

**FOOD FOR THOUGHT ON THE PATH TO ASCENSION**

**A BOOK OF SELF-PUBLISHED ARTICLES AND ESSAYS**

**BY**

**DAVID AND YVONNE BRITTAIN**

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## ABOUT THE AUTHORS

Yvonne and I, David, met and married in the early eighties and merged our spiritual work begun separately many years before. In the mid-eighties, through a friend who had South American connections, we gained early knowledge that confirmed our meditations, about what later became generally known as the Ascension Process. For us this knowledge was like a target suddenly cleared of fog, where logic at last replaced mystique. Living and spreading the "Ascension Word" became our life.

In 1991 we took early retirement to follow very definite guidance from Sanat Kumara that we must move to the Aude Valley in the Languedoc/Roussillon area of southern France. Once there we became the Ascension Support Group. Neither of us could speak a word of French but despite this our move to the "Land of the Cathars" felt to us like a homecoming. Very soon "Anchoring the Light" and the rescue/release of trapped souls left in the wake of the medieval Holy Crusades became a large part of our work here. We returned to the UK in 2006.

Yvonne was born with many psychic gifts and later received intensive training to discipline and develop them as tools to aid her spiritual work. Yvonne then deeply studied the subject and techniques of Past Lives Regression therapy of which she then became a practitioner. Yvonne's "Postal Clairvoyant and Past-Lives Personal Information Service" evolved quite naturally from her P. L. Regression work. Yvonne's spiritual artwork portrays scenes and people seen in her meditations. Together we designed and produced "The Ascension Cartoon Book" and now with the aid of our computer we self-publish our writing and also produce sets of greetings cards with Ascension and Cathar themes, and also New Age cartoon themes, also we have created a web site at [www.ascensionsupportteam.com](http://www.ascensionsupportteam.com)

My spiritual work previously had been directed more to the healing aspects until, in the late eighties, I received via Yvonne a very clear psychic message. "Stop reading and start writing". When rather hesitantly I tried, to my surprise I knew what to write, it simply flowed. Not like dictation from an ascended master, it was more like an intuitive key that unlocked knowledge I didn't know I had. Articles for Ascension newsletters, booklets and then full-length books including, "A Common Sense Approach to Creation" followed. Yvonne's role in these writings is that of psychically attuned critic/editor and also my main defence against "Writer's Ego Trips".

The difficulty with writing about ourselves is because, probably like many seekers and light-workers, we feel so ordinary. Our work is done quietly, mainly on a, "one to one" basis, by letter or visit. We prefer to work this way because we can then encourage each genuine seeker that we meet to also become a teacher. The blend of Yvonne's and my energies appear to have a triggering effect on people. For each seeker the time arrives to inwardly process that ever-growing mixed bag of knowledge gained from others, to use intuition firmly coupled with discernment to separate the wheat from the chaff, and then to offer the wheat to yet others. Time is short. The students now must also become teachers, and so we regard this as another important aspect of our work. The Ascension Path can be very lonely for seekers so do feel free and warmly welcome to contact us. We wish you all Love, Light and Laughter on "The Path"

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## INTRODUCTION

This book is a compilation of some of our articles or essays that have been published in various "ascension" newsletters since our arrival in France in 1991. Although all of the articles have the ascension process as the main theme, in each article we have highlighted and explored some different aspect of that process. This means that the same explanations may have been repeated in different articles to enable readers to comprehend the highlighted aspect.

The response to these articles has been an education in itself because it revealed to us the ever-widening circles of seekers the various newsletters reach. Many members who subscribe to the newsletters have contacted us, also many more seekers whom, though not members, have read our articles in handed-on newsletters. The result has been favourable and unexpected feedback from new contacts in many parts of the world. It was not until our later years that Yvonne and myself met, married and merged our spiritual work, and so we both had experienced the loneliness of the solitary seeker. For this reason we have always made welcome any seeker on the Path who wishes to remain in contact with us by letters or visits.

We have never felt it is our role to publish a newsletter, especially as others fulfil this role far more effectively than we ever could. Instead we have concentrated on writing articles and books. These are designed to help the solitary seeker to not feel intimidated by the confused and contradictory teachings that are often authoritatively offered as new-age thought. We have described, in non-mystical terms, a logical process that takes place in a Creator's mind that finally results in all of us creator minds now striving to ascend from the physical. Also we have described the purpose of ascension, and the ultimate purpose of the seeker who does ascend.

Our approach to writing about spiritual subjects is based on how Yvonne and I have interpreted what has been revealed to us in our meditation. Our approach is also based on our interpretation of our studies of the ancient wisdom. In this way we take full responsibility for what we have chosen to believe is our true interpretation of existing spiritual knowledge. We urge the readers to adopt the same independent approach as us, rather than to simply accept as true our interpretations, or the interpretations by other people.

Ascension is not the ultimate goal; it is simply a stepping stone to the ultimate goal. It is a vast and fascinating subject with many interlocking aspects. Just like a huge jigsaw puzzle, the big picture cannot make complete sense until each individual piece is recognised and fitted into the whole. For this reason each seeker will need to develop complete flexibility of thought and imagination to encompass that big picture, and to then make it his or her personal goal.

David and Yvonne Brittain

PS. As is normal, we claim the copyright of our writings. Nevertheless, please feel welcome to contact us if you wish to network any of the ascension articles and poems in this compilation. We make no charge for this, and only stipulate that the text of any of our articles or poems to be networked must be reproduced in their undistorted entirety.

## WILL YOU TELEPHONE GOD FOR ME PLEASE?

Organised religion can often be a barrier that may prevent belief in God by a person of intelligence. In each facet of my life, I am expected to use my intelligence, logic, and rational thought to either accept or reject the ideas that are offered to me by the people that I meet. What happens if I try to apply that same logic and rational thought when faced with established religious belief systems? Priests and followers of those religious belief systems then regard me as a sceptic, an agnostic, an atheist or a heretic.

For example: If a man offered to sell the Eiffel Tower in Paris to me, and I paid my money to him, I would be thought to be very stupid. But if a man offered to me a religion that he believes in, he expects me also to believe in it simply because he and also millions of people believe in it. When I ask the man why he believes? The man quotes from what he thinks of as a "Holy Book" that he regards as very special. When I ask, "Who wrote the book?" he may answer, "It is the words of God, written by the hands of the prophets and passed on to us by the apostles, a long time ago"

To a person of average intelligence, already this raises many questions, for example: If I read a copy of this very special holy book, I find that not only the prophets and the apostles, but also many other people, have written and re-written this holy book. This means that the man believes and also expects me to believe:

- (1) That a God (who is not physical) speaks to prophets.
- (2) That the prophets had enough intelligence to be able to fully comprehend what God said to them.
- (3) Also that the prophets agreed with, and accurately wrote with complete honesty, precisely what God told them.
- (4) Lastly that this same accuracy and honesty has been used ever since by everyone that has re-written and reprinted the holy books, but was not spoken to by God.

It is a well-known fact that tiny, unintentional errors of translation, grammar, and punctuation will completely alter the intended meaning so that it means something totally different. It is also a well-known fact that during the many centuries since they were written, the holy books have been distorted, deleted, and altered in meaning for political purposes.

Very few people would deny that much valuable and helpful knowledge and advice is contained in the holy books. But if we study the holy books we find that they are simply compilations of what other men believe that God said to yet other men. For me this is not enough, because here a logical question enters my brain. The question is this. What is the difference between the prophets of the holy books and ME? If God spoke directly to the prophets (who were simply human beings like me) there should be no reason to suppose that God will not speak directly to me. So now we have another question to answer.

Of all mankind why were these men selected to be spoken to by God? Maybe the answer is that each of those prophets went in search of God. Most of mankind does not search for God because most of mankind is content to believe what other men tell them about God. But what other men tell them is based on assumptions that are not provable. Those assumptions, through very ancient tradition, have been given the implied status and authority of proven fact. This places me in the same quandary as the prophets of past ages. If I cannot rely upon what other men tell me about God, where must my personal search for God begin? The only place I can search is inside myself, but immediately I find difficulties that I must conquer before I can begin my search.

What are these difficulties? My emotions that I feel but I don't understand, my fears, my doubt of myself, my tendency to compare and regard myself as better or worse than other men. Inside me is the training I received as a child, instilled into me by parents who loved me, and also instilled into me by family relations, friends, schoolteachers, and priests. All of this early training was benevolent and was intended to help me to conform to the preferred status quo of modern civilisation. But the status quo is always based in consensus opinion. We could say that if the majority of people believe something is true then individually each person will believe it is true, not because it is the truth, but because everyone he or she knows believes it is the truth. The same system of reliance on majority belief is used with established religions.

During its formative years a child is encouraged by parents to believe what the priest teaches the child about God. The child loves and trusts the parents, and so will believe what they believe. When the child grows to be an adult, usually he or she will continue to believe in God even though that belief is not based in personal experience of God. The situation as I have described it is typical of all religions, and is also typical of mankind. We could compare this situation to another situation where we adults teach a child that sugar is sweet, but we have never tasted sugar and never give the child the chance to taste sugar. The child believes sugar is sweet because we believe it. But the child and also we adults do not "KNOW" that sugar is sweet. Why? Simply because the priest, and we, the parents, have never tasted sugar, but we believe sugar is sweet because the priest read it in his holy book.

Maybe now you can understand some of the difficulties to be faced as I begin my personal search for God. So much of what I was taught as a child helped me to fit into this familiar world and helped me to find physical comfort and physical security. But God isn't physical, and so what I was taught cannot aid my search for God. Established religions taught me that I was created by God, and that I am a child of God, and always will be a child of God. Religion failed to teach me "WHY" God created 'Me' why did a perfect non-physical God create an imperfect physical 'Me'?

When a child is born to parents, what do those parents expect of the child? The parents expect the child to eventually grow to adulthood. The child is expected to grow in size and intelligence to become the equal of the parents. The parents do not expect the child to always remain as a child that must always be dependent on its parents. What does God expect of God's children? Does God expect us to eternally remain as dependent children, or to eventually evolve to become independent Gods?

Why do I exist? This is the purpose of my personal search for God. The answers I need are inside me. The answers you need are inside you. Each of us is linked directly to God. In meditation each of us can develop that intuitive link and ask for those answers. We will only receive those answers when we enter our own private silence and are prepared to wait and to listen, and to learn. God knows already what you want and so you don't have to pray, you just have put on hold all that you have been taught by men so that with an open and flexible mind you can listen to God, just as the prophets listened to God. Why ask a priest to telephone God for you when already you have your own telephone inside you?

## AUTHOR'S COMMENTRY.

The article you have just read we wrote originally for the benefit of an enthusiastic young French man who visited us from time to time.

The young man, a Jehovah's Witness, directs his enthusiasm towards spreading the word of God to anyone who will listen (including us!). Unlike many Jehovah's Witnesses, he is not fixed and so enjoys discussing different approaches to God. Although the article was written recently we felt it was appropriate to place it at the beginning of this compilation. We hope that all types of people will read this book and will then feel encouraged to begin their personal search for the true reasons for, and the true purpose of, their existence.

In the article we described some of the difficulties to be overcome before the search can begin. Each person is different and so for each person the difficulties will be different. For example, for many people the busyness of modern life has made regular church going seem irrelevant to their lives. This irrelevance usually is unconsciously passed on to their children. The children may or may not choose to attend some form of church Sunday school until the interests, demands, and excitements of the early teen years push this aside. This comment is in no way meant by the authors to be judgmental of teenagers or of their parents. It is simply a statement to highlight the fact that for many people their conscious intake of any form of spiritual knowledge ceases by their early to mid-teen years.

Now, for the benefit of any new seekers, let us study the difficulty. The child (maybe you?) becomes an adult who may have devoted many years of hard work and study to climbing the rungs of a professional career. In your profession you may be a leading expert who also teaches others, and those others may rightfully be in awe of you and your expertise. You no doubt will modestly admit that for your ego this is very gratifying. The difficulty for you may be the mental adjustment that will be required to accept the unaccustomed role of student instead of teacher as your spiritual search begins. Also there is a variation of this difficulty. Early in your search you will meet others who are no more spiritually experienced than you are. They portray themselves as spiritual teachers because they have failed to make this mental adjustment.

So a vital ingredient of your spiritual search is to apply generous helpings of discernment to anything others expect you to believe. This includes the ideas and thoughts that we will offer you. Ofcourse when we write, "others" this has to include you because now we come to another difficulty every seeker has to continually face. This next difficulty we call, "The Comfort Zone Level of Thought". In our articles we have fully described the dangers of this zone because, due to the comfort of this zone, we may easily become trapped in it again and again.

A comfort zone contains everything that is familiar and comfortable to think about. The zone has invisible walls built from fear and apathy, induced by self-doubt. Doubt of self is generated by mind to protect ego from the possibility of bruising by failure. Ego is a product of your mind, and can only exist whilst you believe that you and your mind are the same thing. Your mind is supposed to be your servant, not your master. The moment you realise this you can then decide take control. You will consciously acknowledge those self-doubts and negative emotions as you feel them, and then you will consciously decide to go ahead regardless of doubts. Ego is an unconscious protective device of the mind. It has nothing to do with clear, conscious and aware thought. Instead mind clouds and blurs with negative emotions your clear conscious thinking to keep you locked in your comfort zone of thought. You don't need an ego; your mind needs an ego, but only when your mind lacks your conscious leadership. When you are firmly in charge of your mind and of your body, the ego, created by your mind, becomes surplus to your mind's requirements. Ego fades off your scene.

We have suggested generous helpings of discernment to be applied by you to any spiritual teachings offered to you.

Now combine that suggestion with our description of your ego and of the comfort zone trap. This will help you to avoid another difficulty.

When you begin your spiritual search you enter an unfamiliar world where your intuition comes into its own. In fact in meditation you will have to develop your intuition to become one of your main tools. Your other main tool is your intellect, your intelligence and common sense. You will have entered a world where others can prove nothing to you. You can only personally experience it after which you need no proof. Let us explain why you are vulnerable until you reach that developed stage.

Here is a saying that is well known to most spiritual seekers, "Regardless of what others believe it has to "Feel" right with you. If it is false your intuition will tell you it is false". This is very true but only when you have taken conscious control of your mind and your body. Until then it may be difficult for you to discern whether what is offered rings true with your intuition, or whether it appeals to your ego, and your comfort zone. If you wanted to learn higher mathematics you would know beforehand that to do so would require your thought processes to rise above the familiar comfortable level. You would know that a sustained and concentrated mental effort would be required of you until you mastered higher mathematics. But at that stage, thanks to your sustained mental efforts, your comfort zone of thought would then have expanded to include higher mathematics. It would also include the consciously learnt ability to make a sustained mental effort always above your comfort zone level.

Exactly the same applies with your spiritual search for truth, because truth has many layers like a rose has layers of petals. Each layer is truth but each layer also conceals a greater truth that enlarges on the truth you have already learnt. Often those layers unfold in the form of your life's hard lessons to be learnt from. For this reason some teachers may grow weary of the search and may choose instead to decide they have uncovered the entire truth. Ofcourse this is their freewill choice, and it is your freewill choice to believe them or not.

David and Yvonne Brittain.

## THE FAIRGROUND OF LIFE

Those gaudily painted horses,  
Whirled me around and around  
I was spun in aimless circles,  
To their jingle, jangle sound.

Up and down they danced me,  
Whilst I had to blindly cling.  
No time to see the fairground,  
No time to see a thing.

Each horse was a named emotion,  
Each took me for a ride.  
Until I grew tired of circles,  
So instead I moved inside.

To my carousel's still centre,  
There to quietly observe,  
The rush and whirl of my horses,  
Or the fairground my carousel serves.

A final thought:

Emotions are supposed to enrich, not rule your thoughts.  
Understand your emotions and you will understand your  
Secret doubts and fears. Released from fear you are free.  
Free to declare,

"Yes, at last I am in charge of me"

With love and laughter

From

David Brittain.

## YOUR FREEWILL CHOICE: UNIQUENESS OR CONFORMITY.

Please believe us when we say "YOU ARE UNIQUE", there are no copies of you. Wherever you search you will never meet you. Search the whole planet, the entire physical universe, the astral levels, the whole of Creation, and you will never meet you. There are countless billions of people scattered throughout Creation, and each person is unique and different to the rest. For each of those people every moment of their existence they are expressing that uniqueness, even though they may not even realise that they are unique. Each thought, each action, each experience, each response or reaction to that experience, consolidates that uniqueness.

YOU ARE UNIQUE! The person who realises this will want to cherish his or her uniqueness, and to consciously express that uniqueness at all times. That uniqueness is yours and cannot be taken from you. It cannot be taken from you but it can be hidden from you. When it is hidden from you your sense of purpose is lost because the vital purpose, above all your other concerns, is to consciously express your uniqueness at all times, no matter who or where you are. Without that purpose a person becomes aimless and confused, often with horizons limited to physical life. In that sense, no matter how intelligent, he or she becomes a shadow person.

Multiply that person a few billion times and we are left with a world where to be a shadow person is the norm instead of the exception. A shadow person who is surrounded by shadow persons feels it is normal to be filled with the shadows of fear and self-doubt, of the past, of the present, and of the future. A shadow person feels it is normal not to trust anyone beyond a tight circle of relations and friends. They feel it is normal because everyone around them feels the same way so it must be right. What on Earth has happened to generate such a ridiculous and sad situation?

THE UNIQUENESS LEVEL You won't find your uniqueness on your mind level or on your physical body level. Your uniqueness resides on the level of you that you regard as "Me". Often we hear this trio referred to as "Spirit, Mind and Body". Most people can comprehend Mind and Body, but Spirit is more difficult as if it is something separate from the trio and so irrelevant to daily life. In fact many people don't realise each human being is a trio.

One reason why Spirit is thought to be irrelevant is because we all are taught that Spirit is non-physical, and this is true but it is not irrelevant to daily life. Spirit becomes easier to comprehend when we realise that Spirit is the part of you that you think of as 'Me'. Now we have to enlarge that idea to include the thought that the part you think of as 'Me' is non-physical and it is on that non-physical level where your uniqueness resides.

This means that your Mind and your Body should be your tools, your servants definitely not your masters. They are simply your means to enable you to experience physical lives.

Let's look at the human body. The human body is a magnificent example of complete living systems that combine with other complete living systems to become parts of even more complex complete living systems. Incoming energies are controlled as they enter the sub-atomic level to form sub-atomic particles that combine to create electrons that combine to create atoms that combine to create DNA and RNA strands, proteins and so on. These combine to create living cells that combine to create organs and a structure that combine to create a complete human body.

We can complete the sequence with, the individual human combines with other humans to create families that combine to create nations of families that combine to create a world family.

The world family represents the combined conscious aware intelligence of a living organism named Mother Earth. Those billions of human bodies represent the individual vehicles used and then discarded by the individually intelligent cells of that planetary intelligence.

The human body cannot survive without mechanical aid outside of the planetary biosphere. When the delicately balanced body systems break down the intelligent life force departs to the astral and the human body returns to the biosphere. There is little to choose between human bodies no matter where they live on the planet. Differences of sex, colour, shape and size. Similarities of aches and pains, diseases and maladies, appetites and needs.

At its basic level the human body is composed of energy that is no different to the energies in the non-physical. That energy is a flow from the non-physical that has been compelled to form itself into atoms. To remain as atoms in physical existence those energies must be replaced and refreshed every moment by that incoming energy flow. Also the compulsion or control that compels those energies to build atoms must be maintained continuously.

In that sense moment by moment our continued physical existence is totally dependent on that control continuing to control incoming energies. Regardless of the conjecture of scientists as to the source of those incoming energies, to believe in the ascension process is to believe that the source is our Creator. But if the source is our Creator, the compulsion or control of that energy flow has to be our Creator's conscious, aware, living intelligence because it couldn't be anything else.

**NON-PHYSICAL, CONSCIOUS, AWARE, LIVING INTELLIGENCE THAT CONTROLS AND COMPELS ENERGIES TO BUILD ATOMS.**

But we have already realised that the part that each of we humans regard as 'Me' is also non-physical. Once you can accept this idea it becomes obvious that the human physical body is not simply a vehicle. It is also at its most basic sub-atomic level a store of continually replaced energy compelled to remain in the form of atoms.

The role of our individual intelligence is to eventually take over the complete control of that stored energy. No longer will our Creator need to provide and control each of our basic energy stores. Each of us will provide and control our own. Then each of us can choose to be physical or non-physical because it will be up to each of us. The physical combination of built up systems between the energy stores and every non-physical "Me" intelligence are simply a means to the end that we described.

**SIMILARITIES OF MINDS:** Just the same as with human bodies human minds share more similarities than differences. The human mind is very versatile and complex; it has to be because it is the link between Non-physical 'Me' intelligence and the physical body. Elsewhere we have written at length about the functioning and limitations of this complex link. The task of 'Me' is to train Mind and Body to do its bidding. The only possible way 'Me' can do that is to remain on a higher level where it can observe and control the activities of the other two parts of the trio. In the world of shadow people we witness a world where billions of individuals who each thinks of self as 'Me' have never been taught to gain and keep that control.

The sad result we see around us, is a world full of fear and mistrust, a world where the human body is worshipped. A world where the individual's Comfort Zone is that individual's world, a comfort zone that the ego surrounds with a wall of fear and doubt.

The mechanisms and functions of minds are very similar for all humans. This means that on the Mind level we all share a hidden common language in that we all have the same store of emotions and feeling sensations. We can all share laughter we can all feel fear, anger, guilt, or pity. Because we share this hidden language, as individuals we all are vulnerable to the contagion of mass emotion. No one knows this better than the skilled orator whose clever emotive phrases can transform a group of intelligent, thinking individuals into a howling mob, not by appeals to their intelligence but to their emotions and the fears in their minds.

**THE INTELLIGENCE OF A PLANET:** Each of us represents one unique cell of a planetary intelligence, this whilst existing in physical life. When we realise this it is not difficult to see why it is a shadow world. Instead of a planetary intelligence that exists on the combined 'Me' intelligence level, it is compelled to exist on the fear-filled combined Mind and Body level. This has become a planet where the majority of cells exist on a fear and apathy level. These are controlled and led by the fears of an active minority of cells. From this we hope the readers will realise that no legislation could alter this situation one iota. It could only be altered because each individual human being chooses to take control of his or her trio so that each 'Me' is firmly in charge.

It isn't a matter of "Someone should do something about this situation!" Equally it isn't a matter of "Alone I can't alter the situation", because alone you can have an effect. We have a world where unawareness has caused most of those individual cells of planetary intelligence to unconsciously think negatively, and this applies equally to the leaders and the led. If after reading this article you consciously decide to take charge of your trio you will become a positive thinking cell surrounded by cells that think negatively.

To achieve this takes patience and understanding, patience with yourself because time and again you will forget your decision and then you will feel guilty. To avoid this start afresh each day, observing the trio inter-plays of 'Me' mind and body even as you live them. You will feel yourself changing, imperceptibly at first, then more and more it will become your way of life. Your understanding will be for those negative cells that must exist with your Positivity.

**THE CONTAGION OF RADIANCE:** We will continue to use our analogy of shadow people steeped in negativity. The very opposite to this must be a Light-person steeped in Positivity. The analogy of Light implies a positive radiance that radiates out from its source to illuminate and affect all of those shadow people. The source of that radiance is from our Creator, and the 'Me' intelligence of your trio is an outlet for it. The source flows from the matrix of energies that permeates all of Creation. It enters and passes through the energy base that is your trio to radiate outwards from your trio. Each individual trio is an outlet for that radiance. What could be easier than that? But it will only happen if you consciously choose that it shall happen. The flow of energy is positive and begins as a trickle with your decision to dump all negativity. Your ongoing efforts allow that trickle to increase. Every increase in that flow strengthens your efforts to dump all negativity. You are like a tap or faucet opened to allow hot water to flow, in the process the tap becomes heated. You become filled with that energy. No matter that the energy overflows onto the shadow people because you are refilling all of the time. No words are needed, you will affect the shadow people simply by being what you have become, consciously positive in the way that you think and live.

David and Yvonne Brittain

## AUTHOR'S COMMENTARY.

How is it possible to have a world in which the great majority of mankind is made up of shadow people? Ideas and ways of thinking (positively and negatively) are infectious. This is the reason why we write these articles. Long ago mankind chose to go along with the idea to build civilisations. Obviously, having made this choice there are advantages and disadvantages to be lived with, regardless of when the civilisation was, or is, or will be, built.

For example, just like all of those civilisations that have risen and fallen in the past, our modern civilisations have to have leaders. The leaders are not mentally equipped to handle every intricate facet of the civilisation that they lead, so they must rely upon specialised experts to advise them. Outside of their fields of expertise these experts are quite ordinary people, probably as unversed in other fields of expertise as is the leader and are the rest of us. But the experts have the right to influence the leader's decisions with their specialised expert advice. Then it is the role of the non-expert leader to make vital decisions (on behalf of we, the majority) based on an amalgam of the advice the different experts have offered. But also the decision has to be based on many other factors, considerations and demands of powerful vested and private interests.

At the apex of the pyramid structure of any civilisation, decision-making is always a compromise between various powerful conflicting interests. At the base of the pyramid structure is the majority of the population, most of which assumes that the leadership is leading as opposed to being led. On that often-faulty assumption the majority are content to abide by the leader's decisions at whatever the cost to them. The point of this commentary isn't to analyse the mechanisms of power politics. The point is to define how the majority become shadow people, and here we have a clue.

If a small group of people lived scattered and isolated on a large island, each member of that group would learn to be self-reliant. They would quickly learn to co-operate with each other to achieve common aims, but as individuals, to survive, each would have to think for self. Obviously the disadvantages of such a life-style would be enormous but so would the advantages. Necessity would ensure that each would discover his or her special, unique talents and skills. But also each would have to master, to some degree, all of the required skills needed to survive.

For example: The skilled lone hunter would also need to know enough about medicinal plants to be able to aid his or her body if ill or injured. Also he or she would need knowledge of edible plants for when game was scarce. His or her solitary lifestyle would enable him or her to develop his or her own ideas, thoughts and conjectures about the, to him or her, mysterious unknown. His or her conclusions might be completely inaccurate, but they would be his or hers, not foisted on to him or her at the insistence of others. To survive, each would be fully in tune with nature, and each would be a very real aware person in his or her own right. Each would be strong-willed and self-reliant, but ready to co-operate with the other self-reliant group members, when required, for the benefit of all.

Not for a moment do we suggest that we all seek out our own solitary islands. But suppose the group that we have described, were placed in the middle of our modern civilisation. What on Earth would they make of us? We don't mean our technology or even our vast numbers of people. We mean, what would these self-reliant, strong-willed individuals make of the attitudes and outlook of the pyramid-base majority? They would be completely baffled. They would be even more baffled by the pyramid-apex leaderships of each nation.

These would appear to totally disregard the wishes and existence of the majority until it is 'majority-manipulating' election time again.

The majorities of all the nations have never wanted wars, or the expensive, filthy weapons of war, and the death and carnage that goes with wars, but still we have wars. The majorities of all the nations have never wanted to drive vehicles that emit poison gas and heat up the planet; this especially since public awareness of safer alternative technology has existed. But still the latest mobile poison gas machines in their millions pour from the factories. These are offered as the only viable choice to a civilisation that is structured and mind-conditioned to be totally dependent on individual mobility. We could go on and on quoting examples, but now you can understand the bafflement of our island group.

If there were something a group member felt was objectionable he or she would stand up and clearly state that objection. He or she wouldn't nervously glance around, waiting for others to stand up first. We in our civilisation with its vast numbers of people, always wait for others to stand up first to object. Why do we do this? The simple answer is fear. Fear has made the individual prefer to be hidden in the crowd. Fear has always made the leaders fear and suppress self-reliant, outspoken individuals. Fear has made the individual devalue his or her individual power.

Fear has always accompanied the human species, as a species and as individuals. Fear has always driven the few to lead, and the many to passively accept leadership. This is not a tirade against leaders or the led. Individually we are all born into an already existing situation governed by the stamp of similar fears. This applies to both, the leaders and the led. It is not surprising that many individuals unthinkingly accept this situation as the norm. Because it is as individuals that we are born into this situation, logically, it is only as individuals that we can change the situation. To enable us to achieve this, regardless of what others choose to believe, we must believe, and know that as individuals we have great powers.

Unfortunately we are all vulnerable to unquestioned, conditioned, narrowly channelled thought patterns. Lovingly we receive them from our parent's generation. Lovingly we then pass on those same negative thought patterns to our children, to become their own patterns of thought. In turn our children's generation pass them on to their children ad infinitum.

In that last paragraph is a clue that we can use to comprehend the real power of the individual human being. The clue is the fact that, whether we realise the fact or not, each one of us is the apex of our own pyramid. That may sound odd until we give it thought (and no, we are not moving in to the obscure realms of sacred geometry).

When a baby is born it is as an individual, not as part of a crowd scene. In that sense the baby is the unaware apex of its own pyramid. The baby arrives with a blank sheet mind onto which others will write much even before the child realises it has a sheet. Because the child values those others, he or she will also value what they have written on that blank sheet. For the child, it is unthinkable to criticise what is written because to do so is to criticise those others. Instead, what those others have written sets the future negative or positive pattern of the child's thoughts. In this sense the child's parents are the aware or unaware apexes of their own pyramids, of which the child is conditioned to be a part. But also the parents may continue to remain as conditioned parts of their parent's pyramid, and so on, back through the generations.

Even before the child becomes an adult, his or her personal experiences may cause the child's thinking to burst through this parentally imposed conditioning, when and if this happens the adult-to-be ceases to be a part of a previous generation pyramid. Instead, the adult-to-be, becomes the aware apex of his or her, own pyramid, with the potential to be a positive or negative influence on his or her descendants in the generations that will follow. In short each individual (aware or not) sends into the future an ever-widening pyramid thought-structure down the generations. This is in the power of the individual.

As you read on you will see that the potential effect of the individual on the thinking of others is not limited to the effect on future generations.

In the next article we look at the growing number of adults that are now bursting through the conditioning handed down by previous generations.

## MY GOD! I'M NOT GOING CRAZY AFTER ALL

There is a no-man's land area between two frontiers. It is a strange area dotted with more and more quite sane but rather uncertain souls who are looking for something, although they don't know what. To these souls the area does seem strange after the familiarity behind the frontier they have fled from. They know they can't go back but amid the mists of uncertainty they can't see the other frontier just ahead of them, unless someone chooses to guide them across.

All of this is taking place now, in a rapidly changing world where even children are heard to remark about the accelerating passage of time. Just a few years ago such a remark was only expected from elderly people who had time to notice. "Where are these two frontiers?" you may ask. The two frontiers are just outside your front door, no matter where your front door is situated in the modern civilised world. The frontiers don't have striped barriers or armed guards because these aren't needed. Most of the population is unaware that these frontiers exist, and their early conditioning ensures that they are content to remain unaware.

As we all were, their parents and then they are born and bred to live and die in a system that they are taught from birth to believe is the only feasible system. That system then makes sure they will have little time to think about anything beyond their place in that system. The system manipulates public opinion to regard certain directions of thought as relevant and all other directions of thought as irrelevant or even ridiculous. The entire system from top to bottom can only continue to function in a frenzied atmosphere of competition between individuals to attain and then keep to the lifestyle level they have been conditioned to desire. This same frenzied atmosphere is also deliberately generated in the fields of sports and leisure activities, and also throughout the world of entertainment. Established religions co-operate with the aims of the system by teaching their followers to be good and kind law-abiding citizens rather than to be individual seekers after truth and purpose.

The system's preferred educational structure ensure that the brightest most intelligent pupils are creamed off to be conditioned as future administrators; who will have a vested interest in ensuring the system remains unchanged. The system has always withheld the resources that would allow the educational structure sufficient time to motivate and fully educate the slower learners who also are the majority of pupils, this applies also to the more backward pupils. Since this has always been the policy of the system it is a safe assumption that it is intentional. The result is that the majority of pupils can never aspire to policy-making employment but must instead remain on the ever-vulnerable bottom levels of the intensely competitive pyramid that is the system. Their freedom is always limited by their limited income. Their limited and incomplete education makes them vulnerable to the cynical manipulators of public opinions especially during the run up to 'Democratic' elections. This ensures that the votes of those taught to think things out are negated and swamped by the votes of the majority and the majority's easily influenced desires, fears and emotions.

Always the system controls with taxation what people will receive from their earnings and also what they will have to spend, and when they do spend they will pay tax again. In the higher levels of the pyramid an industry exists to gain maximum tax exemption for its clients. The majority of taxpayers will never gain access to the benefits of that industry because they will never be able to ascend above that bottom level, the set-up of the system makes sure of that. Paid for by the population the system provides welfare and a medical care programme that is limited to the fields of allopathic treatment regardless of the wishes of the individual.

Usually the alternative fields of medical treatment are barred to the majority of individuals whose contributions to the system are already automatically deducted from their limited income. Under such limitations the alternative practitioners are placed firmly by the system into the private sector and so beyond the pockets and the personal experience of most wage earners. In parallel with this the media always consults the powerful authorities that control the allopathic medical profession for their official approval or, more likely, disapproval of offered alternative natural treatments.

It is no coincidence that these alternative treatments seldom require the expensive products of drug manufacturers or the highly invested technology of the modern medical world. In the same manner the media always consult the authorities of the established religions to publicly sanctify or not, any thinking that doesn't conform to the thinking of established religions.

Unlikely though it seems, this is an article about the Ascension Path rather than a diatribe against the political systems of mankind. Always we must remember to place the daily experiences of mankind into the wider context of why mankind is exposed to those experiences. I have described life as lived by the majority behind one of those invisible frontiers. But who are these confused souls who are feeling their ways across no-man's land? These are the growing tide of sensible people who have decided what they definitely don't want, but who have yet to discover exactly what it is they do want.

We have written in previous articles about one of the major factors that have forced this decision upon them. That factor is that the system no longer wants or needs them as much as it did in the past. The needs of factory methods of mass production have always required a large workforce of bottom level people who to earn their daily bread are required to perform repetitive tasks. These are often highly intelligent people who lack paper qualifications and so must somehow dull or numb their intelligence to get through each working day. As these workers form the majority of the population the result has always been a system of producers who are also consumers. The system based on fierce competition is selfish because all that are compelled to compete in the system are also compelled to ignore the hopes, feelings and needs of their fellow competitors. Selfishness in all of its forms is self-defeating and self-destructive. Now fissures and cracks are visible in these crumbling monuments to man's greed and selfishness.

The inherent selfishness of the system has become glaringly apparent with the advent of the computer and computerised technology. Now, more and more skilled and unskilled workers find they must not only compete with each other, now they must also compete with the computer, a competition they cannot win. To eliminate human labour from the manufacturing process may be the industrialist's dream, but for the consumer who will never again be a producer the dream becomes a nightmare of confusion and self-doubt. Meanwhile the politicians insist that nothing has changed and so business as usual.

Are these confused people to believe what their own senses tell them, or what they are told by politicians? These are the people whose every thought has always been pre-occupied with and totally immersed in the system. All over the modern world there are millions of these people who now realise they are surplus to producer requirements, and yet still they must consume.

So far this article seems to be a far cry from the usual uplifting esoterica. But in fact the foregoing stark description of modern society is a confirmation of what the ascended masters have repeatedly told us.

There are world-shaking changes ahead for us all and the masters were not referring to global tilts or the heaving and grinding of tectonic plates. The changes will be in the way individuals think.

Obviously if people remain content to be part of a system that insists on thinking for them, those people will never achieve self-realisation. As we all know, the ascension path is a path for each individual to walk. To walk that path the individual has to choose to leave the false safety and anonymity of the crowd scene. There are no audience or congregational roles available in meditation and ascension. But the world-shaking changes can't be wrought by some all-powerful, rather impatient Creator figure, for that would be an abuse of individual freewill. So only the people who are involved can work the changes. How can the people involved change the way they think when they have already been conditioned to not think too deeply about anything?

The answer is our old favourite, Cause and Effect, and cause can be active, passive or a combination of both and still have the same effect. Whole populations of individuals have become dis-empowered by allowing a few individuals to become fully empowered. Throughout the history of man the majority of people have always found it an intimidating and frightening experience to stand up alone in a crowd and to loudly denounce unfairness. For this understandable reason the majority of people avoid being the first to stand up, and instead they wait for others to stand up first. This is cause in its passive role, but it encourages the empowered few to regard the great majority as a flock of sheep who must be led. This allows the few to despise the majority for their passivity and in turn to justify their own selfishness. The empowered few know that only an occasional dis-empowered minority will ever oppose their actions to either object to unfairness or to become the next empowered few. Whichever motive drives the minority, the majority will always remain passively content to be led by the current few. This is cause in its active role.

As individuals always we have been endowed with freewill choice, we make our choices actively or passively and then live with the outcomes of those choices. No evil black prince of darkness has placed us in this situation; we have done it ourselves. Self-inflicted Cause has travelled with us throughout our history. In the mists of the past we allowed ourselves to be conquered slaves or the conquerors of slaves. Later the instilled fear of whips and iron chains was replaced by a more subtle instilled fear in the form of money, the value of which is controlled by the few, needed by the majority to buy the necessities of life. Today as the millennium draws to its end the fear has assumed a yet more subtle form. Now man's cleverness is rapidly reaching the point where the few no longer will need the labour of the majority, and yet the whole selfish system is based on that need.

The investors will not allow manufacturers to return to human labour-intensive methods and yet the products must be bought and consumed. As unemployment increases, roles will become reversed. The majority, who has always supported the Establishment with their taxes, will in future have to be supported by the Establishment. In turn the Establishment will have no choice but to call upon the automated, computerised manufacturers to provide the taxes to support vast numbers of permanently unemployed people so that those same people can continue in their roles as consumers. The trends are there for all to see. The competition for employment will grow more and more intense and meanwhile the elimination of the need for human labour will accelerate. A point will be reached in the near future when the manipulators of public opinion will be given the task of making unemployment an acceptable, respectable role in society. They will have no choice because at this turning point in Man's history the alternative is chaos and barbarism.

The optimistic viewpoint is that the education structure will have to teach that for the majority of people there will be no connection between their source of income and the way in which they choose to occupy their time. If this teaching is also coupled with the proper motivation at an early enough age, and with the need to compete to survive, as a thing of the past, the result should be a more thoughtful and caring population, a population that at last has time to think. All of these changes will be painful and made with extreme reluctance by the system and the fear-filled population, but cause and effect will compel the changes to be made. The changes will require society to acquire a new set of genuine, high quality values that exclude no one. This will be "Effect" in the form of spiritual involvement on an unaware, subconscious level, and in this way whole populations will be spreading their Light into the world...David Brittain (For the rest of the article I'll pass you over to Yvonne).

So now we cross No-man's land to look behind the other frontier. Once again there are no striped barriers or armed guards. Far from it, this frontier has several open doorways for each letter of the alphabet and each entrance has a welcome sign. The doorways range from Astrology and Acupuncture all the way through to Zen, and the only barrier that prevents those confused souls from leaving No-man's land is the self-confidence sapping conditioning they received from the system. They don't know what to think or who to trust. They only know what they don't want, and yet these people have been and are being affected and transformed by the increasing power of those incoming energies just the same as all of us who understand what is happening to us. The difference is that they don't understand what is happening to them.

Often when in conversation with quite ordinary people who are not conversant with New-age thought it is possible to quietly plant seeds. In our chosen role of ascension supporters who live the ascension path that role requires us to be keen observers of self. It requires us to sensitise our awareness to first sense and then to comprehend what we have sensed. In everyday terms this means we not only try to detect the increasing and wide ranging flows of incoming spiritual energies at this time, it also means we carefully observe the effect of those energies on our physical bodies and our physical energy reserves. Also we carefully observe how special sites of intense Earth energies affect us. Our observations are also the tools we use to help and re-assure everyone we meet on the path, for example:

Most of you on your ascension path will have experienced odd sensations, maybe a dizziness without nausea, like a flywheel spinning in your head, unexplainable physical aches and pains that quickly come and go, or maybe a sudden need to sleep right now. Also you may have experienced a sort of temporary memory loss so that in your car, try though you may you cannot remember driving the last five or ten miles. You drove safely and automatically but for that driven distance you were focused elsewhere, but where is a complete blank. When you meditate you may have experienced the oddest sensations, that of shrinking to a tiny dot whilst simultaneously feeling that you are expanding to fill the entire universe. You may have felt a ghostly prickling over your scalp. You may have heard in one or both ears a continuous sound similar to a carrier wave on which nothing is being broadcast, and then the sound ends when your meditation ends. Twitches, pin pricks, the crawling ant sensation on your face, goose pimples, all of these you may have experienced in meditation.

If you don't meditate you may have experienced vivid recurring dreams where you were faced with the same situation again and again. In conversation with other light workers you may have felt what are known as Truth Chills.

All of these and many more are the expected signs and symptoms of a spiritual quickening that have physical side-effects when spiritual and physical energies meet in the human body. In my role as a psychic medium I have experienced all of the sensations that I have described and many more besides. This is why I urge you all in your Student/Teacher Seekers roles to also to become observers of self.

If you wished to get those confused wanderers to leave No-man's land and to cross the frontier that has welcome signs how would you do it? Well you could try to do what we do. First you must over-ride your own self-consciousness and nervousness because you have something very special to share. Next, in a matter of fact positive way you talk about your beliefs, your experiences, the physical signs and symptoms you have felt, and you explain what they mean. But please don't be surprised if whilst in full flow you are interrupted (as we have so often been) by the wanderer's exclamation of, "You've had that sensation as well? I've felt so alone because I've had "That" sensation more and more lately. I thought that I was going mad.

MY GOD! I'M NOT GOING CRAZY AFTER ALL!

## The Wrong Planet

When several billion people  
Prefer to believe  
The lies  
Of  
A few liars  
And  
Opportunists  
Then by all,  
Those lies  
Must be called  
The truth,  
And  
The truthful man or woman  
Must be called  
A liar

When the vote  
Of a fool,  
Ill-informed and ignorant  
Can negate  
The vote  
Of a man of wisdom,  
Well-informed and knowledgeable  
Simultaneously  
Democracy is used and mocked  
By the cynical manipulators  
Of minds

When the individual,  
Has to fear  
The autumn leaf-like opinions  
Of the crowd  
There can be no  
Freedom of expression  
Only the drabness  
Of  
Conformity  
I think I must be  
On the wrong planet

David Brittain

## WHAT IS THIS FUNNY THING CALLED (UNIVERSAL) LOVE?

We have read the books and listened to the channelled tape recordings. All of them have queues of ascended masters poised to offer us encouragement and heart-warming discourses about universal love. Whilst we listen and then afterwards when we reflect on the discourses it all seems so obvious, it seems so easy to understand that we are tempted to wonder why the masters bothered to cross the dimensions to give the discourse.

Only later when we tried to radiate vast helpings of universal love to all and sundry did we realise that though the ascended master knew what he or she was talking about, we certainly did not. We thought we understood until we tried to do it. Only then did it dawn on us that universal love isn't something that you do, it is something that you are. Or if like us it is something you are not, it is something that you try to allow yourself to become.

But then, universal, unconditional love is such a mouthful, no matter who says it we all end up feeling rather self-conscious and rather embarrassed. Secretly we may doubt that we will ever be equipped to offer that kind of powerful love to self let alone to anyone else. We, the authors try our best to LIVE the ascension path and so this doubt has nagged at us from time to time. Putting the concept into practice as a way of life seemed to us to be beyond human ability.

That was until recently when I had a recurring dream that finally triggered a train of thought that in turn led me to write this article. Now when we say that we don't believe in coincidence we have to apply that thought to every aspect of our lives. We can't be selective about it so we must apply it also to dreams. To help you to understand the dream and the train of thought that followed it I (David) must first briefly tell you a little of my history.

I have been married twice. I met and married Jean in my mid-twenties. Jean was in her late twenties; she had two small children, and had been a widow for two years. Life was tough and there was never much money about, but life also was good to us. The four of us shared a mutual love and trust, and to my joy I was unhesitatingly accepted as Dad. Our marriage lasted for fifteen treasured years and ended when Jean died in my arms from cancer of the spine.

To her great joy Jean was able to attend the weddings of our children the year before she died. Jean was very psychic and when she knew her death was swiftly approaching Jean begged me to promise not to stay alone if I could find happiness with someone else. After Jean died I was shattered with grief and so very grateful to our son and daughter and their lovely partners for their rock-like strength and loving support.

I remained alone for a few years and the searing grief gradually faded to leave me alone with my cherished memories. One morning when I awoke, to my surprise I was ready to go on, but I found it impossible to imagine that my lost happiness could be replaced. Ofcourse there I was completely wrong. A niece of my late wife introduced me to her lovely friend Yvonne and instantly we knew we were meant for each other.

We met in July and were married in the Spiritualist church in November of the same year. That was twenty five years ago. Twenty five years, each day of which has added to the proof of how wrong I was to believe my happiness could not be replaced.

I have explained all this so that you will know that I have no regrets, no comparisons to make, and no sub-conscious wish to return to past happiness. Also I will explain that Yvonne is a highly developed clairvoyant medium who has communicated with Jean since we have been married, so there has never been any awkwardness if we discuss my first marriage.

Enough of my history, let's get to the recurring dreams. The dreams shared a similar theme, each time I was back with Jean and the children. The closeness we had always shared was there again in the dreams, as was the familiar loving atmosphere, and yet it felt wrong, and that I shouldn't be there. Jean was as Jean had always been and seemed to take it for granted that I was with her.

Nothing happened in the dreams, but in each dream I wanted to be elsewhere. The first and most obvious thought that occurred to me was that I felt guilty as if I had betrayed Yvonne. But I knew it was something deeper than that though I didn't know what. Between the dreams I got to wonder how I would feel if Jean walked into our home. Not how Yvonne or Jean would feel, no I am the link so how would I feel, as Yvonne and I had forged the same loving trust and closeness that I had shared with Jean. In the last of the series of dreams I was able to solve the quandary. The same situation presented itself again but this time in the dream a thought came to me. It was that Jean and her previous husband had also shared a similar loving relationship. Our lives are a series of chapters.

When I awoke from the last dream the train of thought began. Then I knew that unconditional and universal love isn't an impossible dream if we will only try to understand what it is. But what is it? It isn't just the people involved; it is the loving, trusting, caring and unselfish relationship that can be gently forged. It can be forged between men and women, men and men, and women and women. It is not a matter of which sex or marriage vows; it is more to do with caring about the other person's feelings before our own. If we could all try that we would gain at least a glimpse of the power of universal love. Ofcourse this would require us all to drop our judgmental role. To become less convinced that we have the right to run the lives of other people, whether they are our children, our parents, our friends and acquaintances, or of people we've never met. But then the train of thought continued.

We hear many people blithely and endlessly waffle on about Reincarnation and past lives. Ofcourse they mean well but as we listen it becomes obvious that they haven't really thought about it in depth. Many people aren't so fortunate as I am. I have been blessed with not just one but two loving relationships during my present life. But Yvonne and I know we have reincarnated in this life for ascension work purposes, and though currently it is fashionable to say so, we know we were Cathars in past lives. Why I mention this will become clear shortly.

If we honestly believe in Reincarnation we must also believe we have lived countless physical lives and between those lives countless sojourns on the Astral Levels. To take the train of thought further, during each of those countless lives we either did or didn't forge at least one loving caring relationship with someone we met in that life. So regardless of what Yvonne and I share in this present life we both must have a history of shared relationships with countless people who we deeply loved as much as Jean, Yvonne and myself love each other, all those people who were so very special to us but that we can't remember in this present life. If those people have also returned to the physical they can't remember us either. But when we reach those higher levels we all will remember what we once shared. Also when we leave the limitations, illusions and conditioning of physical life we will realise it is possible to share a relationship such as I have described with everyone. It will be the only way of life.

To return to the point about Cathars who have reincarnated in this present life. What is happening in the land of the Cathars is probably also happening all over the world. The masters assured all of us that as Ascension time draws nearer we all will be guided to be in the right place at the right time to do our work. Recently it has become very noticeable that there is steady but increasing flow of people from many countries. These people have felt guided to uproot themselves from their homes and families to set up home in this land of the Cathars. Mature sensible people of an age when most folks are reluctant to move anywhere. Because Yvonne and myself have been established as a light centre here since 1991, these people seek us out. When we meet them for the very first time there is mutual recognition, as if we all were beloved friends. There is no shyness, stiffness nor awkwardness. But then there wouldn't be would there, not if we'd all known and loved each other in some past life? So maybe this is a tiny foretaste of universal love... After all, there is no such thing as coincidence, is there?

In conclusion I have included with this article a poem I sat down and wrote on the day I awoke to feel freed from my grief. It may help some of you who grieve for a beloved now.

Best wishes from David and Yvonne Brittain

#### FOR THOSE THAT GRIEVE.

Mind and how it works has always fascinated me. In particular, my mind, and so even when suffering grief a tiny part of me was an observer.

For those that suffer grief now I urge you not to cling to it, and not to feel guilty when you no longer feel as if half of you is missing. . Paths meet and entwine. On those paths we learn from each other, and then we go our separate ways, always learning, always evolving, always growing stronger and wiser, and always with the certainty, no matter what our beliefs or non-beliefs, that somewhere one day we will all meet again.

Already your lost loved one knows this, and now longs for you to experience your own Spring Tide.

#### SPRING TIDE

Light and colour has flooded in.  
Green Spring Tide, Life can begin.  
The reds and golds and blues all mean,  
To dominate my grey, dead, scene

These eyes that laughed to mask the pain,  
Of hidden tears that fell like rain,  
Inside my heart to sear and burn,  
Now dry, the grief will not return.

So now I thank my Radiant Lord.  
My broken heart was not ignored.  
The mask has gone. The wound has healed  
My eyes asparkle, new life revealed

And I shall LIVE each minute.

David Brittain 1980

## AUTHOR'S COMMENTARY.

So far, in our little book of articles, we have explored a world of confusion. This is a strange world where it is normal and acceptable to devalue the power of self, and to over-value the combined power of the 'Great Majority'. But then our exploration has revealed that the 'Great Majority' is made up almost entirely of self-devalued individuals who fear to take the lead. From this it follows that the power of the 'Great Majority' can be used and abused by any individual that has not devalued self. This can only mean that the faceless, self-devalued, 'Great Majority' becomes simply a pawn to be used by individuals in competition for power with other individuals.

Once again this clearly demonstrates the power of the aware individual, and the powerlessness of the 'Great Majority'.

Each of us is born as an individual. Each of us is then lovingly swamped by the devaluing thoughts of others who have already devalued self. Because the devaluation of self surrounds us at all times we quickly adopt it as our normal, acceptable, familiar way of life. We adopt it as our individual outlook. But coupled with devaluation of self is the judgmental role we all love to adopt. This leads us to both, hero-worship some people and to despise some other people. In turn, this requires us to ignore the faults and failings of those we hero-worship, and to ignore any virtue or goodness in those we choose to despise.

We have to lie to self to enable us to conform to what our conditioning tells us is normal and acceptable. This explains our feelings of shocked horror when our heroes reveal their faults, and then tumble from the pedestals on which we placed them. It also explains the resistance of our minds that we feel when the virtue and goodness of those we despise is revealed and demonstrated. We have caught ourselves lying to ourselves.

Modern technology has now added television as another tool to be used to narrowly channel and direct our conditioned passivity. This is clearly demonstrated in the next article.

## HOW TO BE A HERETIC

Have you ever watched any of those T.V. programs: The ones that purport to investigate the Paranormal with fairness and open-mindedness?

Without fail these programs follow the same format. A well-known T.V. presenter who radiates fair-mindedness from every pore keeps the program on course. His role is to appear to represent with open-minded firmness the viewers and the studio audience. Most of the latter have at some time visited psychics for readings. Or are psychics. Or they at least know of the old girl in the next street, who reads tealeaves, or can relieve your pain with her hands. Even so, the audience and viewers must be protected from possible charlatans and frauds, and we describe how this will be done.

To protect an unworldly and naive public we are offered that standard part of the format: The Team of EXPERTS who are to investigate the Paranormal. These are a strange bunch of people who share one thing in common. In their different fields of expertise they readily demonstrate that their thought processes are set in concrete.

The first team member is the Establishment Priest. He arrives fully equipped with the strict limitations that will tightly circumscribe his publicly expressed opinions, if he wishes to continue to remain in the priesthood.

The next team member is a well-known psychologist who will supposedly add authority and weight to his or her utterances. This will be achieved by frequent talismanic cries of, "Freud said" or of, "Jung said"; but never, never of, "Wilhelm Reich said". Nor for that matter what he or she the psychologist says or really thinks.

The third member of this sparkly team of experts is a person who has devoted much time, effort, and gallons of ink to the creation of a reputation. The reputation is of one who mercilessly exposes psychic frauds. This person has travelled the world in relentless pursuit of these people from whom a gullible Public must be protected. With this aim in mind, Tax Dodgers, Mafia mobsters, and even Serial killers have been left in peace, and this Expert has written a "BOOK".

The last team member could best be described as "Vintage Flower Power". He appears to have become lost and entangled in the maze of eastern religions. His utterances baffle all within earshot; and very seldom bear on the subject.

Each of these team members shares something else in common. Their Television careers as members of similar teams in the future depend entirely upon them never allowing themselves to be convinced. No matter how genuine the focus of all this attention, the team dare not be convinced.

Lastly we meet the focus of all this attention, the person whose paranormal claims are to be investigated. Immediately it is obvious to all that this person has probably never before appeared on Television. Unused to an atmosphere that's brightness and heat is more conducive to the process that dries raisins; he or she perspires freely and appears nervous. The sophistication of modern T.V. cameras ensures that the viewer will simultaneously see a close-up of the victim's sweat beaded brow, and the facially expressed disbelief of the Team.

All of this whilst the victim relates his or her story, the story may be about a Near-Death experience whilst under anaesthetic. Most of us have heard, or read the familiar descriptions of the subject.

As an unconscious patient, our subject realises that he or she gazes down at his or her body that is surrounded by the surgeons and nurses, then as this scene fades, the sensation of being irresistibly drawn along a tunnel of light, and so on.

The Team (who are specialists at Status Quo maintenance) promptly demolish and rationalise the account. They treat us to such authoritative phrases as, "Light Photons trapped in the optic nerves" and " Sub-Conscious Death-Wish Trauma due to childhood feelings of inadequacy", or some such claptrap. Our poor innocent victim stumbles onwards, but has more chance of convincing the studio wall, than the Team.

Too late dawns the realisation that psychic matters cannot be proved. They can only be experienced. Once experienced, proof is superfluous.

Finally the farce ends with the fair-minded presenter's sepulchre-toned, "There are mysteries of the Paranormal that are beyond rational explanation". Then the programme grinds to its pre-destined inconclusive conclusion.

The point of our description is not meant to be judgmental. It is to bring home to you the isolation you will face as a Seeker who seeks the real purpose of your existence. You'll get no help from the Establishment. You are on your own. Even family and friends, who will still love you, may no longer understand the way you think. Be compassionate, because it is you that have changed not them. The more you seek Truth, the more you will know how it feels to be a heretic.

Be consoled and encouraged by the thought that you are amongst growing numbers of heretics all over the world. Each one is a Lighthouse, and stands alone quietly to affect everyone else simply because he or she stands alone. Eventually the Status quo will consist of a mankind made up entirely of heretics.

Oh! What a great day that will be!

David and Yvonne Brittain

## AUTHOR'S COMMENTARY.

There are so very many people whose lives have been blighted by undeserved guilt and shame that has been cruelly laid upon them to bear alone. The hypocritical mores of our society are firmly rooted in the complete ignorance of why we all exist. Comfortingly re-assured that we are normal in our ignorance of the greater reality we make our judgements of those we consider to, not be normal. The irony is that, because each of us is evolving towards completion, no human being is normal because no human being is yet complete.

Each of us should be creating and then keeping to our individual evolving standards and values regardless of those of others. Everyone has a different speed of learning so this is the only logical way. But instead, we are lazily content to match our standards and values to those of others around us. It's easier to conform, now a little example.

Think of when the school that your child attended had an open-day. You dutifully shuffled around your child's classroom to compare the quality of your child's schoolwork to that of the other pupils. Then, you joined the queue of parents until it was your turn to speak to your child's teacher. The teacher re-assured you that your child was about average in the class. To the best of your knowledge, your family history had never included those who aspired to genius. Because of that you returned to your home content to know that the teacher told you that your child was 'about average'.

The school open-day is within the experience of most parents. Unfortunately on one occasion, the sequel to the open-day re-assurance for me as a parent came to light a few months after that open-day. The young teacher of my child was off sick, and during her absence an older, very dedicated and experienced teacher had to take the class. The teacher's first task was to discover the level of learning that the class had reached. First she tried them at a level just below the level she knew they should have reached. The entire class was baffled. Lower and lower the teacher took the level, and finally was in tears when she finally found the highest level the class has reached.

With only a few weeks left before the entire class moved to senior level schools, their level of learning was a year behind what it should have been. The reasons when revealed were understandable. For a very long period the class had been taught by a series of inexperienced student teachers, teacher's assistants, and anyone else available to fill in. As a result, my child had to receive several months of separate coaching before she could be absorbed at the senior school lowest level.

Do you see the point I am making? In this example, my complacency about my child's progress was based on a series of assumptions that I believed I had the right to make, but I was wrong. To be about average, I thought, was OK until I realised that in reality it referred to the average ignorance of the class, in relation to the rest of the school. But at the time, the sufferer wasn't me it was my child.

In the wider sense we all make judgements based on assumptions when we have no right to do so. The reason why we do this is because we are encouraged to be apathetic by our leaders and their expert manipulators of public opinion. In our apathy it is easier to rely on the supposed expertise of others whilst we are kept continuously busy working to survive.

It is a well-known fact that a man's business won't grow to be a success until he pays another man to wear the overalls and do the work. Only then is the businessman's time free to think "Business".

The operative phrase here is, "man's time free to think". Unfortunately mankind equates with the man paid to wear the overalls, not to the businessman freed to think. Couple this with encouraged apathy on a population-wide scale. The result is an equation that reads something like:

Individual busy-ness of competition to survive + Encouraged apathy and over-reliance on experts and trend-setters + Conditioned devaluation of self by the individual = A population led by the nose to believe that free time should be filled with pointless competitive diversions. The many are fooled by the manipulators into regarding anything outside of work, play and entertainment, as irrelevant to life.

This has become the norm. It is why the thought-provoking subjects we are exploring are generally regarded as obscure religious ramblings. But how can they be obscure if our ignorance of those subjects causes us to hurt those people whose condition we don't understand? For example, how we regard anyone who is Homosexual?

In the next few articles we explore a possible energy structure that leads from the Creator to us, the created. Also we will explore Reincarnation, as a logical viable alternative to the teachings offered by western Christianity, of, one newly born baby equals one brand new soul. Hopefully, when you have read the two articles you will then comprehend how the distorted teachings offered even today by those we assumed are the experts, also distort how we regard those around us and ourselves.

## WHY HE? WHY SHE?

A question to idly ponder in a bus queue, but to get common-sense answers will require more than just idle thought.

Except for brief periods of Mankind's history, it has been the gender with the powerful muscles that decided God is HE. How men came to that conclusion defies logic, even though why they came to that conclusion doesn't. Man is from birth conditioned to look outwards only. This leaves Woman with no choice but to look inwards if she is to protect him.

This urge of the wife and mother to protect her husband and children leads her to discover, use and trust her Intuition; her link to her Higher Self: This though maybe she's never heard of a Higher Self. Because she lacks any form of psychic training, the answers she receives from her Intuition will lack specifics, and will be limited to powerful feelings and emotions.

Her intuitional link, based on need, allows her access to the future. In terms of daily life this means that when Hubby relates this wonderful foolproof plan he's been talked into by some other man, Wife instinctively consults her intuition, only to be filled with a feeling of dread. She KNOWS the plan will fail. She can't tell Hubby how or why the plan will fail...She just KNOWS. Ofcourse the infuriating thing for Hubby is that her intuition always turns out to be correct. We don't mean specially gifted women. We mean ALL women have this ability.

Ofcourse all men have this same ability; this intuitional link but conditioned as they are, to only trust intellect and logic, they seldom if ever, look inside. Because of this, Man is vulnerable to the depredations of other men: Thus we hear that laughably tragic cry, "It's a Man's World". But it's not a man's world. It is a few men's world and all the rest tag along, talked into competing with each other, talked into submitting their freewill to be directed by other men.

They are conditioned to rely on other men to think for them, to form their political opinions, their religious beliefs, to fan their prejudices and fears when expedient to do so. To manipulate man into believing the will of the few is the will of the many.

Firmly standing between the manipulators and the manipulated...is Woman, plus her intuition.

From the above it will be no surprise that women have never been popular with the manipulators; and haven't been since the dawn of Mankind's history. The result for the planetary consciousness is a state of unbalance heavily weighted towards the masculine aspect Again we return to FEAR as the basic motive why one man would wish to manipulate other men: to gain power over them; to feel secure, to feel safe. But this doesn't answer the question:

WHY HE? WHY SHE? in the first place?

We have to look at our Creator, as our Creator is, not as we wish our Creator to be. Not as we were taught or conditioned to see. But as our Creator can only be, a perfect blend of HE and SHE that combined became something that transcends both. Yet both must be present to make this possible.

All the ancient wisdom tells us that this Being; our Creator, is perfect, and exists on what we could name, the Perfection Level or dimension. So now we must define what we mean by Perfection.

Everyone has his or her own version of the meaning, and it varies depending on the context. It varies even more in reference to the Creator.

If Perfection is a state we must strive for, and is a state and a way of life for our Creator, clearly we have a long way to go. Our Creator is non-physical so must be a mind with a mind's ability to think, to imagine, to create creations in that mind. This is similar to all of us, who can think, imagine, and create creations in our minds. The difference is of course that for us to make the creations of mind physical we have to use physical matter made of energies generated by our Creator's mind and imagination.

So here we see a vast difference in power-levels of thought: But not only power-levels. Also speed of thought and of existence. Even on this poor old planet we don't all think at the same speed, far from it, sad to say. But even with the fastest thinker on Earth, his or her speed of thought could be measured. This is the only difference between our Creator and us. To achieve the Perfection level is to achieve perfect instantaneous thought. The thought and the creation are instantaneous.

The Perfection Level is the highest power-level of thought, it is instantaneous thought and existence. Used in this context, the phrase, "Less than perfect" simply means less than instantaneous. Sadly countless generations of worshippers have been taught to regard themselves as less than perfect sinners

Well, that's a large idea to digest. Where on Earth does poor old He and She enter the scene?

Difficult though it may be to believe, our perfect Creator has to overcome problems caused simply by existing on that Perfection Level. Many people truly believe that our Creator exists in a sort of state of quivering bliss that we all some day will share. That meanwhile, all of us unique humans are the result of our Creator's mental exercise to gain experience of separation and of physical existence. In the authors opinion this is an example of confusion over the meaning of the word perfection.

That ancient wisdom we mentioned reminds us again and again, that "Below is a reflection of above". This is another way of saying that all the clues to our destiny lies around us, and inside of us. Yet around us, from the lowest to the highest life forms we see striving, evolving, climbing; and on the human level, conscious or unconscious ongoing expression of individual uniqueness. But that striving is not to reach a state of quivering, non-thinking, eternal bliss. The yearning; though we may not realise it, is to express that uniqueness on that highest, fastest power-level of thought.

We mentioned the Creator's problems on the Perfection level; the solution to which, by the way, was contained in the problem. You see, whilst a Creator is content to create perfect creations, there are no problems. Only when the Creator decides to create creations that are not perfect, do the problems arise: Because nothing imperfect can exist on the Perfection Level, and by imperfect we mean less than instantaneous. Let us explain what we mean. Let us compare the Creator's mind with the mind of an author or playwright here on Earth. Our writer decides on a story line, where and when the story will take place. Finally the characters must be built who will appear in the story. Because the writer is skilled at the job, when you read the story, or watch the play, the characters seem absolutely like real people. The truth is they are creations of the writer's imagination; their thoughts, ideas and comments are really the writer's. The characters are creations of, and trapped in, the writer's mind, because even on stage the cast must rigidly stick to the writer's script

Now you see the problem? Our Creator wanted to create actors and actresses who had the freewill to make up their own lines as the unwritten play proceeds, they would have to have freewill choice with the freedom to be less than perfect. But how whilst the Creator remained on the Perfection Level?

If our Creator were only HE or SHE the task would have been impossible. Only as a blend of both did it become possible to create less than perfect creations. The problem provided the solution. The blended Creator Mind simply created in that mind, the image of just the masculine part of that mind. Without the feminine part the image once created had to be somewhere but was incomplete, and so less than perfect (less than instantaneous). As such it couldn't remain on the Perfection Level. In this way a less than perfect level was created, that contained the created image of the masculine half of the perfect blended Creator mind. This image was the link between the two levels. It had the creative powers of the masculine part of its creator, and because the level was less than perfect it had freewill. Now this is where people often become confused, so let us be clear what we have so far.

We have a perfectly blended Creator mind that cannot leave the Perfection Level: Who has found a way to create a less than perfect level. But this is not enough because next our perfect creator has somehow to pass the imagined creations of that perfect mind into the less than perfect level where they can be created and endowed with freewill choice.

The only way this could be achieved was by the creation of a second image by the perfect mind, this time only of the feminine part of the perfect mind. Just like the masculine image the feminine image was incomplete and so unable to remain on the Perfection Level and so a second level was created below the perfect level. This second image was endowed with freewill, and the creative and intuitive powers of the feminine part of the perfect blended mind. This second image is the communications link between the first image (masculine) and the Creator mind. Here you may have noticed a similarity to the woman's intuition that we discussed earlier in this article.

The perfect mind passed this second image through the masculine link to create another less than perfect level.

Here we are describing the creation of what is known as the Godhead, masculine and feminine. Individually both have creative powers. They cannot blend but must merge to be at their fullest powers. Please remember we are discussing intelligent, living energy thought forms not physical beings. The whole point of this exercise is to create stepping stones for the Perfect Mind to remain on the Perfection Level, and also to be able to indirectly enter the less than perfect levels. The third stepping stone is the third part of the Godhead, or as it is known, The Trinity.

The masculine and feminine images for their first creation combine their powers to create an image of the perfect blended mind. Though they have used their powers to create this image, the required energies have been provided by the perfect blended mind on the Perfection Level, via the intuitive link of God the Mother. So here you see the need for the linkages to allow the energies to arrive in the less than perfect levels.

The third image, created via the first two images, contains both aspects of the perfect mind, but is not trapped on the Perfection Level. This is the complete godhead, known as God the Father, God the Mother, and God the Son. These three should not be confused with Joseph, Mary, and their son Jesus Christ.

Before we can proceed further it is important to understand why the perfect Blended Mind needed access to the less than perfect levels.

It might be thought that to have the images of the masculine and feminine aspects, as linkages would be enough. This would have been enough if the intended creations were to exist on the Godhead Level.

As we know from the fact of our own existences, this was not the intention. The perfect blended mind required for it's creations, a series of descending levels; each less perfect than the one before it: By less perfect we only mean less than instantaneous.

These descending levels to be created we could compare to a flight of steps that lead down from our Creator. Sadly for the followers of many great religions, they are taught to believe their place is permanently only on the bottom step. The truth is that the steps were created for us all to climb, in our own individual timing, all the way to that top perfect (instantaneous) level.

To understand the function of the third image: God, the Son/Daughter we have to again remind ourselves, that despite appearances, everything is created from energy. That energy is generated and radiated by our Creator, the perfect Blended Mind on the Perfection Level. It then passes through the Godhead level linkages. It then passes through the descending levels, appearing to become less and less instantaneous on each level. But how could this be made to happen if perfect, instantaneous energies couldn't be less than instantaneous? The energies cannot be slowed. Always they will be instantaneous. How will the Creator get around this problem?

It is difficult to describe a process that reduced the speed of perfect instantaneous thought to that of Human thought that is also slowed by brains that are formed from atoms. Yet to make sense we must try by using familiar everyday examples whilst using three-dimensional concepts. But whilst we try please keep in mind the basic belief:

That our Creator is an intelligent thinking mind, that generates its own energies, then controls and uses those energies to create. That we are energy creations of that Creator Mind, and that, scientists have proved that despite appearances, solid matter is really formed from controlled energies.

As our first familiar example: Try to imagine our Creator on the Perfection Level, as a point of light. Now imagine the generated energies as straight lines radiating outwards from that central point. The straight lines represent thought energy that is instantaneous: We could liken them to the idea that the shortest distance between two points is a straight line.

Just as with our playwright's creations, any creation projected onto these straight lines must be perfect (instantaneous) and so has no freewill, no choices it can only be perfect simply a figment of the Creator's imagination. Now to our second familiar example to explain the slowing process:

Imagine the driver of a car has to drive from town A. at a precise time, and must arrive at town B. also at a precise time. The problem is that the accelerator pedal is jammed. The speed of the car can't be slowed. The driver will arrive at town B. too early. The driver solves the problem. Instead of driving the straight and direct route between towns A and B the driver chooses a circuitous route full of curves and bends. In this way, though the speed can't be reduced, it is used to cover the extra distance.

In a similar way, to create the required, less than perfect descending levels, waves had to be introduced into those straight lines of radiated instantaneous thought energy. But how could this be achieved?

The only way would require a resistance that could resist the outward direction of those instantaneous energies radiating from that central point on the Perfection Level, not to stop the energies but to deflect them into a waveform. What could resist the Creator's energies? The answer is God the Son, both aspects of the Creator's mind in the less than perfect levels of the Godhead. God the Son by increasing the resistance for each next level created each level less perfect (instantaneous) than the previous level, simply by introducing more waves.

But who populates these descending levels? For want of a better name, let's call them Angels. OK, Angels, but where did they come from, and what are they? Let's describe them as an intentional by-product of the energies used to create God the Son. They were not the only by-products, but we'll get to that later. The angels were created by the godhead from a reservoir of Creator energies that remained after the creation of God the Son. The energies contained masculine and feminine aspects and so did the angels that were created from those energies.

Each angel was in fact a twin. Both aspects could exist separately, had freewill and angelic creative powers, but just like the Godhead, they had to merge the energies of both aspects to be fully creative.

Here we see a form of Descension take place. From the reservoir of energies at the Godhead Level the created twin-angels descended to populate the stairway of levels. But to exist at lower levels meant leaving some of their powers behind on the higher levels. The Angelic hierarchy has a purpose, that of teaching, hence the levels, just like the ascending grades in a college, but then we must ask, whom will they teach?

For the answer we must return to the reservoir of energy on the Godhead level.

We could regard the Angelic Hierarchy as an extension of the Creator mind. Always they will be part of that mind, and eventually will return to that mind. But the purpose of all this preparation is to create creations that will be totally independent and separate from the Creator mind. The Angels were created ready to function with fully blossomed intelligence. The required independent creations cannot be created in this way because they have to create themselves individually, no matter how long it takes.

This sounds odd but we see the same thing reflected on Earth in a forest. Each tree begins as a seed. The seed germinates and grows as a tree where there was no tree before. That is the first function of the seed. The second function, as a tree is to create a next generation of seeds. The tree provides all that each seed will need to develop and evolve into a seed, but until the seed contains everything it needs to become a tree it will remain dependent upon, and part of the tree that triggered its creation.

We will take the tree analogy further. We could compare our Creator to the tree and the Angelic Hierarchies to the branches of the tree because always they will be part of the tree. But the seeds in their seedpods are different. When the timing is right the seeds will leave the tree and each seed will contain a self-created pattern of that seed's unique version of a tree. The seed has to survive after it leaves its parent tree and until it finds suitable soil in which to germinate. For this reason the seed receives as a gift from the tree, a tiny portion of the tree's substance to take with the seed. Whilst the seed developed in the tree it was part of the tree and relied on the ongoing flow of nourishment from the tree. When the seed leaves the tree, it takes its own energy source with it. This is why for each of us our physical body (converted into our individual energy source) ascends with us.

Now we can return to that reservoir of energy on the Godhead Level. We have explained how and why the Angelic Hierarchies were created, also that they were created with fully blossomed intelligence, powers and freewill. The same method could not be used to create independent creations. These creations had to start from the bottom just as their creator did to contain everything a creator needs to know to be a creator. Also there were energy differentials to be taken into consideration. In our Earth forest example the tree has given something of itself to each seed. The same applies with our Creator and the required creations, but to achieve this, the energies from the Creator mind had to be controlled. By taking some of the energies as a gift from the Creator, the creations would gain their individual independence. Next we must describe a dilemma.

The Godhead exists at an energy power level and speed of existence that is lower and slower than that of blended Creator mind on the perfection level. But also that Godhead exists at a speed and power level unimaginably higher than we do in physical existence. Here we explain the dilemma. The required creations began their existence as Godhead level energies in the same reservoir as the angels. Just like the angels were, dormant, unconscious, living energy, with the potential for conscious, aware intelligence inactivated. The Angels could be created fully activated because they were to exist on the wave formed different levels. In other words they were and are the different levels. The required creations couldn't be activated. They had to remain dormant because to gain their gift of Creator energies that would give them independence, they had to descend the levels to where the energies are controlled. The wave-formed levels are only suitable for creations that will always be part of the Creator mind. Now we see how the energy was controlled to be suitable for creations to gain independence.

God the Son diverted the wave formed energies in a way that compelled them to form inward winding spirals. These are not like flat springs; they are more like balls of wool, with each ball winding inwards from the outer layers. Countless balls of wool, each ball interlocked with the balls around it as it wound to its centre. When the streams of energy reached their centres they had nowhere to go, and behind yet more energy spiralling in to the same centres. Brought to a halt at the centres the energies could only transform their speed into spin, to drop out of existence on that higher level and into existence by creating a yet slower level: The Sub-Atomic level of our familiar Third Dimension. Again we must consider power levels. From the Godhead level down to the lowest level of Angels the power level of the energies is unchanged. Also unchanged is the speed of the energies. We have explained how by introducing more and more waves for the energies to follow created the different levels, though the speed of the energies remained the same. Only when the energies were compelled to form and enter a spiral or spherical vortex was the power level affected.

The combined and interlocked vortexes created by the energies, acts as a transformer that reduces the power level of the energy: High power-level energy enters the vortex and drops into the sub-atomic level as low-powered particles of spinning energy. The atom building process slows the energy even more. The vortex is known as the Astral Vortex. Astral levels are created where the energy vortexes again and again interlock with each other on their spiral paths to their centres, and each exists at its own power level; lower power near the vortex centre, higher power on the outer layers.

### Why He? Why She?

Our Creator is able to generate all the energy needed to exist and to create. Our Creator's creations are totally dependent, for continued existence, on the ongoing flow of that generated energy.

The Creator's gift of independence for those required creations is in the form of energy, and in the ability to GENERATE THEIR OWN ENERGY SUPPLY. It is in this strange fourth dimensional vortex level, and the even stranger third dimensional level created by the vortex, where the Creator's gift of independence waits. Earlier we explained a descension process; that required angels to leave some of their powers on higher levels to enable them to exist in the different levels of the Hierarchy. Now we see the same process used again. This time to enable the dormant life force waiting in the high power-level reservoir, to descend to, and exist in, the densest, slowest, lowest power-level ever created.

Only when the energies were reduced in power-level and slowed enough could the required creations eventually learn to receive and use the gift. First they had to journey to where the gift waited. But to make the journey they had to be stripped of everything except life itself. No creative powers, no ready-blossomed intelligence, and worse, these twinned sparks (he and she) of life force had to be separated. Everything had to be done to reduce the power-level of the life force, to allow it to sink through the angelic levels and to travel down the Astral Vortex, there to await suitable thresholds into physical existence. Throughout the descent the life force was reduced in power level at every stage until its power level matched that of the Third Dimension. This had to be done to prevent damage to the low power-level energy structure of this dimension. The rest you know the physical evolvment and mental climb to where we are now. One by one in our individual timing our spiritual awakening and our awareness that we must lift ourselves above that vortex is triggered.

All of these are signs that steadily we are increasing our tolerance to higher power levels of the Vortex. Even as we write, somewhere your twin soul is climbing and evolving, either in physical life on this or some other planet, or maybe between lives on the Astral. Eventually you both will meet up again and never again be parted. You can ascend alone to the Fifth Dimension, Masters Level and you can blend with your higher self. But to ascend through the Angelic Hierarchies to your Creator's level you must be a complete twin soul. Each twin having claimed their gift of energy, will on the Creator's level, blend together as a gifted He and a gifted She, blended as one. We again ask you to bear in mind that we only have three-dimensional concepts at our disposal to describe a process of descension, most of which took place in the non-physical. But if most of creation is in the non-physical, the non-physical must be where we are meant to be, not here.

We realise that many who read this article, believe they descended into physical life from the ascended state to help mankind achieve ascension. Others believe they came from other star systems with the same aims in mind. Our article in no way denies these beliefs because what they believe, happened long after the events we have described. Our universe is very ancient. Galaxies of stars with planets that could support life have long ago come and gone, long before our Solar System came into existence. Always that life force on the Astral has had to wait until physical life-supporting conditions existed some where and some when in the universe. Only then could that life force begin its climb up from simple life forms to the human intelligence level to finally leave physical life and the Astral Vortex as ascended masters. The Ascension story has been acted out many times, on many planets, and of course those who ascended then would wish to return to support us all now. We believe the whole exploding universe was seeded with life force, life force waiting on the Astral to enter physical life wherever the physical universe could support it. What we have described is how life force originally got here and why. So if you feel incomplete as a he or a she, now you know why, and now you know the incompleteness is only temporary.

DAVID AND YVONNE BRITTAIN

## AUTHOR'S COMMENTARY.

In the article you have just read we have briefly explored (from our Creator's point of view) an ongoing process of which our Creator is a vital part, and also of which we individual humans are vital parts. Each of us is eventually to be independent from our Creator's Creation. Otherwise it couldn't be an ongoing process that creates Creators. To be able to accept this idea requires courage of the seeker. First the seeker has to shatter the inflexible mould of limitation that surrounds the teachings offered by the world's religions. The mould of limitation restricts the seeker to the thought that, "God is all, there is only our Creator's Creation". When we combine this teaching with the, "One newly-born baby equals one brand new inexperienced soul" teaching, we are left to wonder who is playing mind games with us, our Creator, or the experts who teach the world's religions? Where do we fit into our Creator's plans?

In the previous article we described the descension process. We also described the power-level reductions of the Creator's energies that the process required so that a low-power-level, temporary physical universe could exist. In other words, a blended (he + she) mind exists on the perfection (instantaneous) level of existence. This blended mind has chosen to create a stairway that leads down to a level of energy that is so low-powered and slowed that also time and sequence are brought into existence. Simply by creating as the lower part of this stairway, an ongoing energy vortex (like a transformer) for instantaneous energies to continuously enter, the power-level of those energies is continuously reduced. The speed of those energies is not reduced, but instead it is converted to spin-speed at the centre of each vortex. But in relation to the energies travelling to the centres of the vortices, the spinning energies at the centres of the vortices are stationary. Because they are stationary the spinning energies have to drop out of that vortex centre level to create a lower, slower level. This we know as the Sub-Atomic Level. There the slowing procedure continues in the form of the atom building process.

We have dwelt on the technicalities of this energy-controlling process for a very good reason. The reason is because of the enormous chasm that lies between the spiritual offerings of the priest, and the scientific offerings of the scientist. In fact the chasm is imaginary, an illusion. For many centuries, always the priests have taught that a non-physical God created everything physical including our human bodies. The priests couldn't tell us how, nor why God did this, equally, neither could the scientists.

In more recent times the scientist has used modern technology to delve into the secrets of physical matter, only to discover that there is no such thing. Solid matter has been proved to consist of empty spaces contained by controlled whirling energies. Until the technology was available, the scientist (just like the priest) was limited to conjecture. The chasm was created when the scientist was able to penetrate the atom and discovered the sub-atomic level. This led the scientist to believe that the creation of physical matter is the result of a process that is purposeless, blind and mechanical. Probably the training of the scientist demanded proof that the process was started, directed and controlled by an intelligent mind for its own reasons and purposes. As we heretics know, there is no proof because the sub-atomic level is the bridge between physical existence and non-physical existence. Psychic matters must be experienced personally they cannot be proved.

We have explored the reasons why each of us twinned souls had to be parted from our twin. With the result, as we know, that each of us is only either he or she.

As we explored we also learnt something more. We learnt that even on the lowest angelic level the he and the she of each twinned angel have not been parted. We also learnt that as twinned sparks we descended from the same godhead level reservoir of Creator's energies, as did the angels.

The difference was that we had to remain dormant. Also, as we descended below the lowest angelic level we had to be parted from our opposite twin. Only in this way could our combined power-levels be reduced enough to allow us to enter without damaging the descending power-levels of the astral vortex. We had to descend the vortex levels as dormant life force to enable us to enter that lowest power-level of controlled energy, our familiar physical existence.

Our conscious, aware intelligence was not activated, whereas the intelligence of the angels was activated as each twinned angel was created. Before we could enter and descend the vortex we had to be parted from our twin. Also each dormant, parted twin had to leave the higher self, part of its intelligence above the vortex. These two vital factors stripped us of our very high power-levels, to enable us to descend. With the knowledge of those two vital factors we can highlight a totally different way to regard our real purpose and ourselves as individuals.

Highlighted first is the fact that the Ascension Process is the reverse of the process of descension that got us here in the first place. This means that to ascend we have to continuously increase our tolerance to higher power-levels of existence. Gradually we achieve this tolerance in the 'altered state' in meditation. When we descended we had to leave something of ourselves on each level to allow us to descend through that level. When we ascend through those same levels we will regain what we had to leave to descend. This applies to our descent through the angelic levels, and also to our descent through the astral levels. But what did we leave on those many levels?

We have a clue to what we left behind if we equate reducing power-levels of Creator provided energy, with reducing power-levels of intelligence. Take the intelligence power-level of the blended Creator mind and then compare it to the intelligence power-level of we humans. Obviously the Creator's is far higher than is ours. Compare our human, aware, conscious, intelligence power-level to that of the animal kingdom intelligence level and again we see a wide difference of power-levels.

The purpose of our descension is to enable each of us to collect our independent energy source, but what does that mean? Why does each of us need to collect an independent energy source? Equally, why don't the angels have to descend to collect theirs? The reason is quite simple and logical. In our tree analogy the Creator mind is the entire tree. The godhead and the angelic hierarchies are the trunk and the branches of the tree. The astral vortex and the physical universe created by the vortex, are the seedpods. The unconscious, dormant life forces that descended the vortex to then evolve and climb amid physical matter to the individual, aware human level, these are the seeds. Let's take the tree analogy further. Every part of the tree including the roots, trunk, branches, leaves, seedpods, and the developing seeds in the pods, are totally dependent on the tree. The tree continuously supplies energy in the form of nourishment to every part of itself. We can compare the nourishing soil in which the tree is rooted, to the energies of the perfection level, but only after the roots have converted the nourishment into a form that is acceptable to the tree.

Also we could compare the perfection level energies to the ethers through which programmes are carried to our radio set. As we tune the radio we receive the sound of static, which we could compare to energies in a state of chaos.

Then amid this static we tune into a broadcast programme (the product of organised intelligence). As we continue to move the tuner we hear more static interspersed with more and more programmes. Each programme is different and each programme is the product of intelligence, but also with each programme, intelligence first had to convert static into order, or in terms of our Creator mind, had to use intelligence to convert energies in a state of chaos into the perfection level energies of conscious, aware, intelligence.

Even though for now, angels and we are all dependent on the energies supplied by the Creator mind, we humans have a different role to the angels, just as the seeds have a different role to the branches of the tree. When a complete seed departs from its parent tree, its first task is to find nourishing soil in which to germinate. Until that first task is achieved the seed must survive even though it is completely separated from its parent. The problem is solved before it leaves the tree. As an integral part of its structure each seed takes with it a store of nourishment previously supplied by the tree. Can you see how our tree analogy continues to make sense?

Every part of the tree continuously receives a flow of life-supporting nourishment from the sap that rises from the roots. This includes the developing seeds. The store of nourishment that each seed will take with it can only be supplied from that flow. But it is the seed, not the tree that must transform some of that sap into a usable store of life-supporting nourishment ready to use when it leaves the tree.

In a very similar way it is the intelligence of our Creator that supplies the energy flow that keeps us in existence whilst we are part of our Creator's Creation. It is not our Creator, but the conscious, aware, intelligence of each individual human being that will convert some of that flow into an individual, independent energy source. By some of that flow we mean the Creator's energies that in every moment continuously rebuild every atom of each human body. Reincarnation means that each time we return to physical existence that is another opportunity to transform our current physical body into its original pre-sub-atomic energy form; our independent energy source.

This is the whole point of the descension process. High power-level perfect (instantaneous) energies are deliberately reduced in power-level and caused to spin whilst remaining stationary. Only when structured and controlled in this way can the Creator's flow of energies ever be less powerful than the power-level of the life force created by the Creator. We have explained that the descension process in fact was the creation of this low-powered level and that the life force had to be reduced in power-level before it could enter this level. This can only mean that the Ascension process of the life force began immediately after the descension process for the life force ended.

Let's think about that last sentence from our Creator's point of view instead of from ours. What would represent adulthood to our Creator? Logically we can only assume that other Creator minds, each existing on its own perfect level, would represent adulthood to our Creator.

Conversely our Creator would regard its own living, free-willed creations as its children. Unlike with some human parents, the Creator's children do not have their parent's ideas and requirements imposed upon them. Instead, the Creator surrounds its children with examples for them to follow or not. But whilst we are making logical assumptions let's assume that our Creator parent expects its children to eventually grow and evolve into what our Creator regards as adulthood.

To achieve adulthood requires that each of us must climb to the very top of that stairway of rising power-levels and increasing speeds of existence. Each one of us has to do this because no one can do it for us. The difference is that, though many people may not realise it, the human race began its ascension climb long ago. First, guided by Mother Nature, the dormant life force had to learn to take control of structures formed from a few atoms in which to physically reside. If the life force failed to learn, or if the structure made of atoms was damaged, the dormant life force returned to the lowest astral levels.

There it awaited another threshold into physical existence. Again and again the life force re-entered physical existence, learning more and becoming more versatile each time. On this dormant level of ascension we know it as evolution. But it is the evolution of the life force that causes the atomic structures to evolve into more complex vehicles for the life force to use. The ongoing evolvement of the life force continually raises the power-level of the atoms that form its current physical body. When the life force leaves its current body, the further evolvement of the life force takes it to a slightly higher power-level of the astral vortex. Meanwhile, the atoms of the abandoned body return to their normal low power-level.

Eventually the evolving, dormant life force evolves to the conscious, aware, individual human level. At this level freewill endowed inductive thought blended with emotion replaces unconscious instinct controlled by Mother Nature. At this level the climb from conscious, aware childhood to our Creator's idea of adulthood begins.

In the next article we explore what each seeker faces as he or she faces the climb.

## ASCENSION DOUBT BLUES

It seems so long ago: All that excitement, spreading throughout the New-Age World about the Ascension Process, to ascend, and entirely by our own efforts. Neither Lord Sananda, nor Eric Klein, through whom Lord Sananda channelled, made any pretence that the information was new or original. Far from it, what was offered was very ancient knowledge. This is knowledge that has, from time to time during Man's long history, been offered always at Mankind's then level of understanding. Once more in the early nineties we were offered that knowledge again: This time hopefully at our present day level of understanding.

Our physical bodies to fill with Light as we individually ascend to the Ascended Master Level. Surely even for New-Age seekers with the sketchiest scientific knowledge, this isn't too difficult to comprehend? All that is needed is to combine knowledge of the Ascension process with what is today already every-day common knowledge. No one needs to be a scientific genius to know that if we insist on regarding physical matter as something solid we are fooling ourselves. Scientists have proved that all physical matter is really structured from energies compelled to whirl in space enclosing orbits. The energies do this so convincingly that the whirling energies create an illusion of solidity when as atoms they combine in great numbers.

We admit that Jesus would have had great difficulty explaining sub-atomic realities to the Multitude: But in this day and age, as Lord Sananda, He probably thought it wouldn't be necessary. All that is required is to give it a little thought.

On the one hand we have priests whom always insisted that our non-physical Creator created our physical universe, though they can't tell us how. On the other hand, our scientists have proved that physical matter really is controlled energy, though they can't tell us what controls the energies, or from where the energies arrive.

So that dumps it squarely in the layperson's lap. Though they would never admit it, scientists have shown us how our Creator used the power of intelligence to control energies of self to create and continually re-create our physical universe. Ofcourse this includes our physical bodies. It isn't such a difficult mental leap to deduce what Lord Sananda was actually telling us. It is the INTELLIGENCE of each individual human being that will remove and replace our Creator's intelligent control of the basic energy structure of each physical body. It is important to understand that Ascension is nothing to do with physical bodies glowing with light. When you ascend: Where you ascend to, you will have evolved beyond the need for a physical body. It is the basic energy structure of your body that you will need. At the moment everything you have including your body, is borrowed from your Creator's energies, but it is necessary to think beyond Ascension. We hear vague mention of our Creator's Great Plan, that we are part of as God's Children. But what is this plan?

During our many physical lives, when we become parents, we fully expect our children to grow and mature into adults who are our equals. If our Creator is our parent, what does that parent expect from us, eternally to be children, or to mature and evolve to our Creator's adult level? All of this is food for thought, especially for those who believe that each unique human will eventually return to, and become part of, a central "Me" that we now regard as our Creator. This belief is based on the unproved assumption that Our Creator is the only creator, whose Creation is the only creation. Equally valid is the unproved assumption that our Creator is part of a process of Creators. Our Creator also was created by a Creator, and then had to evolve to the Creator Level in that Creator's Creation.

Do give this idea some thought because it means that our Creator has in mind greater plans for our future as individuals, than the roles of applauding, worshipping Christian audiences or as a bunch of memories for that central "Me" to reminisce about. Also it would make sense of our need of our body's energy structure after our individual Ascension. This energy structure donated from our Creator's energies will become our own energy supply independent of our Creator's energies. This would make sense if the plan were for us all to be independent unique creators in our own hard-earned right.

The authors admit that these are large-sized, intimidating thoughts, but then that is what freethinking is all about, isn't it?

It means we don't meet our Creator on our knees. We meet as adults. It will be a loving relationship between independent son/daughter and parent, a relationship, in which we have evolved and matured to the Creator Level to be greeted as very special, trusted, unique, beloved friends. The intention behind the Great Plan could be that INDIVIDUALLY, after that greeting, we leave our Creator's Creation behind to enable us to continue the work of replacing the energies of Chaos with our own unique versions of Creation. After all, how many creators does our Creator's Creation need?

We admit that these are intimidating thoughts for those who feel safer hidden in the crowd scene. But the clues are all around us if we will only leave the restrictions of the crowd scene to see them. One clue: The re-emergence in the consciousness of Mankind of the belief that Planet Earth is an intelligent living being. The next mental leap is to believe the entire physical universe is an intelligent living being. The leap is less difficult when we come nearer home to compare our universe with our own physical body.

Each of us has a metabolism that plods on, doing its job to the best of its ability. Providing our scintillating intelligence hasn't interfered in any way, each organ, each corpuscle, each enzyme, each atom, each sub-atomic particle, works at its task, never competing. Unconsciously aiming for complete harmony and balance for the entire metabolism. We seldom have to think about it. Whether we are asleep or awake our metabolism just plods on.

If we take the comparison a stage further: Imagine what would happen if those tiny organelles, called Mitochondria; that inhabit and power each living cell of our body, evolved consciousness and individual intelligence. All Hell would break loose in our metabolism. Harmony and balance would be replaced by chaos, and misery whilst all those Mitochondria learnt individually how to use and control their intelligence. Painfully each of us could only wait until each organelle had learnt through hard experience, that Harmony and Balance requires co-operation, but is far better and far more logical than the chaos and selfishness of competition. If we can think of our conscious aware intelligence as a non-physical thing that has an existence separate but amid our physical metabolism, our comparison makes sense. Planet Earth is the unconscious metabolism of slumbering intelligent Mother Earth. The physical universe is the unconscious metabolism of slumbering Mother Universe: Both of who are intelligent enough not to interfere with the unconscious workings of their metabolism. All goes well. All is harmony and Balance, until...until...until the life force in that universe, and that planet or planets, develops and evolves individual human, aware, conscious Intelligence. Then the chaos and misery begins and will continue until we individually learn the lesson of Co-operation, Harmony and Balance.

Another clue: The processes of "thinking" are so effortless we never give them thought. Yet in our lives, without thought nothing happens. To lift the rock takes effort. The thought intention is effortless.

But without the thought the rock stays where it is. The thought of one man or woman can transform the thinking of Mankind. To THINK is to use the power of Creative energy supplied by our Creator. We have the freewill to use that power creatively or destructively. Whichever way we use it, we learn eventually that harmony and balance is the only acceptable way of life.

We take the effortless of thinking for granted, but we must understand thought to be able to Ascend. After we ascend, to think it is to create it, before we ascend there is a delay between "thinking" it and creating it whilst the thought cranks it way through the atoms of our brain. The purpose of that delay is to allow us TIME to reconsider the quality of that thought before it becomes an action.

We have mentioned Comfort Zone Thinking. What is it? We all tend to exist in our comfort zone of thought. The zone contains all the thoughts, ideas, and people we are comfortable with. It is familiar and thus effortless: No Brain Strain! But if we choose to enter the realms of, say, Philosophical profundities, or the intricacies of higher mathematics, we would have no choice but to leave our Comfort Zone of thought. Until we got used to the strain of higher thought it would be a struggle to remain on that high level.

This illustrates the fact that the focus of your Intelligence can ascend or descend to different levels or wavelengths of thought. You have a comfortable level that takes effort to leave, until you become comfortable on that higher level. Then that higher level becomes your Comfort Zone until you strive again. The same applies in Meditation. Many people at first find it takes effort simply because they are re-tuning their mind to receive ever-higher wavelengths or levels of thought. So now we must try to comprehend why so much striving and tiring mental effort is required.

Our description of the sub-atomic world earlier was not intended to bore you. It was intended to bring that general knowledge forward in your mind. To help you to realise that despite appearances, each and every one of us is an intelligent energy with a focal point we each regard as ME. Our Creator also is an intelligent energy no doubt with a ME focal point. The only difference between our Creator and us, is that for now we must exist amid energies that are compelled to structure themselves into atoms. On the Creator's level of existence the energies are not. Yet despite the fact that those atoms of energy build themselves into the bodies we all must clump around in, it does not prevent us from using our creativity, just as our Creator uses creativity. It only limits us. So to understand the striving and effort we must also try to understand what it is that limits us.

Let's return to that rock for a moment. We all know that no matter how strong our beliefs in the powers of ESP that rock won't move until someone applies either muscles or machinery to the task. Priests insist that our Creator is non-physical: No muscles, no machinery yet our Creator created everything that exists in non-physical and physical Creation.

Consider the vast machinery and huge amounts of high power-level energy required for nuclear researchers to artificially create short-lived sub-atomic particles. Go on to recall that our Creator only had to use the power of thought to control energies of self to create. Then we begin to realise how we all have under-estimated the enormous power of thought, the power of our Creator's thoughts, the power of our thoughts as individuals, the combined power when God and Mankind, thinks as one. Below is a reflection of above. What we see here are the same energies, the energies of our Creator. We also see a descending scale of power-levels applied to those energies between our Creator's level and our physical level.

So this gives us a clue as to what limits us, and why we always have to strive to overcome those limits. Let's have a familiar example from domestic life. To run a vacuum cleaner or an electric oven you would use the full power of Mains electricity. But to run your little transistor radio off of main electricity you would need a plug-in transformer, or your radio would burn out. If you examined inside the transformer you would find continuous coils of wire. The mains full power follows the wire to your radio. In doing so, it has to work against itself; reducing its power-level all the way down to a level that wouldn't harm a torch bulb.

So now we must find out what our Creator used as a transformer. A transformer that would safely reduce those energies in power-level, and would also be the mechanism that would convert those reduced energies into spinning atoms. We don't have to look far. Most of us have heard of the Astral Levels, often known as the Astral Vortex. Instead of Mains Electricity compelled to follow a coil of wire: High-powered Creator energies would be compelled to form and travel down, a vortex. The energy would work against itself to reach the centre of the vortex where it could only spin. So here we have a bridge between physical and non-physical: The sub-atomic level.

Often our little domestic transformer is versatile enough to offer us a selection of voltages. For example: 12v, 9v, 7.5v, 6v, 4.5, 3v. This allows us to use appliances that can handle these various higher voltages. For each of these different settings the coil is tapped into further and further along the same coil, because the further we move along the coil the higher the voltage. But as we know, if we use these higher voltages for our 3 volt torch bulb it will burn out.

All of this is obvious, but we must apply the same thinking to the function of the Astral Vortex. Those who can accept the concept of reincarnation will know that our individual existences take the form of a pendulum that swings backwards and forwards between Astral and Physical. We must then expand that thought to accept that every form of life force; from the most simple life forms up to and including the Human "Me" level: All experience this continuous pendulum existence.

When the poor old worn out body of a Human, or of a Flea, can no longer carry the Life force, That Life force returns to the Astral for a while. So now we must bring together three seemingly diverse fields. From the Flea level and below, up to the Human level we see a series of ascending levels each more complex than the one below it. Charles Darwin described these levels in terms of Physical Evolution with survival as the driving force. But atoms don't care about evolving. As part of a star, or a fingernail or a needle, it's all the same to atoms. So the driving force must apply to the life force to always evolve higher and higher: With the accompanying need for more complex physical bodies.

The second field is that of Spirituality. The ancient eastern belief systems tell us that the Astral level we will attain between physical lives is governed by our total spiritual progress gained during our many physical and astral sojourns, to date.

Our third field we have already discussed The Astral Vortex, with its levels, as a transformer that reduces and converts high-powered Creator energies into low-powered atoms. Elsewhere we have written at length about the introduction of unconscious life force into the physical universe via the Astral Vortex. Here we will limit ourselves to only mention that the Life force could have only arrived from the levels where the Creator energies are unreduced in power level. There is no where else they could have originated from. This must mean the unconscious life force could exist in those high power-levels: But to enter the physical existence amid low-power atoms, the power-level of the life force had to be greatly reduced.

Most of this very high power would have been shed in the Fifth Dimension, and would await the eventual Ascension of that life force. We know this as our Higher Self. The rest would be shed as the life force descended the vortex to await thresholds into physical life. At first as simple life forms that would survive or not. If not, the life force would return to the Astral, at its lowest power-levels to await another suitable threshold. In this way the life force would commence its long climb. A climb that one-day will allow it to escape from the vortex. But before that day arrives the life force must keep on evolving until it evolved individual, human "Me" Intelligence. At that point the evolutionary driving force of Mother Earth is replaced by Human Freewill choice. Unlike the animals, Man can choose to evolve or not. But the evolvment then is not of the body, but the "Me" Intelligence.

Now we are able to bring those three fields together: To understand why we have to strive, and what it is that limits us. From our description, it will be obvious that Evolution in the Darwin sense, Spiritual Progress in the Eastern Belief system sense, and increasing our capacity to exist and function on ever-higher power-levels of Creator energies. All three are exactly the same thing.

When you enter the silence during your meditation: All mundane thought ignored as far as possible. In fact you are passively opening yourself to allow higher power-levels of Creator energy to flow through your being. Higher power-levels than you are used to normally in your Comfort Zone power-level of thought. Every time you quietly meditate, you are trying to raise your capacity, so that "Me" the focal point of your intelligence can move to higher power-levels.

Everything that is positive and good in our existence, is part of those Creator energies that flow through us via the vortex. Those energies bring the patterns of everything we know. They also carry the virtues from our Creator to flow through us. So when we feel compassion it is flowing through us, not from us. But we feel it passing through us to where it is needed. It is energy. Negativity is when, in our lack of clear thought and understanding, we block or distort the flow. Spiritual progress is not aiming for goodness. It is more to do with clear thinking that will enable us to understand our ways of thinking and our selves. This is what Lord Sananda meant by "clearing the blockages", because it is those blockages that will restrict the flow of those energies. You don't need to try to be virtuous. Understand the blockages and then remove them. Then the virtues with their ever-higher power-levels will lift you clear of the Vortex.

The title of our article is ASCENSION DOUBT BLUES.... Yes it is a long time since the Klein Tapes. No, no one to our knowledge has yet ascended. And yet we all have learnt so much about ourselves. If we are honest, can we truthfully state we have cleared all blockages? We know we couldn't; not even just from this present life. Then when we contemplate all that accumulated emotional scar tissue from all those past lives, we wonder if we'll ever make the grade. For all that we'll sure keep trying. There's no going back. To where could we go back?

In our article we have emphasised Intelligence and energies because that is what individually we all are. All are at different stages of development. All are at different power-level capacities. Each of us is linked to our own higher self by a trail of energy that we had to leave behind to be able to descend the vortex. We could liken that trail to our personal wire through the transformer. Our individual intelligence is the appliance that must always strive to follow that wire: This even though we know the wire increases in power-level as we move along it. It can't be rushed, and only you can do it, in your own timing. It is you who must live with the ongoing discomfort of consciously and determinedly rising above your "Comfort Zone of thought".

We'd like to be able to tell you that the Ascended Masters will wave a wand or press a button to "Beam you up". But there is no wand, nor a button. Instead, as it should be, there is UNIQUE YOU FULLY EQUIPPED TO TRIGGER YOUR OWN ASCENSION. YOU ON YOUR OWN CAN DO IT IF YOU WILL ONLY TRUST YOURSELF. YOU MUST TRUST YOURSELF ENOUGH NOT TO FEEL YOU MUST RELY ON OTHERS WHO YOU MISTAKENLY BELIEVE, KNOW BETTER THAN YOU DO.

You could regard dumping your Ascension Doubt Blues, as an exercise in blockage clearing.

#### AUTHOR'S COMMENTARY.

My hope is that after reading Ascension doubt blues and this commentary, new seekers will feel less intimidated now they have a clearer idea of the ultimate purpose for their existence. A person who begins to seek may have never before had the time to consider that there is something worthwhile to seek. The new seeker may have always felt that there must be more to life than, birth, a lot of work and, for some, a little play, and then death. But where to start seeking, especially when everyone else seems to be content with their lot?

There is such a mixed bag of contradictory Spiritual knowledge and teachings on offer, both, from Established religions, and from the New-age scene. Much of this mixture of knowledge that is available is offered with the sincere but authoritative tone of those that quote facts. Who is right, who is wrong? No one really knows. Many people choose to take refuge in these assumptions that time and tradition have crystallised so that they are taught as established facts, which they are not. One such assumption is that nothing exists beyond our Creator's Creation. This means that any conjectured scenario for the future and purpose of mankind must be severely limited by that assumption, in short, that always mankind will have a junior or even an illusionary role, the former as God's eternal children. The latter as an ultimately to be retracted extension of a "Me" that deluded we think of as God. Despite my hopes to the contrary, our readers may feel that knowing the ultimate purpose for mankind in general, and for their selves in particular, is not enough. How does knowing that I'm to eventually be a Creator mind in my own right, help me to cope with my life amid today's confusion in this changing world?

This is a fair question that demands to be answered. Mostly it is the seeker that will answer it as her or his search reveals the greater realities that underlie the seeker's daily life. Many people appear to be content with their lot because they have been conditioned to prefer the simple role of participants. A seeker soon discovers that seeking requires the ongoing adoption of two roles, that of a participant that fully participates, and also simultaneously that of an observer who fully observes those who participate, including self.

You will find that you are asking yourself questions you never thought to ask before. Then you will find that to get reliable answers you will first need to fully observe and understand yourself and what makes you tick. What makes you happy, what makes you sad, what makes you angry, what makes you jealous or bitter? Then you will need to know why? Why do these barely understood emotions silently arise to rule and sometimes distort your thoughts and intentions?

To find out why, you will discover that the best way is to observe these mixed emotions, fears, and self-doubts as they enter your thoughts. Then as they enter, you silently acknowledge them. I feel angry. I feel sad. I feel bitter. I feel fear.

When you consciously acknowledge the entry of an emotion into your thought processes you haven't suppressed it, but you've robbed it of its power to affect your thoughts. Next you will want to know how this is possible, and of what do emotions consist? Emotion can only be a form of energy. This is logical because even your physical body, at its basic level is composed of atoms that are formed from energy.

The one and only source of the energy that keeps our universe in existence arrives via the astral vortex. Scientists have proved that energy cannot be destroyed, it can only be transformed into something else. The energy of emotion is not a product of your mind; it is energy that flows through your mind. Because emotion is energy, it cannot be destroyed or even suppressed. When you consciously try to suppress and hide an emotion it will express itself in the form of body language. Often early conditioning has made suppression of emotion a way of life. It will then express its energy inwards instead of outwards so that physical pain, illness or discomfort is caused in your body.

The emotion you have refused to consciously feel is transformed by your mind into a form that you have no choice but to feel. In your observer role you quickly learn to feel, acknowledge, and then transform into clear thought each emotion as it arises. Try it for yourself, and you will discover that it works. You will also discover a new way of understanding those, whose thought processes are still ruled by emotions that they have yet to understand.

The readers may ask, "What has to understand and acknowledge my own emotions got to do with my search for greater realities?" This is a fair question to which I will add another. How will you recognise greater reality when it confronts you? To answer both questions I will ask you to picture this scenario. You are in a strange town and you enter the public square where you suddenly realise that you are witness to a full-scale massacre. Everywhere you look people are screaming and are being slaughtered, and blood runs in the gutters. What emotions would you feel? Would you feel anguish, horror, disgust, and helpless terror? Probably anyone would feel those emotions.

But suppose that as you entered that square you first had noticed the crew, cameras, floodlights and paraphernalia associated with a film set. Would you have felt the same intense emotions? Of course not because you would know that the massacre, though very convincing, wasn't real, but for all that, it wouldn't prevent you from feeling sympathy for an over enthusiastic stuntman who got hurt whilst taking part.

What this teaches us we could express as an equation. The current intensity of emotion felt by the recipient is exactly in proportion to the current level of the recipient's understanding. To the seeker this means that as her or his level of understanding of the greater reality, continues to rise, increasingly emotion is consciously kept in its proper place. In turn this makes way for the energies of the virtues to flow to and through the seeker. Just as you do with emotions, you feel the energy of virtues flow through you. As you feel those virtues flow, you allow them to transform you. You and the virtues become the same thing.

In exactly the same way on a lower level you can allow your emotions to transform you, so that you are anger, or you are jealousy, or you are bitterness, or you are apprehension. In the many levels below that of human conscious awareness is the animal kingdom. The ever-evolving life force, that activates the many levels of the animal kingdom, has yet to evolve to the emotional level. Instead, (with the possible exception of the higher evolved animals (i.e.: Dolphins, Whales, etc.) the life force of the animal kingdom feels the same energy as instinct. An animal feels and is instinct.

The energies that flow down the vortex carry a very wide range of effects. At the lowest end of the range the energies build atoms that must obey the laws of physics. The laws of physics create a physical universe in which, somewhere life-supporting conditions will allow life force to enter physical existence.

The life force is dormant and unaware, and can only feel the energy-flow as the unconscious survival instinct. Just the same as the animal kingdom, the human physical body feels the energy flow as instinct. Now we move a little higher along the range of the energy flow. Between the animal unconscious survival-instinct level, and the human conscious awareness level is, (the missing link?) the mind level. The human mind, that links each of us to physical existence, cannot think. The human mind can only feel the flow of energy as instinct via the body, but also directly on its own higher level as emotion.

Next we move even higher along the energy flow range to our level. On our conscious, aware, human level we can feel the energy flow as instinct of the body via the mind. We can feel the energy flow as emotion via the mind. At our conscious, aware level of inductive thought we have freewill choice. We can choose to allow our thoughts to be dominated either by the physical survival instinct level, or dominated by the emotional level of the energy flow, or by both. Mankind mostly exists in purposeless confusion simply because the thoughts of so many people are dominated by these two lower levels of the energy range. Above instinct and emotion, is virtue.

New seekers might have difficulty in accepting these concepts that alter the emphasis of the evolutionary drive. During our school days most of us were given at least rudimentary knowledge about the evolution (for survival) of species. The emphasis was always placed upon the evolution of the physical body. Unfortunately, rudimentary knowledge, about the life force, that animated the physical body, was never included at my school and probably isn't even today.

Most pupils are left with the muddled impression, that somehow the physical animal produces the life force that powers the physical animal. In turn this implies that when the physical animal can no longer power itself it dies, just as if it had a flat battery. In this way generally no thought is given as to the nature of what powered the animal in the first place. Only when we swing the emphasis over to the evolutionary needs of the life force, does evolution of the physical body (made of atoms) make sense.

Atoms are formed from whirling energy, but relative to the space around them, atoms are inert and are the passive building blocks of physical matter. Why would physical structures made of inert atoms need an evolutionary drive? It is the life force that is driven by the evolutionary drive to evolve. As the life force evolves it begins to gradually ascend the vortex, but to ascend requires that the life force increase its tolerance to the higher power-levels of the vortex. In this sense increased tolerance and evolution is the same thing. The ever-rising power-level of the life force increases the power-level of the atomic structure of its current physical body.

The ongoing evolution of the physical body obediently and passively follows the ongoing evolution of the life force that brings the body to coherent life. Eventually the increased tolerance of the life force will allow it to arise above the vortex power-levels. Also its increased tolerance will raise the power-level of the atoms of its current physical body so that they can no longer remain as physical atoms in our physical universe. The life force will have then collected its independent source of energy.

The flow of energy will, as it always has, accompany each of us as we climb that stairway to the perfect level. As we climb we will always be encountering a higher range of the energy flow. But before we can move into that higher range we will have to learn to control and use the range level we are in at that moment. In a sense at this moment many, of mankind, are trapped by the sub-conscious idea that individually he or she is of more or less value than the sum total of mankind. This idea is the product of conditioned thought-processes heavily distorted by emotion that in turn is clouded by the herd instinct. The only escape from this trap is to use clear thought to face and accept the true situation of each individual of mankind.

The truth is that each of we priceless and unique individuals enters and leaves physical existence in our own timing regardless of the rest of mankind. This means that no one has the right to make comparisons between self and all of the other priceless and unique individuals. The next truth to be faced is that each individual is in fact a trio made up of life force at three different levels of evolvment. The life force of the human body is evolved to the energy level of unthinking instinct. The life force of the human mind is evolved to the energy level of unthinking emotion, easily influenced by instinct.

The highest evolved life force of the trio, which you think of as, "me", is supposed to be in charge of the trio but seldom, is in charge. "Me" can think inductively and logically but to do so must always be aware of the combined and powerful influence of the other two parts of the trio. Each part contributes something essential to the well being of the entire trio, but the trio exists for the benefit of "Me", not mind or body.

The seeker should always try to appreciate how very special is the human level to which we have all evolved. We all take this level for granted because it is so familiar. We all take it for granted that it is normal when emotion and instinct dominates our thought-processes. We tend to think that as most people are similar to us in this respect, it must be normal. But at the human level each of us becomes a freewill endowed, conscious, aware individual in our own right. Each of us has the same ability to think, and to imagine, and to create, as has our Creator. What prevents us from realising the true meaning of this? What prevents us is our lack of knowledge. The knowledge has always been available but in our reliance on herd approval and on herd ignorance we have failed to understand the relevance of seeking that knowledge.

In other words, through our lack of knowledge we have chosen to regard our trio of me, mind, and body, as the entire me. In energy-flow terms mankind has chosen to become jammed at the instinct, emotion range of the flow, instead of evolving along the range to the next level. The next level of the range exposes, thinking "Me" to the energies of the virtues. The virtues of compassion, generosity, unselfishness, unconditional love, respect for all life including self, and so on.

These higher range energies have a direct and positive effect on how individually we choose to live our daily lives. The virtues make demands on our intelligence as individuals. Those demands require us to expand our thought-processes to include far more than our personal feelings and physical well being. But this expansion cannot take place unless you allow it to happen. As an example, take the massacre scenario that I offered you earlier. How could you possibly feel compassion for the stuntman, who got hurt, if through lack of understanding of the true picture, your own mind was filled with the survival instinct of terror and the emotion of horror? From this you will gather that you are not required to consciously strive to become virtuous. All you have to do is clear the way and then the energy flow of virtue will transform you.

## PONTIFICATING: THE SECRET ADDICTION

Ofcourse, intellectually it's easy to grasp this concept of Self-Realisation. You've all read about it in New-Age books; and any of us who can hold a pen without dropping it, have written about it...At great length. Applying that concept to our mundane daily lives is quite another thing. A very difficult thing indeed: and yet, it becomes less difficult as time passes. What you require is patience and kindness, with others who have yet to know self –Realisation. Equally important is patience and kindness towards yourself each time your emotions cloud and distort your efforts to know Self-Realisation.

*IT'S NOT EASY. NOBODY SUGGESTED IT WOULD BE.*

Everyone complains if the bath tap drips after it's turned off, but in a way, all of us, rather like that bath tap, have turned ourselves off. The result is a Mankind that for the most part only allows a dribble of the virtues to trickle through to where they are needed.

Fear is the reason why we are all turned off. We don't feel able to trust because we've been hurt so deeply, so many times, during so many lives, and yet until we conquer fear we are trapped. Trapped by a wall of fear that each of us has built around ourselves. Yes, the wall keeps them all out, but also it keeps us in. Trapped, trapped, and trapped.

A few decades ago, Alice Bailey described this wall of fear as, "A Ring Pass not". Inside the ring is our family and trusted friends: For whom we dare allow the full flow of the virtues. Just beyond that ring a circle of acquaintances and people we know, or know of. They don't qualify for the full flow of virtues, but they receive more than strangers would. For this outer circle this reduced flow of virtue, (compassion, generosity, understanding and so on) is often replaced by our judgements, usually based on incomplete facts. The truth is that we use this judgmental role to hide from ourselves our fear. Unfortunately this judgmental role is addictive, so that before we realise that it has happened we have become self-righteous; with a fixed image of self, so used to hurt we look for hurt, even if it's not there.

Often the result is that a loved one would lie to us because he or she knows beforehand exactly how we will react to the truth. Once begun, the lies have to continue. Compassion and understanding is generous enough to encompass all failings and weaknesses of that loved one and of us. This is the vital point we are making...

*THE VIRTUES ARE NOT YOURS. THEY FLOW THROUGH YOU FROM THE CREATOR.*

Each of us individually shares another similarity with that dripping bath tap. To run a hot bath we turn the tap full on. The hot water pours through the tap in a torrent. But also the hot water does something else: It heats up the tap!

In exactly the same way, if we will only trust enough to shatter our self-righteous self-image, those walls of fear will dissolve. Our Heart Centre will expand to allow that torrent of virtues to flow where it will; always to where it is needed. In the process the virtues transmute us, just as the hot water heated the tap. But it couldn't begin to happen until in fully aware consciousness we allow it to happen.

## *IT IS PAINFUL TO ALLOW YOUR HEART CENTRE TO EXPAND*

A heart centre is a miraculous thing; and each of us has one. It is no exaggeration to say, a heart centre can accept all the hate and bitterness in the world, and then transmute it into an energy called Love. We don't mean sloppy love, or sentimental love, or a transaction sometimes miss-named love. No, this is a Love that takes guts, because it has to flow, regardless of the hurtfulness of others. So often we think of love as a kind of transaction, with fixed rules of behaviour for all involved. But it isn't, and it can't be because we are all at different levels of understanding.

If someone we love breaks the rules, shall we react and slip into our self-righteous judgmental role? Or shall we respond by allowing the Love to flow regardless? The choice is ours but really those are the only choices: To react, or to respond. If we react to someone's anger or hurtfulness with the same, we are creating a resistance that enables the negative energy to increase in power.

If we respond with the energy flow of Love, to the anger or hurtfulness of others, we transmute that negative energy into something more reasonable, because no resistance has been created. This is logical, but difficult to put into practice. We are conditioned to think in certain acceptable ways. The conditioning is based in complete ignorance of why we exist. Because those who lovingly conditioned our thinking lacked knowledge of WHY, for them physical life became their only reality. They then planted that reality into our thinking. In turn, if we are not careful, we will plant it into our children's thinking.

But we've all written and read enough about WHY to avoid that. For example, we know of our astral existences: When we plan our future lives in the physical. Ofcourse, the physical is the difficult bit because we haven't a clue what we planned. For all that, we either live our present life as if we believe we previously planned it. Or we don't. If we believe it, then that must radically alter the way we regard our daily life, and the people with whom we interact during that life: Because they are all here to learn at their own speed as well, and they don't know what they planned either.

So how can we make judgements about other people? Come to that, how can we make judgements about ourselves? And yet we do, again and again and again. We build our *Ring Pass Not*. We tightly screw down our bath tap. We react with unfair judgements, with clung-to blame for others, and clung-to guilt and grief for ourselves. Yet the trigger that will open and expand our heart centre is simple. With patience and kindness directed towards self, each time we forget, we train ourselves to respond always, instead of to react. The trouble is that once the heart centre is triggered it just keeps on expanding, and allowing more and more Love to pour through to include all life. No "*Ring Pass Not*" can resist it.

Written by David and Yvonne Brittain



WHAT IS THIS LIFE SO FULL OF CARE, WE HAVE NO TIME, TO STAND

AND TO STARE

***AND THEN WE DIE?***

Often, amid a dripping forest of rain-drenched, shiny umbrellas, the priest, in sonorous tones, informs the mourners that we are born with nothing and we die with nothing. Alternatively, amid gales of laughter at stating the seemingly obvious, a jolly wag will remind us that we can't take it with us when we "Snuff it"

In actual fact both, the priest and the jolly wag have got it wrong. Ofcourse you can't take material things with you. What would you do with them even if you could? But contrary to what many people believe, the important, lasting things in our lives are not material, and so we do take them with us. But before we look at these non-physical possessions let's look at death (as most people are taught to regard it). Then we will look at death in the context of evolving life force and reincarnation.

The sketchy knowledge many people have about 'after-death' is further confused and distorted by their ignorance about 'before-birth'. The teachers of established Christianity teach their many followers that one newly born baby equates with one brand-new innocent soul. When this baby grows to adulthood its enquiring mind may have difficulty in accepting these Christian teachings, for example, that we are all born with brand-new souls, to live one physical life each, and then to die. At some stage after our death our Creator will judge each of us. Gratefully, what is supposed to happen next to unforgiven sinners, becomes less menacing, and instead, more vague as each century passes by.

To accept these teachings, one of the difficulties to be faced by the enquiring mind is the question of; on what basis will our Creator judge us? This is a fair question when we observe that many people appear to have life loaded against them from start to finish. Conversely, for other people life appears to be, "A bed of roses" from start to finish. An alternative view of the same teachings suggests that none of us were given any choice about being born in the first place. How could our Creator judge with equal fairness, the sins of a nuclear physicist, and the sins of a pre-historic Homo-Sapiens Caveman? Again this is not a trivial question, because according to those teachings, every soul ever created will be waiting to be judged. Another question an enquirer might ask is where is this mixture of countless souls that have lived their one physical life apiece and then died? What are they doing now?

No doubt the sincere teachers of Christianity have answers to these questions, interspersed with the traditional demands, that their followers have unquestioning faith. Our concern is not for how teachers or followers choose to use their freewill. Our concern is for the negative effect on the outlook of the individual. If a respected teacher has encouraged a follower to choose faith instead of knowledge, then for the follower, ignorance equates with loyalty to the teachings. But for the individual, ignorance also equates with fear of the unknown. Only logical knowledge can transform the unknown into the known. This applies both, to followers and to non-followers of religions. So let us now try to replace with knowledge, the fear of death, and of the unknown, that needlessly blights the lives of so many people. To understand death and thus to lose the fear of death, we must first understand the purpose of life. This is made more difficult when we are only able to regard life from our limited, individual points of view.

When we are prepared to burst through those limits we will then replace our fears with the self-confidence gained from true knowledge.

In our articles and books we have offered our readers an alternative scenario to those offered by eastern and western religions. To build that scenario we have included our belief that our Creator is part of an ongoing process that creates "Creators". Readily we have admitted that we don't yet comprehend how the process started. As part of a process our Creator's role would be to ensure the continuity of the process. For this reason our scenario is built around what we believe is our Creator's viewpoint instead of the limited viewpoint of we, the creations of our Creator.

Just like any process here on Earth, if the intended result is to be achieved, once started the process must run its course without interference. Logically this means that our Creator would simply start, monitor and supply the energy needs of the process. It also means that the intended products of the process are more Creators who will continue the process. We realise that this talk of process seems unfeeling, and a far cry from the various traditional, blurred, unthinking pictures we are offered of our relationship to our Creator.

It only seems that way until we use thought instead of emotion without thought. For example, when would-be parents long to have a child to love and cherish, they deliberately start a process with an intended result. Carefully they monitor the process and supply all energy needs. But to the parents, a vital part of the process is also to ensure that the child feel fully included in the love the parents have for each other.

This has to apply to each child equally, no matter how large the family grows. At first the child must be protected and guided, but as it grows older the parents allow the child to exercise its intelligence and freewill. The child will make mistakes and hopefully will learn from those mistakes. At that stage the parents know it is wise not to interfere with the learning process. Instead the parents set an example of harmonious living that the child will eventually learn is the best and only way to live.

Once again, the learning speed is different for every child. The more children in the family, the longer it will take for the entire family to learn the lesson of harmony and balance. It will take longer because the faster learners will have to develop patience and understanding for the disharmony caused by the thoughtless and selfish actions of the slower learners. At no stage will the parents think of their children as a crowd, even though at first the children might think of each other in that way.

The parents will always regard each child (slow or fast learner) as a unique, incomparable, very special individual in his or her own right. This parental love and respect for each child continues as each child evolves towards and achieves adulthood and equality with the parents. The mutual exchange of love and respect continues long after the child has achieved adult, non-dependence on the parents. Then it is the individual members of the now adult family that individually choose to continue the process. In our example, the parents represent the perfectly blended she and he of our Creator's mind. Obviously each unique, incomparable, family member represents each member of a family called mankind. Each human being is destined to grow from childhood dependence to adult independence. This is the ongoing, warm, loving process that creates Creators out of people like you and me. Whilst our self-doubts and fear-filled minds need our Creator as a parental figure, we will always be part of our Creator. When we individually conquer our fears and self-doubts, our courage will allow us to fully comprehend our true and glorious adult destiny. But nowhere, in the process we have described, is there room for death. This can only mean that mankind has misunderstood the true meaning of death. So now let's find out why.

One of the reasons is that, most of us get fixed ideas and fixed images of self and of those around us, as in this example at our place of work. For years our fixed image of Joe, the maintenance man, has been that of an oil-stained, blue boiler suit, a pair of greasy wellington boots, and a scruffy old cap and scarf that covers but cannot conceal Joe's silver hair and his wry, fatalistic grin. For years we all shared this image of Joe, until one day when Joe invited us all to his daughter's wedding. Then, as we all turned in our pews to watch the entrance of the bride, we all received a similar mental shock. Why were we shocked? Because suddenly we all realised that the elegantly dressed, distinguished stranger, proudly leading the bride, was our old Joe!

In exactly the same way, we receive a sudden mental shock when a loved one dies. Our fixed image of the loved one includes the loved one's animated with life physical body; no matter how old or worn out with illness it may be. The mental shock stems from the sharp reminder that our eyes only ever saw the visible part of our now departed beloved. Our sense of loss is a different matter altogether.

Our fixed image of our beloved was so familiar we never even thought about it. The shattered image then compels us to think of our beloved in an unfamiliar and pain-filled way. It is pain-filled because now, just when we need accurate knowledge to reassure us as to the whereabouts of our beloved, who can we ask? In the same way we take our own physical existence for granted, and so we never think beyond our physical existence. Often the reason why we avoid thinking about these questions is because we don't know what to think or what to believe. This is when fear of death enters the scene. So now we must look at what many fearfully think of as death, from our Creator's wider (parental) point of view.

In our 'process of Creators' scenario our Creator evolved from childhood to adulthood, and is now the parent of children. From our Creator's viewpoint, all of those children are fully expected to evolve and grow in intelligence to our Creator's idea of adulthood. Not just the brightest children, all are special and unique, and each will learn in his or her, own timing. Now let's look at the children's progress so far.

In a busy household the nursery is like a different world, a world in which to feel safe and secure. Just like earlier, in the womb, in the nursery all needs are supplied without needing the conscious thought of the infants, because mother does the thinking. In that sense mother is part of the process that creates Creators. The womb and nursery represents both, the physical universe, and the astral vortex of reducing power-levels of incoming energy that creates our universe. The beloved infants represent every trace of life force that has yet to evolve to the, conscious, aware, me, intelligence level, (to the human level). The mother is Mother Nature, whose intelligence thinks for the beloved infants throughout the lower astral power-levels and the physical universe. In the nursery the infants frequently sleep, but when awake, must be protected from each other. In this sense the physical body is each infant's protection. If the body is irreparably damaged, the beloved infant slips into the peace of astral sleep until a new physical body is available. The explanations in this chapter are relevant to our theme, learning to lose the fear of death. As part of the lesson we have learnt that, below the human level, all life force in the physical universe is guided by the overall intelligence of Mother Nature.

The guidance is the product of her intelligence, and is received in the stepped-down form of instinct, appropriate to the evolution level of the life force. Thus the life force of an elephant will respond at one level. The life force of bacteria in the elephant's intestine will respond at a much lower level.

But both levels of life force evolvment will respond to that guidance, both, when in the physical or in the astral. So here we observe the ongoing, pendulum of astral and physical existence of the many levels of guided, evolving life force. At these levels of evolvment life force cannot think, it can only respond, at its own level, to the guidance of instinct.

The life force, guided by Mother Nature, enters, activates, and gives direction to the atomic structure that is the physical body. The life force abandons the physical body when the body becomes too ill, old, or damaged to continue. The life force doesn't die, it moves to the astral level to which it has evolved. It cannot die because it is a living, evolving part of its Creator's energies.

So now we realise that the visible and physical body is simply a tool and vehicle. Its function is to enable non-physical, evolving life force to experience physical existence. So far we have discussed life force that cannot think, it can only respond to instinct. This applies equally to your lovely dog or cat that died, the fish you caught for your supper, the house fly you just sprayed, and the tree you sawed into logs. It also applies to the life force of the now extinct dinosaurs of prehistoric times. It means that the ongoing evolvment level of the physical body reflects the ongoing drive of the life force to evolve, certainly not the other way around.

Let's think about this astral/physical pendulum mechanism in terms of reincarnation. Even when life force has evolved to the individual, human, conscious, aware level it continues to use this mechanism. When the human body can no longer function, the individual, human, conscious, aware life force returns to a power-level of the astral vortex. There he or she awaits another opportunity to re-enter physical existence.

This is no different to all of the levels of evolving life force below that of the human level. There is a power-level in the astral vortex to match every level of life force evolvment. In a similar way to the fixed structure of coils of wire in a transformer, the energy structure of the astral vortex is constant and unchanging. It is the power-level of the energy, flowing through the vortex fixed energy structure that is continuously reduced in power-level. From this we learn that physical evolvment really reflects non-physical life force evolvment. Also that life force evolvment is really the drive to continually increase the capacity to reach ever-higher power-levels of the astral-vortex.

In our analogy of the nursery, our helpless, unthinking, beloved infants gradually sense, and then discover how to use, their physical bodies. Next they learn how to move about in their cots. Then they painfully learn to climb out of their cots to crawl about on the nursery floor. More bruising experience teaches the infants how to stand and then how to walk. Now intelligence begins to blossom in the nursery world of the infants. The realisation dawns in each of the infants that they can choose to walk to their toys. Finally each infant notices that the nursery has a door that leads to somewhere else if they can discover how to open it. This is the evolvment level where the nursery becomes a classroom for life force that has evolved to the conscious, aware, freewill endowed, individual human level. At this level individual intelligence coupled with freewill choice replaces blind obedience to the guidance of instinct. From our Creator's (parental) viewpoint, all of the life force represents the family, not just the life force that has evolved to the human level.

How would our Creator regard us at our human level? Probably as school children who are at present fascinated and diverted by our physical classroom and by each other. Just like most children, we enjoy what is easy and what we are good at, and we avoid if we can what is difficult and unfamiliar.

Also, like most children, we nervously avoid thinking about leaving our familiar junior school, when alone we have to enter the unfamiliar senior school. It never occurs to us that beyond the world of classrooms and schools is an adult world in which each of us has a unique part to play. So to lose the fear of death we each have to re-assess our own value, from our Creator's point of view instead of our own.

We have discussed in this article an astral vortex that we have compared to a transformer, in that its coils gradually transform high power-level energy into very low power-level energy. Elsewhere we have described how the vortex structure resulted in the creation of a physical universe formed from spinning atoms of low power-level energy, and also how dormant high power-level life force was able to descend the vortex to enter the lowest power-level of all, that of physical existence. We have described evolution as the ongoing drive to achieve adulthood in the same sense as our Creator regards adulthood. The only way the life force can achieve adulthood is to climb from the lowest power-level to our Creator's high power-level. At first, as dormant life force, the drive to climb the vortex power-levels is in unconscious obedience to instinct. At the human individual life force level, the conscious, aware, intelligence of the life force can choose to climb or not.

Let's now bring this knowledge into our daily lives. Between the moment a human egg is fertilised, to the moment the baby is born, the foetus is continuously transformed. From a simple life form consisting of a few cells, it rapidly passes through many of the lower levels of evolution before it finally evolves into a human baby. This is common knowledge, but how does it apply to the ongoing pendulum existence of the life force that enters and activates the baby? This question is relevant to the subject of losing the fear of death. When the same physical baby grows to adulthood and then to the degeneration of dotage, the life force will have to depart from it. So now let us explore how life force enters and leaves its physical vehicle.

Reincarnation we have described as the continuous pendulum existence between the astral vortex and physical existence. Eastern religions describe our individual vortex climb in terms of spiritual attainment, and we have described it in energy power-level terms. In fact, evolution, spiritual attainment, and increasing one's capacity to exist on ever-higher power-levels of energy, all three are the same thing looked at in different ways. The advantage of thinking in terms of energy power-levels is this. We all know that our familiar, solid, physical universe is really composed of atoms that are composed of energy. We all already know that this energy that forms atoms is very real, and must arrive from somewhere. Our certainty of the realness of that energy takes the astral energy vortex out of the realms of unfamiliar mystical knowledge. Instead it places it firmly into the layperson's store of scientific general knowledge.

A human being exists physically and on the astral, many, many times. Each time his or her intelligence evolves a bit more. Each time he or she will gain some spiritual attainment. Each time he or she will increase the capacity to exist on yet higher power-levels of the energy vortex. This is the point of the whole exercise. So whilst on the astral, our human being has relinquished his or her worn out physical body. He or she has returned to the power-level of the vortex, that his or her total capacity has achieved over many lives. When we leave the limitations of physical existence it is like being cured of a lifetime of amnesia, spent in a diving suit on a murky seabed.

We know that it states the obvious to suggest that an inexperienced boy of seventeen years could not imagine himself at the age of seventy years. Probably it would spoil his life if he could.

Of course he could visualise himself with grey hair and with an old and failing body. But it would be beyond the boy's powers of perception to imagine the rich total of bitter, sweet experience that the decades ahead will give him. It would also be beyond the boy's powers to imagine his outlook at the age of seventy. It would be an outlook moulded by those decades of experience that he had lived moment by moment. In this sense, for the boy, life is like moving through a mist, where only now is fairly clear. His past blurs and fades into the mist. His future has yet to materialise out of the mist.

The only moment the boy can control is this moment called, 'Now'. The mist is filled with people and events that the boy will face and interact with when they appear before him out of the mist. Whenever the people and events appear, the boy can only interact with them at his then current level of understanding. The people and events may seem positive, or they may seem negative, but how the boy allows them to affect his outlook is the lesson he is there to learn. Each person and each event eventually slips from the boy's 'Now' into the mist of the past. But it is the effect on the boy's outlook that remains in the boy's now. If that effect is positive, the boy will regard his unknown future with Positivity. Conversely, if that effect is negative, the boy will face his unknown future with Negativity. From boyhood to dotage his level of understanding continues to increase, unless it is clouded by emotions felt in the past.

All of this is obvious until we place it into the context of an experienced old man of seventy, riddled and torn with guilt or self-blame, over mistakes he made in his younger days. Or his present outlook soured by hate and bitterness over the people and events of long ago. At the start of this article we mentioned that there are things you take with you to the astral. Your outlook is one of those things because it is the self-image you have built. Unconsciously or consciously, you built that image of self. No one but you has the right to change that image.

The boy became an old man and then (to the best of everyone's knowledge) he died. Contrary to his pre-conditioned expectations, he discovered that he wasn't then promptly marched away to await judgement by God. Our Creator-parent does not and cannot interfere with the process that creates Creators. Instead the confused old man found that he was faced with a long, dark tunnel, brilliantly lit at its far end. How he will deal with this situation will very much depend on how he has faced his unknown future during his physical life. This is important, so let's pause here to examine this a little more deeply. Each of us has to face our future in our own way. For us all, the future contains an unforeseeable mixture of joys and disappointments that we deal with as each appears. The content of the mixture is of lesser importance than what the entire mixture represents. To each of us the mixture represents ongoing uncertainty that we must live with, from birth to death. In other words, the only foreseeable certainty in anyone's future is its content of ongoing uncertainty.

Uncertainty only becomes certainty when it is fixed in our past. This is why we use our past as a rough guide to our future. From this it will be obvious that how we regard our uncertain future will be powerfully influenced by how we allow ourselves to regard our past.

For example, we can view the events in our past in two opposite ways, the negative way, with bitter regret for lost happiness. Also, the dread that the future may contain similar awful problems to those we faced in our past. Or we can view our past the positive way, with optimism firmly based in our knowledge that, as we knew happiness in the past we may well know happiness again in the future. Also, that as in our past we faced and resolved those awful problems, we can be confident of our ability to resolve similar problems in our future. One of those two ways to regard the past will also be the yardstick we will use to regard the future.

So in that sense it doesn't matter whether you are a pharaoh of Ancient Egypt, or a factory worker of today. You will regard your future in one of those two ways during your physical life. Now we return to our disembodied, confused old man, who is now faced with a mysterious, dark tunnel with a light at its far end. Of those two ways that we have described, which will he use? To the old man the tunnel now represents the unknown just as in physical life his future represented the unknown. He has a freewill choice to make, and only he can make it, to move through the tunnel and into the light, or to move away from the tunnel and the light. All of this sounds very mystical. So whilst the man ponders on his choices, let us transform the mysticism into practical knowledge that we can all understand and use.

What is the tunnel, and what is the light? Both represent different power-levels that the man must ascend to return to his total achieved power-level in the astral vortex. Earlier in this article we compared physical existence (as viewed from a total achieved astral power-level) to a lifetime of amnesia, lived in a clumsy diving suit, on a murky seabed. Ofcourse it all felt natural whilst on the seabed, and now our confused old man has left the seabed and has removed his heavy diving suit. But the man will continue to suffer from amnesia until he returns to his achieved power-level on the astral. The man was born completely stripped of memories of his previous physical and astral existences. Now, as he faces the tunnel, the only memories he has to guide and influence his choice are of this last physical life.

The light at the far end of the tunnel is that man's total achieved power-level on the astral. The tunnel contains all of the power-levels that were previously stripped from him to enable him to be born into low power-level physical existence. In energy terms, his higher power-level had to be reduced before he could safely and gently enter the much lower power-level atomic structure of the growing foetus. Part of the power-level reduction process required his multiple (higher power-level energy) memory to be left in the same tunnel. This also was necessary to protect, in the mother's womb, the foetus that was to be his future physical vehicle. For a moment let us consider his reincarnation, in human, psychological terms instead of power-level reduction terms.

There always seems to be confusion when the subject of birth and death is discussed. The Christian priest teaches that our old man was born with a brand new soul and that when the old man dies, his soul will sleep until awakened in God's good timing. In complete contradiction of this belief, many people on their deathbeds, describe with joy, long dead loved ones that are there to meet them. Are the teachings inaccurate, or are people about to die, prone to hallucinations? The former seems more likely because the priest must teach only what he was taught. The dying person is in an altered state, similar to that of a psychic medium who describes what only she or he the medium can see.

Only when we apply the concept of reincarnation to this contradiction do we pinpoint the inaccurate part of the priest's teaching. The inaccuracy lies in the question, when do you sleep? Does a soul sleep at the start or at the end of a physical existence? One thing is obvious, even to a person devoid of any kind of belief in God or the Hereafter. No matter what else death means to us, death is a certain escape from all physical pain. During physical life, a toothache or an aching back can be physical and mental torment until the pain is relieved. After the pain has gone we feel released, but may sleep to allow our bodies to rebuild their drained resources of physical energy.

When we leave physical existence we also leave its physical pain, so the need to sleep does not apply. The need to sleep does apply though, at birth and before. The priest teaches of brand new souls that enter brand new babies.

Reincarnation teaches us that we are experienced old souls. Also that to reincarnate, we must, with blank-sheet minds, re-enter a physical vehicle whilst it is still a foetus forming in its mother's womb. Psychologically the need to sleep becomes obvious. It would be to escape the mental torment and mental pain that an aware, adult soul would suffer, trapped in the helpless body of a physical infant.

On his astral total achieved power-level, our old man has reviewed the lessons he previously set to learn during his last reincarnation. He alone judges his progress so far, and then plans his next reincarnation accordingly. He chooses his future parents and the environment into which he will be born, and so on. For the man, from his wider point of view whilst on the astral, there is only one reason to re-enter physical existence. The reason is to re-learn those lessons whilst in the confusion of physical life. Most of that confusion is caused by the necessity for everyone's forgetfulness during their physical lives.

At this point a fundamental question must be answered if the readers are to make sense of this pendulum existence. The question is, why? We have explained that all life force is gradually ascending the power-levels of the astral vortex. Eventually all life force will rise above the vortex/physical pendulum existence. This includes the man in our example. Meanwhile, his progress continues to increase the gap between his achieved power-level whilst on the astral, and the power-level of physical existence. At the end of each reincarnation he leaves his physical body and returns to a higher power-level in the vortex. Finally the man reaches the highest power-levels of the vortex. This man through his own efforts is highly evolved, highly spiritualised, and so is able to exist on a very high power-level, but to achieve this high level he had to repeatedly return to the lowest power-level of all. Again and again he had to begin to make progress whilst stripped to the power-level of a helpless human foetus. As the power-level gap grows wider, a strange thing begins to happen. Earlier during the vortex climb, when the gap was much narrower, our man was slow in making progress. Each time when he reincarnated he was overwhelmed by the thoughts, ideas, and beliefs of other people that he believed knew better and more than he did. As a result of this, at the end of each life in the physical, he faced the tunnel with fear and trepidation.

Our confused old man has made his choice. Before his physical death he had developed an optimistic outlook despite the uncertain future that we all face. He has brought this outlook with him, and so he optimistically moves along the tunnel and into the light. But suppose he had developed a pessimistic, fear-filled outlook with which he now faced that tunnel? Full of self-doubt and fear of the unknown, he wouldn't know what to do, or what to choose. What happens then? We need to know because for each of us, when our time comes, we will be faced with that same tunnel and that same quandary.

The tunnel and the light often are featured in the descriptions of near-death experiences of patients whilst undergoing surgical operations. These descriptions are very similar to those given by many clients during past-lives regression therapy. In both cases the person knows that he or she is fully conscious and aware, and has left the physical body. The person can see his or her unconscious physical body on the operating table surrounded by frantic surgeons, or, on his or her deathbed, surrounded by grieving relatives, at the end of that past life.

In both cases, when the person lifts his or her gaze from the physical scene below, the next to be seen is the tunnel and the light. Often whilst describing this tunnel to the PLR therapist, the client will suddenly realise that he or she is not alone. Someone has come out of the light and down the tunnel to meet the client.

Then the delighted client recognises the person as his or her beloved and trusted friend or relation that died before the client died, during that past life. Arm in arm, together they move through the tunnel and into the light. All of this sounds very encouraging and similar to the priest's comforting assurances that, one-day we all will be reunited with our loved one, but what does it really mean?

Amid the illusion and confusion of physical life, people that we have categorised surround each of us. Our regard for each person is governed by our experience gained by our contact with that person, and as a result, some people we deeply love and trust, whilst others we may distrust, fear, and even hate, or any shade of feeling between these two extremes. Let's call it a private mental catalogue that each of us makes, and then takes with us when our physical life ends. Thus when someone emerges from the light and the tunnel to meet us, automatically we consult the catalogue before we agree to trust and accompany that person.

For each of us the dream ends when we enter the light of our achieved power-level on the astral. Only then are we able to fully comprehend how that private mental catalogue distorted our regard for those around us. Released from the physical dream, we remember that we are all beloved students of a university for potential creators. For each of us our self-taught lessons take the form of an ongoing play.

The play is acted out on a theatre stage called physical life. We are the actors and actresses, and individually we make many exits and entrances as the play proceeds. There is no script, and so, offstage (on the astral) we students collaborate with each other so that onstage we will all learn from each other and from the play. To play our parts to the full, whilst on stage we have to fully immerse ourselves in the parts we have chosen. We may choose to sometimes play the villain, the hero, or a crowd scene part. But the lessons we learn from each part, onstage, are really to help each of us to eventually graduate (with flying colours!) from the University of Potential Creators.

We choose a different role each time that we appear in the play, sometimes as the oppressors, and other times as the oppressed. Each role offers us a different viewpoint of the roles we have played previously. Then as we learn more and more about ourselves, each of us, at our own speed of learning, chooses to refine our image of self. To achieve this, we plan our future parts so that whilst on stage they include the opportunity to realise that it is simply a play. Also to learn of the greater reality that lies behind the play. Previously onstage the apparent realness of the play, and its cast, deeply affected each of us until we left the stage, but then we learn to always be true to our refined self-image, both off stage and on stage. Only then does each of us begin to deeply affect in a positive and beneficial way, the play, and its entire cast. In accelerating numbers the actors and actresses, on stage, choose to portray the real person behind the fictional character part. Eventually, each of us in our own timing, finally leaves the play, and ascends to a higher grade in the University of Potential Creators.

His optimism that carried him into the light allowed our dear old friend to rediscover the truth behind the play. Even when fear and self-doubt clouded his optimism, always a trusted beloved from his past, would lead him into the light. Then the beloved would return to his or her achieved astral power-level (this might be higher or lower than our old friend's achieved level).

Sometimes the old man's fear and mistrust were so intense that even when his loved ones left their different astral levels to meet him, he would refuse to believe in them. At the human level this entire Creator Process is governed by individual freewill choice. To reincarnate, our man chose to move through the tunnel. Now only he can choose to return along the same tunnel. No one may force him if he chooses not to. But if he does choose not to enter the tunnel, where can he go?

He cannot return to physical existence, and his fear has barred him from his achieved astral level. So where is he? He is trapped by his fears on the Interlife Zone between physical and astral existence. There he remains, oblivious to everyone and everything whilst he exists in a world of self-created fantasy and fear. He has become a trapped soul. He will remain trapped until a psychic medium in the physical, or someone on the astral can persuade him to re-enter the tunnel and move into the light. This is the only Hell, and only self-doubt and fear can create it. After countless delays caused by his fears, our man, whilst on his achieved astral level, finally decided to do something about it.

He learnt to always include in his future lessons for whilst in the physical, the chance to gain knowledge of his link to his higher self. For each of us the pivot of the pendulum existence is our higher self that exists above the astral levels. That was the breakthrough for our man, when he ceased to allow others in the physical to over-ride the guidance of his higher self. His progress accelerated on the astral. Whilst in the physical, he became a light-worker that helped to transform general confusion and fear into the clarity of self-knowledge. The higher that he climbed on the astral, the more affect he had on the confusion rife in the physical. But also, despite undergoing the required reduction process each time to be able reincarnate, he found that his astral-achieved high power-level began to affect his physical body.

How was this possible? To understand how, first we must consider the purpose of a physical universe. Earlier we described physical existence as a womb and a cradle. This womb and this cradle is for dormant life force that has the potential to evolve to the human (individual me) intelligence level. Until the life force evolves to that level, it exists in unconscious harmony and balance with the rest of Creation, and always in the moment called "Now".

Even the apparent foresight of the little red squirrel that hoards nuts for the winter, it is not foresight. The squirrel collects and hoards nuts "NOW" in response to instinct that compels it to act "NOW". In this sense, all life force below the human level is an unconscious, guided part of an overall harmonious pattern. But what happens to that pattern when life force evolves to the human level? Just a passing glance at planet Earth clearly demonstrates what happens. At the human level, individual conscious awareness replaces blind obedience to the overall pattern.

The overall pattern is the product of an overall intelligence that never interferes with the pattern. Looked at logically, this means that there is no permanent place in that overall pattern, for the individual human level of conscious, aware intelligence, and yet we return to that pattern again and again, as we progress to climb the vortex. Let us think about this for a moment in terms of, Mother, Womb, Nursery, and Classroom.

Mother represents the overall intelligence. The lower power-levels of the non-physical astral vortex and our physical universe together represent the womb and nursery. Energy, converted into the physical matter of physical bodies, represents the protective-garments and vehicles that all non-physical life force must wear whilst existing in the physical. We can compare the overall pattern to Mother's set nursery routine. That routine is very flexible. It has to be to cover needs that range from those of newly born babies, to those needs of active toddlers that are near to school age. Because of the flexibility of her routine, Mother seldom if ever has to alter it. She designed her nursery routine for infants because they are unable to think for themselves. But also her routine extends to the protective garments worn by the active toddlers who do think for themselves. Carefully Mother never interferes with the way a toddler chooses to think and act, because she knows it will learn from mistakes.

She also knows that when it has learnt to always choose harmony and balance as its way of thinking, it will permanently leave the nursery. Mother only asserts herself when, in their immature and arrogant thoughtlessness, the children's mistaken thinking becomes a threat to the nursery. Then Mother gives those children an experience to learn from, of a world where harmony and balance is missing.

The experience this time is familiar to us all. It is of a planet where pollution, and man-made global overheating have made freak weather patterns and rising sea levels a normal, studiously ignored, way of life. In this sense in our analogy of the nursery, it is fitting that we have likened Mankind's current use of thought to that of wayward and clumsy children. This isn't punishment, it is we being affected by what we originally caused, or allowed to be caused by our apathy.

Through the mistakes we all make whilst in the nursery, we all experience different aspects of dis-harmony and unbalance. Whilst in the nursery our mistakes cause no permanent harm to anyone. So the lesson we all individually learn from the nursery is to choose to think and act always with harmony and balance. Eventually we no longer have to consciously choose because each of us becomes harmony and balance. Then we can be trusted not to create havoc wherever we go when we leave the nursery.

Now we return to our old friend. To reincarnate yet again he must descend from his very high, achieved power-level of the astral vortex. Again he must pass through the tunnel to the Interlife zone, and from there, safely reduced in power-level, into physical existence. Now with increasing difficulty he sleeps whilst his tiny, helpless physical vehicle takes form. His difficulty is the vast gap between his astral and physical power-levels. Probably our readers have already seen typical examples of our old friend. You stop to admire a stranger's baby in its cot or pram. For you it is like an electric shock to see bright intelligence and instant recognition when the baby's eyes meet yours. Today, wherever you are in the world you could experience such a shock.

No longer is this a rare experience because for countless ages time and time again we have all made that gruelling two-way trip through the tunnel, highly developed souls whose chosen character roles on the physical stage are identical to their image of self on the astral. Just before and ever since this new millennium began, these souls have been reincarnating into the physical. As our old friend is typical of these returning souls, let us follow his progress.

Patiently our old friend dozes and holds his high power-level intelligence at bay. This he must do to allow his baby vehicle to develop naturally in its own timing. At this helpless stage all he can do is observe from his cot or his pram. Through the physical eyes and brain eyes of the baby our old friend receives glimpses of the real self-images of those character actors and actresses that surround him. The baby enters early childhood and because it is so filled with self-confidence, it becomes a source of astonishment to its parents and grandparents. Most of us have looked back in wonder when we have compared it to our own lack of self-confidence when at a similar age to our grandchildren.

More sources of astonishment for us all are the instant rapport that youngsters have with computers. It is as if they instinctively know that computers are simply tools that will release mankind from drudgery, to allow him and her at last, the time to concentrate on being truly human. Also children quickly grasp the computer's potential to teach people everywhere to cherish and share with all people everywhere.

Our old friend is typical of this new special generation of children and young people who are changing the attitudes and outlook of their elders. No shabby, nationalistic, propaganda campaign will fool these clear-eyed souls into bloody wars against other souls. At their schools and colleges these fearless souls already run their own campaigns. They focus the public spotlight into the furtive shadows of the hypocrisy that always has riddled our society. At their age most of we elders were too busy, concentrating on qualifications for future careers in that society, to even notice the hypocrisy. Now, at long last, a new, enlightened generation is learning from the mistakes made by previous generations. It isn't so much the mistakes we made, it is our reluctance to acknowledge and rectify those mistakes, that generates impatience in our youngsters. Who can wonder if, amid the physical illusion, many of them take to addictive drugs, as an escape from the madness of generally accepted normality?

In his outspoken teens our old friend tried to cure the problems of the world. Later, with a little more wisdom, he tried to alter the legislation that he believed caused those problems. Baffled when this failed he turned away from the world and instead withdrew into himself. Then, just as he'd previously planned whilst on the astral, a light worker taught him to meditate. Quickly this triggered his conscious link to his higher self. Next, knowledge of the bigger picture flowed down the link to widen his outlook, and this in turn revealed what he had previously missed. He realised those legislators and legislated, rulers and ruled, all have the same thing in common.

They are all unique and special individuals who don't yet realise they are unique. Because of this each of them lacks self-trust. Filled with hidden fears, and with doubt of self, they merge their individuality into that of the crowd. Either as the leaders and manipulators of the crowd or as the faceless led of the crowd, but always as a crowd.

This gave our old friend a clue as to his role. Quietly and in his own way he began to help those he met to look at their selves in a new light. His help took the form of talking to, and writing for, individuals, because in a crowd people listen as a crowd. The effect of his work on individuals remained unseen, but he trusted that the affected individuals in turn would pass on the effect in ever-widening ripples. This is happening now. There are countless numbers like our old friend, quietly bringing the light of self-knowledge and self-confidence to individuals all over planet Earth. The work began slowly and painfully, as an idea that was alien to accepted normality. Then, just like a virus, it spread around the planet to affect everyone it touched.

What of our old friend's ascension above the vortex power-levels? Why must it include the ascension of his physical body? There would be no need to include it if his intended final destination was to remain as part of his Creator's Creation. But this isn't his intended final destination. His final destination is to be the adult creator of his own unique creation, maybe alongside, but certainly not as part of, his parent Creator's Creation. Together our old friend, merged with his feminine aspect twin soul, must leave their Creator's Creation. Their adult role is to fulfil their part in the process that creates creators.

When the acorns leave their parent oak tree, they all contain the patterns needed to become oak trees in their own right. But this is not enough because when they leave the parent tree they also leave behind its flow of life-giving sap. This problem is overcome early in the process, whilst the acorns are developing on the tree. Each acorn converts some of the sap into a form of stored nourishment (the kernel), to use after they leave the tree and before they individually take root in fertile soil.

Now we must apply the same idea to our old friend, and what applies to him also applies to each of us. When we leave our Creator's creation we will need an equivalent to the acorn's kernel. Everything that is part of our Creator's Creation (physical and non-physical) is totally dependent for continued existence, on an unflinching flow of energy from our Creator. That energy flow is very real both, before and after it has taken the form of atoms. The Creator-donated energy flow is continuously reduced in power-level as it spirals to the centre of the astral vortex, on its way to be formed into lowest power-level physical atoms.

As we climb the power-levels of the vortex we emboss our self-built image of self, onto the energy flow at our currently achieved total power-level. Our old friend's self-built image of self belongs to him, because he alone created it. But the energy flow onto which that image is embossed is not his, because it enters and leaves his image, on its way down the vortex to become lowest power-level physical matter.

His spiritual progress, the control his highly evolved intelligence has over his thoughts and emotions, his striving in the altered state to reach ever-higher power-levels of the energy vortex. All three are the same thing, and they mean that our old friend, with his self-built, harmoniously balanced, image of self, could rise above the vortex. But first he must descend again to physical existence to collect the energy version of the acorn's kernel that later he will need to reach his intended destination.

Now let's all get comfortable and familiar with such daunting words as "Intelligence" and "Atoms". Earlier we defined intelligence as a very real Creative energy that has evolved to the human level of aware, consciousness of self, and will continue to evolve at its own speed to our Creator's level. That definition applies to all of us. Many people (including the authors) might feel that if ascension requires highly evolved and developed intelligence, "We ain't goin' anywhere". But if for a moment we all drop our self-judgmental roles, we may then regard our own intelligence in a more favourable light. Let's look at an example.

In the world of science, names such as, Albert Einstein, Isaac Newton, and Charles Darwin, these and many more are justly revered. But for what are they revered? Obviously it is for their invaluable contributions to the ever-growing store of scientific knowledge. We could say that the products of their individual intelligence benefited mankind, and for that we honour them.

But also in comparison to them we tend to devalue our own intelligence; these men were special, where as we are not special. But if we asked these honoured men, they would not agree that they were any more special than the rest of us. This wouldn't be false humility; it would simply be the truth. The great store of scientific knowledge is composed of both, what has been clearly proved to be true, or of what has been clearly proved to be untrue. Provable knowledge of both is an essential foundation on which to build further reliable truth.

If asked, any of these great thinkers might tell you, "From existing data, all that I knew for sure was what it definitely isn't. Knowing this, I wracked my brains to discover what it definitely is. Finally, no nearer to the answer, I shelved the problem until tomorrow, and instead went home to relax in a hot bath. Then, amid the warmth, steam and lather, whilst musing on thoughts of supper later on with my wife, inspiration came like a flash in the form of the searched-for answer. Suddenly I knew the answer, and the rest that followed was just tedious hard work. This was inspiration from his higher self that was only able to reach him when he ceased to create a barrage of thought. This same inspiration is the businessman's sudden hunch or the poet's or the composer's creative-flow, that in the middle of the night awakens them.

All of us have experienced these sudden intuitive flashes of "Knowing" no matter what we choose to call them. What we do with that inspiration is then up to our individual freewill choice. But no one is barred from his or her higher self, and so in that sense we all have the same potential to highly evolve our intelligence.

After all, the same man, whose ideas changed the way mankind regards the universe, would probably be completely baffled by the intricacies of an income tax form. Equally, his brilliant mind might retire totally defeated, when faced with a gunge-clogged S. bend drainage pipe of a kitchen sink. Really this means that our praise for the man should be equalled by our praise for his wife, who took on all the mundane boring tasks to free him to think. Possibly Mrs Einstein seldom if ever, felt riveted by her husband's theories. But in her love for him she intuitively and fully directed her intelligence towards releasing his thoughts from the mundane. So which of the two had the highest evolved intelligence? Who may judge? Brilliance of intelligence becomes meaningless unless guided by the love of harmony and balance.

From these examples we all may allow ourselves to never again feel intimidated by comparisons of intelligence levels. These comparisons are simply fake weapons used in a school fictional stage play about a temporary and illusionary competitive world.

Now let's see how we all feel about atoms? Just like our guess about Mrs Einstein's feelings, probably the answer would be, "We feel indifference, and can take them or leave them". This was a fair answer for many thousands of years, because until recent decades no one had the technology to see an atom, let alone, to see inside of it. Ancient Greek philosophers (who were also the scientists of the time) theorised that if something solid was continuously cut in half enough times, eventually what would remain would be an atom. Also that if you then cut this tiny atom of solid matter into halves it would disappear because it would be too small to exist.

Until comparatively recent days, no one since that time had any better ideas. As a result, countless generations both, of learned scientists, and of learned theologians, based their theories and teachings on one ancient unproven idea. The idea, that solid physical matter is entirely separated from the blind, non-physical process (favoured by the scientists) or, of the non-physical intelligent Creator (favoured by the theologians), that somehow created solid physical matter.

Later this same rigid idea placed severe limitations on the far-reaching work on the laws of physics by that genius, Isaac Newton. The same rigid idea also limited the brilliant insight of Charles Darwin as to the wider meaning and ongoing purpose of evolution.

The rigidity of the concept was based in the idea that all atoms of solid matter were created once only. Then once created by whatever created them, the atoms were left to get on with obeying the laws of physics. Even young schoolchildren of today are in a position to know a scientifically proven truth, denied for aeons to scientists and theologians alike.

The truth is that each atom is created and re-created continuously from an incoming flow of energy from the non-physical dimensions. The energy flow arrives via the empty space at the centre of each atom. If the energy flow ceased, the physical universe would cease to exist in its physical form. This applies no matter who or what supplies the ongoing energy flow. These physical atoms of whirling energy must obey the laws of physics.

All of us have lived with the affect of this unintended distortion of truth ever since. As a result we will only trust our physical senses.

This means that we rely entirely on our physical senses to tell us everything we want to know, even when we become curious to know about the non-physical. When use of these inappropriate senses, leads, as it must to failure and disappointment, often we will doubt the reality of the non-physical. Or we will doubt our own abilities. Instead we tend to rely on the abilities of others rather than to seek inside ourselves for senses, more appropriately attuned for the task.

Why did we ask how you feel about atoms? We asked to enable you to fully comprehend the realness of the non-physical, because it is no less real than the physical. Exactly the same energies are the basis of both, physical and non-physical existence. To make those same energies physical they had to be reduced in power-level and compelled to spin via the sub-atomic level into the form of atoms.

So now we come to the real question. What was and is, continuously used to control and compel high power-level energies to become low power-level atoms? The answer must be the living intelligence of our Creator. This has to be an acceptable answer, rather than the product of wishful thinking. So first we must acknowledge that living intelligence can and does control energy, even on our human level amid physical matter.

Every human trio of "Me, Mind, and Body", is really a structure composed entirely of energy-flows. This structure is set amid, and is an integral part of, a larger energy-flow structure that we regard as physical existence. Simply by the use of thought, the living intelligence of "Me" is able direct "Body" via "Mind" to climb a mountain, or to send a rocket composed of atoms, to the moon. Equally, because emotions also are flows of energy, the living intelligence of "Me" is able to create or shatter the happiness of another "Me" simply with the vibrations of mutually understood words.

As we all learn more and more about our own human trio, the living intelligence of each of us continuously evolves to ever-higher power-levels of the energy vortex. Harvest time for our Creator is on an individual basis for each of us. Our individual evolvement of our conscious, aware, living intelligence will finally be able to channel our total achieved energy power-level from the astral and above.

We will actually draw down that high power-level energy into the low power-level energy structure of the atoms that form our current physical body. To remain physical, the energy structure of atoms must remain at the low power-level range of physical existence. Ascension means that we have consciously raised that power-level to the point where the atoms of our body can no longer remain in physical existence. Each in our own timing will take over from our Creator the control of that energy. Each acorn will have converted life-supporting, flowing sap into an independent kernel (energy source) to use later on, after leaving the parent tree.

So our individual ascension to the non-physical level is the beginning not the end of our conscious, aware, learning process. Ascension is simply the doorway by which we leave the nursery and the classroom for infants. The same doorway will lead us as ascended masters to the next grade up in the University of Potential Creators. But the only place for death, in our scenario, is the death of fear, and the fear of an illusion named, "DEATH"

Love and Laughter from David and Yvonne Brittain,

#### AUTHORS' COMMENTARY.

In the previous article we began with a forest of rain-drenched umbrellas beneath which mourners listened, whilst the vicar intoned grey words of Jove. All of us feel sympathy, because all of us at some time take some part in the described scene. Also we must offer sympathy to the vicar because he is locked into the inflexibility of tradition and ritual. Whether he wishes to be or not, it is expected of him, by the church hierarchy that employs him, and also by his congregation. The vicar privately may also be a student of metaphysics, who also has a profound knowledge of the mechanics and purpose of reincarnation. His studies in private completely contradict what he must teach in public, and yet he is torn between loyalty to tradition and loyalty to truth. He knows beforehand that if he is loyal to truth he will become just another voice crying in the wilderness; rather like all of you and we, light-workers. So for the benefit of all vicars, and all congregations, our next article describes how Yvonne and I work for the Light.

## A TAPESTRY OF SCARRED LIVES.

Regular readers of our articles will know that each article we end by offering our postal psychic services to all that may be interested. Since we began to make the offer we have been gratified by the response, and by the thought that we are able to be of assistance.

Whilst in France to our delight we received through our letterbox a perfect example of the use of discernment. A lady has wrote to ask us how it is possible to delve into the past-lives of people we have never met. This was a genuine enquiry, which included the expressed fear that to fulfil such an offer might run the risk of becoming intrusive. The reason for our delight was this. Although many people use our services, no one has ever before asked us how such a thing is possible, nor have they asked what guidelines of etiquette do we use? The lady's query inspired us to write this article to enlarge upon, and to put to rest any unexpressed doubts or fears others may have about this subject, and about our offer.

First let us be clear about what we don't offer. We don't offer past-lives regression therapy as a postal service. We can only offer PLR to clients who are able to visit us. During a PLR session it is the client who is encouraged to take the lead, and to relay what is being experienced to the therapist, certainly not the other way around. Obviously if the therapist is also a developed psychic medium like Yvonne the therapist will also experience what the client is experiencing. But always it is the client that leads, and the therapist that allays the client's uncertainties and fears, and encourages the client to explore.

The therapist is an invited companion on a journey into the client's past. At all times during a session the client is well aware that on this everyday level he or she is relaxed on a couch, with Yvonne sitting nearby. Then at some point early in the session the client becomes aware that a second level has overlaid the everyday level. It is at this stage that the exploration of past lives begins for the client. It is very subtle and very gentle; a blend of inner visions and sudden intuitive "Knowing" as the client recognises people and places never seen before in this present life. The client also re-experiences the feelings and emotions felt at the time for those people and places. Our clients are of all age groups and include folks in their seventies that have never meditated and know nothing of new age thought.

How does it work? Why does it work? Let's explore and find out. We all know that each of us has our own Soul Plan. Also that between physical lives, whilst on the Astral, we adjust our individual plans to suit current and future learning needs. This is our right because we each made our own plan in the first place. We also know that often the individual plans are allowed by us to merge with each other for a while; once again for learning or teaching purposes whilst in the physical.

In our last article we described the higher self, not as a guardian angel, but as the greater part of our individual intelligence. This greater part exists on a power-level of energy that is much higher than that of the astral levels and that of the physical level. But the focal point of this intelligence; that each of us regards as "Me" has to temporally exist on the much lower power-levels of astral or physical existence, hence the ongoing need to develop the intuitive link in meditation; the link that links each of us to our higher selves. We have recapped on this aspect of our last article for this reason. To remind readers that your, higher self, with all of its powers, resources and links to all knowledge, is yours. It follows your instructions, even when you've forgotten you previously gave them. This is very relevant to our subject.

During our astral existences each of us is well aware of our individual soul plans. In the physical, as we all know, the majority of people (each one is a focal point of a higher self) have never heard of a soul plan, and yet somehow their pre-planned lessons present themselves to be learnt or not learnt. On the astral we remember our plan. In the physical we don't remember our plan and so our plan is stored with higher self to monitor whilst we live the plan.

In a similar way this word-processor monitors spelling and grammar as I type this article. But the W P isn't in charge, I am. My higher self isn't in charge, I am. Obviously if I can develop the link between my higher self, and "Me" I will make a better job of gearing my physical life to the plan that I previously made on the astral. In that sense I could say that I pre-programmed my higher self before I re-entered physical existence.

The relevance of the above soon becomes clear. Past-lives regression therapy cannot work without the co-operation of the client's higher self. Although a client can silently ask to be shown certain past lives, usually only past lives that have affected this present life will be revealed. For example, a client that suffers an unreasoned fear of the dark in this present life, may well be shown, and relive the experience of helpless fear, suffering, and death, in the blackness of a dungeon during some past life.

The difference for the client is that whilst re-experiencing the trauma of that past life, the client is re-assured by also being aware of Yvonne sitting beside the couch in this present life. In the process the unreasoned fear of darkness is converted into clear knowledge of what caused the fear. In Yvonne's experience, when fear is converted into clear thought, the fear disappears as if it had never existed. During past-lives regression therapy Yvonne has watched whilst the fears and obsessions of many clients have permanently dissolved during the sessions, and this includes the fear of death, and the fear of what comes after death.

Always we have to return to the subject of the energies we radiate to, or drain from, those around us. Those energies flow through all of us continuously. What counts, is what our emotions, fears, and thoughts do to those energies before we radiate them to others. We have all met the person who, without a word spoken, can cast a spell of depression, gloom and negativity over everyone around them. This poor person's thoughts, clouded by negative emotions, have blocked the natural flow of energy through his or her being, usually, though not always, through unawareness of the generous continuity of the flow. Really this person feels cut off and isolated from the rest, and can only drain the positive energies radiated by others.

Maybe you can accept the idea that one solitary human being can control, with awareness or unawareness, such an energy mechanism in the way we have described. If you can, then equally acceptable will be the idea that to radiate positive energies can also be a matter of awareness or unawareness. As we know, some people naturally radiate positive energy to everyone. To be with them is to feel uplifted and re-energised with optimism. They are not aware of it they just "do" it. All of you healer/seekers will have experienced the "feel" of the healing energies that flow through you, at your bidding, to heal those in need. Those in need may or may not be able to accept that flow because this is subject to the dictates of their personal soul plan. But the main thing is that you offered to, and did channel those energies. Let us ask you, why? And as healers we will answer for you.

A person brings his or her headache to you. You tune-in, place your hands, and the headache disappears, or it doesn't. Instead the person could have taken aspirin and the headache would or would not have disappeared.

The headache is unimportant, but as there is no such thing as coincidence, the important thing is that the headache sufferer was led to you, but why you? He or she was led to you because you have chosen to be a healer; to be a channel for healing energies. Now we must look at the deeper purposes of a healer. Yes, the purpose is to heal the sick, but the underlying purpose is to trigger the germination of a seed that already exists in a dormant state in each person. It is a seed of awareness that enables each person to look at self in a new and positive light. The healer can only achieve this purpose by standing aside and allowing the healing energies to irradiate to where they are needed. The energies flow first through the healer's higher self. Obviously if the link is highly developed the flow will be greater and of a higher, thus more effective, power-level.

Next the same energies must flow through the higher self of your patient, if your patient's soul plan allows this. This explains sometimes seemingly disappointing results, but always the higher self is pre-programmed to allow the trigger effect to enter its "Me" It is the aware or unaware freewill choice of "Me" that decides to be triggered or not. In turn both the positive and negative effects of past lives and present life experiences will powerfully influence this choice. These effects are more important than the actual experiences because they are the factors that influence how "Me" regards "Me" in this moment we call "Now". How "Me" regards "self" now will affect whether positive or negative energies are radiated now and in the future.

Now let us fit this discussion about energies into the context of Yvonne's role as a psychic medium and a PLR therapist.

To someone who has only vague knowledge of PLR the whole idea might appear pointless. After all, if like most of us, you struggle to make ends meet in this present life, what benefit is it to know you were a rich potentate in a past life? But this is not the purpose of PLR. Let us look briefly at the progress of psychic development in recent times. We know that this development is closely allied to the increasingly higher energies flowing into our physical dimension. Just a few decades ago psychic contact relied on seances held in a darkened room, where the medium entered trance-state and Spirit used the medium to speak through.

The next evolution was the Spiritualist church, where a medium tuned-in and then relayed psychic messages to members of the congregation. But also, members were encouraged to develop their own psychic/healing gifts in development circles. From this evolved an ever-increasing number of people who had highly developed their intuitive links. No longer were they draining from a medium's intuitive link, they were radiating from their own. With the advent of what we call, "New Age Thought" more and more people were triggered to radiate the positive energy flow. But still there are countless million that have yet to be triggered. That is the point of this recap about recent psychic development.

Time is short and the multitude must be triggered, and yet those who visit a medium have always up to now had to take an audience role. To bring this aspect closer to home first let's look at Yvonne's experience as a medium. For several years, before we left England in 1991, Yvonne had a growing circle of people who came from far and wide for clairvoyant readings. Mostly the interest of Yvonne's clients was focused very much in the material side of life; would they get that job? Would they meet someone with whom they could share their life? Why did death steal my husband from me? And so on. Then in the late eighties Yvonne realised two things.

The first was that she was channelling more and more Spiritual guidance and less material guidance to her clients. The second thing was that more and more her clients eagerly accepted this guidance as to their future spiritual work.

It was as if they had been guided to Yvonne. Around the same time, like so many on the Path, Yvonne and myself in our meditations made contacts with the ascended masters and we learnt of our future supporting role in the Ascension process work. Also we began to notice the effect our combined energies had on Yvonne's clients and those around us; obviously something that together we radiate.

Here I will repeat that, like all mediums at the time, Yvonne could only offer her clients an audience role. Everything for the client had first to come through Yvonne. So now we look at the latest stage of psychic evolvement, very much linked to the higher power-level of the energies a highly developed medium is able to radiate.

I have already described some of the benefits to be gained by the one who is regressed. Emotional blockages that have been carried back and forth, life after life, between physical and astral may be cleared in one or two sessions. But with so much emphasis on past lives the development I mentioned mustn't be overlooked. It has enabled the client to take on the full role of a participant who receives direct psychic contact. Let me explain. Near the end of the session, after the client has experienced one or several past lives, Yvonne then asks the client to move forward in time to be shown and to describe a little of the future.

If we didn't already have a fair idea of what the near future holds we would be astonished at the similarity of what many diverse people have been shown. Again I will mention that many of Yvonne's clients know nothing of Ascension, End Days, or New-age thought. The vital thing we have learnt is that knowledge of what lies ahead lies dormant in every human being without exception. It only requires triggering. The beauty of this latest development is that after a client has been regressed the client is then able, with practise, to "regress" and "progress" him or herself. Lastly let's look at our offered postal services.

Throughout history psychic mediums have faced the same danger from people who don't understand. There is a well-known sequence familiar to most mediums. At first a person is intrigued and then filled with delighted curiosity when the medium's predictions for them come true. Next, envy of the psychic gifts enters the scene, in ignorance of the dedicated years of hard work to gain the gifts. Next there is the suspicious fear that the medium will use the gifts to spy on the person. Finally blame arrives when a psychically predicted warning comes true; as if by predicting it the medium caused it. Hard and hurtful experience teaches a psychic medium wisdom.

Just as healers can do absent healing, mediums are able to work at a distance. Telephone or letter contact is enough to make the psychic link-up. If the clients request information about their own past lives Yvonne regards this as permission to psychically seek out that information. Yvonne is not prepared to delve into the life or past lives of anyone who hasn't given expressed permission. This would be intrusion, and an abuse to Yvonne's gifts. The past lives information often includes knowledge of the cause of present-life blockages, hidden fears and obsessions. Once again as with PLR often the knowledge of the cause completely replaces the insidious fear.

With a pendulum and a map a diviner can accurately divine at vast distances. Using her psychic gifts Yvonne can locate at a distance to rescue and release trapped souls. In fact much of our work here in the Payes du Cathar; an area soaked in the blood of massacred medieval Cathars, was rescue/release of trapped souls. This is similar to the work done by mediums on the more recent sites of Nazi concentration camps. But then, a trapped soul knows nothing of time.

We preferred to visit the sites but France is large and our car was very old and so often we had to work at a distance. Our postal service evolved quite naturally from this fact.

Throughout this article we have focused the reader's attention on the gifts of the highly developed psychic medium. Also we have emphasised the connection between the ongoing development of the intuitive link, and the ever-increasing capacity to tune-in to ever-higher power-levels of existence. But this is not limited to those highly gifted psychics they are no different to you. Maybe their awareness was triggered, and their hard, lonely climb to their gifted level began many lives ago. Maybe your awareness was triggered in this life, and your conscious climb has only just begun. But your task is the same as theirs, and any energy you consciously draw down to radiate will be at a higher power-level than the power-level of physical existence.

Usually we try to fill our articles with knowledge and experience that will be helpful to seekers. For this article we felt it better to offer seekers knowledge of us and how we regard, and do our Spiritual work. We hope that by now you have a clearer idea of why we call ourselves the Ascension Support Team. Also we hope that what we have revealed has re-assured you all that PLR is a genuine healing therapy that also triggers awareness in the unaware.

As usual we offer our services and publications to all that require them. Equally we offer a welcome to all seekers who may like to make contact on the, sometimes lonely, Path.

Love and Laughter to all

From

David and Yvonne Brittain

## WHO ARE THE HEALERS?

Who are the healers?  
You  
And  
Me

Our hands touch our wounds,  
Unconsciously

We clasp each other,  
To heal the pain,  
Whilst Compassion  
Flows through us,  
Again and again

Take this thought further,  
Then you will know,  
How to direct,  
That Healing flow

A doubt-free channel,  
Is what you must be  
To consciously draw through you,  
Healing energy

A final thought:

When I was young I thought that Healers were special and unique people.  
Later I learnt (from a healer) that everyone (including you and me) could heal if  
they could only banish self-doubt when they try to heal.

When I grew older this made sense because  
Then I realised that everyone (including you and me)  
Is special and unique

With love and laughter  
From

David Brittain

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## AUTHOR'S CONCLUSION.

What we have offered you so far is food for thought. Our last article in this compilation illustrates the ongoing need, for seekers to season all offered food for thought, with generous applications of discernment. This includes this entire book.

## EGO VERSUS INTUITION

Everyone is to some extent familiar with the "Doctor's Surgery" mode of thought. Our early conditioning ensures that we immediately slip into this mode if we dare set foot into a doctor's waiting room. We may be there simply to read the gas meter, but until we firmly declare our intentions, it is assumed by the receptionist that we are there to consult the doctor. If this is correct, often the receptionist may automatically regard her or his role as that of, "Defender of the Brilliant Doctor, and of the Brilliant Doctor's valuable time."

Knowing as we do that the doctor has a busy life, (as do most of us!) passively we patients patiently accept our appointed roles of, "*Those from whom the doctor must be defended.*" With unruffled passivity we ignore the fact that all eight patients in the waiting room, including us, were given the identical appointment time as if the patient's time is considered to be valueless. Daunted by past experience, we know beforehand that to complain at such treatment is to call down upon us, horrified looks of disgust and indignation, but not only from the bristling receptionist and the bewildered doctor, but also from the other seven passive patients. Instead, because this mode is based on a deliberately generated implied atmosphere rather than anything clearly said, usually with unquestioning obedience we accept our prescribed passive roles. We go along with the crowd.

The above paragraphs are not meant to be a diatribe against the "Unalterable". They are intended as a description of symptoms to which we all are vulnerable: The conditioned, unthinking, unquestioning passivity that leads us individually to automatically assume audience, acolyte, or 'follow my leader' roles. These are the very symptoms we are all trying to unload as individually we work towards our ascension.

For the individual seeker this task is made more difficult to achieve when set amid a new-age atmosphere geared to the comfort zone level of thought. This atmosphere manifests itself in the form of a generally accepted attitude that implies that "Intuition" is all that is needed. Where as the use of intellect, (probably because of its masculine past association with dominance), is to be regarded as, "Limited three-dimensional thinking that we '*sensitive*' people have outgrown"

This is a very strange attitude, if adopted and encouraged by people who present themselves as, "Leading Lights at the cutting edge of New-age thought." It is this same reluctance over many centuries to include the use of intellect and logic that emptied the churches owned by established religions. In each of our articles we always urge seekers to develop the three inter-related attributes: Intuition, Intellect, and Discernment. Discernment is a vital ingredient when using either of the other two. The reliable use of intellect alone is limited to the past and the present. Intellect only becomes truly reliable when backed by developed Intuition. Intuition has access to the future. Intellect does not have access to the future.

You may discuss intuition at endless length with others. You may read all the latest books about the development of intuition. But you are the only person that can find the time to patiently enter your own still quiet centre to develop your intuitional link to your higher self. Until you have done this you are vulnerable to the symptoms we have described in our "Doctor's surgery" scenario, you go along with the crowd.

To illustrate what we mean, now try to visualise this typical new-age scenario:

A friend is “over the moon” about a person he or she has heard of, who “channels” Ascended Masters. You succumb to his or her eager urgings to attend a channelled session. The audience consists of the usual mixture of very genuine, sincere people. It ranges from very knowledgeable, highly developed psychic mediums, and learned students of metaphysics, to the nice lady (in the red hat) who mistakenly thought it was to be a Spiritualist service. Many levels of spiritual understanding are in the audience.

Despite the hardness of the seats, the atmosphere in the hall is of quivering, joy-filled anticipation, conducive to generous spiritual hugs all around, and to a general air of, *“Wanting to believe what we are about to hear, even before we hear it.”*

At this point we all are vulnerable because as we passively succumb to the atmosphere as described we are tempted to stash our discernment, “outside the pale” with our already discarded 3D intellect. If we then rely on an intuitive link that we haven’t bothered to develop, to be our guide as to the authenticity of the channel’s utterances, we could end up by fooling ourselves. There are genuine channels that do channel genuine ascended masters. No doubt those genuine channels would readily agree that for the audience it is difficult to discern who is genuine and who isn’t. Just like their audiences, most channels have egos and maybe would admit that it is lovely to be the centrepiece. Admittedly it may be a tough vocation or career, but what vocation or career isn’t tough?

Genuine or not, most channels radiate personal charm and follow a similar format. With some channels it is difficult to define who is supposed to be speaking at any given moment; the channel or the ascended master. With some it is a person lecturing at length about what, we are told, he or she previously channelled in private. With others it is slightly more clear-cut. The ascended master comes through, and thanks his or her channel, and then announces that he or she has crossed the dimensions to be with the audience today. The audience is then informed that there is no such thing as coincidence, and that it is no coincidence that each of them is in the audience today.

Next, maybe they are informed that long ago each of them volunteered to descend from higher realms to exist in physical matter to help planet Earth and its bewildered peoples to ascend. Also, because they have all forgotten the task they came to do, that he or she; the ascended master, is there today to remind them of their special-ness.

The ascended master/channel then goes on to speak at great length, and with calm authority on new waves of energy, reactivated crystal energy grids, Galactic Brotherhoods, refurbished DNA and RNA strands in a higher dimension, and so on. Whilst we listen, we all nod knowingly because we’ve all vaguely heard or read about these items somewhere.

But now maybe you can see the need for developed intuition?

Intellectually you cannot prove, disprove, or even test any of this rarefied, scientific-sounding information. Equally, it is unlikely that the joy-filled atmosphere would survive too much audience-ego bruising. For example, if the audience were informed that they are some of the bewildered peoples of Earth to be uplifted by angelic volunteers, rather than being some of the special angelic volunteers that came to do the uplifting. For the audience this wouldn’t be quite what they wanted to hear.

Please don’t think we are trying to debunk genuine channels or the genuine ascended masters that are channelled. We are trying to highlight time-wasting diversions better avoided by the sincere individual seeker.

A reliable guideline to follow could be: Is knowledge of this torrent of celestial tech-science relevant to my task of working on me: or is it simply "clutter" and "jargon" that will in turn just make me sound more knowledgeable?

So that nothing will prevent he or she from recognising truth when faced with truth the genuine seeker is at all times trying to eliminate ego, and resist appeals by others to the ego. Otherwise the entire new-age scene becomes a pointless ego trip to nowhere, simply a matter of going along with the comfort zone crowd.

There is a danger until the seeker's intuitional link is developed. The danger is that amid the atmosphere of maybe genuine, or maybe carefully generated, cosy, like-mindedness, he or she has no way of defining whether what was personally felt was, "Truth-chills" from the intuition, or "Frissons" of pleasure from a flattered ego. The operative words in the last sentence are, 'what was personally felt', because what anyone else in the audience personally felt is irrelevant to your personal spiritual progress. Equally, what anyone else thinks that you should have felt is also irrelevant.

Where does intellect fit into the new-age scene for the sincere individual seeker? This is far simpler than it seems. At all times the genuine, open-minded seeker receives more and more information. Much of this information is received via other seekers, and is offered in the sincere form of their individual interpretations (correct or incorrect) of information received by them. The information may be culled from the latest books, or from channels. Alternatively you may have received the information direct from your higher self via your intuitional link.

No matter how you received the information, now that you have it what are you going to do with it? Obviously you want to make that information an integral part of you. But you need to know two things before you can allow that to happen; that the information is genuine, and that you clearly understand the information. Both are vital if you are to avoid misguiding yourself and those you will teach. Let's look at gurus.

A guru enters the solitude of a cave to obtain answers that are unobtainable to him from the big world outside of the cave. Before seeking solitude he has listened with care to the mixed bag of spiritual conjecture, authoritatively offered to mankind by the great, established religions, and belief systems of the world. The guru seeks accurate knowledge and personally gained experience that he can use to transform himself, to achieve self-illumination, to enable him to ascend. The guru's goal is no different to that of we modern-day seekers, so let's see how he goes about the task. The guru in his cave divides his time between two meditative functions, both of which he firmly monitors with discernment. The first function is used to get the information, and so he clears his mind of clutter and then quietly waits, intuitively 'tuned-in' rather like a radio receiver. But who will send the information to him? No one will send it because he already has it stored with the part of his intelligence that we call his "Higher self". The guru's higher self will release that stored information, via the intuitive link, at the learning speed of the guru. What applies to the guru also applies to each of us.

So far our guru, in his passive, observing role, has intuitively received a flow of information in meditation. Then the flow ceases. When the flow ceases, the guru no longer remains a passive observer. Now the guru becomes an active participant. The guru brings in his intellect to absorb and understand the information he has received so far. This second meditative function is called 'Contemplation' and is used to make that information an integral part of the guru. The information so far, begins to transform the guru.

Only then will higher self release more information. In this way gradually, the guru (or you reading this article) becomes so transformed that eventually higher self, the intuitive link, and the guru (or you) completely merge.

So we have access to two avenues of information. Intuitively from our higher self to then be absorbed via our intellect, or intellectually via books, psychic channels etc. that are then to be tested by our higher self via our developed intuitive link. It couldn't be simpler, and you don't have to sit in a draughty cave. A warm, quiet bedroom will do. Or, if you are the last of the (block-appointment) eight patients, try it in the silence of a doctor's empty waiting room.

BEST WISHES ON THE ASCENSION PATH FROM...

DAVID AND YVONNE BRITTAIN

Joint authors of,

**"Not just how but why"** (A seeker's guidebook),

**"A flavour of the Languedoc"** (A heretic's point of view)

**"A journey through the Spheres"**

(Two teenagers are taken on a magical journey to meet their Creator)

**"The gentle art"** written by Yvonne Brittain

The fascinating true story of psychic medium and past-lives regression therapist Yvonne Brittain's many decades of psychic experience, trapped souls rescue/release work, and clairvoyance.