

# **LOGIC IN SEQUENCE**

**BOOK ONE**

**THE LAWS OF PERFECTION**

**JOHN WHITMAN RAY**

# **Logic in Sequence Book One**

A General Introduction to Health and the Human Mind

including

## **THE LAWS OF PERFECTION**

A necessary prerequisite to comprehend the following subjects in sequence

- 1.** Health and the Human Mind
- 2.** Iridology - Sclerology Integrated Diagnosis
- 3.** Body Electronics
- 4.** Cranial Electronics
- 5.** Advanced Procedures
- 6.** Visualization and Consciousness including the Time-Space-Continuum-Warp

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*The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.*

Thomas A. Edison

With deepest gratitude I wish to thank each of you, individually and collectively for having added to my life. My life has been full, you have been my teachers. I have learned from each of you through our brief, long term, and/or distant interaction. You, my family and unnamed friends, have helped make it possible for what is finished this very day. To each of you I send my heartfelt, deeply expressed gratitude for the manner in which you have added to my life, for the manner in which you have been of service to me in so many ways. Each of you have helped me to come to the knowledge which I now desire to share with you and with all mankind.

Today is my 55th birthday. It is December 22, 1989. In the quiet of my secluded retreat I must acknowledge that it is fitting that this little book has originated in the Northern Hemisphere and is completed in the Southern Hemisphere. It is fitting that on this particular day, the summer/ winter solstice, that I render this book as a gift to all mankind with the sincere hope and desire that it is received in the manner in which it is intended.

It is my sincere request that this information be spread throughout the world to bring peace, hope and dignity to every free soul. I desire, with all sincerity, your help in reaching out to others to help me realize this dream. Without your help this contribution to life would not materialize.

If this little book is worthy of your help, then I request that you reach out and help me place as many copies of this book in as many hands as possible, that we might together, aid in a massive consciousness change which in turn can change the world.

This is our world. We need to care for it and create vital changes now. With this book, this sincere desire may manifest. With your help, this book can be placed in the hands of people who can change the world.

Now, read this little book with my blessing, love and gratitude. I trust that something in the following pages will bring forth within you an even greater zest for life, and with that zest for life, a determination to conquer your own physical, emotional and mental bodies to the renewing of the flesh and the enlightenment of the soul.

We together are capable of regenerating our individual lives, that through the mastery of the microcosm, we may effect positively the macrocosm that our planet may be regenerated also. All of this now, in our time, while we are still capable of doing so. To this end, I dedicate this book.

I wish to acknowledge the many special people who have encouraged me and those from the islands of Maui and Rarotonga for their love, friendship, healing and inspirational environments. I wish to acknowledge with gratitude the many fine people from the United States, Canada, Mexico, Cook Islands, New Zealand and from around the world who have graciously received me and helped make all this possible. Without your continued support, love and encouragement I would have found it very difficult to continue in this endeavor of love and service.

Thank you all from the bottom of my heart.

In Love, Light and Perfection

I am

John Whitman Ray

Dec. 22, 1989, Motueka, New Zealand

## **THE GREAT INVOCATION**

From the point of Light within the Mind of God Let Light stream forth  
into the minds of men.

Let Light descend on Earth.

From the point of Love within the Heart of God Let love stream forth  
into the hearts of men. May Christ return to Earth.

From the centre where the Will of God is known Let purpose guide the  
little wills of men -The purpose which the Masters know and serve.

From the centre which we call the race of men Let the Plan of Love and  
Light work out And may it seal the door where evil dwells.

Let Light and Love and Power restore the Plan on Earth.

Alice Bailey

## **CHAPTER ONE**

### **The Law**

It has been a number of years since the following events have occurred, yet the memory today is as clear as the period of time in which these experiences found their way into my life. Without going into minute detail concerning the events leading up this moment, I would like to turn my focus of attention on that in the past which appears to me vital, being very cognizant that one small event in time is but a continuum of an infinite number of prior events and choices. These in turn have already, to a great degree, molded future events and choices which we have not yet experienced in mortality.

The location of this event is Willamette University in Salem, Oregon, U.S.A. I had graduated in 1956 from Willamette majoring in mathematics. I attended Willamette University one more year to acquire teaching certification. After four years of teaching in the public school system and one year as an engineer at Lockheed Aircraft in Burbank, California, I had now returned to school 1962-3 to complete a degree in Psychology and a Master's degree in Education. During this school year I was taking a class in Russian. A young man, we will call him "Mike" was sitting next to me and we had agreed to struggle together with this language and study together in the evening. As we became acquainted with each other, he shared with me his inability to sit still without experiencing pain. He had an accident as a young boy where he had broken his tail bone and it had calcified into a very large lump, a little larger than a golf ball. I then expressed to him about something I had been doing with my injured athletes. I had been a coach in basketball and tennis for my first four years of teaching and I had learned a few acupressure points from my older brother who was a Chiropractic Physician and a Naturopathic Physician. These acupressure points were held for a few seconds and then released and often this would cause a reflex action in another part of the body. This fascinated me and I made this study a hobby and applied it to all forms of athletic injury. I had considered, "What would happen if I held a point for a long period of time, rather than a few seconds?" The technique which is now called Body Electronics was then in its infancy. I had found that calcium deposits anywhere in the body would dissolve on some people and not on others while using sustained acupressure or Body Electronics. Some people would heal remarkably while others would not heal at all. I found out a

short time later that this was due to nutritional deficiencies.

***I discovered by trial and error that all people would heal under the activities of Body Electronics, provided they were nutritionally prepared and psychologically prepared.***

Body Electronics is what this book is all about.

Let us now return to Mike. I asked Mike, "Do you want to see what we can do about this calcification on your tail bone that keeps you in pain and prevents you from sitting properly?" We had referred to the tail bone calcification as a "Bunny Tail" as it, indeed, was that prominent.

To make a long story short, Mike agreed to give it a try. I assured him that I could not guarantee anything, but let's give it our best shot. We went to my apartment, off campus, and I worked on him 18 hours continuously by applying sustained acupressure on the calcified tailbone, never giving him more pain than he could lovingly and willingly endure.

***You will learn that one of the prerequisites for successful results in body electronics is to "Lovingly and Willingly endure all things."***

For the many of you who are reading this little book and who have had the opportunity to participate in Body Electronics, you will vividly remember how one who is having his points held would eventually, during healing, experience a burning, searing pain as the blocked memory of the trauma is released from the organic computerchip of stored memory. Those who are experienced with the procedures of Body Electronics will fondly remember the heat experienced in the fingers holding the point (applying the pressure) and you will recall the test of patience involved while waiting for the ultimate pulsing or throbbing in the completing point. Mike experienced 18 hours of excruciating pain as I was just touching gently his tailbone. It was all his pain locked into the structure of the body.

***It is very important to be able to discern accurately when you are causing trauma by "pushing" too hard or***



***when by simply applying non-traumatic pressure the pain that is "locked in" to the crystal is being released as the crystal dissolves. Either way the pain is experienced which requires keen discernment. Never apply more pressure to a Body Electronics point than an individual can lovingly and willingly endure. This is very important.***

Finally the calcification began to reduce in size accompanied by wave after wave of burning, searing pain, the bone structure moved under my finger and after many hours the pain was totally gone and the tail bone had returned to normal.

***Let me reiterate: The pain was not induced by my pressure. The pain was being released from the "crystal" which is a computer chip, an organic computer chip full of stored memory (suppressed trauma).***

Gratitude was expressed by Mike, victory was acknowledged and we dialogued for some time regarding the return of memory that had been "forgotten" surrounding the painful injury to the tail bone.

Consider in physics, how one does experiments in the laboratory placing controlled pressure on a crystal, and then measuring the flow of current being released from the event. This is called in physics the piezoelectric effect. So it is with sustained acupressure (Body Electronics) on any calcification in the human body.

***Any calcification out of harmony with divine blueprint, genetic or otherwise, will be full of stored suppressed memory, and we now have the technology at our fingertips and the procedures to correct the condition, and release the stored memory to be consciously reexperienced by the individual.***

The event of Mike having a healed tailbone became a small issue. A handful of friends and fraternity brothers were upset due to the non-medical manner in which Mike's problem was confronted. They were not pleased that Mike could now sit in a chair without pain. They were distressed that such an event could have even occurred because "Everyone knows you can't dissolve a calcification." The issue on the

part of others was "Where did the calcification go?" They were all caught up in the explanation of the mechanics and physiology of the matter, rather than focusing on the simplicity.

Willamette University was a school which enrolled many pre-medical students, thus many of them were already well indoctrinated by their pro-medical families and were warned about "Quacks" such as Chiropractors and Naturopaths. The medical fraternity has done a wonderful selling job on the public to make anything non-medical immediately relegated to the pigeonhole of quackery. I have learned that those who point the finger and accuse are only covering up their own inadequacies.

At that time my nature was quite sensitive and I found it very difficult to take criticism. I just didn't understand how people could be so dense in the face of such overwhelming evidence. Mike could now sit in a chair with no "Bunny Tail". Just that alone should have piqued the interest of everyone who was aware of the event. But that was not the case. On the contrary, I was labeled a "Quack", by some people, and was consequently ignored and excluded by some of those whom I had considered friends. Of course, the reality of the matter was that I still had many friends. I just wanted everyone to like me, you all know how that goes. One person who is upset gets all the attention, just like one mosquito at night in the bedroom. Now, with several people upset, for what I called a "No good reason" since I had helped Mike, yet could not justify my position with scientific data, this then created a situation which forced me into resorting to traditional prayer. It was all I knew. I had to have an answer from God to show me what was really happening so I would know that I would have firm footing on every event of my life, especially with something as important as dissolving "Bunny Tails". I do hope all of you reading this can grasp the divine humor in our individual struggles. It is really delightful when we can look back on our frantic antics and our lack of knowledge and our corresponding struggles.

I committed myself to pray diligently for an arbitrary ten days. I was told by religious advisors that three days would certainly be enough to obtain an answer to prayer. I listened carefully to their advice and their experience and consequently determined that under the circumstances it would take at least ten days for me to obtain an answer due to the nature of both the problem at hand, and

the inexperience of the seeker. I prayed and I fasted. I sustained myself with tea and coffee from my aluminum coffee pot on my small burner. What I knew about nutrition at that time you could put in a thimble, yet I could tell you all about herbs which I had studied for several years prior to this time, as I blew smoke rings with my cigarette, cigar or from one of my collection of pipes. I had only recently given up my smoking and, with that, my attachment to my extensive pipe collection. At that time I considered myself a health nut as I had given up pork which I had eaten about three times a day and made sure that my red rib eye steaks were all organically grown. Red meat I had three times a day and if organic rib-eyes were not available I would have a big organic T-bone covered with ketchup. I made sure I didn't touch a piece of pork. So, having set the stage, I prayed. (Smile) If you don't yet have a unique sense of humor please develop one. You will need one to survive.

While praying I would study scripture and found nothing to substantiate sustained acupressure. Many principles were discovered that opened my understanding for which I was grateful, but I had to know where "sustained acupressure" fitted into the divine scheme of things. I had to know where calcification and memory fitted into all these things. I sometimes wondered if I really knew what I was asking, as "Were dissolved calcifications really that important if we were saved by faith or grace?" "Did anything really matter?" "Was there really pie in the sky by and by?" "How could I believe in what somebody told me when they hadn't experienced it for themselves?" "How could they expect me to believe that which was only a belief, and not an experience?" "If I didn't follow my own thoughts, then I would automatically be following another person's thoughts, and how could I be assured that that person's thoughts were accurate?" I followed in my life the admonition in Thessalonians wherein it states "Prove all things; hold fast that which is good." (1 Th 5: 21) I was more determined than ever to hold fast to that which I knew to be good. I had seen many people who had their wrenched knees healed by having them re-experience the trauma while I held the injured area. I had seen my athletes sprain their ankles and I would take them behind closed doors in the coach's office (my office) and I would ask them "Do you want to do what is necessary to play, or do you want to be out with an injury?" I already knew what the answer would be. I sat them down, grabbed the ankle and had them reexperience the injury. The

bruise would disappear, the swelling would go down and soon they would be out of pain and out on the gym floor again. This worked on over 50% of my athletes. On some it did not work on all. I could go on and on about back injuries, finger sprains etc. I have seen many wonderful things including the disappearance of "Bunny Tails". I do hope you enjoy the simplicity. Truth is simple, falsity ever complex. Keep it simple. It drives the true scientist to distress and confusion because he has to understand more and more about less and less until he knows everything about nothing. On the contrary, the philosopher knows less and less about more and more until he knows nothing about everything. Somewhere between these two extremes there appears to me to be a third alternative and that has been what will be explained in the following pages. He who has ears let him hear. I suggest that we receive nothing from the heavens in the way of understanding unless we ask for it. Seek and ye shall find, ask and it shall be given, knock and it shall be opened. This is the law, do it and you will not be disappointed. Try it, you'll like it. Keep up the humor you may have now, I assure you that you will need to nourish it and realize that we are all delightful deviations from the norm, and the final measuring stick that we have for our own reason and determinations will be our own thoughts. These thoughts of ours we must pay very close attention to as they often prove our undoing as well as our success. More on this later. Let us return to prayer.

I had been praying earnestly **for truth** concerning the matters I have discussed with you. Did they appear haphazard to you? They certainly appeared that way to me as I was "Shooting in the dark; Looking for something I didn't know existed; Searching for something I could not name; Asking for something I could not define; Asking questions of someone I had not met; Believing in something I could not see; Wanting an answer to something that I could not put in words." I continued to study and pray. I drank my tea and coffee. I cleansed and showered. I opened windows so I could breathe and walked out into the sunlight wondering if I was in some way deceiving myself. Then I thought of dissolved "Bunny Tails" and I knew I was not deceived, I had experienced these things and now I knew that somewhere there was an explanation for all this and I was determined to have that understanding. I read in the book of James 1:5 and 6. Read it now yourself. You will need that understanding. Read it now. James is in the New Testament.

Holy Bible - King James Version James 1 : 5 - 6 - 7 - 8

5: If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.

6: But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed.

7: For let not that man think that he shall receive any thing of the Lord.

8: A double minded man is unstable in all his ways.

I studied and prayed. Ten days were nearly past. I studied truth from many religions. I studied scripture from many reliable sources. I found the teachings of Jesus and Buddha of greatest interest. At the end often days, it was about 9:00 p.m. I had begun to get discouraged as I had received no more answer to prayer than the dry desert received rainfall. I was discouraged. My tongue was white with toxins, my body was exuding toxins, I would shower and the toxins would continue to flow. My headaches had come and gone and my mind was clear. My tiredness and exhaustion were replaced with a renewed energy from some unknown source. It could have been from my occasional spoonful of raw honey. The heaviness of my body was gone and it was supple and light. My hunger which had moments of extreme ravenous desire for red rib-eye was finally gone. I washed my mouth and white tongue which was a new color of pink. My warts on my hands were gone. My hearing was somewhat improved and I could hear the birds singing outside which was a new experience for me. I no longer needed the use of my horn rimmed glasses as my eyesight seemed to have improved, and what was really exciting for me was I could smell. My sense of taste and smell had returned, and I didn't know that they were gone. I no longer smoked, having given that up, yet my body smelled like the bottom of an ash tray as all the tobacco toxins seemed to come out of my body. My sniffer became quite acute. Anyway it was nearly 9:00 P.M. and I was discouraged. This was nothing new for me. I became discouraged at the slightest opposition. It didn't necessarily stop me from what I was doing as my forcefulness combined with my fear of failure overcame my feeling of profound discouragement. Doesn't this sound familiar -we have all

been here with perhaps different props and different roles to play.

I resorted to rereading the experience of Buddha where he received his enlightenment under the Bodhi tree. This then encouraged me to great personal effort. With clear mind and undaunted determination, I firmly resolved to sit in my large overstuffed chair that I used for comfortable praying, (looking back, what an amusing sacrifice) and I resolved to continue to sit there and pray until I received an answer to my prayers. I was now firmly convinced that I was entitled to an answer, as I could find no answers elsewhere to solve my dilemma. My prayers were focused on "What are the laws regarding this activity I had embarked upon? Where does this fit into the divine scheme of things?" So, here I was sitting with firm resolve in this overstuffed chair, fully determined not to move my body nor stir from the chair until I had received an answer to my inquiry, no matter how long it took. This firm, unyielding determined resolve lasted only 30 minutes at best. I trust the reader finds empathetic humor in this matter as we mortals seek to wend our way through the unlimited vicissitudes of life. Thirty minutes passed and close to 10:00 P.M. I began to think quite negatively with an abundance of self-pity, feelings of not being good enough, feeling that God had forgotten me, feelings that due to my lack of diligence I didn't deserve to have my prayers answered, feelings of despair, feelings that I would just have to go on in life never knowing the answer, etc and ad nauseum. This went on for some time as I struggled with my feelings. As the clock neared 11:00 P.M, (I became an avid clockwatcher at this time.), I finally let go of all my feelings. I left it all in the hands of God, whoever God was. I no longer demanded an answer. I no longer had to have an answer to carry on. I believed that as I carried on, that eventually, when I was ready I would have the answer, and that perhaps I wasn't yet ready for it, and thought I was, and hence had deceived myself. I resigned myself to a "whatever" and whatever happened I would accept it without complaining and simply do my best in life. This has held true to this day. I never complain as long as I remember to resign myself to whatever. Sometimes I forget the whatever and become delightfully human. Does this sound familiar? I hope we can stand back and laugh at our humanness.

I then determined to keep my contract of sitting there prayerfully waiting for an answer if it were to come and at least keep my end of the contract. It occurred to me that no one had acknowledged the other end of the contract and perhaps the whole thing was in my own



consciousness and it was not received by the other party. Nevertheless, I decided to keep my contract whether it was received or not. I did not know for sure whether my prayer was being heard. Maybe I was at the end of a long line of prayer makers and my turn in line hadn't come up yet. At midnight my contract would be up and I would then be free to continue an uncertain path which I had then resolved to do the best I could. At that moment of complete resignation and stillness of body and mind an event occurred which changed my life. The ceiling of my small apartment disappeared and a conduit above my head opened up into the heavens. Words cannot adequately describe the experience. At that moment the most beautiful voice I had ever heard spoke out with clear power and authority and placed the following words unforgettably etched in memory into my mind. I heard it audibly yet with intensity that defies description. The words were:

***UNTIL MAN CAN EXPERIENCE ON THE MENTAL LEVEL THAT WHICH EXISTS ON THE PHYSICAL LEVEL, HE WILL BE BOUND TO THE PHYSICAL.***

The meaning of the above was at the time explained in depth to me. I understood that we had to learn to *"lovingly and willingly endure all of the experiences of life"* and learn to experience or re-experience on the mental level the sensory memory (thought patterns), feelings (emotions), and verbal expressions (word patterns) which are the three components behind all creative acts for which we are responsible. Or else through resistance to the experiences of life we will continue to draw the same experience to our lives by the law of attraction until we can release that resistance and lovingly and willingly endure all things. That which we resist binds us forever. We are bound by the experience until we can release it {the resistance to the experience} through unconditional love.

I rejoiced because I now understood, I am grateful. Many years later I learned that the Ascended Master Saint Germain had taught the following:

***Thought, feeling and the spoken word are the only creative forces in the universe.***

I would not hurry on to the next chapter. Take time to savour the material you have received as it is a monumental addition to our

knowledge on our collective pathway to spirituality. Pray and ponder upon the concept:

***UNTIL MAN CAN EXPERIENCE ON THE MENTAL LEVEL THAT WHICH EXISTS ON THE PHYSICAL LEVEL, HE WILL BE BOUND TO THE PHYSICAL.***

You can learn more about this man of great genius in the I Am books, especially Book 1, 2, and 3. These can be obtained from your local Saint Germain Foundation or from the Saint Germain Foundation in Schaumburg, Illinois, U.S.A. Write: Saint Germain Press, Inc. 1120 Stonehedge Drive, Schaumburg, Illinois, 60194, U.S.A.

Understanding and applying a law of God through obedience, frees the individual from the bondage of emotionality, that one may then enter into the mental body. One then finds oneself face to face with his/her own creative force. Then the challenge begins to bring about consciousness change. The technique surrounding this procedure we shall unravel one step at a time so I urge you to be patient and secure your understanding one step at a time. Read and reread Chapter 1. Ponder and pray, for without asking you shall not receive. Go back and read the profound truth found in James 1:5-6. Begin to keep a notebook.

This is the end of Chapter One.



It is our sacred responsibility to come to the awareness of that which is within us which is emotionally resistant to the experiences of life, that those resistances might methodically be encompassed through the technology which is contained herein, that the soul may be freed from the chains of death, that once again our freedom may be expressed in a manner which is appropriate for the highest and best good of all mankind.

John Whitman Ray Dec.19, 1989 Motueka, New Zealand

*Nothing great was ever achieved without enthusiasm.*

Ralph Waldo Emerson

## **CHAPTER TWO**

### **Action vs Reaction**

The feeling of enthusiasm brings into the nature of the individual the capacity for the Spirit of God, the pulsing of the Universal Life Force. Call it what you will. A rose by any other name smells just as sweet. Unless an individual looks on each experience of life with enthusiasm, the Spirit of God cannot enter that individual at that time because of his resistance. The focusing of attention on negative emotions block the entry of the Spirit of God into a person's life and, ultimately, sickness results.

Practice now the creation of enthusiasm. This will be new for some of you because you have trained yourself to have to have conditions in life a certain way and then you are enthusiastic. Simply stated, we have learned by our limited experience by observing those around us that we have to have things a certain way which then "makes" us happy or enthusiastic. This is how it has been. But it is backwards. Be happy by choice regardless of the surrounding circumstances with no expectations and no conditions. Why not just be enthusiastic that all the negative emotions holding you in bondage can be transmuted by the Spirit of God which can only enter the body through enthusiasm? Have no conditions upon life and have no expectations. Just enjoy the profound experiences that life serves up to us. In some marvelous way we have drawn all those wonderful experiences our way. Now let us explore and try to determine how we did it. The problem is available for solution but the pathway is not for the weak hearted. In the pages ahead the solution shall arise. Be ready enthusiastically as the techniques are delightfully elusive, especially to the intellectual mind.

#### ***Attachment to intellectualism inhibits experiential activity.***

Be determined now to have genuine enthusiasm for every moment while you are reading and pondering this material, for without the Spirit of God you will not understand it. All of you who have been involved in Body Electronics know by experience what the Spirit of God is. It is the position of peace and joy after the negative emotions have been reexperienced and transmuted after the pain that has been suppressed is released, after the anger, fear, grief, apathy, etc. have been reexperienced and released. Then the points

and entire body pulse at the 72 beats per minute which gives nerve supply, circulation, intelligence and life to every cell affected. This is what is called the Universal Life Force or Spirit of God. It is that force which through our negativity or resistance we have blocked from our body and mind and when released through enthusiasm, unconditional love, non-resistance and unconditional forgiveness, that blockage is removed and once again life and light return to the individual. This then enables one to enter into the mental body and to eventually encompass duality, which is necessary to release us from the bondage of emotionality. The following pages explain this thoroughly, so patiently read on.

Intellectual understanding is one area of life that we are all aware of, yet this material cannot be mastered with an intellectual understanding. It must be experienced. Only through experience can one grasp the true meaning being presented here.

***Only through experience can one grasp the true understanding of life. The experience must be lovingly and willingly endured with non-resistance, with a willingness to have it happen again, accompanied with unconditional love and unconditional forgiveness.***

This material is experiential in nature and understanding shall be determined by how many blockages have been removed through obedience to the laws that are contained in the following pages.

***Increased outflow of spirit takes place after one is obedient to law, not before.***

The obedience to the law helps remove the blockage which is the result of emotional resistance to some event, and after all emotion has been reexperienced and enthusiastically embraced, then through enthusiasm the spirit of God can then flow into that area of life that has now been mastered. It is imperative to understand that the blockages on the physical level are inseparably connected to resisted emotionality which originates from the emotional body. It is counterproductive to treat a physical symptom, without in some appropriate way, releasing the suppressed emotionality which is inherent within the symptom, using the techniques that are outlined within the pages of this book.

An individual must be keenly aware as to whether he is or is not:

1. Suppressing symptomology which is adding insult to the injury. It may be wise to point out that in order to save a person's life there is a time, place and purpose for suppressive technology, (i.e., medical or allopathic drugs)
2. Balancing symptomology which is not changing the source of the problem which originates in consciousness, but is temporarily balancing the problem or symptom. Consciousness, by its very nature, will eventually recreate the symptom.
3. Creating a healing crisis that regenerates the area where the symptom occurred, which results in reexperiencing on the mental level all suppressed emotionality or trauma which is related to that symptom. This then provides the opportunity for consciousness change.

In reference to balancing as compared to regeneration:

No matter what techniques are used to manipulate the outer energy patterns to balance an observed imbalance in energy, unless the consciousness change occurs, the unchanged inner essence will eventually recreate the outer symptomology. Do not be quick to gloss over this material - ponder it. After the individual through obedience to law has received (yin) the spirit of God, and after bathing in that spirit, basking in that spirit, receiving in that spirit in increasing amounts, then the fire of Kundalini is eventually released (yang) and the healing of body, mind and spirit takes place in a grand order.

Make a decision now, that from this moment on, no matter what happens, you will lovingly and willingly endure all things, for our future progress is dependent upon obedience to this principle. Find the humor and enthusiasm in every event of life that the love of God may eventually dwell there. This love of God can only be activated by the spirit of God which can only enter the heart of the individual while he or she is in a state of non-resistance, unconditional love and unconditional forgiveness.

***Determine from this moment forward to lovingly and willingly endure all things.***

A more complete explanation is given in the pages ahead. Be patient.

Gratitude is an attribute of the Gods. One can not truly have gratitude without taking delight in the infinite interaction of all life and while so doing, have the element of a quiet, peaceful, delightful enthusiastic humor included. Enthusiasm can be peaceful, joyful and still. It doesn't mean continually parading the pompoms. Now from this moment, take delight enthusiastically with a touch of good humor for each event of life and enjoy the dance of life as it interacts with that which we recognize as us. We are not separate, we are one with the dance of life. We are one with the Universe. We are one with the Father.

In chapter one, it was mentioned that *resistance to the experiences of life binds us by the law of attraction until we can release that resistance through unconditional love, which then frees us from that experience*. We are no longer drawing that experience to ourselves through the law of attraction. At this point we are exercising the law of non-resistance.

So that there is no confusion regarding this matter, it is necessary to make clear that *there are two types of resistance*. The first type of resistance arises from the violation of the law of love where we are no longer able to lovingly and willingly endure a given situation and we resist that experience of life.

***Our resistance to that experience then draws that experience to us like a magnet. That which we resist we create. This is the first type of resistance.***

The second type of resistance is where we are capable of overcoming all negative resistance and by doing so we are then capable of exercising our ability to discern, free from the first type of resistance.

***From this position of discernment we are capable of choice and are able to act out of law, rather than react out of emotion. We choose to resist. This is the second type of resistance.***

From this position of discernment we are then capable of choosing to act in a manner to overcome the existing inertia of a given event which requires a certain degree of effort or force. The expression of effort or the use of force can be considered as follows:

1. Stopping the given course of action entirely.
2. Starting a given course of action from a state of stillness bringing it into motion.
3. Knowingly resisting a given course of action and bringing it into a state of change. (Diverting the course of action.)

All these actions require some creation of resistance against existing resistance which we shall call inertia. Inertia is the tendency of a body to preserve it's state of rest or uniform motion unless acted upon by an external force. Inertia can be more subtly considered to be any resistance to change of the quantity or quality of the outer expression of any substance, whether it be measured in terms of mass or energy, space or time.

***This is a choice of action and must be distinguished from resistance resulting from locked in emotion which determines reaction.***

***We must be willing to create resistance against existing resistance. Emotional resistance to existing resistance causes the existing resistance to persist. Willing resistance is simply a choice of action and incorporates non-resistance within the discerning choice to resist.***

To help with the above understanding, let us consider that all choice of action arises out of Box 1. Let us consider also that all reactions stemming from suppressed emotional activity arises out of Box 2. Box 1 has no suppressed mental activity while Box 2 can be thought of as the entirety of all suppressed mental activity wherein there has been a violation of The Law of Love bringing negative emotion (less than unconditional love) into being.

***Box 2 would be the source of all stimulus-response***

***reactions while Box 1 is the source of all actions arising out of choice from discernment,***

Thus, resistance by choice to overcome some existing inertia must not be thought of as the same activity as reaction arising out of suppressed activity of the human mind. From a box 2 position, any event of life which is resisted results in a continued state of creation, which becomes part and parcel of our body's reactive process and in turn is passed genetically from generation to generation until someone comes along and loves it out through a technique such as body electronics or some other similar healing modality. From a box 2 position:

***That which we resist emotionally we create.***

This is the direct result of the resistance which gives content to Box 2.

From a Box 1 position we can create by action arising out of choice and activated by faith. The outer manifestation may appear the same as that which arises out of Box 2 but the sources of creative activity are diametrically opposed. One comes from life and the other comes from death. One comes from love, the other comes from the absence of love. Faith as expressed in the first sentence of this paragraph is explained in detail in future pages.

In the final analysis, we are either reacting to a given set of environmental conditions which is a stimulus- response mechanism over which we have no conscious direction or control, or we are choosing to act in some appropriate manner wherein we have options from which we can choose as related to a given environmental set of circumstances, or we can choose not to act at all. Herein exists choice or free agency, free from the chains of Box 2. We are either controlled by the stimulus-response reactive pattern where we have no freedom of choice as our response is predetermined by the suppressed emotional pattern deeply engrained in the subconscious mind which is Box 2 or we act by obedience to law from a position of discernment from a Box 1 position. If we react, we are the result of our environment as we have resisted the experience of life giving content to Box 2. On the other hand we can act upon the environment in some meaningful manner as determined by consciousness, thus bringing it into a higher state of order. Confusion does not arise out



of order, but to the contrary, order arises out of confusion through the direct action of intelligence. It is necessary to point out that when an object or environmental aspect is left to itself it begins to deteriorate by the law of entropy. This means that when an object is simply observed intellectually and love is not involved, then the object tends to go from a relative state of order into a state of confusion. It would be more expansive to point out that a gradual disintegration of order exists as seen from a gradient perspective. The object of observation tends to go from a state of order into a lesser state of order which can be observed as a greater state of confusion. For example, a garden when it is not tended reverts back to a patch of unorganized weeds. Thus, only when intelligence is not acting through love can confusion arise out of order. When love is directed to a condition with intelligent action then order arises out of confusion or intelligence brings order into a higher state of order. It is necessary to remember that all outer activity is the end result of consciousness.

***The universe is a mirror of the collective consciousness and also the collective unconsciousness of mankind.***

Computers can't think, they can only react. Remember, that the existing confusion was created at an earlier time by intelligence going contrary to the Laws of love, light and perfection. Now this process of confusion must be reversed, therefore, when intelligence applies the law through obedience, order then arises out of the prior confusion.

We must consider that Box 1 exists at one end of a spectrum while Box 2 exists at the other end of the spectrum. Just like a thermometer used to measure changing temperature is a gradient scale, so we have to carefully consider a gradient scale of emotionality which we will explain in greater detail later on in this publication. Just for now, no resistance exists with enthusiasm, thus full consciousness and Box 1 activity. When one is totally resistant to a given event he is unconscious, thus Box 2 and a stimulus-response activity.

***The scale of emotions is the gradient outgrowth of increased resistance to the experiences of life.***

This scale of emotionality is a gradient scale from enthusiasm to



unconsciousness and will be explained in chapter three.

It may be wise to point out a very important concept at this time. Please make note to refer back to this concept. As we will later have explained, the intellectual has had little practical experience of dealing with the energies of practical reality. The intellectual has not dealt with the energies of holographic experience, thus he or she is incapable of exploring the inner essence which is the source of all outer activity. The intellectual sees only the outer manifestation and attributes all to only that which he perceives. Thus he sees confusion and randomness and considers that order randomly arises out of confusion when in reality the confusion is the end result of the mass interaction of the inner essence activity of all intelligence and only intelligence creating change in the inner essence can bring order out of the "apparent" confusion. The environment when resisted by intelligence does create a stimulus-response mechanism. The intelligence, once it understands the laws of love, light, and perfection, can reverse this condition and be free of the emotional resistance involved and can therefore, create or uncreate at will, free from stimulus-response emotionality.

Lenin's famous statement, coming from an intellectual point of view, "Man's social existence determines his consciousness" is true only within the realms of continued resistance which the level of intellectualism on the level of grief, or the level of the victim continually manifests. When one rises above the level of the victim and eventually the level of resistance and understands that one is responsible for his outer environment through the creative force arising from the inner essence, one then reverses Lenin's concept and embraces its opposite "That man's consciousness determines his social existence". In a broader sense, "man's consciousness or inner essence is the creative force that determines all outer manifestation." Please make notation that greater explanation is found in future pages of this publication. Please put all this on the shelf for now and ponder.

Intelligence creates, through the activity of faith, the interaction of thought, feelings and spoken words from which arises the outer manifestation. The inner essence (yang) is the creative force from which all outer manifestation (yin) is created. Therefore, by the careful observation of the outer world from a position of stillness we

can gain access to the inner world or the inner essence, and discover for ourselves the source of the problems that affect us. We can then realize that that which we have created either from a Box 1 or a Box 2 point of view is manifested in the outer world around us. There are no mistakes. We, individually, are delightfully responsible for the outer conditions in which we find ourselves. We are responsible.

For those who desire some scriptural understanding I would like to call your attention to a couple of references from the King James translation of the Bible and show the two types of resistances from a scriptural perspective.

Let us first appraise the first type of resistance.

James 4:7: Submit yourselves therefore to God, resist the devil, and he will flee from you.

A careful study of scripture shows that throughout the bible one is encouraged to submit oneself to God, to the Spirit of God which entails non-resistance. When we have no resistance to the God within we are then led unto all truth. This is a choice we have to make, to be open to the still small voice within, to be open to the Spirit of God that enlightens the mind and heart of every human being. From this position of non-resistance (yin) we then choose to take action (yang) and resist that which the universe has served up for us to experience. We resist by acting intelligently out of obedience to law rather than reacting out of emotional bondage. This expression of resistance is a Box 1 choice to resist and the expressions of effort to overcome the existing inertias are once again as follows.

- 1.** Starting a given course of action from a state of stillness bringing it into motion.
- 2.** Knowingly resisting a given course of action and bringing it into a state of change.
- 3.** Stopping the given course of action entirely.

The "Devil" is the outer "yin" energies brought to us in response to our crystal dissolution due to the committed path we have embarked upon. These forces are real and can manifest in a variety

of ways. Our responsibility is to not emotionally resist and then choose accordingly a necessary course of action to place order in our lives. Please make note to carefully study chapter eight regarding this matter.

In St. Matthew we have another type of resistance.

St Matthew 5:39

But I say unto you, That ye resist not evil; but whosoever shall smite thee in thy right cheek, turn to him the other also. This is a discipline, a necessary discipline in learning to be "yin" or receptive. We must learn first to be "yin" before we can ever appropriately administer the laws of yang.

***We must first of all learn to receive the experiences of life with nonresistance before we can ever develop the ability to discern in that given area of experience.***

This now puts greater emphasis on the need to understand the spiritual experience I have related to you from the first chapter wherein it is stated:

***UNTIL MAN CAN EXPERIENCE ON THE MENTAL LEVEL THAT WHICH EXISTS ON THE PHYSICAL LEVEL, HE WILL BE BOUND TO THE PHYSICAL***

Ponder this continually, word by word, until it is yours, memorize it to begin with, then constantly consider.

If we have in any degree resisted an experience of life from a Box 2 position, then anything which we have not loved unconditionally and have resisted to any degree shall then be relegated to Box 2 and shall be held in a continual state of creativity, through our emotionality, thus creating for ourselves an invisible prison with invisible bars of our own making from which we cannot escape. By the nature of the "game", we cannot remember the experience we have resisted, therefore we find it quite difficult to assume responsibility for something which we cannot remember. The greater the resistance the less the memory. This will be covered in detail in later chapters.

***Only by lovingly and willingly experiencing without resistance the yin energies around us will we be able to remove the resistance, gaze into the inner essence and thus change the creative force which has held us in bondage.***

We shall explain all these laws in minute detail as we move along. Don't lose this book -keep it in a safe place for easy access.

George Santayana stated some time ago, "Man is condemned to repeat that which he does not remember." So true. That which we do not remember is held in a continual state of creativity in Box 2, beyond the reach of memory. This is why our personality is well formed before the age of three. Everything we resisted is now on a continual reactive tape in Box 2 dominating our life through a myriad of stimulus-response mechanisms. We say, in a feeble attempt to justify ourselves, without a clear self-understanding, "That is the way we are." We are a genetic stimulus-response mechanism which relegates us to the position of a robot, wherein we have very little free agency, even though we think we do. We will learn that for the most part we react out of Box 2 wherein we are well programmed, and then we consciously justify ourselves as to why we did it. It would be wise to ask ourselves if we consciously chose that particular action or word or emotion or did it "just happen". As we become astute in self-observation we can begin to identify our reactive patterns, and then begin to free ourselves from them. As time progresses we will help to unravel the mystery of all this and show each of us how to regain our lost memory and thus free ourselves from the invisible prison within which we have enslaved ourselves. To do this we must be able to experience on the mental level which requires memory. That which we cannot remember we emotionally hold in a continual state of creation. Let it be repeated for emphasis:

***That which we cannot remember we emotionally hold in a continual state of creation. Thus we bind ourselves to the physical level by our suppressed thoughts, feelings and spoken words.***

I don't think it is necessary to put in this document the concept that perhaps we are 98% reactive. That may be somewhat negative

and even discouraging. I may be a bit over generous as it may be closer to 99% in view of what we have found through diligent work in the visualization and consciousness class. The advanced students eventually wonder "Has there been anything which was not reactive?" This is in view of the long hours spent in self-discovery or self-realization, where each person discovered for himself/herself how reactive they were. I will not relegate man to a blob of reacting protoplasm, yet at times it may apply when the intelligence is inoperable under the influence of alcohol or drugs. Let us consider that we all have the innate ability to overcome the human creation that enslaves us. Let us assume a positive position and move forward from there, with the understanding that the principles are available to us at this time and the opportunity to apply the principles are determined by our choice of priorities.

Consider: Suppressed emotionality creates bondage through lack of memory. There is a difference between (1) knowingly expressing emotionality and (2) being bound to the stimulus-response reaction bondage of suppressed emotionality. Expressing emotionality by choice is observing the freedom of the soul in action, with enthusiasm and non-resistance. Observing the freely expressed emotionality as appropriately determined by a discerning free soul is as delightful as the observance of a symphony of mountain flowers facing the morning sun basking in the tiny rainbows of light reflecting through the morning dew. By contrast, the observation of a computer can be compared to the soul who is enslaved to a reactive mechanism that responds to a given stimulus with predictable behaviour. Most people are simply responding to life in a manner in which they are genetically programmed to respond to life. There is no free agency, there is only robot-like computer precision and unerring predictability. Our job is to free the soul from that which has enslaved him-himself. You will all remember the cartoon of Pogo, where Pogo was sent out searching for the enemy. He returned and announced that he had found the enemy and then further announced, "The enemy is us." Such it is.

Consider with a bit of humor the following ideas which may help us to understand ourselves a bit better:

"Us is old tapes."

"The order of the day is the erasure of old tapes."

"Then we can play any tape." "Or, we can play no tape at all."

"Thus we are free to play the game of life." "Freedom anyone? Read on and ponder."

This is the end of Chapter Two.

*"Genius", means little more than the faculty of perceiving in an unhabitual way.*

William James

*There is no greater guilt than discontentment* Lao-Tzu

*Emotion is the chief source of all becoming -conscious. There can be no transforming of darkness into light and of apathy into movement without emotion.*

Carl Gustav Jung

## **CHAPTER THREE**

### **The Organic Computer Chip**

In chapter two a very important thought was expressed concerning memory. "We cannot clearly remember the experience we have resisted." It may be wise to express this in another manner:

***How is it possible to repent of something which we cannot remember?***

Let us consider for a moment how it is we cannot remember an event of life. Perhaps we remember something in part, perhaps we remember only a vague essence of what occurred. We may only have a general memory of the event where we can discuss it without remembering the specific details. We may not be able to remember it in such a manner as to relive it in exact detail as if it were happening again now. The problem that faces all of us- we are all in the same boat and we need the continued help of one another. The challenge is:

***We must learn how to actually reexperience the event of life as if it were happening now.***

We must learn to reexperience the sensory experiences, the visual, the auditory, the olfactory, the taste, the touch, the feeling of motion, the temperature, and we must learn to reexperience it in the now. We must learn to reexperience the verbal expressions, the emotionality, in addition to the sensory experiences.

***Any resistance to any given experience will result in an unwillingness to reexperience.***

Any resistance to any environmental interaction will result in the following flow of emotionality. Let us consider for simplicity the following basic emotions. We shall expand this basic list further into the book, but for now these we need to understand and we need to see them in their proper order.

The basic scale of emotions are in the following order: Enthusiasm, Pain, Anger, Fear, Grief, Apathy, Unconsciousness. Let us now consider them briefly and how to recognize them.



**Enthusiasm-** A State of non-resistance. A state of unconditional love and joy. A state of beingness where one has confidence that he or she can handle the situation at hand. This is a state from which one has ability to discern and encompass the corresponding dualities of any given situation.

***Enthusiasm is the emotional level one must reach to gain access to the mental body. This is the level where one is capable of being "cause". This is the only level of emotionality from which one can develop the quality of discernment.***

**Pain -** A state of resistance wherein one is unwilling emotionally or physically to endure a given situation. Since the attention is on desire to not have a given situation a certain way, anything contrary to the desired condition will be unacceptable, thus pain. All pain arises out of a desire to have things other than they are which can be termed selfishness, or the unwillingness to accept things the way they are, in the ever present now, which indicates a certain degree of resistance. The greater the resistance, the greater the pain. The greater the resisted pain, the downward path occurs into various degrees of anger.

***All pain arises out of attachment to desire to have things a certain way. This includes resistance as to how things are in the Now.***

**Anger-** A state of one pointedness where any other expression of a point of view which is out of harmony with one's own point of view is unacceptable. This is the level of controlling or intimidation of an opposing point of view. This is a level of destruction of any opposing point of view. If one cannot overcome the opposition at this level and feels vanquished then one, through increased resistance, moves down the scale of emotionality into levels of fear.

**Fear-** This is a state of running away from a given situation which one finds intolerable and difficult to control. This level indicates withdrawing from the situation thus suppressing the event deeper into Box 2. This can also indicate a withdrawal from the situation so one can get a new perspective from outside the situation without the emotional turmoil.

**Grief-** At this level one is a victim and in one's own mind can only cry about the given event. One is now very subjective and is incapable of being objective. At this level one cannot take any action other than intellectual.

**Apathy-** At this level the person is unable to cry and can only focus on one's own inability to cope: The overwhelming feeling that one can do nothing about the given situation pervades the consciousness of the individual.

**Unconsciousness-** Total unawareness of the situation.

***This is the position wherein one is totally the "effect" of a given situation and takes on the total quality of the event on a reactive level.***

One takes on the characteristics on a reactive level of the individual one could not deal with, all on a stimulus-response level. An example would be where a person hates his/her father that he/she ends up acting just like the person they hate. The full explanation of this important concept shall be found in the next publication.

Now, how does all this apply to the problem at hand? Let us consider that a person has a calcified joint. Let us consider that as pressure is applied on this given calcification by a finger or a thumb that certain events begin to occur. Let us remember that when pressure is applied to a crystal in a physics laboratory, a current is emitted that can be measured. This crystal or calcification in the body is like an organic computer chip full of stored memory. As the crystal slowly dissolves under the method of sustained acupressure which we shall call Body Electronics, the entrapped memory is released in the following manner:

- 1.** First to be reexperienced is that which was suppressed last. Everything is reexperienced in the reverse order. This reexperiencing in reverse order is called the "healing crisis". If you have not had the opportunity to listen to my two audio tapes on "Healing Crisis" please make arrangements to do so. Therefore the first that is reexperienced is the unconsciousness and the individual will feel a varying degree of numbness to the given area or reflex area. After the numbness diminishes we then come to the next level of

suppressed experience, as the crystal dissolves.

2. The feeling of apathy now arises to the fore with feelings of inability to carry on or continue. After the feelings of "I can't do it any more", or, "I can't take it any more", the next level of suppressed emotionality moves into our scope of awareness.
3. The next level of suppressed emotionality is the level of grief. Tears may form in the eyes with an outer expression of grief. At this level we will only have a general memory of the event or trauma involved as specific details will not yet be clear. The memory improves as the emotionality is released.
4. We then move into fear which will be reexperienced in varying degrees. This is usually a very restless feeling along with a feeling "I have to get out of here - NOW." Thus all must be explained to an individual ahead of time as I am explaining it to you now. The person must be adequately prepared to reexperience this feeling as a part of the adventuresome romp through his/her emotions.

***Remember: That which has been suppressed is now being released to be lovingly and willingly endured until all reaction has been transmuted.***

At this point we reemphasize the importance of stilling the body, including the tongue which is often the unruly member, and breath deep and regular. Whileso doing the individual is encouraged to lovingly and willingly endure all thought patterns, feelings and word patterns that arise in the process. The key, once again is to experience on the mental level hologrammically all that occurs on the physical level that all may be lovingly and willingly experienced and released. Much more on this methodology later in this book.

5. After fear has been reexperienced we then move into various levels of anger that a person should be forewarned of far in advance. This prevents any misunderstandings ahead of time as even when the moment of truth appears and anger comes to the surface, even with the proper preparation, one may have a very emotional tussle on his hands with his own emotionality because at this level reason goes right out the window.

***We must remember that it is our suppressed anger that***

***is now surfacing and it has nothing to do with that which is around us now.***

6. After fear the individual is encouraged to lovingly and willingly endure the anger from a controlled point of view. Remember we do not encourage venting the anger. We transmute the anger with love from a position of complete self-control. After the anger is sufficiently endured we come to pain.

***Pain is the capstone to memory. Only after the pain is lovingly and willingly endured will clear memory arise from the elimination of negative emotions resulting from resistance.***

Now the reexperience of pain can take a variety of forms. The entire emotional body can be transmuted at once in a given area, provided suppressed pain can be endured sufficiently. This makes it unnecessary to go through all the above mentioned steps. The pain at this point of transmutation takes the form of a decided burning searing pain which we affectionately call the *kundalini fire* . We believe that we have discovered or actually rediscovered that which was recorded thousands of years ago in ancient Sanskrit writings which are available for inspection in India.

***We believe that we have discovered the method which when applied appropriately, results in an effective and safe manner of releasing the kundalini fire which only takes place when people are nutritionally and psychologically prepared.***

The results are harmless to the individual yet results are phenomenal when considering the healing power that is unleashed.

***When the pain is fully reexperienced the suppressed memory appears to be lovingly and willingly reexperienced, the symptoms of trauma disappear with the elimination of all outer symptomology.***

The person then moves **to the level** of enthusiasm.

***Remember: Pain is the capstone to memory.***

No complete reduction of symptomology ever takes place without an individual reexperiencing all facets of that which was suppressed. Intellectualizing is not enough. The secret is experiential, by the hologramic reexperience of the trauma.

7. After the pain is released we move upscale to enthusiasm. At this level we find all suppressed emotionality, word patterns and sensory experience gone from Box 2 and now within the reach of memory upon desire to recall. In this matter there is nothing left in Box 2 to react.

***The memory has returned; Enthusiasm abounds and one now has access to the mental body. One now has the true ability to discern, free from the fetters of emotional entanglements.***

***Let us now consider that anything less than unconditional love results in emotional resistance which is then suppressed below the level of consciousness.***

With lovingly and willingly enduring all things, with the release of locked in pain and the return to enthusiasm, we have thus freed ourselves from the self imposed bondage brought about through our own resistance. Thus we have responsibility for everything we do, say and think. Thus:

**UNTIL MAN CAN EXPERIENCE ON THE MENTAL LEVEL THAT WHICH EXISTS ON THE PHYSICAL LEVEL, HE WILL BE BOUND TO THE PHYSICAL.**

It is impractical to include here every experience that I would like to have shared. Sometimes the more practical way is already available. Please obtain and listen to my tapes on the healing crisis. There are only two tapes but the information is of a very important nature. Remember the tapes are labeled "Healing Crisis". Get them from my office. It would be wise also to listen to my tapes "Health and the Human Mind", then the "Healing Crisis" tapes will be more readily understood.

Before we leave this important concept of memory let us for a

moment consider memory as related to the scale of emotionality.

From a position of enthusiasm the memory has no resistance in the area of attention thus the memory is complete and capable of being recalled at will. Hologramic reexperience is part of a person's capacity at this level.

From a position of pain the memory is a painful memory because the individual involved doesn't want it that way and resistance is the manner in which the experience is approached. Thus there is no joy, no enthusiasm, only resistance. The memory is present but the attention is fixated on resistance. Pain is the capstone to memory and the greater the resistance to the pain the greater the loss of memory due to the memory being suppressed through the continuation of resistance. The memory we are referring to is specific memory.

From a position of anger the memory is very one sided and one sees from only one point of view. At pain one can see things from both points of view but may not want to do so because of the desire to have things "one way", Thus, in anger the memory is convenient, and one chooses, in his/her anger, to only remember what he/she wants to remember, as long as it justifies his/her position in life.

As we retrogress into fear the individual is spending nearly all his time justifying himself as to why he has to leave the situation at hand, so that he cannot see clearly the events, thus has no memory which is accurate. The individual only remembers what is necessary to justify his flight from the event of life.

From a position of grief, one no longer remembers specific events, but only remembers what he has chosen to remember about the given event. The event is remembered generally and he can talk about what he thinks happened, but cannot reexperience the event specifically in his mind. Linear intellectualism is the manner in which the mind works at this level.

At the level of apathy the individual feels that he can't remember. He feels that he can't talk about it. He feels so overwhelmed about the experience that he is unable to deal with the

experience. If he does try to remember he moves up to grief.

At the level of unconsciousness the person is not aware that the experience occurred. There is no memory of any kind concerning the event.

Concerning memory, we move from "cause" at enthusiasm where we have clear perspective and the ability to choose our course of action, to the level of unconsciousness where we are at the "effect" of the given experience, and now take upon a stimulus-response activity related to all aspects of the "suppressed" event and thus, through resonant frequency, a calcification or other blockage will form in the human body as an outer manifestation of Box 2 suppressed experience. The blockage in the body will form as an exact result of the suppressed thought patterns, word patterns and emotionality, in the corresponding part of the body that resonates with that particular suppressed holographic experience.

Take time to ponder and pray upon the following:

Consider:

- 1.** Cause vs. Effect and the scale of emotionality.
- 2.** Willingness to be Cause and at the same time (simultaneously) willingness to be the Effect.
- 3.** Being "yin" and "yang" simultaneously.
- 4.** Lovingly and willingly enduring all experiences of life.
- 5.** Lovingly and willingly enduring all cause and all effect of life.
- 6.** Lovingly and willingly being cause and being effect simultaneously.
- 7.** Being (a state of just being) with non-resistance, both cause and effect and encompassing both with impartiality or equanimity.

Just consider, ponder and make it all right that everything isn't all together yet. If you don't think you understand it all just be content to understand what you understand. If you look back ten years, you will see how far you have come today, ten years from now you can look back upon today in the same manner. We may think we understand, but at best we only understand in part. The Apostle Paul says: "We see thru a glass darkly." Make it all right that

for now, that we understand only what we understand.

This is the end of Chapter Three.



In the world of substance there is opposition in all things. Without this opposition that which appears to be would cease to exist. Our responsibility is to encompass all opposition that all human creation (disharmony) may cease to exist, that all intelligence can freely exist within the Laws of Love, Light and Perfection.

John Whitman Ray November 9, 1989  
Rarotonga Cook Islands

*To be, or not to be: that is the question.*

Hamlet, III, i, 56 Shakespeare

*The present contains nothing more than the past, and what is found in the effect was already in the cause.*

Henri Bergson.

## **CHAPTER FOUR**

### **To Be or Not To Be**

In the eternal scheme of events, the question in the soul of man continually arises concerning whether to or whether not to embark in the pursuit of any chosen event.

***To consider is meaningful but when the intent to take action or the intent to take no action is embarked upon, the die is cast and only outcomes are then to be observed.***

Outcomes, when observed, place man at variance, one with the other, because one considers, in the human state, that any pathway of action contrary to one's own course, creates an adversary. The recognition of opposition creates enmity between selves, until the opposition (duality) is encompassed and the delusion of separation perceived,

The question of whether to do or not to do can be relegated to a more meaningful question of beingness. Most questions of activity or non-activity are rooted in reaction and close ties to the emotional body which deal directly with attachments and the world of desire. When we choose to act or not act we would be wise to consider the far deeper implications of beingness, for until we consider beingness, we shall be enmeshed in the activity of the outer which is determined by original choices of beingness.

***If we consider only choices of action, our prior choices of beingness have already predetermined our choices.***

Therefore, the agency of choice we think we have, in the outer activity of the world, is only a delusion,

***We have no choice until we can recognize with impartiality and non-resistance, the beingness, within which we are operating. With this in mind, to be or not to be would be a far more encompassing question which extends far beyond the limits of action which are included***

***within the world of duality.***

Remember, in the physical world, there is opposition in all things. All events are in a constant state of flux, a constant state of change, which is constantly creating the *apparent need* to take action in view of the continual pressure of external events, apparently forcing us into making a choice of action.

***In reality, we are only observing the external manifestation of our beingness which, held in the continual state of creativity by our desires, results in the physical crystalization of thought, feeling and the spoken word in the outer-manifestation. This is brought about by the entire universal force being activated into motion to correspond exactly with that which we have chosen to be. Action or doing follows beingness. Beingness does not follow action or doing. Action or doing could not take place unless a prior beingness was held in a continual state of creation.***

This opposition in all things limits perception to one point of view, where, by choosing to be, by choice, we then choose an identity which excludes automatically all other possible choices of identity. It is this simple- When we no longer exclusively identify ourselves with a well defined set of experiences or beingness, we then move toward a concept of non-exclusion which enhances the ability to encompass duality and our choices of perception expand.

Now we have a continual choice to continue to identify with a particular set of experiences or not to do so. We choose to be or not to be.

***This state of awareness "To be or not to be " can only take place at the mental level from a position of desirelessness, which exposes the inner essence for observation and consideration of change or consideration to perpetuate.***

At this point, one must be void of all resistance, which void is filled with all-encompassing unconditional love or universal enthusiasm which can be thought of as *divine indifference*.

The willingness to be or not to be is maintained in such a mental state. The willingness to be or not to be does not presuppose that action is forthcoming, for within this state the highest and best good must be considered, as the Law of Right Action becomes a constant determining factor of choice of beingness and the corresponding eventual activity in the outer world.

Two separate people may appear to be doing the same thing. The difference to consider between the two acts is that;

***One is done with the Law of Right Action in mind, coming from a state of divine indifference. The other is coming from a position of desire and eventual resistance and compulsion.***

The latter individual has no freedom of choice as his choice is determined by prior choices of desire. The continual choice of action from a position of discernment pertaining to the Law of Right Action results in freedom from reaction as "attachment – non-attachment" are constantly applied, "Desire - desirelessness" is constantly applied where we observe the environmental influences and then we choose to act from a state of beingness, free from desire except for the desire to maintain the Law of Right Action which results in the individual being freed from identification with matter. This is the same as the evolutionary spiral as compared to the involutionary spiral, which propels one into identification with matter through the continual manifestation of the desire world.

These events are neither right or wrong. They are the inherent right of activity that exists inately within the souls of each intelligence. They simply are. As we have a right to choose the Law of Right Action, others have the right to choose the path of desire,

***The return to unity is predetermined by obedience to law, which is the Law of Right Action. Greater and greater separation is the result of choosing the world of desire over the world of "desire -desirelessness".***

Beingness, by its very nature, separates, because we desire to identify with a course of action, creating resistance for identification with any other course of action by exclusion- Only by coming to the realization of beingness without desire can we come to the understanding of the inner essence of thought, feeling and the spoken word, thus bringing into being through the outer manifestation, a reflection of the inner essence.

***Only by observing the outer manifestations without resistance can we separate ourselves from the emotional body and truly gaze upon the inner essence.***

Now for important instruction: We must learn to re-create by non-resistance, the resistance and desire that brought the inner essence into outer manifestation. Once we can willingly identify with a role and knowingly re-experience the separation, will we free ourselves from separation. Once the re-creation of resistance and desire has been re-experienced within the framework of the Laws of Love, Light and Perfection, then a choice must be made to not be as the opposition choice was to be, which fed to separation. Once one can willingly encompass the duality of "feeling - not-being", one is then free to assume a point of view or a multiplicity of points of view or no point of view at all. This is a matter of all-encompassing love, the simultaneous expression of yin-yang.

Therefore, the choice of any internal event must be weighed from a relative position of discernment which is ever-expanding if the Law of Right Action is continually employed.

***Each choice will either result in freeing us from identification with matter or will result in an increasingly powerful spiral into identification with matter.***

Now is the time to prepare ourselves continually, for the receptivity of light. Without this commitment, we cease to progress and, gradually, move into a state of greater and greater crystallization.

***No choice is a choice. May I bring into a delicate***

***focus the following concept: In the presence of no commitment to the Law of Right Action is the obvious alternative ... the movement to darkness, which is inherent in the choice to not move into the light.***

We can choose to be a light being. We can choose to not be a light being by not choosing, and our future is determined by no choice which relegates the soul to a continual course of predetermined reaction within which one is deceived to believe he has free choice.

The heavens are destined to support the free agency of the soul. This is an inherent right. The heavens desire to protect that free agency. The heavens know that if they desire a soul to choose the Law of Right Action, their own desire creates the perpetuation of the very event they choose not to desire. The resistance is subtle but powerful from the realms of the masters. Therefore, if we desire a person to do "good", we must acknowledge that they are not doing good and our focus on not doing good perpetuates that condition.

***Our only commitment to others is to love them as they are. Teach them correct principles and let them govern themselves ... no expectations, no conditions... yet with the recognition that, when the universal laws are obeyed, the blessing is forthcoming and, again, if the Laws of Love, Light and Perfection are transgressed, greater bondage is produced upon the soul of man.***

***By way of instruction, love without expectation. Be without condition and do without need. If this be maintained, the propulsion toward perfection will be phenomenal and the spiritual growth will be without limits.***

Consider:

Whenever a choice is involved, a duality is considered. Whenever a duality is considered, a separation is imminent. A separation occurs when a choice is made. When a choice is made,

a resistance automatically occurs. When resistance occurs, a judgement occurs which leads, in turn, to criticism and condemnation.

***It is, therefore, better to have no desires but to strive for desirelessness. If desire is to occur, it should only be constructed in order to bring about desirelessness, wherein the end result of all desire would be karmic completion. Consider the "List" which will be explained in Chapter Eleven.***

***In the world of duality, each time a choice is made on the basis of desire, more karma is created. Therefore, one should strive In the Ever Present Now to receive and complete, through a concept which we shall now call "karmic transmutation", every event presented by the universe for the individual to observe, receive, recreate and release into the realms of desirelessness and by so doing, all opposition shall be encompassed.***

All duality shall be looked upon with impartiality and all resistance shall be transmuted through unconditional love and unconditional forgiveness. By so doing, the beingness of the individual shall approach and encompass godliness and shall forever exist within the realms of the Ever Present Now, free from past resistance and future projections dealing only with moment by moment observation and employing appropriate participation. Such is the realm of the masters!

Review chapter four often, especially the italics in the next to last paragraph. This is vitally important to comprehend in its entirety as therein lies the secret to transmutation.

This is the end of Chapter Four.

*In the absence of commitment and intent, the soul is relegated to  
experience the reactive content of the human mind,*

John Whitman Ray

*A wrongdoer is often a man who has left something undone, not  
always one who has done something*

Marcus Aurelius Antoninus



## CHAPTER FIVE

### Commitment

Let us now consider an understanding of the concept of commitment. Commitment is a concept that is as ancient as intelligence itself.

***Without commitment, there would be no action, as action is a determination to apply a law with faith. This is a commitment.***

If we were to look at commitment through the eyes of mortality, we would view it according to the spiritual expansion of each person. According to your understanding, and in harmony with prior explanations, we can first look at commitment from the level of *unconsciousness*. At this point there is no awareness of commitment, hence no commitment. At this level there is only reaction to satisfy desires which have not been fulfilled to the individual's satisfaction, as determined by expectations and conditions, as determined by prior choices as determined by choices of beingness. All this stimulus-response-reactive mechanism is determined by the uniqueness of the person's individual crystal as determined by the suppressed thought patterns, word patterns and emotional patterns.

As a person rises in the scale of emotions through nutritional supplementation, correct thinking, and point-holding, (i.e. Body Electronics), the individual reaches the level of *apathy* where he feels he cannot keep commitments or even make commitments because there is no certainty about the future; there is no security; there is no hope, etc. Therefore, he may be aware that commitments can be made, but he does not make them. If he is compelled to make a commitment, he does not keep it, because he feels that he can't.

As we progress upward, we come to *grief*. Here is the awareness of the feeling that others have not kept their commitments or should have known to make them or could have made them if they were truly aware of need etc. The victim role is well exemplified because the person doesn't consider what he hasn't done or what he could have done, as his emphasis is on what others didn't do and what they "should have" done, "could

have" done and "would have" done if they really cared, etc.

As we progress upward in the scale of emotionality, we move to *sympathy* where the individual tries to make the other person feel guilty for not doing what he should have done regarding commitment. Things are never good enough at this level, never right, never on time, etc. This person is never satisfied and never quiet, as they always point out (in their mind they are quite justified) where the other person was inconsiderate.

As we rise above sympathy, the *propitiation* syndrome enters in. This is a delight to observe, because a commitment is always made with strings in order to control the other person. Subtle manipulation is the word of the day. One must be skillful to determine the subtle web of enticement and entrapments into commitment that are designed to place the unwary suspect off balance. It is the concept of giving a little something with a big sizzle to attract a far greater prize.

As the conquest is made through propitiation, the conqueror rises to fear and all semblance of order comes to an end as, once the prize is obtained through propitiation, the conqueror leaves the scene in a cloud of self-justification in hopes that his antics are never discovered. The motivation is to deceive in order to gain the greater advantage through commitment. Yet, after the prize is won, the conqueror rises from propitiation to fear and disappears from the scene and all seeming commitments come to an end by the very fact that no one is there to follow through.

As the individual feels secure in his flight from commitment, he rises to *covert hostility* and degrades that which he believes he had conquered through propitiation and flight through justified fear. The fear is always justified and projected through one's own crystals or reactive patterns.

As one continues to feel the fire of malcontent through subterfuge and gossip to destroy the imagined adversary who is never confronted head-on but is subtly and destructively undermined, the individual then slowly rises to *anger*, making all commitments the other individual made or is making wrong. This is difficult to justify by reason. That is why there is no reason in anger.

The other person is simply wrong because he has an opposing point of view.

As we move up through anger to *overt hostility*, commitment is made through intimidation, if it is made at all. "Do it or I will destroy you". And as we move up to *antagonism*, "Do it or I will never get off your back. I'll hound you until you do it!" Physical intimidation is characteristic of overt hostility. Verbal intimidation is characteristic of antagonism.

From antagonism, we arrive *at pain*. Here it simply hurts to be aware of the fact that commitments can be observed from two opposing points of view, each of them fully justified. Yet, at this level, no commitments are made. Dialogue is the word of the day which moves both parties to a position of mutual acceptance. As we move from pain to *enthusiasm*, commitments are made, with the understanding on the part of all concerned, that, when the commitment no longer serves the highest and best good of all concerned, those parties who no longer desire to be a part of that commitment can back out.

For example, in the area of interpersonal relationships, it is recognized by the masters that *commitments in marriage are necessary to bind people together in that relationship of yin and yang to work through crystals that cannot be overcome in any other way*.

Marriage is designed for people to bind themselves together as they are brought together by God. "What God has brought together, let no man put asunder." In other words, for the highest and best good of each person, *the marriage covenant should be honored, that each person may stay and work things out until complete harmony is obtained and maintained*. If people part at any time due to any altercation, real or imaginary, then the purpose of marriage would fail. *Only in dire circumstances, where the intention to work things out is no longer in force and alienation of affection takes place, then and only then should the parties part and have the marriage dissolved*.

It is imperative to understand that the observation of the heavenly bodies in our solar system is the perfect representation of

the marriage system. This is designed for the perfection of all who enter into this relationship, as no stone shall be left unturned until perfection is manifested in this relationship. The yin of each planet compliments, in its time and season, the yang of the sun. The completion of the union of yin and yang creates a power of unity and life force which propels the solar system into space at high speed. The greater the speed, the higher the vibratory force, the greater the opportunity for advancement at all levels.

Group interaction by common commitment is the next order of progression after family government and commitment as a family has been achieved. Consider the galaxy. *The law of God makes a man free. The law of man restricts, inhibits and limits the human soul. Do not underestimate the power of group commitment. Seek after the laws of group commitment. Such is the law whereby the blessings of spirituality come.*

Have pleasure in the pursuit of perfection. All those who desire this also will be led to you as you are led to them that equal commitment may be entered into. Those who choose not to do so, love them and bless them in their own desires and support them accordingly in the exercise of their free agency.

This is the end of Chapter Five.

I have always thought that all men should be free; but if any should be slaves, it should be first those who desire it for themselves, and secondly, those who desire it for others. Whenever I hear anyone arguing for slavery, I feel a strong impulse to see it tried on him personally.

Abraham Lincoln  
Address to an Indiana Regiment  
[March 17, 1865]

The law of God makes a man free. The law of man restricts, limits, and deprives the human soul.

Adam "Gaffer" Quisenberry-Holt from "The Independent American"

## CHAPTER SIX

### The Free Soul

Let us now consider that which would be for the highest and best good concerning each individual, their lives, their interactions and their concerns for the welfare of others. Be prepared to weigh and consider the following:

The time has come when man-made belief systems and man-made laws must be thrust aside through the emerging activity of the free soul. The travail is like a new birth. The mother has pain in the delivery of the child but the child does not cause her pain. If she could relax and release the inherited tensions of the ages, the childbirth would be painless. The greater the resistance, the greater the pain. So it is with life. As a child emerges into life from childbirth, so the pain is experienced and released and joy, unbelievable joy, is experienced if the pain is released. The mother rejoices in the new birth, not fully understanding yet in this day and age what is really transpiring or had transpired.

As an individual chooses to follow the dictates of their own conscience, it can be compared to a birth. Yet the pain is no longer limited to the mother. It is the universe...*the collective unconsciousness seeking to maintain the status quo*. The collective unconsciousness is the totality of human creation, the crystals of man and the universe. History has taught us well. The status quo has never been maintained and when the change comes, it is painful with the readjustment of belief systems, "comfort zones", manners of form, ritual, worship, rules, etc. One thing for certain, all forms, rituals, laws, status quos will eventually change. Change is the law of the physical universe which is built upon oppositions. Such is the pattern of light which governs all things. The sine wave embodies the constant ebb and flow, the fluctuation, the cycles of life itself as it plays in matter.

Now, pay close attention to the following. The antics of a joyous heart resound throughout the universe. *The crystals of man are in a continual process of breaking up and pain is always the result*. The free soul did not cause the pain. It is the pain arising from judgement and resistance of those who choose darkness rather than light. Whenever we resist the actions of another that, in reality, do

not harm us, we have pain. Thus we strike out in judgement against that which is incomprehensible to us and destroy the very light which is creating the very situation which, if allowed, can resolve the darkness, and correspondingly, the release of the pain through the dissolution of the crystals.

Many people choose to remain in darkness and will not yield to the light, thus they remain in their pain. The pain persists as long as these resistances remain in the recesses of the soul's belief system based on judgement.

What now is the responsibility of the free soul who chooses to live his or her life according to the dictates of his or her conscience? Simply to act with no intention to harm, live with no intention to interfere and be with every intention to act and live in harmony with that beingness and allow, in the process, the exposure to the other their own pain, resistance and judgement. *One must not be responsible for the pain of another when there was no intention to harm.* We often allow the pain of another to influence our actions in variance to the direction of our own inspiration. The acceptance of guilt when no intention to harm was initiated is not of God. It only leads to the increase and the perpetuation of the darkness within us.

***The greatest trial a person will ever have is dealing not with the death of the body but with the death of the soul. The death of the soul begins with denial of the truth within, which only comes from the God-Presence or "I AM Presence" within each life stream.***

***It is the sole responsibility of each person to determine for himself/herself the path that must need be followed for the individual's highest and best good.***

This path will always result in persecution of all sorts in increasing intensity and perplexity. Yet this is the path a free soul must travel. Remember "those who live godly in Christ Jesus shall suffer persecution." Each adversity is a contradiction which must be overcome for the growth of the soul. The pathway is not for the

weak-hearted. Remove yourself from the source of adversity and let the dead bury the dead.

***It is not wise to expose oneself to continual affliction as one takes on the energy which one places his attention upon.***

Surround yourself with love, light and the attributes of perfection in form, energy, the manifestation of joyous creation. The earth is the lords and the fullness thereof. As one places himself in harmony with God, the earth is a delight and a blessing to share and play within the divine scheme of life.

***Repent... do not resent. Forgive ... do not expect. Release ... do not maintain conditions. Reason ... do not contend. Experience... do not exclude. Encompass... do not restrict, limit or deprive.***

Let the concept of time, place and purpose pervade every action with the attitude of all-encompassing love. May the pathway of harmlessness be followed ... yet not to the compromise of conviction or yielding the preservation of individual rights and freedoms as guaranteed in the Bill of Rights of the U.S. Constitution and the Constitutions of every free land, where people govern themselves.

Let virtue garnish your thought unceasingly and let the light of truth emanate like a magnetic draw to all those seekers of truth the world over.

Remember, the heavens rejoice with the joyful antics of a free soul. Be that freedom. Be that joy. Be that peace and be that unrelenting sword of truth and the universe will bend and yield to the force of light and thus be transformed.

This is the end of Chapter Six.



## **Definition**

**Responsibility:** The act of taking action without authorization or without detailed guidance in response to a given outer stimulus, or without acting upon an internal desire. This action incorporates rational conduct, appropriate behavior, consideration for the highest and best good of all concerned, and being morally accountable for all affected by the decisions and resulting outer activity.

**John Whitman Ray**

**I have nothing to offer but blood, toil, tears and sweat.**

**Sir Winston Spencer Churchill First Statement as  
Prime Minister House of Commons [May 13, 1940]**

## **CHAPTER SEVEN**

### **Responsibility and the Ten Steps to Perfection**

Let us now consider the subject of responsibility and how it must be placed in proper perspective to be applied within the confines of the Law of Right Action.

It is timely that this information be brought forward as it has not been taught on the earth for many generations. People have not been ready to receive this information as they have shrunk from responsibility, and reacted with contraction rather than act (engage in constructive action) which brings about expansion of mind and spirit.

For trillions of years, man has been resisting being the effect of the yin energies around him. Man has refused to accept the responsibility for his creative acts when the manifestation of these acts were on the outer and were perfectly capable of being viewed. Yet man would not own them as his own and would continue to resist that which he drew to himself as an outer expression of his own resistance to his creation.

Man has shrunk from responsibility as one would withdraw from an unpleasant experience. Man has refused to lovingly and willingly endure all experiences of life and instead looked upon the experiences of life, his own yin energies, as the source of his discomfort, his disappointment, pain, anger, fear, grief, etc.

***When we place the source of any emotion outside of ourself we deny the God within, as the God within is the source of all yang energy which is the hidden creative force behind all outer activity.***

When we deny God we choose to shrink from the manifestation of God.

***When we deny our source of creation, we deny that we are the effect of our own creation and resist being the effect.***

The key to releasing this entanglement of confusion we have sown for ourselves is to first of all view without resistance the "fact"

that we are the effect of some given creation that, indeed, does exist, hidden within our self.

***When we can willingly experience the effect of life then we can begin to look for the causative factor within ourself, which is own yang expression in the form of a hologramic experience of thought, feeling and spoken word.***

(Review Chapter Three)

Let us say we have, indeed, complicated things for ourselves. Let us say that we have not only resisted the effect of our creation but then resisted the resistance of our creative force wherein we blame ourselves for not doing better, shame ourselves for giving up, blame ourselves for not being perfect, etc., all the time resisting the resistance of being the effect. If we can first of all laugh at our humanness and inject enthusiasm into the perfect manner in which we have allowed ourselves to complicate our resistance with more resistance, then we can non-resist the resistance and then we can begin to deal with the resistance to being the effect which is in reality resisting the yin energies which are around us, wherein we are the effect of the light which is manifested from all things we have drawn around us to mirror the hidden inner creative force.

Love, don't resist. Enthusiastically embrace the manifestation of Godliness rather than selectively resist, which only is derived from subtle judgement. Be grateful rather than have our druthers. We so often say "I would rather have it another way" which is a not too subtle form of resistance.

***Why not just bask in the multitudinous light emanations from the infinite expression of life, which is serving us by the law of attraction to show us our innermost creative powers.***

Communicate as the appropriate conditions present themselves. Be willing to receive the light from God which is the light from the sum total of physical manifestation around you, and as you receive the light, communicate your gratitude and acknowledgement in return, for this forces one from the resistance of being the effect. As

one withdraws or contracts from the light, he ceases to communicate, he ceases to love, he ceases to own his creative force.

Responsibility is the willingness to be the effect of one's own creative acts and then to appropriately start a new creative act which will be appropriate in service to mankind, to change a creative act which will result in using force to overcome existing creation, or stop a creative act which can be considered an act of destruction.

***Receiving the yin energies around one is willingness to be the "effect". Starting, changing or stopping any outer activity is the willingness to create, change or destroy any outer activity which is the willingness to be "cause".***

***Responsibility is the willingness to be simultaneously cause and effect.***

To be the effect is the willingness to lovingly and willingly endure all outer manifestation of life while at the same time being willing to start, change or stop any given outer expression, appropriately.

Appropriateness is determined by a sequential expansion of consciousness, each step simultaneously encompassing the yang and yin qualities of that step. Consider the "List" as discussed in chapter eleven.

## **THE TEN STEPS TO PERFECTION (commit these to memory)**

**STEP ONE:** Faith. The first step is faith which has been described to you as *"the assurance of things hoped for, the evidence of things not seen.* "This could be expressed another way:

***"through the acquisition of knowledge one foresees as having already happened the everpresent now".***

One must have an increasing depth of perceptive awareness in the now to understand the deepening aspects of faith. It requires an act of faith to acknowledge the yin energies of life as the end result of the

creative aspects of man.

***Responsibility is claiming the perceptual nowness as one's own creation, which is only the first step of responsibility.***

**STEP TWO:** Virtue. The second step to perfection is to appropriately apply the laws of God, carefully moving from the appropriate application of the lower laws to higher laws. Responsibility is the obtaining of the law and then coming to the understanding of the law by maintaining the law through application.

***The application of law through faith is known as virtue. Virtue is faithfully being obedient to the law from which one derives knowledge.***

**STEP THREE:** Knowledge. The third step to perfection is to come to the understanding of the law through application, which results in knowledge.

***Knowledge can only come from experience.***

Knowledge cannot be bought as an intellectual curiosity in the market place but must be earned through the assiduous application of law.

***Knowledge can only be obtained through faithful compliance with the law.***

**STEP FOUR:** Temperance. The fourth step to perfection is understanding that there are higher and lower laws and understanding when to apply them to oneself and to others. This is known as temperance. Wisdom dictates when one obeys a lower law or a higher law.

***Whenever a higher law is obeyed it necessitates breaking a lower law with the corresponding penalty for breaking a lower law. A lower law should never be broken unless it is "covered" by obedience to a higher law.***

Temperance, then, is wisdom self-applied to a given condition demanding attention resulting in choices or alternatives of solution.

**STEP FIVE:** Patience. The fifth step is patience. Here is where one lovingly and willingly allows the joyous antics of a free soul to move toward, ultimate perfection according to the dictates of his own conscious and at this own rate of speed. Each pathway is planned to be traveled according to the unique rhythm of that individual traveler.

***The free agency of the soul is to be honored and respected and never denied as long as the actions do not interfere with the free agency of another.***

**STEP SIX:** Brotherly Kindness: The sixth step is brotherly kindness which simply is the exercise of the Golden Rule. "Do unto others as you would have them do unto you." This is true as long as we can place ourselves fully into the viewpoint and understanding of the other with his/her expectations and conditions, and his/her level of awareness of enduring ability to the experiences of life.

**STEP SEVEN:** Godliness. The seventh step is Godliness, the ability to administer the law as a mother and a father would administer the law to his or her own children.

***In this arena of responsibility all is designed for the gradual release of the soul from restriction as one helps the other to help himself.***

One disciplines lovingly until that individual can discipline oneself. One helps the individual become more proficient at the choice of his own interest, directing that interest until it encompasses every phase of life's activity without resistance.

**STEP EIGHT:** Charity. The eighth step to perfection is charity, the pure love of Christ, continually manifested through every outer act with no conditions or expectations. Only love is manifested, ever sustained and ever outflowing, with no judgement, as love can only come from non-resistance and discernment.

**STEP NINE:** Humility. The ninth step is humility. One is humble when there is no longer separation but a recognition from a multidimensional point of view and a multiple viewpoint of consideration that all is one. That all is one continuous,

uninterrupted cause of life which is simultaneously cause and effect and there are no mistakes.

***All is perfect divine order.***

This is the beginning of understanding the true position of "Unity in Diversity".

**STEP TEN:** Diligence. The tenth step to perfection is obtained after the conquest of each of the prior steps toward perfection. The tenth step is diligence. One cannot be truly diligent, therefore one cannot be truly responsible until all steps are mastered in sequence, indicating mastery of our linear thinking capacity and then, finally, as a mastery of our hologramic oneness encompassing the appropriate simultaneous yin/ yang activity in each event of life as it is served up sequentially and hologramically as the condition demands.

***Responsibility, therefore, is the qualities of perfection appropriately applied in our lives, individually and collectively, as we love, communicate, and create while we dance the dance of life.***

*The Law of Right Action leads one step by step to perfection and the full application of responsibility. One must first of all receive before one can give. One must first of all serve his apprenticeship before one can be released to be a master.*

***One must first of all be willing to be the effect before he can become cause, then simultaneously cause and effect.***

At this latter position one truly understands f the laws of perfection and his or her responsibility I toward life within the Confines of the Law of Right Action which leads to the ascension.

As one encompasses the true concept of "healing crisis" where all suppressed thought, feeling and spoken word appear in reverse order as to how they were suppressed, to be transmuted by the

Laws of Love, Light and Perfection, we now apply this concept to the cause-effect relationship.

One was first cause, then one's creation was resisted thus crystallizing this creation in the universe to form a continuous outer (yin) manifestation of the that which was resisted (and is being resisted constantly in the ever present now). Then one resisted the outer manifestation (resisted the resistance) and further crystallized oneself.

Now, all this must be undone in reverse order. We first of all must be willing to be the effect of the "yin" manifestations around us (non-resist the resistance). This entails the perfect development of the application of the concept of non-resistance. Once one is willing to be the effect and can encompass the concept of resistance - non-resistance in reference to any given outer event, then we are capable of dealing with the cause. We must then be willing to be cause and encompass the resistance we once had to being cause where we denied our part in the creative process. This entails responsibility which includes lovingly and willingly enduring all things", which includes embracing our causal relationship to life with resistance - non-resistance. This is not an intellectual exercise but an experiential adventure, wherein one plunges oneself into the dance of life with enthusiasm and non-resistance with the understanding that one must reexperience the resistance to being "cause" before he can come to the point of non-resistance to the specified function of a specific creative act, (yang), and thus view the inner essence, the source of all creativity.

Once one has mastered diligence and the total Ten Steps to Perfection one can then be simultaneously cause and effect, as one comprehends and applies the above understanding.

In closing, be mindful then of your responsibilities as you have placed them on your "List" {see chapter eleven}. Be mindful that as you gain experience that your overall perspective will change, and your list will be modified. Be aware that as you move from responsibility to responsibility with commitment and intent you are laying the axe to the root of the tree of death, ignorance and darkness and the corresponding crystals of suppressed thought, feeling and spoken word shall yield up their treasure for the purpose of transmutation. Do not shrink from the yin energies as they surround you to be dealt with in some appropriate manner.



*Look at all events of life from an ever present cause-effect relationship in the perceptual newness of life. Be in the now. Apply in the now and stay in the ever present now. Such is the realm of the masters.*

This is the end of Chapter Seven.

As the crystals of life dissolve under the activity of the Laws of Love, Light, and Perfection, each energy that is emitted in the form of thought, feeling, and spoken word draws to it immediately its "yin" counterpart which has been held in a state of environmental crystalization. This "yin" counterpart in the past has been resisted, that is why it is now there, to expose our long standing lack of love and our continued resistance. Therefore, we look upon that which is drawn into our universe as our teacher, wherein we learn to receive it with non-resistance and then learn to take appropriate action concerning that energy, wherein in past times we have failed to do so. This then helps us to correct our Karma. This then will help us to understand the "Dark Forces".

John Whitman Ray

If the Devil doesn't exist, but man has created him, he has created him in his own image and likeness.

Fedor Mikhailovich Dostoevski The Brothers Karamazov

## **CHAPTER EIGHT**

### **The Dark Forces**

Let us now consider the ever-present battle between the dark and the light forces and how to understand them. It is imperative for you to understand the nature of the dark forces if you are to continue in this work.

***Remember: In the physical universe there is opposition in all things.***

***To begin with, all spirit that is not governed by law through disciplined action will be governed by reaction, and even then, many sincere souls who are deeply enmeshed in matter will think they are being governed by law when, - in reality, they are being governed by reaction.***

Each spirit who desires to exist at some level will have a certain understanding and will seek to discredit that which he does not understand. In other words, according to your understanding, each individual seeks to perpetuate and justify his comfort zone. It takes disciplined effort to overcome the reactive pattern which establishes the parameters of the "comfort zone".(Please go back and reread carefully chapter four.)

The dark forces are nothing more than individuals, both in and out of body, who through their resistance to life, have justified their position and seek to enforce this position upon others because they themselves cannot comprehend the light and will fight against that which they do not understand.

***This is why, for the disciplined soul, "obedience is the first law of heaven."***

(Please read chapter eleven and reread chapter eight.)

***Obedience cannot be enforced. It must arise, by choice, out of the understanding of an enlightened soul.***

An individual who chooses his own heart without subjecting himself or herself to another individual will be prone to error. This is why the marriage relationship with commitment is vitally important for individual growth. Without it, the person is left to his own devices and the perpetuation of his own comfort zone. In a marriage relationship, the man is forced to learn to exercise, with humility, his yang quality, and the woman, through submission to the stronger being, at least in body, learns to exercise her yin quality. The man, learning how to govern through proper exercise of law, grows to spirituality through discipline of law. Woman, through supporting the yang quality in the man, shares in that spirituality through her DNA. If she fights against the man rather than submitting herself to the man, she fights against herself because, *in the consumation of marriage through the sexual act, the two truly become one flesh*. The man who does not love his wife who carries his DNA cannot love himself because he has rejected, through lack of love, a part of himself. (Please reread Chapter 8 after the Chapter on marriage is completed.) The scriptures have made it clear that it is a necessity for a man to love his wife without reservation and to receive the wife unto himself as she chooses to submit to the man in righteousness.

***No intelligent woman can submit herself to a man in unrighteousness without destroying her own soul.***

There is danger here in that a woman can, therefore, justify herself in not following a man or submitting herself to a man of her choice who has many weaknesses, wherein, if she were to have faith in the man who was struggling with his own imperfections and lovingly support him without judgement, criticism or condemnation, then the man would flower over the years and become the type of man, a Godly man, the woman would desire. In this society today, few women choose to bear with the man who exudes these weaknesses because of the violation of comfort zones and, therefore the woman looks elsewhere to maintain the comfort zones, making the same mistake again the next time her comfort zones are violated and continues moving from relationship to relationship until she realizes she must deal with the resistances within herself. *Many good men have failed because they did not have the support of a good woman due to the unwise selection of a mate.*

***Remember: That which we resist, by the law of attraction, draws into our life that which we have not yet learned to master within the framework of the Laws of Love, Light and Perfection. All is perfect divine order, now.***

Now, on the other hand, if man were to be patient with the weaknesses in his mate and love her unconditionally over many years, she would respond to that love and become the woman that he would desire for a mate. But because of a man's impatience and lack of long suffering, he quickly throws off what he deems imperfection and casts aside the woman of his choice because she does not measure up due to his falling into the trap of judging, criticizing and condemning. By casting her off, he casts off a part of himself, and places her, as a part of himself, beyond reach where he can no longer help or be helped in overcoming the reactive patterns which exist between them. Let each man think twice about putting away his wife. For without her, he cannot progress. The problems that he sees in her are but a reflection of himself and his own inability to love... because through the interchange of DNA, the woman then becomes a part of the man and a perfect reflection of his nature, which is part of the yin quality to reflect the nature of the yang.

***So a man, therefore, is blessed with a woman who will carry his seed for, verily, she becomes his teacher by being his reflection.***

Now, where do the dark forces come in? As each person manifests energy through the manifestation of crystal which is suppressed thought, word and emotion, by the law of attraction, darkness is drawn to darkness and will come in a variety of means. It is that simple.

***The dark forces are the yin aspect of life which is dependent upon yang energy.***

Where a crystal manifests energy through breaking up, it immediately draws yin energy which is a perfect reflection of itself. Therefore, whatever energy we put out , we draw like energy unto ourself by the Law of Attraction for our lesson.

***The dark forces are simply manifestations from without of the dark forces from within. That is all.***

Read at this time chapter three: The Organic Computer Chip, and carefully note the sequential manner in which the encoded entrapped memory is released for the conscious experience of the individual. Notice how the sequential release of emotionality will draw from the outer its yin counterpart, with computer like precision. Consider this relative to the "Dark Forces".

This is the end of Chapter Eight

Read not to contradict and refute, nor to believe and take for granted, nor to find talk and discourse, but to weigh and consider.

Lord Bacon

Whatever happens at all happens as it should; you will find this true, if you watch narrowly.

Marcus Aurelius Antoninus

## CHAPTER NINE

### Trust and the Five Virtues

Let us now consider the subject of trust and how it manifested in the outer form.

The ageless wisdom encompasses the fulfillment of trust because trust, indeed, is a quality of perfection. Trust is the assurance that one is capable of adequately appraising all facets of a given experience and then, with assurance, applying the correct law with exactness to ensure that the Law of Right Action is put into proper motion in the matter.

Trust is built gradually by applying the lesser laws until they are perfectly accomplished without boredom or impatience. The lesser laws build the aptitude for application of the greater laws.

*The lesser laws must be constantly observed and never broken unless they are covered or encompassed by obedience to a greater or a higher law.*

As one has many steps up a mountainside, so one progresses from lower to higher law. The impatience of man causes him to attempt more than he is capable of doing and by so doing, he fails in his own mind and destroys the trust he has in his own ability to:

- (1) Discern the problem;
- (2) Quantify (determine the extent of the problem at hand);
- (3) Qualify (determine the method for the problem's solution, with alternatives);
- (4) Determine the course of action; and
- (5) Enact the course of action.

***Any attempt to do something before time, place and purpose have been accurately ascertained and then acted upon inappropriately will result in a lack of self trust.***



**Slothfulness, being the opposite of over-zealousness through impatience, will dull the senses so that the problem cannot even be discerned. Discussion, then, on solution of the existing problem, is fruitless and out of harmony with the economy of heaven.**

***There is no trust where there is no capacity for discernment.***

***There is no discernment when one is totally enmeshed in matter, identified with matter or totally crystallized.***

Trust begins as one moves out of a comfort zone because within a comfort zone there is no discernment. There is only perpetuation of the comfort zone. Trust is, first of all, unconscious where one can trust the "fact" that one is experiencing at an unconscious level. Then one cannot trust at all at the level of apathy. At this level, he can trust that he cannot trust. At the level of grief, one is sorry that he has trusted because he is a victim of what he considered trust when, in reality, it was a superimposing without flexibility of conditions and expectations upon self or others or environmental conditions. At fear, one is afraid to trust so no trust takes place. At anger, one is concerned, through intimidation, that others trust him. At this level, it is enforced trust on others with no trust returned. At pain, one trusts painfully as one begins to work out relationships at all levels, beginning with self.

***At enthusiasm, one trusts that the universe will provide all experiences for the highest and best good for the individual, at which time there are no expectations or conditions except those made by commitment.***

Yet each person at this level covers the -inadequacies and apparent "failures" of others as if they were his own with unconditional charity and forgiveness. (Please go back and reread Chapter Five on Commitment.)

Trust, then, is built on faith, perception and understanding of

law as it is applied to a given set of conditions. Trust cannot exist if there is no perception or understanding of law. One certainly cannot apply a law one does not have knowledge of and one has no business attempting to do so. Only under the guidance of a teacher should one attempt to do something of this nature, as one cannot do something like this alone ... to start. Later, after successful experience the teacher will release him to walk alone.

Trust, then, can take a variety of forms through the myriad of interactions of thought, feeling and the spoken word. Trust, then is an act of creation, an activity of the Gods.

Trust must be encompassed with patience and long-suffering, for trust is an unfolding realization built into the gradient scale of emotional resistance. As the resistance is released gradually by the *application* of the Law of Right Action, which has been taught to you over the years, the individual learns to trust himself which is a God-like attribute,

Without trust at the level of Godliness, there is no charity, no humility and no diligence.

*Trust is one of the five virtues that must be mastered by the initiate, the five virtues are:*

- (1) Faith-Air;
- (2) Trust-Wood;
- (3) Receptivity - Water;
- (4) Motivation - Fire; and
- (5) Encompassment of Duality -Earth.

***Each of these five must be held in a constant state of mind at the same time as all five have their intrinsic values as expressed in the balance of ancient Chinese philosophy.***

As trust arises out of the encompassment of duality, so the wood arises from the earth.

As water is the universal solvent, it receives all and transmutes all. Just as water puts out fire, it receives and transmutes the motivation of action.

Faith encompasses all duality as air encompasses the earth.

Motivation must be present to attract the attention of the individual that faith can exist. Without a knowledge that something exists, one cannot have faith.

As fire consumes and converts solid to liquid and eventually to a gaseous state, so fire must be a precursor to air.

Trust must be present in order to be receptive. Therefore, wood is converted into receptacles to hold the water.

One must receive before one can give. As water puts out fire, so does receptivity receive the motivation and transmutes it, and, in turn, must be present before the motivation can take place. So the circle is complete.

Trust can also be thought of as a confidence. Confidence that one will do what he says his intentions are to do. Confidence that others will do as they have committed to do.

***Never accept a commitment from a person or make a commitment yourself that cannot be kept.***

***Once a commitment is made, one moves energy on a gradient scale from total identification with matter to total freedom in the area of consideration.***

In total identification with matter where total reaction occurs, there is a "comfort zone" which, in reality, is total slavery to the environment. When one moves out of the comfort zone, one brings in successive levels of experience in reverse order as to how these experiences were suppressed. This gives the individual opportunity to experience, lovingly and willingly, that which one failed to lovingly experience at some time past, which, by resistance, perpetuates the collective experience in the ever present Now.

***As this series of experiences unfold, successive levels of trust will be tested to determine if the individual will divest himself of every form of desire and attachment. Such is the pathway of the devotee.***

***If an individual fails to experience each level of activity on the mental level, he will be the recipient of experiences which the universe will provide because he is still bound to the physical.***

The Law of Obedience, which is an advanced law, must now be made manifest because the comfort zone will be eternally perpetuated without obedience to that law. What is the Law of Obedience? It will be revealed by either man or the heavens through man when a person is ready and willing to receive it and, by intuition, is already living it.

A higher law is revealed to those who are already being obedient to the higher law. In the economy of heaven, a higher law is not taught to one who is not ready to receive it.

***The practice of virtue by mimicry will qualify the initiate to receive an understanding of that which he or she is already doing by faith.***

This incorporates the higher levels of trust which will be understood by those ready to receive it, but

***Trust will not be understood without the law of obedience being assiduously applied.***

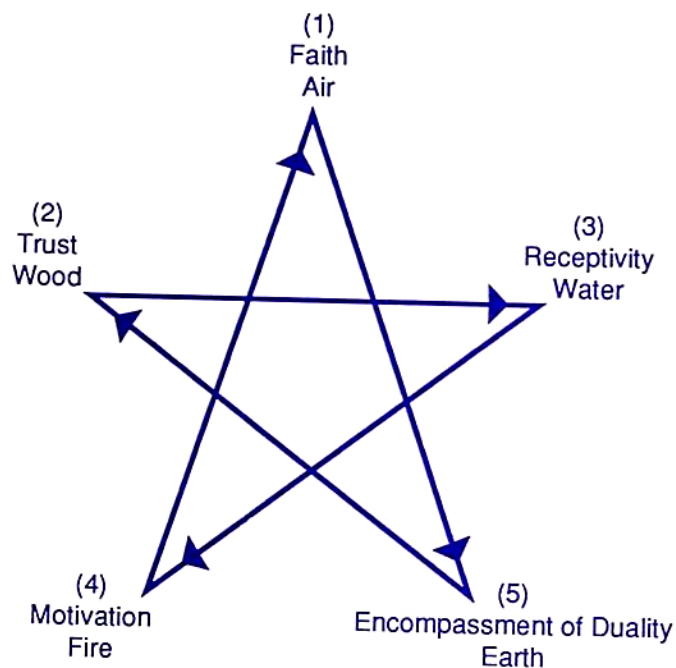
For the candid and comprehensive mind, this shall suffice for now. Share this with those who desire it, for they will find it to be a constant source of direction and understanding as they pass through life.

The Five Virtues

(1) Faith-Air;

- (2) Trust-Wood;
- (3) Receptivity - Water;
- (4) Motivation - Fire; and
- (5) Encompassment of Duality -Earth.

Consider the ever expanding nature of the following: one concept as shown below shall always be the prerequisite for that toward which the arrow points. Ponder and pray on the following diagram.



(Reread carefully the entirety of Chapter Nine)  
This is the end of Chapter Nine.

There are no two things as a good mind and an evil mind. It is one and the same mind. Vasanas (tendencies) cause desires and attractions which may be at times good and at other times bad. The mind when influenced by good vasanas is, for the time being, considered good, and, when under the influence of evil vasanas, bad. However bad some may seem at times, they ought not to be disliked, now should we conceive prejudice in favour of those that seem for the time being friendly and beneficent to us. Shun both likes and dislikes.

Sri Ramana Maharshi sage of Tiruvannamalai

I know of no more encouraging fact than the unquestionable ability of man to elevate his life by a conscious endeavor.

Henry David Thoreau

## CHAPTER TEN

### The Law of Right Action

By way of instruction, the following material, if properly received by weighing and pondering, will instill greater desire of all readers to progress toward greater application of the Law of Right Action. Pay close attention to the content. Read and reread if necessary, to garner the pertinent material and applicable concepts.

Without awareness of problem areas one does not seek for a solution. So it is in the mind of each of us.

***Let it be clear that lack of awareness stems from a lack of belief which in turn is rooted in desire, which if enacted would lead one down the dwindling spiral into identification with matter.***

There is the upward spiral also, if we can use the relative word upward, meaning expansion of consciousness with desire to act in accord with the Law of Right Action. Subtle teachings which are true will, nevertheless, be interpreted by the hearer. We, individually, only understand what we are capable of understanding at that moment. For example, I wish to dwell in the illusory world of desire. We say to each other, "I want this" and "I want that". This is admission that one does not have what he wants. This is logical from a worldly position, but this is the trap. No matter how we move toward what we want, we still have the underlying "I don't have", "That is why I want it". "I don't have" is always rooted in some resistance to action which is rooted in the denial of one's own perfection, which, no matter how much perfection one has, the basic "I don't have" will still be perpetuated. So, each of us is told "You can have what you want."

***If the vision is fixed upon the outer, the action is Karmic production and the downward spiral is the result, no matter how justified the action.***

There are no exceptions when looked upon from the absolute sense, but in the world of "reality" which in reality is the world of illusion, we have relative levels of progression which require various levels of law and justified action. Now, if the vision is fixed upon the

inner instead of the outer, or, in other words, if the essence is approached rather than the manifestation, then the essence can be viewed and released and with it, the subsequent desires and actions and eventual crystallizations. This shall be explained in greater details in subsequent writing.

***Do you understand that the world of desire is the entry way into material focus?***

You can have what you want. Be wise and realize that what you want will tie you to the manifestation.

***Each activity to the wise man will be an opportunity to release himself from the world of desire.***

(At this time please go back and reread Chapter four, it will enhance the understanding of this Chapter.)

Do you not yet understand that each of you, in some way, has his desires focused on the satisfaction of desires rather than on focusing on the attributes of God - peace, joy, contentment, Right Action and gratitude. Be not adverse to correction on principles which you may think you understand, but at best only understand in part. The wise servant blesses the rod of chastisement. Are we not all servants and doesn't the universe through its myriad of variety of life provide the appropriate rod. Bless the rod and kiss the hand that doesn't spare the rod.

It is apparent that some focus on the material world is necessary in order to create harmony, relieve distress, provide opportunity, and take care of daily needs.

***What is more important is the focus on the obvious material world to reveal the essence of our creative acts.***

The outer reveals the inner thought patterns, word patterns and emotions.

***Do not focus on the material so intently that its source becomes a mystery to you.***



The obvious reveals the obvious. So without, so within.

## THE LAW OF RIGHT ACTION

***Now, consider: The Law of Right Action is simply observing with ever increasing awareness and appropriately applying the Law of Economy to each and every action in response to observation.***

## THE LAW OF ECONOMY

***Use no more force in a given situation or no less force than is necessary for the resolution of a particular problem. This is the Law of Economy.***

Remember, the resistance that you see is your resistance. It must be met willingly with that action which overcomes the existing resistance that order shall arise out of confusion, that light might appear out of darkness. This is yang activity which, when applied without emotional resistance, and only within the confines of discernment and unconditional love and forgiveness, yet with laser like exactness, then the next level of activity will be brought to the individual's awareness.

Since the time is short, we cannot leave question marks in this area of activity. Use your choice well - one of which is no action. Much can be accomplished on the mental wherein detachment is complete from the desire. Those desires that are still dependent on karmic completion must then be dealt with accordingly on the outer as determined by the Law of Right Action.

Do not perpetuate your desires without cause otherwise your desires become limiting.

***The correct application of desire will be exalting as we move toward that which we place our attention upon.***

Do not minimize the power of one idle thought or one idle wish.

***The energy of desire enacts the motion of crystallization.***

Release yourselves from the world of desire in an orderly manner. Remember, you can have whatever you want. This is the game of life- just put your attention on it and desire it and it will eventually manifest. It would be far better to desire little and with gratitude encompass the karmic completion of each event as it enters our universe, with the eventual goal of encompassment, first as an individual, then as a family, then as a group and eventually as all mankind- even if it takes millions of years.

Be wise and patient and allow each person in your midst to work out their progression at their own rate of speed. Let each man be persuaded in his own way. Be patient in your afflictions and count them as blessings. Cease complaining- you pray for wisdom as to how to conduct your life and when the necessary experiences arrive for that moment of growth you repel them and kick against the pricks rather than encompass the duality provided. Bless your adversity, it is the path that at this time must be traveled until it can be embraced with unconditional love and forgiveness. Then you can embrace that experience and it becomes your companion. Let each adversary become your teacher; each darkness, the herald of a new dawn; each pain, the trumpet of expected peace; each travail, a new birth. Such is life, enjoy, embrace and applaud the action of the Gods. You have done a marvelous job. Look around you and embrace with gratitude the handiwork of the Gods and acknowledge the opportunity for learning which in turn will serve as a springboard for action, a launching pad for Right Action.

One man, one woman can change the world. Be that individual. Believe it, do it, and eventually the manifestation will appear. Such is the law of Right Action. Has this not been given in great plainness to you? Now you are to study this document and apply it. The application will always be full of surprises- but now this leaves you without excuse. The time is short- act accordingly to set order in your life in every needful thing. Ask for help- you are not an island unto yourself. Today is the day to prepare to work in concert with one another. I have spoken to you in great plainness concerning this matter and can understand your reluctance to apply, your fear of rejection from those around you. Regardless of the price you have to

pay, act now and bring these teachings to the fore so all can benefit. Do not turn down opportunities or blessings when offered, for the forces of life are now behind you as you direct your activities in harmony with universal law.

This is the end of Chapter Ten.

## CHAPTER ELEVEN

### The List

Looking backward into my history, I had mentioned that during the school year 1962-63 where I returned to Willamette University to complete a degree in Psychology and work on my M.A. in Education, I had the wonderful spiritual experience as a result of prayer. Chapter one explained the history behind the following:

***UNTIL MAN CAN EXPERIENCE ON THE MENTAL LEVEL THAT WHICH EXISTS ON THE PHYSICAL LEVEL, HE WILL BE BOUND TO THE PHYSICAL.***

This was of such profound interest to me that I continued to study and search and discovered many wonderful teachings from many aspects of life, from many philosophies, from many religions. Looking through the window dressing that man places on the origin of each religion, the basics are the same. Love, forgiveness, etc. Yet, this was not enough for me. I read in the New Testament the Book of James 1;5: I wish to quote this again for emphasis.

Holy Bible - King James Version James 1:5-6-7-8

5: If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him,

6: But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed.

7: For let not that man think that he shall receive any thing of the Lord.

8: A double minded man is unstable in all his ways.

I believed that as I had already obtained a successful experience with prayer, that another successful experience was possible. But I still questioned after carving through man-made doctrines "Where was the real truth?" I decided to embark upon a prayerful journey of my own and find for myself where truth was rather than depend upon man's opinion of what truth was.

***Truth is not an intellectual concept, it is experiential.***

At the time I had moved to a small house in Portland, Oregon and was preparing myself for attendance at Western States College of Chiropractic. The essence of the experience was that I spent fasting and praying off and on for a period of six months, praying about Buddhism, Christianity, Mormonism and Taoism. Various other philosophies and religious orders entered my studies and I was able to find a common thread of truth but was unable to put it all together. What about the immortality of the soul? What about reincarnation? What about Jesus Christ, Buddha, Joseph Smith and the Book of Mormon, and other teachings and schisms? What was the essence of truth? This I wanted to know with all my heart. After about six months I was kneeling in a traditional manner in the corner of my study-library and I had pulled the Venetian blinds to obscure myself from neighborly curiosity and prayed intently. The following occurred:

"A white light entered into the room where I was praying, moving in through the walls and the Venetian blinds from my front left. I had been praying for knowledge concerning the before-mentioned topics and had been somewhat impatient after six months but I had the resolve that I would pray, off and on and fast off and on until I obtained my answer. The knowledge for which I sought I definitely wanted with all my heart and soul. The white light entered the room, and filled every cell of my body with vibrating white light. A supreme knowledge entered my mind concerning all that I had inquired about and more. It would have taken years to write down all that I had received in a few sacred moments. The essence of truth was so simple that I was unable to comprehend it and I, in my ignorance blurted out, "It's too simple". At that very moment of unbelief the white light disappeared and with it went all of the knowledge I had received and I was left in total darkness of mind, despairing for having the truth within my grasp and then having it taken from me for a thoughtless, ungrateful statement, "It's too simple." I dropped to my knees again in wonderment and confusion, verbalising the following. "How can you expect me to understand something I don't understand"? I recognized that I had diligently prayed for knowledge and not understanding, and I had been given exactly what I had been praying for - no more - no less. Recognizing my lack of understanding in these matters of prayer I asked for understanding with a desperate promise that if I were given an understanding of what had been given to me and then taken from me I would not depart from it. At that moment the bright

white light once again came into the room, once again filled my body with light and vibrated with a fine vibration; every cell - the light was brighter than any light I had ever experienced before - brighter even than the sun. I was then given an understanding and my gratitude was there. It was no longer just knowledge - it was understanding of many things which would take me years to record. I was told at the time not to write anything down as all the information I had been given would always be available when it was necessary for me to have it and I have found that true. When I have been in need of a certain block of knowledge, it has been there for me. What I would like to relate is some basic teachings which I can share at this time which were given to me. Much of this information I have shared in my classes and some in my audio tapes. Much I have never yet shared because people have not been open to the simplicity involved because of judgement coming from past belief systems, criticism coming from ignorance and unbelief, and condemnation coming from deep death crystals seeking to survive as a complex reactive mechanism. Every reactive mechanism has built within it the desire to preserve itself. Truth destroys darkness and death, therefore death and darkness seek to destroy the source of light that would eventually destroy the darkness. Such is the nature of our continued interface between light and darkness.

***Remember: Death has built within it a survival mechanism where death always seeks to survive as death.***

I was shown the motion of the heavens and how the universe around us is a perfect manifestation of our collective inner creative thought patterns, word patterns and emotions. That which is outside of ourselves, even our bodies, is a result of the inner creative essence. As a man thinketh in his heart so is he. It was explained to me that Jesus Christ was a spirit in a body like we are spirits in a body. Each of us is immortal. We have each existed from eternity and shall exist to eternity. Eternity is now and now shall always be. It was explained to me that everything that Jesus did we can do likewise, even more, as we follow the basic laws of the universe as he did. He was a way shower. He said follow me-think as he thought do as he did.

I was taught that

## ***"Obedience is the first law of Heaven".***

I was taught the simple application of law as I will now present to you. I would like to present a beautiful poem which was given to me in this moment of inspiration. It was shown to me the great importance of the truth as expressed in this poem so do not take it lightly but ponder it-commit it to memory as it will be a great help in the future:

***TO SEARCH FOR THINGS BEYOND OUR GRASP IS FANTASY,  
WHEN THAT WHICH LIES WITHIN OUR REACH WE SEE  
HAS NOT YET BEEN COMPLETED, YET HOLDS THE KEY,  
TO THAT WHICH THROUGH RIGHT ACTION OURS WILL BE.  
THE SIMPLEST THINGS IN LIFE WILL MAKE US FREE.***

With this poem came an understanding of the "List" which has been referred to in part in earlier chapters. The "List" concept is as follows:

Put down on a list all your goals.

Put down on the same list all your desires. Make sure you weigh carefully whether these goals and desires are to resolve Karma and thus are evolutionary in nature through the process of Karmic transmutation, or are the goals and desires going to create more Karma and thus bring the individual, first person included, down the dwindling involutionary spiral into identification with matter through the continuation of resistance.

Put down on the list all your responsibilities. Make sure that these responsibilities are what you sincerely believe are your responsibilities that are for your own individual growth and development, or are these responsibilities those that others have put on you? Each person must be true to his own heart in regards to these matters. It is good to be aware of other's ideas but the final decision regarding the direction of our life is our own and we alone must bear the burden of that decision.

Put down on the same list all those uncompleted acts such as repayment of debts, fixing the broken tools, repairing the window, tacking down the carpet, waxing the car, sewing on the button,



finishing the book, etc. ad nauseum. This part of the list becomes rather extensive at times because we have left many things undone. These need our attention, in proper time and place.

Now, let us be honest with ourselves. On the list we must put those areas which need making amends. Where have we done a person wrong where we need to make satisfactory restitution that harmony may again prevail? This is a tall order because here we deal often times with justification of our actions, emotions that are out of control, decisions to never speak again, never trust again, never do this again, never do that again. These areas of concern need to be weighed and determined as to how or what can we do to bring harmony into areas of disharmony. Of course, it takes two to resolve matters between two people, but it is better to have things resolved, if possible, rather than leave a condition hanging. It is better to know that we have done all that is within our power to resolve conflicts so that a certain degree of peace prevails if it only exists in our own mind. Put all these areas of confusion and disorder among personal relationships on the list with the resolve to make things right, to the very best of our ability.

There will be various and sundry items that we will put on our list for whatever reason. We don't have to manufacture a reason. We have decided and that is reason enough. We are responsible to put order in our life, that is our sole responsibility. The great German philosopher Goethe stated "Great things are done in secret". This is such a true statement. Do not show your list to another. If you and your mate have a list, that is between the two of you.

***But for your own list, keep it between you and your God presence, that responsibility of decision may be learned.***

Now, let us organize the list. Put all your items on one list so they can be weighed and pondered together. Time factors need to be considered. Prior commitments must be taken into consideration. Priorities have to be weighed in the balance. Opportunities provided by time and chance may require prompt action. Place the difficult things to accomplish at the top of the list, place the simple things at the bottom of the list and begin with the simplest. At this time it would be wise to go back and read the poem.



***TO SEARCH FOR THINGS BEYOND OUR GRASP IS FANTASY,  
WHEN THAT WHICH LIES WITHIN OUR REACH WE SEE  
HAS NOT YET BEEN COMPLETED, YET HOLDS THE KEY,  
TO THAT WHICH THROUGH RIGHT ACTION OURS WILL BE.  
THE SIMPLEST THINGS IN LIFE WILL MAKE US FREE.***

Start at the bottom of the list. Everything eventually will have to be done. So wouldn't it be wise to do everything from a position of success where we can see the end from the beginning in every act? This is a virtue of the Gods as in the creation of the earth, every single act could be seen completed from the mental level before it occurred on the physical. Then it was stated "It is good." In like manner, we plan out the simplest item in our mind from beginning to end - we can see the end from the beginning. Then we act and make sure it is finished just like we had decided it was to be. Tell no one what you are going to do unless it concerns them, as people have a tendency to always have an opinion as to whether it was done right or wrong which is a judgement. Be willing to take the flak of judgement for when you make your own decisions you are now in the arena and must be willing to subject yourself to the opinions of others. Stand your ground and say I did it the way I decided to do it and it is good. It is reasonable to gather as much information as possible about any given task or project - this is simply good sense. Yet, when all the information is in, the decision for action is in your hands.

***Make your decision, act upon it, and be willing to  
take the consequences of that action.***

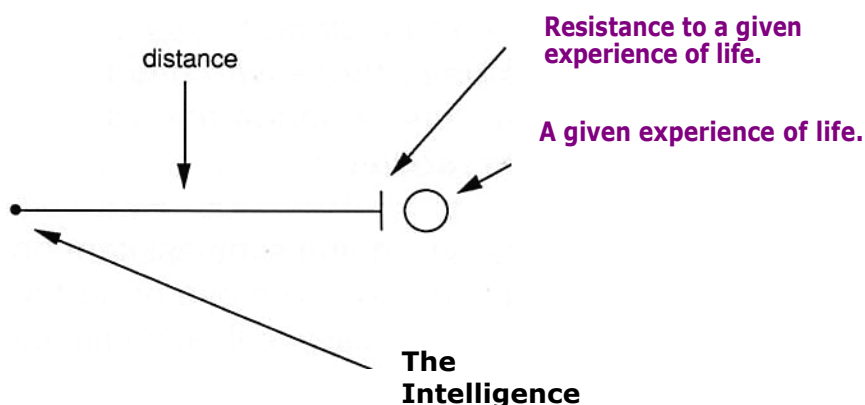
This type of procedure increases the ability to take responsibility and to think for oneself. If you do not think for yourself, you will find many other people from all walks of life very willing to do your thinking for you. On your individual list do your own thinking and learn to be a person of responsibility - we discussed this in earlier chapters. If you are dealing with another person such as a mate or business partner then come to common consent on a common list and share your thinking and come to terms and corresponding action. If dealing with a group, work within the lowest common denominator of mutual acceptance or agreement. Do not talk over your private business with another unless it concerns that person. Your business between your mate and yourself should be kept confidential between

the two of you. The same principle applies to a group or corporation. Keep the order of business within the group.

***In any case when your business is known outside of those who need to know, it has a tendency to weaken the resolve.***

As we progress from the simplest item on the list and complete that, we move on to the next simplest item on our list and then complete that. It is obvious to the candid and reflective mind that if we fill our life with successful experience it is reasonable to see that the items at the top of the list will eventually secure a position at or near the bottom, eventually to be mastered. I have had the pleasure of teaching this simplicity to hundreds of thousands over about 30 years and many have used the "List" with wonderful results.

Please consider the following concept. Much of what has not been mastered on our list is simply our own Karma which is the summation of our resistances. Each item on the list has in some way drawn our attention and therefore has manifested in our environment in some unique way for us to deal with. The following diagram indicates resistance:



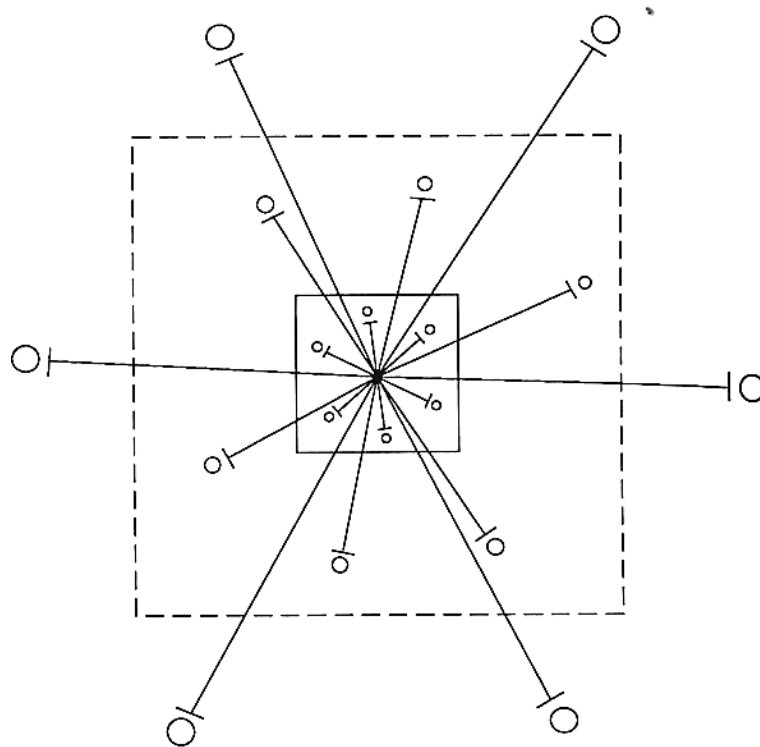
The greater the resistance to a given experience of life the greater the desire on the part of the intelligence to place distance (separation) between the intelligence and the experience of life.

The greater the resistance the greater the environmental impact and the greater the perpetuation of the resisted event. Thus we have environmental crystallization as well as crystallization manifested within the physical body. The greater the separation the less one has the ability to perceive.

As one lovingly and willingly endures a given condition of resistance, the resistance lessens and the person increases in his ability to tolerate a condition, thus less distance of separation, thus increasing one's ability to observe, thus one's ability to handle the situation increases with less emotional reaction, thus less crystallization and eventual freedom from the perpetuation of the resistance as is manifested in the "crystal".

From a Box 2 point of view: That which we resist we hold in a continual state of creation. (Please go back and review Chapter Two).

The resistance holds the event of life in a continual state of creation. The resistance has within it the event itself, thus holding it in a state of manifestation with the creative powers of thought, feeling and spoken word. This type of resistance where there is some unwillingness to experience or reexperience would be considered to be a part of Box 2 which we discussed in some degree in Chapter two. It would be good to go back and read that chapter at this time, for, we must eventually learn how to cope with the gradient scale of emotionality which is locked into Box 2 and is manifested to some degree in each item of the "List". Now let us consider the following diagram:



Consider that the six items within the solid square are at the bottom of the list. These are simple because they can be solved by seeing the end from the beginning. As the first six are in the process of being completed the expansion of awareness expands and the dotted line box indicates the new level of awareness within which more items can be handled with a high degree of effectiveness because in each case the end can be seen from the beginning. The process continues until the box expands dramatically and the person's confidence level rises and ability to visualize expands and this is what is meant in the scriptures wherein it states: "Oh ye who have been faithful over a few things, I will make you ruler over many". It is the simple outgrowth of obedience to law of the "list". Try it -you will like it....

***The "List" was shown to me to be the most important item we can place our attention upon to reconstruct our lives and bring order into existence out of the disorder we have created.***

Do not be negligent in organizing your list now, with what you know you have to work with. Go over it every morning and evening and make revisions, additions and deletions. Do not slight the smallest details or

responsibilities. All are necessary to consider and take appropriate action concerning. Go back and read the Chapter on Trust and the Five Virtues and use the "List" as a means of implementing these ideas. Then read the Chapter on Responsibility and the Ten Steps to Perfection. The Chapter on Responsibility is Chapter Seven. The Chapter of Trust is Chapter Nine. Read and ponder prayerfully. Do not hurry, savor this material as a child would savor an all-day sucker.

***Remember: Confusion cannot continue to exist in the presence of order. Darkness cannot continue to exist in the presence of light.***

As an afterthought, I wish to point out emphatically that "Faith without works is dead". We can have all the faith in the world, but unless we overcome all resistance to being "cause" and at the same time overcome all resistance to being "effect", we are no more valuable to humanity than a bag of sand. We must learn to observe and participate effectively in our lives. For example, at the present time we may feel unable to make a difference in preserving our forests, remineralizing the earth, and reducing the amount of toxins used to contaminate our soil, our food, our water and air, yet we can place even if they are toward the top of our list, just by looking over our list morning and evening we will gradually become a positive force in taking action to overcome all those things that are in the process now to destroy our planet's ecosystems, biosphere, water, air, etc. Remember, "faith without works is dead".

Let us now consider the scale of emotions as related to outer activity. At unconsciousness we are, of course, not aware of our ability to take action. Thus, we take no action. At the level of apathy, we feel we cannot do anything constructive. At this level, if we give into our feelings, we remain in apathy. This is why the "List" is so important, that we take action within our own self-imposed limitations. Yet, even then we have to force ourselves consciously to take action against the overwhelming feeling of inadequacy or the feeling of "I can't". At the level of grief we cry. Grief is the condition in which we find ourselves.

***The solution once again is to go to our list and do the simplest***

### ***item on our list***

We often must force ourselves against our feeling of overwhelming grief to go ahead and take action which pushes us upward out of grief. At the level of grief, we can talk about what has to be done and often take a position of getting other people to do what we think they ought to be doing as we leave our own responsibilities unattended. This is the level of the "social activist" where much talk takes place with little physical action. Yet, this is a necessary phase we must pass through as we come upscale from unconsciousness. At the level of grief we find ourselves the victims of the environment. We become believers at this level in the Marxist-Leninist doctrines. "Man's social existence determines his consciousness." At this level of emotionality it is determined that man is the result of his environment. "It makes me feel this way" is a common expression at this level of emotion. We blame the environment for making us feel a certain way. We give away acknowledgment of our own power and place that power on the "yin" manifestation around us, the environment. We feel that in order to change consciousness or "The way we feel" we must change the environment, thus social activism. As one looks outside himself for the source of his displeasure the concept of Lenin remains or appears true. People think the way they are structured to think. People think the way they are programmed to think. They feel the way they feel because they are programmed to feel that way due to Box 2 content. Remember the genetic mannerisms, thought processes, belief systems, suppressed trauma, reactive mechanisms, attitudes, emotional behavior etc. of our ancestors are all part of Box 2 as well as our own resistances and suppressed traumas. The genetic material we have inherited is called the constitutional man. The material in Box 2 we have suppressed or brought with us into this existence in this body is the natural man. It would be wise to point out for the sake of deep pondering *"The natural man is an enemy to God."* This energy pattern of the natural man overlays the energy pattern in the constitutional man and all this is then passed down genetically to future generations until we can learn to "Love it out". That is what we are here for. I trust these few pages will point the way to a better understanding and a springboard for patience and charity to our fellow creatures, including ourselves. At the level of sympathy we consider that we are a victim of the dualities of life. We see ourselves "identified" at one end of a duality being victimized by the other, thus, the Marxist concept: "A history of class struggles". We are no

longer crying about it, we are just continually complaining about everything. Here we focus on the surrounding environment as a threat that must be changed. Everything around us must be changed so that we can be happy- in other words in this state of emotionality, or at this level of understanding, happiness comes from without. Things, conditions, etc. make us happy. We are therefore, a victim of our environment, therefore, through social activism we must change the environment. We have risen above grief where we can only cry about it and now exist within the realms of intellectualism and social activism. The yippies of the 60's exemplify this level of activity with the corresponding expounding upon Marxist-Leninist principles. This is where they are in their consciousness. Things are neither right or wrong but thinking makes it so. Don't resist it, just recognize it and understand it.

Now, as we move up the scale of emotionality to propitiation, we take action through propitiation and compromise. We will cover compromise later in this publication. Please take note of Chapter thirty-two for later cross reference with this chapter. At the level of propitiation, compromise is the word of the day. One must manipulate to protect oneself, thus, the creation of alliances from a position of propitiation. Manipulation for future control with self preservation, protection from a stronger ally being the order of the day. Action at this level is muddled with legal and political entanglements. This is a necessary step in our progression. This is the level of bureaucracy and "red tape". Please refer back to Chapter Three containing the scale of emotions.

As we move up to fear, we begin to realize that "Something has to be done." A scripture is very applicable here as "The fear of the Lord is the beginning of knowledge." Understand this above statement in its fullest meaning. Once we arrive at fear, the fulcrum in the emotional scale, we arise out of the level of effect and begin to be causative in our behavior, especially taking action on the environment. We are no longer "stuck" or immobile. We are active and partially aware, as at this level we see the problem, at least in part, and begin to take action toward the resolution of the problem, although at "fear" it will appear that we are backing off from the problem. But it is a necessary step to step back out of the problem that we might get a perspective from a distance. We see the pollutions in the cities and how it is affecting our health and we move



out. We see the hazards of industrial working so we move to the country. We see the crime rate soar in our home city so we move to a quiet suburb. This is the level of movement and readjustment. Fear can be expressed economically, politically, environmentally, socially, sexually, creatively, psychologically, etc. The level of fear is expressed by the individual surrounding himself/herself for the purpose of protection from a hostile environment with material possessions of all shapes and sizes, expressed in a multitude of individual ways. The yuppies of the 1960's become the yuppies of the 1980's and 1990's. Security mindedness is the word of the day. This is manifested by stockpiling food supplies in case of famine.

A person may have a food supply out of good sense of preparation, another may have a food supply out of fear and lack. The outer action may be similar but the motivation may be different. One motivation may come from reaction out of Box 2 and another may come out of choice from Box 1. A person at fear may have an arsenal accumulated to protect himself from the enemy. A person of good common sense may have a firearm or two for self-defense in case of emergency. The motivation is different, the action is similar. Let us examine our individual motives. A person at fear may accumulate wealth as security against an uncertain future. A person of good common sense may be frugal and creative and accumulate a sum of money to bless all those around him, including himself. The motivation is different. We must learn to look beyond the appearance and view the motivation. Better yet, when we are minding other people's business we are not minding our own. Discernment has its place, but let's learn to mind our own business, within a discerning perspective. Please make note of digesting Chapter 29 as related to these matters concerning the scale of emotionality.

Now we move to the level of covert hostility. The candid and comprehensive mind can readily see the acts of terrorism, the hidden threats, veiled motivations, the secret combinations, the covert activities geared for manipulation behind the scenes, geared to silent, deadly action for the purpose of destroying the opposition. This can be seen readily in countries as they move in consciousness from apathy, through grief, through fear and into the level of covert hostility. This is the level of undeclared war, subversive activity, and the like. Action is taken behind the scenes so one will not be openly responsible for his actions.



Now we move to anger. Here there is no hidden motives or agenda. The person or country is in the open and is angry. He/she is not yet moving forward or backing off. The position is stuck in anger. Power, using accumulated wealth is the word for anger at high levels. Anger always comes from a position of security of some sort. If there was no apparent security, anger would lower into fear and the person would back down and slip away out of confrontation.

As one moves upward in consciousness the action becomes openly destructive. Overt hostility is the level of action, nothing hidden.

All is overt and readily discerned. There is no question as to motive or purpose. Declared war, open aggression is the word of the day. Country against country, person against person, there is no room for mistake here, all is aggressively geared for overcoming the opposition, openly. Compare with behind the scenes activity of covert hostility.

As one moves to antagonism, one is verbally abusive rather than physically abusive, and we have now moved into a less forceful manner of dealing with that which exists outside of ourselves.

Then we finally move to the level of pain. Here we begin to recognize that we are a part of it all, and in some way, not yet fully understood are party to the cause of the problem and also must be, in some way, a part of the solution. Here we learn to see ourselves as a part of the whole and no longer resist emotionally the position in life in which we find ourselves. By communication around the table we are no longer trying to manipulate through compromise but are concerned with "Unity in Diversity", where we are able to work things out at the lowest common denominator of agreement, where all are party to a "win-win" situation and all benefit from the position of

***"What is the highest and best good for all involved, where the free agency and choice of all are protected and all rights to freedom are preserved."***

These round table discussions are quite painful, because all involved must let go of their judgements, criticisms and condemnations and the eventual dissolution of the crystals which by

their very nature must yield up to be experienced the locked in pain. Compare round table discussion for the purpose of compromise and manipulation as seen from a position of propitiation as compared with a desire for unity and understanding as one moves up through the level of pain. At this level of pain there are no ulterior motives.

We then arrive at enthusiasm, with the capacity to enter into the mental body, having transmuted the emotional resistance in the area concerned, and then we are capable, if we will, of embracing duality, at which time we will feel a vibrational force coursing subtly throughout our being.

***This vibrational force will resonate throughout our bodies to the renewing of the flesh - gradiently.***

The hair gradually returns to its natural color, all health blockages gradually dissolve and the body gradually becomes whole.

Such is the pathway leading to the freeing of the soul. Spirituality begins with using the body as a springboard. So without so within. The outer environment including the physical body is now seen as an outer manifestation of inner consciousness.

Without further explanation we order ourselves in the following:

1. The List
2. Physical Body Care
3. Emotional Body release and transmuting with Kundalini experience, through the use of Body Electronics.
4. Mental Body recognition of duality and encompassment with impartiality, as demonstrated by vibrational enlightenment of every cell which resonates with the duality encompassed.
5. Time-Space-Continuum-Warp which does indeed exist and has been physically demonstrated by advanced students. This is the level of recognition of our own creative force in harmony with universal co-creation. We will go into the time-space-continuum-warp in great detail in later publications as this is taught in

detail in the Visualization and Consciousness course. The sequence of understanding is as follows dealing with experiential rather than an intellectual approach:

- a.) A General Introduction to Health and the Human Mind
- b.) Health and the Human Mind
- c.) Iridology - Sclerology      Integrated Diagnosis
- d.) Body Electronics
- e.) Cranial Electronics
- f.) Advanced Procedures
- g.) Visualization and Consciousness  
including The Time-Space-Continuum  
Warp.

***Each person is encouraged to be wise and work constantly and gradiently on his/her pathway to perfection, working always within a framework of reality and certainty.***

Now, go for the List. Faith without works is dead. Consider again the Ten Steps to Perfection.

This is the end of Chapter Eleven.

Mind and matter are, in their final analysis, indistinguishable, matter being merely what may be called a crystalline or illusory aspect of mind, concretely manifested.

Tibetan Yoga and Secret Doctrines pp16-17

Humor is a prelude to faith and Laughter is the beginning of prayer.

Reinhold Niebuhr

## CHAPTER TWELVE

### Prayer

Let us discuss the subject of prayer for a moment. This is one area of great magnitude that demands attention.

This concerns the state of consciousness of the individual involved. The application of prayer, meditation, affirmation or decree and its efficaciousness will be determined by the state of individual consciousness. It is not the prayer that is uttered that is important, it is the expression of consciousness while the prayer is uttered. What is the person's ability to feel or desire, what is the intent or motivation, what is the genetic pattern of innate behavior and what are the external stimuli involved invoking reaction? What is the ability of the individual to express thought, feeling & spoken word which is the only creative power in the universe?

If you notice, most people do not pray unless they are under duress. Consider the external events stimulating the crystals of compulsion to turn to an outside source to help to solve the existing lack of comfort or security.

At level 7, the level of unconsciousness, when a comfort zone is ruptured the solution will always exist outside of oneself and prayer in its many forms will be sought for as an outer activity. Physical idols are made Gods because anything intangible cannot be understood or conceived. All there is matter, thus superstition and significance are placed upon circumstances and objects. Compassion is always shown by the angelic host who reach out with assistance.

***The manner of assistance applied is always to create a condition of self-reliance rather than create a condition of dependency.***

At level 6 (the level of apathy) the condition of the consciousness is a condition of inactivity through self-denial of one's own ability. Therefore, the only help must come from without as self discipline is non-existent. At this level one can't discipline oneself or help oneself. Thus traditional prayer is the activity to which one resorts as it is incomprehensible that one is the creative force behind all outer activity. Gods at this level are unchanging and immobile. Thus at the level of apathy one has many Gods, each one for one purpose.

At level 5 (the level of grief) one looks upon himself as a victim of the environment and while the focus of attention is motivated toward external change the action of prayer is still directed toward an external source. The unknown God becomes a focus of intellectual activity with all encompassing laws being levied as a black or white, right or wrong, good or bad situation of existence. One cannot comprehend a God operating at a level any greater than one's own understanding. Since specific visualization is impossible for this level and only intellectual, general memory activity exists, God is a mystery, unknown and unfathomable.

At level 4, the level of fear and security mindedness, one seeks a God of propitiation and retribution for breaking a law. The God of love is non-existent. Here is a God of man's own projection which is a God that one must obey through fear and one that will respond to propitiation and groveling.

At level 3 (the level of anger) one has a God of intimidation. Anger is a projection of the individual consciousness at this level. Obey or I will destroy you. Here is a God of anger and destruction for breaking a law. Therefore one must keep this God pacified through sacrifice so that one can continue doing what he, through his anger, has already determined to do. Power has no boundary as long as one sacrifices what is necessary to keep God on one's side. This can take a variety of outer forms in rituals, observances and sacrifices. Anger is capable of destruction therefore sacrifice cannot take place at lower levels where one shrinks from any outer display of destruction. Where you have great outer displays of power one must appease the anger of the Gods through sacrifice.

At level 2 (the level of pain) one begins to see a God of benevolence, a God of understanding and intuitive graciousness that can only be understood from painful disciplinary rituals and observances. At this level God is a god that can be approached only by overcoming pain. Then one is worthy to be acknowledged by the God of great intuitive power. The all seeing eye of external position is manifested here. One is still separate from his source, as one still sees God outside of himself.

At level 1, one begins to see that the individual is one with God

and that the kingdom of God is within. Here is where affirmation arises in its various stages to the full recognition of one's own creative ability as is reflected in decree.

Meditation is ineffective until one arises through pain to the ability to visualize. If there is no ability to visualize, the meditative procedure, if not conducted properly, can produce a self-hypnotic state and become not only nonproductive but detrimental. Mantras are similar in that they are non-productive and trance producing unless the repetitive act can be perpetuated in the perceptual newness which can lead to a greater ability to visualize, and if properly understood, consciousness change. Few are capable of doing this, therefore any repetitive act is discouraged for the above reasons, and should not be used except under the direction of an initiated teacher who understands these principles.

Affirmation without desire and feeling and not associated with visual and/or sensory pattern of focus are of no value and enter into the realm of trance producing when a condition of repetition exists. Without the combination of thought, feeling, and spoken word, affirmations are of little efficacy.

True decree when properly applied should have its eventual focus on enlightenment and consciousness change, which can take place through the proper application to law to outer activity with the accompaniment of proper decree. This also requires the ability to visualize to be effective. The laws included herein are imperative to understand in order to have operable decrees.

The final steps to perfection cannot take place without the recognition of our oneness with our God presence or I AM presence from which decrees are made manifest. A decree must be in harmony with universal law or it results in self destruction. An improper appraisal of current conditions in the environment will result in improper application of law and ineffective decrees. This is akin to using the Lord's name in vain.

***This is why we use the decrees the masters have asked us to use that we may not decree improperly, and relegate ourselves to ineffective and improper behavior. Decree, then, when properly used requires exact obedience to law.***

At level one, God is love, light and perfection and decrees are used in harmony with these laws as we understand them. We shall discuss this later in great detail, in future publications.

Concerning the proper method of learning how to decree: Obtain the teachings of St. Germain from the St. Germain Foundation. Study this material and apply the teachings diligently. You will not be disappointed.

The power to visualize at level one demands and commands responsibility to obtain and maintain the observance and continuation of law. At this level we move rapidly in the ascensional process. All activity, at this level, is designed for karmic transmutation as explained in chapter 4.

This understanding of traditional prayer then places into proper perspective the transition, which is gradual, toward affirmation and meditation and eventually to decree which is the final encompassment of all affirmations, meditation and prayer. Each of these still have their proper time and place and the wisdom of intelligence will be able to ascertain, when, where and how each is applied.

When one sees the God in all things and you ask God for a glass of water, God is expressed through the hostess of a house. Is this not indeed, prayer? Such as it is with all life. Did not Jesus affirm "I am one with the father" and did not Buddha and other great masters express the need for meditation that one can see both the outer manifestation and inner essence by "meditation without seed" which was looked upon as the higher path so one could view the inner essence, as explained by Buddha and Lao Tzu.

There is a time, place and purpose for all things under heaven. Prayer has a place, meditation has a place, affirmations have a place and decrees have a place.

Let us clarify this matter by taking into consideration all of the above along with a statement from my notes Feb. 18, 1986. "Finally, in preparation for the final steps to perfection, let it be made known that nothing is accomplished without enlightenment from above, and that enlightenment can only come in its power of perfection



through decree and only partially through affirmation and meditation and very weakly through traditional prayer."

This is the end of Chapter Twelve.

Knowledge is differentiable; Wisdom, transcendently conceived, as partaking of the One Mind, is a homogeneous whole, incapable of differentiation. Knowledge is essentially utilitarian and mundane; transcends utilitarianism and the concrete. Knowledge may be racial, or national, and is ever limited; Wisdom is universal or catholic. Knowledge, being wholly dependent upon transitory phenomena, is fallible and illusory; it is the offspring of the great mother Maya; it deludes man, and veils from him Reality. Its characteristics are, therefore, dependence and incompleteness; whereas those of Wisdom are independence and completeness; for Wisdom is the unique root and the at-one-ment of all understanding. It is Wisdom which enables the Sages to apply Knowledge wisely.

The Tibetan Book of the Great Liberation page 17

Without recognition of the ordinances of heaven, it is impossible to be a superior man.

Confucious

## CHAPTER THIRTEEN

### Knowledge

Let us now consider the importance of knowledge as related to man's progress upon this earth. From a fundamentalist point of view, without knowledge man cannot be saved. From a new age point of view, without knowledge man cannot determine the direction he must go to comply with the requirement of the ascension. Another point of view: Knowledge is the power which propels man into the ascensional process. In short, knowledge is power. Discernment determines the correct application of knowledge.

***Without discernment from the mental body any knowledge will be applied in a detrimental manner for without discernment the only alternative is reaction and anything done from reaction continues to propel man down the involutinal spiral. That which is not of faith is sin. Without faith the actions of one are relegated to reactions. Thus the dwindling spiral. Only action arising out of faith through the process of discernment is uplifting.***

Any form or ritual that does not increase understanding becomes imprisoning. If a person's knowledge is increased through experience arising out of the application of faith, one is uplifted. Any form or ritual that does not increase understanding is not efficacious.

***The weak require a form or a ritual. The strong grow in understanding through the correct application of knowledge, thus knowledge is the key to the power of ascension.***

Without knowledge a man can not save himself. Any ritual or form which limits the human soul, deprives man of his free agency, or restricts the free exercise of consciousness is not of God. Any ritual or form which increases the awareness of man that he might exercise greater faith and through choice and commitment, exercise law for the acquisition of knowledge, is of God. The laws of

man restrict, limit and deprive. The laws of God enhance the freedom of the soul. The right to choose a course of action is an inherent right of man.

***The choice of action is predetermined by the choice of beingness.***

The exercise of beingness can only take place from a position of discernment, thus the candid and reflective mind will see the wisdom in successive levels of successful experience. This compels man to carefully school himself in moving gradiently line upon line, precept upon precept, from linear intellectual experience gradiently to the final culmination of hologramic perceptuality.

***Hologramic perceptuality encompasses simultaneously the complete cause and effect relationship in every experience.***

The list as you have been instructed upon before, becomes a consideration of paramount importance in order to increase one's ability to master successive levels of universal experience. Please go back and read Chapter Eleven. Faith is the cornerstone. Knowledge is the key and wisdom is the correct application of knowledge. It is time now to bring to the attention of all those who entrust themselves to your care and are inquiring as to the optimum direction in life, that each choice that one makes embraces either the evolutionary spiral or the involutionary spiral. There is no middle ground. There are those among you that are deceived in believing that any experience is a good experience. This is the teaching of the dark forces.

***Discernment is a prerequisite of choice of direction. The closer one positions himself through the realization of his own perfection the greater the responsibility to assume choices of beingness.***

Until one knowingly recognizes that every choice of beingness from the realms of discernment within the realms of love, light and perfection excludes automatically alternative choices of beingness one cannot progress. Thus the razor's edge. We choose to exclude, thus propelling us in a fined tuned direction which leads us along the

narrow path to the ascensional process. Those who choose the path to perfection must understand that the freedom to choose gives one unlimited freedom yet one chooses to impose restrictions of behavior which limits one to only that behaviour which results in a focused direction, though simultaneously encompassing all other alternatives. Thus focusing to the exclusion of, without love, light and perfection, is involutory, while focusing to the exclusion of within the realm of love, light and perfection, provided the focus is within the realms of right action, is evolutionary and leads one to the ascension. Thus the contradictions in your mind are resolved.

This is the end of Chapter Thirteen.

## Bondage and Liberation .

### I: Bondage

Upon ignorance dependeth karma;  
Upon karma dependeth consciousness;  
Upon consciousness depend name and form;  
Upon name and form depend the six organs of sense;  
Upon the six organs of sense dependeth contact;  
Upon contact dependeth sensation;  
Upon sensation dependeth desire;  
Upon desire dependeth attachment;  
Upon attachment dependeth existence;  
Upon existence dependeth birth;  
Upon birth depend old age and death, sorrow, lamentation, misery, grief, and despair. Thus doth this entire aggregation of misery arise.

### II: Liberation

But upon the complete fading out and cessation of Ignorance ceaseth karma;  
Upon the cessation of karma ceaseth consciousness; Upon the cessation of consciousness cease name and form;  
Upon the cessation of name and form cease the six organs of sense;  
Upon the cessation of the six organs of sense ceaseth contact;  
Upon the cessation of contact ceaseth sensation;  
Upon the cessation of sensation ceaseth desire; Upon the cessation of desire ceaseth attachment;  
Upon the cessation of attachment ceaseth existence;  
Upon the cessation of existence ceaseth birth;  
Upon the cessation of birth cease old age and death, sorrow, lamentation misery, grief, and despair. Thus doth this entire aggregation of misery cease.

The Buddha, Samyutta Nikaya  
xxii. 90 (Based upon H.C. Warren's translation).

Look to the essence of a thing, whether it be a point of doctrine, of

practice, or of interpretation.

Marcus Aurelius Antoninus

The life which is unexamined is not worth living.

Plato

## **CHAPTER FOURTEEN**

### **Purification and Sanctification**

To define a given set of particulars for any one event is at best a herculian task for the events of life are continually being activated by the fluxing of consciousness change.

As the wind bends the bough first of all one way, and then the wind changes and the bough is bent the opposite way, we see the activity of life. Observe the very tops of the trees in a storm. The movement cannot be predicted other than one can assume there will be a varied degree of movement. Such as it is with earth changes.

One will note the uneasiness existing in the hearts of man. One will note the more sensitive are growing increasingly restless and change in their lives "feels" imminent. Many are not conscious of the subtleties of the earth's energy changes, and will not be able to adjust their lives to be in conformity to that which will enable one to cope with the forthcoming earth changes, for they are not adequately prepared.

It would be wise now to consider setting one's life in order. Clean up all communications that are not complete. Pay all necessary bills and remove oneself from indebttness. Do not take on any new debt and remove yourself from financial encumbrances. In all cases, be true to your heart.

As you engage in the work of God which is the work of service to mankind, you help those who desire it to be freed from the entwinements of false belief systems. As you embark upon this service be prepared for the forces of darkness to unleash their fury upon any source of light. By the very fact that light exists in a place to be observed, one finds that as darkness is dissolved it fights for survival. This is the purpose of the dark forces that there may be opposition in all things.

***The dark forces focus on the material and shall strip each person of all material attachments in the process of purification. In the process of sanctification the person is not attached to the material or outer manifestations of life, so the dark***



***forces try to create situations of attachment for those in the service of God.***

In simpler terms if you are attached to a given item the dark forces try to take it away from you because that is where one's resistance lies, resistance to loss. On the other hand once one has gone through the process of purification and has mastered all energies pertaining to attachment then the dark forces tempt the source of light to become attached by creating a situation of desirability and unique specialness which traps the sincere soul into a position "out of impartiality" or "out of equanimity" and as one end of duality is identified with, desire enters in and thus resistance and thus entrapment. This entrapment can come at level 7 through sex, social activity at level 6, intellectualism at level 5 or involvement with "just" causes, wealth at level 4, power at level 3, intuitive pride at level 2, and creative uniqueness at level 1. We take pride in and become attached to our creation. This also must be overcome through impartiality in all things. Now, one can have the wealth of the world and remain impartial. The wealth is used to bless others but the person remains unattached to the wealth. The same is true with power or intuition, or creative ability, etc.

***The secret is to be without effort, to do without trying, to see without focus, to have without owning, and to express without necessity. Such is the realm of the masters.***

Now carefully note the following: Put your hand where you observe your hand can uplift for the highest and best good of all concerned. Each act should be seen in its fullest sense of overall effect. Ripples on the water are not confined to the space of the stone's entry into the pond. A seed planted can be compared to each ripple. The effects are endless. Each act can be considered so. Each act follows, as we have instructed you, a position of beingness, so always look for the essence behind each outer manifestation.

***Place not your trust in what you see which is taught as the arm of flesh, but look past the outer to observe the inner essence from which all creative activity flows.***

Then we see the motive in oneself. Concern oneself with one's own motives, as others motives can be distracting. When we are focused on others and their activities and motives we are not dealing with our own. As we learn to deal with our own, we will beat peace with the observation of the motives of others. Our power to discern applies after we have mastered ourselves. If we have not mastered ourselves, residual elements of resistance will be made manifest if we focus on the activities of others.

***The motto we should follow henceforth is "mind your own business".***

It is sufficient that in the darkened state of human affairs that one will certainly have his or her hands full in doing what must be undone for one's self rather than living a life involved with the activities of others.

***A balance must be maintained between service and self maintenance.***

This is the end of Chapter Fourteen.

We receive nothing from the heavens, except  
we first inquire.

John Whitman Ray

The least initial deviation from the truth is multiplied later a  
thousand fold.

Aristotle

## CHAPTER FIFTEEN

### Free Agency

Consider: You do not have to assume responsibility for the salvation of every soul. It is the individual responsibility for each person to discover for himself the inadequacies in his own demeanor that he/she may self-correct that inadequacy or error in thought, feeling and spoken word, as compared to divine law.

***Physician, heal yourself.***

*We must learn in dealing with others to impel but not to compel.* This is the manner in which the heavens operate in our behalf. It is the choice of the Heavens at this time to respond to request rather than to interfere. Remember, we must honor the free agency of every soul as each person must eventually come to the understanding that we first of all must seek for truth or understanding which is a dynamic frame of mind. We must ask for truth or understanding which is a verbal request. We must knock, which means we have to put forth an effort on our own behalf to see if we are really sincere in what we think and say. After we seek, ask and knock in a dynamic manner, then the heavens will respond to our request. It is our responsibility then, while we desire to serve others, to serve others without being invasive, to be on call rather than insist on immediate responsiveness.

It is pleasing that people use their free agency in regards to environment protection, preservation of life, maintenance of health, and educational programs to promote divine law. Thusly, people prove themselves by voluntary contribution; *choice rather than compulsion*. The free agency of each soul must be protected and honored as long as it's actions honor and protect other souls.

The options for change will be continually presenting themselves. Remember, obtaining an experience can be done by all.

***Growth comes from maintaining a consistency with any experience by commitment and intent. This is the discipline which leads to freedom of the soul. Consider the "List". Continued commitment to maintain a given activity related to obedience to law within***

***the realm of right action will catapult the individual consciousness into the ascensional process.***

Now, let us reason together. One cannot be obedient to a law one does not know; this requires seeking for truth which is law. One does not receive truth without inquiry, therefore one must develop the spirit of inquiry which is an outer activity of intelligence. This requires learning how to question or ask which is an intellectual activity that few ever master. Then the obedience to law is application of law that first must be sought for, asked for and then applied under the direction of one who has passed that way before and has mastered that particular outer manifestation of energy.

***The application of law, sustained, is that which breaks up the "crystal" and allows the encoded thought, feeling and spoken word to be brought to consciousness that it may be transmuted by the disciplined mind.***

Have pleasure in the pursuit of perfection. Be constant and watchful. Increase your awareness of all outer condition that your transmutational power may be applied more effectively to the outer activity thus minimizing its effects.

It was not meant for man to be under continual duress and faced with the whiplash of necessity. Man was meant to have joy, love, bliss, happiness and the abundance of life which can only come from a sustained attitude of gratitude.

May the forces of light be manifested in all those who continue on the path of truth for, as you pursue your admitted goal, the end result cannot help but be obtained.

In closing, find yourself receptive to all light energies and aggressively move to maintain that which is your right to maintain which is that which provides the opportunity to obtain and maintain the freedom of the soul. (Please review at this time Chapter Six).

This is the end of Chapter Fifteen.

*Be Ye therefore Perfect, even as your Father who is in Heaven is Perfect.*

Holy Bible - King James Version St Matthew 5:48

*Trifles make perfection, but perfection is no trifle.*

Michelangelo

## CHAPTER SIXTEEN

### Be Ye Perfect

In the eternal scheme of events, it "appears" to the mortal mind that the heavens are not mindful of each individual or life stream. On the contrary, love is continually poured out on all mankind impartially, and the masters, those who have made their resurrection or ascension, are ever ready to answer every call for assistance. Suffice it to say that the ways of God are not the ways of man. Man, in his degraded condition, comes from a position of lack or want. God sees that, at all times, provisions are made for every needful experience. The masters cannot interfere with the ways of man except they are invited to be of assistance. They have no right to interfere with the free agency of the soul, for this is sacred. They will interfere on behalf of an individual life stream where unfair advantage is being imposed on another and the disadvantaged asks for help. This is only where others have invaded improperly another person's space and his or her rights are being trampled upon.

Consider: Allow each individual spirit the free exercise of his or her domain as long as it does not interfere with the free agency of another. An individual may cry out against another person claiming his rights are being violated when, in reality, the other person is only exercising his or her rights within the legitimate bounds of the Law of Right Action. The other person has the right to say "No, I don't wish to do that", and the individual will claim "violation" as his choice is being violated because the other person is not doing what the individual wants the other person to do. A person may choose freely his own activity in life and count it as a blessing when two or more gather together in that same activity by mutual consent. But, remember, one does not have the right to force his will upon another and thus violate another person's space.

***Be free to Be, Do, and Have the experiences of life and remove yourself from those who would dictate and control your life.***

Remember, the eventual discovery that one is free brings an unbounded gladness to the heart and the heavens rejoice. The burden of a heavy heart is felt by the masters and is felt by all those who carry a similar reactive pattern and/or genetic pattern. The freeing of one soul in a given area lifts the cloud of despair from

many. (Consider the deep implications of Morphogenetic resonance as briefly taught by Dr. Rupert Sheldrake in "A New Science of Life" and subsequent publications.)

Let us now turn our attention to an immediate practical matter. There is a question which is in the hearts of all true seekers which is eventually posed while progressing on the path toward perfection. The question surrounds the following concept: "How can I develop my innate ability to get answers to my prayers and questions?" This is an honest question, a necessary question and it requires an exact answer.

First of all, the source of all knowledge is within you. You must learn to discover and listen to that still small voice which leads you to all truth and protects you from all pitfalls. If you learn to listen, another person may receive guidance for you if they are in touch with their inner presence.

***Yet, one must not become dependent upon an outside source of knowledge, but one must become attuned to that infinite source of knowledge within.***

Now, the question is, "How is this done?" It is done every minute of your life, as your awareness of a problem dictates the solution, such as- you see a towel on the floor, you then know what to do with it. This knowingness as to what to do can be expanded to all things. You simply observe and know what has to be done, and by doing, your experience expands line upon line, precept upon precept, activity upon activity, until you have mastered all of the elements pertaining to the physical universe.

***There is no secret to those who become observant.***

There are no failures to those who know their limitations. Those who know their [imitations know that their limitations are only temporary until the laws and principles upon which the limitations are based are encompassed by an ever expanding understanding and application of law. Consider concentric circles within concentric circles. We are continually growing from lesser laws to higher laws, even as we grow from the alphabet to simple words to structural words, finding their way into sentences and eventually mastering the



linear flow of words to approximate the universal sound and its indelible effect upon universal affairs.

The body must be cleansed every whit to allow the Spirit of God to direct the individual in harmony with the masters, as they are in harmony with universal plan.

***Know what to do and the knowingness will flow.***

When you say, "I don't know what to do, "the universe will provide and you will be confused in mind. When you always hold in your mind, and not express it to the world, that you do know what to do, you simply manifest this knowledge as the situation demands. Do not try to look beyond the now, but as the situation demands. Do not try to look beyond the now, but know that for you all is perfect divine order and then the universe will manifest exactly what you need for your highest and best good and for the good of those around you. Never doubt because doubt is sin. That which is not of faith is sin, and when we don't know or are confused, this manifests itself and is contra survival and is contrary to that discipline of mind which we need to develop.

Consider: When we try to set goals for ourselves based on what we desire, we interfere with that which has already been set in motion by our resistances to life and we thereby create conflicts for ourselves and by so doing prevent ourselves from resolving our "karma" through what we have called "karmic transmutation". The world provides great external pressure to be "goal setting". Our responsibility is to make sure that we are always working within the Law of Right Action. Please take this to heart and ponder deeply. Consider the continued conflict between Box 1 and Box 2.

Look to your words, observe your thoughts. In the simplest situation consider every little detail of your words (verbal expression), feelings (emotions), and thoughts (sensory experience). These are the elements of creation. Practice changing your mind in the simplest situation while you are in the midst of confusion and you will see no confusion but the joyous antics of the free souls around you. Expect nothing from those around you but in an appropriate time and in an appropriate manner, channel their interest. Place no conditions on outcomes, just plant the seeds and

eventually they will grow and bear good fruit.

Regarding the children in your families and communities. Discipline the children in a living atmosphere of warm, caring control which is an ever present necessity. Rest when the children rest and set time aside for all in the household to have quiet and rest for themselves. Have a time for eating, for constructive activity and a time for relaxation and play and the children shall thrive. Do not expect more from them than is possible, their attention span is short. Delightfully accept their most meager progress and they shall delightfully increase their capacity. Look upon everything as perfect divine order and look at each child as a perfect manifestation of God-like activity, for such he/she is.

***Know without doubt, speak when appropriate, act without regret and the heavens shall add greater opportunity for experience. Such is the design of the heavens.***

Consider: Do not despair because God's time is not man's time. Our mortality confines our thinking in terms of sequence of events, the God's think in terms of the ever present now and the continual movement, the continual change of the events of life, dancing in perfect harmony to the symphony of the spheres.

Look with new eyes and see all things as a perfect manifestation of your consciousness. Your choices are determined by your beingness. You are concerned as to how to conduct your life in view of current circumstances and frankly you are putting the cart before the horse. When you go quietly within and determine what you want to be or what beingness you want to assume, then all your decisions fall into line and there is no doubt or confusion.

Ponder this and you will know the full intent of these concepts. Be ye perfect and the heavens will emulate the beingness in your behalf. Remember the commandment, "Be ye perfect, even as your heavenly father is perfect."

***A commandment is not given except a manner for the provision of obedience to that commandment is made manifest.***

Enjoy the dance of life. Remember: all is perfect divine order.

This is the end of Chapter Sixteen.

Holy Bible

St. Luke 17:20-21

*20: And when he was demanded of the Pharisees, when the kingdom of God should come, he answered them and said, The kingdom of God cometh not with observation:*

*21: Neither shall they say, lo here! or, lo there! for, behold, the kingdom of God is within you.*

## CHAPTER SEVENTEEN

### The Kingdom of God

The energy patterns of life are diverse. The masters plan to provide for each of these energy patterns the experiences necessary for fulfillment of that individual pattern of creation.

In each age, a sage arises, clothed in the doctrine and manner of the age, speaking in the manner and custom of that people to present options for change. Each change is designed for progression, yet man may choose to accept or reject, for the free agency of each soul, no matter how degraded, shall be respected.

If the external action of that soul be objectionable and hindering the overall progress which is designed to be, then that soul shall be restricted in his activity until he can at least conform to that which lies within the established parameters of acceptable behavior.

There is no right or wrong. Yet the assignments have been given and what is necessary to carry out the assignments, shall and will take place. No man shall hinder the work of God. The designs of God shall endure. Man may choose to endure within the bounds and limitations of the established design or he may choose to exclude himself and be relegated to a design compatible to his energy pattern.'

Now for your attention to a frequent question which is: What do I do with the assignments and ordinations which have been conferred upon me? Should I take any action at all to perpetuate what the masters have established? Should I wait for direction? Should I place my efforts elsewhere? What should I do?

***Let it be known that anxiety over service is not a virtue.***

Serve where you see that service is necessary. Perform ordinances and perpetuate ritual where it is needed. Create pomp and circumstance if that is all that will get the attention of the people so that they can be helped. If a priest is required, then be a priest. If a kahuna is the only form that is acceptable then be a kahuna. If a ritual is required then provide it. If a person requires a form as a springboard to truth then encourage the form.

***The letter of the law killeth, the spirit giveth life.***

Do not interfere with the authority that presides over those who choose to have it so.

When they progress to the point to be responsible for their own decisions, then what authority they have chosen will gladly release them to be responsible for their own life or exclude them by force when they no longer choose to conform.

People who need to be called shall be called. By serving they then come to the point of doing on their own that which must be done. By doing they place themselves in a position to be chosen not because of ordination, form, ritual or creed, but by attitude and obedience to law of life which has been given unto them.

Be appropriate in the moment and move as you are moved upon, act as you are acted upon and be free to choose a course of action which is inherently in line with the Law of Right Action. Remember many pathways travel to the same goal but the pathway must be traveled as follows:

***It is not the pathway that is traveled but the manner in which it is traveled.***

It is not the ritual that changes consciousness, it is the manner in which the ritual is applied. It is not the mantra that enlightens the soul, it is the change in consciousness that takes place when the mantra is applied.

***It is not the application of law that saves a soul, it is the attitude while applying the law.***

*There is no one way to heaven but there is only one attitude which brings enlightenment.* There is no one church which has the key to salvation for knowledge is the power unto salvation.

***Without knowledge of law, one cannot apply the law to gain the necessary experience to gain the ability to master the energies of life.***

***The Kingdom of God is within you. It is not in the chapel or the synagogue. It is not in the mosque on the top of the mountain, it is not in the temple of stone but it is in the temple of flesh.***

***The human body and its environment is the outer manifestation of the internal essence. It is the recognition, and , change of the internal essence to conform to eternal law which establishes the Kingdom of God.***

You are the master of your own realm. You are one with the father. You have the blessing of the heavens in all that you desire as your free agency must never be denied. If you desire the Kingdom of God within you, be still and know that I am the God within that is the creator of all things and that all is perfect divine order. Repeat in your mind the following: "I am the resurrection and the life." "There is no way to the father within except by observation and recognition of the internal essence." "I am one with the father." "The father is the source of all light." "I am one with that source."

***I am love, I am light and I am perfection.***

Position, authority, power, wealth and education are of little value. Prince and pauper, King, pawn, Queen, and servant are each impostors for

***It is not the position with which one has been identified that is important, it is the manner in which one plays the game.***

When we can together accept victory and defeat with the same degree of encompassment, life and death with the same degree of enthusiasm, darkness and light with equanimity, then and only then will we begin to learn about the Kingdom of God for within each of us is the encompassment of all.

***Do not be concerned about limiting your activity to a given ritual. The masters understand that the weak need the outer form, the strong can play the***

***role in any form. Go your way and be appropriate in the moment and be all things to all people.***

This is the end of Chapter Seventeen.

*Contempt, prior to complete investigation, shall enslave a man to ignorance.*

Anonymous

*Much learning does not teach understanding.* Confucious

## CHAPTER EIGHTEEN

### Memory

The denial of life is indicated by the refusal to receive it. The refusal to receive life indicates resistance which we have been discussing. The resistance of any event causes its persistence. Thus:

***We must keep in our mind the initial freeing concept  
"Lovingly and willingly endure all things".***

The denial of life is the denial of God. When a person refuses to experience the activities of life he is denying God. The dance of life includes the manifestations of all life, any exclusion of life is the denial of God. God is life.

If an individual refuses the offerings of life, he refuses the blessings of God, therefore, anyone who refuses to receive the light from the experiences of life has rejected God.

Any lack of memory is an indication of resistance to reception of light from the experiences of life thus the rejection of God.

***Any inability to mentally recreate an experience of life is an indication of a rejection of God.***

God manifests through all life and gratitude continually manifested is the abundance of God, thus unlimited supply.

***Resistance leading to emotional bondage in any form is a rejection of God. The rejection of any sensory experience is a rejection of abundance and is a rejection of the blessings of God.***

In the eternal order of things, each man or woman is destined to become an ascended master, but *this will not happen until every sensory experience can be experienced on the mental level, thus the importance of memory. Remember the law: UNTIL MAN CAN EXPERIENCE ON THE MENTAL LEVEL THAT WHICH EXISTS ON THE PHYSICAL LEVEL, HE WILL BE BOUND TO THE PHYSICAL*

When our pain is so great that we cannot see the past we only



admit that we cannot see God. God is truth, God is law, God is love, there is no difference. Love is law, love is truth and truth is love. They cannot be separated. Without truth there is no love, without law there is no love, without love there is no truth. *Truth is a knowledge of things as they are, as they were and as they are to be.* A knowledge of past sensory experience is known as thought patterns. Thought patterns associated with feelings and sounds are the essence of creation.

Inability to use color, which is visual experience, and sound encompassing the spoken word garnished by feelings, deprive one of his oneness with God. Perfect memory is the remembrance of all things, which places one in perfect unity with God, which is the collective intelligence behind all creation. The capacity to be a master is within the soul of each of you reading this material. *The intent of the soul determines the commitment which qualifies action in obedience to law which is a basic requirement of all initiates.* All of you are initiates, you may have yet to realize your calling

*May the burning pain of the kundalini purify every vestige of blocked activity that the soul may return to its capacity to choose oneness with the creator.*

This is the end of Chapter Eighteen

Time is a sort of river of passing events, and strong is its current; no sooner is a thing brought to sight than it is swept by and another takes its place, and this too will be swept away.

Marcus  
Aurelius  
Antoninus

## CHAPTER NINETEEN

### The Tide Waits for No Man

I thank the island of Maui and the ocean interacting with the sands of the beaches of Kihei under a clear blue sky for this moment of inspiration while observing a three-day retreat from the activity of life.

#### THE TIDE WAITS FOR NO MAN

Shall we pattern our life After waves of the sea. The ebb and the flow  
The pulse of the free.

To discipline one's life With measured precision, Which wipes free the  
record Of man's great decisions.

The footsteps of time, Impressed in the sand. The unique expression  
or outer impression of inner creation, Is quickly dismissed With the  
swell of a wave.

The slate is wiped clean, awaiting again for the ego of man to believe  
he has left a contribution, which, in the divine pattern of events, was  
destined to be.

*Divine Indifference.*

Please consider deeply the concept of "Divine Indifference".

This is the end of Chapter Nineteen.

*Nothing endures but change.*

Heraclitus

## CHAPTER TWENTY

### Position

#### POSITION

If I have a position.  
I have an attachment.  
If I have an attachment,  
I have a resistance to loss.  
If I have a resistance to loss,  
I have a creation of loss,  
Which manifests in a loss of position.

Therefore, any attachment  
has within it,  
the creation of non attachment.  
Which, when it occurs,  
We see the fallacy of attachment.  
Thus, loss of desire,  
Thus, no attachment.  
Unless resistance persists, Then desire remains, Which manifests  
outer conditions, Which creates position.

*My position is:  
I am here to do the will  
of the Father within.  
I have no attachment to  
That which is within,  
Because I am.  
I can only be attached to the outer  
when I deny it  
as a manifestation of my inner.*

*Can I safely say,  
my position is  
What I am at this moment?*

The above is a recognition of divine truth placed in prose. The healing qualities of the island of Maui made it possible to set the stage where this recognition manifested itself. For this understanding I am indeed, grateful.

This is the end of Chapter Twenty.

*Teach Nothing but the Laws of Love, Light and Perfection.*

Ascended Master Saint Germain's instructions to John Whitman Ray

*To change your mind and to follow him who sets you right is to be nonetheless the free agent that you were before.*

Marcus Aurelius Antoninus

## **CHAPTER TWENTY-ONE**

### **Obedience to Law - The Laws of Love, Light and Perfection**

Consider: Be diligent in your pursuits, for:

***In the absence of commitment and intent, the soul is relegated to experience the reactive content of the human mind.***

One must be anxiously engaged in a good cause of one's own free will and choice.

***Anxiousness without cause leads one to confusion of mind and inactivity, while anxiousness in the pursuit of obedience to the Law of Right Action propels one into the mainstream of activity and consequent experience which is necessary for soul growth toward the ascension.***

Be of good cheer, for with the feeling of good cheer or enthusiasm, the crystals of suppressed trauma and resistance from both the soul level and inherited characteristics, will arise to be consciously experienced and then dealt with appropriately.

Do not fear failure, for without determination to do, thus exposing greater clarity of beingness, one will never make a mistake. One profits from his mistakes which are the result of action brought about from being true to one's own heart. Without a mistake one can never self-correct and the reactive pattern will remain intact in the consciousness of the soul. Thus:

***Be anxiously engaged in a good cause of your own free will and choice.***

If you follow the direction of another, this is good, but eventually, as the bird that leaves the nest, your own wings must be unfurled as the sail of the ship, and you must test and try your own course of life and bear the consequences of that course of action and thus grow.

***Growth cannot fully express itself in the soul of the***

***personality without unqualified observation, consideration of alternatives and final choice of action. Such is the pathway to masterhood.***

Now, do not be dismayed at the slowness of the hearts of man to embrace the truth. The truth has been avoided for millions of years. Should man's destiny change drastically to align itself with truth without the struggle of various lifetimes? The possibility exists that an individual is capable of throwing off the shackles of death and despair, the ages of malcontent and disbelief, the configurations of ritual and conformity to man made law. Yet:

***The condition of mind must be one of continual obedience to law with continual commitment to persistence or else one fails.***

Obedience obtained is a feat to take joy in, but often that joy is short lived because the break up of "crystal" begins with commitment and intent. The problem is to determine how to maintain the obedience to law that was obtained as one confronts the manifold disguises of "yin" which expose themselves methodically as the crystals in the human body being to dissolve. Remember:

***Contradiction is always present in the growth of the soul and the counterfeit to truth always appears before one fully realizes the truth, due to the nature of the crystal, which truth can only be realized after the emotional and physical release of locked in pain.***

Please consider the following also:

***The counterfeit to truth which arises from the resisted "yin", by the law of attraction, always makes its appearance prior to the dissolution of the "crystal" or before the "crystal" is totally dissolved and the inner hidden "truth" is revealed from a position of discernment. Remember: Discernment in a given area of consideration cannot take place until every vestige of resistance in the emotional body is transmuted by obedience to the laws of love, light and perfection. This***

***counterfeit to truth or contradiction to truth may appear to be a "test" but in reality is only the final outer manifestation of the inner resisted essence that must be experienced and released that freedom from resistance may exist and perfect discernment in the area of consideration may occur, as the mental body is entered free from the bondage of emotional resistance.***

Please also consider the following:

***As one learns the proper manner to encompass duality, one will learn to focus on the obedience to law with continued commitment and intent while at the same time recognize without resistance that one is confronted with a continual array of "yin" manifestations which arise by the law of attraction out of the methodical release of energies from "crystal" dissolution. Once one puts his attention on the "phenomena" by focusing on the resisted outer, he loses momentarily the focus on the obedience to law with continued commitment and intent. This then results in a struggle to once again gain equanimity or impartiality concerning the "yin" and "yang" duality and encompass without resistance the "yin" manifestation (outer manifestation) while simultaneously being obedient to the laws of love, light and perfection that helped to "dissolve" the crystal in the first place and thus recreate the vast array of outer "yin" manifestations through the progressive gradient dissolution of suppressed energy patterns which are inherently encoded in the "crystal".***

Please also consider the following:

***A godly individual will focus on the attributes of Godliness which gives access to the inner essence while at the same time experiences without reservation or resistance the "yin" manifestations of life. This is the razor's edge. To receive without resistance the experiences of life, to focus without exclusion or without resistance upon the experiences of life while at the same time viewing***

***the inner essence, which can only take place from a position of non-resistance. The inner essence is revealed once one enters into the mental body after the emotional body in the area concerned has been transmuted by the principles included in this small book. Once the mental body or inner essence has been penetrated or realised (consider the concept of self-realisation) then duality may be encompassed and the vibration of regeneration may be experienced. This is how it is. More shall be given later on this subject. Please be patient as the overall concept opens to your understanding.***

Thus we cannot neglect reemphasizing the importance of Lovingly and Willingly enduring all things.

Let us consider, for a moment, the Laws of Love, Light, and Perfection:

### **The Law of Love**

Love, when properly applied to a given situation can be considered to be akin to Enthusiasm. Unconditional love is the pure love of the Christ Consciousness, also known as Charity. In this position, love transmutes all emotionality in the emotional body. There is no resistance in love, thus no judgement, criticism or condemnation. As the presence of love is generated by the individual within his own heart, we can see this love exemplified as enthusiasm which has no resistance - all the qualities of unconditional love.

***In the presence of love, the "crystals" in the human body dissolve, yielding up the encoded thoughts, feelings and spoken words.***

Thus love transmutes the emotional body when applied consistently and with determination, bringing all feelings, word patterns, and associated sensory memory to the surface to be willingly and lovingly endured, thus transmuting the emotional body. Remember:

***When the emotional body is transmuted, the***



***kundalini fire is the final transmutational power which is the culmination of the atomic endothermic reaction followed by the atomic exothermic reaction which takes place within the body as the emotional body is being transmuted.***

Love is embodied in the kundalini fire which frees the soul emotionally, at which time through the concept of morphogenetic resonance all DNA in these carbon-hydrogen bodies are correspondingly transformed. Thus the breakup of melanin pigmentation in the iris of the eye as the iris moves toward its original blue coloration. The presence of melanin is an indication of inherited stimulus-response mechanisms that have been accumulated over the centuries. More on this will be given in future publications.

Let it suffice for now to state that when one overcomes the emotional resistance on the emotional body level the stimulus-response mechanism is broken up and full memory of the event is now accessible to the conscious mind or Box 1. There is nothing in the area of consideration left in Box 2 to react. At this time the corresponding melanin pigmentation breaks up in the physical body and especially in the iris of the eye and the individual has now overcome in part not only his own karma but also the collective unconsciousness or resisted emotionality of his ancestors. Thus through morphogenetic resonance all his relatives are uplifted or shall we say freed partially from emotional resistance and now each person is free gradiently to evaluate belief systems, duality, judgements etc and enter into the mental body where we battle ignorance, unbelief and death. This, of course, is all looked upon from a gradient perspective of moving carefully from one step of perfection to the next.

## **The Law of Light**

The law of light is to the mental body as the Law of Love is to the emotional body. As love under the name of enthusiasm transmutes the emotional body, thus light applied appropriately, transmutes the mental body. The use of the violet flame is the key to using the Law of Light. Christ referred to the concept of grace. This was not fully taught according to the knowledge that we have available. Grace

according to St. Germain is the use of the violet flame. I would suggest reading the first three books of the I AM series as published by the Saint Germain Foundation in Schaumburg, Illinois, U.S.A. These books explain in detail the use of the violet flame as well as many other necessary laws that are needed for our progression. For our purposes, just visualize the color violet and consider it in the form of a dynamic violet flame moving upward through the entire physical, emotional and mental bodies. The use of the violet flame in this manner will bring up all things to remembrance that through the laws that have been outlined for you, all cause, effect record and memory are transmuted forever. All human creation is dissolved and the perfect pattern shows through as one moves upward toward the ascension. Let us lay out the procedure in a brief encapsulated form:

- 1) The physical body is prepared nutritionally.
- 2) The individual is instructed in the manifold aspects of the Laws of Love, Light and Perfection.
- 3) The procedures concerning the "list" are applied assiduously.
- 4) The crystals dissolve with the help of ancient techniques such as body electronics, which are rediscovered in our day.
- 5) The emotions are gradually transmuted by love (enthusiasm).
- 6) The Mental body is accessed.
- 7) The violet flame is used extensively, being constantly applied making it possible to view the inner essence as well as the outer manifestation. (Cause-effect)
- 8) Duality is encompassed with equanimity.
- 9) Resistance is observed, received, recreated and released in the method given you. (More is yet to be explained.)
- 10) The outer manifestation gradually disappears as these methods are applied, thus the physical record dissolves.

11) The memory on the physical plane is no longer functioning even though all is recorded in the eternal ether, or the Akashic Records.

12) The vibrational force or current enters the body to the renewing of the flesh.

Thus the law of light is made manifest. Remember, upon proper encompassment of duality with equanimity, the vibration of regeneration begins in the body to bring it to its perfect form as the human creation based on resistance dissolves. Such is the law of light as applied to man.

***It is an individual effort that man must make, as no man can ever transmute effectively the mental body without the proper application of the violet flame.***

It is exceedingly important to learn this law and manifest it through the power of visualization. As the Law of Love is made manifest through the morphogenetic resonance that affects the DNA of all mankind, it is apparent that the collective unconsciousness on the emotional body level is dissolved. In the teachings of the Kahuna, the Aka cord, connecting one to another through the solar plexus, is dissolved, which represents the collective unconscious, tying all mankind together in a reactive manner. With this freeing effect one can then address the mental body and begin to work on encompassing duality. Now, in like manner, the laws of light applied to the mental body dissolve ultimately the etheric web connecting the mental bodies of all mankind, holding each intelligence in a unique state of separation incapable of comprehending unity at the level of humility on the 10 Steps to Perfection. When the etheric web is dissolved, Unity in Diversity becomes a slogan of oneness rather than intellectual jargon of people on level 5 social activities who cannot view the unity of all life because the differences they perceive create the need to bring together that which is already the perfect outer reflection of divine intelligence. Thus the thinking of all mankind is affected in a positive manner by the efforts of one soul to master himself. Do not underestimate the application of the Law of Light.

## **The Law of Perfection**

Now, for the Law of Perfection. Let it suffice for now, in this introductory booklet, that we learn to apply the Ten Steps of Perfection, which encompasses the step by step procedure one must follow in every activity in which one finds himself involved which terminates in karmic completion of each act. The Five Virtues are to be kept in mind hologrammically as we apply ourselves diligently on the "List" which has been given to us to use as a constant companion. The Laws of Love and Light have also been explained in part. The Fifty Acts of Perfection shall be given at a later time. For now, there is much to learn and apply. The simplicities are here for all. Truth is simple, falsity ever complex. Keep every aspect of life simple, unhurried, and exacting. It would be wise to remember the poem:

***TO SEARCH FOR THINGS BEYOND OUR GRASP IS FANTASY,  
WHEN THAT WHICH LIES WITHIN OUR REACH, WE SEE,  
HAS NOT YET BEEN COMPLETED, YET HOLDS THE KEY,  
TO THAT WHICH THROUGH RIGHT ACTION OURS WILL BE.  
THE SIMPLEST THINGS IN LIFE WILL MAKE US FREE.***

Ponder the above material and hold it prayerfully within your heart that your mind may grow from linear intellectualism to a full glorious hologrammic expression of the Gods. May you be blessed in your endeavors to follow the path of harmlessness and the Law of Right Action. The instruction given to us by the ascended master, Saint Germain has been; in reference to Body Electronics:

***Teach nothing but the Laws of Love, Light and Perfection.***

This instruction was given in response to a question concerning the instruction of Body Electronics. This instruction was given while he was in the flesh in our time. Pause and consider before you make light of this matter because your ultimate progression is determined by how well the Laws of Love, Light and Perfection are not only intellectually understood, but followed.

There is much in the world that has not met the eye of the majority of humanity. Be careful to reject before thorough investigation. We are all! bound by false belief systems, ignorance

and death crystals which seek to perpetuate themselves by fighting against the light. Our collective continual battle from now on will be with ignorance, false beliefs, and death itself. It is no small matter and we all have to be armed with understanding which can only come from experience. Go back and read and reread. Pray and ponder. Weigh and consider. Seek, ask and knock and eventually the mysteries of life will unfold before you. Mysteries are only mysteries to those who do not understand them. Our responsibility is to unlock all mysteries, unveil all hidden truths, and master the energies of the universe.

This is the end of Chapter Twenty-one.

God, give us grace to accept with serenity the things that cannot be changed, courage to change the things which should be changed, and the wisdom to distinguish the one from the other.

Reinhold Niebuhr  
The Serenity Prayer 1934

## CHAPTER TWENTY-TWO

### Choices

In the divine scheme of things the choice of beingness must be made to predetermine any course of action. If a person does not make a choice of Beingness then the person is subjected to a continual whiplash of necessity as a leaf is driven by the storm. If the helmsman of a boat doesn't plot a course of sailing with a certain degree of intelligence then there is nothing more suggestive of a future destruction than a ship wandering aimlessly with no rudder or sail placed appropriately to the wind. The question we may pose to ourselves: Which direction in life do we choose to go and how do we plan to go about doing it? Let us assume that you have been praying to know what course of action would be for the highest and best good for yourself and for collective commitments. You must recognize that if this is indeed the case, you have neglected to consider a choice, for you are looking for a course of action outside of yourself which is always predetermined by a choice made from the mental level- the inner essence. Remember the list. Go back and read Chapter Eleven.

A person will never see the course of action one must take until a choice of beingness is made. The choice must be made from the level of the soul. It would be very wise to go back and read Chapter Four. It will be more meaningful now. When a choice is made from the level of the soul this then places the universe in a position where it does our bidding and it provides alternatives in which courses of action might be taken to conform to the original choice of beingness. If you are concerned about the course of action you may take and don't wish to make a choice of beingness, this is like putting the cart before the horse. The choice of beingness must be made first and then multiple possibilities of choices of action reveal themselves.

***"The universe provides ponderously with computer-like precision the events which originate in the "inner essence". Learn the mysteries of the inner essence and the methods by which it is accessed to gain dominion over your destiny."***

The course of action arising from a commitment of two people is simply neither right nor wrong. From a higher position of discernment one may wish to consider: Is this a harmless course of action and is it in

harmony with the Law of Right Action? The course of action considered is simply a course of action. One must be willing to face the effects which always arise from any causative action,

Now, let us assume you are asking in your prayers for the will of the heavens. Has it not been suggested that we always proceed along the path of harmlessness? Has it not been explained to you the "List" and the gradient steps necessary to be encompassed on the pathway to perfection? Yet, have you not worried about the future, when in so doing you leave the present unattended? From the position of the heavens, it does not matter who a person chooses as a mate, for a person can work things out with any mate, if they are willing to commit and to conform to the Law of Right Action. If this can be done, then the two people indeed are on the pathway together and have no need to part, for they have learned how to uplift each other, step by step, to perfection, until higher laws take over. Each person must prepare themselves for higher laws by learning to bring together the perfect yin and yang and their harmony.

In this world of chaos and confusion, if two people can commit to a common direction of obedience to law and service to mankind, you can ask for no greater blessing. If several people in a group commitment manifest the same desire, you have created a miniature heaven and have become a light to the world.

Do not be hesitant to consider alternatives, for there are many ways in which an end can be obtained, but, in the same light, do not be hesitant to accept the blessings offered from the considerations of a sincere soul who desires a mutual commitment to the Law of Right Action.

Make your choices of Beingness and then determine your outer action as you peruse your list, or your common list, and let the world wail, for wail it shall. Each of you, before coming into this existence, has chosen a life of service, which when you choose to fulfill that life of service, the universe will provide a straight and narrow way, whereby that might be accomplished. Yet, you must understand that this pathway is contrary to the "crystals" of the world that are determined to perpetuate separation and misery.

The path of life is not free from pitfalls; neither are the

considerations of an enlightened soul unattended. Make your decisions within the confines of the Law of Right Action and be willing to take the consequences. The world will never aspire to give recognition to those who are out of harmony with the crystals of the world, but after the resistances of man are overcome by consistency and persistency, then mankind will eventually embrace that which at one time he tried to disdainfully destroy.

Count it a blessing when persecution comes,  
if it comes, for the transmutational power of mind must sometimes be quickened by the exertions of opposition.

The heavens are pleased with the joyous antics of a free soul. Go your way in peace and do that which is destined to be.

This is the end of Chapter Twenty-Two



All there is, and all there ever will be is the ever present NOW. The challenge that lies ahead for each of us is to learn how to unravel the mystery, as it is indeed a mystery to us now, as to how we have caused ourselves to resist the creations of life; How we have caused ourselves to resist the resistances to the creations of life; How we have disowned our creative history and have instituted for ourselves an extensive ingrained habit pattern of separation; How we have removed ourselves from the ability to be in the ever present Now, unable, in the present time, to observe with non-resistance, receive the experiences of life with non-resistance, recreate the energies of life with non-resistance, and release with non-resistance, all to be encompassed within the Laws of Love, Light and Perfection. We can look upon ourselves as being capable of experiencing what we can call Perceptual Newness, which is the ability to see all aspects of the dance of life interacting in the ever present Now.

John Whitman Ray

It is eternity now. I am in the midst of it. It is about me in the sunshine; I am in it, as the butterfly in the light-laden air. Nothing has to come; it is now. Now is eternity; now is the immortal life.

The Story of My Heart (1883) Richard Jefferies

## **CHAPTER TWENTY-THREE**

### **Perceptual Nowness**

Be advised to consider carefully the following. If it applies then so be it. If it doesn't apply read it again.

You seek truth, as long as you do not have to give up that untruth with which you surround yourself - the world of desire, the world of attachment.

You worry about outcomes, where is your faith? The outcomes are the end result of your visualizations from Box 1 or the suppressed activity of Box 2. Your fear feeds that which manifests itself on one hand, while your quiet visualizations manifests its opposite - thus conflict. Learn to govern your emotions. Learn to understand that your quiet affirmations from Box 1, where you are diligently focusing to the exclusion of that which is, is creating a conflict, an opposition, with that energy from Box 2 which your resistances have already set in motion. Box 2 resistances are held in a state of continual creation 24 hours a day. These must be wisely considered and dealt with in the manner I am explaining to you.

Let us now carefully consider the following: Why do we make an affirmation?

I have stated before and I shall state again that a true affirmation can only come from a position of discernment. If we are coming from a position of emotional resistance then our affirmation is nothing more than a reflection of our desire world steeped in resistance and emotionality. Thus, our affirmation is a reaction which due to the attention of the mind on resistance creates more opposition and resistance to that which already is.

In this day and age, mark it down in your mind, most affirmations are brought about as a reaction against that which we do not appreciate or show sincere gratitude for. What we are experiencing we simply want another way, so we affirm. Our very lack of gratitude and appreciation is so smothered with resistance that our vision is clouded and our resistance holds the unappreciated event in that outer state of activity in a continual state of creation. Then, in

our foolishness, in our lack of understanding, we deny our splendid creative efforts which are the yin energies around us as is manifested in the "List" and we go off somewhere and make affirmations for the opposite so we don't have to deal with "reality" - "our creation". We have so encoated with resistance our reality that we live in a dream world of fantasy, that we no longer take time to roll up our sleeves and pay attention to dealing with our "karmic considerations".

Now, consider. Don't let this one slip by you in your hurry to read this so you can say that you have read it. Stop and savor.

You desire wealth that you might better accomplish your desires. Where is your understanding? Your lack of understanding certainly makes clear your confusion in knowing how to deal with reality. Where is your faith? Remember the "List".

You desire understanding, yet you shrink from fulfillment of those laws or experiences which will give you the understanding you desire. Where are your priorities?

You desire health, yet you do not understand that your fears, angers and griefs devastate the very body you attempt to bring to health through physical applications. Health is the outer manifestation of the mind, free from out of control emotions. Where is your self-control?

When your life is unconscious, you draw death to yourself. When your life is imbued with apathy, you increase your self imprisonment. When your life expresses grief your eyes are blinded by tears and you cannot see. When your life is full of fear you cannot place your attention on actions which bear good fruit. When you exist in a state of anger, you draw destruction to yourself. When pain persists in your life, you then deny the very existence of God, by looking for the source of pain as being outside yourself. When will you perk up and perceive that you are the creator of all that is around you?

You are the source of your own emptiness, the creator of your own lack. That which you desire you deny that you have. That blessing you want is covetousness, as you blind yourself to the fact that you, as one with life, are blessed already by that which you say

you want. Where is your divine perception?

You say all is one yet you perpetuate your separation by your denial of the blessings of life through your resistance to the outer expressions of all people. What you perceive people do is what you are attracting, or else they would not be in your sphere of awareness. By the fact that you perceive disharmony you become already the creator of that disharmony and the condition feeds itself on your inability to transmute it as being one with the universe.

I am reminded of a poem quoted to me in graduate school in the College of Education by the Dean of Men, Dean Reick.

***Don't look for the bad when you go through life, And even when you find it, Be wise and kind and somewhat blind, And look for the good behind it.***

When we focus on the outer, we focus on the identification of intelligence with one end of a duality and we see things as good or bad and thus perpetuate by observation the outer condition which is karmic producing. The great mystery is to learn how to look beyond the outer and see all things with non-resistance by seeing things as they are; free from judgement, as an outer expression of the inner essence. We learn to see all things as an outer expression of creative intelligence and thus acknowledge all things as the handiwork of the Gods.

In our early sojourn we must learn to encompass the Good and the Bad with divine indifference. Then from this position of non-resistant yin activity we can, with non-emotional involvement, discern the appropriate action to bring all things into harmonious oneness, and then we can take appropriate action (yang) within the Law of Right Action.

Each of us must learn to obtain unconditional love and appropriately bring order where we have created and sustained the disorder. This can only come about by the evidenced willingness to take action (experience) in the outer form. Such is the "List". Once we obtain unconditional love we must maintain it from a state of divine indifference.

***This state of divine indifference will only come about after we have mastered by experience through obedience, each law, given very linearly and sequentially for our growth.***

Why are you concerned about time? All there is is the now. There is resistance in your life to the experiences of the now which by divine law perpetuate the very experience you do not savor.

***A position of discernment is quite different from a position of emotionality based on judgment.***

***Discernment arises out of recognition as to cause and effect as related to ascensional or evolutionary progression as compared to evolutionary or devolvement into identification with matter.***

***Discernment does not concern itself with time, as resistance toward time related events does not exist in discernment.***

Why do you worry? Why do you feel there is not enough time? Why do you feel you have to hurry, do more, or do better?

***Be aware of every evidence of being out of what is called perceptual nowness, and then knowingly, from a position of discernment, struggle against that resistance of existing inertia until all is willingly and lovingly experienced and perceptual nowness is mastered.***

Why are you concerned about personalities and whether or not they accept or reject what you say or do? Be concerned about speaking the truth and living the truth, that they can hear and see what you say and do. Acknowledge the God within them that they have the ability to weigh out important issues for themselves. Acknowledge the God within yourself and be true to your own heart, knowing that you have the ability, also, to weigh out important issues for yourself. Teach others correct principles and let them govern themselves. Concern yourself always about principles-do not concern yourself about personalities - treat all personalities with equanimity

as they have all served as serfs and slaves, Kings and masters, in their own unit of time.

Choose now to serve, for as you serve man you serve God. Be wise, kind and determined to exert will and truth with confidence.

This is the end of Chapter Twenty-Three.

## The Noble Eightfold Path

The Noble Eightfold Path is comprised of:

- 1.) The perfect vision
- 2.) the perfect aspiration
- 3.) perfect speech
- 4.) perfect fulfillment of action
- 5.) perfect living
- 6.) perfect exertion
- 7.) perfect awareness
- 8.) perfect concentration

## The Buddha

I have sworn upon the altar of God, eternal hostility against every form of tyranny over the mind of man.

Thomas Jefferson

## **CHAPTER TWENTY-FOUR**

### **The Road to Spirituality**

The following is an important lesson to consider: In order to obtain spiritual understanding, it must be preceded and accompanied by physical discipline in a variety of expressions including emotional control with the ability to direct the emotion appropriately. Spiritual understanding then arises out of the encompassment of duality on the mental level as has been expressed to you.

The road to spirituality is not turned on by drugs but through the discipline of the mind as it is directed toward the physical, the emotional and finally the mental level.

***Experience and learn, observe and wonder, participate and ponder, and through the continual increase of awareness and discipline within that awareness, one will grow.***

Remember, without awareness of law, one cannot discipline oneself according to the requirements of that law.

***Discipline of body, emotion and mind always precedes spirituality.***

Now, walk with the God within and enjoy the handwork of God, for there are always lessons to be learned. Be aware and constant in obedience to law.

It is well to consider the following while on the Road to Spirituality:

"Meditation with seed" means that we focus on the outer with the purpose of manifestation {yang activity). This will not be karma producing if we use "meditation with seed" in conjunction with our "List" which will result in "Karmic Completion." Here we see the end from the beginning of all outer activity before we undertake it, with the purpose of bringing harmony, completion, order, etc. in our universe. All here is designed by conscious activity out of Box 1, to work within

the framework of the evolutionary spiral leading to greater perfection and eventual ascension. Here we are taking action within the Laws of Love, Light and Perfection.

It must be made clear that at this level of activity we do all in our power to move upward or expand in consciousness, that we do not create more karma for ourselves. Thus the list is to be used as a guide. Our responsibility is to complete the karma we have already sown for ourselves prior to this moment. That which we draw unto ourselves now is our karma, it needs to be dealt with responsibly as our awareness develops. We always reap what we sow. The universe around us at this time continually responds with computer like precision to give us that which we have already set into active operation by both our Box 1 and Box 2 activity.

"Meditation without seed" is learning to observe the universe around us with ever expanding accuracy, which requires an enormous commitment and determination to persist. By observing the outer, we still the body, still the emotions, and still the mind and simply increase our awareness while simultaneously we surround ourselves with light (violet flame). We keep a continual emotion of enthusiasm or unconditional love, and keep in mind the laws of perfection. By so doing, the crystals of darkness will gradually dissolve, provided we are nutritionally sound, and the suppressed traumas of thought, feeling and spoken word will arise from Box 2 to be experienced and observed from the level of consciousness which we, at that time, occupy. In any case, we shall have a delightful romp through our emotionality at this level. Then, as we continue to still ourselves physically, emotionally and mentally, we will gradually enter into the mental body and begin to view the inner essence, the dualities of existence, from which all outer manifestation is a mirror. Remember, there are no mistakes, we have just forgotten how we wrote the script which we are now acting out. We have forgotten how we built the props on the stage of life on which we are now performing.

***All we can see is outcomes when we are meditating with seed. When we meditate without seed, is the only time we are capable of viewing the inner essence.***



So, we view the inner essence. What do we do with that which we perceive? We simply follow the following pattern of activity which may take several years to master:

*Step 1.) We observe and choose to expand our ability to observe. We do not focus to the exclusion of by being progressively one-pointed. (Looking at one thing at a time which is an indication of linear thinking or linear observation.) We choose to look at all things simultaneously which is an all inclusive awareness or what we call hologramic observation. This, in itself, is karma producing because that which we put our attention upon by observation we tend to hold in a continual state of creativity. So, we want to move beyond just observing.*

*First, we observe to the best of our ability, being grateful for what we do observe and not condemning ourselves for not doing better or doing it more perfectly. Be content, with non-resistance, pertaining to what we do observe. Accept it and be grateful. Then encompass the next step.*

*Step 2.) Now, after we observe, we make a conscious choice to be receptive pertaining to what we observe. We make a conscious decision to be "yin", to be receptive. This is yet incomplete for our purposes, as we are only "Lovingly and Willingly Enduring all Things." This is a necessary step to master before we can go on to the next step. Remember, we must choose as a constant activity to be receptive to the "yin" energies that surround us. When we have mastered this step as an outgrowth of meditation without seed, the crystals dissolve, as we are nutritionally prepared and psychologically prepared. As the crystals yield up their emotionality in a progressive manner, we choose to receive the hologramic encoding in the dissolving crystal and experience simultaneously the thought, feeling and spoken word. We choose to receive with awareness and experience lovingly and willingly all things. During this time we continue to still our body, emotions and mental activity while at the same time experience the energies with non-resistance as they reveal themselves to us, both from without and within. As we learn by experience, patient experience, we then are able to begin to move on to Step 3, as Step 2 is not enough for our purposes.*

*Step 3.) Now, after we have experienced the yin energies around us with non-resistance as described in Step 2, after we have learned how to be yin or receptive, now we must learn how to be yang. This should be done under the direction of a teacher who will help us understand each step experientially as the true understanding will escape us intellectually. Yet, if we are dedicated, we can discipline ourselves and make unlimited progress. Step 3 is simple to the initiated. We selectively choose, by meditation with seed, to re-create that energy we have experienced or received, arising out of the outer environment and inner environment. An energy of thought, feeling and spoken word has been sent into the universe and will simply continue to manifest itself progressively until it is un-created. When we receive an energy of creation encoded in crystal and revealed to the inner essence, we have viewed the yin (outer manifestation) and yang (inner creative force) simultaneously and hologramically. As we receive the yin and yang simultaneously by choice, we then choose to re-create that yin-yang energy and hold it in our mind until it no longer vibrates with the energy of transmutation. (This was briefly explained in Chapter 11.) More shall be explained on this phenomena in future publications, as we shall go into exact detail pertaining to the scientific explanation of transmutation. A book on "Biological Transmutations" by Dr. Louis C. Kervran would be a good introduction to this concept. Now, Step 3 is to choose to selectively re-create that energy which has been received until the vibration of transmutation is complete. This vibration is called "The Vibration of Regeneration." We now arrive at Step 4.*

*Step 4.) After the yin-yang receptivity is selectively re-created until the regenerative vibration is complete, we release with gratitude the hologramic concept we have been holding fixed in our consciousness (Meditation with Seed). We acknowledge it as good and recognize the change in outer manifestation and then go on to the next project of change. We are now contacting inner consciousness and transforming it and releasing it into the eternal ethers.*

*This is all done (Steps 1-4) within the laws of Love, Light and Perfection.*

It will be necessary to point out that we are dealing correspondingly with the level of yin-yang that has to do with physical creation and correspondingly locked in emotionality from a creative level of inner essence having to do with resistance to resistance. In clearer terms, the resistance to the unwillingness to be the effect of one's own creation could be called resistance to resistance. Being the effect willingly means that we are willing to have a certain event in our life reoccur. If we are not willing to have any event in our life reoccur, then we resist that which at one time we have set into action (sowing) and now we are experiencing the return of the universal response to our resistance (reaping). Being the effect unwillingly entails resistance, and when we resist that resistance we have to unravel an increasingly complicated emotional snarl in reverse order as to how it was formed. It would be wise to go back and read Chapter 4 at this time. Resistance to resistance is often guarded with justification and is difficult to view or penetrate accurately to see clearly how we set it up. This takes a great deal of time and effort to effectively unsnarl the mess we have caused.

Now, once we have adequately dealt with all the resistances to resistance we begin to deal with resistance arising out of duality and finally we must deal with resistance to universal principles where we once again:

- 1.) Observe
- 2.) Choose to receive
- 3.) Selectively re-create
- 4.) Release

At this time, dealing with resistance to principle we eventually have revealed to our consciousness an interesting duality: "Truth-Resisted Truth". At this time we experience the 'Time-Space-Continuum-Warp' which is the most important discovery of our time. This is accompanied by an immediate external environmental change and corresponding changes within the physical body which is part of the external environment. This affects all on the mental body level through the etheric web, just as the Kundalini experience transmutes the emotional body, for those who are tied into the same morphogenetic field through what we call morphogenetic resonance or DNA resonance.

The individual who experiences the Time-Space-Continuum-Warp then transmutes emotionality from a mental body level which is different from the Kundalini experience, which transmutes emotionality on the emotional body level where the individual can then enter into the mental body and then begin to encompass duality. The Kundalini experience renders access to the mental body where the person can then choose to encompass duality. The individual who has the experience of the Time-Space-Continuum-Warp has access to the mental body and has already obtained much experience in encompassing duality and now is experiencing the epitome of duality: The Truth-resisted Truth.

***With the Time-Space-Continuum-Warp, the Kundalini is experienced from a change of consciousness at the mental level rather than experienced only from a level of emotionality.***

It must be clarified that encompassment of any duality on the mental body level transmutes emotionality from the mental body level which in turn triggers the transmuting activity of the kundalini in the area circumscribed by the encompassed duality.

The 4 steps are applied to the level of pure resistance leading to the Time-Space-Continuum-Warp experience, where an eternal truth is resisted holding the truth in a continual state of persistence or compulsive creation.

***It is difficult to see a resisted truth as it is hidden from our consciousness because a truth, compulsively activated is, from our point of view, considered a virtue.***

Don't mentally flog yourself if you don't understand yet. It has taken me years to understand this principle. It is now not only understood but can be applied scientifically. This is considered to be the breakthrough of our time in correlating the Mind-Body concepts. We now know that all external manifestation in both environment and body originate in the mind of man.

Eventually, we will be able to do many things simultaneously and we will be able to "meditate with seed" simultaneously as we "meditate without seed", for our mind shall be able to dwell on a

multitude of events at the same time. This will only happen when we have mastered step 2. Then we can move in the universe encompassing yin-yang simultaneously and appropriate to the moment. Thus, the eternal dance of life and our full harmonious interaction with all intelligence and their outer creative acts.

Remember, after one has experienced the pulse of the Universal Life Force from the Higher Mental Body, which gives life and intelligence to every cell of the body including the heart and mind, one must recognize that he/she has been receptive to what we call the spirit of God, which can be thought of as a manifestation of the Holy Ghost from a fundamentalist point of view. Once one has prepared oneself sufficiently by the receptivity of this Universal Life Force that pulsates at 72 beats per minute, then one reaches eventually a point where one can give back to the universe that which one has received. We move up through unconsciousness, apathy, grief, to fear where, at these, levels we experience an inflow of energy as is experienced by the atomic endothermic reaction. (This is where the body has various degrees of coldness which can be as cold as an item removed from the freezing compartment of a refrigerator and placed on the counter to thaw out.) This atomic endothermic reaction is real, yet the experience is very healing to the participant. During this Atomic Endothermic Reaction, we move from simplicity to complexity both environmentally without and physically within the body. Elements within the body move in divine order from simplicity to complexity. (From a simple element to a more complex element.) This is often called biological transmutation of the elements, yet is on a much grander scale. When fear is reached on the scale of emotionality, it is the emotional fulcrum of cause-effect relationships. At this point the suppressed energy within the crystal then begins to emanate heat and radiation which we call the Atomic Exothermic Reaction. This is referred to in Chapter 29. When you come to it in Chapter 29, make a note to refer to Chapter 24. {The heat can be akin to holding the finger in a candle flame-complete with blister which heals quickly.} At this level of emotionality, from fear upward through anger, pain and finally to enthusiasm, one experiences the burning-searing pain of the kundalini which is capable of transmuting the entire emotional body relative to the subject area one is mentally confronting. When the kundalini has completed its activity of emotional transmutation we arrive at the level of enthusiasm and then have the opportunity to have access to the mental body and to the dualities of existence in the

physical world around us. These dualities are progressively unraveled as one would solve a puzzle. The dualities become more and more subtle as we progress in the mechanism of encompassment until we arrive at the ultimate duality, the "Truth-Resisted Truth" which is the epitome of subtlety. We are now within the range of the Time-Space-Continuum-Warp we have referred to. Thus, the road to consciousness change and spirituality has been pointed out to you. It is now up to you to follow it. The reward is beyond your expectation as you approach oneness with the Masters.

Just consider that as the individual passes through the Time-Space-Continuum-Warp, the physical body, as measured by a sensitive galvanometer reaches a point of superconductivity as indicated by "0" ohms resistance as measured on the galvanometer. After a few seconds of insight, the resistance "appears" at high resistance in ohms and slowly returns to a normal reading of several thousand ohms resistance. This insight is profound in its implications which shall be covered at another time. Just the fact that the human body should become a super conductor should stagger the imagination and become a prime target of investigation for the candid and comprehensive mind.

You are invited to ponder this information.

This is the end of Chapter Twenty-Four

"Assume the virtue, if you have it not." Shakespeare

"Why not?"

John Whitman Ray



## CHAPTER TWENTY-FIVE

### The Path of the Initiate

There may be some general concern in regard to the subtle differences in the application of law when involved in activities with another intelligence or intelligences. As in a symphony, there are many variations on a theme, so we find the intricate entwinings of one person's actions as related to another's. Simply put, there is no right answer as there are many ways to approach the solution to a given problem. To put it simply, where do you begin to weed a garden? Do you start at the top, the bottom, the right or the left? Do you start at the outside and work in or from the inside and work out? Which apple do you pick first from the apple tree? After a dinner, which dish do you wash first? The answer is obvious: You do what you are capable of doing, wherein in each chosen task the end can be observed from the beginning. In matters such as I have indicated to you there are many correct ways to approach the matter. Yet, as we move from general applications of law to greater refinements in specific applications of law, we become more exacting as given problems, in some cases, will have only one specific solution. For example, there may be many lights in a house and each light will have only one switch. If you wish to turn on one particular light, you will have to apply the appropriate switch. There is no room for error. Such it is with obedience to progressive levels of law.

***In the beginning there is much room for tolerance or error, but later, when applying the higher laws, there is no room for error and one must be highly exacting, recognizing proper timing, appropriate placement of effort, and unerring application of law applied to the resolution of a given situation or problem.***

It is the responsibility of the observer to apply consistently the 10 Steps to Perfection, the Five Virtues and the "List" as each item on the list is considered and a course of action chosen. The laws of cause and effect are set into operation and the results shall not be returned void. This is why each choice of action must always be accompanied by long term considerations. I trust this has been explained adequately to your expectations as in all things we move from the gross to the refined, from the many to the few, from the

wide open doorway of universal action to the razor's edge of exacting activity, where there is no room for deviation. Such is the path of the initiate, from entrapment in matter to the realms of the masters. Seek after the 50 Acts to Perfection and move from the world of feeling, through the world of intellect to the world of mental experience.

Be constant, determined and consistent. The prize is there eventually for each person on the path. Be secure in your destiny. Be diligent in your application of law, while observing the unfoldment of all the energies of life around you. There is no end to progression so be not content in thinking you have arrived, when in reality the journey has just begun. Be not hesitant to dispell untruth. Be not hesitant to reveal false teachings. Be not hesitant in all these things but only when asked. Let the full responsibility rest upon the seeker, for his or her questions shall indicate the limit of their understanding. Do not destroy the opportunity for the seeker to seek, for the doer to do, for the asker to ask, and the knocker to knock. Yet, first and foremost, be true to the promptings of the Spirit of God which gives life and intelligence to every soul, which gives guidance and direction to every true seeker. Be true to your heart. It would be wise to consider when one is in the service of a seeker: Let the individual's reach always exceed his/her grasp of existing information. Never overwhelm a person with too much knowledge which he/she has not yet learned to apply.

Prepare yourself constantly, for *when the teacher is ready the student appears*. When the worker is ready the field appears. When the lover is ready, the mate appears. When the apprentice is ready, the master appears.

***When the initiate is ready, the experiences of life reveal themselves.***

Do not seek outside of yourself for the key to that which you seek lies within the inner essence.

***The unseen is the source of all creation.***

Be aware and as your awareness expands, you will see clearly a



number of things to do that need to be completed, resolved, harmonized, secured, released, attached, expanded, condensed, created, changed, destroyed. The options are yours.

*Engage yourself now in the game of life with undaunted enthusiasm.*

This is the end of Chapter Twenty-Five.

The time shall come when the only competition that "appears" to exist between and among mankind will be: *"Who can be of the greatest service to his fellow human being?"* When we reach a point when we give without thought of return, when we have but do not own, when we bless but do not have need of blessing, when we love without desire to be loved, when we do without need to have done in return, when we let our light shine from within without expectation of acknowledgement or admiration, when we delight in the blessings of others having no lack of blessings ourselves, then and only then will we begin to be unified in our temporal affairs and there will be no separation of purpose, because we will have all things in common, and all that we have shall be for the purpose of the | blessing of all. What is not good for the swarm is not good for the bee.

Marcus Aurelius Antoninus

The Way of Heaven is to benefit others and not injure,  
The Way of a Sage is to act but not to compete.

Lao-Tzu

Friends have all things in common. Plato

*Until we become one in our temporal affairs we will  
never become one in our spiritual affairs.*

John Whitman Ray

## CHAPTER TWENTY-SIX

### Community

It is time now to put emphasis on the subject of community. Let us first of all emphasize that it is pleasing to the Gods that the free agency of man should not be denied him/her, it also is more pleasing that man use his free agency in pursuit of obedience to law within the confines of the subject of responsibility which I have given unto you. Please reread Chapter Seven.

It is now time to dwell in particular on the intricacies of *perceptual newness* as related to *collective unity*. Decisions have been made, agreed upon unanimously at the least common denominator of acceptance. Each of these decisions should have well outlined parameters of activity within which one can exert his independent activity within the parameters of the designs of his or her own livelihood and/or lifestyle. The collective decision can then be placed on the individual list of each community member to work toward as his free agency is exercised and also is to be placed on a group list which is to be maintained and reported on regularly at each meeting by an agreed upon individual who is willing to assume that responsibility. Updating of the list should occur at regular intervals with copies to be distributed, and kept confidential, to each member of the group in good standing. Remember, the group has its own business which is not the business of those outside the group. It is not wise to expose one's own goals, desires, etc. to someone who does not understand or who is not a continual part of the overall program of activity.

***When one exposes himself or herself to those who do not understand, it weakens the resolve and may thwart the overall thrust of activity.***

Great things are done in secret. One should not expose one's own business to others unless it is for a constructive purpose. The same law applies to group activity. Remember, you cannot retract that which was placed into action by word or deed.

***Each action unleashed into the universe must complete its circle.***

Let us turn our attention now to a more delicate subject. Maturity of decision is based on productive experience. Some people maintain erroneously that any experience is good experience. Experience is of two kinds;

1. That which is destructive to the soul, creating restriction, contraction, competition, limitation, deprecation, diversion, exclusion and one centred focus, resulting in resistance.
2. That which is constructive to the path of the soul, creating opportunity, freedom, cooperation, unity, inclusion, prosperity, healing, collective success and expansion of consciousness is to be desired.

Each activity to be considered should be measured by the above standards of experience. Remember, experience is not a measure of mental, emotional and physical maturity.

***Obedience to law, appropriately applied to existing conditions is the overall indication of maturity. By their fruits ye shall know them.***

Do not place responsibility in the hands of those who are not willing or capable of performance. This can be determined by past performance in other areas of achievement. Past patterns of behavior are not readily overcome and one must consider the wisdom of observing the individual's "track record" pertaining to promptness, preparedness, execution or performance relative to a particular task, cooperation, obedience to law and willingness to perform. Is the person considered for a particular task a self starter or does he wait for others to take initiative first? Is the person qualified by academic preparation and disciplined apprenticeship activity? Is the person financially responsible and honest? Is the person self centred or group activated? What has been the disposition of prior responsibilities assumed? What is the emotional tendency? Does the individual react in an undisciplined manner or act according to law? What are the motivations of the individual concerned? Is the person willing to account to the collective group from whom one derived the position of authority in a given project? Does the individual create harmony and unity or disharmony and conflict? What is the "ego"

trip of the individual, is it to gain authority and control or share authority through group unity? All these and more should be the basis for consideration in completion of the indicated activity.

***Find out what level of performance a person can successfully perform and create a condition in which a person can improve upon his ability and performance. This is done by unanimous group decision.***

***Supervision is inherent within delegation of authority as the authority a person assumes is always accountable to those from whom he derived his authority.***

Supervision becomes less necessary when trust is developed through successful application of law through diligence. Loyalty to commitment and intent must be secured for trust to be maintained at all levels of group activity. The concept of trust has been given to you. Study it often as a guide for ascensional activity. Please go back and reread and ponder Chapter Nine.

Now let us consider another delicate issue: The selection of those involved in group decision. Those who are committed to a group will abide entirely to those concepts which are agreed upon by group activity.

***The effectiveness of any group will be determined by the commitment and intent to abide by the agreed upon rules of the group.***

The chain is as strong as the weakest link, therefore it is good business to strengthen each linkage that it is demonstrating not just by commitment but by intent as demonstrated by internal action to abide by adopted rules or laws.

Freedom can only exist within barriers. Self imposed barriers are necessary to define function or choice of action,

***The closer the free individual approaches the ascension the greater the commitment and intent to operate within the confines of greater***

***and greater limitations which is called "The Discipline".***

One chooses to confine and define a course of action which is one pointed to the ascensional process. This is indeed, the proper application of *meditation with seed* as it is designed to be applied for the purpose to complete karmic transmutation. Thus the path of the masters is to obtain and maintain a defined course of outer activity to complete the encompassment of all dualities of life through experience which alludes to the mastery of all energies.

***This then alludes to the ability of the initiate to eventually experience all energies on the mental level that he is no longer bound by resistance or inordinate desires which would tie him by the law of attraction to the physical world.***

The encompassment of desire/desirelessness is accomplished at this level and then the simultaneous experience of yin/yang becomes the capstone to the ascensional process. Let us reiterate:

**UNTIL MAN CAN EXPERIENCE ON THE MENTAL LEVEL THAT WHICH EXISTS ON THE PHYSICAL LEVEL, HE WILL BE BOUND TO THE PHYSICAL.**

Let this suffice for now. Consider that the choice of activity that is applied to the outer is determined by the beingness assumed. May the blessings of heaven attend the unity of souls in concert with each other.

Let us turn our attention to the subject of community. Order in your mind the following concepts:

1. In a community, the dignity of the individual and his free agency must be maintained at all cost. The free choice of each individual shall be protected and never denied, unless he or she interferes with the choice and privileges of others.
2. Let each community be governed by the common consent of all involved in the decision-making capacity.

***When all are acting in concert in the physical arena,  
then the spiritual eyes shall be awakened.***

3. Let each person work for economic independence, where his contributions to the community are in excess of what he desires for his just wants and needs. Remember, there are exceptions to every rule. Contributing factors to meet the need of community can vary.

4. Let each person work for equality of opportunity, recognizing that:

***If we are not "one" in physical concepts, we  
cannot be one in spiritual concerns.***

5. The activity of each person will be directed according to the dictates of his heart. Coercion has no place in a community of God. This does not mean that a person's point of view should not be expressed when he feels that his freedoms and rights have been infringed upon by the action or non-action of others.

6. If a person leaves a community, he shall be reimbursed out of the common fund according to the unanimous agreement of those remaining in the community. The reimbursement is based upon a reasonable replacement value of the dwelling or contributions the individual has made toward a dwelling. That which was freely given for community projects shall remain a part of the community.

7. Any sub-committee activity shall not have less than three people.

8. The land shall be held in common by all those living within the community. Agreements for acquisition of land and repayment of equities shall be honored in the formation of community.

9. All major changes affecting the land shall be agreed upon unanimously before the change is put into action.

10. The unanimous agreement on the least common denominator of group discussion is to be looked upon with favor as compared to contending over complex projects where there is no unity.

11. Meetings should be held monthly and attendance should be voluntary. Excuses should be tendered if attendance is missed for an issue of greater priority. Let each person use his own agency in regards to these matters.

12. Minutes should be taken and copies made and presented all members in good standing.

Let us consider a few matters which when discussed may help a community organization run a little smoother:

1. The free agency of each individual shall not be denied him/her.

2. It should be stressed that to overcome a fear, do that which is fearful. To overcome a dislike, participate in that event, until the condition can be lovingly tolerated.

3. Encourage a rotation, bi-monthly, of responsibilities so that each person can get a balanced taste of different responsibilities.

4. Have an outline of major areas that require attention, and have people sign up for each event. Each grouping for each responsibility shall choose, unanimously, a coordinator, on a weekly basis, whose responsibility it will be to gather information as to what should or could be done to bring about the greatest harmony. In no way should the coordinator be dictatorial, but just simply be there to acquire and provide Knowledge about each event, and to mutually participate in that event.

5. A checklist of responsibilities should be indicated and checked off when completed daily, if they are daily tasks. Other long-range tasks should be indicated accordingly and a checklist provided for the completion of each event. Assignments should be in accord with numbers one and two above.

6. Cost and acquisition of any needful thing should be anticipated and acquired prior to need for completion of that task.

7. It is imperative to understand that spirituality encompasses successful activity in all phases of the material world. The application of the principles learned here should bring harmony and mastery into



the consciousness of each individual, as they are applied to each experience of life.

8. It is probable that reactive moments will occur as one ceases to insulate himself from that which he or she has unconsciously despised. All participants should be encouraged to observe all energies related to simultaneous participation in any given event. By so doing, one encompasses each reactive mechanism which is knowingly intensified on the mental level, while controlling all elements of the outer with love, light, and perfection expressed consciously and with consistent determination.

9. All participants are encouraged to have no expectation or conditions for others while applying to themselves, and themselves only, the laws of love, light and perfection.

10. Each individual has the responsibility of fulfilling his/her own commitments, once made in his/her mind, without concern as to whether this leads to judgement, a spirit of criticism and eventual condemnation.

11. Stress more appropriately the laws of perfection dealing with faith, virtue, knowledge, temperance, patience, brotherly kindness, godliness, charity, humility and diligence, and how, by proper application, these lead to the dissolution of duality.

12. Finally, in preparation for the final steps to perfection, let it be made known that nothing is accomplished without enlightenment from above, and that enlightenment can only come in its power of perfection through decree and only partially through affirmation and meditation and very weakly through traditional prayer.

This is the end of Chapter Twenty-Six.

A wise man never competes under any circumstances.

Confucious

Consider: The scientist has been indoctrinated with the concept: "Seeing is believing". Consider the alternative: "Believing is seeing".

John Whitman Ray

## **CHAPTER TWENTY-SEVEN**

### **Alternatives**

Years ago, as a young man, I remember my father trying to counsel me concerning the laws he used to become the financial success which he had become. He told me about his history in detail, about his homesteading shortly after the turn of the century in the state of Wyoming, about his first jobs as a merchant, and about his returning to Missouri to marry my mother and with fourteen dollars in his pocket moving to a small town in Eastern Oregon by train. The little town was Baker, Oregon. My father had a job with the J.C. Penney Company which became his life work and love. My father told me about the man he admired, a man with integrity, a man with a vision, a man by the name of J.C. Penney. I was told how J. C. Penney had sold every share or nearly every share of his personal J.C. Penney stock during the depression to cover the losses of every person who had invested in a bank he had opened, which failed during the depression. My father then told me how every J.C. Penney manager that J.C. Penney helped to become wealthy pitched in a part of their stock to J.C. Penney, out of gratitude, admiration and loyalty to place J.C. Penney once again at the head of the company he had formed. J.C. Penney had taught by example. My father had taught by example as evidenced by the many, many people he had helped financially, yet these people never knew where the financial help had come from.

As a boy, I can remember being raised on an eleven acre estate. I had to keep the lawns mowed and trimmed which required nearly all my time before and after school. Mother, of course, always seemed to find time for me to do the homework, even though the garden weeding and the trimming was never done. I can remember my father, still very active in his seventies, working in the garden, on the lawn, out burning a pile of weeds, or driving to his office in Portland. I can remember people arriving at our home to see my father without an appointment. They would drive up the long driveway from between two large brick pillars, drive up and around the tudor styled three story mansion, turn around and park in front of the house. My father would pull the hat, a very worn out hat, down over his brow; would do nothing to hide his dirty, worn out shoes and clothes – his work clothes, and wait. After unsuccessfully knocking on the door, they would come to him and inquire. My father would say upon inquiry, "I don't know where Mr. Ray is, did you make an appointment?" He

would then give them clear instruction as to how to make an appointment and treated every individual with the same impartial courtesy and respect, always at the last inquiring who they were and what business they may want with Mr. Ray, that he may deliver a message that they wished to see him and had called personally, even though at that time Mr. Ray was, of course, unavailable.

The people would leave, later call, setting up an appointment giving my father a chance to clean up, dress in his grey herring bone suit with vest and silver chain hanging evenly from pocket to pocket, attached to a silver round, flat watch that he frequently referred to, being personally a very prompt man. My mother, as beautiful as she was, exemplified a confirmed opposite to promptness. The man or men would arrive and father would of course recognize them having met them before as the gardener, lean remember him saying, "Mr. Ray is not here at the moment, "" Just the gardener. May I help you." Later upon first greeting at the door he would say, "I'm Mr. Ray. May I help you, "with unmistakably the same tone of voice. He had a tremendous sense of humor. After that the french doors to the library would close, my father would sit behind his desk and chairs, ash tray and coffee would be provided the guests. The business they discussed I was never made aware concerning. Shortly before my father's death he opened up a large book with pages and pages of entries and names and quantities of figures numbering what appeared to me hundreds of thousands of dollars. He then told me that he never openly helped anyone when they had asked for help. But what he did was get all the figures and information together and checked into it, and if, according to his judgement the man worked hard, had a family, was temperate in his habits, came well recommended by the banker and the priest or minister and/or other men of good judgement, he would then go to the bank president who I knew, and give the bank president the details, and see that the man got a job, had his debts paid off, had his hospital bill paid, saved his home, etc... The man would never know who had done it and my father would play the role of proverbial tightwad to the hilt. Nobody ever knew that if father knew of a worthy man in need, he would see to it that his needs were covered, to the dollar, no more, no less. When he opened his books to me and I saw year after year of names and entries, I marvelled - here was true religion at work. Don't let the left hand know what the right hand has done. Mother never knew. Mother had her own concerns which to her were more practical and immediate.

Mother always made sure all the poor people for miles around were fed. Every weekend she would spend endless hours taking baskets of groceries to the poor and infirm. I would often help her make delivery after delivery of boxes of food. Dad, of course, playing the role to the extreme would always complain about how much money mother was spending to help the poor. Yet he would make sure she always had more than enough. Once he complained to mother, and mother got very upset that people were going without and we were living so well. What it appeared to be was an argument about mother's over-generosity. Father took me aside afterwards and said don't worry, he could afford it but he didn't want mother taken advantage of by being too generous. Father always inquired about people's welfare and if real need was present, somehow, some unknown benefactor stepped in and helped out so mother in her mind never had to do it at the last moment. Father always worked secretly behind the scenes, always playing ignorant, and never taking credit.

His advice to me was, "Son, observe carefully the manner in which the world is going, and go the opposite." "Look at what the majority are doing and consider the opposite."

***"In every action consider the alternatives."***

This he certainly did in his life. He was his own man. Right or wrong, he did it his way. Yet can we consider Shakespeare's famous statement, "Things are neither right or wrong, but thinking makes it so." I do believe we can learn by the example of these great men. Shakespeare and the humble gardener-homesteader-multimillionaire Laurence Whitman Ray.

With all due respect to my examples, I haven't yet learned to follow the examples that have been set for me - yet I have put such items on my list. I urge you to follow my example and use the "List". I often feel like an unripe fruit on the tree. I am not finished yet. I suppose I have a lot of company in that feeling as we all recognize that there is more to do. We all have a lot of Karma to transmute. Let us quietly, to the best of our ability, dedicate ourselves to the service of our fellow man, realizing that in order to do so we must first of all be able to receive something before we are able to impart to others.

***"When you are in the service of your fellow man  
you are In the service of your God. There is no  
separation."***

This is the end of Chapter Twenty-Seven.

"The man who returns good for evil is as a tree which renders its shade  
and its fruit even to those who cast stones at it."

Persian Proverb

It is a man's peculiar duty to love even those who wrong him.

Marcus Aurelius Antoninus

## **CHAPTER TWENTY-EIGHT**

### **Renounce War and Proclaim Peace**

The need for clarification of some basic issues is often overwhelming due to the continual barrage of false data generated from the darkened minds of man's misery ridden creation.

The masters must be flexible to meet the individual needs of man, the exigencies of each group of people and the conditions which exist in each country. That which is true pertaining to the needs of one civilization may not meet the needs of another. Such as it is with country, race, religion, group and individual men. We are all subject to race Karma, religious Karma, group Karma, national Karma, and of course individual Karma.

A keen perception coming from a point of discernment is a prime requirement, in order to determine basic deeds, especially today wherein all mankind is confronted with delightful contradictions for growth and experience. Due to the lack of light bearers who will stand fearlessly for truth, it is apparent that the forces of darkness have a hold, a strong hold, on many parts of the world and individually dictate the actions of man.

Now, pertaining to the question at hand, in reference to the possession of fire arms or other means of war. Our message to you is to renounce war and proclaim peace.

***Never in the history of man has an arms buildup resulted in peace.***

Therefore, to be in the service of your fellow man is in direct conflict with arming yourself to kill your brother, therefore renounce war. Put aside all desire for weapons and firearms that can take a human life. As long as a person has a desire in his heart to take a human life, for any cause, he cannot progress as an individual, for the desire to kill will darken the soul so he will not be capable of recognizing truth. The desire to kill goes beyond war as it encompasses the removal of the chance for life from an unborn child. Abortion is murder but it is done without guns. The continuation of taking into the body those substances that dull the mind, distract the

concentration and distort the vision as well as numb the pain are close akin to murder because these destroy the "temple of God", making it impossible for the "Spirit of God" to dwell therein. Drugs of all kinds that suppress symptomology, alcohol, tobacco, and other addictive substances numb the body that the mind cannot receive the "light" from the universe around. Thus the individual is incapable of making sane decisions based upon clear vision. The clear vision is not there, thus erroneous decision and the gradual death of the soul.

***Without knowledge the soul cannot free itself from the fetters of matter.***

Such is another way to kill, to permit oneself to die and allow others the same privilege, by allowing the continuation of alcohol and dope, drugs and chemicals, anesthetics and shock therapies, ignorance and unbelief. Such is the plight of man.

Those who knowingly contribute to the continuation of making drugs available to others and overtly for whatever motivation allow this to continue through sale or use are in the category of helping to "kill the soul". This is called a sin of commission. Those that take no action are guilty of the sin of omission by perpetrating the continuation of this abomination through non-action.

Now, due to the darkness of man's mind, the dark forces seek to destroy the light by any means, as darkness always fights against the light. The dark forces use darkened human minds to do their bidding in the ever present battle between light and darkness. This makes it necessary to consider other plans of action which must be taken, in order to preserve the light. If all light workers were destroyed, all light would vanish from the earth, because the plans and desires of the heavens are made manifest through the willing hands of willing light workers upon the earth. Therefore, in every age of budding enlightenment, in every past age of freedom, in every age of arising order there has been a need, justified by the heavens, that all light workers need to learn to defend themselves that the free agency of mankind might be preserved. If man could not or would not maintain the right of self defense and perish needlessly, all light work would come to an end.



Therefore, the art of self-defense and the ability to maintain self-defense is a prerequisite for all light workers in this day and age. Due to the vicious determination of the powers of darkness to destroy the light, it is imperative to train oneself in the arts of war that the art of peace might be preserved from encroachment.

Those who believe God is going to protect them have shown from history a sequence of gravestones and epitaphs. When are we going to learn from the lessons of history and realize that we cannot expect God to do something for us that we are not willing and able to do ourselves? This may smart to know that the future of the nations exists in the hands of men who are guided by the spirit of God, and not the laws of man.

When man is guided by the spirit of God through obedience to the laws of God, he is not guided by hatred or emotionality. He is not motivated by fear or lust. He is not motivated by gain or plunder. He is motivated by the love of truth, the power of discernment and the love of God. When he ascertains the conditions in which he finds himself he can then choose to act in an appropriate manner and if necessary, vanquish as one would blink an eye, any foe who would seek to destroy the work of God manifested through men.

The Constitution of the United States of America and the Bill of Rights is such a document that preserves the freedom of man. This is desired by the heavens to remain as a bastion of freedom, a torch of light, a beacon of truth for all mankind the world over and shall be preserved by free men if blood must be shed to do it. Such as it is with documents of freedom assuring the preservation of rights to all mankind in all countries.

***This requires the right to bear arms and thus we encourage every free soul to own and know how to responsibly use a firearm for the purpose of preserving and protecting that freedom of man if it is ever required to do so.***

Remember, if fear of destruction exists within your soul,

then that very fear will create destruction around you. That which we resist we create. Remember, that if we are unwilling to lift our hand to protect and preserve the lives of the innocent by taking no action, we are then party to contributing to their demise. This is a sin of omission. Remember, that once one is willing to destroy and is capable of doing so, that the enemy fears the light and knows that he cannot vanquish you, thus he moves on to easy pickings from those who have not prepared themselves while the opportunity was still available. Remember, that all destructive acts must come from a position of discernment or else it creates karmic considerations. The refusal to act in a destructive manner when conditions merit it also result in karmic considerations. This is the razor's edge.

***Knowledge is power.***

***One cannot master the arts of creation without mastering, with non-resistance, the arts of destruction.***

Act wisely in small matters and large matters will be dispatched with the same degree of integrity when conditions demand it.

Train yourselves now, while the opportunity is available that you may not find yourself wanting when conditions demand your maximum output of activity at all levels. You must learn to be all things to all people and be true to your heart in all things, within a framework of love, light, and perfection.

Use your list, master the Steps of Perfection and you will not misstep each new challenge along the way.

***Pray unceasingly, meditate while in full activity, on the Law of Right Action, affirm mightily in the struggles of duality and decree according to the teachings of the masters and the blessings of eternity shall be yours.***

This is the end of Chapter Twenty-Eight.

*Desire nothing to happen as you wish, but wish things to happen as they do.*

Epictetus

*There is no more lovely, friendly, and charming relationship, communion or company than a good marriage.*

Martin Luther

*Seldom, or perhaps never, does a marriage develop into an individual relationship smoothly and without crisis; there is no coming to consciousness without pain.*

Carl Gustav Jung

## CHAPTER TWENTY-NINE

### Marriage

Let us now consider the many facets of marriage, and what is significant concerning this matter within the confines of the Law of Right Action. Since you have considered and have mentally requested greater insight concerning this issue, you now have the responsibility of receiving and acting upon what you receive concerning this matter. Heed the following message, for obedience to principle regarding this matter will place a person in harmony with divine law and consequently, his evolutionary progression toward the ascension ... or by disobedience, knowingly or unknowingly, will place the person out of harmony with divine law and create conditions which hasten the involutionary spiral down into identification with matter.

Let us consider the will of the heavens regarding this matter and the broad range of applications of law to the multi-faceted conditions in which we find ourselves.

First of all, it must necessarily be for the eternal progression of man "to thine own heart be true" because each pathway that must be followed by the intelligence is highly individualized and what would be "correct" for one person to do would not be correct for another. Therefore each person must wend his own way through the vicissitudes of life, the contradictions of life and bear the consequences of his or her actions.

Responsibility is an individual pursuit. It is not doing what the world thinks of as responsibility.

***Responsibility is observing the energies of life as they are served up to us by our yin (outer manifestations) and then acting appropriately regarding that energy to bring it into harmony with divine law.***

Peace, love, bliss, joy, happiness, enthusiasm are all attributes of universal harmony which each of us must eventually encompass on our pathway through life. First of all,

we must come into harmony with our self. We must find spirit, mind and body in a vortex of unifying force which can only be brought about by commitment with intent to be obedient to those laws which bring us into the ascensional process. These are, essentially, the laws of love, light and perfection.

After we have mastered ourselves to a certain degree, which is relative to the progression of each person, we find the universe in its perfect divine order, reflecting the energies emanating from the soul level of each individual, serving up those necessary experiences for progression that involve another soul. This experience will bring in, by the Law of Attraction, that which we consider the opposite sex; that yin and yang might come together for a union on the outer that eventually, as these energies are encompassed without resistance, the yin and yang shall be made complete within each individual. This simple concept is much broader in application than it appears. Let us expand upon this apparently simple concept.

An individual begins his earthly sojourn with a body that has entrapped the spirit or intelligence at a level seven position. Level seven is the level of unconsciousness. The individual is, for all practical purposes, unconscious and is bound by reactive patterns in nearly all levels of life. As this individual moves up the scale of progression, his gonad level is activated and the consciousness turns to reproduction as a means of survival.

Survival is a concept which, when understood, is a counter consideration of I AM. When one is no longer capable, due to resistance to life, of assuming a position of beingness, he no longer can be in a position of "I AM" but is in a position of trying to be, which is a survival attempt which can manifest in a multitude of patterns. When a person is trying to survive, it is obvious that he has assumed sometime, somewhere, a question as to his survival status.

Suffice it to be explained now that when a person begins to be aware at level seven and he has the gonads activated, he will attempt to survive through reproduction. Such activities

will be "colored" with an array of old tapes which are genetic in nature, soul level reactivity and also entity involvement. This survival attempt through reproduction will be manifested in a variety of ways which are too numerous to discuss as they will be individual to each person.

As a person progresses toward level six, he will attempt to survive by association, by social interaction, by belonging to a group, by identification with what the person deems capable of surviving. If this club, organization or group fails, then the personal life is shattered because he is identified with that organization, club, group, etc, and, as of yet, does not recognise that he survives as an individual, independent of that group.

Now to clarify. First of all, at level seven the person is identified with survival through reproduction or sex. At level six, the person is identified with a group action that he belongs to. It might be well to point out that the person may belong to the group but will not be able to assume responsibility for a position within that group.

When a person comes to the level of five, he then seeks to survive through social change, through the perpetuation of ideas in the form of Intellectualism or general concepts and principles to which he has identified himself. At this position, he cannot survive unless he has a degree or a stamp of approval or a star on the forehead. Some reward for efforts expended give this person a position of identification. This is a necessity, given the experience a person must pass through to progress... as long as he is not trapped at this level.

At level four, the person must survive through things, wealth, objects, information, people, etc. which are physically surrounding the individual. As one continues to open up the willingness to receive the yin energies, one will come to this position of apparent affluence and will have the opportunity to learn to master these energies within the structure of the Laws of Right Action. At this level, the person is identified with what he has around him. At this level the individual is security oriented.

At level three, the person has mastered wealth to some degree and moves into the realm of influence, power over others. This level must be handled wisely or else one begins to exercise unrighteous dominion over others for this is the position of leadership. As long as one can teach others correct principles and let them govern themselves on their own path by individual commitment and intent, then usurped power will not occur. Influence without compulsion is the touch that must be applied here.

At level two, the powers of intuition come into play and one can now see through the other person's eyes and one can then encompass without judgement. One is no longer identified with power or position as in level three, but has moved to the position of seeing the needs of others with the same degree of interest as one has in himself and his needs. The survival of a person now is beyond identification with position or attachment but is survival as a collective whole of spirits or souls.

At level one, survival is no longer an issue but the person as "I AM" knows that he is and that he is now and simply is. This springboards us into the concepts of "To be or not to be" which we have already amply covered. To Be is I AM. The moment we have identified with a need to survive ... to satisfy our needs as well as the needs of others, to identify with position or power, to identify with money or wealth, to identify with ideas, social activism or intellectual pursuits, to identify with social activities, to identify with sex or reproduction...our children, at that time when we identify with any of these, we cease to "Be" and limit our perception and capability ... this has been covered before in our instruction to you. To explain ... when we have identified with anything, we cease to be that which we have not identified with and this immediately creates separation. Any resistance to any yin energy of life immediately creates separation and identification. {It may be necessary to point out here for future clarification that, by the very fact the "yin" energies exist, separation and identification has already taken place at a much higher level in the mental body).

Now this explanation should be clear. Where the difficult portion is for all mankind is through the process of identification. They think they have their free agency but through aeons of time of built-in resistance, genetically and on the soul level, they do not have an awareness. They are identifying with some facet of life and then they remain in bondage. They do not know that this is occurring.

To undo this, one must experience, in the physical body, all levels of identification until all resistances which are contained within the emotional body are experienced on the physical level. Then one transmutes, enthusiastically, these emotions and then is able to enter into the mental body, view the judgement and encompass duality. This entails an understanding of the exercise of faith and then virtue which is "faithfully, through obedience, complying with law".

***The law of obedience must be understood in order to progress.***

**UNTIL MAN CAN EXPERIENCE ON THE MENTAL LEVEL THAT WHICH EXISTS ON THE PHYSICAL LEVEL, HE WILL BE BOUND TO THE PHYSICAL.**

Now we wish to introduce a new law.

***"Until every reaction which is based in resistance is physically acted out by the intelligence, he shall not be capable of experiencing that activity on the mental level."***

This then explains the necessity of the list we have explained to you so that, progressively, one can workout each necessary step by seeing the end from the beginning and then doing it in the flesh. Another way of expressing the same law ...

***Until man can experience in the flesh all experiences that pertain to human existence, he cannot reach the process that brings one to the ascension.***



It is only reasonable that there will be a transfer of understanding from one experience to another wherein one can learn vicariously without having to pass through that experience because one knows that he can do that and can see, mentally, the end from the beginning.

***As long as this is not just an intellectual head trip, vicarious experience, if truly experienced on the mental level, can be just as efficacious pertaining to one's evolutionary progression.***

Now let us once again turn our attention to marriage, which is the mutual agreement on the part of two parties, male and female, to join together in a progression by commitment and intent to agree upon a list and work together toward the accomplishment, in the flesh, of each item on the list. The emphasis is working on each item by agreement and mutual commitment to the same goal in action, which for the two of them will be, to start with, an overcoming of mutual karma resulting in karmic transmutation as each item is experienced and completed ... just as one would have his own individual list.

Now we come to that which is the most important concept as taught by the Saviour, Jesus Christ.

***This must be understood and considered as man cannot attain to the ascension process without an understanding of this law, which can be called the Law of Celestial Marriage or Divine Marriage.***

One must seek after an understanding of this advanced law as it goes contrary to the established concepts, beliefs and practices of many, yet, on the other hand, it encompasses all belief systems when seen as a gradient scale of progression.

As one progresses from unconsciousness upward to fear, one experiences within the body an apparent loss of heat resulting in noticeable coldness. This heat is utilized as an absorption of energy to feed what can be called an atomic

endothermic reaction as the simple elements in the body become more complex in nature ... as that process called the healing crisis is now reversing that which took place aeons of time ago in these carbon hydrogen bodies as the downward spiral into identification with matter was experienced by the intelligence.

Now as one progresses upward and moves upward from unconsciousness, the crystals within the human body begin to dissolve and yield up their stored energies in sequence and the person moves from a state of total identification with matter gradually to a position of I AM ... dealing with and mastering energies at all levels. While passing from total identification to I AM, a sequence of events occurs as one moves toward the ascension.

***The atomic endothermic reaction takes place to a point of fear or level four at which time the universe flows unto the individual from a variety of sources necessary to complete his karma. This "yin" manifestation is determined gradiently by the break up or dissolution of the crystal which consists of sequential energy overlays from genetic memory and energy overlays from a soul level, including life experiences.***

As these, sequentially, are released from the crystal or organic computer chip full of stored memory in the form of thought, feeling and spoken word, the "yin" or outer manifestation responds in an orderly, sequential pattern of release from the crystal and the universe provides the experience by the law of attraction. These experiences begin at the level of reproduction and move upward. The danger is threefold:

- (1) Resisting the "yin" energies as they appear due to the judgements of man.
- (2) Assuming, intellectually, we have mastered energies on the physical level when we haven't.

(3) Assuming we have not mastered certain energies at certain levels when we have and we become "stuck" at that level of progression which is because we are "comfortable" and thus we perpetuate our "comfort zones."

Now as we move through the atomic endothermic reaction, we move from simple to complex and move from unconsciousness to fear which is at the level of security-mindedness where we surround ourselves with physical things. These physical things are the "yin" manifestations, which by the Law of Attraction, are drawn into our space. The "yin" manifestations of others with like energies that need to be mastered are drawn unto us, and, like a magnet, we find people in our life that were not there before but their energies need to be dealt with at some level for karmic completion. This becomes difficult to deal with as we do not want to create additional karma for ourselves through various types of emotional (resistance) involvement, yet we desire to overcome and encompass these energies so that a position of desire-desirelessness is obtained which results in harmony, enthusiasm, etc. when all things pertaining to these two or more people are resolved.

The dangers in resolving are not to get caught up in dependency relationships or perpetuation of manifold variations of resistances but to conduct oneself in such a manner as to resolve the resistances in the emotional body to expose judgements on the mental body that they might be encompassed and released with the violet flame.

***Remember, the violet flame is the only way to transmute the mental body at this time. The violet flame, when applied properly, brings all things into remembrance that through the application of the laws of perfection, all cause, effect, record and memory are observed, received, experienced, transmuted and released forever, thus overcoming that which we at one time set into action.***

The violet flame and its proper utilisation as taught by Saint Germain is the Law of Light. Contact the Saint Germain Foundation for his approved writings on this vital subject.

Now the next step is to resolve all differences and out-of-order situations with those with whom we have come into contact reactively. This is one of the final responsibilities to fulfill in the Law of Sanctification which we have discussed in length. Remember, we move from justification of our reactions to purification (which is dealing with our personal karma) to sanctification where we can take upon ourselves those energies which have a deep and irreversible effect upon the world of mankind. Gradually, therefore, peace, love and harmony exist with all individuals with whom we have interacted over the centuries, wherein confusion no longer exists within the realm of unconditional love and unconditional forgiveness.

Now regarding marriage and commitment. If one can assume the virtue if he has it not, one can make a commitment that no matter what, one will help the other... coming from his or her own unique position of reactivity ... to move toward that which will be for one's highest and best good. Each one will have his own individual list to complete karma and then there will be a group list where each item will be collectively agreed upon at the lowest common denominator of unity.

Now, as one progresses upward toward fear and goes from simplicity to complexity, then one will find that circumstances become more confused and contradictory. If things are confused and contradictory, this is an indication of our inability to encompass. Contradiction can occur in many areas. One of these is marriage.

***Each "yin" or female is designed to be a reflection of the "yang" male as a planet reflects the light from the sun.***

Remember from Chapter Eight, that through the consummation of marriage through the sexual act, the two truly become one flesh. Through the interchange of DNA, the woman becomes a part of the man and a perfect reflection of his nature, which is part of the yin quality, to reflect the nature of the yang. The woman becomes a teacher to the man by reflecting him. The female, by design, must learn to cope with

the nature of a female body and learn to be "yin", without resistance, by encompassing without resistance the "yang" in her life.

***How can an individual learn to be "yang" until one can learn to be "yin"?***

The man, likewise, must learn to be "yang" which is his nature. How can an individual learn to be "yang" without first of all being "yin"? This is why, in the instruction that we have given you:

***No longer resist the "yin" energies around you.***

This also includes the "yin" of the female. Each female needs a male for external experiences and completion of karmic considerations.

***A woman is not complete without the man. The man is not complete without the woman.***

Many will teach from an intellectual point of view that a man and woman are complete within themselves.

***This is true after a person has overcome, by experience in a physical body, all energies of life when the yin and yang are perfectly balanced. But this takes place just prior to ascension.***

A woman must choose a man to help her complete her karma just as the man must receive the woman unto himself as she chooses to freely give herself to the man. Consider the solar system as a perfect celestial manifestation of marriage. Consider the yang (sun) with the multiple yin (planets). This takes place at the level of fear on the scale of emotionality and shall occur in the eternal progress of things. This is the highest order of marriage and even though there may be many marriage systems, eventually the highest order must be adhered to so that every human weakness for both man and woman be exposed, received, transmuted and released

forever. This law of Celestial Marriage is the highest order of marriage in the universe and encompasses the following:

First of all a woman has chosen her mate, it may be only a soul mate. A person may have many soul mates with whom they have experienced life in many past lifetimes.

***As she progresses within the commitment relationship, she will complete her yin and yang qualities until they are perfectly balanced at which time, if her twin flame is ready, they will be drawn together like a powerful magnet from one part of the planet to the other to merge into one and move together into the ascensional process.***

This separation of soul mates must necessarily take place without resistance that one might truly move to his or her twin flame without karmic complications or attachments. There are cases where one will go through the ascensional process and simply wait for the other to make that move also for it must eventually occur. Remember, the free agency of the soul shall not be denied the individual.

A man at level four may have many yin (women) around him at various stages of progression. He is there to nourish, help, instruct, protect that yin energy as the yin energy acts as a support to strengthen, reflect, encourage, etc.

As the person moves from fear toward enthusiasm, all involved move collectively upward and eventually, one will understand that one is moving from complexity to simplicity.

***At level four when one has identified with the world sufficiently without resistance and, shall we say, "is willing to play the game of life", one then moves to level three and upward and the atomic exothermic reaction occurs wherein great heat and emanations are released as one then undergoes, within the body, changes from complexities to simplicities. Much more about this phenomena will be explained in later***

***publications.***

As this progresses, the "yin" manifestations on the physical level drops away and twin flames unite. The person moves into higher energies of vibration until the yin and yang are perfectly balanced and one is drawn irresistibly to his or her twin flame if he or she is ready, and the ascensional process is imminent. This shall happen when nearly every energy is mastered by the individual. Remember:

***UNTIL MAN CAN EXPERIENCE ON THE MENTAL LEVEL THAT WHICH EXISTS ON THE PHYSICAL LEVEL, HE WILL BE BOUND TO THE PHYSICAL.***

Each path is as varied as flowers of a garden and shall be expressed in its own unique way. Each person has his/her own "row to hoe," so do not be judgemental as to the fact that another's pathway will vary from your own for, indeed, it shall.

Thus the marriage commitment

***"To be there forever without expectations and conditions placed upon that individual, to help that person to attain to his or her highest and best good."***

Within that framework, we find the mutual list between two people - male and female - and then in a higher level, as a celestial family. Once this is mastered, we now move to the next step.

Consider the galaxy. This is a perfect pattern of group dynamics.

***Unity in diversity is the theme for the future as the next great law is encompassed by humanity which is also necessary for the progression of man. Another name for "unity in diversity" is "collective unity" where, as a community, nothing is done as a community until it is agreed upon unanimously by all concerned.***



The agreement will always be at the lowest common denominator of group acceptance. This in no way interferes with one's own respective direction in life as the free agency of each individual will always be protected and respected as long as that person's agency does not interfere with the free agency of another.

Now, whoever reads this message, let them not reach past their present grasp, but work item-by-item on that which already needs to be completed until, eventually, all is completed in good order and the energies of the universe at all levels are mastered within the framework of love, light and perfection.

It may be advisable to explain that, as a person progresses from level seven to level four, one learns to deal with the expressions of sexual energy. As we progress above fear toward enthusiasm, four to one, we then learn, progressively, the art of self discipline over that which we no longer have fear concerning. This then moves an individual from level to level in the following manner:

At level seven, one is sexually unconscious and as one opens up the sexual energy at level seven, it is one of compulsion and fulfillment of reactive patterns rather than one of commitment. Commitment does not take place at level seven.

As one moves to level six, one encompassed social activity without responsibility and/or commitment as well as sexual compulsion. Here is where one cannot comprehend higher levels of social activity.

As one moves to level five, sexual activity is surrounded with the victim role. "They did it to me!" The role of the rescuer finds its place at this level of activity.

As one moves to level four, fear is the sexual motivation. "Fear if I do. Fear if I don't. What will happen if I do? What will happen if I don't?" Fear is totally out of the now as fear is resistance. At this level it may be appropriate to remember the famous statement of Job. "That which I have feared has come



upon me". Please consider.

As one moves to level three, anger is involved in sexuality. The other person is always wrong if he has another point of view, another way of doing things.

As one moves to level two, one understands the person from another point of view and can then view sexual energy outside of a one-pointed world.

At level one, one is creative and can understand how many are compulsive in sex and how they move along a gradient scale of change to where their motivation changes and their viewpoint changes.

***Then they move to sex for comfort, then to sex for the purpose of offspring and eventually, their life becomes celibate as it must be for several years before one reaches the point of ascension. At this point all the sexual energies are expressed through the successive higher levels of chakras.***

At this point it would be wise to read the preface of Chapter 32.

May we be more exact in explaining that that which is considered sexual energies are only one level of creative force. It would be more appropriate that the creative force moves up-through greater and greater stages of creativity, each level encompassing all those below and, eventually, it is recognized that sex has its time, place and purpose. A rose is a weed in a wheat field. Sex, out of place, time and purpose is like a weed. It will choke out that which is life-giving and move the person down into identification with matter. Sex, as with any other act of creation, must find its time of appropriateness in view of existing energies. Thus, the eternal dance of life.

This is the end of Chapter Twenty-Nine.

The wise man is more concerned with the steadiness and direction of his own thoughts than with the actions of others. By his care to be himself unsullied to the very innermost

recesses of his being, he purifies the atmosphere wherever he goes, and accomplishes more than he could were he ever reproaching what he considers untimely.

The sage is content with having the truth himself, without seeking to impose his knowledge on everybody else.

### C. Spurgeon Medhurst

Look at each life experience as it is. Do not make a hasty decision when confronted with a problem. Consider carefully all alternatives and then choose a course of action which is for your greatest growth and progression, for your ultimate highest and best good. Remember: The popular choice is probably the wrong choice, whether it be politics, economics or social activity. Consider what the majority of people are doing and consider the opposite. From a position of keen discernment this is often the valid choice of action.

John Whitman Ray

## **CHAPTER THIRTY**

### **Adultery and Fornication**

It is time now to consider the true meaning of adultery and fornication and how this is related to marriage and commitment. This is at all order as so many considerations of authority, culture, intentions and belief systems must come into Play-Let us look at this question from the highest level; beginning with authority. We have stated to you that it is necessary to acknowledge existing authority and the choices of people to have it so. The free agency of man must be acknowledged. If people demand a king, then let them have a king and the authority that is acknowledged then becomes the lawmaker, which is permissible as the free agency of man has determined this cultural life style. If the free agency of man demands a priest, then allow them the priest, the doctrine and ritual which is to their desire. Do not interfere with this authority but allow each man the free agency to determine his destiny regarding this matter. If the people demand a minister, then give them a minister and do not interfere with the authority they chose to obey.

***Encourage each person to obey the existing authority over him as long as he/she also is able to obey the dictates of the Spirit of God activating the mind and heart of man.***

"Be true to thine own heart" is always to be encouraged as long as the dictates of one's heart are in accord with the Laws of Right Action.

***The authority of last resort regarding this matter is the individual himself as only he can assume responsibility for choices and assume the consequences for his actions.***

One must carefully teach people correct principles and let them govern themselves. Never allow existing props to be destroyed as these are necessary as a crutch for the weak, but allow a strong foundation to be built on correct principles which eventually encompass and replace the existing belief system

which was present to give security for the individual on the path.

The strong needs not a belief system or a ritual or a minister or a priest...yet acknowledges these man-made items as necessary for those who choose to perpetuate and render obedience to the same.

The teaching of fornication or alienation of affection, begins with a teaching to the existing culture of the day. If a woman commits fornication, she must be given a bill of divorcement by her husband or else he causes her to commit adultery. In other words, if a woman has become alienated from her husband for, what to her is good cause, as she is the ultimate authority regarding her life, her husband is duty bound to release her. She freely chose to give herself through the exercise of her free agency to her husband then the husband, having received her unto himself and having been unable to receive her fully for any cause, is duty-bound to release her from her commitment or else he forces her against her will to perpetuate a marriage she no longer desires which results in adultery because

the marriage bed is defiled if love does not exist on the part of both the woman and the man.

***A child conceived in a less-than-love situation creates a condition which adulterates the creative process and the child is denied a proper start in life. Every child should be conceived in love or else anything less than unconditional love results in some level of adultery.***

Let us explore Mathew 5: 31 -32

31: It hath been said, whosoever shall put away his wife, let him give her a writing of divorcement:

32: But I say unto you, that whosoever shall put away his wife, saving for the cause of fornication, causeth her to commit adultery: and whosoever shall marry her that is divorced committeth adultery.

It is obvious that in the culture of that day divorce was an established occurrence when a man and wife could not reconcile their differences and alienation of affection took place. A man was obligated to give his wife a divorce in writing if fornication or alienation of affection took place <sup>or</sup> else he caused her to commit adultery by keeping her in a position where she for whatever cause was unable to love her mate. If a man lost love for the woman for whatever cause and gave her a bill of divorcement while she still loved him, by casting her out he causes her to eventually be with another man whom she does not fully love causing a less than love situation to occur which is adultery. This is where it states whosoever shall marry her that is divorced committeth adultery. This is in reference to a woman who still loves her husband and has been cast off by his giving her a bill of divorcement without her committing fornication. A woman as an individual has the right to live her life by the dictates of her conscience and has the right to marry a man she is capable of loving. In this there is no sin as all operates according to the Law of Right Action. Remember: Anything which is not of faith is sin. Anything less than love incorporates to some degree a lack of faith and thus sin. Let us now throw off the shackles of the teachings of man and return to the recognition of the spirit of God within each man and recognise the ability of each man to be in tune with that spirit within. Let us also understand that anything less than unconditional love or unconditional forgiveness creates emotional resistance that creates an adulterous condition. Consider one drop of ink added to a glass of clear water. One drop of ink clouds the water just as emotional resistance at any level adulterates the mind or clarity of vision. Please consider this relative to the issue of marriage.

Therefore, if love does not exist between male and female and the differences cannot be reconciled, then let them part in peace, with agreement as to how financial responsibilities should be handled, agreeable to both parties.

Let each culture, belief system, religious body and/or philosophical concept consider the implications which deny the free agency of the soul his or her choice of direction. Let each man or woman be persuaded in his or her own way and bless

them in their choice of direction. If two people are no longer walking the same pathway together, they perhaps, by agreement, choose ... in peace ... to pursue their own path rather than result in argument and contention which in itself is karma-producing. Things are neither right nor wrong but the Law of Right Action coming from a position of discernment will always prevail.

Now let us turn our attention to the children They belong to the universe and parents should never stay together for the sake of the children if they are choosing different paths. Provision for the children should be made but the individual pathway for each soul should be acknowledged and followed. The children understand and honesty and care is far more important than contention and hidden motives.

Let us now consider the "hurt" feelings of those involved who do not understand. Darkness will always fight against something that it does not understand as darkness will judge rather than bless, accuse rather than trust in the dignity of the soul, prevent through restriction, limitation and deprivation the free exercise of conscience and relegate to criticism and condemnation all that is not in harmony with the existing crystal of the cultural belief system.

Man is doomed to honor the doctrines of man that he prefers rather than seek the essence of creation within.

***In the absence of seeking first the Kingdom of God within is the eventual submitting to the crystals of man from without and the soul then takes another step toward death.***

Be free to follow the dictates of spirit, for spirit is free and unencumbered and sees beyond the crystals of man to the dignity of the soul. The soul must be maintained to follow the dictates of spirit while simultaneously enduring the contradictions that arise from the judgements of man. The joyful antics of a free soul have their price to pay but the freedoms of the soul have no exchange value in the market place of man, except to those who place their attention upon

the things of the world rather than upon the things of God.

Therefore, a commitment in marriage shall continue to serve the parties involved as long as it serves the highest and best interest of both involved. When the commitment no longer serves the highest and best good for the parties involved then the parties are free to dissolve the commitment, re-evaluate and restructure or become involved in a different path. Such is necessary that the freedom of the soul be preserved.

***The Law of God makes one free. The laws of man restrict, inhibit and deprive the human soul of its full expression.***

***Doubt not that the highest order is freedom from restriction except for those restrictions that are freely imposed on oneself by choice and not through coercion or enforcement.***

Doubt not that the soul has integrity and knows what he or she must do for his or her highest and best good. Provide an atmosphere for freedom to choose and let the individual choice be made and consequences assumed by all mankind.

Let us point out that one of the greatest difficulties an individual will ever have is to be able to accurately ascertain when he or she is reacting or not, when he or she thinks he/she has free agency. The greatest determining factor to ascertain this matter is to recognize the scale of emotionality and determine if there is anything less than unconditional love (i.e. enthusiasm) for the condition in which one finds himself. If emotionality or reaction is involved, it may be wise, unless personal life is threatened, to stay in a situation we deem unfavorable and remain there and learn our lesson. Perhaps what we find unacceptable is not outside of ourselves but inside ourselves, and, with patience, and changing our own consciousness, the outer circumstances change delightfully. We must also consider that after we have lovingly and willingly endured all things and our resistance to



external circumstances have been resolved and we continually decree for the highest and best good of all including ourselves, we may find that we are removed from the people and circumstances which do not change which would hinder our eternal progress, and we are then moved to a new location with new people that will then have the opportunity to be our mirror and help us progress more rapidly.

Let us also carefully consider that if we leave London, England for Sydney, Australia, and run away from an undesirable condition in London, chances are very favorable that wherever we go we shall subtly rebuild the conditions we left. It is sometimes best to face ourselves where we are, rather than blame the "undesirable" elements outside of ourselves, for indeed, "As we believe, so shall we see. "With this in mind, each must be free to follow the, dictates of his own soul. Yet, all factors must be weighed in the balance to ensure that each step we take is on sure solid ground and is acknowledged by the heavens, which we shall know with assurance from the still small voice within. When in doubt, concerning taking action on any issue, don't.

Now, on the other hand, it is not wise to live continually under the whiplash of contention and adversity, as we gradually take upon ourselves the energy with which we surround ourselves. With this in mind, if conditions are intolerable, and no relief is in sight after we have exhausted all attempts to peacefully resolve the situation, we may out of necessity choose to remove ourselves from the situation for our peace of mind and give ourselves a chance to consider all options, from a space of non-contention.

Now, therefore, if a person is "hurt" by another, we must encourage the "hurt" person to look within to his or her own expectation and conditions which were imposed upon the other for purposes of control. Hurt always arises out of selfishness and unwillingness to allow the other their freedom of expression.

***It is the responsibility of the individual to not own or possess or exercise unrighteous dominion over the souls of man but to be***



***there to enhance, encourage and provide a safe place for each individual to develop according to his own choices. Such is the realm of the masters where love is continually manifested to man.***

If we are to be one with the masters, we should have no expectations and conditions for any soul, and even when commitments are made, they must be allowed to be broken when they no longer serve the best interests of all concerned. Love without expectations. Do without need and cultivate the Five Virtues of Godliness.

This is the end of Chapter Thirty.

"In the world good and evil, trustworthiness and hypocrisy arise from too much emphasis being placed on personality. In this, mutual recriminations and injuries arise, without any standard whereby they may be decided. The sage, apprehensive concerning these, blends his heart with the whole, and treats all, the good and the bad, the trustworthy and the hypocrite alike."

Su-cheh  
from the Path of Discipleship  
by Annie Besant

Do not follow or contend over personalities. They pass with the wind. Seek for the understanding and embrace in action the subtle essence of eternal principles.

John Whitman Ray

## **CHAPTER THIRTY ONE**

### **Transmutation**

As years of preparation in the field of Body Electronics have been made, as each set of players have crossed the stage of life, played their parts and departed the nearest exit, we find that the accumulated effort over the years has now been noticed by the heavens as a program of vital and profound change within the carbon-hydrogen species we know as man.

First of all the emotional body has been transformed in all life forms as the deep blockages of barbaric energy have been reexperienced and released from the earth. Each state of energy release, from the gross barbaric to the subtle, has been released in turn as the consciousness involved was capable of receiving and recreating, in turn, the energies that have been locked within the human species for aeons of time.

Gradually, one person after another has entered into the mental body, each from their own point of entry, each in turn having willingly suffered the locked in pain and trauma and eventually experiencing the burning of the kundalini which has transformed in part the collective unconsciousness, the collective emotional body, or the collective emotional resistance of man which has held him in bondage. The accumulation of concentrated effort on the mental body level has now moved into the transmutation of collective thoughts on the mental body level that are tied together by the etheric web, the soul body resistance or the collective mental body resistance, much like the emotional resistance on the emotional body level which in turn affects the physical body through resonant frequency, where crystallizations occur on the physical body level in the body part which corresponds to the resonant frequency from the emotional body. When the individual reexperiences the emotionality and associated sensory experience and verbal expressions, one finds the release of the suppressed emotionality and the healing on the physical level taking place, through what is called the "healing crisis" and thus elimination of symptomology. When reexperiencing the suppressed trauma, one then creates a morphogenetic resonance, which is experienced through what

is called the "Aka Cord" which subtly ties people together from solar plexus to solar plexus so that DNA changes are experienced throughout all humanity by one individual conquering emotionality within himself. This is evidenced by eye color change and iris structure change within families as one individual makes profound changes within his own emotional body.

Remember, resistance that is suppressed is one resistance, while resistance, knowingly chosen, is another - this latter exists in the mental body. This resistance that is knowingly chosen is that which is now being transmuted, making it possible for the great majority of mankind to change their choice of consciousness, if they will. Remember, the free agency of man cannot be denied. Because of mind set, the greater part of mankind shall draw resistance to resistance by the law of attraction and be destroyed. No matter how good your intentions are, you cannot prevent this from happening as destiny is determined to take its toll.

Now that a certain point has been reached by collective effort it is now possible to transmute the emotional body by simply changing the thought forms on the mental level. We shall give more about this later in a more extensive publication.

Suffice it to be enough that the collective consciousness of planet earth is changing now, and rapidly; and all must be ready to endure with dignity the great changes that are now transpiring.

***Place not your trust in the arm of flesh or the yin energies that are around you, but observe and receive the experiences of life willingly and lovingly and tap into the yang of the collective unconsciousness and transmute.***

The action will be swift and permanent as the crystals of collective unconsciousness are resolved.

The systematic manner in which the outer evidence of how crystal dissolving takes place has been explained to you, only now it will begin to take place on the collective consciousness

level rather than the individual level. Watch and marvel at the wonderful manner in which this is done in the next few months and years. The work that you are doing in secret is producing a profound effect not only world wide but universally.

It is better to master your soul than to control the yin manifestations around you in the form of wealth, acclaim, admiration, recognition, education, mastery etc.

It is worthy to be noted that the collective resistance of man brought about by choice of man on the mental body level, is the creative force which determines the energy which dictates the structure of matter itself. If, on the mental level, the choice of beingness were released and the duality considerations were not selectively identified with, there would be no choice made, thus no resistance of the non-selected item in the duality and resistance would be released and the energy pattern from the mental body would be obliterated and/or changed and the physical "yin" energy under consideration as we know it would be changed or eliminated entirely.

This collective resistance on the mental body level is being transmuted now. The laws are the same but the consciousness of man is now capable of applying those laws on a higher level of activity.

Thus, it is good to acknowledge valiant effort where it has not been requested or expected. It is good to recognize attentive introspection when the only desire was the resolution of human creation. It is good to admire the handiwork of God on earth because those in the heavens can only see their work accomplished on earth by the hands of man. It is good to acclaim as good the manifestations of the Gods, for as such you aspire to be and are on the path.

Now, it is your privilege to go forth and teach the things you have learned by personal experience to the world. Experience is the only teacher as experience precedes knowledge and without knowledge we can never master the various energies arising from various aspects of universal experience.

Suffice it to say that the joyous antics of the free soul create harmonics that resonate throughout the spheres. The very smallest units of physical experience are the resonating vessels that the symphony of life may stimulate. Such are the realms of the masters.

We applaud you and love you. We recognize you and acknowledge your efforts. The service you are performing is being recorded and shall never be erased from the annals of history. The blessings of life have been released to each of you. It is up to each of you to now reach forth, acknowledge and accept, for the heavens are grateful for the service you have unselfishly rendered. We are forever in your service. Once again, job well done.

This is the end of Chapter Thirty-One.

The Buddha said:

You have heard me teach the three decisive steps which are: control of mind, known as sila; which leads to contemplation or dhyana, and then to wisdom or prajna.

If living beings abstain from sexual desire they will not be subject to the round of birth and death. On the other hand, their practice of meditation will not successfully eradicate defilements if lust is not completely eliminated. Hence, teach worldly men to get rid of lust. If this is not done, the practice of dhyana will be futile, even as cooking gravel for food.

Again, if people do not abstain from killing they will continue to be subject to the round of birth and death. They who eat meat are but demons who will sink into the bitter ocean of birth and death and they cannot be my disciples. Therefore, you should teach people who wish to practice meditation not to kill. This is the second decisive deed. If one does not stop killing and yet pretends to practice samadhi, it is like one who is crying aloud while shutting his own ears and thinking that no one can hear him. Bhiksu (monks) should not wear garments made of silk, or shoes of leather or fur; they should not consume milk or dairy products. Then they will not transmigrate in this cycle of birth and death.

Again, if people cease to steal they will not be subject to birth and death. Hence I teach that monks should not cook for themselves but live on alms. They should live here as travelers live in an inn. If they do not refrain from stealing, from keeping more garments than are absolutely essential, if they do not give away food which may be in excess of their own requirements, if they are not ready to give away their own body in the service of the community, their practice of dhyana is like pouring water into a vessel which has no bottom.

Again, people should, after being established in the above three, refrain from falsehood. If they lie, they will lose the tathagata seed and begin to search for name and fame. Therefore, you should teach all the people not to lie. If they lie, their practice of dhyana will be like making an image of

excrement (instead of sandalwood) and expecting it to be fragrant as a statue of sandalwood. If the monk practices all these virtues, I will seal his realisation of the bodhisattva's supreme bodhi.

It may be wise to go back and read Chapter 29 at this time to help put things into perspective.

There were never in the world two opinions alike, any more than two hairs or two grains. Their most universal quality is diversity.

Michel Eyguem de Montaigne



## CHAPTER THIRTY-TWO

### Unity in Diversity

The time has come for each of us to bring to mankind, the world over, the recognition that each individual has the power of choice. If they do not have the power of choice and are festering under the fetters of their own emotional resistance, then we can teach them how to remove those self-imposed fetters and become free; Free to choose, free to be. This power to choose is the power that makes tyrants tremble on their thrones. This power to choose frees within mankind the knowledge that he and she preside as king and queen in their own domain. That same power brings mankind to the understanding of the Christ, wherein he stated, "All these things I have done, ye shall do also; yea even more."

***The time has come to choose the road to the expression of love, the appreciation of light, and the commitment to perfection, or else, through our lack of choice (which, in itself, is a choice) we accept the inevitable dwindling spiral of least resistance which leads to darkness, disgrace, and destruction.***

We are here in these tabernacles of clay to overcome the weaknesses of the flesh. We are here to heal and unite, not to injure and divide. In the past we have been very good at injuring others, destroying and dividing. Our track record speaks quite clearly concerning our lack of respect for humankind. Contention and war we have obviously mastered. Now, we have a new challenge to unite, that there may be "Unity in Diversity" where the inalienable rights of man embrace all people of peace, regardless of race, color or religion. The reflective and comprehensive mind knows that we cannot turn back history. We have to accept things the way they are with non-resistance, profit from the lessons of history by keen observation, and then weigh in the balance opportunities to exercise various options for action. The time is now to heal, to unite, and return to the protection of all mankind in their rights, even when they differ from us in their choice of life styles.

***Let "Unity in Diversity" be our theme as we now unitedly claim our individual rights, which no man or man-made law can alter, but are of God. We claim now and forever our freedom and right to choose.***

There is much of history that is lost in the explosion of knowledge. I would like to present a bit of history that is not just the history of the United States of America, but is a very important part of the history of the world. The pattern for the macrocosm is inherent within the microcosm. May the following documented item of history be a pattern for freedom that may rest in the hearts of man forever the world over. The following is taken from "The Independent American" P.O. Box 1629, Makawao, Maui, Hawaii, 96768, U.S.A.

The following information concerning the Constitution of our country I offer to each of us, for our consideration and action. Consider it carefully because each step is important. What we sow today we reap tomorrow, as we reap today what we have sown in the past.

May each of us be enlightened by the ever present and eternal spirit of God, the Universal Life Force which activates the intelligence of every man and gives hope to the continuation of every soul.

Listen carefully. May each heart be touched in unison with part of our eternal history and heritage.

I have had the opportunity to read from a rare old volume of early American political speeches of a date earlier than those preserved in the first volume of the Congressional Record. In this book, particular attention should be paid to a speech by an unknown man at the time of the signing of the Declaration of Independence.

This information is taken from a copy of that book.

On July 4, 1776, in the old State House in Philadelphia, a group of patriotic men were gathered for the solemn purpose

of proclaiming the liberty of the American colonies. From the letters of Thomas Jefferson, which are preserved in the Library of Congress, we have been able to gather considerable data concerning this portentous session.

In reconstructing the scene, it is well to remember that if the Revolutionary War failed, every man who had signed the parchment then lying on that table would be subject to the penalty of death for high treason. It should also be remembered that the delegates representing the various colonies were not entirely of one mind as to the policies which should dominate the new nation.

There were several speeches. In the balcony patriotic citizens crowded all available space and listened attentively to the proceedings. Jefferson expressed himself with great vigor; and John Adams of Boston spoke and with great strength. The Philadelphia printer, Dr. Benjamin Franklin, quiet and calm as usual, spoke his mind with well chosen words. The delegates hovered between sympathy and uncertainty as the long hours of the summer day crept by, for life is sweet when there is danger of losing it. The lower doors were locked and a guard was posted to prevent interruption.

According to Jefferson, it was late in the afternoon before the delegates gathered their courage to the sticking point. The talk was about axes, scaffolds and the gibbet, when suddenly a' strong, bold voice sounded—

***"Gibbet! They may stretch our necks on all the gibbets in the land; they may turn every rock into a scaffold, every tree into a gallows, every home into grave, and yet the words of that parchment can never die! They may pour our blood on a thousand scaffolds, and yet from every drop that dyes the axe a new champion of freedom will spring into birth! The British King may blot out the stars of God from the sky but he cannot blot out His words written on that parchment there. The works of God may perish. His words never.***

***"The words of this declaration will live in the world***

*long after our bones are dust. To the mechanic in his workshop they will speak hope; to the slave in the mines freedom. But, to the coward kings, these words will speak in tones of warning that they cannot choose but hear...*

*"Sign that parchment! Sign, if the next moment the gibbet's rope is about your neck! Sign, if the next minute this hall rings with the clash of falling axes! Sign, by all your hopes in life or death, as men, as husbands as fathers, brothers. Sign your names to the parchment, or be accursed forever. Sign, not only for yourselves, but for all ages, for that parchment will be the textbook of freedom, the bible of the rights of man forever.*

*"Nay, do not start and whisper with surprise! It is truth. Your own hearts witness it. God proclaims it. Look at this strange band of exiles and outcasts, suddenly transformed into a people; a handful of men, weak in arms, but mighty in God-like faith. Nay, look at your recent achievements, your Bunker Hill, your Lexington, and then tell me, if you can, that God has not given America to be free!*

*"It is not given to our poor human intellect to climb to the skies, and to pierce the Council of the Almighty One. But methinks I stand among the awful clouds which veil the brightness of Jehovah's throne.*

*"Methinks I see the Recording Angel come trembling up to that throne and speak his dread message. 'Father, look with one glance of Thine eternal eye, and behold evermore that terrible sight, man trodden beneath the oppressor's feet, nations lost in blood, murder and superstition, walking hand in hand over the graves of the victims, and not a single voice of hope to man!*

***"He stands there, the Angel, trembling with the record of human guilt. But hark! The voice of God speaks from out the awful cloud: 'Let there be light again! Tell my people, the poor and oppressed, to go out from the old world, from oppression and blood, and build my altar in the new.'***

***"As I live, my friends, I believe that to be His voice! Yea, were my soul trembling on the verge of eternity, were this hand freezing in death, were this voice choking in the last struggle, I would still, with the last impulse of that soul, with the last wave of that hand, with the last gasp of that voice, implore you to remember this truth: God has given America to be free!***

***"Yes, as I sank into the gloomy shadows of the grave, with my last faint whisper I would beg you to sign that parchment for the sake of those millions whose very breath is now hushed in intense expectation as they look up to you for the awful words: "You are free."***

The unknown speaker fell exhausted into his seat. The delegates, carried away by his enthusiasm, rushed forward. John Hancock scarcely had time to pen his bold signature before the quill was grasped by another. It was done.

The delegates turned to express their gratitude to the unknown speaker for his eloquent words.

He was not there.

Who was this strange man, who seemed to speak with a divine authority whose solemn words gave courage to the doubters and sealed the destiny of the new nation?

Unfortunately no one knows.

His name is not recorded. None of those present knew him; or if they did, not one acknowledged the acquaintance.

How he had entered into the locked and guarded room is not told, nor is there any record of the manner of his departure.

No one claimed to have seen him before, and there is no mention of him after this single episode. Only his imperishable speech bears witness to his presence.

I am an Independent American. I am your voice, and together we shall preserve the Constitution of our country as it hangs in the balance. No man can lift our arm to do, or raise our voice to speak. That is our privilege, and our responsibility. Without continually preserving that which maintains our freedom, our freedom will be lost, forfeited forever from neglect, from lack of eternal vigilance. (This is the end quote from The Independent American).

As nutritional principles are applied according to the extensive information found in the "Health and the Human Mind" tapes and book, and as the principles of Body Electronics are applied according to the extensive and exacting procedures as taught in the Body Electronics courses, and as one applies the "list" and the psychological principles you are learning here, we come to a very important recognition that the organic computer chip calcifications (Crystals) are dissolving for the individual and, through morphogenetic resonance, for all mankind.

As the crystals in the body are dissolving, the individual is learning to simultaneously embrace a seemingly contradictory duality: On one hand the individual is supporting without reservation the concepts of unconditional love, ' unconditional forgiveness and non-resistance, while on the other hand is standing on correct principles and exerting himself appropriately by dealing with the problems of life, using no more effort or force or no less effort or force than is required to complete a selected task from the list. As this above duality is embraced with dignity, as each task is completed to the position of "It is good," we find the following occurrences.



As the crystal dissolves, we find the emotionality being released in the following manner. Unconsciousness or numbness shall be experienced first for the individual and also for all those who are tied in at some DNA level through what we have called morphogenetic resonance. This is a delight to watch as one person in a family gets better, gradually everybody gets better as they are capable of releasing their resistances. The next level of release is apathy, then grief, then fear, anger, pain and then we finally arrive at enthusiasm. Now, let us consider, if you, the reader, are a source of light and are attempting through educational and peaceful means to resolve the darkness in the minds of men, you then as a worker of light must learn to understand the nature of the beast. As a person, no matter what his disposition, moves up the scale of emotion through proper diet, supplements, exercise, mental discipline, sunlight, proper breathing, use of Body Electronics, etc., then he shall have the opportunity to eventually move up through fear, to covert hostility and eventually to anger which can be a level of great destructive activity if it is not controlled by prior commitment and intent to recognize these "feelings" and exercise dominion over them. If the anger gets out of control it shall be directed at the greatest source of help. At that time you, my friend, will be the object of intimidation and anger. At that time, hopefully the following will be of value:

Compromise is not for the faithful. Compromise is a tool of darkness and is designed to disqualify and neutralize the adherents of truth. Once one allows himself or herself to compromise to "keep the peace", the elements of darkness have won against the adherents of light. There is no peace in compromise, there is only the acquisition of darkness of a stronger hold on untruth. There, once again, is no peace when compromise is secured under the name of peace. There is no security in compromise, as compromise simply forestalls future compromise or confrontation.

Confrontation, under the umbrella of the perpetuation of correct principles, is sometimes necessary to obtain and maintain freedoms, rights and liberties which are innately ours. How can one compromise a freedom, right or liberty

without losing it?

The time is now to stand on correct principles and assume the consequences. Yielding to compromise and untruth through compromise is nothing more than sounding the death knell over the land of the brave and the home of the free.

Stand up for right and let the consequence follow. Be loving, kind and unyielding in the preservation of your rights and freedoms.

Those who would dissuade you in standing on principle would also have you yield correct principles to maintain what can be called the "peace of death". These people who are incapable of standing on correct principle would quickly barter away their freedoms for temporary reprieve from confrontation.

When a person voluntarily yields to pressure maintained by usurped authority, he or she, through non-action, yields up his or her rights for not only themselves but for all who follow after them.

Yield not. Yield not. Yield not.

Do not be party to the perpetuation of the "Peace of death".

Do not give in to intimidation and false accusation. Do not give in to false teachings and encourage people to take appropriate action against unjust authority. Prayer without works is useless. Pray as if God will do it for you, then roll up your sleeves and do what you must do assuming the virtue of God.

Allow not discouragement to enter your heart but maintain a persistence and consistency which always results in victory.

The blessings of the universe are upon you and are depending upon you as the desires of the heavens are made manifest through the actions of men. Go forth with vigor and



determination and all opposition will fall away as dew before the morning sun.

When one breaks the law of the land, he also has the responsibility of paying for the broken law. The consequences are the extraction of sacrifice for obedience to the Higher law which encompasses the lower law. Some sort of earthly sacrifice requires deprivation of a comfort or desire or even pain applied in response to a broken law, or some sort of emotional or physical deprivation or penalty revolving around:

- 1) Loss of attachment
- 2) Loss of power or position
- 3) Loss of recognition or appreciation
- 4) Loss of reputation (good name) or achievement

All of these and more, being the consequence of a broken law which is required for obedience to a Higher Law. This can be referred to as the "Crucifixion of the flesh", to leave a large impression on the "Lower Self", (the lower self being the physical body which has its own intelligence), that the lower self may have every reason to feel it has paid its pound of flesh through self-sacrifice, that it now feels justified in placing itself in perfect harmony with the "middle self" or intelligence. This middle self or intelligence is that which we identify ourselves as our being. This is our identity. Now, the "middle self" can align itself more appropriately with the "Higher Self" without the resistance from the lower self. The "Higher Self" is the God presence within every human soul. This obvious sacrifice convinces the lower self that the middle self means business as self-discipline is applied to Higher Law consistently. This consistent application to law draws the respect and loyalty of the lower self because of the increased vibration (Spirit of God) upon the lower self from the middle self in response to obedience to the higher law by the middle self. The willing sacrifice on the part of the lower self then brings in greater light and with the greater light, the dissolution of old ingrained

habit patterns which enables the lower self to progress to higher levels of understanding and obedience to law. Thus the dissolution of the "crystals".

It is imperative to understand that one should not shrink from duty because of fear to follow Higher Law. Fear to endure the consequences of a broken law minimizes the blessing from obedience to a Higher Law.

Walk forward doing what you must do and take the consequences when they come. Say nothing in your defense and do not compromise your position. Be honest and forthright and do not shrink before authority.

May you uniquely continue to follow the dictates of your heart, as you follow the path of harmlessness and the evolutionary spiral. Great sorrow from many is relieved with the joyous antics of a free soul. Continue without fear the course of action you are pursuing and your blessings will abound. Your blessings for your dedication will be rewarded through blessings that will come to you from every source on earth.

Be gracious and humble in the acceptance of those blessings as gratitude is the secret to abundance.

Before we close this chapter I believe that it is very important to share with you a very sacred experience to me. When I was a young man I had a very special experience that gave me an understanding that Jesus Christ was a very special person who had made his resurrection and that we should follow in his footsteps. I later entered college as a pre-ministerial student planning to be a minister. Within six months of study and conflict, I realized that the steps of Jesus did not lead into any man made religion. I left the field of religion and entered into the field of mathematics. You could at least count on mathematics as having some stability in the world as a universal language. I had by that time determined that if Jesus were to have his steps lead into any church house it would be for the purpose to lead people gently out so they could follow in his footsteps. Jesus said "All these things I have done, ye shall do also, yea even more." I believed that. I was convinced

that if Jesus were on earth today he would not last long in any church with laws made by man. So these things I wondered about and prayed about from time to time, gaining a greater recognition as time passed that if one did not follow his own thoughts, he would be following another person's thoughts and how would it be possible to have confidence in another person's thoughts when he or she was as delightfully human as I was? So, I followed my own path. I did it my way. Those of you who know me can vouch for that.

After my experience with the "Light" that entered my body which gave me information that I could write on for years and never record it all, during which time I received a solid understanding that we should follow in the footsteps of Christ by thinking like he thought, acting like he acted, and saying what he said in way of decree or affirmation. The concept of mimicry will bring one into an understanding of higher law. We apply a law by faith, and eventually gain an understanding of it.

***Once we are obedient to a law by mimicry we will be given an understanding of the law, if we persevere.***

So, over the years, I was faithful to my understanding of what was required of me. This led me into some very interesting experiences which are in harmony with the 50 Acts to Perfection which will be given at a later time. When you are true to your own heart, others may not agree with what you are doing and will oppose you in every way they can. At that time be true to your heart and take the consequences.

In Maul, at my beautiful home at Woodrose, one day after being confused over an issue for some time which had not been resolved, I determined to pray on the matter. In 1980 when I went to Chicago I had a seminar with a group of "I AM" People whom I had never heard of before. They are followers of St. Germain. After my seminar I had many people tell me that what I taught was similar to the teachings of St. Germain and that I should look into the matter. At that time, Jesus Christ was my example and I felt that if I were to accept another person and his teachings, I would no longer be loyal to Jesus Christ so sceptically I looked into the teachings of St.

Germain. I found out they were not only inspirational, they were similar to what I had received and filled in gaps of my understanding which delighted me greatly. Eventually, I became involved in the teachings of St. Germain and have not departed from them.

This led to an internal conflict which I had not yet resolved. How could I be loyal to Jesus Christ and at the same time loyal to St. Germain? I had proof that Jesus was here from time to time and so was St. Germain. Each had gained their resurrection by the application of certain laws which go beyond what I am offering to you through my teachings to you. My teachings just touch on the basics you must learn to follow. St. Germain and Jesus go far beyond what I am explaining here. Nevertheless, I have told you the truth as far as I have gone. Now, what was concerning me for several years was "How could I be loyal to one individual by being loyal to another at the same time, even though I knew the teachings of each were not contradictory but enhancing of one another?" This was my constant prayer for several years. In 1985, in Maui, I was in bed and had a vision while I was wide awake concerned with these matters. I was given a big round pie chart with a horizontal division through the middle, a vertical division through the middle with the bottom half further divided into several segments. The upper right half was labeled St. Germain with his laws of light and other complementary teachings. The upper left quadrant was labeled Jesus Christ with his law of love and forgiveness and other complementary teachings. The segments at the bottom were unlabeled. I was told the following: "The time has come in the history of mankind to bring all teachings of all great masters together into one. "At that moment all concern left me as to loyalty. My responsibility and the responsibility of all sincere souls on the pathway of truth is to embrace truth wherever it can be found and learn to appropriately apply it to life. Such is the necessary path of all sincere souls. If we embrace only one pathway, it may perhaps lead to the embracing of all truth, yet eventually we will have to acknowledge the mission and teachings of each great master, as each of them have a role to play and according to the vision which was given to me, they each have "a piece of the pie". This is in reference to the circular pie chart. Being a

mathematician a pie chart was very acceptable to me and given to me according to my language and understanding. I think a bit of humour was included in that also, as I perceive the heavens smiling. To recap the experience, bottom line:

***THE TIME HAS COME IN THE HISTORY OF  
MANKIND TO BRING ALL TEACHINGS OF  
ALLGREAT MASTERS TOGETHER INTO ONE.***

This is the end of Chapter Thirty-Two.

As we travel the path of harmlessness, we work on our list with a certain degree of common sense, apply the ten steps to perfection, consider the five virtues, observe, receive, re-create and release with pure intent; We develop a sense of humor about life and with non-resistance we take a position, "Whatever".

This concept of whatever has helped me over many a tough experience until that "tough" experience became my friend, my teacher, my mirror. Enjoy. Whatever. The arena of life awaits you.

John Whitman Ray

## **CHAPTER THIRTY-THREE**

### **The Arena of Life**

As we enter into the arena of life there will be times when we seek direction and solutions to the troubles we encounter. When these troublesome times arise on the horizon turn to this chapter and re-read. Let us now re-confirm: The heavens rejoice over the antics of a free soul who desires to travel the path of harmlessness. Yet, there are other things to consider as we travel the path of life as compared to the path of death. Many people travel the path of death because their focus is on the outer world and not upon the inner essence. Many people travel the path of death because their desires are for the satisfaction of the demands of the flesh rather than focusing their desire on karmic completion (The "List"). Many people find themselves on the path of death because they allow their thoughts to be saturated with separation rather than with unity. Many people want to follow the broad path that leads to comfort, which in turn compels man to the path of death, rather than overcoming all things, using the methods we have painstakingly taught you over the years. Broad is the way that leads to death and nearly all enter this pathway. Few there are who see that the outer manifestation is but a reflection of the inner essence and few of those who see learn the mastery of re-creation, and fewer still learn the completion of the steps of faith leading to perfection which is diligence in action.

Now, there is a time to plant and a time to reap. There is a time to sleep and a time to rise. There is a time to work and a time to rest; a time to act and a time to consider; a time to desire and a time to dispel the desire; a time to fulfill the desire and a time to say, "It is enough."

There is a time to proclaim peace and a time to war. There is a time to love and a time to choose, without reaction, the removal of a harmful element from one's midst. There is a time for protection and a time for vulnerability. There is a time for change and a time for the continuation of an event. There is a time to create and a time to destroy. There is a time to take action and a time to wait. There is a time to agree and a time to oppose. There is a time to make priorities and a time to see all things encompassed as "important-unimportant".

There is a time to make things perfect and a time to see them in their perfection, needing no correction. There is a time to teach and a time to remain in silence. By remaining silent, the lessons are learned by experience which is often far better than learning only from verbal expression.

There is a time for light and a time for darkness. There is a time for strength and a time for weakness. There is a time for struggle and a time for inner creation. There is a time to encompass all and a time to see only the one. There is a time for war and a time for peace. The peace must be won through the overcoming of all opposition and few understand the principle of inertia and how force in the physical world often must be met with equal force to balance, less force to divert and more force to overcome. There are times for the appropriate application of force which preconsiders the need for and willingness to use force which is a yang quality. Thus, the Law of Economy.

There is a time to receive before one can give. One must be yin before he can express in truth the qualities of yang. How can one ever give to another what he, himself, has been unwilling to receive?

Is the servant better than the ruler? If a ruler is just, is he not then the servant of all? How can one rule over those he has not learned to understand by experience? How can a general be a good general unless he has learned to master each of the lower ranks by experience? The general can only understand the heart of a private because he was a good private, only then would it be possible for him to be a good general.

Is the ruler better than the servant? The question is absurd because it creates, by the question itself, the assumption that one can be better than another. One is not more or less than another. People simply are.

Is the plan of one more important than a plan of another? Each plan is of equal importance, yet in the eyes of discernment, one plan may be more appropriate in the solution of an existing situation or problem than another. The danger in



the question provided is that one is asked to judge - not discern. Do not allow yourself to be trapped in these situations. Look behind every question and determine the motivation. The world is full of subtle situations that require one to judge; to have desires for one item over another rather than teach equanimity; to have value judgements which entrap the soul, rather than teach impartiality. The world teaches the following: Separation, attachment, competition, judgement, desire, acquisition, power, recognition, approval, reward, position, influence, alliance, compromise and infatuation. Be not involved with these to the exclusion of its opposite, and then consider each act within the framework of Karmic Completion.

Treat fame and disgrace with the same degree of joy. Accept victory and defeat with equal delight. Embrace poverty and fortune with impartial dignity. See all experiences as an expression of duality, and thus encompass. Recognize that all outer conditions are the yin creation of a yang inner essence. Understand that all outer experience is to be willingly and lovingly endured as a first step in the transmutation process.

There is a time to be brave and face the enemy, there is also a time to flee. There is a time to tell the truth, and as well an appropriate time to deceive. There is a time to destroy your enemy and another time to agree with your adversary or he may have the upper hand to destroy you and render you powerless. There is a time to stand on principle and refuse to yield; there is also a time to admit defeat and place your fate in the hands of your conqueror. There is a time to be unyielding in power and proclaim victory; there is also a time to recognize that time, chance, victory and defeat come to all men and one must be not only gracious in victory but equally gracious in defeat or one may quickly experience his demise, and for a time his effectiveness will be questionable.

Acknowledge victory when you are secure to do so. This is timely. There is also a time to acknowledge defeat with equal enthusiasm. Remember, that resistance to any experience in life shall, by the law of attraction, bring that experience into the realms of reality that we may acknowledge our creation with the joy of recognition.

Do not be complacent and simply experience the yin aspects of life with equanimity. This of course is the first step, to lovingly and willingly endure all things.

***Yet, the yang expression of life must be brought into play through the Ten Steps to Perfection, beginning with faith.***

As we conscientiously apply step by step, the laws of life, and as we grow into understanding of the 50 Acts to Perfection, we will then begin to see the pattern for all outer activity and its mastery. The 50 Acts to Perfection shall be explained in the next publication.

Be patient and realize there is a time for seclusion as well as a time to be in the forefront. There is a time for greater change as well as a time for silence and peace. There is a time for bringing good works to the minds of man as well as a gestation period for those works. A child is conceived, but its gestation period is nine months to prepare for birth. Such as it is with every great contribution.

Now for deep instruction: Teach all mankind the need to go within and seek one's own answer. One cannot rely on outside advice.

***Therefore, ask not for advice and give no advice.***

Teach people correct principles and let them govern themselves. People will use their time to consume yours. They will ask frivolous questions, devoid of meaning to satisfy their curiosity. Let them listen to tape recordings of material that is available. Let them put forth an effort to view the video tapes. The true seeker will prepare himself with what is available, and relentlessly seek out the opportunity to secure what is available. Let this be the sign of a true seeker.

As you instruct others, secure your teachings which you understand with audio recordings and eventually with video. Those who wish to see and not hear, satisfy only their curiosity. Those who are willing to hear without seeing shall

prove themselves by doing what they hear. Leave the videos for the students who have seriously chosen to come in at the door. The video shall be a tool only for the serious minded. This does not exclude a form of simple introduction on video to point the way to the collection of audio tapes.

Silence is maintained by secrecy. Quiet is maintained by seclusion. Great things are accomplished in silence. Whatever task you undertake, maintain that silence until your task is complete.

***The heart of a teacher must first of all serve as a receptor of truth. One only gives what one receives, this is the sign of a true teacher.***

Most people want more than what is simply received, thus they miss the mark. This is considered sin because in their haste to grasp what they have not yet received, they receive not that which is readily available and they miss the mark. Clear your conscience of wanting more. Wanting more means that you have not yet received, which is the state of mind of man. This then manifests in the outer world, in some manner, where one does not receive. These people are in the position of not having because they put their attention on what they didn't have rather than be appreciative and show gratitude for that which they already have which is the fullness of all that there is.

***That which is not of faith is sin. Consider the Ten Steps to Perfection. Commit them to memory and learn to constantly apply them.***

Then you have those who have enough and need no more. They cease to seek, therefore they never find. They cease to ask, therefore they never receive. They cease to knock, therefore they never put out an effort, therefore they never rejoice in the fruits of their labors. Woe unto those who have enough and need no more. They have relegated themselves to the pathway of death. There is a middle ground. "Desire-desirelessness" or I don't have enough vs. I have enough. The secret is simply the encompassment of duality. The individual

sees himself as complete and observes all things with no desire that the inner essences of life are observed and also, simultaneously, to desire that which is of the evolutionary path which lies within the realm of right action, which sees only outcomes which leads to the transmutation of the karmic considerations of life.

The instructions we have now for you are to prepare yourself with diligence, the health of your body and the perfection of your mind through study and diligence that your overall effectiveness in the future may not be diminished. Now, be of good cheer for all the experiences of life are for the refinement of the soul.

It is peculiar to observe the sequence of events as man chooses the steps to his eternal destiny. The steps one takes are not determined by a master plan to which one is subjected. On the contrary, the master plan, so called, is the outer manifestation of the eternal essence of one's own creation.

Our creation, we have a tendency to disown, rather than determine, as we would the solution to a puzzle, how the intricate web of outer manifestation has been brought together by perfect divine order. Not that the perfect divine order is a manifestation of some outer intelligence, creating a bondage from which we cannot escape, but it is a delightful mirror showing the yang creative essence which we have activated which is now perfectly manifested in the outer creation, the yin energies around us.

We, individually, are not God as God is the eternal summation of all active and inactive intelligence which directs the activities within all space and time within which is what is known as the hierarchy. Yet, each individual has within him/her (as a divine yang essence) all of the attributes of God. As the awareness expands, man finds that he is the creator of his own universe and is co-creator with all other intelligences (individualized intelligences). Separation is an illusion, yes, but separated we are from one another and we must be willing to recognize without resistance the separation and learn individual responsibility that the "separation-

unity" duality might be encompassed and overcome, that true unity in spirit might become a reality, "Unity in Diversity".

Observe the yin energies around us, these yin energies we must learn to non-resist as they are the summation of our Karma. On the list that is carefully kept and updated, we place every item that comes to our observance pertaining to what we believe are our responsibilities, what we need to put in order, resolve, bring harmony, make restitution, desire (remember, there is a difference between evolutionary desire and involutionary desire), complete, unite, preserve, etc.

Then we complete carefully, starting with the simplest item on our list, seeing the end from the beginning of each act, without resistance and then with gratitude, saying upon completion, "It is good". Then we proceed appropriately to the next task, observing carefully each event in life and then appropriately interacting with each event to its resolution.

Thus, we deal with and gain mastery gradiently over that apparently hostile world in which we find ourselves as the recipient of our creative acts. We are now creating a virtual heaven out of the hell that we have created by learning responsibility, by observing and appropriately participating in each event in life where we can muster the faith to express our yang activity concerning that event. As we allow the faith within us to grow in the gradual mastery of little things, we then are capable of mastering more involved and complicated projects until all things are eventually mastered by seeing the end from the beginning in each event within which we participate,

***Remember: Seeing the end from the beginning is a necessary act of faith but this is only the beginning of the law. Participation is absolutely necessary to help dissolve the crystal of suppressed activity. Any emotionality that is not exposed and transmuted by enthusiasm will continue to hold us in bondage. Faith without works is dead. Consider again the necessity of the Ten Steps to Perfection.***

Now, let us reiterate: The "List" as it is called, is the most important item one must learn to utilize both momentarily and extensively, as this list is orderly Karma in which we keep a record of our conquests of activity. It reflects our growth of faith, the application of virtue, the acquisition of knowledge, the development of temperance, the gain of patience, the perception of brotherly kindness, the consequences of Godliness, the radiance of charity, the selflessness of humility, and eventually the action of diligence (the epitome of yang activity, having already encompassed the yin).

***Now, for instruction, place order in your life by the reception and activity of the list and the universe ponderously will respond.***

It is impossible for the individual to give something to another that he has not received himself. It is impossible to give up something one has not yet acquired. Therefore let us consider the concept of responsibility according to the scale of emotions. At unconsciousness there is no responsibility; Thus incapacity to receive. At apathy one can't receive. At grief the individual is too busy crying and complaining about life to receive. At fear, one is too afraid to receive, yet at this point, due to the nature of energy being emitted from the crystal as it dissolves, the universe supplies unlimited experiences from life (yin energies) for the person to fearfully cope with. At this level the individual begins to accumulate a number of physical things around him of all natures. The individual is no longer the effect and is beginning to no longer resist and is allowing the experiences of life to "happen" as manifested by the yin energies. Thus the person goes through growth from simplicity to complexity, and as one rises upscale from fear, from complexity to simplicity, then one lets go of his attachments to matter.

***One cannot let go of something to which he has never learned to be attached.***

One cannot let go of an identification until he has been totally

willing to be identified. Willingness to be identified must be understood as different from being identified. One cannot give up something that he hasn't acquired through the process I am outlining for you. There is an exception to this rule, for if one is capable of going through the Kundalini experience and has freed himself from emotionality in a given area, and through the process of realization he knows he is willing and able to experience the energies of life in a given area and does not have to go through the physical experience, then the person can let go of the matter, and encompass the energies of "having - not-having". This understanding is a must to accomplish. I want to review three dangers that we must comprehend:

- 1.) We must learn to cease resisting the "yin" energies as they appear systematically in response to the dissolution of the crystal.
- 2.) We must not assume intellectually that we have mastered energies on the physical level when we haven't.
- 3.) We must not assume we have not mastered certain energies on the physical level when we have.

In all three areas we must keep an accurate appraisal of ourselves in our pathway of progression.

***Remember: "Until every reaction which is based in resistance is physically acted out by the intelligence, a person shall not be capable of experiencing that activity on the mental level."***

***Remember: "Until man can experience in the flesh all experiences that pertain to human existence, he cannot reach the process that brings one to the ascension."***

It must be pointed out that just because one is willing and able to do something doesn't mean it will be products for him to do so. Just because a person can experience an event of life doesn't mean he has to keep doing it, as far more productive



events are perhaps awaiting his attention.

Let me state clearly an idea which many people misinterpret. "Loving is letting go." This is a very popular concept. If not careful this concept can lead to irresponsibility, because love is often pushed away, due to lack of commitment. Love and its expression will always be accompanied with commitment and intent and should not be relegated to an interchange where temporary reactive mechanisms are meshed. One cannot truly let go of something one does not have. Having entails a certain amount of responsibility, commitment and intent.

At this time it would be wise to read again chapter five on commitment.

We cannot truly give up something which we have not obtained by passing up through the stairway of responsibility. From fear where the acquisition of physical experience takes place within the realm of security mindedness, we begin to move upward to anger where material possessions are relinquished in a trade out for power or position. We begin to move from complexity to greater simplicity, and the "yin" manifestations around us go into a level of greater mobility. At pain, the levels of physical substance begin to drop away until we reach enthusiasm and the divestation of material goods is complete. Those physical substances that are required for Karmic Completion will remain intact in the person's life until its purpose is no longer required. We don't have to own them to have them. At this level we have mastered energy and we can voluntarily give up what we have obtained. It is no longer a head trip, it is a reality of mastery. With this in mind be aware "You can't give up what you haven't got " Enjoy the slang.

Many are very ready to be irresponsible and travel what they consider to be the path of the initiate. They haven't yet served their apprenticeship to life. I am reminded of the story of the young man who came knocking at the door of the monastery. A monk came to the door and kindly inquired concerning the nature of his visit. The young man with tears in his eyes, expressed a sad story to the attentive monk. He



explained how he had a very unhappy marriage and his wife had left him, how he had gone to work, which he didn't enjoy, and how his boss had fired him, how on his way to his home he wrecked his car and how last night, his house had burned to the ground with all of his possessions. He hastily explained that he was now ready to enter the monastery and take his vows. Pondering the matter the monk wisely replied: "You go back to the city and find a job to your liking, then find yourself a car and a home, and then find a wife you love and have a family. After you have done these things, you have something to give up and are ready to take your vows. Come to me when these assignments are fulfilled."

There is no short cut to spirituality. The road to spirituality lies well disguised through the experiences of life. One can only receive what one has earned through patient obedience to law. Such is the pathway to masterhood.

"As we sow, so shall we reap." Let us consider the opposite. "As we reap, so shall we sow." We first of all have to be aware of a given circumstance in life, before we can have faith in the possibility that we can participate knowingly with faith, in that particular experience. We must first of all experience the outer before we can have faith in even the possibility that somehow, someday, we may have had some inner thought pattern, desire, emotion, word pattern, that brought the outer experience into manifestation. Therefore we use the outer as a springboard to consider the inner essence. When we are capable of seeing both at the same time-simultaneously- then we can recreate, let go, sustain, hang on, resist, uncreate, etc.

***We do not truly have free agency until we can enter into the mental body wherein exists the capacity to recreate simultaneously both the inner and outer, the yin and the yang, the cause and the effect.***

We cannot truly give something to another until we first of all have received it. We must first of all serve our apprenticeship before we can become the master. We must, therefore, be able to receive in the fullest sense before we can give. Therefore, we must first of all be able to reap, before we will understand the nature of sowing. If we are in a resistant

state, how can we possibly be capable of receiving the experiences of life? Therefore, how can we lead another through the maya of life unless we can first of all reach a point of non-resistance while we reap?

With this is mind, I have found that these experiences of life and meanings of life have been given to me freely. I have had to work for them, I have spent years praying for understanding, I have tried to apply with integrity the principles I have received. Do others always agree with me - of course not. Guess what? I don't often agree with them. That is OK also. It is part of life. The way I look at life is as follows: Years ago, when someone was to criticize me, I was broken hearted, and it took me days, sometimes years, to get over it. I couldn't take criticism. Today, if someone criticizes me, I realize that what they think about me is none of my business. If they tend to interfere with my business, I jokingly ask them if they are working for me and if they are I fire them. If they are not working for me, I good naturedly tell them that if I wanted someone to follow me around giving me their opinion I would hire them at a big salary and then their opinion would be of value. It is wise to take the position, "Take no advice, Give no advice. "Mind your own business. "Work on and calls me a "horse's ass". I tell them I remind myself of a great winning racehorse named Man-of-War, and I thank them for recognizing me crossing over the finish line in front of them. Simply inject a bit of humor into the situation and you can possibly turn an adversary into a friend or at least neutralize them with a degree of integrity.

With all this in mind, you have received this book in the mail or from a friend. You have read it and understand it in part. We see through a glass darkly. We see in part, we understand in part, we pass on to others that little which we understand. If you have found value in what you have read, and what you are applying, then perhaps you may wish to give this book to another as you have received it. Others will obtain something from it you did not understand and perhaps you would like to share what you understand with others and give them an opportunity to share what they understand with you. If you desire to send this book to them as a gift, please give

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Thank you for allowing me to share with you some of my thoughts of many years, insights given through inspiration, and my experiences which have been invaluable to me in my individual progression. The size of the print was designed for comfortable reading. The size of the book was designed for

portability. Take it with you wherever you go as the information contained within will be invaluable for you to help you through many varied situations. The contents are now yours to share. I send with this little publication my blessings and my love. May this little book of instructions be of unlimited service to you as you dedicate your life to the service of others. Blessings always, I am here always, in your service, and am with you always wherever you go and am there for you in whatever you do.

I Am  
In Love, Light and Perfection  
John Whitman Ray

This is the end of Chapter Thirty-Three.