

THE WORLD OF SPIRIT AND SPIRITS



An entire new slant on spirituality

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Foreword

For me, writing this book is an adventure into both the known and the unknown. I am writing it for those that have spirit within their soul. I will explain what I mean by that in great detail in this book.

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

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

Apparently, we humans (me included) tend to think that we can describe spirit in words. We cannot. Words only point in its direction but even that is pointless as spirit in itself has no location. However, the human spirit does have a location. It resides within the human soul.

I know, words such as spirit, a spirit, a soul or a spirited soul can be confusing as all schools of thought define it slightly different. 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 slightly different answers, I am sure.

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 of this topic. Here you will find no factual information backed up by evidence whatsoever. I am not a spiritual teacher or guru that wants you to accept my philosophy of life. I am just trying to make some sense of it all.

I have been studying spirituality for more than thirty years now but that doesn't mean that 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 spirit

I decided to start this book with that which 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 spirit 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.

Because spirit cannot be understood, using the word consciousness in its place is understandable as consciousness can, to some degree, be understood. However, when you ask them what they mean with consciousness they all give you a slightly different explanation. 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, consciousness, the oversoul just to mention a few".

The higher self is a very popular expression in spiritual 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 whereas we seem to think they do.

Why do I think spirit is the mother of all mysteries?

I see spirit as source. 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 hear but what I am trying to say is that source doesn't exist. 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 is a potential of everything.

Obviously there had to be a non-existing source were existence emanated from, unless you want to believe that 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 all that now is.

I call it a belief as there is no scientific proof for any of these two options. You cannot prove that something originates out of nothing but you can also not prove 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 (spirit) as the mother of all mysteries? The mind cannot understand nonexistence. It can only understand existence. The thinking mind works with entities only.

What is 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 spirit simply doesn't exist as 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 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 spirit as source doesn't exist. Many people have an aversion to nonexistence. 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 is that existence emanated either from a source or it did not. I believe existence to be an emanation from source. 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 from outside of existence.

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 our attention on the driving and therefore we can have our attention on the person we have a conversation with.

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.

With source it is a 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?

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 as assumptions is all you are going to get. 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 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.

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 has to 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 an intention to know the pretended unknown. The unknow part of source created a void wherein creation became possible.

The meaning of the word void is:

1. A state of non-existence
2. An empty area of space
3. Not inhabited (containing no life forms)
4. Containing nothing
5. The quality or state of being without something

Which of these 5 definitions would be most suitable for the unknown part of source?

We can rule out def. nr. 1 as non-existence plays no part within existence and a void does play a part in existence. Definitions 2, 3, 4 and 5 do seem to apply.

Def. 2 includes space and space is component part of existence. For space to be a part of existence it must be some form of energy as all of existence is energy. Definition 3 could be broadened by not only life forms but all forms. Then it would fit perfectly.

Definition 4 is applicable as containing implies some sort of energy or matter that contains, except that there is nothing yet to contain. It is like an empty box.

By the way, definition 5 would be applicable to source if we take out “a state or being” as these words refer to existence. Definition 5 would then have to be changed in: A quality without something. 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 for this reason 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 component parts in awareness:

1. Intention
2. Attention
3. Emotion

We can even further simplify awareness by excluding the 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 effecting 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 stops, 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 in this way we will want to think about it.

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 as 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 of themselves as they are overruled by their automatic thinking patterns that have a life of their own.

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?

In order 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 no different spirits. There is only one spirit and that is source. However, in order for spirit to be a part of existence it has to take on viewpoints in it. I mean this in the literal sense of the word. A point or location within space from which one can view or observe.

In other words, spirit as a non-existence needs to become a part of existence. This I assume can only happen when spirit manifests spiritual bodies that it can inhabit. This is what we commonly refer to as a spiritual being. Spirit giving the appearance of existing through its spiritual body. Still, it is the spiritual body that exists not spirit within.

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 are spiritual beings.

Consciousness or awareness is in fact a spiritual being (body) observing existence. 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 must create what it observes. Consciousness then must constitute both creation and the observation of that creation.

This can be rather confusing. How can it be that we first have to create something before we can become aware of it? Why do we want to become aware of what we create? Are we creating it or is it created for us, and if so who then is the creator?

First of all, we don't have to create from nothing as spirited souls can do. We can use existing creations. A thought is a creation that is recorded not only in the astral world but also within a data bank that surrounds the universe. Maybe the astral world and this data bank is the same thing, I don't know.

We can tap into this data bank and in this way use thoughts, not our own, for manifestation. When this happens, we might think that these are our own thoughts but they are not.

This explains why people can have the same idea without knowing each other. This data bank could be the akasha records but I don't know whether that is correct.

Most people get their ideas from others who get them from others and so on, but the idea has to originate somewhere. The creation of a thought or idea comes from a spiritual being or from this data bank or maybe from the astral plane.

Existence is not only projected by a spiritual being as there are souls that have no spirit within and can still project their existence.

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

What is a soul? I looked through several dictionaries and took a few definitions just to give you some idea as 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 cell in the body is a projection of a soul fire. When this is true then there is a significant difference between spirit and soul, spirit being non energetic and thus none existing and a soul being energetic and thus existing.

As stated before, spiritual beings are exceptional as they have a spiritual body that, as an energy manifestation, does exist.

The soul fires can project several different bodies. There are at least 7 different subtle bodies or layers that comprise the soul body. [Here](#) a thorough explanation of these seven different layers that make up the aura and all the subtle energy flows within and around the physical body. I also go into this on chapter 5

When we ask the question: 'Who is the observer? We cannot state that spiritual beings are the only ones that can observe. Observation (attention) exists in everything that lives. We cannot even exclude inanimate objects from having attention. Attention is everywhere as attention is the heart of consciousness.

Existence in every aspect is conscious and consciousness stripped from intention and emotion is just plain and unadulterated attention. Attention without the other two component 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 difference in the meaning of these two words. It is the same for observation, attention or viewing. These words are synonymous.

Attention is an element of consciousness or awareness but is the most important one as without attention there is nothing, we can take inward, unless it is a data dump that happens without being conscious of it.

We humans become aware in different ways in different circumstances. Attention is the constant 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.

So, to answer the question, the observer is attention itself. If this is the case then what the hell is attention? What makes attention senior to intention or 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 an experience. 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 plain 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 and no attraction and no interfering thoughts.

Intention causes the thinking mind to become active. When the thinking mind is active each thought that is generated or activated will bring about 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 includes manifestation. It is intention that manifests thought and thus emotion and as a result of that 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.

We observe and experience life in an attempt to know it. We can only try to know it. We cannot know it completely as knowing will make consciousness disappear. Only source knows all there is to know as source lacks manifestation.

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. And we humans 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 know the obstacles in the 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 not be considered a worthy living. The problem with our life's 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 emotions, the less chance we have that it will happen. Using intention + emotion to get what you want is doing it the hard way.

To get things done we only need intention and action. An intention is a thought or an idea that has to flow out of us, away from us for it to manifest. Emotion is the energy that makes this possible. This happens naturally. We don't need to add our own emotions too it as these are based on thoughts too and as such can counter act on our original idea.

Ask a construction worker if he uses intention to complete his construction. The question might confuse him. He might reply: "What do you mean using intention?"

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

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 diminishing his intention. Now we can only hope he will be able to pull it off.

Intending while adding your own emotions is the obstacle. When we emotionally intend, we attract counter ideas and counter forces.

When we act with plain intention there are no obstacles. If you see an intention as an idea it won't interfere with its manifestation. Emotion will make it manifest. This is not your emotion; it is an emotional force that essentially comes from spirit.

Having an idea doesn't require force. The actions we take to make our idea come to fruition requires force. Action is not always needed as intention can manifest without any need for action to take place.

To summarize:

To manifest we need an idea, intention. If we put force (our emotions) in the idea instead of in the actions needed to accomplish an 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.

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 I cannot exclude Gnosticism from this e-book as there is information in its literary work that, to my knowledge, cannot be found anywhere else. 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 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.

On the website [Gnosticism Explained](#) you can get a feel for what Gnosticism is about.

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 in Gnosticism called the Monad. The Gnostics seem to think that the Monad is "all there is". If that were true then there would be no source. There would only be existence. In a sense the Gnostics are correct as source doesn't exist within existence and then we could logically assume there is no source. But I believe there is and I think it is called spirit.

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 (spirit) 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, as the Monad is spirit and spirit has no wave length (no energy) and thus cannot exist.

From the Monad (source) the first spiritual being emanated. This first spiritual being was source (spirit) within a 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 we do know that the last Aeon that came to be was the Aeon Sophia. According to the Gnostics we live in one of her universes.

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 intend to know all there is to know about 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 all other Aeon's had in common.

What is wisdom?

1. The ability to discern or judge what is true, right, or lasting; insight.
2. Common sense; good judgment.
3. The sum of learning through the ages; knowledge.

Wisdom becomes a necessity when you don't want to know. 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 Aeon's were created with perfection, the universe of Sophia was created with imperfection. This is why I assume that before Sophia came to be, imperfection did not exist.

To clarify this: when you really want to know you cannot but become perfect in whatever you want to accomplish. When there are things, you don't want to know concerning what you want to create, your creation might not become what you intended.

Now we have a problem, we wanted to create something and the result is that our creation turned out different from what we intended. Problems require wisdom or they won't solve. Sophia has problems to solve because she allowed ignorance within her mind (universes) and so do we. A problem could be seen as an obstacle that requires wisdom to solve.

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

Spirited souls are Sophia's children. She gave us, spirited souls, a spiritual body that could hold spirit within. This spiritual body could also hold a location within our soul bodies.

If you as a spirited soul don't understand who you really are then here you have a possible answer to this question. As I see it, you are a spiritual body. You are not spirit. You are a body (energetic form) that holds spirit inside. A spirit body is an entity. It is an existing form or energy manifestation.

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 is probably the only way spirit can be involved in existence. It exists through its spiritual body which is us. The spiritual body needs attention (consciousness) to experience life.

Do you see how close we are to source? We embody source.

There might be another way spirit can become involved with existence and that is through the field of creation. 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 as attention is what gives life to what is manifested. Attention is what makes our spiritual body come to life.

We could now ask the question: 'Are we in essence spirit?' No, we are not spirit, as spirit has no identity. It is not an entity. We are entities with identity whereas spirit is not. Again, we touch upon the mother of all mysteries.

We could also assume that we are the Monad (spirit) in essence but that would not make any sense. It would be against any and all logic. But logic is the thinking mind at work and the thinking mind cannot understand spirit.

Nevertheless, when we talk about "we", we are not talking about spirit, we are talking about spirits. Spirit is only one, but you could have an infinite number of spiritual beings (bodies) all containing spirit inside their being. So, I think we can rule out the option that we are the Monad (spirit).

Spirited souls are absolute unique in Sophia's universes. There are very few spirited souls on earth and beyond, that have a spiritual body attached to their soul.

If you read so far and it still has your interest there is a great chance that 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 to find out about who they are and where they came from. It all depends on the state they are in. They, by their own actions or choices, can be so much deviated from their origin that it might never occur to them that they have spirit within their soul.

Gnosticism is a vast subject that has been greatly 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 from Wes Penre into the history of man paints a picture that is much more comprehensible in comparison with [the Nag Hamadi library](#) that is considered to be what Gnosticism is mostly about. To some degree the WPP are similar to Gnosticism but lack a deeper understanding of the essence of life.

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 an inside regarding our history and where we spirited souls come from.

According to the Gnostic Teachings (GT) the Aeon Sophia created an avatar to represent herself in the physical world. This became the Queen of Orion in the WPP and Zoe Sophia in the GT.

The Aeon Sophia is a soulless spiritual being (body) and it would be logical to assume that she created the spirited souls. The Queen of Orion (Zoe Sophia) would then be responsible for creating the non-spirited souls.

Aeon's according to the GT are androgenous beings. This means that Aeon's have both feminine and masculine characteristics.

Androgenous =

Having the characteristics or 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.

We know that 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 as we understand husband. The word partner would then be more appropriate, I think.

Although the above terms do refer to man and woman the Aeon's 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.

Since Sophia procreated without her consort (Christ) and as such created what she didn't intend we could assume that when they create from nothing they need to create as one.

Just as in a marriage between humans we need male and female to procreate so does the Aeon Sophia need Christ to properly procreate.

As this didn't happen Sophia created an abomination that chocked 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 Aeon started to procreate as well and his creations 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, just as his mother the Aeon Sophia, is an androgenous being. For some reason or other he seems to be more masculine than feminine.

That is probably why he is referred to as a “he” instead of a “she”. Most probably due to his ignorance his masculine side went out of balance with his feminine side. This is probably how he 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 as Aeon’s, are not ignorant. Therefore the name ‘archon’ was used maybe to distinguish between the ignorant and non-ignorant Aeon’s. 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)

The Archons 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 Archons gave us humans amnesia that made it very difficult, and for most even impossible, to remember our previous life’s. 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 archontic in nature. It contains all the programs we need to function in this earthly construct. It acts entirely on its own accord.

It is the subconscious mind that we have no control over. The only thing we can do with it is to change behavior 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 behavior characteristics reactively without ever realizing that they need modification.

This is why many people never grow up as they keep dramatizing 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 with children, it all becomes a part of the subconscious mind.

The archons probably like to keep us in childhood mode so they have a much better chance to keep us under their influence.

It is all much more complex than what I am explaining here. There is much to learn about the Wes Penre Papers and the Gnostic scriptures.

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.

There are archontic influences in these scriptures that you have to learn to recognize and that could be difficult if certain subconscious patterns are in the way. 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 additional concepts.

1. According to the WPP the soul consists of trillions of nano sized fires.
2. The soul can have a spiritual being attached to it or within it.
3. The human soul fires do manifest soul bodies. 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 is manifested by a nano sized soul fire.
5. Most souls don't have spirit inside.
6. Spirited souls are quite unique in Sophia's universes.
7. Spirited souls can create from nothing. Creating from nothing is creating from source as source is a nonexistent nothingness.
8. Non Spirited souls can only create and change what spirited souls have originally created.
9. Aeons are soulless spiritual beings.
10. Only spirited souls and the Aeon's 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 has to manifest something before it can observe and experience it. In order to 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. The past and future is all there is. The present doesn't exist and the future is infinite possibilities that do exist. Each new discussion we make opens a new time line in the future. The future consists of an infinite number of time lines.

Some will call the present 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. That is why only past and future can exist.

Many new age guru's advice 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 can live life in the present moment. The present moment is a time period closest to the 'now'. Since this present moment is before the 'now' I consider it to be, in the past.

The now is a nothingness from which something can spring. Creation happens from the 'now' and then exists in the past.

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, does need 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 without time I might add.

There is also a concept that is called vertical time. You can explain vertical time however you want to explain it but to me nothing I found so far makes any sense. Time is linear whether you want to see it as vertical or horizontal. There is time and there is the 'now'. This is the same as there is existence and there is non-existence.

Some think that vertical time is circumstances stacked upon each other in the present moment? Does that make any sense? Whether a sequence of events is horizontal or vertical, it still gives you a time line. I hope someone can give me a definition of vertical time that makes some sense. Until that happens, I cannot integrate it within my general picture of things.

It 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.

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

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 time line is what it is, the duration of a sequence of events.

There are an infinite number of events happening at the same time. These are all time lines. In fact, the entirety of existence is nothing but time lines happening outside the 'now'. The now is source (spirit) and the time lines are creation.

Many philosophers and spiritual teachers tell us that time doesn't exist or that time is an illusion. When we say time doesn't exist, we in fact say existence doesn't exist as time is inextricably connected to existence. I like to give you the 6 basic elements for existence:

1. Time
2. Space
3. Energy
4. Matter (condense energy)
5. Form
6. Event

Without any of these elements there would be no existence. Energy is most basic as all the others, need energy in order to work. Time and Event are similar as time is the event but it also is the duration of an event. Time is a sequence of events indicating a period with a beginning and an end.

I can understand why people think that time is an illusion. As long as they don't think that time doesn't exist because it is an illusion, as that would be a serious mistake. An Illusion is definitely a state of existence. An illusion is just something that is different from what we agree to be real. This does not mean that an illusion doesn't exist.

The entirety of existence could be seen as an illusion as we always see things differently than what is really there. That is just the nature of reality.

If we would see things exactly as they are, they would vanish instantly. Seeing things exactly as they are means knowing them and knowing cancels out awareness. Without awareness (consciousness) there is nothing (spirit).

I know, touching upon nothingness is hard to wrap your head around as we dive into the mystery of all mysteries again.

Having looked deeply into time let us see if we now can understand how the soul can live in different time lines.

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 time line than the time line where the main soul is located.

The soul body, that the soul fire manifests in a new time line, can still be 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 that is contained in the soul body it departed from. This is because the soul body is most probably 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 time lines. This is because the past and the possible futures do exist. In fact, the entirety of existence consists of past and future time lines.

We might think that the past has passed and therefore does no longer exist. This is not the case.

The past doesn't disappear because it has left the present moment. 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 time lines. The past can be as real as the present moment. And as stated before the present moment is in fact in the past. The present moment is the time period before the 'now' where we mostly have our attention on.

We spirited souls lost the ability to communicate with our different soul bodies when the chief archon Yaldabaoth 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 time lines all at once.

As stated before, I assume that spirited souls were created by the Aeon Sophia. 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.

It is the chief archon Yaldabaoth 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 Ariens 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 reasonable rough experience. After the experiment she wanted to see if the Ariens 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 back 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 the 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 and the Orion empire. Tiamat was destroyed by the archons and the Queen's experiment was jeopardized. A part of Tiamat became earth and all the many peace's became the asteroid belt.

Below the seven heavens is the 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 the son of the Queen. The 8th dimension (heaven) is called Orion in the Penre Papers and is the domain of the Queen.

According to Gnosticism there is a 9th heaven. This is an intermediary location between the 8th heaven and the Pleroma. The Pleroma is the spirit world where the Aeon's reside.

The planet Tiamat was where spirited souls originated. The archons highjacked 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 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 made earth into a prison planet of which escape was next to impossible. They separated our bodies in male and female whereas before we were androgenous 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 in 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 body death. It is still in use as a soul catcher. Since not so long there came holes 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 really are your best option.

Humanity is approaching the machine kingdom, somewhat better known under the name transhumanism. The archons don't want us to escape to the greater world, the Orion empire. In order to prevent this, they need to enslave us in their digital world. This is what is now happening.

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 keeps the grid in place. When consciousness improves the grid is negatively influenced.

The machine kingdom is their last hope to contain us. The archons are parasites that cannot live without tapping our emotional energy called loose. They need humans to survive. They have so many boobytraps 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.

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 than use can almost always be repaired. In this stage we are permanently enslaved by the archons until the machine kingdom fails to maintain itself.

The elite who work for the archons will do all 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 will be made available.

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

The Arian spirited souls had tremendous capabilities. They could nano travel in the multiverse and at the same time operate their physical bodies. Only the Arians can do this as they are very advanced spirited souls. In the war between Orion and Tiamat there were Arians that could escape to Orion. The once that could not escape now live on earth in an extremely downgraded condition.

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.

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 ether that is omnipresent or the galactic center? Why is our soul energy being dispersed across chakra's?

We think we understand these things but do we really?

Where does all this information come from about charka's, meridians and subtle energetic bodies?

If we live on a prison planet where the archons and their minions want to control us within an inch of our life's 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 tempered with.

Some seem to think that when we raise our frequency to a certain height chakras become obsolete. Others think that we can erase our chakra's, 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 the case?

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 become.

'Nothingness' is the simplest datum there is. Source is a nothingness and nothingness is a potential of 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 to some degree being synonymous. 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 on this subject.

| | | |
|--------------|-----------------------------|-------------------|
| Ether | Prana (Yoga) | Zero Point Field |
| Scaler Waves | Theta (Scientology) | Zero Point Energy |
| Ki | The field (Lynne Mctaggart) | Neutral field |

| | | |
|------------|-------------------------------------|---------------|
| Shi | Oregon (Wilhelm Reich) | Unified field |
| Life Force | the Original Substance (W.D.Wattle) | The Void |

Subtle energy is everywhere. Without subtle energy there would be nothing. Subtle energy is the energy where 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. Subtle energy is the basic energy from which these 6 elements arise. Subtle energy can also be seen as spiritual energy, meaning energy that has come out of nothing (Spirit).

The galactic core could be seen as the center 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 spirit. Subtle energy comes from nothing (spirit) (source). Through the creative process subtle energy 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 as both time and event are consecutive happenings. Time only differs from event in that it indicates the duration of these happenings

The unified field of creation 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 every creation would disappear into nothing (spirit) instantly.

Here a definition of the unified field according to the Veda's:

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. The unified field could then be seen as an attention field. Unadulterated attention lacking intention and emotion is pure consciousness.

The word unified doesn't seem appropriate here as 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 Aeon's. As earlier stated, the Aeon's all together are "all there is" (The Monad). The Aeon's create their own universes within the subtle energy field. These universes are all separate universes and everything in these universes is a separate entity.

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.

It could very well be that we can see holes in the grid because the seven heavens (dimensions) exist on a different frequency in the same location.

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

We humans live in one of Sophia's universes. Our universe was created when the Aeon Sophia created Yaldabaoth without her consort. She casted her son away and for the first time in history ignorance became a reality. 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 was a chock to her and probably to all other Aeon's when they found out about it. This was never done before. It was a total 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.

I know I explained this before but it deserves some repetition as it is an essential part of the whole picture I am trying to paint.

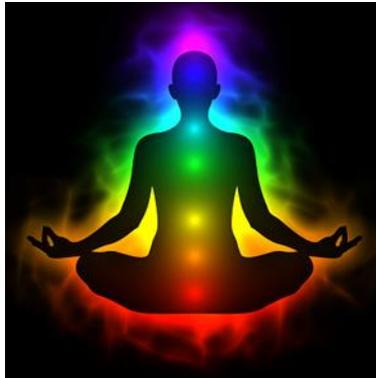
Let us look into the 7 chakra's, the corresponding 7 soul bodies that comprise the aura.

The term 'chakra' is Sanskrit for 'wheel'. This refers to the spinning, spherical energy center 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 colors in order:

- | | |
|---|--------------|
| 1. The Root Chakra: Muladhara | color red |
| 2. The Sacral Chakra: Svadhisthana | color orange |
| 3. The Solar Plexus Chakra: Manipura | color yellow |
| 4. The Heart Chakra: Anahata | color green |
| 5. The Throat Chakra: Vishuddha | color blue |
| 6. The Third Eye Chakra: Ajna | color indigo |
| 7. The Crown Chakra: Sahasrara | color violet |

It is a spinning of energy. Why it is brought into a spin we don't know. 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 to bring them back in balance and unblock their energy flow.



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

How do we know whether 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 is in control can we really trust anything here?

The archons need our energy to survive. They are parasites who are doomed if we humans don't supply them with our emotions. Just as everything else, emotions are created from subtle energy and it is our emotions the archons need for their survival.

The archons cannot just take their energy from the subtle energy field as emotions are a creation within and from subtle energy. They are not plain subtle energy.

The archons cannot create from nothing and thus cannot create emotions from the subtle energy field. Only the Aeon's and spirited souls can do this. Subtle energy is a neutral energy that can only be used for creation.

Even when we want to gain electricity from the 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 the neutral subtle energy field. Electricity is a creation just as anything else is.

Many people seem to think that the subtle energy field is intelligent. I don't believe this is the case. Intelligence starts with creation in the field. Only spiritual beings can create from nothing in the field. This is why I think that intelligence springs from spiritual beings and not the subtle energy field itself.

In my opinion it wouldn't be farfetched to assume that the chakra system is used by the archons 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 Śhaiva 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 nerves 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 chakra’s 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 are connected to the heart chakra and that our soul energy is dispersed from there through the lower and higher chakra’s but this could be entirely wrong.



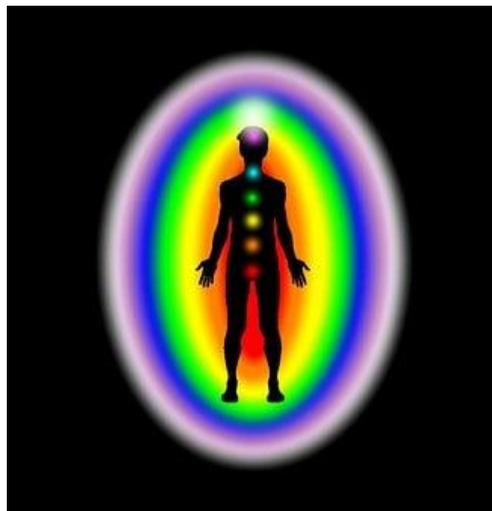
If the above picture is a correct representation of a Kundalini uprising than this energy creates a torus field around the body. Without a kundalini activation this could still be the direction in which the energy flows. It would then be more likely that the soul fire energy enters the body from the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

The soul fire energy possibly enters the body as white light and when dispersed, as through a prism, produces the seven rainbow colors.

The color of the root chakra is red and red is a significant color as it represents enthusiasm, passion, security and vitality. It also represents evil and the devil. Is that why the Kundalini energy has the shape of a snake? We must realize that these attributes can be used both for good and for 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 colored light extending from the physical body. These seven layers of colored 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 life.

It is possible that only the three layers that correspond with the three lower chakra's need shielding as the other four layers vibrate on a much higher level where demons with evil intent cannot connect to. 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 egg shell 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.

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 would 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 not so protective shield. Possibly, holes in the protective shield only happen 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 as, while researching it, I discovered something of interest that puts a 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.

The Etheric Body is the Astral Body. I consider the Etheric Body a misnomer as all of creation is ether based and so is 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 of 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 every creation an etheric based body. All creations are than in fact energy manifestations and not subtle energy manifestations as subtle energy is the 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 in their rightful place.

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

For example, in Theosophy spirit, being nothing, is acknowledged. They see it as a nonexistent entity which is an oxymoron. Theosophists also acknowledge that spirit is one and that we are not spirit as we are many.

Yet another principle that corresponds with my views is the spiritual being. The Theosophist sees it as well as a vessel that carries spirit inside. And of course, they cannot explain this properly either. Nobody can for that matter.

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

Here a diagram that lists the seven layers of the aura. In Theosophy they are called principles. The diagram also shows the Pseudo-Theosophy and how it differs from Theosophy.

| THE CONSTITUTION OF MAN | |
|--|--|
| According to Theosophy (H. P. Blavatsky, William Q. Judge, The Mahatmas, etc.) | According to Pseudo-Theosophy (C. W. Leadbeater, Annie Besant, Alice Bailey, Geoffrey Hodson, etc.) |
| <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. <i>Atma + Buddhi = 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> |

www.BlavatskyTheosophy.com

Here is what I think of it. First of all, in my opinion Atma + Buddhi is not the Monad as the Monad is beyond existence. Atma + Buddhi is what I see as a spiritual being such as an Aeon.

Atma is not eternal as eternal implies existence. Pure spirit is just spirit. We don't need to call it pure as this implies that there is spirit that is impure.

To me, this is impossible. 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 is beyond existence. The higher self does exist.

According to the philosopher Rene Descartes the self is the mind and I think he is right about that and if so Atma is not the self. Atma is what the Gnostics call the Monad.

In Theosophy spirit is also seen as non-existent so why they think that the higher self is Atma is any one's guess. 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.

Buddhi is what I call the spiritual body (being). A spiritual being doesn't necessarily have a soul as the Aeon's 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 from H. P. Blavatsky and William Quan Judge quoted in articles such as [Mysteries of the Astral Body](#) seem 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 have considerable flaws in it. 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 hypophysis on 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 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.

I think there is a third body and that is the spiritual body that only the Aeon's and spirited souls have in common.

The reason for the aura to have seven colors 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 colors are created from white light. I believe that soul fire energy is white light that changes into colored 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 from the soul. It seems logical to me that the astral body is the soul body that is manifested by the soul fires.

In Theosophy the mind is the soul. In my opinion the mind is in the soul body. When the makeup of the soul is holographic, and I believe it is, then this assumption would make most sense.

In a holographic structure information never gets lost. No matter in how many little pieces you cut 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 would also mean that the mind is holographic or at least has a similar structure than the holographic soul. When the mind would leave the soul, it would still exist outside of the soul as is the case with the Aeon's. The Aeon's are spiritual bodies, they are not source or spirit. They have spirit within their spiritual body.

The mind consists of the 6 elements of existence and holds all the significance that is added to these elements. It also holds all the emotions that were generated through thought.

All the quantum computers together are of no comparison with the data storage capacity of the mind. Only when holographic or similar technology is used can it become a match to the soul and mind. Speculation, I know. However, the question is does it make sense? I think it does.

Each soul can keep its soul fires going through contact with the galactic center. The galactic center exists in the vast subtle energy field and is the energy source of a universe. Beyond the galactic center and beyond its universe is spirit. Spirit is the real energy source where the galactic centers of all the different universes get their energy from.

Spirit is also beyond 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 (spirit).

All that is manifested from the subtle energy field can only sustain itself through spirit. Original manifestation is an outward masculine emotional energy from spirit (source). 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 spirited souls or spiritual beings but it can only manifest in reality through spirit (source).

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 spirit.

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, you are a spirited soul and you receive the story from spirit within. You are a spiritual being within your soul that receives the story from spirit. The story comes from within your spiritual body.

When you communicate this story through the writing of a book it becomes a manifested reality. Spirit writes the book through you. You are the vessel that makes original creation possible. You might think that you create the story but in fact spirit creates the story for you.

Spirit complies with your intentions. It might be hard for some to accept that original creation comes from spirit 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 spirit can get mixed with his own thoughts resulting in a watered down version of the original received thought from spirit. His 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 the hell is attention?

What makes attention senior to 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 heart of consciousness.

Attention doesn't think, it only observes. As soon as we think, observation becomes less pure. As soon as we have observed whatever there is to observe we can think about it.

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.

This concludes this chapter. 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 this way.

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 spirit within. Isn't that a kind of magic? (Queen)

As 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 so 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 with 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 spirit. Magic is a mystery to those subjected to it. The magic that comes from spirit 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 (spirit) 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 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 totally certain about what we feel or experience. Many people have issues with trusting their intuitive abilities. When intuition is strong and without any doubt it has become (ESP). Because 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 broadened 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.

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.

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 Knowing
Not Wanting to Know

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

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

The knowing levels on 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 insides. 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 started 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, the son of Sophia, not be able to perfectly copy 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 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 look and see what is. Don't we all do this as well to a market degree? Our beliefs color 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 when 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. Understanding itself is a mystery as no one understands things exactly the same. Understanding is a personal thing.

Due to agreements about understandings, we can function, 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 (spirit) 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 in order to succeed whereas white magic essentially needs none of that. By simple intend, things will manifest magically. The only problem with white magic is whether we are able to intend purely so we don't block or hinder our intend.

With black magic people need their rituals 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. These higher levels are real. What you intuitive 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 eventually can 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 others.

Rituals and symbols help the black magicians to manifest as they belief that it is the rituals and symbols that bring about the desired result. They cannot simply intend as this requires a much higher level of awareness. Intending 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 of benefit to all. Black magic is destructive because it is only of benefit to the practitioners and 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 belief in their rituals and symbols it will do the heavy lifting for them. It is still their intentions that brings about their evil, but according to them it is the rituals and symbols as that is what they belief. Their intention is too weak to manifest without these symbols and rituals.

Pure intention is impossible for them as this requires a mental stillness a short period before and a short period 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 on up. From the level of Ideas rituals and symbols but also crystal's, stones and other gadgets that we belief in can assist in manifesting our intentions.

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

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 knows 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 belief it is none of these elements.

Then we have therapists that use a pendel to get answers. What moves the pendel. Is there some mysteries force that moves the pendel or is it the hand of the therapist that is taken over by the subconscious mind? Does the subconscious mind have all the answers that 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 (spirit) as only source is all knowing and knowing has no part in existence. Therefore, I believe that 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 get 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.

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

If I am correct on this it would mean that we can all make contact with source. Magic comes from source and from nowhere else.

This to me is a big piece of the puzzle. We intend and source 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 but I was wrong. On the down side, source creates for evil intend as much as for constructive intend. Source makes no difference.

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 behavior. This doesn't mean that 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 behavior 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 behavior patterns to not take responsibility for them and that is what this chapter is mostly 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 the video from Wes. 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.

In there are also standard programs that deal with the functioning of our body. These can become active when the body needs them.

There are mainly two different standard programs:

- Programs that are working nonstop without the need for stimuli.
- Programs that are working only when correction or maintenance is needed.

In the latter case the programs 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.

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 much needed maintenance program. Moreover, medicines are toxic most of the time and add to the toxic overload.

Here a piece of advice:

Don't ever 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.

The subconscious mind, to a great extent, determines 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.

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

There, however, are limitations. For example, someone with a social personality cannot be programmed to kill his/her fellow man. This programming to kill goes against the moral codes of the Social Personality and will, for this reason, not be executed. One could still do it consciously but not as an automatic reaction coming from the subconscious mind.

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

I made up a personality scale that to me makes 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 do so. Even when it goes against their moral code. This depends on how much force is used or harm is inflicted on them.

'If you don't kill him, I kill you'. The (SP) will not kill but the (MSP) might do it. 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 or a narcissist. The narcissist and also 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 yard stick 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 too low on this scale our subconscious mind will get over stimulated 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 to this is to distance ourselves from these people as they cannot and will not change.

When you are victimized by anyone who is on the lowest two levels you do have to take this information very serious 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 than 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 his own admission. He is also diagnosed as a psychopath 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 in 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 receives their pleasing attempts.

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

The method explained in the video from Wes Penre 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 in 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 lift yourself above it and how to go about it. It also might provide you with a deeper insight as to the situation you are in. This is much needed as by improving your understanding of your current condition you increase your chances to rise above it.

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

Extroverted people are very much submerged into the story of their life and that of others. Their attention can be quite stuck 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 on their situations in their life's, 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 clamor much less for attention and are therefore more willing to self-correct.

It is the inflated ego that is the real hurdle. It wants nonstop attention 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 that creates a state of exhilaration that is very short lived. Both of these states cause different hormonal responses in the body. Due to all this the inflated ego is hardly ever at ease.

The inflated ego will have to work vigorously for getting attention from as many people as possible to not feel depressed. Being at peace has no meaning 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 that they are willing to do, next to, impossible things to gain it.

The inflated ego can be extremely extrovert and lead a perfect life and 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 away from feeling depressed from a lack of attention.

They can be narcissists but don't have to be. 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 are the zero and minus levels that form the barriers to reprogramming as on these levels the person is generally closed for reform or awareness improvement.

On the level of Assumption people are non-critical and have lost the desire to ask question 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 while we assume it won't work on us, we will fail miserably.

From this we can deduct that the level of Assumption can be influenced in a positive or negative way depending on what outside sources make us belief. 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 worsen.

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 it 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 that cannot assume that things could be in a certain way will never come to any logical conclusions.

This however has nothing to do with the awareness level of Assumption. At this level you assume things without any logical reasoning and almost always will 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, or an inability, to solve that confusion. It can even be so that the person wants to resolve his confusion but is utterly unable to do so. He could drop the entire confusion and go on with his life but if he has to solve it but 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 as this is it. This is also the point on the scale that the archons use most successfully. They can suggest a datum that is entirely false and still 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 our awareness.

We descent 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 descent lower on the scale into Fixed Reality it becomes even more difficult because this is a stable awareness level that 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, wrong and feel this is perfectly justified. How dare they question our belief.

War can only happen on this level or below. All arguments come about due to their reality (beliefs) being fixed not to be touched by anyone but the one who originated the information they belief in. It is much more a fixed opinion than a belief.

It could be a religious leader but it could as well be a parent, a teacher, a politician or a media outlet. Anyone or anything they consider an authority could make them descend on this level.

When their Fixed Reality is thoroughly shaken, they are in deep trouble as they might descent into the unstable level of Helplessness instead of rising onto the unstable level of Unreality again. Both below and beneath 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.

On the level of Helplessness, they cannot be helped. That is why I called it helplessness instead of victimhood but it is the same. On 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 or descend from. Usually there is an urge towards stable levels of awareness when on an instable 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 to his advantages. That is why we find their associates mostly on the levels of Unreality or Helplessness and not so much on 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 that we can learn from it. I wrote an e-book on this scale of more than 180 pages and also there is an expanded awareness scale with more than 100 levels of awareness all explained in great detail in this e-book. I provide I link for it in case you want to look into it.

[Awareness, the Road to Knowing](#)

This is not a story book. It is much more a study book that mainly contains research data. The research I did was done through observing my own and other people's behavior for many years. Human behavior kept my interest for a very long time. When I mingled with others, I let them talk to me and I 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 behavior.

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 this book is not up to date anymore. However, the information on the awareness scale is still very much applicable. Almost all my later research is based on this extensive scale. I could not have written the other e-books without it. Also, in this book I 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 whether a person is actually rising in consciousness. This is not that obvious as you might learn when you work with this scale.

Each level below Confusion requires a different approach. The video from Wes Penre about reprogramming the subconscious mind might work best for people that are above the level of Assumption.

We must realize that, on each aspect of our life, we can be on a different level but there is a level that one is mostly in and that is the level we should work with. When people always complain and cannot see anything in a positive light, we know that they are on the level of Helplessness. We cannot be of much help for 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 on the level of Fixed Reality, we know, they have an authority that 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 nut case who tries to attack their religion and that you should be dealt with accordingly.

There however is some hope for people that are stuck in Fixed Reality. There is one thing that you can do for them that might shake 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 you 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 with it. No, they will not ask you for your opinion they rather want you out of their site as you made their Fixed Reality less stable and they know it and don't like it one bit.

You might never hear from them again but you did put a seed of doubt in their conscious mind. When they accidentally are remembered 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 will hold on to his beliefs. The more he/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.

On the level of Unreality please be gentle as the person can be very uncertain and therefore rather vulnerable. Don't laugh at him or ridicule him for his belief. Be polite and ask the person if he wants some advice from you. Give your advice only when he honestly wants 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 on this level in comparison with the lower stable levels. He can more easily change his mind when you question his belief. Still questioning would work best on 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 him.

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 therefore can become either positive or negative. The zero level of Assumption is most prone to outside influences. When we assume that something is in 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 descent 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 Idea's.

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 that come from it. The levels below Assumption only strengthen this level. You take the level of Assumption with you on your way down. This is so with all the levels of awareness.

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 change into facts that your belief 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 a 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 MAS. 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. Associated with an ASP or a MASP
4. Illness
5. Codependency

The inflated ego is another 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.

The ego is a mind construct that is formed and strengthened throughout our entire life. It is a complete package of who we are. The ego could be seen as an avatar of the soul body (astral body). Just as the soul body could be seen as an avatar of the soul fires so is the ego an avatar of the soul body.

The 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 ego's we associate with.

Many people seem to think that we are not our ego. We are spirited souls or spiritless souls and I agree. The point however is where do we put most of our attention on as that is what we are. 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 really much wrong with our ego, it is what it is. The problems start only when our ego goes out of balance with other ego's.

An inflated ego is a compensation for an inferior ego. When we think of ourselves as a total failure, usually due to childhood trauma, later in life we tend to compensate for this feeling by exaggerated behavior 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 in the awareness scale on the level of Fixed Reality and on 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 from the body to do an emergency detox and will eventually help you to gain back your health. In other words, it is a good thing. The bad thing is that people don't know this and do all kind 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 soul 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. Not to be neglected. In many situations it is advisable to look for remedies that can heal you on 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 into 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. Codependency in combination with an AS or MAS associate 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 isn't an 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 spirit. You can do this from the level of Helplessness on up all the way to the top. Below Helplessness the connection with spirit is next to zero. The higher you are on the awareness scale the more you will be able to strengthen your connection.

But, let this not discourage the helpless as they can raise their chance to get out of Helplessness exponentially even when their connection with spirit increases 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 from spirit.

Solution Nr. 1

Connecting with Spirit

Here is what you can do to accomplish a stronger connection with spirit:

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 about it yourself it is not your thought unless, by emotion and repetition, you programmed it into your subconscious yourself. Still, it is not your thought. It was given to you by an outside source.

4. When you have put your attention on these passing thoughts allow them to be there even if they are negative thoughts. For this exercise it doesn't matter whether you see them as positive or negative.
5. 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 these thoughts and the emotions they generate.

These emotions can be rather subtle but if you look out for them you will notice that they are there. When your mind is empty of thought emotions can still linger on. Just be in their presence and they will wither away.

6. 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 from where you can connect with spirit. If you cannot find a still spot ask yourself a question 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 as soon as you direct your attention to them. The still periods will increase and the time they last will increase as well.

7. To connect with spirit is extremely simple. All you have to do is to be in the still spot. In other words, be in the presence of nothingness, emptiness or stillness and you are connected with spirit. You know you are connected when you feel a calmness or a feeling of serenity or even euphoria. This is different for everyone. You are at peace and there are no thoughts that break the peace.
8. If you want help from spirit, you simply put out an intention. When you are sick the intention you would send into nothingness (spirit) could be something like: 'I am healthy and strong' or 'My sickness has made me healthier'. Always fraise the intention as if it is already a fact or it already happened. In fact, at the moment, you put out an intention it happened 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 stick because we overcomplicate it. It already happened for you in the astral realm 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 it is by doing step 9.
9. After you put out the intention stay in the still spot as long as it lasts. The idea is to sandwich the intention with stillness. Don't think about it anymore just wait for it to happen and it will if you leave it in stillness. This means that you leave it in the hands of source as long as you don't mess with it.

These 9 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 are no emotions as emotions generate through thought and in the still spot there are no thoughts. It is completely empty. It is not even a vacuum.

This is different with spirited souls as these have a spiritual body that contains a vacuum for spirit. Spirit "exists" within every spiritual being simultaneously. This would suggest that spirit is more than one. And maybe it is when it is in the vacuum of the spiritual body.

Maybe spirit within spirited souls has taken on some fragments of existence. It seems somewhat logical but logic on this level of "existence" is useless.

In other words, we will never understand spirit as long as we exist. When you study my e-book "[A Theory of Everything](#)" you will understand this at a much deeper level.

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 wounded. This is the side that we don't show society, such as 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 acknowledge 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 that we have and that is push others down when they counter our beliefs. Just realize this is a major step forward.

Now we integrate this as part of our being so we are more 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, it is 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 attachment that keeps us on a low awareness level like Fixed Reality or even worse. It became a part of our 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 never have gotten into the subconscious mind.

To me shadow work is finding the undesirable attributes that each of us have to a more or lesser 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 undesirable.

When we are on 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 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 in 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 become a part of the machine kingdom. In the machine kingdom the soul body will become the inflated ego. The inflated ego will replace the soul body.

We are more or less slave to the archontic suppression that has dominated this planet for a very long time. However, the level of suppression and the level of slavery that awaits us within the machine kingdom (transhumanism) has not yet been experienced by any of us. It is so immense 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.

Your personal mind will be taken over by a hive mind were all involved will think the same and will agree on what the archons want from us. It is a form of mental slavery that has never existed before. It is their last attempt to keep us under their thumb. Whether humanity will allow this to happen is still an open question. No one knows whether humans will eventually build their own prison from which escape seems impossible.

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

Solution Nr. 3

Therapies and systems for reprogramming the subconscious mind

As stated before, we are all on different levels of awareness in all the different aspects of our life. At work we might be on the awareness level of Exchange whereas in our marital relationship we might be on 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 in most of the time. This is the level we need to work on. When our marriage is in trouble due to both partners being in Fixed Reality it might even influence our work situation. You take your marriage to some degree with you to your work. It might or it might 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 in and if not addressed might take you down on 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 AS or an MAS personality 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 discission to distance yourself from these personalities.

When you sever the connections with an AS or MAS you could still find yourself on 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 definitely can be done.

For those that 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, we want to feel good and be an active participant in our life's.

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.

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

When you have to throw up this is an emergency detox similar to when you sneeze. 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 whether 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 going anywhere. Do whatever is needed to get the emergency detox back under control.

Solution Nr. 5

The inflated ego

This is the most important barrier that 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 on the scale the ego starts to inflate itself. This is not hard to figure out. It cannot be on the level of Assumption as this is just a bad way to solve a confusion.

It cannot be on the level of Unreality as on this unstable level we are mostly uncertain. Uncertainty is the lowest form of fear. All fear comes about through uncertainty. Considering all this we can safely assume that the ego starts to inflate on 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 *

On the level of Fixed Reality, we don't think logically as we left logic behind after we descended from Confusion. To assume 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 for if we do, this undesirable confusion turns on again.

So, instead of sorting out a confusion we accept any datum that we think will stop us from being confused. This becomes our stable datum that we can use to quiet down 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 whether this datum does actually make any sense.

Maybe the datum does make sense. It depends on who is the source of it 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 as that is our main intention.

All this doesn't mean that we cannot think logically in Fixed Reality, we certainly can but only as long as we don't question our belief.

It is just that when we lower our awareness below Confusion that we act in an illogical way as we are then accepting a datum of which we have no clue whether 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, Privat Investigators, Scientists, Mechanics, Layers, Judges just to name a few never allow themselves to make assumptions without any logic involved. They are dedicated to solve the confusion and they do it mostly as written above. They can still make mistakes but they will self-correct because they want to come to an acceptable understand of the confusion.

Many of the awareness levels on 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 first two levels on top of the scale Being Right and Identity are different. These are the two levels that make their reality fixed. 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 thus 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 brought them in this state in the first place.

Leaders can be constructive but in our world most leaders are destructive as many constructive leaders were replaced by destructive once. We find the AS and the MAS 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. There is so much more to this scale but I think I gave you, the reader, some impressions of it. Therapist can use it to see if they really are helping people with their therapies.

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 worsened him. Above a stable level of awareness, we have to 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 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 in this book where I will 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 about the many ways it can be applied. I did not invent this scale. I am quite sure it was given to me.

Chapter 8

Communication

To me this is an interesting subject indeed as it has many ramifications and is what most people do most in the life that they live.

Personally, I had great difficulty to communicate 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 in the Scientology religion was that I overcame 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 low 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 for me but had nothing 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.

Much later I found out that I was on the awareness level of Helplessness and had risen to the level of Fixed Reality when I got involved in Scientology. Hubbard couldn't 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. Whether what you hold on to actually makes sense is the least of your concern. Helplessness is a bummer and I was in it during my entire childhood. It caused me to feel depressed and utterly unwilling to participate in life.

Through self-observation I learned a lot from it. It is really a bad place to be. I didn't know back then what I know now.

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 first-hand 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 way of doing it and a wrong way of doing it and all the shades within these two parameters. Every duality can be plotted in a scale. Nothing is totally good or totally bad. There is always a story behind each good and bad situation that we don't usually pay attention to.

Within communication there is always a send point and a receipt point. The point of reception can change in 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 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 extrovert and the second one is the introverted personality.

Very often, the inflated ego pays little or no attention to people receiving his idea's. Most of his attention is on himself and whether or not people's response is favorable or unfavorable. 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 idea's 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 where the introvert wants others to shine and be admired. These two personalities and all shades in between them 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 and at best being 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 be honest with each other communication can do wonders for them. These people can direct their attention toward each other, without any hinderance, and when they do the magic happens.

You cannot teach people to communicate with each other in a perfect way. I should know as I was a communication course teacher within the Scientology Church (sect) for more than 10

years. I was part of 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 and still being unable to communicate in a perfect way. How frustrating can that 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 of the window and invited the student to talk to me. They had to talk to me within 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 came to the conclusion 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 for this reason are unable to communicate in a perfect way. The entire pilot course was a disaster to say the least. It failed miserably in learning people to communicate in a perfect way. Mr. Hubbard didn't see it that way. From this pilot course he developed the Professional Communication Course 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 that already could be themselves had a chance of succeeding.

What does it mean to communicate in a perfect way?

It means that 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 that you can be the person you are communication with.

Here some hypothesis that I took from [my e-book Unit 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, Do 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. On 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. You see it best in a group of children. They want to impress other children in their group and use their favorite identities to do so. You see it in actors. Real good actors can make it look like they are themselves in the role they play and as such impress their audiences. They are not themselves but make you think they are. Many actors have a low self-esteem and compensate for it by acting an identity that they like very much.

On 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 on this level.

Below Being Yourself the ego takes over and will eventually make a dog's breakfast out 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, effect, with intention, attention and duplication, the result of which is an understanding of what was communicated. When effect becomes cause, the formula goes in reverse. This is called two way communication.

It is in two way communication where an 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 on the level of Being Yourself they don't talk endlessly or have the other party talk endlessly to them. On this level it 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 come to the conclusion that real communication is a natural thing that can only happen on the level of Being Yourself.

Above Being Yourself on the level of Being Fully Aware it renders communication obsolete.

Bad actors sound robotic when they play their role. Perfect actors sound themselves when they play their role. It is not that they are themselves but they sure are 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 of what we become aware of. When we stop all mental resistance, we can remain 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. Looking into our shadow side and transform 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 just a make shift 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 instable to stable etc. Every time I found a corresponding instable level above and below a stable one. It felt much like as 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 | - |

| | Sub levels | Sub, sub levels | Sub, sub, sub levels |
|--------------|-----------------------------------|--------------------|----------------------|
| + | Exchange* Duplication * | Management * | < Duplication * |
| | | | Source - |
| | | | Conditions * |
| | Flowing Out - | Control - | < Realization - |
| | | | Explanation * |
| | | | Response - |
| | Flowing In * | Qualification * | < Rectification * |
| | | | Recognition - |
| | | | Results * |
| | Flowing In * | Execution - | < Creation - |
| | | | Prediction * |
| | | | Activity - |
| Flowing In * | Exchange * | < Possession * | |
| | | Balance - | |
| | | Exchange * | |
| Flowing In * | Consolidate - | < Agreement - | |
| | | Education * | |
| | | Orientation - | |
| Flowing In * | 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 Knowing | | |

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

In most schools of thought it is considered the intelligent field of creation. In my view it is the creator of the field of creation that is intelligent. As mentioned, before I like to call it the subtle energy field. All of creation is essentially made out of subtle energy and becomes energy at the moment of creation.

The creator of the field 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. This is the vacuum or the subtle energy field in which the creation of existence can take place. The creation of existence starts with the creation of thoughts.

Original thoughts are the first energy manifestation within the subtle energy field and come from source. It transforms subtle energy in real energy.

The Aeon's do Know as well but only about their own perfect creations. They don't know all there is to know. The Aeon's are on the "level" of Knowing on this awareness scale. It is not a level but I have no other name for it. What they will create is unknown to them, as it is spirit (source) within them that creates the original thoughts, but as soon as they allow the creative process to happen, they know it and it is perfect.

However, for a creation to persist it must have unknowns connected with it or it would just exist at the moment of creation and not persist in time. Time will allow for future unknowns. Even when a creation is perfect, we still don't know what will happen with it in time.

This awareness scale could be seen as a circle where the Unknown, the bottom of the scale, meets the Known (top of the scale). All the awareness levels between the Known and the Unknown are needed to produce a diverge panorama of experiences that lasts over time.

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

In order to understand Confusion, we have 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, so 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 an error in thinking 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. On the level of Confusion, we will experience False Data as Conflicting Data. This is because False Data will conflict with each other. It doesn't fit in, so to speak.

We cannot accept conflicting data so we protest against it and descend into the sub level of Protest. You see how we step by step lower our awareness each step a little worse than the step before. Eventually we will experience Disorientation. Now we are really confused and seem much less able to solve the condition we allowed ourselves to sink in.

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

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

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

We have past 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. In that way they can call the shots and make us believe anything they want us to believe. They will present us 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 because we consider it a stable datum. When you assume that 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 uttering a different idea than what 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 in order 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 has to 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.

Any and all organization starts 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 it's 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 figure we allow us to lead.

As you can see, the sub scale of Fixed Reality is almost the same as the sequence we find in the main awareness scale. It is all in there from Assumption on up all the way to Being Right.

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 enter very uncertain ground.

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 to do. We have no way of knowing whether our decision will work out. We can only Assume it will bring us out of Helplessness and into Fixed Reality. We have to fix our reality above Helplessness or we would 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 it will.

If we are to find more stability in life, we have to go from Helpless to Fixed Reality. We don't 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 above. There is a sub level 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 sub level of the main level Confusion, how can we determine what would be the right thing for us to belief in? We have to rely on authority, there is no other way that low on the scale. We have to Assume they know what is right for us and when we do, we most certainly hit the sub level Confusion on the way up. As long as we keep following the authority (leader) we can move through all the sub levels of the Fixed Reality scale.

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

This scale has many applications. It can be used by therapist 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 behavior. 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 Spirit is really nothing? We can of course assume that nothing means no thing, no energy and thus no existence. Still, when you listen to spiritual teachers, they seem to be aware of spirit although in a meta physical sense.

Could it be that spirit 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 seem to be a mysteries presence that we can, somehow, feel but not explain. We cannot sense it and still we can feel it? Doesn't that sound odd to you?

What we actually feel is our soul body and/or our spiritual body coming in contact with this mysteries presence. Now these bodies can radiate 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 source. Emotions are the product of thinking thoughts whereas the feeling generated by source are manifesting through non thinking.

What if the NOW is spirit (source)? The NOW cannot be experienced since experience involves time. How come we can still somehow feel a presence when we connect with spirit? I know I do, when I set out an intention between two thoughtless periods.

In fact, the NOW can 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.

This connection is constant under pressure due to our thinking and more so due to our automatic, subconscious thinking. As soon as you think even one slight 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 a spirited soul or the Aeon's for that matter are source. They are not as they are spiritual beings.

It is the spiritual body that exists and that gets all its power from source. Without source both the spiritual body and the soul body would not exist. In fact, nothing would exist without source as it is source that through original thought creates everything. We can only modify what source created.

This gives new meaning to us spirited souls being creator gods. In a sense we are as source creates through us, but we must never forget that we have spirit within and that it is spirit that creates from nothing and not the spiritual body. The spiritual body is a creation from spirit as well. We are the soul body and/or the spiritual body. We are not spirit as spirit is nonexistent and we are many.

Existence is pure magic. Every piece of existence was first created by source through the Aeon's or spirited souls. There was never any need for modification of original thought until the Aeon Sophia wanted to experience imperfection and then modified original thought.

From there on modification of original thought created a downward spiral. The archons went in overdrive modifying original thought as the chief Archon was ignorant of source.

In Orion souls probably have much more respect for the creations of source as they understand that there must be a source for creation. In the realm of the archons there is not much respect for original thought as they are ignorant of source. The Orion non spirited souls see the Queen as source. 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 source within her spiritual body and so do spirited souls.

To strengthen our contact with source is the most valuable thing we can do while here in this archontic world.

Yes, we can learn to stop thinking and as such make place for spirit 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 spirit 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 spirit. Spirit is one and indivisible yet it could "be" in an unlimited number of spiritual bodies. This can only be so because spirit is beyond existence. In essence spirit is zero, but within the spiritual body spirit is one. Zero and one, where have we heard that before?

Spirit is zero and one, zero being nonexistent and one being the entirety of existence (all there is). When we connect with spirit we connect with the nonexistent spirit. 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 nonexistent spirit by going out of 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 way of thinking. It is only out of your mind where you can meet the creator (spirit, source). If you think you can think your connection to the creator, I think you are wrong. You cannot succeed in this way.

That is why it is so difficult for many of us to connect with spirit. 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) go out of the way, you as a soul body and/or spiritual body will be able to be in contact with spirit. To the degree we can let go of all things we feel attached to we strengthen our connection with spirit.

We cannot step out of our minds as that would mean stepping out of existence. But we can periodically silence our mind and when we do spirit will work for us and through us.

Please consider this highly speculative information that is offered here in this book for you, the reader, to ponder upon.
