Orion Empire is considered one of the universes created by the Aeon Sophia through the Queen of the Stars. The Orion Queen is a manifestation of Sophia. It is how Sophia has become part of her own creation, you could say. Orion is the universe in which we humans live, together, but separated from other species.

How could it be that we humans don't know that we live within the Orion Empire? The reason for this is that humans have been downgraded to a point where they are only aware of what they can see, hear, taste, smell or touch. Everything beyond these 5 senses we call metaphysics. In other words, we assume things but we cannot scientifically prove any of them.

How are you going to prove you have a soul, a thought, an idea, an intention, or even a mind?

True, we have machines or gadgets that can show us more than we can become aware of with our senses but still what these gadgets show us must be processed through the senses for us to be able to become aware of it. We downgraded humans can only understand things through the five senses. When we understand things beyond the five senses, we enter the field of metaphysics.

There is a broad electromagnetic spectrum and visible light is just a tiny part of it. It states in the Penre Papers that we are only aware of 4% of what we could be aware of. The remaining 96% is entirely beyond our reach when we only use our senses. In the picture below you can see how small the visible light section is compared to the rest of the spectrum.



The above is all common knowledge for people who have read the Penre Papers. In this chapter I would like to tell you what I think about Orion and how I think life differs from our earthly existence.

When a soul is created in Orion, it normally goes through a learning process, just as children do here on earth. A soul needs to evolve to a certain standard that is acceptable for other already evolved souls.

The reason I think this is true is because I have learned there are still wars in Orion at its lower levels. This means that there are civilizations there that operate at the lower levels of awareness as plotted on my awareness scale.

I tend to believe the Orion Queen started the human project to see if spirited souls could bring more stability into the lower sectors of Orion.

In order to stabilize these lower-level civilizations, their evolution should be fast and effective. Just as with children on earth, when not tampered with by evil beings, their evolution would not take long at all.

The most important thing you can teach a child is the principles of exchange.

Exchange is my favourite awareness level as it is very much linked with honesty. Here on earth, we live in a dishonest world. We need to become more honest with ourselves and others, quite a challenge to say the least.

It takes some guts to go for honesty. But honesty is not the subject I want to elaborate on, it is exchange and how it correlates with honesty.

The first things that came to mind when I thought of exchange were the words “balance” and “imbalance”. You give something (imbalance) and you get something back (balance). When we exchange among each other we experience balance and imbalance.

Crime (dishonesty) could be defined as taking without agreement. When you kill someone, you take his life (imbalance) and you cannot give it back to him. There was no agreement to take his life, so we consider this dishonest.

We exchange with products and services in an attempt to experience balance. When you care for someone, you tend to give and when you don't care you tend to take from him/her without permission and as much as you can.

Whether in a criminal way or in an honest way, we always strive for balance. The criminal mind wants to get without giving back but is still striving for balance. The criminal has a somewhat crooked way of thinking. He feels out of balance with others because others have things he doesn't have. In order to rectify the imbalance he feels exists, he takes without agreement and doesn't give anything in return.

Real criminals go a step further and want to have much more than those he associates with. He wants power over them through possession.

Balance is a somewhat illusionary state of existence as nothing stays the same. All things are in a constant motion.

For example: in bookkeeping the balance sheet is never in balance.

Possession and debt are either increasing or decreasing. When your bookkeeper produces a balance sheet at the end of a certain period the possession and debt columns are in balance. But that is because he makes it look like they are in balance but actually they never are.

Balance is an illusion, yet we all strive for it. Balance cannot exist because existence is constantly changing. We could conclude from this that all of existence is in a state of imbalance.

Whether imbalance is considered honest or dishonest is determined by agreement. When you accept a job, you have an agreement with the company you work for. When you deliver as agreed upon you are considered honest and when you don't you are considered dishonest, or incapable, or both.

It usually is the inability to strive for a proper balance that causes someone to become dishonest. Defining honesty in this way has not been done before. I know this as I looked in several dictionaries, and I noticed that the word honesty is very poorly defined. Most dictionaries give you synonyms but don't actually explain what it means to be honest and how honesty works in a civilization.

When you don't know what to do and how to do it and you don't want to learn, or you fail to learn, you will become dishonest in an attempt to cope with your inabilities. This means that improper education makes exchange unworkable. When you don't educate yourself and others around you, crime becomes rampant and civilizations crumble or go to war with each other.

The first thing to teach your children is to strive for balance. Parents invest in their children. When these parents don't teach their children how to balance the imbalance with them, they are just spoiling their children and in fact teaching them to become criminals.

It is that important.

Education is what makes exchange possible. Without an awareness of exchange, crime will proliferate. Proper education used for everyone involved would result in proper exchange. Proper exchange would be seen as normal, and crime would not exist.

I wrote this about exchange in an article that was published in 2014. It is still very much applicable and today even more so.

Proper exchange is when all members of a society contribute to that society to the best of their ability. It is by helping each other that we experience balance.

Of course, it is the overall purpose of a civilization that will determine whether cooperation and exchange could be considered constructive or destructive.

According to my awareness scale, Exchange is a positive (constructive) level of awareness. However, below the awareness level of Confusion, or to be more precise, at the level of Fixed Reality, whole civilizations can become either constructive or destructive, depending on the awareness level of its leaders.

Above the level of Confusion, especially at the levels Understanding and Ideas, there is positive cooperation that comes from constructive agreements.

Why is striving for an agreed balance on the level of Exchange, not the lower sublevel of Exchange in Fixed Reality, of the utmost importance? This is a simple question to answer. It is what honesty, cooperation and empathy are all about.

There are exceptions to the idea of striving for an agreed balance and one of them is to over deliver. In other words, you give or do more or do better than agreed. This is often done to create goodwill. There is nothing wrong with that unless the one on the receiving end doesn't want it.

Another exception is when there is no agreement on restoring an imbalance and one still strives for it. This adds the element of surprise to it. We humans do this all the time. We give each other presents. We think we know what someone likes to have and give it to him/her. Not much wrong with that either unless the one receiving doesn't like it or the one giving expects something in return.

It is probably best to strive for an agreed restoring of imbalances in a troublesome relationship. These things are obvious to many people but I still think it is worth mentioning.

What does all this have to do with the Orion Empire?

Well, I like to assume that the Orion Empire runs on the above principles of exchange. I think this is a safe assumption, since if this were not the case; Orion would not be much different from the earthly construct we live in.

At the lower levels of Orion there might still be criminal exchange. The only reason for this is that beings at these lower levels haven't evolved beyond the level of Assumption.

I assume most young souls start off on the level of Helplessness, just like children do in our world.

They are helpless because they want to do things but lack the experience or capability to do so. They falter in everything they try and can get upset with themselves and others who try to teach them.

One can help young souls to evolve quickly with empathy and patience. When this doesn't happen, their evolution can be greatly hindered or will even stop entirely. Their level of awareness can decrease to the levels below Helplessness.

This is what must have happened with Enki when he was a young soul. Intelligence doesn't have to be the determining factor in this. He became extremely intelligent but was never able to rise above the level of Fixed Reality. When his mother the Orion Queen decided he was not fit to take her position as king of the Orion Empire he descended down the awareness scale into Helplessness. Eventually he became Irrational (insane), which is the level below Helplessness.

When he loses the battle to become the Orion King he will consider himself a Total Failure. As you can see on the awareness chart, there are two levels below Total failure. Beings that are at the level of Total Failure or below, on all aspect of their life, will feel inclined to committing suicide.

My awareness chart is not restricted to the earthly construct. As I see it, this chart applies to all intelligent life, no matter where it is located.

Another thing to understand about this chart is that the different levels can be compared to filters we are looking through.

Some of you reading this book may think that awareness is merely observation and this is true in essence. However, we live in our mind, and we use our mind to see things a certain way. This means we observe through our mind.

The awareness levels on my chart are just different ways of looking at things. Intention combined with emotion colour what we see and experience.

The better we understand how awareness works, the more chance we have to stay out of the lower levels below Confusion.

We live in an ignorant universe but what does that mean? What is the cause of ignorance? The cause of ignorance is fear of the unknown. What is the cause of fear of the unknown? The cause of fear of the unknown is uncertainty about the unknown. What is the cause of uncertainty about the unknown? The cause of uncertainty about the unknown is the unwillingness to observe. What is the cause of the unwillingness to observe? The cause of the unwillingness to observe is confusion. But what is the cause of confusion?

In order to answer this last question, we need to take a look at the expanded awareness scale. Then we can see where ignorance starts. The exact point where ignorance starts is the root cause of all evil.

Here is a section of the expanded awareness scale where we can pinpoint when things go off the rails:

+ Confusion *

Conflicting Data *

Protest -

Disorientation *

0 Assumption -

Stable Data -

Forced Understanding *

Substitute Understanding -

0 Unreality *

Uncertainty *

Fear -

Distrust *

Blame -

Lack of Identity *

Any confusion starts with a conflict of data. We can try to solve the conflict of data or ignore it. If we cannot ignore it and we cannot solve it either, we will descend into Protest. We want to solve it but we can't, so we will become emotional about it. The emotions we turn on when we protest blur our awareness. Protest stabilizes your awareness somewhat. When you notice protest doesn't lead to anything, you will become Disorientated. There goes your feeling of stability out of the window.

This is my analysis of the main awareness level Confusion. This sub awareness scale is very real. It can all be undone. As soon as we either leave the confusion behind or solve it, there is no harm done.

It is only when we allow ourselves to go one more level down that we enter the domain of illogic.

It is on the level of Assumption we give up rational thinking. When disorientated, we feel instable and as such long for stability. We find it at the highest sublevel on the main level of Assumption which is Stable Data.

When disorientated we are in need of stable data. This makes us prone to accept any datum as a stable datum.

Maybe I should make this clearer with an example, so you can see how this plays out in real life.

Joe and Mary are about to marry. They bought an apartment and are decorating it. Joe wants to buy blue curtains, but Marie prefers brown curtains (Conflicting Data). Two things can happen now. Either one of them allows the other to have it his/her way or they get into a conflict and descend to the level of Protest. When they protest against each other's choices and none of them gives in, they will descend to the level of Disorientation.

At this level they don't know what to do about it anymore as both don't want to compromise and keep arguing with one another. This can feel really unstable, so there is the inclination towards stability.

This is a crucial point on the scale of awareness that no one seems to realize. The thoughts that will come to mind in such a conflict are of major importance. Joe might think: 'Mary always has to have it her way'.

Now, you might think that Joe has a point there. Whether Joe is right about Marie is of no concern. It is the thought that puts him below Confusion right into Stable Data, the highest level of the main level Assumption. This thought is the beginning of irrational thinking and as such the very beginning of ignorance.

It opens the door to Uncertainty, which is the predecessor of Fear. You would think: 'How can such an innocent thought have such major consequences'? Well, if my chart is correct, and I believe it is, you can see clearly how subtle irrational thinking sneaks in and starts to develop. It is like a poison that spreads around and tries to harm others as well.

On the sublevel of Stable Data, one holds onto information that is devoid of rational thinking. The person holding on to it doesn't want to think about it at all; he/she only wants to hold on to it to feel more stable.

I have just given you an exact analysis of the downfall of each and every group, organization, civilization or even an entire universe. You might think I am exaggerating. I promise you I am not.

When we long for stable data in order to shake off our confusion, we think up or take in any datum that suits us. It is usually a general statement such as in Joe's case. There is nothing specific about his thought: "Mary always has to have it her way". What is specific about that? Where is the logic of the argument? Think about it.

Even when it is true that Mary always gets what she wants, Joe's thought is still a deviation from logic, as all general thoughts or statements are. To Joe it doesn't matter whether his thought is correct or incorrect in terms of logic, as he is thinking this thought in order to stabilize his disorientation.

Now you might ask yourself: 'How can this lowering down the scale be reversed? The only thing that Joe needs to do is to correct his sloppy thinking and use logic to again raise his awareness. That is all it takes.

When Joe realizes that he accepted his thought as a stable datum in order to feel less disorientated, he will rise again to the sublevel Disorientation.

That is not a very comfortable level to rise to, so he will either think up, or accept from others, another general stable datum and as such lower his awareness to where he came from or he will, by raising his awareness, hit the level of Protest again.

Conflicting Data causes problems and problems, when not dealt with or ignored, are the cause of protest. We have to realize that problems cannot always be solved and when they don't get solved, we have to distance ourselves from them.

In the case of Joe, where Mary refuses to accept blue curtains in their apartment, Joe would have to distance himself from this problem by accepting Mary's choice or find another girlfriend who is willing to accept his choice. These are the two options he has. Both options will enable him to rise above the main level of Confusion. There is, of course, the option to compromise but that will only work when an agreement is reached.

I will expand on this later in this chapter.

In the Penre Papers there is no mentioning of what the Gnostics called the Aeons. Although the Gnostic teachings cannot be fully trusted, I still think they are right about the existence of the Aeons.

The reason I think the Aeons exist is that the Aeon Sophia is seen as the only Aeon that introduced ignorance into her universes. We don't know about other universes created by other Aeons but I like to think that these universes were creations where inhabitants never go down to the level of Assumption.

If you take a good look at it you can only conclude that solving disorientation with a random, general datum is somewhat childish, isn't it? Why would anyone in his right mind do such a thing? Yet we all do it in this earthly construct. We think it is normal but it is the beginning of insanity.

I cannot overstate how important it is to understand this trap. It is a trap that we impose upon ourselves and others. When people start spreading general assumptions, we call it gossip. We know we shouldn't do it, but we feel inclined to do it as we don't like to be confused. It is an easy way out of confusion but it can be devastating when acted upon.

Let me give you a few examples of general statements or questions just so you know what I mean:

General statements

- You always lie about everything!
- You simply cannot be trusted!
- Wow, you look awful today!
- You are such an asshole!
- I thought you were losing it!

General questions

- Are you out of your mind?
- Do you never think about yourself as making no sense at all?
- Don't you ever ask yourself why he is so joyful these days?

General questions can be extremely effective in manipulating others to think what you want them to think. They are used to create a smokescreen where you are manipulated to look away from the one uttering these generalities, so you don't question his/her behaviour.

No matter how true these statements or questions sound to you in a given circumstance, there is always a hidden agenda behind them. Basically, the hidden agenda is to solve a confusion.

There is much more to learn about this trap. I even developed an entire course around it to teach people how to deal with generalities many years ago. Anyway, I think you got the picture.

If one would learn to question general statements at a young age, one would quickly learn to never accept them and, as such, steer away from the lower levels of awareness. In this way evil beings wouldn't stand a chance to drag others down to their level.

I am convinced that this trap also plays a role in the Orion universe because otherwise there would be no wars in the lower parts of Orion.

It is my purpose to teach this knowledge in Orion after I have left the earthly construct. I believe I can be of some use there doing this. I know this knowledge is lacking, or it would be used in the lower areas of Orion. It would prevent ignorance and hence evil wars.

For humans here on earth it is too late to learn about this. We have stooped so low in awareness and we (the masses) become more narcissistic by the day. The levels below Helplessness are the levels where we find the narcissist and the psychopaths. They are in control here and as long as their control lasts, there is not much hope for humanity.

Questioning general statements or questions drive evil beings berserk. They can't stand it. They don't know what to say. You render them speechless. They might act violently and attack you but they cannot brainwash you anymore. They lose all their power over your thinking.

It really does require some training and reprogramming to avoid generalities as the inclination to find stability can be very strong and will become even stronger as we descend further down the awareness scale.

This teaches us that questioning generalities, thought of or uttered by ourselves or others, and distancing ourselves from those below Helplessness are the two ultimate weapons we can use to raise our awareness above Assumption and thus stay away from illogic and irrationality.

General questions and remarks causing frustration is a very interesting topic which I extensively researched some years ago.

It resulted in a course that I named FRUSTRATION, HOW TO DEAL WITH IT. The course is in Dutch but I intend to translate it into English as the information can greatly benefit people that want to raise their awareness.

It is not because of its simplicity that it will have no significance to you. You will know what I mean when you study the theory of this course and do the exercises it contains.

We will probably never be able to stay away from generalizations entirely as our subconscious mind is loaded with it. Many people cannot help but speak in generalizations as their subconscious mind has completely taken control over them. Frustration doesn't necessarily happen when someone speaks to you in generalities. It is only when these remarks interfere with your life that frustration seems unavoidable.

You don't need to attack people with questions just because they gave you a general remark. When you recognize it as such you will more easily be able to accept the person the way he or she is. However, when it interferes with your goals and purposes, it wouldn't hurt if you knew how to deal with it more successfully.

Learning how to deal with generalized remarks or questions can make your life much more peaceful. Training yourself in dealing with these remarks can reprogram your subconscious mind for the better.

I hope this e-book was somewhat informative to you and that you found some things in it that made sense to you. If it invited you to think more deeply about the essence of life, I think I have attained my goal.
