

Logic in Sequence

Book Two

HEALTH AND THE HUMAN MIND

(PART ONE)

INCLUDING

THE HEALING CRISIS

Which presents various aspects of physical, emotional and mental laws that require understanding while the “Healing Crisis” takes place as the process of regeneration transpires.

This is Book Two of the Logic in Sequence Series. To comprehend this material, it is a prerequisite to have read carefully THE LAWS OF PERFECTION - Book One of the Logic in Sequence Series. If you have not read Book One, do not begin this material as it may be beyond your comprehension.

The following sequence of subjects shall be presented over the years for your edification:

1. Book One - A General Introduction to Health and the Human Mind.
THE LAWS OF PERFECTION.
2. Health and the Human Mind - (Part One) THE HEALING CRISIS
3. Health and the Human Mind - (Part Two) THE ELECTRIFICATION OF MATTER
4. Iridology - Sclerology integrated Diagnosis
5. Body Electronics
6. Cranial Electronics
7. Advanced Procedures
8. Visualization and Consciousness including the Time-Space-Continuum-Warp.

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Rarotonga, Cook Islands

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Published by
John Whitman Ray Publications
RO. Box 1046
Titikaveka, Rarotonga,
Cook Islands

ISBN 0-959 7969-1-6

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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 II, the cause and prevention of disease.

Thomas A. Edison

He's the best physician that knows the worthlessness of most medicines.

Benjamin Franklin

I will give no deadly drug to any, though it be asked of me, nor will I counsel such.

Excerpt from the Hippocratic Oath.

No physician, in so far as he is a physician considers his own good in what he prescribes, but the good of his patient; for the true physician is also a ruler having the human body as a subject, and is not a mere money maker.

Plato

INTRODUCTION

I trust, that you have perused, pondered and prayed upon the contents of Book One of the Logic in Sequence Series. In part, you have carefully considered the content, contemplated upon the concepts, applied the laws, weighed the widespread implications of your continuing on this pathway, and have correspondingly considered the willingness, on your part, to undergo positive irreversible change and alone bear the consequences of that change.

***EACH STEP IN LIFE MUST
INDIVIDUALLY AND RESPONSIBLY
BE INITIATED WITH PRECISIONED
MEASURE, FOR WE ARE EITHER
PROGRESSING TOWARD THE GOAL
OF ASCENSION OR WE ARE
RETROGRESSING INTO THE
PERSISTENT HOLD OF SUBSTANCE
UPON OUR BEING.***

In the process of yielding to unmastered reactive patterns we forfeit the Evolutionary Pathway which leads to the Ascension and are then bound to the Involutionary Pathway which terminates in what we call the identification with matter or the chains of death.

We cannot effectively apply a law without a knowledge of that law. Neither can we reap the reward of law without continued intent and commitment to be obedient to that law which yields the blessing.

***BLESSINGS DO NOT JUST HAPPEN,
BLESSINGS COME AS A RESULT OF
OBEDIENCE TO THE LAW ON WHICH
THAT BLESSING IS PREDICATED.***

I wish to stress the importance of committing to memory the basic Laws of Perfection found in Book One of the Logic in Sequence Series, for without an understanding of these laws, without these laws being constantly and intelligently applied, the material contained herein, in Book Two, will be of little value to you, the reader. The material in this book shall, if unapplied, add to the mental clutter of intellectual curiosity and reap confusion for the reader,

Rather than benefit. My admonition to you, the reader, at this time is to make up your mind now, with determination, to apply that which you do understand, and by so doing, you will open up the door to new understanding. By so doing, you will gradually become a light through your example, of that which you now know to be truth, and thus open the door for the receptivity of more light. Thus, this material will not be a mystery to you, the reader, and shall gradually become a reality for you as it has for the writer.

Do not be too eager to share this information with those about you who don't understand. If they are interested, let them come in at the door and then point them to Book One of the Logic in Sequence Series, that they may grasp Logically and Sequentially that which will be of eternal value, and not become confused with that which they may not comprehend.

Now, those of you who are prepared, read this little book with my blessing, love and gratitude. I trust that much you will already understand and that shining forth through the accepted old concepts will be new concepts which

will help you tie wings together in a meaningful manner. This in turn, I trust, will give you greater desire and determination to master your own physical, emotional and mental bodies to the eventual renewing of the flesh and the enlightenment of the soul.

I thank all those who have served the oneness of life, for without their continued support and encouragement I would have found it difficult to continue with this endeavour.

Thank you, all of you, for being part of me as I am part of you. We are all truly one, on this spaceship of ours we call Planet Earth. May we all endeavour to effect positively the macrocosm around us by perfecting the microcosm which lies within our reach, wherein we may effectively and intelligently create order, love, harmony, peace and unity.

In Love, Light and Perfection
I Am
John Whitman Ray
28 November 1990
Arorangi, Rarotonga,
Cook Islands.

With each day passing, I find that the realization of the importance of the material contained in the Logic in Sequence Series grows brighter. With that brightness arises a greater dedication which consumes my soul to ensure that this material is preserved for those who at the proper time may apply diligently the laws contained within the pages of these books.

I invite you to share in this dedication and sense of purpose to free the souls of man from the shackles of ignorance, the fetters of faithlessness and the enslavement of falsehood.

May the following pages be designed for that express purpose.

John Whitman Ray
22 June, 1993
Titikaveka, Rarotonga,
Cook Islands

Love what you do in every aspect of your activity and do what you love in the pursuit of Karmic Completion and you will find to your utter amazement that all of the crystals of human creation will methodically and sequentially dissolve around you.

John Whitman Ray
April 18, 1991
Titikaveka
Rarotonga,
Cook Islands

Unless love enters into the mind and heart of man, man is destined to become less than his predecessors.

John Whitman Ray
November 3, 1993
Cairns
Queensland
Australia

CHAPTER ONE

The Healing Crisis

The healing crisis is one of the most important and comprehensive aspects of this program which one must understand. In the following pages we shall cover each of several aspects of this subject carefully. It is to be understood that there are several individual concepts that must be presented and comprehended. Therefore, we shall take each concept in turn and attempt to deal with it, in a thorough manner, that the reader may be acquainted with the concepts and recognize with familiarity that which transpires as one progresses on the Pathway to Perfection.

It must be understood that the enemies of truth are not concerned about how much one believes about truth. The enemies of truth do not care how much one reads or talks about truth as intellectual considerations and communications do not change the crystals of death.

THE ENEMIES OF TRUTH WILL SEEK OUT AND-ATTEMPT TO DESTROY THOSE WHO APPLY THE TRUTH WITH CONS TANCY AND DEDICATION TO THEIR LIVES. THE APPLICATION OF TRUTH TO ONE'S LIFE IS THAT ACTIVITY WHICH DISSOLVES GRADIENTLY THE CRYSTALS OF DEATH.

This then reveals the necessary activity of the enemy. It is his responsibility to zero in and apply the appropriate opposition to that which is in the process of dissolution, to match the energies emanating from that crystal which is "dissolving" on the physical level.

THE INDIVIDUAL "DISSOLVES" OR TRANSMUTES, THROUGH THE UNRELENTING APPLICATION OF LAW, THE "DEATH CRYSTALS" WHICH HOLDS ONE IN A CONTINUAL POSITION OF SPIRITUAL BONDAGE.

Where are these death crystals? How are they to be recognized? How are they then to be "dissolved"? What takes place when the crystal is "dissolved"? What can be anticipated or planned for? It is important to be prepared.

THE ONLY WAY TO BE PREPARED IS THROUGH A KNOWLEDGE OF LAW.

The following pages hopefully will continue to open up to one's understanding to the laws that govern the human mind and how they are related to the physical body and the emotions. All of this we hope to Logically and Sequentially unveil that one will understand and be capable of applying the laws when one is committed to do so. There will be times when one will find oneself under the whiplash of necessity, wherein, one must, by prior preparation, know how, where and when to apply the laws while the opportunity is available. Therefore, do all in your

power, to comprehend this information as prior chapters are the basis for understanding later chapters in this book, "Health and the Human Mind", Part One.

It would be wise to return to Book One in the [Logic in Sequence Series](#) and reread Chapter Eight. I wish to stress a couple of items which will be needed to focus your attention upon to fully comprehend.

**REMEMBER: IN THE PHYSICAL
UNIVERSE THERE IS OPPOSITION IN
ALL THINGS.**

**REMEMBER: ALL SPIRIT THAT IS
NOT GOVERNED BYLAW 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 BYLAW WHEN, IN
REALITY, THEY ARE BEING
GOVERNED BY REACTION.**

When one understands the above one will then be able to grasp that all opposition to truth, from the enemies of truth are simply manifestations from without of the dark forces manifesting from within our own crystals. I am not minimizing the power of the dark forces. I am only indicating that they are another aspect of life that must be lovingly and willingly endured that they may be eventually overcome.

**WHEN A CRYSTAL MANIFESTS
ENERGY THROUGH THE PROCESS
OF BREAKING UP OR DISSOLVING,
IT MUST BE UNDERSTOOD THAT
THIS CAN ONLY OCCUR THROUGH
THE ACTIVITY OF PERFECT
OBEDIENCE TO THOSE LAWS
WHICH BRING ABOUT THE DESIRED
RESULT. THIS ENERGY EMITTING
FROM THE DISSOLVING CRYSTAL
IMMEDIATELY DRAWS "YIN"
ENERGY BY THE LAW OF
ATTRACTION. THIS "YIN" ENERGY
IS A PERFECT REFLECTION OF THAT
ENERGY WHICH IS BEING EMITTED
FROM THE DISSOLVING CRYSTAL.
REMEMBER: WHATEVER ENERGY
WE EMIT INTO THE UNIVERSE WE
DRAW UNTO OURSELVES BY THE
LAW OF ATTRACTION FOR OUR
LESSON.**

It we have not been able to transmute these suppressed energies which are being emitted from the crystal, on the mental level, then the universe supplies us with the experience on the physical level that we may have ample mental opportunity to observe, receive, re-experience or re-create and then release that experience, that we may encompass the apparent opposition. *We will eventually discover that the opposition is no longer our enemy but our friend who is unknowingly aiding us along the Pathway to Perfection.* Thus, the enemies of truth are real, but they cannot be drawn to that which manifests non-resistance. Thus, in the

physical universe there is opposition in all things, yet, when *Universal Laws of Love, Light and Perfection* are applied, the opposition is dispelled. the human creation is dissolved and the *Perfect Divine Pattern* emerges, free from the bondage of resistance.

We shall now move into the concept of “Healing Crisis”. This is a subject which must be mastered by the student who is on the Path of the Initiate or else, due to lack of understanding, one will be sidetracked and deceived, thus one’s progression will be delayed.

I would now like to present to the reader that which is commonly accepted by the Homeopathic Profession, the Chiropractic Profession, the Naturopathic Profession and other professionals associated with Alternative Medicine. The following has gained widespread acceptance as related to the concept of “Healing Crisis”.

**HERING’S LAW OF CURE:
“ALL CURE STARTS FROM WITHIN
OUT AND FROM THE HEAD DOWN
AND IN REVERSE ORDER AS THE
SYMPTOMS HAVE APPEARED.”**

Over the years I have observed Hering’s Law of Cure to be true, but for the purposes of our work in Body Electronics I have been prompted to make some modifications on the above which I would like to present to you at this time.

**THE LAW OF HEALING CRISIS - JOHN WHITMAN RAY:
“A HEALING CRISIS WILL OCCUR
ONLY WHEN AN INDIVIDUAL IS
READY BOTH PHYSIOLOGICALLY
AND PSYCHOLOGICALLY. THE
BASIC FOUNDATION FOR ALL
HEALING IS NUTRITIONAL
PREPAREDNESS A HEALING
CRISIS WILL BEGIN FROM WITHIN,
OUT, IN REVERSE ORDER
CHRONOLOGICALLY AS TO HOW
THE SYMPTOMS HAVE APPEARED,
TEMPERED BY THE INTENSITY OF
THE TRAUMA. THE INDIVIDUAL WILL
HAVE THE OPPORTUNITY TO
RE-EXPERIENCE EACH TRAUMA,
BOTH PHYSIOLOGICAL AND
PSYCHOLOGICAL, BEGINNING WITH
THE TRAUMA OF LEAST SEVERITY.
IT MUST BE RECOGNIZED THAT
TRAUMAS INVOLVING EMOTIONS,
WHICH INCLUDE ALL TRAUMAS,
WILL BE RELEASED IN ORDER,
BEGINNING WITH
UNCONSCIOUSNESS, THEN
APATHY, GRIEF, FEAR, ANGER, PAIN
AND EVENTUALLY ENTHUSIASM
(LOVE), IN CONJUNCTION WITH THE**

**APPROPRIATE WORD PATTERNS
FOR EACH EMOTION AND THOUGHT
PATTERN (SENSORY MEMORY)
WHICH ARE ACCESSIBLE AT EACH
LEVEL. UNCONDITIONAL LOVE AND
UNCONDITIONAL FORGIVENESS ARE
THE KEYS TO APPLY TO
TRANSMUTE ANY RESISTANCE AT
ANY LEVEL, ONCE THESE
RESISTANCES ARE BROUGHT TO
VIEW THROUGH THE APPLICATION
OF THE LAWS OF LOVE, LIGHT AND
PERFECTION."**

The above has been an integral part of my courses and seminars which have been given by myself and my certified instructors in many places on the planet. It is required that a good understanding of the healing crisis and its many aspects, be firmly entrenched in one's thinking that one may be able to grasp the necessary concepts encompassed in the activity of crystal dissolution. The following pages hopefully will bring this understanding to fruition.

I wish to have you return to Book One of the Logic in Sequence Series and reread Chapter Two and Chapter Three. It is imperative that this material be mastered in order to fully comprehend that which will be orderly presented.

Please keep in mind the following concept which I have been given as a result of prayer and which I now pass on to you:

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

Do not hurry through this material. Ponder it. Study it. Apply that which you are capable of applying. Patiently put the pieces together and memorize the material available that it will be available to you in that unique moment of need.

This is the end of Chapter One

During a time of duress, it is much better to receive the comfort of food and warmth from a concerned friend or even a stranger than to hear the flowery and flattering words of a prince or a queen who refuse to impart of their wealth or time to soften the pain of those subjects who blindly vow their unwavering support and loyalty to those who overlook them.

When the time arrives that every politician, regardless of his station and every member of Royalty vow that they will not rest until all of their subjects or constituents have the opportunity to live equally well, then heaven on earth shall arise.

It is impossible for mankind to be in unity in their spiritual affairs until they can be unified in the temporal affairs.

It is a sin for one man to have that which is above another without the conscious attempt to bless others with the same blessings to which he is a recipient.

Receiving and enjoying the blessings of life is not a sin, as long as one remembers and actively strives to be his/her brother's keeper.

John Whitman Ray,
18 October 1992
Titikaveka, Rarotonga
Cook islands

CHAPTER TWO

Passivism vs. Activism

As I perceive the years passing with greater rapidity I tend to look at the present and compare it to the past. Hindsight has presented many interesting challenges to present perception. I find that through the years many of my concepts have changed or have been expanded. This is as it should be as herein we find growth. I have found that some of my concepts have remained unchanged and are as fresh as the day they were picked from the gardens of the universal mind. These concepts I shall continue to present to you, the reader, as they have impact which will be as true today and they will be in the future, as they have been in the past. Other concepts, which I shall also be pleased to present to the reader, can be compared to the finest of wine. The contents mature and improve with age.

As a younger man, that which was white or black, right or wrong, good or bad, have taken a decided turn toward gradualism, free from the dogma which accompanies and perpetuates duality. In this time of my individual progression, I find myself perceiving both ends of the graduated spectrum with a certain degree of equanimity or impartiality. For this understanding, I am exceedingly grateful for in this state which can be referred to as a state of "Divine Indifference", I recognize that all in the physical world requires opposition that it may continue in an outer state of manifestation. I remain often in this state of encompassment, realizing that all is Perfect Divine Order.

In our mortal state, all we perceive is the outer creation of man's inner creative process. *This opposition which we perceive is the end result of resistance to one end of a duality, while at the same time one is identifying with the other* In other words, this is right and that over there is wrong. This very idea, that this is right and that is wrong, or this is good and that is bad is the exact manner in which we have entrapped ourselves in the state of continual opposition. Thus we perceive our inflexibility, thus the perpetuation of resistance, thus the continuation of the manifestation of resistance which is explained in Chapter Two of Book One of the Logic in Sequence Series.

As I view the essence of life buried under untold quantities of false concepts, self-deceptions and general unbelief, I find that "ALL SIMPLY IS." and "THINGS ARE THE WAY THEY ARE," and that which we perceive is nothing more than a delightful outer reflection of our own inner essence. Thus, *wherever I look, I see the outer march toward a predestined end, already conceived in the mind of man*. As long as I perceive from a position of passiveness, I perceive that no matter what is done outwardly, the end result shall be the same eventually, as all that happens on the outer is the irresistible and undeniable reflection of the inner essence. Thus, *if one were to change the outer one must first of all change the inner essence*. This then becomes a very active role which must naturally follow the prior and necessary prerequisite, the position of passiveness. Passiveness or non-resistance, a very necessary role which we must learn to successfully master, as passivism and activism must each be mastered with impartiality.

Let us carefully peruse a concept that is a general requirement for our overall progression. Many of us have been taught in a number of different ways in different civilizations that the Pathway to Peace is the Pathway of Non Resistance. I have no question as to the necessity of the perpetuation of these concepts. Yet, what I observe is that one cardinal element is left out and that concerns the ability to take action where action is appropriate. I wish to reconfirm that once the Pathway of Right Action is taken concerning any given project the crystals involved begin to dissolve and energy emitted shall draw its own reflection until the entire pattern of energy can be thoroughly observed, received, re-created and released. Therefore, it is assured that to one degree or another, as soon as appropriate action is taken in any outer activity which can be either passivism or activism, our corresponding comfort zones shall be systematically ruptured until all vestige of resistance has been mentally explored and encompassed.

**THIS BRINGS TO FOCUS THE
ABSOLUTE NECESSITY OF THE
“LIST” AND ASSIDUOUS ATTENTION
TO ITS SYSTEMATIC RESOLUTION IN
HARMONY WITH THE CONCEPT OF
KARMIC COMPLETION.**

What is common to the crystals of all people in all civilizations is the order of suppressed emotionality from enthusiasm to unconsciousness. Such as it is. Now, under the guise of non-resistance or pacifism the Path of Non- Action may be taken by the average person on the path. Whenever action or non-action is taken in an appropriate manner to correct an outer condition, it creates a condition wherein a crystal in the individual's body or environment dissolves. It is imperative that one learn to look within to the inner essence that consciousness change takes place or else the crystal shall return.

**DO NOT LET THE FOCUS ON THE
OUTER INTERFERE WITH
CONTINUAL INNER INTROSPECTION
AND APPROPRIATE CHANGE IN
CONSCIOUSNESS.**

The dissolution or transmutation of the crystal involved, whenever a position of Right Action is taken will elicit or emit an emotional response which was encoded in the crystal. As an individual moves carefully on the Path of Progression these experiences will manifest themselves outwardly in such a manner that a choice can be made to take no action or to take the appropriate Right Action. If the time arises wherein one makes the choice to take no action, concerning an external activity, one must carefully consider the motivation or the reasoning as to why no action is being taken. An individual must be aware that at the time of taking the choice of taking no action, one may then become party to an existing problem and help perpetuate that which would then be involuntary in its nature by taking no action. One may also take a position of no action that an evolutionary activity may evolve properly. This of course would require astute discernment. One must be aware that perhaps if we do take appropriate action we will feel uncomfortable, and thus we shall feel emotional resistance, and thus we shall feel the rise of suppressed emotionality and thus we shall withdraw from the situation because our comfort zone is ruptured and we feel that we are no longer following the Path of Non-Resistance. This is the pretence of being yin and it is often fully justifiable in our mind by being a pacifist and taking the exclusive Path of Non Resistance. Now let us consider that when we shall begin to exercise and understand our yang nature, which includes mastery over every energy and nearly every activity or experience life can manifest, it must be pointed out that *mastery takes place eventually on the mental level through comprehension and application of law and not through the continued exercise of force on the physical level.*

It may be necessary to point out that one may have to resort to various appropriate forceful measures to gain the necessary experience to be able to experience all things on the mental level. *Comprehension of law through experience can only arise out of the successful application of law to the outer world of manifestation, that the inner essence may be accessed.*

In the exercise of our yang position we find that this incorporates our being obedient to law and taking part in appropriate behavior in view of that which we observe. We then carefully follow the Law of Right Action and take action from a position of mental non-resistance which is from a position of discernment. By so doing we may choose to outwardly resist, which the uninitiated would interpret to be out of harmony with the Path of Non-Resistance.

It is the mental attitude which is most important. The mental attitude must be in a position of non-resistance while at the same time the suppressed resistance inherent within the crystal is released through the application of the Law of Right Action to be mentally experienced. The

physical body is undergoing a self-discipline and obedience to law in some physical form which in turn releases the suppressed thought, feeling and spoken word as the crystal transmutes.

Please consider carefully that this entire concept means that:

**ONE LEARNS TO EXPERIENCE THE
YIN ASPECT OF LIFE WITH MENTAL
NON-RESISTANCE, WHILE,
SIMULTANEOUSLY, ONE LEARNS TO
EXPERIENCE THE YANG ASPECT
OF LIFE WITH MENTAL NON-RESISTANCE.**

Please notice the mental aspect which must be differentiated from the physical aspect. One may be very physical in engaging in some outer activity which may require a great deal of physical exertion. This exertion requires a considerable amount of physical resistance, for with every outer physical act one undergoes a great deal of creating resistance for the initiation of some outer activity, changing the outer circumstances by the creation of some resistance which changes the outer movement, or stopping some activity by creating an equal and opposite resistance.

**ANY OUTER ACT REQUIRES A
PHYSICAL RESISTANCE.**

If one were to live and follow the Path of Non-Resistance one would have to acknowledge that the Path of Non-Resistance would have to be on the mental level rather than on the physical.

In Matthew 5:39 it states: "But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also." This is clear to the candid and reflective mind that this means to do that which is necessary to ensure that there is no mental resistance to any given outer act.

**IT IS NOT THE OUTER ACT WHICH TO
US IS DAMAGING, IT IS THE MENTAL
ATTITUDE WITH WHICH WE RECEIVE
THE OUTER ACT OR THE MENTAL
ATTITUDE WITH WHICH WE
ADMINISTER THE OUTER ACT**

Let us carefully continue and consider the following: James 4:7 states wisely, "Submit yourselves therefore to God: Resist the devil, and he will flee from you." It is clear that when one is in a state of submission to the God which gives life and intelligence to every soul, at that time one is in a state of mental non-resistance. When one is told to "Resist the devil and he will flee from you.", it is clear that one chooses to follow the Path of Right Action. This is done by overcoming all the suppressed emotion which flows from the crystal as it transmutes through the sustained and maintained correct application of law. *One, therefore, is being simultaneously yin and yang in a definitely evolutionary manner, and thus the progression of the soul.* It is necessary to read again at this time Chapter Eleven of Book One of the [Logic in Sequence Series](#).

It must be reiterated, one must be willing to undergo for whatever time is necessary, that which will overcome the individually unique problems of life. This necessitates the violation of commonly accepted "comfort zones" and the experiences of what we have called "Healing

Crisis". We now have no excuse in stating that we cannot do what is in harmony with the Law of Right Action because it makes us feel uncomfortable and causes us unnecessary resistance. We now have no excuse in using the Law or Path of Non-Resistance as a cop-out. We no longer have an excuse for leaving a situation because we are uncomfortable. *We do have the opportunity to discover that which is within us which makes us feel uncomfortable until we can embrace the entire condition and comprehend the situation with Unconditional Love and Unconditional Forgiveness.* Thus, we must understand the anatomy of the "Healing Crisis". It would be wise at this time to return to Book One of the Logic in Sequence Series and reread Chapter Eighteen.

With all this in mind, consider the encompassment, simultaneously, of activism and passivism.

This is the end of Chapter Two

Physicians must resist the idea that technology will abolish disease. As long as humans feel threatened and helpless, they will seek the sanctuary illness provides.

Dr. Robert Ryneerson

So neither ought you to attempt to cure the body without the soul.

Plato

We must do what we can for those who are shivering with cold and disease. It is a nightmare for them; and whatever of their woes that we can remove we are removing them from God also.

Paramahansa Yogananda

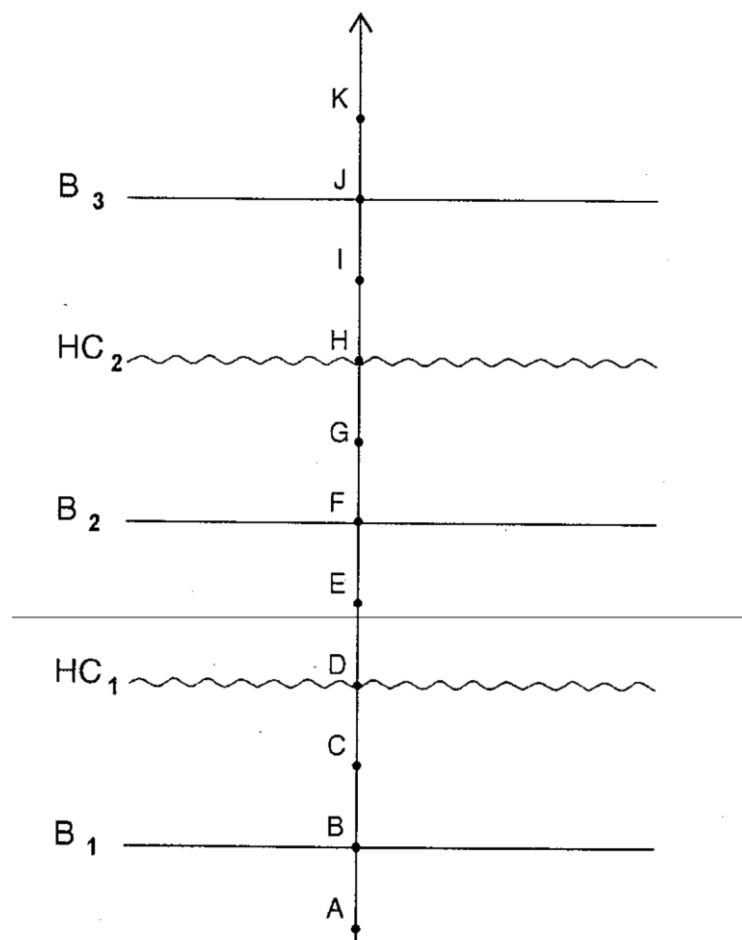
CHAPTER THREE

The Ray Method of Kinesiology

As Related to the Healing Crisis it is with proper respect for the marvelous efforts of all those who have preceded us that we now undertake to explain a little known concept that has been observed. At the time of this writing it is little understood, even by a good number of those who have taken classes explaining the basics of Body Electronics, which include the concepts found in Health and the Human Mind. There has been a great need for this explanation so I thank you all for your patience while I have been preparing this to find its way into print. This is in reference to the Healing Crisis as it is related to the use of Kinesiology.

Let it be understood that I am assuming that the subject of Kinesiology is understood by the reader. If not, it will be of advantage to read available information on this valuable subject to help the following material to be better understood.

CHART 3-1
The Healing Crisis Progression



Let us first draw a diagram for reference, consisting of three parallel lines, all horizontal and intersected by one major vertical line with an arrow at the top pointing upward. This vertical line indicates the relative increase of the life force or electric potential of the individual as he progresses upward in the pursuit of health. Each of the horizontal parallel lines indicate a relative level of balance which we shall call B1, B2 and B3 as shown in the diagram with B1 beginning at the bottom of the chart.

Let us now place a wavy line midway between B1 and B2 running horizontally and also a wavy line likewise between B2 and B3. Label the lower wavy line HC1 and the upper wavy line HC2. HC is a

symbol meaning "Healing Crisis". We have covered Healing Crisis in Chapter One of this Book.

Let us begin on the vertical line at a point a short distance below B1. Label this point A on the vertical line. Let us consider that the individual has a relative life force indicated by A on the

vertical line. This vertical line represents a continuum. Let us now use, for the purpose of Kinesiology testing, a live food or a supplement known to have a high degree of “vital” life force. Let us now test with Kinesiology or muscle testing the interaction between the live food and the energy field of the individual. If the live food tests strong in a comparative test with other substances, we can assume that this live food will effect the individual in a positive manner and that the person who partakes of this food appropriately will have an increase of life force and will therefore move up the vertical line gradually toward B1 which indicates a relative level of balance. The live food or good supplement will thus “muscle test” strong as it moves a person upscale on the vertical line from point A toward balance. On the contrary, a “dead” food will correspondingly muscle test at point A very weak because a “dead” food will move a person down scale in life force and thus away from balance.

***LIVE FOOD GIVES LIFE TO THE
BODY DEAD FOOD GIVES DEATH TO
THE BODY. LET US BEGIN NOW TO
CHOOSE LIFE OVER DEATH.***

Please consider the following and grasp the full concept:

***AT POINT A, A GOOD FOOD WHICH
MUSCLE TESTS STRONG WILL MOVE
A PERSON UPSCALE TOWARD
BALANCE. AT THIS TIME A PERSON
MAY EXPERIENCE IN REVERSE
ORDER THAT WHICH WOULD TAKE
HIM OUT OF BALANCE AND A
PERSON WILL THEN HAVE A
HEALING CRISIS.***

As long as a person is located on the vertical scale anywhere from point A upward toward point B where the vertical line intersects the horizontal line B1, anything good for the person will muscle test strong and anything harmful to the person will muscle test weak. This is a general rule with which we start, yet at the same time knowing that as we move upscale many things which were strong to start with will be weak later as our life force or the electric potential of the tissue increases. We have to understand that a person who has been on a poor diet will muscle test strong on a wide variety of items including a rock, to start, but as the health of the individual progresses in a positive manner and the life force of the body is enhanced, we will find a narrower and narrower scope of food and supplements which will strengthen the individual as far as his life force is concerned.

***AS THE LIFE FORCE OF THE BODY
IS INCREASED THROUGH PROPER
SUPPLEMENTATION AND THE
APPLICATION OF BODY
ELECTRONICS WE NOW HAVE A
SPECIAL NEED TO CAREFULLY
SCRUTINIZE THE QUALITY OF THE
FOOD AND SUPPLEMENTS AS
REGARDING THE POSSIBILITY OF
BRINGING ABOUT A DESIRABLE
HEALING CRISIS.***

Let us now consider point B at the intersection of B1 and the vertical line. Point B indicates that the individual is in a state of relative balance. When an individual is in a state of relative balance he/she feels well. Here is wherein one must learn to see the difference between

“balance” and “relative balance”. The following pages will explain this in detail. Please keep careful reference to the diagram.

IT MUST BE UNDERSTOOD FROM EXPERIENCE THAT WHEN ONE REACHES THE POSITION OF RELATIVE BALANCE SUCH AS AT POINT B, ALL MUSCLE TESTING BECOMES UNRELIABLE OR INCONSISTENT

Let us reason together. Let us assume that a person is at point B in his progression on the hypothetical vertical axis. Let us assume the individual is in a state of relative balance. Let us assume that the individual is muscle tested with mung bean sprouts which are life giving to the individual, which in turn would push the individual up the vertical axis, into an out of balance condition. Up until this time the mung bean sprouts would muscle test strong. But now, the mung bean sprouts would muscle test weak. Tested again the mung bean sprouts would muscle test strong. Tested again the mung bean sprouts would test neutral. One must remember that when one is in a relative state of balance all muscle testing will be inconsistent.

The confusion is just beginning for someone who is not trained in the Ray Technique of Kinesiology. As one moves up the vertical scale from B toward C one must be aware of a new phenomena in muscle testing. If a person were now above relative level of Balance B1 nearing point C and this person were muscle tested on mung bean sprouts the mung bean sprouts would now muscle test consistently weak. Why? Simply because the mung bean sprouts would push the individual upscale along the vertical line which would push the individual further away from balance, and thus would muscle test weak. An uninformed, untrained kinesiologist who only understood balancing and did not understand healing crisis would say, “The sprouts muscle test weak, they must not be good for you, leave them alone.” On the other hand, if a candy bar was tested while the individual was moving upscale from B to C, one would find that the candy bar would muscle test strong for the reason it would send a person down scale toward balance. Anything which would bring a person into balance muscle tests strong and therefore must be good, according to the thinking of the uninformed kinesiologist. The gradual movement upscale on the vertical scale, out of balance or away from balance upscale has nothing to do with the concept of “switching” which we will not need to pursue at this time.

Let us now consider that a person continues on a program of appropriate vegetarian enzymes, colloidal minerals, natural amino acids (protein), natural vitamins, essential fatty acids, etc. and we observe the individual moving vertically out of relative balance at B toward point C on the vertical axis. The individual is moving out of balance away from relative balance level B1 and is moving toward or into a “Healing Crisis”. This healing crisis indicates that a certain amount of suppressed emotionality and related experience will be gradually brought forth to the mental level to be experienced consciously. This concept we have fully covered in prior pages. Please consider the healing crisis information which will be found in Chapter One.

Now, as one moves up the scale into healing crisis, one no longer feels well and is beginning to re-experience suppressed symptomology in reverse order as to how the symptoms occurred.

Now, at point C we have arrived. Please explore the diagram and find point C and find its relationship to points B and D. At point C anything alive or “live” will move an individual up scale on the vertical axis toward greater health, while at the same time, anything “dead” will move an individual down scale toward balance indicated by point B on horizontal line B1. Therefore, anything live will move an individual upscale away from balance and will then muscle test weak while anything dead will move an individual downscale toward balance thus

muscle testing strong. Now the point of caution is this for those who are on the Pathway of Regeneration:

***MOST PEOPLE WHO ARE TRAINED
IN KINESIOLOGY ARE CONCERNED
WITH BALANCE. THIS IS WHAT THEY***

***HAVE BEEN TAUGHT. THEIR
SINCERITY IS NOT TO BE
QUESTIONED. WE ARE
CONCERNED WITH REGENERATION
AND HEALING CRISIS WHICH PUTS
US IN A DIFFERENT BALL GAME IN
A DIFFERENT BALL PARK. THIS
IMPORTANT MATERIAL MUST BE
UNDERSTOOD BY ALL THOSE
INVOLVED IN BODY ELECTRONICS***

A good product will not muscle test strong while a person is moving out of balance upscale toward a healing crisis. A person will not feel well. One will feel worse as they move upscale away from balance towards a healing crisis. Please review point C and the prior paragraph so you will not be taken advantage of by those who are trained in Kinesiology but who do not yet understand how Kinesiology operates on an individual who is going out of balance and approaching a healing crisis. Let us once again stress that a product testing one way at point A will test opposite at point C.

Let us now consider a person who is at point C and continues on upscale to point D. At point D, the vertical line is intersecting the wavy horizontal line HC1 which indicates that a person has now moved into the peak of the healing crisis. At point D one does not feel at all well as this is the maximum of trauma which is being released from the crystal for the individual to re-experience on the mental level. At point D, all muscle testing is inconsistent and erratic. Now, as a person continues to put time proven live substances and supplements into the body he will move gradually out of the peak of the healing crisis and move gradually toward point E. As the individual moves from point D toward point E he should begin to feel better. We are moving toward balance again which is a new "relative level of balance". We are moving up to what we have designated on the diagram as B2 which is a relative level of balance. Therefore, at point E, any life giving food or supplement will test strong as it moves an individual upscale toward balance. At the same time, anything bad for the individual or what we shall call "dead food" will muscle test weak as it shall move the individual away from balance B2. Please note that point E and point A react exactly the same way with muscle testing, except for one very important issue. One must consider that sometimes when an individual goes through a healing crisis he becomes more sensitive and refined and perhaps, that which at one time had been uplifting to the individual, that which had been very good for the individual, shall now muscle test weak. It has, what we shall now define, dropped out. If one continues to consume that which has dropped out with muscle testing, the energy from that substance will tend to hold the individual in a static position and the individual may not progress. This is the reason why it shall necessitate muscle testing often and with integrity in order to determine the quality of the product to determine whether it has or has not yet dropped out. You will find that perhaps 90% or more of the average supplementation will muscle test strong at first and then, after three or four healing crisis will begin to drop out, eventually leaving just a small percentage remaining which will muscle test strong. One must not be attached to product line or favorite supplements but follow correct principles in regards to these matters.

Let us now consider point F on the diagram. This is the point where B2 intersects the vertical line. At point F all muscle testing will again be inconsistent. Point F will have the same response as B. As we continue putting live food into the body we then once again move out of

the “feeling good” or balance and then move gradiently upscale toward G. G will have the same response as C. Please go back and review C.

As we move upscale into Healing Crisis Peak at HC2, we come to point H. All muscle testing is inconsistent again. Point H performs the same as point D. As we continue to improve in health we move upscale again to I where we repeat the same as found in point A and point E.

At point I we begin to find that many foods that were good for us at point A or Point E no longer have the vibratory life force to muscle test strong at Point I. This demands that if we really want to improve our health that we will not become fanatical, but that we will become more selective in the types of food and their quality, including those types of supplements and their quality which we choose to put into our bodies. We then are able to weed out of our program all of those items which contain synthetics and preservatives and other harmful ingredients. We do need to eliminate that food which takes us downscale, or even prevents us from going upscale. Certain foods become foods that we can no longer take effectively into our systems and we will need to eliminate them as much as possible from our diet. We definitely will become more perceptive and sensitive as to which foods are good for us and which are not. We, at this point, must consider and reconsider our supplements and carefully drop out any supplement which muscle tests weak by comparative muscle testing. Comparative muscle testing means that we compare different items to fresh mung bean sprouts or live food in order to determine which products are comparatively stronger or weaker. Use sprouts or some other live food for comparison while you are testing supplements. You will be surprised how few supplements remain after a series of healing crisis.

The following will now help to understand how healing crisis is related to Kinesiology.

Remember:

1. *There is not just one balance. There are many relative levels of balance.*
2. *There are many times when all muscle testing is reversed or appears to be switched. This is found usually when one is entering into a healing crisis and is found moving from a position just below balance into a position just above balance. As one enters into a healing crisis, in muscle testing, strong becomes weak and weak becomes strong. One must, by comparative muscle testing with live food as a measuring rod, be perceptive to know when a person changes and moves into a healing crisis.*

**FIND OUT WHEN A PERSON FEELS
REALLY WELL AND THEN REMIND
HIM THAT SOON HE WILL BE
MOVING UPSCALE INTO A HEALING
CRISIS AND ALL MUSCLE TESTING
WILL BE TEMPORARILY REVERSED.**

3. *Just because a person muscle tests weak on a product doesn't mean he doesn't need it. A person may be moving upward out of a relative level of balance and is reversed in his muscle testing. When this situation arises, a product which is good will muscle test weak. Use comparative muscle testing to confirm. Sprouts will test weak in this level of progression.*
4. *When a person is in balance or is in the middle or peak of a healing crisis, all muscle testing is inconsistent.*
5. *As a safe precautionary measure, have your products tested only by those of integrity who are not motivated out of financial return, and who understand the healing crisis as related to Kinesiology. These people who understand will be trained in the Ray Method of Nutrition and Body Electronics. These people will also understand the Iris-Sclera Integrated Diagnosis and its relationship to healing crisis. These people will*

give the individual helpful information regarding the healing crisis and will have the individual's interest at heart.

- 6. A little knowledge is very dangerous to the individual, especially when it involves regeneration of the body and healing crisis. Gain all the knowledge you can while the opportunity presents itself. Place your trust first in your God Presence, then only in those trained personnel who are coming from a position of integrity and not from a position of vested interest.*
- 7. An individual who is using Kinesiology for balance, will keep an individual in balance by incorrect selection of supplements and product, thus no healing crisis occurs, thus no regeneration occurs, thus one has no measurable iris or sclera change. Do not be taken in by untrained personnel who only understand body balancing. We are not in the balancing business. We are in the business of producing the elusive healing crisis for the purpose of regenerating the body, emotion, mind and spirit.*
- 9. Do not settle for a "feel good" program as this will not lead one to the healing crisis and bodily regeneration.*
- 8. There are various and sundry techniques in which to be deceived in the health business and you will find contradictions abounding at every corner you turn. Such as it is. You therefore are ultimately responsible for your own decisions. Be wise and watchful.*
- 9. Consider where you see the fruits of your labours. Consider where you see iris color and structure change. Consider where you see healing crisis and regeneration. Consider carefully where you do not see these things exist and then place things to the best of your ability into proper perspective.*
- 10. Consider that there is no quick fix. The way out is through. There is no escape from the eventual assumption of individual responsibility for one's position in life.*
- 11. Consider the far reaching consequences of the Laws of Love, Light and Perfection, then Kinesiology and Healing Crisis with its composite understanding can be placed in proper perspective.*

Let us now consider a very important aspect of healing which is related to the chart at the beginning of this chapter. The following will help us to understand and interpret our feelings as we move through a healing crisis.

As one moves up the scale toward greater and greater vitality and has experienced the different forms of "Healing Crisis", one must now become aware of what we will call cravings and revulsions or repulsions.

For example, as one moves up the vertical scale to point F which exists at a relative level of balance, one will find that they have just gone through a healing crisis and one now feels just wonderful.

When one feels just wonderful and remains on a nutrient saturation program and involves himself/herself with regular sessions in Body Electronics, one can be assured that one will gradually move into another healing crisis. During this time many things occur, but one important observation which stands out is the struggle to perpetuate the influence of the "crystal".

**ONCE A CRYSTAL IS ESTABLISHED
IN THE BODY, IT IS PROGRAMMED
BY ITS VERY EXISTENCE TO RESIST**

RE-EXPERIENCING THE RESISTED PAST.

In other words, once the crystal begins to dissolve through the persistent application of nutrient supplementation and Body Electronics, the thought patterns which at one time were associated with a resisted experience or trauma will rise again to the consciousness which will sway or influence the individual to re-identify with those thought patterns, word patterns and feelings which will then allow the existence of the crystal to be perpetuated. Here is wherein the individual must be aware of every thought and think to oneself: "Did I decide to think that thought or did it just happen?" This ability to discern will take practice and attentiveness. Most thoughts originate out of a stimulus-response reactive mechanism which is deeply imbedded in the physiology of the individual. One has to keep on one's toes and be constantly alert to recognize this when it occurs.

As one moves upscale from point F, one gradually moves toward a healing crisis. One begins to not feel well and at this point in time as one moves toward point G on the vertical scale, one begins to develop desires for things that are not good for one, which if consumed would bring the person downscale toward a relative level of balance at point F where they will feel well again. This craving for that which is "bad" for a person can be quite strong at point G. Also, since the "crystal" is beginning to dissolve, it, the crystal, is reactively fighting for survival, therefore, anything in the way of good food which is uplifting to the individual, which propels him up the vertical scale to H which is at the peak of the healing crisis, or anything in the way of supplementation which is uplifting to the individual, will cause a feeling of revulsion or repulsion. An individual has to force himself at this point to eat that which is good for him and to avoid that which he craves that is not good. It is a matter of self-control and discipline.

Let us now assume that one passes point H on the way upscale. They have passed through the peak of the healing crisis and are now moving toward a new relative level of balance. At this point I, the individual craves all the things which at point G he was repulsed by and all the cravings he had for "bad" foods at point G he no longer desires at point I. All desires and cravings and revulsions are reversed as we move from point G to point I. One must be aware of these pendulum swings from cravings to revulsions and realize they are all experiences within the parameters of the "Healing Crisis".

SELF-DISCIPLINE AND KNOWLEDGE IS IMPORTANT FOR WITHOUT A DETERMINED COMMITMENT TO A SPECIFIC PROGRAM ONE WILL BE SWAYED BY THE REACTIVE CONTENT OF THE HUMAN MIND.

As the individual moves upscale in vitality and health one will come to a time when one re-experiences old illnesses. Often these have been accompanied with fevers. If the fevers have been suppressed through the use of medication, then the fevers will come back in reverse order. It will be observed that if one is in a healing crisis that a healing crisis fever will be observed as follows:

Place your hand on the forehead of the patient. Feel the heat of the fever. Bring your hand 1/4" to 1/2" away from the forehead. If the fever needs to be broken one will feel a hot radiant heat in the hand. This fever must be dealt with. If the hand feels as if a cool wind was on the hand, this is a healing crisis fever. Give the patient good food, water and lots of rest.

There are cases wherein the entire body is radiating energy during a healing crisis in what is called an exothermic reaction. If you feel the forehead on this occasion it will be warm, perhaps hot, and also when you take the hand away for 1/4" to 1/2" you will find that the hand will experience the radiant heat of exothermic reaction. This must be carefully observed as

this is not a fever that must be broken. When in doubt, to be on the safe side, take appropriate measures to break the fever.

Some physicians believe that all fevers are good fevers. This is not so as is evidenced by the number of gravestones in city cemeteries. A fever which is not exothermic but which is hot and radiating means that the body is losing the fight. This is not a healing crisis fever. This is a fever that must be closely attended to and broken. If a person has been on a good diet and has clean and moderate habits they will respond well to natural remedies. If a person is a junk food addict and has had poor health habits it would be wise for them to have the fever suppressed by proper medication under the hands of a competent physician. *Ensure that the life is spared and then begin to educate and build up the body through proper nutrition and Body Electronics.* Rest assured that the suppressed fever shall rise again to be dealt with at another time. A close watch over the patient is imperative.

It would be appropriate to correlate the chart that we have presented to you with the scale of emotionality. Let us consider what takes place in general so that a greater comprehension of the healing crisis may be obtained.

As one moves from a relative level of balance upscale toward a peak of a healing crisis one will release from the dissolving crystal a series of suppressed emotions.

As one moves upward from a relative level of balance, for example from point B on the intersection of the vertical line and the horizontal line B1, unconsciousness shall arise first, followed by apathy and grief, as one moves up through point C on the vertical line one approaches point D which is at the peak of the healing crisis, at which time one moves from grief into fear. Fear will be experienced at the peak of the healing crisis. As we move upward from the peak of the healing crisis toward point E on the vertical line we will then release the suppressed anger, pain and eventually as we move toward point F on the vertical line we will experience enthusiasm, at which time the healing crisis will be over. At this time we have reached a new level of balance and we feel well again.

We have discussed a few paragraphs ago concerning healing crisis fevers as one re-experiences that which has been suppressed through drugs or other means. It was discussed that there was often a radiating heat which was referred to as an exothermic reaction. At this time I would like to place this all in perspective.

As one moves upscale from relative level of balance B1 toward point C one will begin to have a general endothermic reaction wherein heat is absorbed into the body as the body goes through a change due to biological transmutations that are taking place within the body during the healing crisis. As the body goes through this transformation the body will appear "cool to cold". Herein emotionally one will be experiencing the feelings of numbness or unconsciousness, followed by the feelings of apathy and grief, gradually moving upward toward fear. One is moving upscale from B wherein one begins to feel the numbness to D where one re-experiences the suppressed fear. From B to D one will in general experience the endothermic reaction wherein the body feels cold to the touch.

As one reaches point D at the intersection of the vertical line and HC1, one is now at the peak of the healing crisis and is now dealing with the suppressed trauma rather than withdrawing from the trauma.

As one moves upscale from point D one begins to experience an exothermic reaction as the crystal releases the suppressed emotionality of fear, anger, pain and eventually enthusiasm. We therefore pass through point E on the vertical line on the way to a new level of balance at point F where we feel well again.

This radiation outwardly during the exothermic reaction can be locally on the body or in general throughout the entire body which it difficult to differentiate between a fever that must be broken and an exothermic reaction. A keen understanding of this material which we are

presenting and a track record of observation of the patient along with a recognition of emotionality and Kinesiology will all contribute to an accurate decision. If the patient is observed closely one will be able to observe clear indications as to whether an exothermic reaction is taking place or whether there is a fever which must be reckoned with.

Individually we must learn to receive or feel whatever the universe provides with the same degree of impartiality and with the art of non-resistance, expressing our gratitude continually for the experience as we move gradually toward the perfection of our earthly temple. *Our body is the Temple of God and the Spirit of God cannot dwell in a physical body that has not been cleansed and purified.*

A physical body cannot be cleansed and purified as long as we perpetuate comfort zones and refuse to go through a healing crisis wherein we are compelled to release our pain, anger, fear, grief, apathy and unconsciousness. Therefore, we must learn to understand and consistently apply the *Law of Lovingly and Willingly Enduring All Things* that as the body is purified with the proper diet and the application of Body Electronics, then the suppressed traumas may be methodically and systematically released.

Thus we observe the Pathway of the Initiate and the helpful tools of the Chart to Kinesiology along the way. May the reader be blessed with the tools of discernment that he may not be deceived along the perilous Path way of Life, and may the contents of this chapter be used to that end.

This is the end of Chapter Three.

If anything is sacred, the human body is sacred.

Walt Whitman
"I Sing the Body Electric."

Cure the disease and kill the patient.

CHAPTER FOUR

Balance vs. Regeneration

Let us consider carefully that which is common to us all. We who have been close to the country have all come in contact with herbal remedies. Our ancestors thrived on them, and all of us have been blessed by their use from time to time. Let us now carefully examine the activity of an herbal remedy.

Let us assume that one has a sluggish liver. Let us assume that the individual who has the sluggish liver chooses to correct that condition with an age proven herbal remedy. Those who are trained in Kinesiology or other balancing techniques or energy awareness used in herbal medicine such as used in Hawaiian Herbal Medicine all carefully check out, using their own techniques, various balancing methods which determine that dandelion root should be used to help balance the liver and restore it to normal function. Using various techniques it is determined that the equivalent of two capsules three times a day with meals would, at this moment in time, help to balance out the sluggish liver so it would function normally. The dandelion root used in moderation would help to influence the activity of the liver to function normally. It must be understood that if the dandelion root was used past the time necessary to restore normal balance to the liver function that it would be of no value as an herb. The nutritional values in the dandelion root may continue to be of some value but once normal function is restored the herb's use is unnecessary. Therefore, one must be aware of how long an herb is to be used and to take it no longer than is necessary to get the job done, which is to balance up the organ so that it functions normally.

Let us now consider further. If the dandelion root is no longer taken because the liver function has been restored, it is reasonable that it is only a matter of time before the liver goes out of balance again because it was only balanced in its function. The liver was not restored to full normal activity where it would no longer be dependent upon some balancing agent from time to time. Let us consider balancing as compared to regeneration of an organ that is not functioning properly. Balancing, of course, is the most comfortable for now, as long as balancing is possible. As soon as balancing is not possible, the question then is, "Is it still possible to enable the individual to learn to apply the laws of Body Electronics and nutritional saturation programs so that the regeneration of the body and its function can take place?" "Is it too late to turn the body around so that it can function normally again?"

We must all understand that there is a time appointed to all individuals to pass on, to die. We are all genetically programmed to die. Death is a part of our genetic inheritance. If through the consistent application of Body Electronics we have not been able to access the genetic information stored in the "crystals" of the body and if we have not transmuted or corrected that information in time, then we have no hope for continuing on in this body. It is strongly suggested that we do not wait until the last minute to begin to get in touch with what we can call our death crystals. Let us not wait until the last minute when life is a touch and go affair and we have not yet served out in this life that which was intended. *Let us not be content with just balancing the body but let us do all in our power to correct the imperfections in these temples of clay while we still have the opportunity to do so.*

Let us plan now while we have a degree of health to bring to our body, mind and spirit the act of regeneration and to not be satisfied with temporary body balancing. *It must be emphasized that the act of regeneration can only take place with a change of consciousness which can only take place on the mental level.* To access the mental level requires the painstaking experience of overcoming the emotional body which then enables one to bring about a change of consciousness by the awareness of the thought patterns, word patterns, and emotions which have been programmed in the crystals of the body which have held us in continual bondage.

I wish to encourage all within the sound of my pen to do all within their power to put away the thing which have no lasting value and to consider the Pathway to Perfection and Regeneration.

This is the end of Chapter Four.

*Those who cannot remember the past
are condemned to repeat it.*

George Santayana

O SON OF MAN!
*The temple of being is My throne;
cleanse it of all things, that there / may be established and there / may abide.*

Baha'ullah

CHAPTER FIVE

The Genetic Filter

That which in the past has eluded my understanding is now brought to my mind with great clarity. The challenge which I have in the following pages is to convert the clarity of understanding which has been given to me into words and concepts which will be understood by you, the reader. This challenge I have willingly accepted and shall attempt to undertake, for knowing, that each of us can only comprehend that which we are ready and willing to understand. Individually, we are capable of comprehending in part only that which we have disciplined our mind to comprehend. Also, in part, we receive light or truth through our genetic filter which by its very nature restricts what we perceive or understand. Our genetic nature, or Constitutional Man, limits that which we perceive, therefore we are permitted by our physical body to see only in part, to comprehend only in part and that part will vary greatly from one family group to the next, from one individual to the next, as determined by the genetic filter.

In the physical body it has been discovered in every cell a nearly indestructible material which is composed of a melanin-protein complex. This is an organic computer chip full of stored memory which acts in a stimulus-response manner. *This organic computer chip determines the reaction which is stimulated by an environmental activity.* This “crystal” or stimulus-response structure is like a filtered prism which allows only that information to pass which is programmed to pass. The receptors may be fully activated to receive environmental stimuli but the information received is programmed into reactive patterns of which the individual may or may not be aware. At best the individual is aware of the reaction but may not be aware of the stimulus that causes the reaction. Nearly all that is received at the level of the filtered prism or melanin protein complex is blocked and converted to a response pre-programmed to respond to a specific stimulus. *This stimulus-response conditioned mechanism inherent within the crystal below the awareness of the individual, being the end result of suppressed or resisted experiences.* Only a small amount of the entire electromagnetic spectrum or energy field is allowed to penetrate or gain entry to our awareness through a limited window in the organic computer chip until we individually become capable of gradually expanding the opening or window to allow more “light” to penetrate without being blocked or converted into a response which is automatic. This additional light or understanding can only come with experience. We cannot perceive something which we are incapable of experiencing on the mental level. We cannot remember that which is in a constant state of suppression through a continuation of a state of resistance. That which is consciously suppressed or is below the level of consciousness is physiologically manifested as a stimulus-response conditioned reflex. We cannot visualize that which we have suppressed through resistance. Remember, from Chapter Three in Book One of the Logic in Sequence Series, it has been clearly indicated that *pain is the capstone to memory and not until we have re-experienced on the mental level the emotional and/or physical pain, concerning a specified event, will we ever be able to have the clear ability to visualize that particular event.* Resistance to a given specific event and visualization of the same event are incompatible, therefore *we cannot truly visualize until all resistance is overcome.*

All in all, we perceive only that which we have not denied or resisted, as determined by our unique hologram of thought, feeling and spoken word, as determined by our unique manner of resistance.

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

Please go back to Book One of the Logic in Sequence Series and fully assimilate Chapter Thirty-Three.

Please reconsider in depth the following:

**UNTIL EVERY REACTION WHICH IS
BASED IN RESISTANCE IS
PHYSICALLY ACTED OUT OR IS
COMPLETELY WILLING TO BE
ACTED OUT BY THE INTELLIGENCE,
A PERSON SHALL NOT BE
CAPABLE OF EXPERIENCING THAT
ACTIVITY ON THE MENTAL LEVEL.**

It is advisable that vicarious experience which is mentally re-experienced will be a satisfactory condition to free an individual from the reactive patterns.

Please consider also the following:

**UNTIL MAN CAN EXPERIENCE OR IS
COMPLETELY WILLING TO
EXPERIENCE IN THE FLESH
NEARLY ALL RELEVANT
EXPERIENCES THAT PERTAIN TO
HUMAN EXISTENCE, HE CANNOT
REACH THE PROCESS THAT
BRINGS ONE TO THE ASCENSION.**

When the reader finally sees the full implications of these concepts and understands the importance of the human body, one will then understand that the intelligence needs a human body in order to progress.

**PROGRESSION CANNOT TAKE
PLACE ADEQUATELY WITHOUT
HUMAN EXPERIENCE. THUS THE
IMPERATIVE NEED FOR A HUMAN
BODY.**

Human experience is part of the ground rules for the game of life in which we are all engaged. We are now going to once again recognize and stress the profound need to petition, pray, decree affirm, to those in the heavens or to the God presence which enlightens our mind and enlivens our heart, to continue to enlighten our understanding. There are those precious moments in mortality when the minds of man are briefly enlightened and the mysteries of the heavens reveal themselves, but not without a continual, unrelenting spirit of inquiry with desire.

**WE RECEIVE NOTHING FROM THE ETERNAL HEAVENS WITHOUT
CONTINUAL, DILIGENT INQUIRY.**

If we have received that brief moment of enlightenment that may have changed the direction of our delicate life upon this earth, does that mean that we are free from the bonds of resistance? Perhaps ... yet, again, more realistically, perhaps not. It has been my experience and observation that often the enlightenment has been but a signpost pointing the way, outlining the manner in which one must then exert one self. Enlightenment may indicate the series of puzzles in the form of life events, through which one must pass, each one in turn requiring solution and resolution before the next puzzle in line is presented for intellectual challenge and eventual physical exertion leading to mastery. What I have perceived is that enlightenment only prepares us for a greater intellectual assertion which is then followed by the appropriate physical exertion. There may be an individual or individuals, who having already received centuries of instruction and preparation, has made entry into the most perfected physical body available at this time. Presented by enlightened parentage and attended by a host of gifted teachers, the individual would be prepared for his/her ultimate positioning on this earth. That individual may have less to overcome at this time than his/her

mind may be free from genetic weaknesses and having a clear filter, would be capable of accurate perception and would be capable of discerning appropriate action which would project him/her into the Ascensional Process. This is a consideration which would indicate the importance of keeping the physical vessels clean and free from genetic weaknesses that would come from improper thinking and untimely physical activities that would mar the vessels of propagation. The very act of propagation or regeneration should be considered a sacred activity when one considers the full implications concerning the need for a genetically pure physical body and the perpetuation of the same as a vehicle for the souls of man. At this time it would be advisable to reread Chapter Seven in Book One of the Logic in Sequence Series. Since this entire undertaking is Logic in Sequence, I strongly suggest that Book One be a ready companion for reference and review. Take one thing at a time and fully master it, savor it, digest it and assimilate it, so you will be capable of making it an active part of your life rather than relegating it to a position of intellectual curiosity which can be added to the mental museum of useless artifacts.

Once we are able to encompass the dualities of life and eliminate the resistance to a given event of life we are only looking at that partial change on the mental level. The long standing physical manifestation is still in existence in the organic computer chip, full of stored memory. Remember the melanin-protein complex is found throughout the body in every cell, in the neural crest, in the skin, in the medulla, in the inner ear and the iris of the eye in the form of all kinds of pigmentation from golden brown to black. *This melanin-protein complex is an inherited stimulus-response mechanism and is passed down from generation to generation.* This will explain why the suppressed trauma is physiologically related wherein the trauma is encoded in that part of the body which has a resonant frequency to the suppressed holographic experience. This in turn is finally expressed in the cell itself as a melanin-protein complex. This is the basis for the stimulus-response conditioned reflex. This is the basis for the presence of the formation of all crystals. These organic computer chips are part of the Constitutional Man or physical body or the Lower Self as explained in Huna philosophy.

It would be wise to consider that the morphogenetic field determines structure and in turn is determined by structure. Until consciousness change takes place entirely on the mental level, until emotional transmutation of all less than love emotionality takes place on the emotional body level, and until all related crystalline configurations or melanin-protein complex organic computer chips have gone into dissolution, we haven't done a complete job. *Until every vestige of crystal is completely gone, it has the capacity of restructuring itself as it is still part of the original hologram which makes it a complete hologram capable of determining the morphogenetic field which in turn determines the continuance of the structure of matter.* Thus the importance of the continuation of nutrient saturation program and the importance of physical laws being observed. Thus the importance of unyielding obedience to the laws which govern the emotional body. Thus the importance of comprehending and applying the subtle laws which govern the mental body leading to the Time-Space-Continuum-Warp which, until mastered, will continue to hold us in bondage. Let us now consider the concept of culture as related to the inherited stimulus-response organic computer chip. We act, for the most part, according to how we are programmed to act. Our culture is part of our inherited manner in dealing with life. This cultural aspect which is deeply ingrained within us imposes limitations on the growth of the soul.

Cultural limitations are the outer manifestations of the inner consciousness. These cultural limitations which result in the strict adherence to old belief systems result in the perpetuation of ignorance. *Built in patterns of unbelief and skepticism hinder the development of faith which is necessary for the progression of the soul.* The inherited traits leading to belief systems which lead one down the Involutionary Pathway are often difficult to overcome. They are difficult to overcome because they are not questioned, they are a part of life, they are a part of one's cultural heritage, they are accepted as true without proof. One feels deep in his heart that to question that which is commonly accepted is akin to heresy which would result in separation and non acceptance from all those whom one calls family.

Who are one's true family? *One's true family are those who inculcate and adhere to the pure truth of God. This then places one as a Universal Sovereign Citizen, not limited to nationality,*

culture or clan. One's family then may embrace people from every walk of life, from every race, culture, religion, nationality or language as they follow the pure truth of God. This is a difficult concept for many to accept, a difficult step to take, but a necessary step for *one must look beyond the limitations of blood line, yet acknowledge and honor the genetic heritage which has influenced one's life.* One must look beyond the influence and limitations of language and the restrictions that language imposes on self-expression and even thought. One must look beyond the various cultural aspects and their limitations which discourage the development of the intellectual aspects of mind as well as the intuitive factors which must be developed that the soul might progress. One must look beyond the limitations of geographical areas which limit the understandings of the lives, activities, motivations, and cultures of others.

Cultural limitations are programmed genetically into the structures of the physical body, thus wherever one goes on earth he shall be perpetuating that which he is programmed to perpetuate.

**ONCE ONE KNOWS THAT PEOPLE
ACT ACCORDING TO HOW THEY
ARE PROGRAMMED TO ACT, THAT
THEY ARE BOUND TO THEIR
LIMITATIONS BY THE PRESENCE OF
THE INHERITED ORGANIC
COMPUTER CHIP, HOW CAN ONE
EVER ALLOW ONESELF EVER
AGAIN TO CRITICIZE JUDGE OR
CONDEMN ANOTHER SOUL,
ESPECIALLY WHEN ONE, THROUGH
EXPERIENCE KNOWS HOW HARD IT
IS TO RISE ABOVE THE HOLD THAT
MATTER HAS ON SPIRIT? THE FEW
THAT CHOOSE TO ESCAPE THIS
HOLD THAT MATTER HAS ON SPIRIT
BECOME THE FAMILY OF GOD.**

There are crystals which are part and parcel of the physiology of the body. One unknowingly reacts in such a manner according to the content of the crystal as to arrange things around him environmentally which will match the inner programming of the existing crystals. Remember, these crystals are organic computer chips full of stored memory which are passed down from generation to generation. These crystals manifest a unique morphogenetic field. These morphogenetic fields which are perpetuated genetically are hologrammically contained within the egg and the sperm and are thus passed down from the parents to the offspring. *The morphogenetic field determines the very structure of matter itself which then creates and perpetuates that same morphogenetic field. The morphogenetic field determines the very nature of the reactive mechanisms which are built within the structure of the body.* Thus the very cultural aspects of life are genetically passed down from generation to generation. Each race, culture, of life are genetically passed down from generation to generation. Each race, culture, religious group, ethnic group, etc. has its own genetic crystal which is self-perpetuating until one enlightened so I comes along and experiences the pain of the emotional resistance which is contained within the existing genetic crystal. It must be stressed that after a proper diet and obedience to physical laws that the emotionality must be experienced first. The pain must be overcome. This then gives the intelligence access to the mental body where one can learn to observe the experiences of life without emotional resistance. From the mental body one can question objectively the very judgment patterns and dualities with which one has identified which created the basis for the emotion I resistance initially. Once one can see the dualities of life and how intelligence has at one time chosen to identify with one end of the duality one can begin to encompass duality. This duality along with resistance to one end of the duality and identification with the other end of the duality has been buried in the crystalline formation and has created the stimulus-response activity to which one has been reactively enslaved. Once one is capable of encompassing the duality one can then experience the subtle Vibration of Regeneration and then the crystals

reactive hold on the physical body shall gradually be overcome. Remember: it is a requirement that one transmute the emotional body first through Unconditional Love and Unconditional Forgiveness. Then one must discipline oneself to become aware and then encompass the dualities of life on the mental level. This is a task that shall require every mental exertion on the part of the serious student on the path.

***IT WOULD BE WISE TO REMEMBER
THAT THERE ARE DUALITIES
WHICH ARE BASED ON DUALITIES
WHICH IN TURN ARE BASED ON
EVEN MORE SUBTLE DUALITIES
UNTIL WE REACH THE SERIES OF
BASIC TRUTH-RESISTED TRUTH
DUALITIES WHICH BIND US TO THE
ACTIVITIES IN THE PHYSICAL
WORLD. AS THE TRUTH-RESISTED
TRUTH DUALITIES ARE
INDIVIDUALLY EXPERIENCED ONE
SHALL THEN EXPERIENCE THE
TIME -SPACE-CONTINUUM-WARP.***

Cultural limitations are thus recognized as the end result of suppressed mental and emotional activity which exist on a crystal-physical level. An individual intelligence who inhabits a particular body from a specific culture with a specific set of genetic crystals has the opportunity to transmute and overcome these crystals through the use of Body Electronics. *Thus one overcomes the perpetuation of a series of "comfort zones" which are programmed by the crystals and thus one frees himself from genetically imposed cultural limitation and gradually become a Universal Sovereign Citizen.* This does not mean that he leaves his culture. It does mean that he is now free to help others escape the reactive enchainments which have resulted in cultural limitations. Thus the genetic filter has been refined and one is free to exercise his agency as a free being within his own culture. He is free to choose to act rather than act in a way which is bound by reaction, he is also free to choose to not act when it serves the purpose to uplift and aid in cultural progression.

The statement was made initially that cultural limitations are the outer manifestations of inner consciousness. The inner consciousness may have initiated the pattern of cultural reaction many centuries ago. The change in inner consciousness can take place at anytime by another intelligence accessing the crystalline computer code which has been determined by thought, feeling and spoken word which was initially set into action perhaps centuries ago. When another intelligence accesses the crystalline computer code on the mental level and re-experiences that information on a mental level then the morphogenetic resonance takes place not only on the physical level and the emotional level but also throughout the Etheric Web which unifies all collective unconsciousness on the mental level together, thus influencing the consciousness of all life to change. *Each individual consciousness must change his own thinking. It cannot be done for him, yet, the resistance to making these changes will be removed through the sacrifice of those who have paid the price of pain.* The transmutation has taken place affecting the state of resistance which was everywhere and everywhen. This resistance has been perpetuated through the collective unconsciousness of all intelligence as perpetuated through physical crystallizations in both the physical body and the environment. The resistances of emotionality hold these physical crystallizations in place and when transmuted would effect terminally that morphogenetic field which tied all life together through the emotional-astral-desire bodies which determined collectively in part, the nature of the outer manifestation or human creation. After the emotional body has been satisfactorily transmuted and Unconditional Love abounds then we have the time consuming opportunity to rend the Etheric Web which holds all consciousness in a collective state of common enslavement to self-made patterns of imprisonment. *The rending of the Etheric Web takes place when resistance on the mental level is released and also when the Time- Space-Continuum-Warp is experienced.* All mankind is then free to accept, if he will, the pathway which was forged for him in the determined activity of the freeing of the soul. Since my fathers house has many mansions, it is nice to not be confined to just one room in that mansion of

endless consciousness. *The process of sanctification takes place as one willingly gives his life in the service of his fellow men, especially where one's consciousness changes during the process of crystal deprogramming.*

Any emotional reaction will expose the crystal of cultural limitation which must be called into question by the student on the Pathway to Self-Realization. Questioning of any cultural limitation will be painful and disturbing to all involved who have this common crystal. This painful emotional reaction must then be lovingly and willingly endured until all aspects of emotionality are transmuted by Unconditional Love and Unconditional Forgiveness. At this time the mental body is accessed and the difficult work begins concerning the discovery of the layers of dualities and subsequent identification with one end of the duality with which we have imprisoned ourselves. The encompassment of duality then results in the use of the process utilized in freeing ourselves from the bondage of cultural patterns which foster our unbelief, ignorance and death.

Intelligent reasoning shall quickly see the multitude of cultural bondages as one views the thousands of varied cultures and sub-cultures from around the world. Each culture must be subjected to close scrutiny by the inhabitants of that culture which eventually will result in encompassment of all dualities by the individual who chooses the Path of Self-Realization.

The power of observation must be developed by each student on the Pathway of Spiritual Growth. Each student from each culture must develop the capacity to place his own culture under the microscope of introspection wherein each aspect of the culture is examined and weighed from a position of genetic programming. Thus the inner essence of creation may be viewed which initially established that cultural aspect which is commonly accepted as "right". Each culture has a right way of doing, a right way of being, a right way of having and sharing. All these aspects must be put under the intense laser of observation that receptivity may be clear and with this receptivity comes the responsibility of lovingly and willingly enduring all things, realizing that all things are fully transmuted by the power of love. A bit of humor has its place as we see ourselves in a sea of creation which we have just learned to realize. Now, just because we come to a realization, it may take many years for others in our specific culture to come to the same realization. In like manner, it may take us many years to realize that which another has recognized for some time. We all know how easy it is to seethe mote in the eye of another when we cannot see the beam in our own. Such as it is. In any case, do not let judgment, criticism or condemnation enter into our hearts due to the slowness of others or ourselves to understand or accept. Simply look at all things as Perfect Divine Order and know that people, including ourselves, are doing what they are doing. Know that we, he people, progress according to our desire and application of will. Know that we have no right to interfere with the basic right of others to exercise their agency according to the dictates of conscience. In fact it is our responsibility to protect them in that right as long as they do not interfere with the rights and privileges of others. Remember that others have the right to criticize, judge and condemn. What they do is really none of our business. If we mind their business we cease to mind our own.

Let us now analyze what we refer to as "conscience". For the most part "conscience" is the result of genetic programming. In a particular situation of stress in life we "feel" that which we are doing is "right". This is conscience. Another person from another culture will "feel" that doing just the opposite is the "right" thing to do and thus we come to a conflict. Each person "feels" that what they are doing is "right". The feeling comes from their genetic programming which simply differs from each other. *One must not confuse conscience with the Spirit of God which emanates from the God Presence which leads people gradually into the understanding of all truth.*

We can quickly recognize that each person shall resort to their genetic programming when they live according to conscience. *When one is living according to the dictates of their conscience he is not resisting the resistance to life experience but is accepting lovingly and willingly the genetically programmed custom to which one is subjected.* In the presence of conflict of opposing points of view, this lovingly and willingly attitude of accepting our "conscience" as well as the "conscience" of another who is in opposition shall dissolve the

resistance built into the programming and shall enable the individual to transmute all the emotional resistance involved and thus enable one to access the mental body to encompass the duality involved and thus free one from the bondage of his/her genetic inheritance.

With the above information in mind one can see the wisdom to encourage one to be true to one's own head and to be true to the dictates of one's conscience, for without this one will never be able to come to the point of non-resistance and thus will never be able to transmute the programming of the ages and thus will not be able to become a free soul. Please contemplate this information and consider the widespread implications concerning this material which is being presented.

Once one transmutes the emotional resistance by unconditional Love he can then question objectively the basics of the mental origin of one's cultural mannerisms with discrimination and thus can begin to see the beautiful divine programming of the genetic filter.

Thus one progresses. Thus one chooses to progress within the confines of cultural limitation and thus one frees himself of his limitations and moves gradually on the Pathway of Self-Realization.

Please remember at this point in time that all people have arranged themselves around the circumference of a wheel. We are all individually on this circumference in a different location and we are all moving toward the common hub from a myriad of various perspectives as the wheel turns. Some perspectives are quite opposite from others. Yet we all move gradually toward the hub of oneness each at our own rate of speed. Please etch the following concept forever in your consciousness.

**LET EACH PERSON PROGRESS
INDIVIDUALLY ACCORDING TO THE
DICTATES OF HIS HEART AND LET
US DETERMINE TO PROTECT HIM
FOREVER IN HIS RIGHT TO CHOOSE
AS LONG AS HE DOES NOT
VIOLATE THE RIGHTS AND GOD
GIVEN FREEDOMS OF ANOTHER.**

Thus all people gradually merge into a collective oneness and the concept of "Unity in Diversity" will be finally understood.

Discrimination comes only after emotional resistance is transmuted by love. Discrimination requires the ability to transmute all resistances and move into a space of impartiality or equanimity. *Discrimination transcends "conscience" because conscience is bound by emotional resistance wherein discrimination or discernment is able to see clearly without emotional involvement.* Discernment does not occur until dualities are fully encompassed. At this point in time one sees the difference between involutionary activity and evolutionary activity, always within the limitation of the individual's ability to discern. There is always growth to the quality of discernment itself as the genetic programming of the ages is overcome and the very nature of the Natural Man is overcome as well.

Let us now explore the concept that there are two types of resistance. *The first type we have been dealing with is emotional resistance which locks one into reactive mechanisms and keeps one from accessing the mental body.* This we have dealt with and will deal with in detail in the future. *The second type of resistance is that which exists on the mental body level which contributes to the collective Etheric Web. This resistance on the mental body level is the result of erroneous beliefs, ignorance and lack of faith.* This leads to the identification with one end of existing dualities which limits the ability to discern at the mental body level which requires encompassment of duality with equanimity or impartiality. It is a difficult task to voluntarily give up that which we have for many years attached ourselves to on the mental body level, which often we consider a virtue. *These attachments arising out of identifications*

ensure our inability to progress. Herein is the struggle with the human mind, after we have to some degree conquered the emotionality of reactivity and after we have stilled the demands of the flesh. In other words, after we have disciplined the physical body, after we have transmuted the emotional body, we then have the challenge to understand and master that which exists at the level of the mental body. This is the last frontier that has not yet been generally understood and certainly has not been mastered except by a few who have attained to the level of Ascendancy. This is a level of mental resistance that must be released in order to systematically and sequentially rend the Etheric Web.

The concept of cultural limitations has now been considered as related to the growth of the soul. The concept of honoring our mother and father must be acknowledged as a very sound concept due to the fact that *any resistance to mother or father causes the reactive persistence of the entire hologrammic perspective and thus we are culturally bound and reactively limited.* With this knowledge one will now have the opportunity to expand one's list of activity dealing with Karmic Completion and solve the problem of the reactive nature of the genetic filter. Enjoy the dance of life.

This is the end of Chapter Five.

In much wisdom is much grief: and he that increaseth knowledge increaseth sorrow.

Ecclesiastes 1:18

I am not an Athenian or a Greek, but a citizen of the world.

Socrates

TRANSCENDING ALL KNOWLEDGE

*I entered into unknowing, yet when I saw myself there without knowing where I was
I understood great things;
I shall at last say what I felt, for I remained in unknowing transcending all knowledge.*

*That perfect knowledge was of peace and holiness held in no remove in profound
solitude;
it was something so secret that I was left stammering, transcending all knowledge.*

*I was so whelmed, so absorbed and
withdrawn,
that my senses were left
deprived of all their sensing,
and my spirit was given
an understanding while not understanding,
transcending all knowledge.*

*He who truly arrives there cuts free from
himself;
all that he knew before now seems
worthless,
and his knowledge so soars*

*that he is left in unknowing
transcending all knowledge.*

*This knowledge of unknowing is so
overwhelming
that wise men disputing can never
overthrow it,
for their knowledge does not reach
to the understanding of not-understanding, transcending all knowledge.*

*And this supreme knowledge is so exalted that no power of man or learning can
grasp it;
he who masters himself, with knowledge in unknowing,
will always be transcending.*

St. John of the Cross,
Spanish mystic,
16th Century.

CHAPTER SIX

Overindulgence vs. Undue Constraint

It has been stated that *“If one were to change the outer, one must first change the inner essence.”* There is no question as to the validity of this statement. Yet, this implies that if we don't change the inner essence, if we don't transmute the emotional body in order to gain access to the mental body whereby we can bring about the desired change, then all shall be in vain, that no matter how we struggle with the outer to bring about a desired change, no matter how much we resist the outer manifestation in the name of righteousness, no matter how much we resist the continual resistance of life, it shall only delay for a time the eventual outcome. The inner essence is the prime source of creative power resting in the quiet inner manifestation of thought, feeling and spoken word which bring all things into outer manifestation. *If the thought, feeling and spoken word are not released in their state of continual creation on the mental level, then the end result or outcome is inevitable no matter what the outer struggle.* It is time to return to Book One of the Logic in Sequence Series and re-read Chapter Four. This information is vital when we find ourselves dealing with our first priority which is to consider the methodology in bringing about the outer change. I wish to stress again that bringing about the outer change has as its first prerequisite the bringing about of the change on the inner. Since Chapter Four talks a great deal about the eventual encompassment of the duality: Desire-Desirelessness I would like to bring to the attention of the reader some appropriate comments regarding this matter.

Mahatma Ghandi stated: *“The distinguishing characteristic of modern civilization is an infinite multiplicity of human wants. The characteristic of ancient civilization is an imperative restriction upon and a strict regulating of these wants.”*

In reference to the above statement or observation, by Ghandi I would like to expand upon what appears to be an apparent duality. When every opportunity is available for experience one has to be very careful as to which choice or choices one makes, as one choice may be involutory while another choice may be evolutionary. The subtlety here is difficult to define except for those who have had the experience to understand. Suffice it to be enough to explain as follows: Two people can be in the same locality doing a similar activity at the same time. *Yet, the different choices that each one makes determines sequentially a number of choices in the future which set each individual off in a different direction which in time may place them planets, solar systems, and even universes apart.* These choices are based on desire. Therefore we must watch even the most subtle desire and weigh it in the balance as to how our future activity will be influenced by the fulfilling of this one desire. Just the attitude that we carry with us in the fulfillment of these ever so subtle desires may determine our entry into the Involutionary or Evolutionary Pathway or may even help us discover which pathway we are on if we observe closely.

One must be careful as to the motivation in any given activity. T.S. Eliot stated: *“The greatest treason is doing the right thing for the wrong reason.”* Is the purpose of the fulfillment of our desire for Karmic Completion, or is the purpose of the fulfillment of our desire pure lust? Why are we doing what we are doing? How did we arrive at this time and place? Do we want to continue in the activity of the present? How do we go about making appropriate change? Is a change required?

In the modern civilization referred to by Ghandi, civilization provides us with whatever we want. There will be an infinite number of ways to entrap the soul, yet there will be every opportunity to develop discernment and gain the necessary experience to propel one into the Ascensional positioning.

Now, consider carefully. On the one hand, if restrictions are placed upon one to the degree one cannot exercise his own direction in life according to the promptings spirit within, or even according to the dictates of conscience which we have discussed, one would be unable to satisfactorily progress. One must be free to choose, yet within the framework of respect for the ancient belief systems. One must be free to choose and then one must assume the

responsibility for that choice. One must know for himself that the path that he is following is on the Ascensional Pathway. He must also know for himself by experience that he is on the Involutionary Pathway and then must be free to make alterations in his own direction in life. The freedom of the soul must be respected and never denied.

Somewhere there does indeed exist a balance between the two extremes of restriction and strict regulation resulting in undue constraint and the creation of an environment in which one has unlimited freedom of the soul. *Freedom can only exist within the framework of ever expanding limitations.* Somewhere between these two extremes, one shall find a balance and impose restrictions upon himself while simultaneously gaining mastery of all necessary experiences of life. *Individual responsibility is the theme song for today as the final decisions and responsibility for the effects of these decisions rest squarely on the individual.* Somewhere one must gain the ability to encompass the duality of desire-desirelessness and it cannot be done through the patterns of overindulgence and lack of self-discipline or through imposed restrictions resulting in undue constraint.

I wish to share with you the following:

***I HAVE ENTERED INTO THAT WHICH
HAS ALWAYS EXISTED.***

***I HAVE ENTERED INTO THAT WHICH
IN REALITY HAVE NEVER LEFT.***

***I HAVE REALIZED THAT I HAVE
BECOME AWARE OF A DEEP VOID.***

I HAVE ENTERED INTO THIS DEEP VOID.

***THIS IS A VERY QUIET PLACE
WHERE PEACE ABOUNDS AND
THERE IS NO ABSENCE OF LOVE.***

TO DESCRIBE IT WOULD BE TO TAKE

AWAY FROM ITS ESSENCE.

***I NOW UNDERSTAND AND I ALSO
UNDERSTAND OUR CONSEQUENT
STRUGGLE WITH MORTALITY.***

I SHALL EXPLAIN.

IN MORTALITY WE DESIRE.

***DESIRE AND WILL BRINGS ABOUT
INTO MANIFESTATION THE HANDIWORK OF GOD.***

***THE POWER OF GOD IS BROUGHT
FORTH INTO MANIFESTATION
THROUGH THE ACTIVITY OF DESIRE.***

***WITHOUT DESIRE THERE IS NO
THOUGHT, FEELING AND SPOKEN
WORD.***

DESIRE WORKS HAND IN GLOVE WITH THE WILL OF GOD.

WE RE CREATED OR ORGANIZED IN THE IMAGE OF GOD.

WE HAVE WILL AND DESIRE AND
THUS THE HANDIWORK OF GOD IS
MADE MANIFEST THROUGH THE
MYRIAD ACTIVITIES OF
INTELLIGENCE.

IN MORTALITY WE DESIRE. IN MORTALITY WE DESIRE AFTER THE WANTS
OF OUR HEART.

THIS DESIRE DETERMINES OUR
EVERYFUTUREACT, JUSTAS OUR
PRESENT ACTS ARE MOTIVATED BY
PAST DESIRES.

IN MORTALITY WE DESIRE IN THE
NOW AND THAT WHICH WE DESIRE
WE RESOLVE TO SPEEDILY
ACQUIRE.

WE ARE MUCH LIKE A RABBIT
HUNTER WHO STALKS HIS PREY
WITH EYES ABLAZE WITH LUST FOR
THE CHASE AND KILL AND WHO
GAINS HIS MOMENTARY VICTORY
OVER A PIECE OF DEAD FLESH.

MAN HAVING DOMINION OVER
EVERY LIVING THING MEANS FOR
MAN TO UNDERSTAND THE NATURE
AN ETERNAL PROGRESSION OF
LIFE AND TO USE HIS INFLUENCE TO
BALANCE AND SUSTAIN, UPLIFT AN VITALIZE,
ADMINISTER LAWS
AN ABIDE BY THE QUALITIES OF
RESPONSIBLE STEWARDSHIP, BUT
NEVER TO SQUANDER ONE'S
TALENTS TO WANTONLY TAKE LIFE,
NEVER TO EXERCISE DOMINION BY
LUSTFULLY SHEDDING THE BLOOD
OF THAT WHICH IS ON THE PATHWAY
OF EVOLUTION, NEVER TO DESTROY
WITHOUT NEED TO PRESERVE A
HIGHER FORM OF LIFE FROM
DESTRUCTION.

WITHIN EACH FLESHLY BODY IS A
SPIRIT WHICH IS STRUGGLING UP
THE EVOLUTIONARY PATHWAY AS
WE OURSELVES HAVE DONE IN THE
PAST.

RESPECT THE EVOLUTIONARY PATHWAY OF THE GODS.

THAT WHICH WE DESIRE WE
RESOLVE TO SPEEDILY ACQUIRE.

SUCH AS IT IS WITH DESIRE.
DESIRE TO OBTAIN HIDES THE
RECOGNITION OF THE "FEELING"
OR KNOWING THAT WE DO NOT
HAVE, THEREFORE THE DESIRE TO
OBTAIN SETS A UNIQUE DIRECTION
TO OUR LIFE.

THE HIDDEN RECOGNITION THAT
WE DO NOT HAVE GOES FAR
BEYOND THAT OBVIOUS OUTER
PURSUIT OF ACQUISITION, AS THE
KNOWLEDGE THAT WE DO NOT
HAVE CREATES THE VERY
CONDITION THAT WE DO NOT HAVE.

WE MUST CAREFULLY INSPECT
THAT WHICH SEEMS OBVIOUS TO
OUR MENTALITY

THE KNOWLEDGE THAT WE DO NOT HAVE IS A CREATION.

WE COULD JUST AS EASILY CREATE
THE KNOWLEDGE THAT WE DO
ALREADY HAVE AND THE UNIVERSE
WILL INSTANTLY PROVIDE.

IF WE SUSTAIN THE KNOWLEDGE
THAT WE DO NOT HAVE THEN THE
UNIVERSE WILL PROVIDE THE LACK
OF THAT WHICH WE KNOW THAT WE
DO NOT HAVE.

BELIEVING IS SEEING.

THE NOTION THAT SEEING IS
BELIEVING IS TRUE FOR THOSE
WH ADHERE TO THAT MOTH EATEN,
WORN OUT, INVENTION OF
INTELLIGENCE.

IT IS TIME TO SEE THAT OUR VERY
THOUGHTS CREATE AND WHAT WE
HOLD IN OUR MIND BY WHAT WE
BELIEVE OR WHAT KNOWLEDGE WE

KNOW THE UNIVERSE IS OBLIGATED
TO RESPOND BY PROVIDING THE
PHYSICAL COUNTERPART WITH
COMPUTER-LIKE PRECISION.

THE UNIVERSE IS AMORAL, IT
SIMPLY RESPONDS TO OUR EVERY

WHIM, IT GIVES US OUR EVERY
DESIRE AND IS MOVED TO ACTION
BY THAT WHICH WE “KNOW” OR
BELIEVE TO CRYSTALLIZE AROUND
THAT VERY CREATION OF
INTELLIGENCE.

THERE ARE NO MISTAKES.

ALL IS PERFECT DIVINE ORDER.

WE NOW UNDERSTAND THAT THE
KNOWLEDGE THAT WE DO NOT
HAVE CREATES THE VERY
CONDITION THAT WE DO NOT HAVE
AND THE UNIVERSE PONDEROUSLY
RESPONDS.

THEREFORE, BENEATH EVERY
DESIRE IS THE SEED OF
DESTRUCTION OF THAT WHICH WE
DESIRE AND CONSEQUENTLY
ACQUIRE.

WE UNKNOWINGLY THROUGH OUR
INNER KNOWING CREATE THE
DESTRUCTION OF THE VERY THING
WE WANT.

IF WE KNOW WE DO NOT HAVE AND
WE WANT THAT WHICH WE DO NOT
HAVE THE UNIVERSE WILL
RESPOND PERFECTLY TO ENSURE
THAT EVENTUALLY WE DO NOT
HAVE WHAT WE WANT.

THIS, EVEN IF WE ACQUIRE
THROUGH SOME FORM OF OUTER
EFFORT THE INNER ESSENCE WILL
EVENTUALLY TAKE AWAY THROUGH
OUTER MANIFESTATION THE VERY
THING WE HAVE ACQUIRED.
WE DID IT AND WE DID IT
PERFECTLY.

WITHIN THE CONCEPT OF DESIRE IS THE CONCEPT OF CREATION.

AN ACT OF CHANGE OR
MODIFICATION OF AN EXISTING
STATE THROUGH ACQUISITION OF
THE FULFILLMENT OF DESIRE IS AN
ACT OF CREATION.

DESIRE FROM A POSITION OF NOT
HAVING HAS WITHIN IT THE
DESTRUCTION OF THE VERY
FULFILLMENT OF THAT DESIRE.

THUS, EVERY CREATION MUST HAVE
A DESTRUCTION IF ONE KNOWS
THAT HE DOES NOT HAVE THAT
WHICH HE DESIRES.

IF ONE UNDERSTANDS THE ACT OF
CREATION ONE SIMPLY DESIRES IT
AND IT MANIFESTS.

ONE CEASES TO DESIRE AND IT
RETURNS TO ITS SOURCE AS
QUICKLY AS IT CAME.

IN THIS TYPE OF DESIRE AND MANIFESTATION THERE IS NO
“KNOWLEDGE” THAT ONE DOES
NOT HAVE.

THE SAME HOLDS TRUE FOR THOSE
WHO “KNOW” THAT THEY CANNOT
BE OR CANNOT DO.

THE PRINCIPLE IS THE SAME.

NOW PONDER THIS AND SEE HOW
WE HAVE QUALIFIED OUR LIFE BY
THE CONCEPT “SEEING IS
BELEIVING”.

NOW REVERSE THIS AND BELIEVE.

IF THIS IS DONE, NOTHING
DOUBTING, THEN EVENTUALLY IT
SHALL MATERIALIZE, FOR THE
MOMENT THAT ONE BELIEVES THE
WHEELS OF MANIFESTATION ARE
SET IN MOTION.
EVERY CREATION IS THE END
RESULT OF DESIRE.

IF WE BELIEVE THAT WE DO NOT
HAVE AND THUS WE DESIRE THEN
THE FOLLOWING WILL HOLD TRUE:
EVERY CREATION MUST BE
DESTROYED, AS WITHIN EVERY
CREATION IS BUILT ITS OPPOSITE,
THE CREATION OF ITS OWN
DESTRUCTION.

IF WE ARE ATTACHED TO OUTCOMES
THEN THE ENTIRE SCENARIO
BECOMES ONE EMOTIONAL
UPHEAVAL WITH A VARIETY OF
RESISTANCES AND RESISTANCES TO
RESISTANCES.

**IF ONE IS IN A STATE OF DESIRE-DESIRELESSNESS AND THIS STATE IS
MAINTAINED THEN ALL THAT THE UNIVERSE PROVIDES IS THE
CONTINUAL OUTERPLAY OF OUR
INNER CREATIONS THAT HAVE NOT
HAD THEIR KARMIC COMPLETION.**

Pray and ponder.

This is the end of Chapter Six.

Know yourself - and you will know the universe and its Gods.

Inscription in Temple of Delphi - Greece

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

Thomas Jefferson

Francis Bacon

CHAPTER SEVEN

Lower Self, Middle Self and Higher Self

The time is now when all things are to be brought together into one. This is not an urgent matter where all reason is thrown to the four winds. This is a matter of vital concern for the spiritual survival of the human race and all life. The teachings of all the great Masters from every civilization from different times are to be gathered together and appreciated, assimilated and recognized for what they are. We are not here to limit ourselves with a myopic point of view to focus on one contracted point of view but we are here to encompass truth from all aspects of life with a genuine concern for the perpetuation of all truth.

From the teachings of the true Hawaiian Kahuna has come some very powerful messages. Let us consider some of the more important aspects, of the Hawaiian teachings, Let us now consider the concept of the Lower Self. The Lower Self according to Huna philosophy is the physical body, what we shall call the Constitutional Man. The Constitutional Man or Lower Self contains the inherited stimulus-response, conditioned reflex, organic computer chips. These organic computer chips are the melanin-protein complex "crystals" which are inherited from our ancestors. We are programmed when referring to our body according to the genetic patterns or programs which we have received at conception. This programming is influenced strongly by the prenatal care we have received from natural influences and is also influenced strongly by the birth trauma which we have incurred just by the experience we have had by passing through the birth canal. The imprint upon the cells of the body by the first breath must also be considered, as astrological influence is another factor we must place in proper perspective and plan to overcome. This we shall discuss in greater detail at a later time. For now, we wish to consider the Lower Self. It would be wise to acquaint yourself with Huna philosophy so the Lower Self will be more thoroughly understood.

According to the instructions which have been imparted to me by Kahuna who have been endowed with exceptional knowledge, I will impart to you that which appears pertinent at this time. It was made clear to me that these teachings were considered sacred history but are now to be brought forth for the benefit of all people everywhere. According to oral tradition among the Kahuna with whom I am acquainted, there was at one time in the past, nearly two thousand years ago, a gathering of all the Kahuna from the Hawaiian Islands which took place on the island of Kauai. According to the instruction given to me, these Kahuna were instructed for an extended period of time by the resurrected Jesus Christ, who was the same Jesus Christ who had gained his Ascended body after overcoming the greatest pain that could be inflicted upon man, the pain of the crucifixion. Through his experiencing lovingly and willingly his ordeal upon the cross he then was able to transcend mortality and gain the resurrected body. The true Kahuna has had the teachings of Jesus Christ passed down to the present day.

It would be wise at this time to refer you to been imported to me by Kahuna who have been endowed with exceptional Knowledge, I will impart to you that which appears pertinent at this time. It was made clear to me that these teachings were considered sacred history but are now to be brought forth for the benefit of all people everywhere. According to oral tradition among the Kahuna with whom I am acquainted, there was at one time in the past, nearly two thousand years ago, a gathering of all the Kahuna from the Hawaiian Islands which took place on the island of Kauai. According to the instruction given to me, these Kahuna were instructed for an extended period of time by the resurrected Jesus Christ, who was the same Jesus Christ who had gained his Ascended body after overcoming the greatest pain that could be inflicted upon man, the pain of the crucifixion. Through his experiencing lovingly and willingly his ordeal upon the cross he then was able to transcend mortality and gain the resurrected body. The true Kahuna has had the teachings of Jesus Christ passed down to the present day.

It would be wise at this time to refer you to the Archko Volume which renders translation of documents found in the Vatican Library in Rome and also the Mosque of St. Sophia in Istanbul or Constantinople. These translations are from Sanhedrin records and the writings of Pontius Pilate and others surrounding the events of the life of Jesus, his Crucifixion, and his

Resurrection. Now, pause a moment, before you make light of these things, for now is the time for all truth from all sectors of the planet to be brought to the fore.

CONTEMPT PRIOR TO COMPLETE INVESTIGATION SHALL ENSLAVE A MAN TO IGNORANCE.

It is an accepted fact, to some of the inhabitants of the Hawaiian Islands, that people inhabited the Hawaiian Islands long before the advent of the Polynesians. These people were never defeated by the Polynesians upon their arrival about six-hundred A. D. but assimilated them into their culture. The Kahuna has continued to be considered, from the time of Christ, to be the Keeper of the Truth. The teachings of the original Hawaiians is a subject all to itself. Suffice the following to be limited to only that part of the Huna teachings which shall be related directly to Body Electronics with the understanding that there is much to be learned by the independent study of Huna philosophy, and then moving on to greater learning when one is prepared to receive it.

The concept of the "Lower Self" must be considered along with the concept of the "Middle Self" which according to our understanding is what we know to be the immortal intelligence, the person we think of as me, I, myself, That which is aware of the fact that we have consciousness can be considered to be the "Middle Self". This "Middle Self" we can also refer to as the "Natural Man". The natural man is an enemy to God as it incorporates all that which has separated oneself from its "Higher Self" or "God Presence". The Higher Self we can refer to as the I AM Presence which gives life and intelligence to all beings. This is our God Self.

The Natural Man is the sum total of the experience of the intelligence, much of which is reactive, resisted, or karmic which the intelligence has brought with him/her from other existences. At the time of death, the attitudes and emotions, the understandings and the experiences are sealed upon the individual and this attitudinal matrix or energy field determines the location one is drawn to in the experiences between lives as well as the next existence. At the time of birth, this energy field or hologram from the Natural Man is superimposed upon the Constitutional, Genetic, or Lower Self and becomes integrated with the Lower Self, The parentage we have is exactly what is necessary for our growth. Each person couldn't have a better set of parents for his/her progression. Everything is Perfect Divine Order. Everything is designed for the individual's highest and best good. We must develop the awareness to see that there are no mistakes. When we recognize this we will then honor our parents, we will honor them as delightful deviations from the norm as such they are.

It would be wise to consider that we are programmed genetically to perpetuate the culture from which we arose. Honoring our parents is a sacred responsibility that should be considered by all well meaning individuals. This does not mean that we should adopt their ways when it would hinder our individual progression . It is honorable to embrace the culture from which we have risen. It is more honorable to embrace the truth which is found in all cultures and leave behind that which is limiting, involutory in nature or non-productive. It is our individual responsibility to rise above the limiting genetic programming of culture and beliefs. It is our individual responsibility to discern end cast aside that which would be involutory in nature and to choose only that which is evolutionary in activity. It is also our individual responsibility to discern accurately and to weed out from our lives, from our cultural past that which is non-productive, time consuming a "id draining. If one observes narrowly, the comfort zones of our culture are designed to perpetuate themselves which on one hand are comfortable and enjoyable, but on the other hand will hold us in the grip of limitation, spiritual non-progression and mental non-accomplishment. The choice is ours and the free agency which gives us that right of choice must be jealously guarded, protected and preserved. The choice of direction in our lives is a divine right and must not be interfered with. Our only responsibility regarding these matters is to teach people correct principles and allow them the God-Given privilege to govern themselves.

If you notice, the child at the time of birth usually has blue eyes. This is how it has been for centuries until recently when the pollutions of civilization have taken their toll and the unborn are adversely affected by "civilized" diets and unnatural foods, polluted water and chemicals of all kinds added to a multitude of industrial, agricultural and processed food substances.

The eyes from birth, representing the physical body, reflect the amalgamation of the Constitutional Man and the Natural Man or Lower Self and the Middle Self. The iris of the eye after birth begins to show changes in structure and pigment. The sclera of the eye begins to show patterns reflecting this amalgamation. These structures, pigments and patterns are often due to not only genetic considerations but also due to the superimposition and gradual amalgamation of the energy field of the Natural Man with the morphogenetic field of the Constitutional Man.

Thus, the Middle Self has now integrated itself into identification with the Lower Self. If this were to be allowed to continue in generation after generation, the increased resistances of life would be added to the Middle Self as well as the genetic structure or Lower Self which then passes on its energy field through the DNA to the next generation. This, without the advent of Body Electronics, or any other program which determines the opportunity for consciousness change would result in a continual involutory spiral. Consider the tremendous importance of the prior statement.

It would be of interest at this time to point out that this was understood for thousands of years. As it is pointed out in Exodus 34:7 "... visiting the iniquity of the fathers upon the children, and upon the children's children, unto the third and to the fourth generation." It would be of interest that in India, certain illnesses or genetic weaknesses, which are called in homeopathic, medicine "miasms", have been traced back in families in some cases for at least twenty generations. These "energy overlays" or DNA warpings are passed down from generation to generation. When a person violates the Laws of Love, Light and Perfection to any degree, and a specific experience is resisted, this energy pattern of resistance will have its effect on the individual and will change that DNA pattern and/or morphogenetic field where there is a resonant effect which will in turn be passed down to future generations until finally the suppressed specific event is re-experienced and "loved" out, thus removing the energy pattern which has caused the DNA defect and allowing the perfect pattern to emerge. Please remember that thought is senior to matter. Thought moulds and forms matter into the outer likeness of thought. It is a misconception among scientists that environmental forces cause changes in thinking, yet, this appears partially true if the environmental experience is suppressed by the individual. This result of suppressed experience is called conditioning, whereby the individual incorporates the suppressed experience into the physiology of the body itself and this becomes the stimulus-response conditioned reflex. The individual is reacting which makes it appear that the thinking has changed. On the other hand, if the individual comes into contact with Body Electronics and the theory and technology taught here, all suppressed thought, feeling and spoken word shall be brought back to memory and released forever and thus the genetic weakness or stimulus-response mechanism is gone forever. Thus environmental conditioning is reversed as well as its effect upon the individual. Please return to Chapter Twenty-Four in Book One of the Logic in Sequence Series and read carefully. This explains the procedure of re-experience in a clear manner.

If the continued resistance added to resistance were to go on for century after century, the eventual outcome would be the total identification of spirit with matter. Thus, there would be no exercise of free agency as all would be relegated to patterns of reactive response to given stimuli. If this were to happen, spirit would be trapped in matter and would remain there until a method was devised to free spirit from matter. Such is the promise to Spirit. In the meantime the spirit or intelligence is gaining experience by interacting with matter. Matter is the outer "yin" manifestation of the "yang" creative process. Matter is for the express purpose of being acted upon by intelligence that experience may be obtained.

Let us now go on to introduce you to the concept of the "Higher Self". The Higher Self can be compared to the God Presence within each individual. The Higher Self is the I AM Presence. The inner essence when perceived by the student on the path, will then allow one to see the outer manifestation revealed as a perfect outer manifestation of the inner essence.

As the Middle Self disciplines himself/herself and slowly brings the Lower Self into a oneness with the Middle Self, the Middle Self is then gradually made one with what is called the Higher Mental Body and when all is in harmony, all is transformed and made one with the Higher Self. This can only be done by assiduously applying the law as laid down by those who have

gone on before us and gained Ascendancy over the body. Please go back now and read Chapter Twenty-One in Book One of the [Logic in Sequence Series](#).

It would be well to consider that there exists to this day a lineage of Kahunas and Tahungas who have learned and kept alive the basic teachings of Christ who taught them on the island of Kauai in the Hawaiian Islands two thousand years ago. At the same time the Sorcerer Kahunas and Tahungas have rejected the teachings of Christ and have turned to the teaching of darkness. More of this information shall be imparted in Chapter Ten, The Way of the Sorcerer, in this book.

There is a distinct difference between the Sorcerer Kahunas and Tahungas and the true Kahuna and Tahunga who have not given themselves over to the powers of darkness. The sorcerers believe and teach that certain Rites of Passage such as the Firewalk help to establish a link between man and God. The sorcerers believe it is necessary for the Middle Self (the intelligence) to be subjected to the demands of the flesh or Lower Self who must be pacified that God can then be accessed. It is taught and believed by many Sorcerer Kahunas and Tahungas that the way for the Middle Self to gain access to the Higher Self or God is through the Lower Self. God is considered an external God by the sorcerers. Once man has made peace with the Lower Self then spirits can be evoked to do the bidding of man - always for a price. This "power" has been mistaken by many wherein they believe they are making contact with an external God when the God they are approaching is not the God of Creation but the God of the Lower Realm.

The Firewalk or the passing through a literal fire as a Rite of Passage is a ritual as old as man himself that goes back tens of thousands of years. This ritual is a means of sealing the emotional body of the Middle Self and Lower Self to the collective unconsciousness. This is the level of identification with matter, the level of consciously justifying the conditioned - response behavior. Herein one becomes a slave to one's reactions, and thus the spirits from the astral realm can manipulate their control over the deceived individual.

The pain that is suppressed during the Firewalk ceremony seats all associated pain and suppressed emotional experience below the level of consciousness and places all suppressed emotional activity into the level of the collective unconsciousness.

It is ludicrous to even consider that one has the capacity to concentrate on walking across hot coals on one hand, while on the other hand one would be unable to hold one's finger for a moment in a small flame. The concentration ability of a small child who could not hold his attention for more than a moment would not be confirmation of their ability to walk through not coals under their own power for several moments. What is reported by those who have gone through the Firewalk is that they felt no heat and that the feet felt like walking on popcorn when related to walking through red hot burning, glowing coals. What is reported is that they felt a part of them take over and all their pain was gone, their anger was gone, their fear was gone, their grief was gone and they felt empowered by a force of powerful magnitude.

This empowerment is not from the God of Light but from the powerful potential which is locked into the realm of darkness which is called the collective unconsciousness. Do not minimize the power of the dark forces as they can control and dictate the outcomes of all that is not governed by love. Emotional reactions are not governed by love. Pain that is not lovingly experienced is then relegated to the realm of emotional suppression. This act of suppressed emotionality then becomes one with the collective unconsciousness and is certainly not governed by love. It is incongruous to the intelligent mind to say that one is brave when one is passing through the fire of one thousand or more degrees fahrenheit. There is no bravery because the firewalker feels no heat. It is all suppressed below the level of consciousness.

It is absurd to call white, black or black, white. Yet this is the art of the proponents of darkness. These people, no matter how sincere, work on the basis of ignorance, the basis of out-dated age old cultural belief systems and emotional manipulation to make one believe one is getting one thing when he is getting another. Do not be taken in by those who bear false promises when their motivation is falsehood and deceit. Nothing has ever been gained

by the practice of sorcery and its related arts and rites and nothing ever will. Darkness enjoys the promotion and perpetuation of darkness but it can never penetrate or encompass the Light of God.

The spirits of the astral realm which are bound to the level of emotional reaction or collective unconsciousness are drawn by the Law of Attraction to the holes in the auric field of the individual who has specific suppressed emotionality. This level of activity of suppressed emotionality results in conditions of various levels of emotional unconsciousness wherein holes in the auric field of the individual allow entry of spirits who are imprisoned in the astral realm who still desire to take away the free agency of man and to exert some influence or control over those who are attracting these entities by the Law of Attraction through the auric holes. Thus we have entity involvement or entity possession of the individual.

There is no unadulterated truth that can ever come out of the Astral-Desire-Emotional-Realm. Let it be made clear that the suppressed pain from the Firewalk causes definite holes in the auric field to form, which are filled by the Law of Attraction by a host of spirits from the realms of darkness. Thus entity possession.

Those sorcerers who have given themselves over to the direction of spirits that abide in the astral realm are trapped, for they must barter their freedom for some power which is parcelled out by those of the astral realm who gain and maintain control of the aspiring sorcerer. What indeed occurs is that the individual denies his own power and gives it up for a questionable source of power which denies the power of love. The sorcerer can then do nothing in and of himself and has no power by his own volition, except that which is given by the spirits from the astral realm who have been invited in or summoned by the sorcerer. Thus the sorcerer is possessed and talks with and takes direction from the spirits who now govern and control. The darkest sorcery is when the individual has literally given up his soul in return for the right to summon or evoke the spirits to do his will which gives him extraordinary power. One must remember that all these powers are limited when one comes up against one who has properly aligned himself or herself with the God Presence within each individual. That individual who has traded his birth right for a mass of pottage, who has given up voluntarily his soul by contract to the God of Darkness, for a few years of apparent control, will take many life times to escape from the forces of darkness as he is now bound to the astral realm. He is on the Involutionary Pathway which is explained in detail in Chapter Twenty-Nine in Book Three of [the Logic: in Sequence Series.](#)

It must be understood by the initiate on the Path to Self-Realization that any act dealing with primal energies that causes trance states, hypnotic trances, medical drugged states, or recreational drugs in any form which are mind altering, or any activity that suppresses pain, anger, fear, grief, apathy or any other emotion, shall cause the individual to move down the Pathway of Involution to some degree and to gradiently become one with the collective unconsciousness which brings one into contact with the Astral-Desire-Emotional-Realm.

Any act which would bring the Lower Self into harmony with the Middle Self who through self discipline and struggle with the forces of darkness within oneself, will eventually bring both the Lower Self and Middle Self into a oneness with the Higher Mental Body and then eventually the Higher Self. This pathway, the Evolutionary Pathway, shall free the Lower Self from the reactive control of the collective unconsciousness and under the firm, loving discipline of the Middle Self shall move the Lower Self into a oneness with the Middle Self. The Middle Self through obedience to the Laws of Love, Light and Perfection shall then move toward a higher harmony or oneness with the Higher Mental Body and then gradually to a state of oneness with the God Presence which is not outside of one as the sorcerer would have you believe but is within each individual on the Pathway of Life.

The Sorcerer Kahuna or Tahunga who is interested in "phenomena" has mistakenly believed that the God of the astral world is the same God who is the God of Love, Light and Perfection. This is a false concept as God can never be reached or understood by taking a pathway contrary to that holy pathway which leads to God-Realization or to the recognition that God exists within the soul of every living intelligence. Jesus said, "I and the Father are one." This understanding each individual must responsibly attain to in order to overcome the world. The

God of this world is the most powerful of all spirits that remains trapped in the astral realm. Love and truth are not in him and he seeks to perpetuate his usurped power and control by increasing the emotional resistance of man to place him within the realm of the Astral-Desire-Emotional-Body.

It is a false doctrine that is perpetuated in many belief systems, that man must search outside of himself to find a God who cannot speak, see or understand. To find God one must realize that the Kingdom of God is within and we are in reality one with God but we do not know it yet. It is the delusion that we are separate and we are still caught up in the world of delusion. As soon as we desire truth and self-mastery above wealth, power and position, we will then move toward that which we desire and God-Realization will be within our grasp. The true Kahuna or Tahunga will recognize and acknowledge that the true God is within and as we bulldoze out the rubbish that ties us to the Astral-Desire-Emotional-Body we will then move toward the state of Self-Realization which is God-Realization. Much more of this will be discussed in Chapter Ten of this Book.

It would be suggested that one read from every good book in order to garner the truth contained within the pages. It would be wise to recognize that the form of the rituals involved in certain religious teachings are needed by some people for their security as they progress. Some people require the knowledge parcelled out to them by minister and priest in the buildings of stone. Others receive their teachings and/or inspiration in the open fields or on the tops of the mountains by night. It is not the location that is important to receive truth. It is not the time of day that is important, it is the readiness of mind. Read carefully every good book and garner out the essence of the teachings of prior masters. Getting involved with the form and the ritual may be necessary to re-experience some violation of law to which we are karmically tied, which violation cannot be released on the mental level until one goes through the proper physical exercise or experience. Yet, we must be aware that the physical experience of form and ritual must be used as a springboard to understand the deeper implications of law that the eventual experience of the violation of law be encompassed and all resistances be released that we may then springboard into the inner essence in the manner which we have already discussed.

This is the End of Chapter Seven.

A promise made is a debt unpaid.

Robert William Service

Lord, make me an instrument of Your peace. Where there is hatred let me sow love, where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

O divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life.

St. Francis of Assisi

Abundantly diffused throughout the contradictory teaching of all man-made religions are the variously and subtly disguised Doctrines of Death and Despair. These false doctrines which are far removed from the original intent and teachings of various inspired men and women perpetuate the concept that man must grovel in the dust of the earth like a worm, as a hopeless, sinner who is laden down with a burden of error and sin. One must therefore propitiate or placate an external God or his various representatives, who come in all colors and sizes, for forgiveness and for leniency in judgment. This doctrine when dispensed by a paid clergy or priesthood is used to control and mislead a well-intended yet ignorant mass of people who bow and scrape before this power-hungry, brutal and judgmental clergy or priesthood. Power in any form corrupts.

Perpetuating false doctrines and perpetrating a fraud on a deceived populace is overshadowed by the vile belief and practice that only the clergy-priesthood can dispense forgiveness when sought for and obtained only when man-made conditions are enforced and complied with by the so-called "sinner".

Once one has abandoned the freedom to choose as dictated to by the Spirit of God or the spirit of conscience wherein one is true to one's heart, and once one has voluntarily chosen to be subservient to an external God or one of those self-appointed frauds who purport to be God's mouthpiece, one has then lost one's God-given right to self-govern and has placed oneself in a very dangerous position wherein one can be manipulated and controlled by possible corrupt leadership for some dark purpose. Remember.

MAN IS A UNIVERSAL SOVEREIGN CITIZEN.

If there are inspired men and women as indicated by historical events who have been in communion with God, then these men and women shall only teach correct principles and let people govern themselves, that they may learn by the exercise of choice and learn to be individually responsible in and for all aspects of life. Any other type of government is tyrannical in nature.

When one exerts one's sovereignty and frees himself from the bondage of resistance and spreads one's wings to embrace and arise above the shackles of human creation, one will then apply with Unconditional Love and Unconditional Forgiveness the Laws of Love, Light and Perfection and shall self-realize one's Perfection and shall then become one with the Father within. As Jesus said: "I am one with The Father.", "All these things I have done, you shall do also, yea even more." Such as it is. Now go forth, read and comprehend the following Chapter Eight-The Understanding of Sin.

John Whitman Ray
10 March 1993
Titikaveka
Rarotonga
Cook Islands

CHAPTER EIGHT

The Understanding of Sin

When understanding the concept of sin, let us preface this entire chapter with the following statement:

FOR EVERY TRUTH, THERE IS A COUNTERFEIT FOR TRUTH.

Things do not always appear to be what they are. Often what we see veils the intent underlying the disguise, thus, the obvious always is evidence of more than what we see. The trained observer always considers what he doesn't observe as well as what he does observe. Often the most obvious observations reveal conditions that are conspicuous for their absence. We have been trained over the years to be attentive. If one puts his attention on the outer manifestation to the exclusion of the inner essence, one can then only resort to outer manipulation of matter in order to assure what would be considered an appropriate end result. If one is placing his attention on the outer manifestation, without understanding it and without knowing it, he is denying the inner essence from which the outer manifestation is derived. In order to exercise faith, one must understand the activity of faith. Faith is the great prime motivating force from which all outer manifestation flows. Without faith, one cannot perceive the inner essence, one only is capable of seeing the outer manifestation or outcomes. Without the proper exercise of faith, one is only manipulating outer energies and is not correlating the inner essence from which arises this outer condition. The inner essence can only be changed through the exercise of faith. It may be wise to re-read Chapter Sixteen in Book One of the [Logic in Sequence Series](#), and then again read Chapter Eleven concerning the use of faith as related to the very important "List".

When one puts his attention on the outer and seeks to manipulate the outer energies while ignoring the source of the outer energies as being the inner essence, which is the source of all creativity, one is then bordering on sorcery. One may not recognize this as sorcery as sorcery comes well disguised. It does not matter whether one calls the manipulation of outer influences as White Magic, Black Magic or Sorcery it is all the same. The creation of a visible outer change in the environmental conditions through some form of energy manipulation is the result of focusing one's attention on the outer manifestation. No matter what the justification may be, when one focuses one's attention on the outer manifestation to bring about a desired change, to the exclusion of the inner essence, one is playing with the forces of darkness and risks entrapment.

FOCUSING ON THE OUTER TO THE EXCLUSION OF THE INNER IS THE INVOLUTIONARY PATH.

The understanding of those concerned with the outer manifestation will vary. The emotional attitudes, desires, attachments, expectations and conditions will vary.

NEVERTHELESS, AS LONG AS ONE'S ATTENTION IS ON THE OUTER MANIFESTATION WHAT WILL REMAIN CONSTANT AND CONSISTENT IS THE DENIAL OF THE POWER OF GOD WHICH BROUGHT THE OUTER CONDITIONS INTO MANIFESTATION. THIS IS SORCERY.

For centuries man has misused the power of God to create confusion for himself and others to reap. Man has created through less than love conditions that which we call "Human Creator". Human Creation is based on resistance and the resulting perpetuation of less than love conditions, misusing and misdirecting the thoughts, feelings and spoken words which are the only creative power in the universe. Man alone must assume responsibility for his creations and man alone must undo what he has done. Man must eventually acknowledge the creative process which brought about the outer manifestation. Man must eventually learn that rather than using force or manipulation to change the outer, he must eventually go to the inner essence, the source

of all creativity, the still, quiet place from which all outer manifestation arises. Man must pierce the inner essence and recognize and acknowledge wherein the creation of his outer confusion arises. Man must learn to master these energies that permanent change may transpire in one's life. When this is accomplished man will then place himself in harmony with God and all in his domain shall gradually and systematically be corrected, utilizing gradiently the "List" which has been outlined for you, while living within the confines of the Laws of Love, Light and Perfection.

If one continued to place his attention on the outer, thus resisting it and seeking force to change the outer conditions into another mould based on desire, one will continue the denial of the inner essence as the source of all outer manifestation and shall then continue to relegate all his activity into the realm of sorcery either knowingly or unknowingly. Many of us have been duped into believing that we are justified in manipulating the outer. We have all done it extensively. Allow me to explain this subject in a manner which will be unexpected to you:

THAT WHICH IS NOT OF FAITH IS SIN. (ROMANS 14:23)

Consider carefully now the Book of James in the King James Translation of the Bible. Read this information carefully, get out your Bible and research a little, don't expect it all to be laid out for you, Study on what is written regarding faith. Ponder this instruction and pray for an understanding.

A full understanding of faith can only come about through obedience to law. One first of all has to know the law. One cannot expect someone to obey a law he does not understand. Also, one cannot expect someone to obey a law he is not ready to obey or incapable of obeying. A person may think he is ready but may not be capable, one must discern in these cases.

One must be patient and long-suffering with the progress of others who have entrusted themselves to your care. Each individual must be given only that which they are capable of assimilating and they must be given time to absorb the experience before the next point of law or information is parcelled out or administered. Gradualism is the key. Patience must be incorporated into the exercise of virtue. Anything contrary to the use of faith and the Law of Right Action will border upon or be incorporated into the area of life activity called sorcery. Before we go deeper into the subject of sorcery let us first of all reiterate the proper technique which is evolutionary rather than involutionary. Please return to Book One of the [Logic in Sequence Series](#) and fully assimilate Chapter Ten. Then re-read Chapter Seven of Book One and commit to memory the Ten Steps to Perfection. Pray continually that you will gain a clear insight. As was stated by the Apostle Paul so succinctly, "We see through a glass darkly."

It requires a very clear mind as to not be judgmental and to see things as they are without criticism or condemnation. If we were capable of observing the genetic programming of each individual we would not expect them to be other than what they are. We would have implicit faith and trust in each individual to do exactly that which one is programmed to do. It is ourselves who are incapable of discernment, because of our own programmed inadequacies. We must understand that each of us has our own unique window of perception which is quite narrow. We see what we see but all else is clouded so we cannot perceive clearly that which exists outside of our programmed window of perception.

IF WE COULD DISCERN CLEARLY, WE WOULD NOT PLACE EXPECTATIONS ON OURSELVES AND OTHERS THAT WERE NOT MET, THUS WE WOULD NOT BE DISAPPOINTED.

If we had clear perception, we would know that the person under observation was quite likely to do what he was programmed to do. If we had perception we would not place requirements on people or extract promises from people who were programmed in such a manner that it would be very improbable that they would be able to discipline themselves in such a manner to keep that specific promise or fulfill that specific requirement. If we had the ability to discern we would not place conditions on people, even if they agreed to the condition which they may

not be able to meet. It is understandable that each of us through our lack of discernment will allow our reach to exceed our grasp, yet we should carefully discipline ourselves to only give ourselves as well as others only that which can be grasped comfortably at the time. We must carefully give ourselves and others the chance to be in a state of self-confidence and remain in a state of self-esteem over a period of time that each of us may learn to carry, without an overabundance of effort, an even greater burden of responsibility.

THE GREATER THE KNOWLEDGE A PERSON HAS THE GREATER HIS RESPONSIBILITY TO BE OF SERVICE TO OTHERS.

To whom much is given much is expected. Often times, we, with pure intent, bite off more than we can possibly chew and then for a time we are obliged to chew it. If we had a greater ability to view our own parameters of successful experience we may be less taxing on ourselves and thus build more gradually and with less failures a successful backlog of appropriate life experiences which would be evolutionary in nature. But often, in our impatience, we tackle more than mortal man can endure and consequently we get burned in that experience and thus develop complexes of failure, inadequacy, unwillingness to re-experience etc. Thus the list becomes of even greater importance in our daily life to temper our actions, and to place a self-imposed leash of moderation on our behaviour.

A moderate discipline to work diligently on the "List" for the purpose of Karmic Completion shall dissolve methodically the crystals within us which will draw like energy from the surrounding environment which will give us all the opposition we can endure. We do not have to go out of our way to make things hard for ourselves or to test ourselves unnecessarily. All of that will come to us appropriately as the crystals move into dissolution.

LOVE WHAT YOU DO IN EVERY ASPECT OF YOUR ACTIVITY AND DO WHAT YOU LOVE IN THE PURSUIT OF KARMIC COMPLETION AND YOU WILL FIND TO YOUR UTTER AMAZEMENT THAT ALL OF THE CRYSTALS OF HUMAN CREATION WILL METHODICALLY AND SEQUENTIALLY DISSOLVE AROUND YOU.

Man has a tendency to fall into the trap of hastily pursuing his desires. If the attainment of one's desires do not come quickly, one then has the tendency to look for the quick solution, the unproven method to fame, success, wealth, acclaim, position, etc. Man is tempted by the promise of unearned success, rapid earnings, convenient compromise to position, momentary acclaim, instant fame etc. Man has a tendency to want a quick fix to satisfy his momentary desires and as Esau of old, one would sacrifice his birthright to receive the object of his affections. There are those who wish to go contrary to the Universal Rule of Accrual. Remember: "Oh ye who have been faithful in a few things, I will make you ruler over many." The Rule of Accrual is as follows:

THE RULE OF ACCRUAL:

THE RULE OF ACCRUAL IS THE LAW BY WHICH ALL THINGS ARE ADDED UNTO ONE WHO HAS BEEN FOLLOWING CAREFULLY THE LAW OF RIGHT ACTION. THROUGH THE SEQUENTIAL RELEASE OF RESISTANCE TO THE EXPERIENCES OF LIFE ONE GROWS STEADILY INTO THE POSITION OF UNCONDITIONAL LOVE AND UNCONDITIONAL FOR GIVENESS. WHEN ONE ATTAINS THAT POSITION, ONE HAS CREATED GOOD KARMA OR DHARMA FOR ONESELF AND THUS THROUGH THE LAW OF ATTRACTION, ALL EXPERIENCES THAT ARE NECESSARY FOR ONE'S HIGHEST AND BEST GOOD WILL BE BROUGHT TO THE INDIVIDUAL BY THE RULE OR LAW OF ACCRUAL.

Let us now consider the same law from a more fundamentalist point of view:

THERE IS A LAW, IRREVOCABLY DECREED IN HEAVEN BEFORE THE FOUNDATIONS OF THIS WORLD, UPON WHICH ALL BLESSINGS ARE PREDICATED, AND WHEN WE OBTAIN ANY BLESSING FROM GOD, IT IS BY OBEDIENCE TO THAT LAW UPON WHICH IT IS PREDICATED. DOCTRINE AND COVENANTS, SECTION 130: 20-21.

Blessings are predicated upon the observance of law and no blessing is earned by an individual unless he/she has been obedient to that law upon which that blessing is predicated. If one is disobedient to eternal law then, of course, one will not receive the blessing of obedience to that law because the necessary law was not appropriately applied. The disobedience to law will cause the opposite of the blessing we desire. One, of course, will first of all have to have a recognition of law before one would be able to apply the law with faith. One would then have to have a successful experience in the application of the law to gain knowledge of the law, as knowledge can only come through successful experience. Only after the law has been applied successfully will the blessing predicated upon the observance of the law occur. One who does not apply the law and goes contrary to the Law will of course be "cursed" as the word is used. Some people would use: the word damned which would mean the same as cursed in this context. Damned means being stopped in one's progression due to improper observance of law. It is logical to recognize that after one lets go of the wrong application of law and begins to apply the law appropriately, then eventually as the law is correctly applied then the blessings follow and the condition of being damned or cursed is lifted.

Let us consider an appropriate example. Let us consider one who refuses to follow common decency in providing for oneself and therefore helps himself to the labour of his neighbors, without proper invitation. This type of behavior would probably result in some sort of unwanted inflicted enforced retribution concerning the "thief", if the intelligence playing the role of being a thief would recognize that he had a disposition to steal and would recognize that it was inappropriate behavior, he could possibly be persuaded to exercise voluntary self-control and choose to not steal again. The individual would then make a commitment to never steal again to the individuals involved, would make proper restitution for damages which have taken place in the past and after a period of time one could bring himself back into good graces after making all things right and perhaps a little bit more. One would then demonstrate through change of behavior and providing for himself, that he also could become a productive member of society. Thus, one applies the law and from that time on will receive the fruits of his labours which is the blessing. Thus, through making restitution and changing one's manner of behavior which begins with a change of intent, one rises to a position of good example, and thus the cursing or damned condition is lifted and the person is free to move on ahead in life, hopefully forgiven and unimpaired in one's progress.

A wise teacher told me at one time concerning the future. He said that: "The time will come when you will find many people who have committed sins which today would be condemned by nearly all spiritual people." He said: "Let me explain to you. No matter how scarlet the sin may appear to be, it shall become white as snow by the dedicated efforts to serve one's fellow man." This imparted to me a very important message. When man changed his ways from what we would call "sin" to that which we could call "righteousness" by continued service to mankind, all "spilt milk" and other acts that cannot be made right shall be balanced up on the scales of the eternal heavens by continued service to humanity.

Inherent in that service to mankind is the understanding that one cannot give to others that which one has not received himself. This necessitates that the individual has made a turn around from the Involutionary Path leading to identification with matter, to the Evolutionary Path leading to the Ascension. This pathway may take many lifetimes as there are many things to learn and many experiences to overcome. It has been taught by the Ascended Master Saint Germain that through the proper application of law which is found in the teachings he has allowed to come forth, that the Ascension can be achieved in seven years of total dedication. A Master would not have taught this unless there was a way provided to the faithful. More information concerning this can be obtained through your nearest center for the Saint Germain Foundation.

One of the meanings of "sin" is to miss the mark which could be considered inappropriate application of law which would result in a course along the Involutionary Pathway. When one would give up that which is sinful or involutionary in nature, then one would turn around and find oneself on the Evolutionary Path. Let it be known that we definitely see our own faults in others, and that which we despise or resist in another flavor of personality is but a reflection of our own inability to understand. This means:

THAT EXPERIENCE FROM WITHOUT WHICH HAS ELICITED THE REACTION FROM WITHIN OURSELVES IS EVIDENCE OF ITS PRESENCE WITHIN US.

Therefore, it would be wise to understand that we will then have a chance to reflect upon that which is within ourselves, that whenever we criticize, judge or condemn another, it is sure evidence that that which we criticize, judge or condemn is within ourselves. We may not be able to see it, but it is there to eventually be uncovered through the efforts of a sincere soul. Therefore, we use these moments of upset as a springboard for self-introspection to see our own weaknesses, rather than foist the cause of that which upsets us on the source of stimulus to justify our own encoded reaction. If we are not paying assiduous attention to what the universe serves up to us to inspect, we will then be busy inspecting something outside of ourselves which we for certain cannot understand its origin. Use the outer reaction as an opportunity to look within.

The Buddha, or "The Enlightened One", taught that the root of all evil is ignorance and false views. Buddha taught that as long as there was doubt, perplexity and wavering, no progress would be possible. It is undeniable, according to the Buddha, that there must be doubt as long as one does not understand or see clearly. In order to progress further it is absolutely necessary to get rid of doubt. To get rid of doubt one has to see clearly.

The Buddha taught that doubt is one of the Five Hindrances. The Five Hindrances are:

- 1.) Sensuous Lust,
- 2.) Ill-Will,
- 3.) Physical and mental torpor and languor,
- 4.) Restlessness and Worry, and
- 5.) Doubt.

Consider these with honesty and introspection as we move along the pathway, as each of the above have their contradictions and tests. Consider "sin" in the above aspects.

Let us consider "sin" from yet another perspective. Eternal Forgiveness is a principle. God does not need to forgive for God is the epitome of Unconditional Love and Unconditional Forgiveness. If God did not love or forgive totally even before an event occurred, he would cease to be God. Yet, God does not interfere with the free choice of man and cannot prevent man from bringing on himself his own blessings and cursings. Such as it is. The Law of Karma claims its own. Now, remember, sin is a man - made concept, due to man's incapacity to understand the Laws of the Heavens.

When considering every aspect of "sin" we must. look deeply into our actions and the actions of others and consider the intent. Often we observe that outcomes are different from that which was intended or desired. If we are not careful we will become upset due to our belief systems, our genetic programming, our cultural concepts as to how things ought to be, could be, or should be and we get wrapped up in trying to make other people guilty for being divinely human. In turn we make ourselves guilty by yielding to the opinion of others and thus lack of forgiveness enters into our pattern of thought.

In reference to "sin", our guilt and our own lack of forgiveness relative to others as well as ourselves always results in patterns of resistance which draw immediately from the surrounding environment the very pattern which we hold in a state of resistance. To make this clear, the pattern of resistance we hold in our minds always results in judgment, criticism or condemnation. This pattern of resistance is based in guilt and lack of forgiveness which leads to resistance which leads to judgment, criticism and condemnation. Any judgment we place outside of ourselves or upon ourselves, any criticism of others or ourselves, any condemnation of others or ourselves, compounds the situation in which we find ourselves, as the slightest resistance we place out into the universe creates more of the same of that which we resist, That which we put out comes back with interest. We must weed out all of these from our mind as it is the qualified feeling and thought which creates and brings us the misery we wish on others. All of this results in far deeper considerations of self- imposed guilt and lack of forgiveness. These we must release from our consciousness with Unconditional Love and

Unconditional Forgiveness. If we were wise we would acknowledge that we are not aware of all the internal and external factors that come to bear upon others. If we were wise we would acknowledge the same for ourselves.

This then is motivation for us to mind our own business and encourage others to do the same. We are the masters of our own destiny. If we are busy resisting the actions of others we don't have time to tend our own. If we were really aware, we would recognize that our own hands are full with our own affairs.

WISDOM DICTATES THAT EACH INDIVIDUAL MIND HIS OWN BUSINESS.

We have enough problems learning to forgive, learning to release guilt, that we have no need to clutter up our existence drawing in the end result of our own resistances for more mental fixations. We must learn to let go and encompass with equanimity even our mild dislikes which are a form of resistance. When we consider what we desire or what we like, we exclude what we do not desire and what we do not like. This creates a form of resistance.

THAT WHICH EXISTS, NOW IN OUR WORLD, OUR UNIVERSE. IS DIVINELY PERFECT. THERE ARE NO MISTAKES. THE MOMENT WE RELEASE THE GUILT AND LACK OF FORGIVENESS WHICH HOLDS RESISTANCE IN PLACE, THEN THE UNIVERSE AROUND US WILL CHANGE. THE CHANGING OF THE OUTER IS NOT THE FIRST CONCERN. THE CHANGING OF THE INNER THOUGHT AND FEELING AND WORD PATTERNS ARE THE FIRST CONCERN. THEN THE UNIVERSE WILL DANCE TO OUR VERY CHANGE IN THOUGHTS AS A PERFECT OUTER MANIFESTATION OF THE INNER ESSENCE.

The emotional body is the reflection of the emotional resistance brought about by unforgiveness and guilt. Once all this emotional resistance is released we then are able to access the mental body and deal with duality on the mental level, Please consider the material on guilt in Chapter Twenty-Eight in Book Three of the [Logic in Sequence Series](#).

Consider now, consider carefully, and consider deeply a teaching given under inspiration by the great teacher Emanuel Swedenborg:

MEN ARE NOT PUNISHED FOR THEIR MISDEEDS DONE IN THE BODY, BUT ONLY FOR CONTINUANCE IN ILL-DOING, NOR ARE THEY PUNISHED FOR EVIL ACTIONS DONE WITH GOOD, THOUGH MISTAKEN, INTENTION; STILL LESS FOR HEREDITARY EVIL, EXCEPT IN SO FAR AS THEY HAVE MADE IT THEIR OWN.

More of Emanuel Swedenborg's inspired teachings are found in Chapter Twenty-Eight in Book Three of the [Logic in Sequence Series](#).

Let us consider sin from another perspective, The very forgiveness of sin can only be accomplished through love, as one forgives all who have ever trespassed against him. This is Love in Action, according to Annalee Skarin, as found in her [The Book of Books](#), this being highly recommended reading to those on the path. Annalee Skarin, continues to explain that this love in action contains the power to be cleansed (or forgiven) of all sins. She explains:

IF YOU WISH TO BE CLEANSED FROM ALL SIN, THEN LOVE UNTIL IT REACHES OUT TO ENFOLD YOUR TRESPASSERS IN THE GLORY OF YOUR OWN DIVINE FORGIVENESS.

Annalee Skarin continues:

LET OLD GRUDGES MELT AWAY. LET PRESENT HURTS BE DISSIPATED IN COMPASSIONATE UNDERSTANDING. LET MERCY CARESS AND ENFOLD ALL WHOM YOUR THOUGHTS TOUCH. THIS IS THE POWER TO BE CLEANSED FROM ALL SIN. AND WITH THIS POWER ALL THINGS WILL BECOME SUBJECT UNTO YOU AND YOU CAN ASK WHAT YOU WILL AND IT WILL BE GRANTED. FOR IN THIS GREAT OUTPOURING OF YOUR LOVE "YOUR MINDS AND LIPS WILL HAVE LOST THE

POWER TO HURT OR WOUND AND YOUR VOICE WILL BE HEARD AMONG THE GODS, FOR YOU WILL HAVE JOINED THEM IN THE UPWARD TREND OF YOUR OWN DIVINITY."

Annalee Skarin continues: "Yes, the nearer man approaches perfection the clearer are his views and the greater are his enjoyments, till he has OVERCOME the evils of his life and lost every desire for sin, and like the ancients, arrives at the point of FAITH where he is wrapped in the power and glory of his Maker and is caught up to dwell with Him."

"You say you do not believe this?"

"Then, my friend, do not continue with the reading of this record for it is not for you." Annalee Skarin lays it on the line. The writer would never be able to state it more clearly than the manner in which she has expressed the concept of sin and the transmuting power of Unconditional Love. Read her book: The Book of Books. DeVorss and Company, P.O. Box 550, Marina del Rey, California 90291, U.S.A.

This is the End of Chapter Eight.

A man's life is dyed the color of his imagination.

Marcus Aurelius Antoninus

Nature, to be commanded, must be obeyed.

Francis Bacon

CHAPTER NINE

External Focus vs. the Ascensional Process

In the last chapter the discussion embraced the concept of external focus. It has been written: "If one puts his attention on the outer manifestation (external focus) to the exclusion of the inner essence, one can then only resort to outer manipulation of matter in order to assure what would be considered an appropriate end result". External focus is part of the trap, especially when the source of the outer manifestation is denied or not acknowledged. There are many ways to place our attention in a manipulative manner on the external. We have not been able to recognize them and thus have failed to learn to conduct ourselves from a position of faith and have succumbed to that which is less than faith which is sin.

Let us now reason together. First, I would like to quote from Deuteronomy 18:10-12. "There shall not be found among you any one that maketh his son or his daughter to pass through the fire, or that useth divination, or an observer of times, or an enchanter, or a witch, or a charmer, or a consulter with familiar spirits, or a wizard, or a necromancer. For all that do these things are an abomination unto the Lord: and because of these abominations the Lord thy God doth drive them out from before thee."

Read each of the above and consider carefully. Where do they apply in life today? How can each of these activities compel man to focus his attention on the external and thus turn from faith which gives life and intelligence to every soul by turning man's attention to the source of all life which is the inner essence? Remember: The kingdom of God is within.

Let us consider one of the aspects mentioned in the quote from Deuteronomy, Let us consider the concept of divination. One of the definitions of divination: "The art or practice of discovering future events or unknown things, as though by supernatural powers." It is also defined as "A prophecy", There are today existing many forms of divination. I wish to have you return to Book One of the [Logic in Sequence Series](#) and reread Chapter Eleven. In Chapter Eleven I have explained how, as a young man, I had been given this wonderful "White Light" experience. I have discussed how I was given an understanding of many things which would have taken many years to record adequately. I had mentioned that I was told at the time that I was not to write anything down as all the information which I had been given would always be available to me when it was necessary for me to have it and I have found that always to be true. In Chapter Eleven I mentioned that I was shown the motion of the heavens and how the universe is a perfect manifestation of our collective inner creative thought patterns, word patterns and emotions. I was shown the lines on the hand and their interpretation and how the lines on the hand are the outer manifestation of the inner thought processes of the individual. I was also shown that as one gained access to the mental body and changed his/her thinking, then the lines on the hands would change to adapt to the new thinking. I was shown that there are methods of divination using palmistry. I was shown that if a person were told that such and such would happen at a certain time in one's life based upon the lines in one's hand and their interpretation, that perhaps, that may be true, but, if the person believes what he/she hears, it will hasten the activity or assure it coming to pass.

One must understand that the future is not set in concrete. The future is in a constant flux or state of change which, within certain ever expanding sets of parameters, is determined by the thoughts, feelings and word patterns which one holds in one's mind as well as that set of suppressed thought patterns, word patterns and emotions which are held below the consciousness in a state of continual creativity. The environment shall crystallize around one's current conscious thoughts as well as those hologrammic thought patterns which are suppressed below the level of consciousness. This is the manner in which crystals are formed in the body as well as patterns which are manifested as environmental conditions from which one cannot escape, until one releases the thought patterns on the mental level which hold the outer manifestation in a state of constant creation.

When one changes one's thinking, both conscious and unconscious, through the techniques which are taught in these books, then the future changes because the changes are taking

place in the Everpresent Now, in the Perceptual Nowness. The environmental crystals including the crystals in the physical body dissolve provided one is doing that which is necessary to access the means by which the crystals were created, and also by living those natural laws which enable the crystal to dissolve which includes the ingestion and assimilation of the proper saturation of nutrients for the body.

One must remember that the crystals are encoded thought patterns, word patterns and emotions that are held by the crystal in a state of continual creation twenty-four hours a day. Changing our thinking is not enough. Making affirmations is not enough. We have to undo that which has already been created. We have to dissolve the crystal through application of the appropriate laws and then become aware of the thought patterns, word patterns and emotionality. Intellectual "head trips" are not enough to do this. We must recreate the entire encoding of the crystal and thus release the emotionality with the associated word patterns and sensory experience with the transmuting power of enthusiasm, and then at the same time release all cause, effect, record and memory with the continued use of the Violet Flame which is the transmuting power which purifies the mental body which in turn has its effect positively and powerfully felt on the emotional and physical bodies. Think of the mental body encompassing the emotional and physical bodies, Think of the emotional body encompassing the physical body. Think of the concept of permeation when thinking of the idea of encompassment. Think of the emotional body encompassing and permeating the physical body and extending beyond it as the mental body encompasses and permeates the emotions and physical bodies and extends beyond them. One then sees that they are not separated but are interlocked or interwoven. We cannot affect the mental body without affecting the emotional and physical bodies, We cannot affect the emotional body without affecting the physical, and as long as we are identified with the physical body the reverse holds true. The physical body is the doorway to the emotional and mental bodies and it must be operating obediently in accord with physical laws to help the crystals dissolve not only in the physical body but in the surrounding environment by the Law of Right Action, that the crystals, both physically and environmentally, then can yield up the encoded messages and the emotional and mental bodies can therefore be accessed in turn.

Now it is time to consider the subject of palmistry, Most people are quite robot like in their behavior, They think that they are conscious and to a degree they are, but in reality they (we) are programmed to behave the way they (we) behave because of the Constitutional Man and the Natural Man. This programming results in crystal formation both within the physical body and the surrounding environment The crystalline formation within the body is demonstrated by the morphogenetic field in the formation of the lines in the hand. If one were to read the lines on the hand for the purpose of foretelling the future, one would be doing the individual a great disservice because to most people the simplest suggestion becomes a direct command. People are, for the most part, quite reactive. At this level they are easily stayed by suggestion. Look at advertising. Observe how desires are created and then exploited. For one who lives his life at "level seven" which is the level of unconsciousness or reaction, any suggestion of divination of the future becomes to them a command which when incorporated into the thought processes may be very difficult to overcome. When one observe;; the lines on the hand, one sees what an individual is creating now. It must be recognized by the responsible mind that if an individual were to change his thinking, the lines in the hand would change and the future would change, The future would change because the thinking in the Everpresent Now has changed, It is that simple. If we look only to the outer, then, of course, we see all as predestined to happen and we are powerless to intervene as we think or believe that we are interfering with destiny. Destiny is what we make of it. Destiny can be changed by being obedient to the Laws of Love, Light and Perfection.

We have the ability to discriminate when we are free from emotional attachment or reaction to a given situation. At that time we can clearly perceive that if certain conditions remain the same then certain outcomes shall surely occur. We learn to clearly see the outer trends and recognize that if the trend is not changed then the future outcome is evident. To the keen observer the outcome or future is always evident. It was never intended that we be fixated on the outer through keen observation, it is intended for those on the Pathway of Self-Realization that we perceive accurately the outer and use it as a spring board to access the inner essence. The universe is our mirror, it is not to be used for divination where the focus is only

on outcomes, but it is to be used for the gradient exposure of the inner essence of thought, feeling and spoken word that appropriate changes might be made, through the exercise of faith, in the inner essence which is the source of all creativity.

A shovel may be used in two different manners. It can be used in a destructive way by striking someone or destroying a beautiful flower bed, or it could be used in a very constructive manner by planting a tree or by digging up a row of carrots ready for juicing. The shovel is neither evil or good, it simply is. Good or evil are simply value judgments that we place on the shovel. The shovel simply is. It can be however we choose to see it. This shovel is but an example of any aspect of life. It can represent any part of life wherein we can learn to see it as it is without opinion or judgment, or we can perceive the manner in which we have put a judgment upon it by saying that the shovel is better than a hoe or the shovel is bad because we cannot use it as a crowbar, or it is good because it can lift sand while making mortar, etc. A shovel is a shovel is a shovel. It has a place as does a hoe or a crowbar. Such is the manner in which we can approach all life experiences when we can learn to see things in perspective and with impartiality or equanimity. Such are the lines on the hand. They may be used for divination and add to the individual's involuntary spiral or they may be used for the opportunity to peruse the inner essence to determine the creative source of the outer manifestation for the purpose of appropriate change and thus the evolutionary spiral. The lines on the hand are then to be placed in proper perspective as we would place in proper perspective the approach of a storm cloud, or the sunshine after the storm. Such is life.

Let us now consider the "observer of times". The observer of times refers to one who is engaged in the art of astrology. This has been considered a very old science and much can be learned from this science when placed in proper perspective.

From the Doctrine and Covenants. Section 88:13 it states: "The light which is in all things, which giveth life to all things, which is the law by which all things are governed, even the power of God who sitteth upon his throne, who is in the bosom of eternity, who is in the midst of all things".

From Doctrine and Covenants, Section 88:42-44 it states: "And again verily I say unto you, he hath given a law unto all things, by which they move in their times and seasons; and their courses are fixed, even the courses of the heavens and the earth, which comprehend the earth and all the planets. And they give light to each ether in their times and in their seasons, in their minutes, in their hours, in their days, in their weeks, in their months, in their years-all these are one year with God, but not with man."

During the "White Light" experience which I have shared with you, it was shown to me that the entire universe works in a divine living manner by establishing energy fields which determine the motion of all the star systems as well as the motion of the planets. The planetary motion in turn generates unique force fields which interact with other planetary and stellar force fields which create specific interacting fields of energy which in turn interact with the crystals within the body which cause the crystal to respond or resonate to a specific stimulus. Therefore the planets themselves in their angular interaction create certain fields of energy which cause a specific resonance during the planet's specific angular interaction within the crystal in the physical body. In other words an angular interaction of 0° which we can call conjunction, 90° which we can call square, 120° which we can call trine, 180° which we can call opposition, and other angular positions such as 30°, 150° etc., will help us find that a specific energy field is set up which will cause a resonance within the crystal in the human body which will cause or trigger a specific response or reaction which is determined by the programming of the crystal. One purpose of the planets and stars and their interactions in their times and seasons is to give man a sequential opportunity to look at his patterns of reactivity that he may have the opportunity to observe and choose to overcome. The suppressed or resisted traumas of life encoded in the crystals are triggered in a very subtle yet relevant manner to bring to the consciousness of man that resistance that he was not willing to cope with in the past. The suppressed traumas of life are therefore brought to the fore in an orderly, methodical, systematic manner for man to learn how to be responsible for that which he has refused to be responsible at some time in the past. If an individual has no crystals in a given area then of course there is no reaction elicited by the interacting energy fields of the

heavens, Remember, that the purpose of Body Electronics is to free one from the reaction of the encoded crystals.

As the planets move relative to the stars, sun and moon, a tremendous energy, an electromagnetic energy resonance is established within the body of man. This energy field pervades; the entire body of man, the earth itself, and crystals, each in turn resonate and specific reactions are triggered, each in turn to the continual change of the energy field's dance throughout matter. If man can learn to lovingly and willingly endure the elicited reactive patterns, then to the degree the emotionality is released through the activity of Unconditional Love and enthusiasm, and to the degree the mental body is accessed and the dualities can be systematically encompassed, man can then go through his changes and the soul is one step closer to the Ascensional Realm. The stars play their role while interacting with the sun, the moon and the planets and everyone consequently benefits. The deepest respect must be given for how all this has been established for our opportunities for divine progression. These physical bodies of ours are so wonderful as they pulse to the very unique and continuous beat of the music of the spheres. Each human body pulses according to its divine construction which is dependent upon the Constitutional Man and its nature and the Natural Man and its nature. How delightful, just to be alive and know that all this is constantly going on. The entire universe has been designed for the growth and the perfection of the human species in addition to all levels of intelligence as they evolve through various stages of matter.

Now, if we consider astrology to be used to predict the future, is this possible? Yes, if a person refuses to be obedient to universal laws and chooses not to conform to Divine Law, then the person shall be predictable by the charts of astrology determined of course, by the person's ability to interpret them. I wish to quote from Chapter Twenty-One in Book One of the Logic In Sequence Series : "In the absence of commitment and intent, the soul is relegated to experience the reactive content of the human mind. "The reactive content of the human mind is brought out systematically by the stars and planets to re- experience. The universe doesn't miss the opportunity to trigger a reactive pattern. Reactive patterns are all designed to reveal themselves to the universal march of perpetuate interaction. This then gives a person the choice to react or to govern the reaction through the discipline of law, The Following is a very important concept to understand as related to astrological influences. If a person chooses to be obedient to law and chooses to govern himself through diligent Self-control and continual observance of law, then the choices to act have already been made with commitment and intent, thus when a reaction arises from the everpresent crystals through the relentless interaction of the electromagnetic energy field or light resonance in the crystal, the individual observes the reaction with non- resistance from a position of self-control, chooses not to respond to the elicited reaction, thus the influences of the planets, sun, moon and stars will not have an influence over the individual and will not be able to move him away from his prior choice of action. Therefore, one remains unpredictable by the astrological chart because one is governed by law. To the degree one is crystallized is the degree one will be influenced by the solar and stellar bodies and shall be known by their astrological chart. One must understand that when a person is governed by law, shall we say self-governed by the Laws of Love, Light and Perfection, the crystals or the organic computer chips full of stored memory gradually go into dissolution and the free agency of man is returned to him and is no longer subject to the conditioned stimulus-response reflex mechanism of matter.

WHEN THE SOUL OF MAN IS NO LONGER DICTATED TO BY THE CRYSTALS OF MATTER, THEN MAN BECOMES FREE AND IS NO LONGER INFLUENCED BY THE STARS AND PLANETS IN A REACTIVE MANNER.

One must still recognize that the influences of the planets and stars will still be felt but it will be in a beneficial way wherein the everpresent influence of light will be for the continual purpose of giving life and intelligence to all life forms and to stimulate the individual's overall evolutionary progression.

Until one gains his freedom from the stimulus-response conditioned mechanism inherent within crystals, then resistance prevails and one remains influenced by the planets and stars. If the reaction from crystals are resisted or when one continues to resist the "yin" or outer energies surrounding him, or as long as one continues to resist the resistances of life, then

one shall continue down the dwindling spiral into identification with matter. On the other hand, when one chooses to willingly and lovingly endure the moment by moment experience of life, then one will gradually become aware of the encoded thoughts (sensory experience), feelings (emotions) and spoken word (verbal expressions) and through the process of re-creation will dissolve these crystals which we have developed in life. Remember: "Until man can experience on the mental level, that which exists on the physical level, he will be bound to the physical." Ponder and assimilate this information.

Thus, the knowledge of the planets and stars is necessary to have an understanding of life and the light which activates it. Light is the law that governs all things. If this law is used for divination, one then places one's attention upon the outer and the knowledge then becomes involutory. If one uses this knowledge placed in proper perspective, then one shall see it as a necessary tool to aid in changing the inner essence. Thus, when used properly, this same knowledge can place the individual on the evolutionary path.

In the Book of Jasher, one finds some beautiful teachings. I would like to quote from Chapter Fifty - Three concerning the life of Joseph, the son of Jacob, the son of Isaac, the son of Abraham:

1 And he ordered them to bring before him his map of the stars, whereby Joseph knew all the times, and Joseph said unto Benjamin, I have heard that the Hebrews are acquainted with all wisdom, dost thou know anything of this?

19. And Benjamin said, thy servant is knowing also in all the wisdom which my father taught me, and Joseph said unto Benjamin, look now at this instrument and understand where thy brother Joseph is in Egypt, who you said went down to Egypt.

20. And Benjamin beheld that instrument with the map of the stars of heaven, and he was wise and looked therein to know where his brother was, and Benjamin divided the whole land of Egypt into four divisions, and he found that he who was sitting upon the throne before him was his brother Joseph and Benjamin wondered greatly, and when Joseph saw that his brother Benjamin was so much astonished, he said into Benjamin, what hast thou seen, and why are thou astonished?"

Thus historically astrology was used as taught to Father Abraham, as a tool for extended knowledge and not as a tool for divination. Thus we understand the proper use for this tool.

As we observe carefully the universe around us we must eventually acknowledge that there is opposition in all things. For every truth there will be found a contradiction or counterfeit to truth, be it ever so subtle. One, in order to come to the fullness of truth, must be able to understand and place all contradictions into proper perspective. Contradictions are dualities and one must learn to encompass a multitude of dualities which are ever increasing in subtlety. There is a way the temptation which would cause one to judge, to cause one to choose between what is right or wrong, to choose sides that one is leveraged out of impartiality or equanimity. One must always be careful not to get caught up in hypothetical controversy under the guise of mental gymnastics. If something cannot be applied to real life circumstances that are before us now which demand physical, emotional or mental attention, then leave it alone as non-productive activity. Non-productive activity is a diversion which keeps the mind occupied and less attentive to the need to acquire Perceptual Nowness that one learns to be ever ready to observe and respond appropriately to the moment by moment dance of life. Do not allow yourself to be misled into focusing your attention on the outer exclusively, As long as resistances exist in the crystals of man the universe has the responsibility of serving up that outer experience which is the manifestation of the encoding of thought, feeling and spoken word within the crystal itself. This nudge from the universe in the way of experience has a way of distracting one's attention from going within and re-creating the thoughts, feelings and word patterns which then un-create that which exists in the inner essence that the outer may then reflect the inner change, If the attention is fixated on the outer then the inner cannot be accessed to bring about the necessary change. One must learn to experience the yin-yang simultaneously and without resistance in either aspect of life.

It has been stated that truth is simple, falsity ever complex. The greater the truth, the greater the contradiction to the truth. As one approaches truth, one can be distracted by that which appears to be truth but has its attachments in some manner to matter. Truth is not attached to matter, it is the epitome of encompassment regarding life's events. Where there is no encompassment there is attachment, where there is attachment there is resistance to loss, where there is resistance to loss there one will find the continual cycle of success-failure, victory-defeat, win-lose, conquer-victim, fame-dishonor, etc. Treat each of the above and for that matter every other duality with equal impartiality. Truth is none of these items based on position, fame, success, acknowledgment, acclaim, appreciation, wealth, etc., yet to gain the mastery one must experience nearly every experience of life or be willing to experience it and be able to experience on the mental level all that which exists on the physical. One must be able to avoid the common trap of mental head trips. Willingness to experience is one thing, experiencing is another. If one is capable of experiencing lovingly and willingly on the mental level every experience of life as if it were happening in the Everpresent Now, and can experience it with no resistance, then perhaps in real life experience the person could do the same and thus claim the ability to master with no resistance and with no attachment. If this were the case the individual would go on to other games of life. If this were not the case and any vestige of resistance remained, the universe would, by the Law of Attraction, serve up the necessary requirements for graduation that one could lovingly and willingly endure the experience and then one could move on.

It would be wise to consider carefully and keep the following in constant use:

"OUR RESISTANCES CREATE FOR US AN INVISIBLE PRISON WITH INVISIBLE BARS FROM WHICH WE CANNOT ESCAPE, UNTIL WE ENTER INTO THE PATH OF NON-RESISTANCE, ACCESS THE INNER ESSENCE AND CHANGE OUR CONSCIOUSNESS. AS THE CONSCIOUSNESS IS CHANGED IN THE INNER ESSENCE, THE ENVIRONMENT INCLUDING OUR OUTER ACTIONS WILL CHANGE ACCORDINGLY."

The following material is very important to those on the path. This material is the teaching of Saint Germain taken in part from various segments of Saint Germain's teachings. It would be inappropriate to not include his teachings here, yet one must understand that any part would not be complete without the whole. Therefore I encourage you to read and study the teachings of Saint Germain as found in the books available from the Saint Germain Press, Inc., 1120 Stonehedge Drive, Schaumburg, Illinois, 60194, U.S.A. or from any local Saint Germain Foundation Sanctuary or I AM Temple.

Our intent is to unite not to divide, therefore let us work collectively to bring all truth together into one. The purpose is not to detract from any one teaching but to relate all teachings of truth into a meaningful whole. Truth can come from many sources from many cultures, times and civilizations.

Let us now carefully consider. First, we have a flesh body with its own intelligence which we may call the Constitutional Man, Genetic Entity, or Lower Self. This Lower Self has an energy overlay from the Middle Self which we can call the immortal intelligence or the Natural Man. The Natural Man occupies the Constitutional Man much like a man would ride a horse. There is on the part of the Natural Man an energy field which permeates the Constitutional Man. This energy field is like an energy overlay that amalgamates itself with the Constitutional Man and thus influences the genetic inheritances of the Constitutional Man. The Natural Man is permeated by the Higher Self or I AM Presence which gives life and light (intelligence) to every living thing.

As the intelligence exerts itself in obedience to law the following understanding gradually and delightfully unfolds: There exists an Individualized Presence of God which is the Electronic Body of the "Mighty I AM Presence". This can be considered to be the Higher Self. The Middle Self and the Lower Self are identified with the flesh body and at present are separated from the Mighty I AM Presence by not having yet been able to be obedient to law. Above the flesh body and below the Mighty I AM Presence is the Higher Mental Body. This can be described as the Discriminating, Selective Intelligence. The Higher Mental Body knows the Perfection of the Mighty I AM Presence. The Higher Mental Body also knows about the

human creation, the undesirable creation which the human, the intelligence, the Middle Self, has drawn about itself. The Higher Mental Body will not accept the imperfection of the human realm into its world which is just as distinct and complete as the world in which the human lives. One at this level of the Higher Mental Body can be fully aware of the criticisms, judgments and condemnations which exist on the human realm but chooses to be free of resistance, chooses to be free of negative emotionality and the resulting involutory spiral connected with it.

Now, there exists a Ray of Light which emanates from the Heart of the Mighty I AM Presence which goes through the top of the head and is anchored within the Heart of the flesh body. This Ray of Light is the Life, the Light, the Substance, the Energy the Intelligence and the Activity by which the physical flesh body has life and is enabled to move about.

The moment that you put your attention on the Mighty I AM Presence this Ray of Light begins to intensify and expand, until the Point of Light within every cell of the flesh body responds to it. At this time the process of throwing off the denser qualities of the flesh body begins. As this intensifies a Tube of White Light begins to form about the flesh body as a means of protection from discordant thoughts, feelings and words.

The Mighty I AM Presence releases a Violet Flame through and around the flesh body when the Mighty I AM Presence is called upon through decree for this to occur. When the decree is accurate according to the instruction of Saint Germain, Its action will be passed through you and your world for the purpose of consuming all discordant creation, past and present.

The following is an exact quote from Saint Germain's teachings: "The Use of the Violet Consuming Flame is IMPERATIVE! It is the ONLY MEANS by which all undesirable accumulation can be forever dissolved, consumed and its cause and effect annihilated! Everyone should call the Presence into action, to pass the Violet Consuming Flame from the feet up, through the physical, emotional and mental bodies like a blow torch; dissolving and consuming forever every undesirable thing or condition, which the human has drawn about itself. THIS IS THE ONLY MEANS BY WHICH YOU CAN BECOME FREE FROM THE WHEEL OF BIRTH AND REBIRTH; FREE FROM THE HUNDREDS AND PERHAPS THOUSANDS OF EMBODIMENTS IN WHICH YOU HAVE LIVED.

"ANYONE WHO THINKS IT IS NOT NECESSARY OR IMPERATIVE TO USE THE VIOLET CONSUMING FLAME WILL FIND HIS GREAT MISTAKE, TOO LATE. THERE IS NO HUMAN BEING ON EARTH WHO IS AN EXCEPTION TO THIS MIGHTY LAW. EVERYONE IN THIS WORLD HAS FELT DISCORDANT FEELINGS; SPOKEN NEGATIVE WORDS; AND THOUGHT IMPERFECT AND DISCORDANT THOUGHTS; WHICH MEANS JUST SO MUCH SUBSTANCE AND ENERGY QUALIFIED WITH DISCORD; ALL VIBRATING WITHIN THE BODY AND AROUND IT IN THE INDIVIDUAL'S AURA."

"Everyone who has ever accomplished the Ascension, Beloved Jesus included, had to use the Violet Consuming Flame to dissolve and consume his own human creation; before the Substance of his flesh body could vibrate at a rate that would enable it to ascend, This is what took place when His Body was in the tomb; and why His Body was undisturbed during that time! All must do this some day, and It is the only way by which anyone can free himself and become Master everywhere he moves in the Universe."

The following appears to be the pathway which we must follow. The Laws will be the same for all but the uniqueness of each person's pathway demonstrates clearly that we have "OUR own row to hoe". We cannot individually hitch a ride on someone else's star but must through the exercise of our own will, responsibly discipline ourselves to be obedient to Law.

As the Ray of Light expands within every cell of the physical body, the Earth loses its attraction for the body. The finer part of the physical or flesh body ascends and is absorbed into the Higher Mental Body. At this time there is a transformation from the human state into the Divine. All sense and appearance of age leaves the face and body; the hair returns to its natural color and then the finer part of the flesh body is drawn into the Higher Mental Body

and It ascends into the Electronic Body of the Mighty I AM Presence. At this point the individual becomes an Ascended Being.

When you commit yourself sincerely and firmly and give your attention to the Mighty I AM Presence, your Ascension begins at that moment.

Please pause before you make light of this. Many of you are convinced that your way is the only way. This is how we are brought up to believe. How many thousands of religions believe that theirs is the only way. This is the time to bring truth from all sources and incorporate them into one that "Unity in Diversity" may become a reality rather than a catchy slogan on people's lips.

The pathway to eternity is NOW. Now is the time to prepare oneself to meet God. Now is the time to make that decision to be free of the cycle of birth and rebirth. There are three great enemies we have to overcome. The first is ignorance. The second is unbelief. The third is death. If one passes through death and has failed to hold the Mastery or control the substance and energy of his body, he must return again to Mother baby body and have another go. Now, as you have read these pages, please consider the thoughts, the feelings, and the word patterns that have been triggered through your reading. Consider your unbelief, consider your ignorance and consider the hold that death wishes or death crystals have upon you to try to get you to give up and start over, All the negativity and self-deprivation exists now in human creation. The techniques and information are before us on the earth, at this time, which are necessary to turn it all around. Let's do it.

It may be to the reader's benefit to r e-read Chapter Sixteen in Book One of the Logic in Sequence Series.

This is the End of Chapter Nine.

There is nothing either good or bad, but thinking makes it so.

William Shakespeare

God's intent to give man dominion over all things did not mean physical dominion by conquest, but mind-dominion through comprehension.

Lao and Walter Russell Atomic Suicide

CHAPTER TEN

The Way of the Sorcerer

Let us now consider some teachings which originate from the Hawaiian Islands. Let us consider the concepts of the Lower Self, Middle Self, and Higher Self which are teachings of the Kahunas which go back into antiquity. Let us consider some little known yet important teachings from people living today who claim to be descendents from people on Molokai who have lived there predating the advent of the Polynesians who are reported to have arrived in the Hawaiian Islands before Six Hundred A.D. It is documented that on the shorelines of Molokai are a number of fishponds which are reported to have been built by the Menehune. These are one group of people that have lived in the Hawaiian Islands from antiquity. On the island of Kauai there are a number of irrigation ditches which have been uniquely constructed by the Menehune. In the early census reports of Kauai you will find the presence of a handful of Menehune. There are reports to this day of the presence of the Menehune on several islands of the Hawaiian Island chain. The Menehune are known as the "little people", There are those living today who have benefited from their goodness. These people go back long before the Polynesian people and are the source of many legends. There are reports of other people who lived in the Hawaiian Islands long before the arrival of the Polynesians. These people intermarried with the Polynesians but being peace loving and having certain spiritual gifts were never conquered by the Polynesians. The Polynesians blended their culture with the strong spiritual heritage of their hosts.

It appears that the original doctrines of the early settlers of the Hawaiian Islands were blended with the knowledge of the Polynesian "conquerors". These doctrines indicated that the Middle Self through the application of self-discipline in harmony with certain laws would gradually gain the respect of the Lower Self, so that the Lower Self would then put its trust and confidence in the Middle Self and thus would become one with the Middle Self due to the Middle Self's unswerving obedience to law. As one "speeded up" the vibration rate within the body by maintaining a constant level of enthusiasm one would eventually become one with the Higher Self and would no longer be attracted to this earth plane. There apparently have been those that the earth could no longer hold as this happened to two Kahuna teachers according to the report from one Kahuna who reported to me his personal experience with his Kahuna teachers. During his initiation ceremony as a Kahuna, his teachers gathered their families, had a banquet lasting all day and then bid farewell. They said that their job was finished and it was time for them to go. They sat cross legged on their mats and slowly faded into nothingness. I asked my teacher, "Have you seen them since?". He said "Yes, but only when I needed them, I need them no more". This concept of overcoming death as we know it is not limited to Christianity or other organizations such as the "I Am" Activity who advocate the Resurrection or Ascension. This concept of overcoming death is taught by many great masters who have comprehended this important concept. It has been taught in many cultures, in many languages, in harmony with the mannerisms of the day.

Consider these concepts and do not make light of them for this could effect your progression or retrogression in this life, If we consider the teachings of Saint Germain we can see much that is similar, The concept that we refer to as Grace in the teachings of Jesus has been explained that this refers to the use and action of the Violet Consuming Flame. Please consider. Check up in the concordance and look at the different references to Grace in the King James Translation and you will find that much can be gained from this exercise. Remember the anonymous statement, "Contempt, prior to complete investigation will enslave the soul to ignorance."

I would be amiss if I didn't point the way forcefully concerning what I have found to be true concerning the concept of Grace. Saint Germain speaks about the Books of the Saint Germain Series wherein it is stated: "They contain the Eternal Law of Life and will remain the Law for humanity and the earth for thousands of years to come!"

Saint Germain explains: "The Ascended Master Law of the "I AM" is the Only Way provided by Life, to raise the activity of human beings into the next Octave of Life above the human. It

is the Only way by which individuals can correct the mistakes of the past and go forward free from them in the future. It is the means the Law of Life provides which enables the individual to give a balance back to the Universal for his misuse of Life's energy -instead of making restitution individual to individual , which would become an endless chain of reactions."

Saint Germain concludes his thoughts: "That provision for bringing balance everywhere is surely the Greatest Mercy of Life to Its Creation. It is the "Grace" Jesus taught and by which He gained His Ascension. All Ascended Masters, and there are thousands of Them, have used exactly this same application to become the Perfection and Power of Life which They are now." This application is the correct use of the Violet Consuming Flame.

This teaching to the candid and reflective mind demands attention and follow through in study and application of Law. Do not take this information lightly as now is the time for all teaching of all the great masters, to be brought into one. I am pointing the way here for a more formal and prolonged period of study and application of the revealed laws.

As we move from the Lower Self coming in harmony with the Middle Self and eventually coming in harmony with the Higher Self, one will find that this is certainly the evolutionary method which leads to the Ascension.

Now, the way of the sorcerer as it has been described in books by Max Freedom Long and others who have written what they understand about the Kahunas and which has been related to me by some Kahunas is basically as follows. The way of the sorcerer is to bring the Middle Self into a oneness with the Lower Self through various means which then merges the consciousness of the Middle Self with what is called the collective unconsciousness, This collective unconsciousness is integrally associated with the astral realm which the sorcerer has misunderstood to be one with God. This collective unconsciousness is tied to the Lower Self through what is known as the Solar Plexus. This collective unconsciousness is associated by various degrees to the astral realm which is the home of spirits who have not been able to gain their Ascension or who have been deprived of the opportunity of having a body, In the astral realm there are many levels of activity according to the progression of the spirit or intelligence. The Sorcerer Kahuna makes agreements with the spirits of the astral realm. He first of all must do something to place himself in harmony with the collective unconsciousness such as trance, drugs, or other occult Rites of Passage such as the Firewalk which in turn helps him gain access to the astral realm. The Sorcerer Kahuna then has to do something to propitiate the spirits in the astral realm or work some sort of a trade out in order to get them to do what he wants them to do. Often all he has to do is make sure that he convinces them that a certain project is a good project in which to be engaged, The spirits in the astral realm then have to use some form of unconscious physical material such as ectoplasm to have sufficient power to perform their agreed upon task in the physical realm. Ectoplasm is often seen in a seance being used as a vehicle for the "dead" which is used to speak with or perform some task. The sorcerer cannot do anything on his own, he can only appear to have great power by performing supernatural tasks through the use of the help of spirits from the astral realm. Often these spirits from the astral realm are the sorcerer's constant companions and can be immediately invoked to do his/her bidding. The power for the deed done by the spirit must come from some physical source or live source such as a medium. Often, the Kahuna Sorcerer supplies the power for these spirits from the astral realm by using his own body as a medium or source of ectoplasm as he places himself through constant involutionary training that he might come into a oneness with the collective unconsciousness from which all of his apparent power is derived. One must remember that the sorcerer cannot do anything on his own due to his violation of Higher Law.

He has shut himself off from his Higher Self. The only way a sorcerer can be effective as a sorcerer is to keep on very good terms with the spirits in the astral realm. This, of course, is a very dangerous thing to do, because once one involves himself/herself with the astral realm, it may take many lifetimes to become free from that entrapment. Those in the astral realm always extract a compromise or demand "giving up" of something valuable or demand some sinister act in return for their services. What they demand is always to their benefit and is always involutionary in nature. All activity at the level of the astral realm is involutionary as one must give up one's own consciousness and volition in order to become one with the

collective unconsciousness. One cannot serve two masters, This duality concerning being conscious or being one with the collective unconsciousness can be compared to wanting a clear head but not having a clear head during a period of inebriation. One simply cannot retain one's clarity of thought while being under the influence of alcohol. Even an Ascended Master will not go into the astral realm without some form of divine protection from the discordance which arises out of the collective unconsciousness which is the sum total of all suppressed emotionality with the associated sensory experience and verbal expressions.

Each individual has, to some degree, a certain amount of unconsciousness encoded in the crystals of the body as well as environmental crystals. When physical energy from one person comes into contact with another there is what is called a witness. The energy from a handshake, from a piece of hair, a fingernail, a piece of clothing containing one's energy, a ring or even a picture of an individual or his handwriting, is all that is necessary to make contact with this person through the collective unconsciousness. This energy connecting and identifying a person through some physical energy from that person through to the collective unconsciousness is called an Aka cord in Hawaiian terminology, This Aka cord is positive identification for a particular person and cannot be mistaken. When a pact is made on the astral level with some spirit who can be convinced to kill, the sorcerer provides the substance which identifies the individual beyond doubt and the power is provided through some offering on the part of the sorcerer to make the activity possible and the spirit is then sent out with the death act, well defined. The only way a person under attack can overcome such an onslaught is to place himself beyond the reach of the spirit by being free of resistance which would be maintaining a state of continual quiet enthusiasm. The Aka cord which connects one to the collective unconsciousness can only be followed by the spirit if resistance is present. If there is no emotional resistance and the person surrounds himself with protection he cannot be reached. The spirit now, must fulfill his duty and if he cannot find the one on which to perform the death act he must return to the Sorcerer that sent him and thus the Sorcerer dies. This is a not uncommon occurrence within recorded history.

There is, yet, another way to handle this matter which is quite effective. This technique is for those who have not yet reached a point in their life where they can maintain a continual state of non-resistance. There may occur in your life that odd moment when you detect that a spirit has been sent to you to destroy you and you find yourself succumbing to that spirit. You must be fully able and prepared to lovingly and willingly endure the pain inflicted, This condition must be reached for the next condition to be fulfilled. Your life is now at stake. Non-resistance is the key for clear thinking and the exercise of faith must be present where there is no doubt. Once this willingness to lovingly endure all things has been reached and you are putting that into immediate practice, the time is now to make sure that you know how to decree, If you don't you better start studying. When a spirit has entered your body, due to human frailty, trauma, over-tiredness, sickness, violation of law or simply due to the death act, at this time you simply say from a position of Unconditional Love and Unconditional Forgiveness the following:

IN THE NAME OF JESUS CHRIST, I COMMAND THAT THIS SPIRIT WHO HAS ENTERED THIS BODY BE SENT DIRECTLY TO THE LIGHT OF GOD, NOW.

One could also use the following according to one's choice of Ascended Master:

IN THE NAME OF SAINT GERMAIN, JESUS CHRIST, AND ALL OF THE ASCENDED MASTERS, I COMMAND THAT THIS SPIRIT WHO HAS ENTERED THIS BODY BE SENT DIRECTLY TO THE LIGHT OF GOD. (ONE MAY CHOOSE TO NAME THE BODY SPECIFICALLY WITH THE FULL PROPER NAME TO REMOVE ALL DOUBT.

One must be able to identify the spirit, that indeed there is one present and one must be able to identify the body of the person possessed. Whenever a decree is done in harmony with the heavens and in the name of an Ascended Master, the exorcism must take place. You may have to give the spirit time to pack his bags. Remember, this is a spirit that is darkened and does not really understand what it is doing, One does not have to get angry or yell or repeat oneself, once is enough provided it was done properly. The spirit will hold you to a word, so know what you are doing and do it properly, you may have little time to act. Speak firmly,

lovingly and decisively, The spirit will go. If the spirit is invited you then have other problems, for an invited spirit cannot be exorcised without the expressed desire of the one who is possessed to have the spirit cast out. In this case the spirit that was invited in must be invited out by the same individual, Remember, you send the spirit to the Light of God and let God worry about what is to be done next. This; way you don't leave the spirit on earth to continue to give problems. You have also depleted the forces of darkness by one. That which you fear shall come upon you so work on the total elimination of fear from your being or your effectiveness may be hindered. One cannot act rationally while one is under the influence of uncontrolled emotionality. The individual from whom the spirit has been exorcised must repent of those things such as alcohol or drug use, out of control emotionality, etc, and must begin to assume responsibility for his own reactive patterns and acknowledge that all re-actions originate from within the individual. One must turn one's life to the Evolutionary Pathway toward Love, Light and Perfection.

Because of the limitations of the flesh and the limited amount of light we are capable of perceiving due to the manner in which we are subjected to in our own programming, we must accept that we only see in part and cannot see the whole, therefore we are subject to error. This then places stress upon the fact that we must unravel things gradiently and that there is no instant Sainthood, that there is no "open a can and pour out instant Godhood", that there is no quick fix or drug to obtain enlightenment.

Each of us has the ability to exercise our free will, or free agency. As a result we should carefully analyze our track record. We will find that each of us is delightfully full of human creation, full of resistance, full of emotionality which is reactive, and full of crystallizations. What we have sowed we have found ourselves in the act of reaping. This is our heaven and this is our hell. There is no other. All there is and all there ever will be is in the Everpresent Now, the Perceptual Nowness. This Everpresent Now we will sooner or later have to understand. We will have to become aware of what is around us, that we may take appropriate actions to undo the conditions we have created around us. We are individually ultimately responsible for how we, as a free agent, have utilized the attributes of God. We have exercised our free will to create the universe around us which is now our mirror. We have done it perfectly. We have created confusion perfectly and when we know our own thoughts we will know that it is so, God didn't create the maze of confusion around us, we die. Only in the outer experience of the human personality which in reality is only a part of each one's overall individuality, is it possible for imperfection to be generated and experienced. The discord of man is the perfect outer manifestation of his negative thoughts, yet, his thoughts are for the most part certainly out of harmony with divine law. So, on one hand, all things are perfectly created, on the other hand the human creation of discord which is a perfect manifestation of man's thoughts, must be dealt with in such a way that the human creation can be dissolved and the Perfect Divine Pattern can then show through, free from the resistances and discord of man.

What our job is to do now is to realize that we perpetuate that which we focus our attention upon. Our attention should now be placed upon that which is necessary to produce Perfection in the physical experience, free from the human creation of resistances and confusion. Herein we reach into the realm of the Mighty I AM Presence and draw forth that which always produces perfection in the outer activity of man. Here is where we have our continual primary focus on God, the Mighty I AM Presence and all of the attributes of God.

Remember the statement of Jesus, who we should strive to emulate and to duplicate his thoughts, his actions, his very being. He said "I Am one with the Father." Please consider. There is a custom among many of the east to burn the body after the process of death. This is called cremation. Among some people there is more ritual, among others there is less ritual, The bottom line is cremation. The flames are symbolic of one of the four primary energies: earth, air, fire, and water. Fire when properly used consumes the physical and frees the intelligence from being identified with the physical. The flames also free the soul from its emotional ties during the process of cremation. The spirit or intelligence is then set free to return to the spirit world. The belief systems still remain with the intelligence. The attitudes still remain with the intelligence, These beliefs and attitudes are sealed upon the individual at the time of death and by the Law of Attraction will draw that individual to like minds in what we call

the astral level which consists of those who have not overcome their criticisms, judgments, and condemnations resulting in various degrees of emotionality. That which a person has overcome by diligent application of law shall position that individual in the next life that they may progress to their best advantage. One has to have a physical body to gain experience and to overcome resistance. The physical body becomes the outer manifestation of the inner essence. One must have a body and an environment to mirror the thoughts, feelings and spoken word of the individual. Without the mirror, one is left bound to the perpetuation of his own thoughts without opportunity to overcome.

ONLY THROUGH THE PHYSICAL BODY AND ITS MASTERY SHALL ONE EVER HOLD THE KEY TO OPEN THE DOOR TO SPIRITUALITY AND UNCONDITIONAL LOVE. THE PHYSICAL BODY AND THE ENVIRONMENT MUST BE ACTED UPON WHILE ONE IS IN THE FLESH TO GAIN THE NECESSARY EXPERIENCE LEADING TO THE FREEDOM OF THE SOUL.

Remember: Through the physical body and its mastery is the emotional body accessed. When one eventually transmutes the pain locked in the emotional body by resistance by emanating enthusiasm or love which transmutes the various aspects of the emotional body, it is only then that the mental body can be accessed. When the pain in the emotional body is finally transmuted through lovingly and willingly enduring all things and the mental body is finally accessed through the state of continual, calm, peaceful, long-suffering enthusiasm, the mental body is then accessed which enables one to encompass the dualities of life. Encompassing the dualities of life requires a state of equanimity or "Divine Indifference" which through the use of the Violet Flame as taught by Saint Germain, all resistances are transmuted, which resistances were brought about by criticism, judgment and condemnation, and which all originate with the improper handling of duality.

One must consider that it is in the divine plan for each individual to be given what is called Free Will, wherein one is capable of using the attributes of God for the purpose of acting upon matter or manipulating the outer manifestation, in one's space and in one's time, The individual has been endowed with the ability to form conclusions, through using the intellect at the level of the mental body which are the result of partial information. One, in his separate state from oneness with God, must consider that one does not have complete information therefore any conclusion one derives, or any opinion one reaches out of interacting with matter or the surrounding environment will be partial, never complete, which will always bring about unsatisfactory results. Yet, the individual must have free will and learn how to use it properly or he could not learn to be a Creator. We are all gods in embryo.

The return to or rediscovery of spirituality in one's own life entails learning and applying the Laws of Love, Light and Perfection, which includes Unconditional Love and Unconditional Forgiveness.

Now, the way of the Sorcerer is dependent upon fixation of attention on the outer, for the Sorcerer cannot voluntarily see or perceive the source of his own creation or inner essence. Therefore, the Sorcerer, in order to appear effective, must go into an involutionary activity and become one in some manner with the collective unconsciousness. At this level of activity, compromise and agreement with the dark forces occur that the performance of some outer act will take place in the outer world in return for some equal act or agreement on the part of the Sorcerer. The Sorcerer thus entreats the spirits from the astral realm to do his bidding, and they do. This makes it appear that the Sorcerer has some special power, when in reality he has given up his own power to become one. with the collective unconsciousness to appear to have some momentary gain in the world of outer activity. The Sorcerer's apprentices are those who have their hearts set upon the things of the world and they compromise principle and make agreements in business for the purpose of gain by taking advantage of another. The intent is the same for the Sorcerer's apprentice, yet any dishonest act for purposes of position, monetary gain, acclaim, recognition, reputation, power, victory, etc., will send one down the Involutionary Pathway until one must resort to Sorcery because one has compromised away his own power. At this level one has relegated himself to a position of doing anything to gain his desires at the expense of his own soul. Let us consider carefully where our desires are leading us, and weigh carefully the Evolutionary Path as compared to the Involutionary Path which eventually leads one into a total enmeshment in matter from

which one cannot escape. It must be emphasized that one has his own power when he has aligned himself with God or the Higher Self or God Presence . His own power is the power of God with which one is aligned. If one goes contrary to the Laws of God then if one wants power his only choice is the way of the sorcerer At that point one has only the illusion that he has his power, as all power is then derived from the collective unconsciousness or the astral or psychic realm. As an individual he has cut himself off from God and has lost his power.

Thus, in sorcery, we have the Middle Self becoming one with the Lower Self wherein one is then the slave to the desires of the flesh where in one becomes one with the collective unconsciousness and is entrapped in the patterns of reactivity. Herein one has cut himself off through various activity from the Higher Self and has compromised himself by becoming one with the Lower Self which traps one in the collective unconsciousness by enslaving one to the stimulus-response activity of matter. Herein one is only temporarily satisfied with the fulfillment of only that which the world can provide as a result of one's own desires. Can one have what one wants? Yes, by all means, this is the game of life. One must consider the price one has to pay by the acquisition of desire. Which pathway are we pursuing? The pathway which leads to God which is the Evolutionary Pathway, or the pathway wherein our fixation is upon the things of the world which is the Involutionary Pathway. One must be careful to choose carefully each momentary act. Fixation upon and manipulation of external affairs takes one's attention off of the inner essence. Thus, whether one is using black magic or white magic to manipulate the outer, the result is the same, the Involutionary Pathway. Why? Simply because the attention is placed upon the outer and its manipulation rather than the inner essence.

Let us now reason together. Wherein the Middle Self meets the demands of the flesh body or the Lower Self in order to gain access to the collective unconsciousness in order to gain momentary power or position at the expense of one's free will, one must observe and consider carefully. Is it possible for this energy or attitude or desire to be passed down to one's offspring? Decidedly yes, for the very natures of our parents are passed down to the children from the very moment of conception. Our parent's reactive programming becomes our programming. The greater the parent's states of unconsciousness and other suppressed emotionality and trauma, the greater the child is subject to those same filters, desires, tendencies, programming. Such as it is. This is a very good reason to assiduously guard over one's pedigree and consider carefully the pedigree of our mate as we would consider the ancestry of our very finest Pedigreed mare as we watch her cavorting in the paddock. With such an attitude, perhaps, our children will have an opportunity. Please consider the importance of proper breeding.

Let it be stated clearly here once again, that for every truth there shall be the counterfeit for truth. Progression through individual effort and discipline will help us arise to a position of responsibility in the outer world. On the other hand one will quickly discern those who would bypass individual effort and would attempt to find the short, quick method to obtain the prize without earning it through the proper channels.

Those who would enter into the Involutionary Path will thus merge with the collective unconsciousness and extract promise through compromise of principle to gain momentary reward or position. This latter method is the counterfeit for truth, as it is obvious to the reasoning mind that anything gained through subterfuge cannot be held onto by the individual because the Law of Accrual has been subverted. One can-not draw unto oneself that which was not earned by Law. Consider again the laws of resistance and desire for herein one brings into action the basic determination for the Law of Attraction to come into play. Reconsider all of this in respect to the "List" and Karmic Completion. You cannot fool Mother Nature. The attempt to manipulate the outer world is involutionary by its very nature when the Law of Right Action is violated, for if one follows the Law of Accrual, then without compulsory means the very universe will flow to the individual who has served his apprenticeship sufficiently to activate this eternal principle.

The only true manner which is evolutionary in nature is to learn to observe acutely the world around and act appropriately to bring harmony, peace and Karmic Resolution to each and every act. This is using the physical outer manifestation as a springboard for observing and

dealing with the inner essence which would be for the highest and best good of all. This is the road less travelled as it is the Pathway of Discipline and Law.

I would like to share with you a personal experience which I trust you can file away in your memory and perhaps draw upon as required. There is always more to a story than is presented, as the following is but a small extract out of a series of sequential events. Therefore, for the sake of brevity, I shall focus on the essence of principle so that the reader may profit without the need to include personalities which often cloud the issue. I shall relate an experience from which I have learned more than I could ever express in words.

On the island of Maui known for its tourist attractions, there is another side of life which the tourist never sees. There is a depth to life and a history which is never encountered by the tourist and not believed by those who have come to Maui for commercial purposes. Nevertheless what is not readily seen is quietly kept for only those who sincerely seek it out. There are the extremes of truth and untruth. The contradictions are ranging from the obvious to the subtle and are there for the choosing. One must have a quality of discernment or else one is able to be deceived. As time passes, it appears that those who have had the spark of truth are dying out one by one, with a rich heritage of oral history passing into oblivion. Thus, one must scratch into the embers of a dying civilization to catch a spark here and there to pass on to enlighten future generations.

On the island of Maui, in the Hawaiian Islands, I had the pleasure of leasing twenty acres of choice land which at one time belonged to Queen Emma as part of a Royal grant. It had at one time a beautiful waterfall on the upper end of the property in an unspoiled pristine natural setting. A secluded pool existed at the lower end of the property surrounded by indigenous lush vegetation. One day a few short years ago, I suddenly felt quite burdened and sought the midday quiet of the sunny lower pool. I was all alone, yet intermingled my energies with the intelligence which pervaded the lush vegetation, the rocks, the water and the sunny skies. The heat of the midday sun was delightful, the water was soothing and refreshingly cool, yet I sensed an uncomfortable feeling that I could not explain as I had never experienced it before. I felt this increasingly suppressive heavy feeling. I thought that, perhaps, the cool water and sunshine in such a tropical setting of exquisite beauty would take away this heavy burden that as of yet I could not define. My body became heavier with a strange tiredness and breathlessness that I could not explain and I began to be concerned. I was at the shallow end of the pool and began to feel fearful of swimming a few strokes across the deeper part in order to climb out over the shallow falls over the rocks. I elected to climb out over the rounded stones at the shallow end and follow the path which was only about thirty meters to the flat rocks above the low falls. I put on my clothes and shoes as the heaviness of my body increased. I walked carefully up the streambed to the steep walkway leading out of the canyon, hewn into the wall of the canyon up to our home which was built overlooking the canyon with stream down below. I returned carefully to our home, not feeling at all well, and I reclined on the couch in the living area. There were a handful of friends who were there at the time where we were taking a break from a series of classes which I held in Maui every winter and springtime. It was a beautiful and peaceful setting for such a class and it has served its purpose well. Nevertheless, without complaining I began to increase my awareness of the condition at hand which was quickly sapping my strength and my energy. I suddenly became increasingly aware of a strange numbing coldness entering my feet and turning to a painful numbness, gradually moving up through my feet, converting into a severe pain internally wherein I had the alarming feeling that my feet and ankles were going to explode from the inside out. This situation now had my full undivided attention. I then was aware of several of my friends present who were observing what was transpiring. I described to them quickly what was being experienced. We all perceived what appeared to be a large blood vessel moving up from the inside of my ankle, up my leg, growing in size as it progressed up my leg slowly to the knee and then with excruciating pain moving up slowly the inside of my thighs. By touch, it was as solid as steel and extremely painful, the most excruciating pain I have ever felt in my life. The pain was so intense that it felt as if both legs and especially the knees would explode from within. I then had to come to grips with what was happening as it was all happening quickly. I mentally went through all of my memories of comparable events and settled in on one specific memory of an experience which I had read from one of the books by Max Freedom Long who attempted to capture the essential aspects of the Huna philosophy. I

remembered that there was an account of another individual who was non-Hawaiian whom had experienced this spirit or entity entering through the bottom of the feet and then having had prior knowledge of the Kahuna Death Wish or Curse was able to send the spirit out after a prolonged struggle and back to the person who sent it.

All this memory came back to clear recall, as well as having clear memory of events which took place during several exorcisms, the circumstances of which I shall not go into at this time, but nevertheless were quite eye opening to my understanding and left a memory which was now of value to me. Now, not knowing exactly what I was up against, I became quite diligent in slotting out exactly what steps would be necessary to preserve my life. Often we find that necessity and urgency bring out the finest moments of coping in an individual's lifetime. I had to cope and I had to cope now. The pain was beyond bounds and I felt my life being forced from my body. A sense of urgency now prevailed I was quite concerned about these enlarging engorged, steel hard blood vessels standing out from the inside of my legs moving steadily and ominously up the inside of my thighs. There was also a part of me which was delighted with the opportunity for such an experience and I observed what was going on both in my thinking and in my body from a curious, studious point of view. I had not personally observed something like this before and I was not going to miss a move. A sense of immediate urgency swept over me, prompting me that it was necessary to take appropriate action now in regards to these matters, and I did.

I resolved to lovingly and willingly endure all things, which attitude I have been trying to perfect the last few years. I have had many successes and some delightful failures. I was painfully aware as my knees were seemingly exploding with pain from within that this was not the time to experience a dismal failure. I had no choice but to lovingly and willingly endure without resistance. I knew that a clear decree for an exorcism could come only from a mental attitude of perfect faith. This meant that I had to release all fear from my being. This, I believe I did with a certain measure of success by assuming an attitude of "Whatever." I resolved quietly in my mind that my legs could blow up, I might add that this possibility was quite real to me at the time as the pain minimized my dwelling on other possibilities. At that time the pain from the legs and knees required all I could muster to simply experience it and let it flow with non-resistance, which I did. I then from a position of confidence commanded as follows:

"IN THE NAME OF JESUS CHRIST, SAINT GERMAIN AND ALL OF THE ASCENDED MASTERS, I COMMAND THIS SPIRIT WHICH HAS BEEN SENT INTO THIS (MY) BODY TO BE SENT IMMEDIATELY TO THE LIGHT OF GOD."

At that very moment, one of my dear friends was sitting near my feet and felt the cold rush of air as the spirit which was exorcised passed out through the feet. I had resolved not to send the spirit on a return trip to the sender as I wished harm to no one. Thus the spirit was sent "To the Light of God".

I then issued another decree or command, knowing that I was meant to be spared in this life and that I was in harmony with the heavens. I decreed thusly:

"IN THE NAME OF JESUS CHRIST, SAINT GERMAIN, AND ALL OF THE ASCENDED MASTERS, I COMMAND THIS BODY TO BE INSTANTLY HEALED FROM THE TOP OF MY HEAD TO THE SOLES OF MY FEET."

At that very moment the pain which had been racking my body left instantly and the swollen, steel hard blood vessels which were extending outward from the inside of my thigh about the diameter or size of my thumb diminished and I was left with a little bruise on the inside of each knee, which I trust was a small gift to remind me that the entire occurrence took place. I was grateful, thankful and appreciative for my knowledge and also for the experience. I then knew that I knew. I knew that I survived that which had been the greatest test for me up until that time and was more determined than ever to continue on with this great work which all of us have been involved in to one degree or another. I knew that I had survived one of the greatest tests I had ever undergone and I had a greater desire than ever to expound this information to the entire world. The following lesson was imprinted by experience upon my mind:

WHEN FACED WITH ANY SITUATION WHICH IS LIFE THREATENING, KNOWLEDGE IS ABSOLUTELY ESSENTIAL TO ONE'S PHYSICAL SALVATION.

This is why I have often counselled one to put away frivolous pursuits and focus on that which is eternal in its nature.

The physical body survives by obedience to physical laws. The emotional body must be governed by laws which govern the emotional body. The mental body must be governed by laws which govern the mental body. The Ascension requires obedience to laws which we must learn about, ponder and apply. There is no easy way out. If I recommend a book to you to read, I may mention it only once. Obtain and read that book because there will be information that you will need for your growth and development in this life. Do not wait until tomorrow, apply yourself today and put away from yourself all that which has no lasting value, all that which is not a positive requirement for you to enter into the fray, for there is a fray, a battle. There is indeed a battle going on constantly for the minds and souls of man. Choose today who you are going to serve and be not idle as to which side you choose. There is a job to do and we need every willing and able man, woman and child to help out. The forces of darkness cannot stand up to the forces of light, It is only a matter of time before the Laws of Love, Light, and Perfection shall prevail and cover the face of this globe. Remember, you shall never be required to enter into a test you are not prepared to undertake and you shall never be given more than you can successfully endure. You may be pushed to the limit but with perseverance and with the attitude of never giving up, you shall prevail and come out the victor, one step at a time.

What I have told you is the truth as far as I have gone. At this time it would be wise to reread Chapter Thirteen in Book One of the Logic in Sequence Series. Chapter Twenty-Two has also some pertinent material to ponder on for the purpose of expanding one's thinking. I might add that each person is tested in different ways according to their individual weaknesses. The principles involved are what is important. Each person will be tested in those areas of greatest weaknesses, but one will not be able to see the weaknesses until the test arrives. Each weakness is based upon the individual resistances that we have not yet released that draw that experience from the universe for our growth and development, Cultivate the attitude of gratitude for these little excursions into the oppositions we have had a hand in creating that are drawn to us by the Law of Attraction. Another important point to re-emphasize is that an individual will not be tested beyond his ability to endure. I didn't say that he wouldn't be tested to his limit. Please file thesis afterthoughts away and do not take them lightly.

The bottom line concerning this chapter is that the dark forces are real. The dark forces are determined to destroy the forces of light which they see as a threat to the perpetuation of darkness which they have identified with and embraced. Darkness sees light as a threat to their survival, therefore light forces must be destroyed. Any compromise by the light forces is not enough for the dark forces, for peace will not be acquired by compromise. In the minds of the dark forces, peace will not occur until every vestige of light is destroyed completely. If the proponents of peace are deceived into compromise it is only one step toward victory of the dark forces. The forces of light cannot compromise but must steadfastly adhere to the Laws of Love, Light and Perfection against all opposition. Against this unyielding obedience to law, the dark forces cannot prevail. The way of the sorcerer is the way of darkness, from such turn away. Knowledge of truth is the beginning of law. The application of truth is the preserver of freedom, the protector of life, and the proponent of truth which is light. From this moment onward may each reader solemnly embark upon a dedicated journey to the pursuit of truth, the application of law and the acquisition of light. May this journey follow the razor's edge to the eventual mastery and consequent victory over all duality and thus the initiation into the Ascensional Realm.

This is the end of Chapter Ten.

Once a word has been allowed to escape it cannot be recalled.

Horace

Love your enemies, for they tell you your faults.

Benjamin Franklin

CHAPTER ELEVEN

Emotionality and Soul Growth

The time is here for one to take a close look at the manifold factors of life that embrace one's current activities. Commit to observe oneself carefully from this point on as the understandings of life are opened before one. Casual reading is not the thing to do, but a caring introspection is the appropriate thing to do as deeper meanings of emotionality are brought to one's attention through crystal dissolution.

In retrospect, let us carefully consider the actions of the heavens in one's behalf. As one who is on the Pathway of Self-Realization and who has been diligent in consistently and prayerfully requesting help and guidance, the following will be more than beneficial provided the mind is kept open and probing.

As the consciousness of man changes and the overall growth of the soul moves upscale in emotionality, it is wise to consider the following as we observe the "fruits" of the actions of those around us. Look perceptively at what people are doing and you see their consciousness, or lack of it, the principles are the same. The same now applies to ourselves. Often we observe others as determined by our programming. Of this programming, our programming, we must become aware. How we perceive and what we perceive is determined by our own programming which is a reflection of our consciousness.

At unconsciousness on the scale of emotions there is no awareness, only the fulfillment of reaction to the stimulus from the surrounding environment. Many bold spirits chose to be enmeshed in bodies of darkness, enchained by the inherited qualities of stimulus-response which is evidenced in part by brown or dark iris colorations and/or dark pigmentation of the skin which is referred to as the melanin pigmentation. The great souls that have chosen to enter these bodies with built in programming of incapacity have struggled to overcome the inherited reactive patterns which we can accurately call the chains of death. Even though the attempts have been herculean to overcome, the reactive patterns inherent within the body structures have remained intact because of the lack of knowledge concerning an integrated approach to crystal dissolution. Just the lack of proper nutritional factors would keep the crystals which represent the stimulus-response inherited programming from being dissolved.

This material is of such importance to the understanding of the soul on the path. If the individual had the opportunity to experience the dissolving of crystals of the physical body, all of the suppressed emotionality would sequentially arise to the consciousness to be experienced and the corresponding pigmentation in the iris and skin of the body would gradually be reduced. Thus we shall observe through changes in the physical body the expansion of emotional release which then increases the ability for intellectual understanding and the accumulation of knowledge from the experience of overcoming the inherent crystals within the structures of the physical body. This information is some of the most important information of our day concerning body-mind relationships. Pause before light is made of this information for if this information is passed over lightly it will cause the individual to remain in ignorance concerning his position on the Pathway of Progression.

An understanding of what is being presented here will cause one to have a greater commitment to be of service to his fellow men and to disseminate the choice teachings contained herein so that others will have the opportunity to overcome the chains of death. One must realize that it has been carefully observed over the years that a physical body which is wracked with pain, suppressed emotionality and associated mental incapacity, has not permitted the soul to fully learn the secrets of how to overcome.

These secrets, to the best of my knowledge, have not been publicly available, but are here now have need of nourishment, support and commitment to sustain and disseminate, and have need to be sent out to the world that all may eventually benefit and be freed from the chains of death. These chains of death are the perpetuation of resisted thought patterns, word patterns and emotionality which are associated with less than love situations. Thus, un-

consciousness seeks to perpetuate itself as unconsciousness, by drawing through the Law of Attraction that which would keep a person in a state of unconsciousness, if that were possible to happen to a valiant soul.

The level of unconsciousness is thus described as the emotional state of an individual who is simply being controlled by the programming which has been inherited from one's ancestors. This "comfort zone" of stimulus-response activity will be perpetuated unless the duress of worldly conditions force one to confront new experiences which disrupt old patterns of behavior and thus opportunities for alternative action emerge as the exigencies of life are confronted and resulting problems are solved.

After unconsciousness is experienced, the next level of emotionality to be released from the crystal is apathy. The level of apathy is described as the denial of one's own ability to either receive action or take action upon environmental or worldly activity. By the Law of Attraction as duress is brought to bear upon the individual, as one progresses from unconsciousness to apathy and the "comfort zone" is in the process of being ruptured, the emerging feeling that apparently overwhelms the individual is the feeling of "I can't". This can be expressed in a multitude of similar expressions. As the crystal dissolves gradually and the feelings of "I can't" or apathy emerge from the crystal to be experienced on the conscious level, if the person fixates on or resists to any degree the emerging "I can't" the universe will provide the necessary outer manifestation to recrystallize the "I can't" thought pattern and the associated emotionality which has been resisted. Thus, the Law of Attraction comes into play and like draws like. The justification for the feeling of "I can't" manifests itself in the outer environment and the internal physical structures. If the individual identifies with this feeling and the corresponding outer manifestation which will justify this feeling, one ceases to progress. As the duress of the worldly conditions play upon the existent "comfort zone" of self-justification that entrenches the feeling of apathy, it is imperative to instruct the individual to keep constantly the feeling of enthusiasm and to use the Violet Flame to help the transmutational power to enact the freeing of the soul. One should be instructed to lovingly and willingly endure all things. Thus, as one follows the Laws of Love, Light and Perfection, the emotionality of apathy will slowly be released and one will emerge into the feeling of grief as this expression of emotionality is released from the crystal.

If one fixates on the feeling of grief, the universe will add to the existing conditions which the universe has already provided to justify the perpetuation of grief. The grief, when resisted or fixated upon by consciousness, will draw by the Law of Attraction the worldly environmental conditions which will perpetuate the feeling of grief and will cause the individual to be fully justified in the grief unless one can predetermine his feelings with non-resistance and commit to lovingly and willingly endure all things. At this level one must put forth the effort to overcome the apparent environmental "victim making" conditions around one to gradually move out of grief and upward into fear. This will first of all entail a certain degree of intellectual mastery and corresponding action with the intention of changing the outer manifestation. As a person becomes more and more willing to overcome that which from the perspective of grief has caused the grief, then one moves gradiently upward to fear. All of this is done while one is assiduously applying one's attention to working on the "List" which applies directly to one's condition in life. The crystal of grief is now dissolving and one no longer draws from the universe that which has given him grief. As the application of non-resistance is practiced diligently, the world will serve up all that which has been held in abeyance for countless lifetimes, for the purpose of the intelligence to re-experience that which at one time has been held in a state of resistance and consequent fixation through continuous creation. The universe becomes more mobile and the "yin" aspects of life begin to move rapidly around him for the person to learn to deal with fearfully, with the purpose of eventually mastering the outer conditions with non-resistance. At this level the person learns to overcome fear and masters gradiently the physical world around him. Security mindedness then manifests itself as one no longer resists the "yin" energies around him. The crystal then no longer emanates fear which the universe is prevailed upon to manifest by the Law of Attraction.

Thus, as the crystal dissolves, the energy of emotionality which now emerges is anger which then in turn draws anger from a variety of external sources for the purpose of being mastered in turn. One cannot run from anger as what remains as a resistant state will manifest itself no

matter where one may present himself upon the surface of the earth. The universe will always provide ponderously and mercilessly with computer-like precision the exact outer experiences necessary to meet the demands of the emerging emotionality of the crystal. Remember, these emerging emotionalities were once suppressed by the individual's refusal to experience the events of life lovingly, therefore whatever manifests in the world requires our loving attention to release it forever, Not that we are trying to get rid of it, but rather we encompass it with love as it becomes part of our kingdom or domain, and thus it is transmuted and becomes non-separate from our state of beingness. At anger we choose to exercise power and authority within the Law of Right Action rather than from the position of intimidation or force which is the outer expression of anger. Thus we move from anger to experience the pain as it is released from the crystal or outer manifestation.

Pain draws pain when pain is fixated upon with resistance. AH the pain in the area of consideration which we have suppressed now arises through universal expression to be experienced, The pain from the crystal draws into physical experience by energy manifestation, the very experience which we at one time resisted. The same is true for the anger, fear, grief, apathy, and unconsciousness. We are now being responsibly involved with non-resistance with our creation which the universe has served up to us to learn to be responsible, for at one time in the past we resisted and refused to acknowledge our creation. Each resistance in the past was done in the Everpresent Now and thus to be released must be experienced in the Everpresent Now.

In retrospect, at unconsciousness we are not aware, at apathy we cannot assume responsibility. At grief we are victimized by our own creation which we are not capable of perceiving because our perception is blinded by our own tears, At fear we cannot confront our creation because our attention is upon avoidance, thus we do not own our outer manifestation.

At anger we fight against our own creation and thus do not see it as a mirror of ourselves. At pain we focus on our own desires and cannot yet see that what is apparently causing our pain is our own outer manifestation of our own inner essence. We do not see that our desires are counter to the desires we have already set into active outer manifestation which we then have resisted which has held them in a continual state of creativity.

Now, as we willingly and lovingly endure the pain of life and enthusiastically embrace the pain without resistance, the pain eventually is released and emotional resistance is transmuted or resolved in the manner with which you have been instructed (observe, receive, recreate, release) and thus we are able to enter into the mental body and encompass duality and eventually be free of the fetters of emotional resistance. Thus the complete dissolving of the crystal or the transmutation of reality as the outer manifestation is no longer in a state of creation. The crystal is gone both within the body and in the environment and now the perfect pattern can then emerge.

The action of the heavens have then been called to manifest the inner essence in a systematic and methodical manner. As the universal manifestations are lovingly and willingly endured one of two things then transpire. The immediate surroundings of the individual, are changed considerably to conform to divine pattern, provided those other individuals in the immediate environment choose to have this happen. If others in this environment do not choose to have this change occur and due to their resistance patterns choose to perpetuate non-survival conditions, then the individual with the transformed personality or consciousness will be transplanted to another realm where one's consciousness will manifest that which will now be necessary for divine progression. Remember, the free agency of each individual shall not be denied them. If others choose not to conform to Divine Law and their ignorance, unbelief or death crystals are allowed to prevent them from acceptance of Divine Law and the consequent actions of that acceptance, then a natural separation shall occur.

If a person does not choose to separate then the universe will provide the momentum of separation until a new balance is perceived. This is the epitome of healing crisis as applied to the environmental crystal.

Now, with this understanding, look in retrospect at the hand of God acting in one's behalf. Enjoy the handiwork of God. All experience is for one's ultimate blessing. Acknowledge the handiwork of the Gods and embrace with gratitude the eternal dance of life.

This is the End of Chapter Eleven.

The thing that hath been, it is that which shall be; and that which is done is that which shall be done; and there is no new thing under the sun.

Ecclesiastes 1:9

What ever may befall you, it was preordained for you from everlasting,

Marcus Aurelius Antoninus.

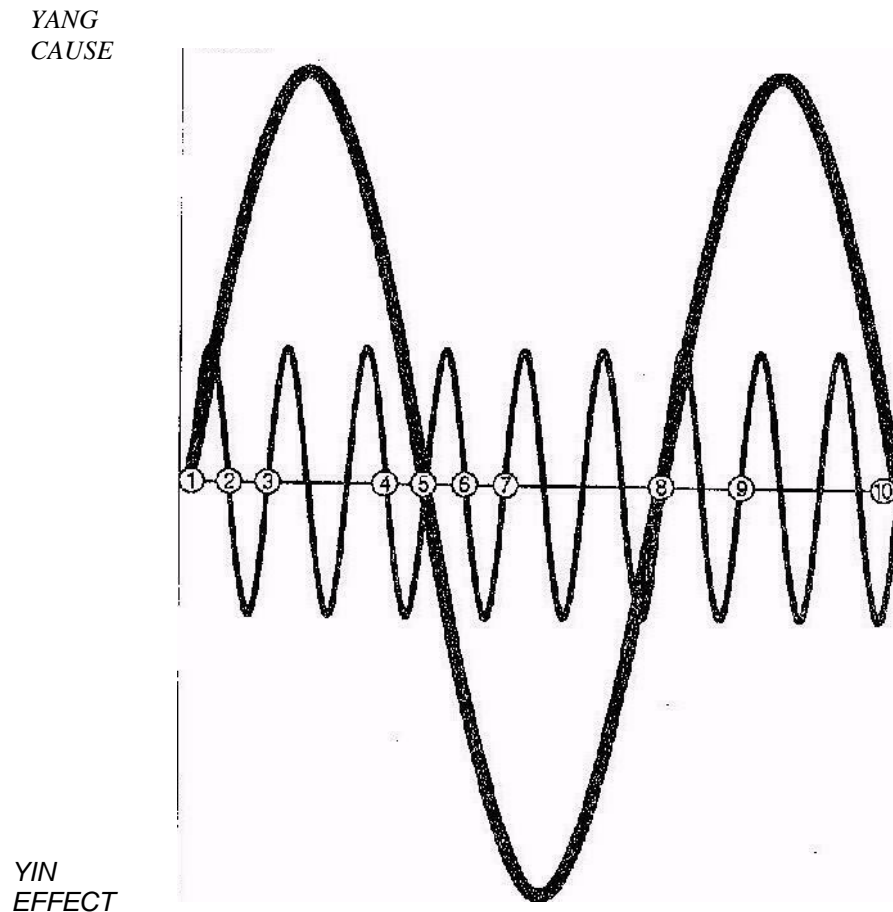
CHAPTER TWELVE

The Re-Creation Of Emotionality

The following pages will fully describe the intricate web of emotional activity one will undergo as one pursues the pathway of physical, emotional and mental health leading to the Ascension. Let us proceed to the following diagram with which some of you through course work and study are already conversant.

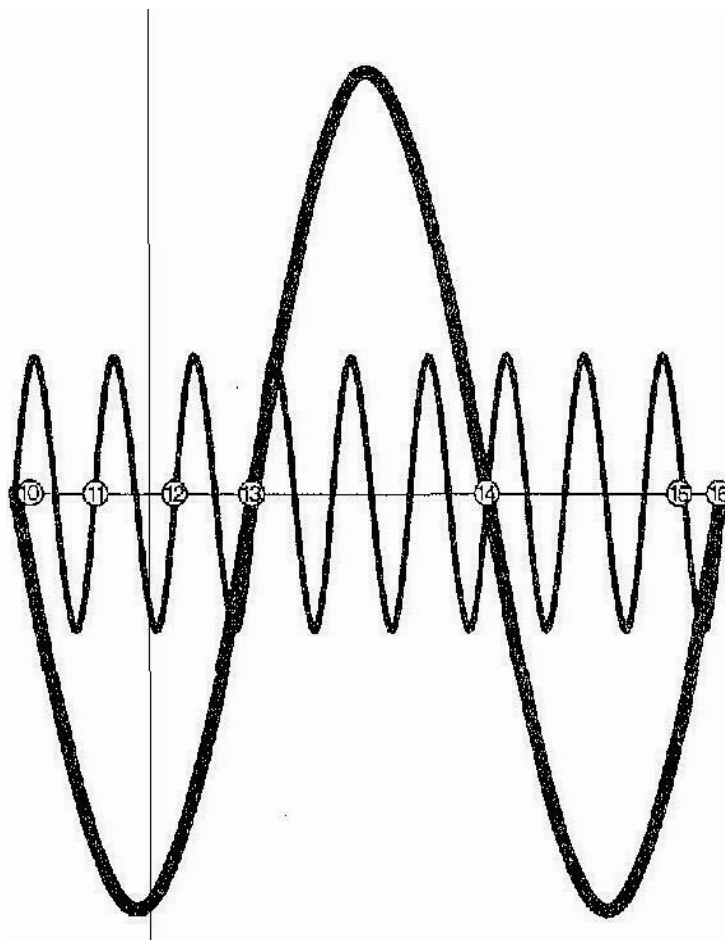
See charts following

CHART 12-1



Code

- 1 Enthusiasm
- 2 Interest
- 3 Conservatism
- 4 Boredom
- 5 Pain
- 6 Antagonism
- 7 Overt Hostility
- 8 Anger
- 9 Covert Hostility



10 Fear
11 Propitiation
12 Sympathy
13 Grief

14 Apathy
15 Catatonia
16 Unconsciousness

First, one is given a law from one who has already mastered the law. If one is spiritually ready and there is no one in the flesh available to be a teacher, then one can be taught spiritually by seeking continually for the truth. Truth shall not be denied one who is in the category of a true seeker. Once one has been taught or exposed to the law, and has been given the opportunity to apply the law for a period of time, then comes a time of testing, for often times the law so taught goes contrary to what a person, up until the present time, has believed. False belief or unbelief is often difficult to overcome, Nevertheless, once the law has been presented to the seeker, the seeker now has the opportunity to accept and comply with or apply the law or else reject the law. One then has the opportunity to choose to receive the law so offered. This reception is a "yin" activity which is so necessary before the "yang" can be applied. After one has made the choice to receive the law then one chooses to enact the law. Please consider this exact, responsible, step-by-step interaction. It is time now to carefully re-study Chapter Seven in Book One of the Logic in Sequence Series.

Remember:

ONCE ONE RECEIVES THE LAW THROUGH FAITH AND THEN COMMITS WITH INTENT TO OBEY THE LAW, AND THEN FAITHFULLY APPLIES THE LAW WHICH IS VIRTUE, THEN ONE ACQUIRES KNOWLEDGE BY A PPLYING THE LAW TO COMPLETION.

THERE IS AN INTELLECTUAL KNOWLEDGE WHERE ONE BELIEVES, BUT ONLY THROUGH FIRST-HAND EXPERIENCE CAN ONE KNOW. THIS IS THE DIFFERENCE BETWEEN BELIEF AND KNOWLEDGE.

Now, by applying the law within the framework of the Laws of Love, Light and Perfection one gradually gains experience. This experience increases knowledge which then helps with the determination required for the dissolving of the crystals within the physical body as well as helping to dissolve the associated environmental crystals. In the body, these crystals are the organic computer chips full of stored memory in the form of thought patterns (sensory experience), word patterns (verbal expressions) and emotions (feelings). These suppressed or resisted memories are gradually released from the melanin-protein complex, calcification or scar tissue, all of which reflect in the outer manifestation or human creation evidence of some form of resistance to life experience.

LET IT BE HEREBY STATED THAT ALL THOUGHTS OF MAN HAS EXISTED FROM ETERNITY AND WILL EXIST TO ETERNITY. ALL EXISTS HERE AND NOW AND HAS ALWAYS EXISTED HERE AND NOW. MAN SIMPLY REDISCOVERS FOR HIMSELF THAT WHICH HAS ALWAYS BEEN AND ALWAYS WILL BE.

THERE IS NOTHING NEW UNDER THE SUN, THERE IS NOTHING NEW IN THE UNIVERSE OF MAN. IT HAS ALWAYS EXISTED IN THE PERCEPTUAL NOWNESS WHICH REFLECTS THE SUMMATION OF ALL INTELLIGENCE THROUGHOUT THE MULTITUDE OF CO-EXISTING UNIVERSES.

To receive credit unto oneself for that which one has freely received from universal Intelligence is contrary to law. As one has received freely, one must learn to impart freely within the limitations of one's capacity to receive. One does not give, in the grand economy of things, that which another cannot responsibly receive. Also, one cannot give to another, that which has not some time been graciously received.

One may receive and then reject. One cannot reject that which one has not received. This is the reason why teachings of a higher nature are cloaked in symbolism and intellectualism. Many masters teach by parable so that those who have the ability to understand will understand while those who do not understand will find the teaching beyond their ability to understand, disguised in symbolism or as a parable. Those who have the desire to learn, and have the intention of learning, and have the commitment to apply what they have learned thus qualify themselves for greater responsibility and learning. It is always wise to allow people the time and opportunity to prove themselves in the little things before greater laws are introduced. Let each person be persuaded to follow his own inclination and timing, and to make his/her own opportunity regarding these matters.

Please consider whether or not at this time you are working carefully step-by-step on compiling and acting upon the "List" as described in Chapter Eleven in Book One of the Logic in Sequence Series.

Remember:

"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."

As we work on the simple things of life the "crystal" of suppressed activity in life experience is unraveled.

Let us carefully analyze the following concepts. Firstly, through the assiduous application of law, one draws out of the existing crystal the energy of unconsciousness as part of the suppressed emotionality within the crystal. This is expressed as numbness. This energy seeks to perpetuate itself as unconsciousness.

UNCONSCIOUSNESS OR DEATH SEEKS TO SURVIVE AS DEATH.

It is in the presence of unconsciousness along with all prior suppressed emotionality that one has acquired the largest holes in the auric field, and in the economy of life this hole must be filled. The hole is filled with energy from without which matches the energy emanating from within the dissolving crystal. Like energy draws like energy. Energy from the crystal being manifested through the suppressed thoughts, feelings and verbal expressions attracts like energy. Therefore, this hole in the auric field is filled with energy from without.

This we will cover in greater detail later.

Unconsciousness experienced in any form may be called a partial death of the soul, as at this point one has become totally enmeshed in matter, in reference to that which through trauma or violation of law has been totally suppressed. When one is unconscious one has become (relative to the area of unconsciousness) totally reactive and all resisted activity has now become manifested in the physiology of the body as a stimulus-response conditioned reflex. This has now become a death crystal which reactively seeks to perpetuate itself, This death crystal seeks to survive as death by bringing about through energy manifestation that which has been experienced and has been resisted. In other words when the crystal is under threat of being dissolved through obedience to law, the energy which emanates from the dissolving crystal re-manifests from the universe that which will maintain the existence of the crystal. This suppressed past experience is manifested on a reactive, encoded, computerized, programmed level. The crystal so formed is resolved reactively to bring to the fore through energy emanation a re-experience from the environment of that which has been suppressed, In other words:

THAT WHICH HAS BEEN RESISTED IS NOW MANIFESTED IN THE CRYSTAL FORM WAITING TO HAVE ITS ENERGIES RELEASED TO RE-MANIFEST THEM IN THE SURROUNDING UNIVERSE TO BRING TO THE INTELLIGENCE THE SAME EXPERIENCE WHICH AT ONE TIME WAS RESISTED.

If the emotion is unconsciousness, then the crystal is resolved to bring again to a level of experience that which is required to maintain or sustain the original state of unconsciousness, This is how the crystal works, This pattern of suppressed resistance can be re-created from the mind -set of the individual on the soul level, which would be on the level of the Natural Man, which brings back through the Law of Attraction the re-creation of the outer manifestation of those mind-set patterns which one brings with him/her into this existence. This is the energy overlay of the Natural Man which is superimposed on the Constitutional Man. The re-creation of past experiences can also be programmed from the genetic structure on the level of the Constitutional Man, where the programming of our ancestors which we have now inherited, are deeply programmed within the crystals of the body itself. These also shall be brought to the fore under obedience to law wherein they shall be re-experienced. Thus we observe our body and environment in a new light as the handiwork of God comes much closer to home.

The hologram of suppressed thought-feeling-word patterns has been drawing or recreating by the Law of Attraction the necessary environmental experiences to perpetuate the crystal, In other words, in times past, when these same experiences were presented to man to be experienced they were resisted and suppressed, in the Everpresent Now. When these energies are released through obedience to the Laws of Love, Light and Perfection, they re-create themselves exactly as they were before in the Everpresent Now.

WHEN ONE IS OBEDIENT TO THE LAWS OF LOVE, LIGHT AND PERFECTION THEN THE CRYSTALS WITHIN THE BODY AND THE ENVIRONMENTAL CRYSTALS BEGIN TO "DISSOLVE". THE CRYSTALS WHICH ORIGINATE FROM THE NATURAL MAN, THE CRYSTALS WHICH ORIGINATE GENETICALLY FROM THE CONSTITUTIONAL MAN AND THE ENVIRONMENTAL CRYSTALS WHEN DISSOLVING WILL EMANATE ENERGIES WHICH THE UNIVERSE WILL DUPLICATE AND VERY ADEQUATELY SHALL RECREATE EXACTLY THOSE EXPERIENCES WHICH HAVE BEEN UNSUCCESSFULLY ENDURED AT SOME TIME IN THE PAST. ONE WILL THEN HAVE THE DELIGHTFUL

EXPERIENCE OR OPPORTUNITY TO LOVINGLY AND WILLINGLY ENDURE THAT WHICH ONE HAS FAILED TO DO BEFORE, ALL IN THE EVERPRESENT NOW.

Thus, that which would perpetuate unconsciousness will arise to be re-experienced lovingly and willingly through the summation of techniques presented to you for your edification, when applied appropriately. One will find the experience released forever from the realms of human creation and all cause, effect, record and memory will have no effect upon the individual. Thus the universe undergoes a shifting in the absence of crystallized energy and a new experience comes to view as determined by the emerging energies from the continuous process of dissolving crystal.

As the intelligence satisfactorily re-experiences the unconsciousness which is often experienced as physical or emotional numbness, the intelligence then moves up the scale of emotionality to apathy. Please observe the sine wave chart which has been provided at the beginning of this chapter. As unconsciousness is re-experienced and we move up the scale to apathy the universal energies come again into play to re-create exactly that which is moving out of the realms of suppression. The suppressed feelings of apathy will be accompanied by those activities of life which will appear by the Law of Attraction, wherein, the individual will have ample opportunity to justify the feelings of apathy. If one is capable of enduring lovingly and willingly this test by observing, receiving, re-creating, and releasing as outlined in Chapter Twenty-Four in Book One of the Logic in Sequence Series, one is then ready to progress to the next step or test. If this is not clear to you then take time to savor, restudy, pray, meditate, affirm, and decree, and then go back and work on the "List", then eventually all shall come into clear focus.

As you progress in this book, just the understanding of the various laws and your beginning to apply these laws in the manner suggested to you, you will begin to dissolve crystals and begin to experience the "Healing Crisis". There is no way this can be avoided, in fact it should be welcomed, as we are now in the process of freeing ourselves from our enmeshment in matter and are learning to once again gradiently express our free will. Remember that the healing crisis can be thought of as the sequential experience or re-experience of suppressed trauma according to the definition of healing crisis which has been given to you in Chapter One of this book.

Now, as one has satisfactorily experienced on the mental level the apathy, and as one lovingly and willingly experiences with a quiet delightful enthusiasm the "I can't's" of life, one then sees how one has created perfectly one's situation in life and has manifested it without a flaw. One then is able to see the related dualities pertaining to apathy and then can let go of apathy as related to the specific incident under inspection. As the dualities are encompassed one will experience the Vibration of Regeneration at the level of apathy and then we can move on to the emotion of grief. Observe the chart and analyze the positioning of the emotion of grief on the chart.

Let us now consider the diagram or chart that has been given to you. Notice from the diagram that unconsciousness is the representation of total crystallization or death. As one moves out of unconsciousness toward apathy one is in a compulsive "yin" or an "effect" node. Therefore, one first of all has to be willing to be "yin" and receive the feeling of "yin" or being the effect and re-create this feeling knowingly so that there is no longer any resistance to being yin. One must re-create the reactive yin-effect energy from a choice of knowingly choosing to be yin-effect. This choice of re-creation is a "yang" energy where one simply knowingly chooses to re-create the feeling of the reactive yin-effect energy or emotion. One knowingly chooses to feel the numbness or unconsciousness, the apathy and the "I can't's" emerging out of the numbness which one is also choosing to feel - to experience. The choice of "yang" expression or causatively re-experiencing the numbness emerging into apathy brings about a balance to the long standing effect behavior of numbness. Here is where one creates enthusiastically the numbness leading gradually into the I can't, and thus one moves upward into apathy. One must carefully analyze the following:

ONE- MUST LEARN TO RE-EXPERIENCE BY CHOICE THAT WHICH AT ONE TIME ONE HAS RESISTED WHICH LEADS TO COMPULSIVE OR STIMULUS-RESPONSE

BEHAVIOR. ONE MUST BE TOTALLY WILLING WITH NON-RESISTANCE TO RE-EXPERIENCE AN EVENT AGAIN (ANY EVENT). THIS IS IN REFERENCE TO ANY EVENT WHICH HAS BEEN SUPPRESSED IN THE PAST. WHEN ONE RESISTS BEING THE EFFECT, ONE CREATES AUTOMATICALLY THE PERSISTENCE OF THE CRYSTAL WHICH EMANATES ENERGY TWENTY-FOUR HOURS A DAY TO ENSURE THAT ONE CONTINUES BEING THE EFFECT. THIS BEING THE EFFECT IS NOW COMPULSIVELY REACTIVE AND THE PERSON HAS NO FREE WILL CONCERNING THIS MATTER, IN THE STATE OF UNCONSCIOUSNESS ONE IS NOT AWARE ONE IS REACTIVE THEREFORE THERE IS A CONSTANT AUTOMATIC RE-CREATION OF THAT WHICH HAS BEEN UNWILLINGLY EXPERIENCED. ALL OF THE REACTIVE PATTERNS ARE FULLY JUSTIFIED BY THE CONSCIOUS MIND.

What does all this mean? It means that the person is knowingly re-creates the condition which perpetuates the unconsciousness until the individual through discipline and persistence in the application of appropriate laws can bring this suppressed experience out of unconsciousness so it can be re-experienced and eventually released.

How is this done? Simply by understanding the diagram provided and then applying the appropriate law. Let us look at the point of unconsciousness on the chart again.

Do you see that as the individual moves in reverse order out of unconsciousness, reverse order as compared to how the individual through continual resistance went into unconsciousness, one then is re-experiencing resisting being the effect or re-experiencing resisting the emotion of "I can't", which in the past has moved the individual down from apathy into unconsciousness. An individual felt at that time complete helplessness and didn't know what to do about it and finally gave up and went into unconsciousness. This is what a person now has to re-experience in reverse order. Therefore an individual feels numb as the crystal dissolves. One re-experiences resisting feeling the numbness which emerges into hopelessness or "I can't". The intelligence has resisted feeling being the effect or has resisted being yin. This resistance must be dealt with properly or it persists. It is dealt with as follows:

ONE MUST LEARN TO RE-EXPERIENCE THE NUMBNESS OR UNCONSCIOUSNESS BY CHOICE. ONE MUST LEARN TO RE-EXPERIENCE BY CHOICE THAT WHICH ONE HAS AT ONE TIME RESISTED EXPERIENCING. THIS RESISTANCE TO EXPERIENCE RESULTED IN ONE BEING THE EFFECT REACTIVELY. THIS RESISTANCE IS THEN RESISTED BECAUSE ONE IS UNWILLING TO BE THE COMPULSIVE EFFECT. THEREFORE THE INDIVIDUAL WILL FIND HIMSELF/HERSELF IN A UNIQUE POSITION OF RESISTING THE RESISTANCE. IN THIS CASE THE RESISTANCE IS THE UNWILLINGNESS TO BE THE EFFECT. THIS IS THE UNWILLINGNESS TO BE "YIN'.

IN THIS CASE THE INDIVIDUAL IS AT THE POINT OF UNCONSCIOUSNESS AND MUST RE-EXPERIENCE THE RESISTANCE TO BEING UNCONSCIOUS FIRST. EVERYTHING IN REVERSE ORDER. THEN ONE MUST RE-EXPERIENCE THE UNCONSCIOUSNESS WITHOUT RESISTANCE, NOW, IN ORDER TO DO THIS ONE MUST CAREFULLY FOLLOW THE FOLLOWING PROCEDURE:

- 1. ONE MUST BECOME AWARE OF THE RESISTANCE TO THE RESISTANCE. ONE MUST BECOME AWARE OF THE RESISTANCE TO THE UNWILLINGNESS TO BE THE EFFECT, OR BECOME AWARE OF THE RESISTANCE TO THE UNWILLINGNESS TO BE YIN, THIS IS KNOWN AS RESISTING THE RESISTANCE.**
- 2. ONCE ONE IS AWARE OF RESISTING THE RESISTANCE, ONE MUST BECOME WILLING TO RESIST THE RESISTANCE WHICH INCLUDES A CHOICE TO BE RE-CREATING THE RESISTANCE TO THE RESISTANCE. THIS CHOICE TO RE-CREATE THE RESISTANCE TO THE RESISTANCE IS A YANG CHOICE WHICH THEN UN-CREATES THE RESISTANCE TO THE RESISTANCE, OR UN-CREATES THE RESISTANCE TO THE UNWILLINGNESS TO BE THE EFFECT OR YIN.**
- 3. ONE MUST NOW BECOME AWARE OF THE FACT THAT ONE IS IN A COMPULSIVE (REACTIVE) YIN OR EFFECT ACTIVITY. THIS MEANS THAT ONE**

- MUST BECOME AWARE OF THE UNWILLINGNESS TO BE THE EFFECT OR THE UNWILLINGNESS TO BE YIN.
4. ONCE ONE IS AWARE OF THE UNWILLINGNESS TO BE THE EFFECT OR THE UNWILLINGNESS TO BE YIN ONE THEN CHOOSES TO BE UNWILLING TO BE THE EFFECT OR YIN. THIS YANG CHOICE TO BE UNWILLING RE-CREATES THE UNWILLINGNESS WHICH ACTUALLY UN-CREATES THE UNWILLINGNESS TO BE THE EFFECT. ONCE ONE CAN CREATE SUFFICIENTLY THE UNWILLINGNESS AND CAN LET GO OF IT BY CHOICE, IT CEASES TO BE. IN OTHER WORDS ONE MUST CHOOSE TO RE-CREATE IN ONE'S MIND THE UNWILLINGNESS TO BE THE EFFECT. THIS CREATES A HOLOGRAMMIC STRUCTURE OF ENERGY 180 DEGREES OUT OF PHASE WITH THE RECEIVED ENERGY OF UNWILLINGNESS. WHEN THE UNWILLINGNESS TO BE THE EFFECT IS FULLY RE-CREATED ON THE MENTAL LEVEL, THE HOLOGRAMMIC ENERGY STRUCTURE WHICH IS 180 DEGREES OUT OF PHASE OR THE MIRROR IMAGE HOLOGRAM THEN "POOFS" THE UNWILLINGNESS TO BE THE EFFECT LEAVING ONE ONLY WITH BEING THE EFFECT WHICH IN ITSELF ENTAILS RESISTANCE. ONE MUST BE MINDFUL THAT THERE IS A DISTINCT DIFFERENCE BETWEEN RESISTANCE AND RESISTANCE TO RESISTANCE.
 5. NOW ONE CHOOSES TO BE WILLING TO BE THE EFFECT OR YIN AND CHOOSES TO NO LONGER RESIST BEING YIN. HEREIN ONE RECREATES THROUGH THE YANG CREATIVITY BEING THE EFFECT AND WHEN THIS IS SUFFICIENTLY RECREATED AND RELEASED ONE IS NO LONGER THE EFFECT AND THE EMOTIONAL MOVEMENT FLOWS UP THE EMOTIONAL SCALE FROM EFFECT TOWARD CAUSE. LET US CONSIDER THIS CONCEPT MORE FULLY. WE MUST NOW DEAL WITH BEING THE EFFECT. AT THIS LEVEL OF ACTIVITY WE MUST CHOOSE TO RE-CREATE BEING THE EFFECT. AT THIS POINT OF PROGRESSION WE ARE USING "YANG" ENERGY WHERE WE NO LONGER RESIST BEING THE EFFECT OF A GIVEN EXPERIENCE, WHEREIN WE NOW WILLINGLY EXPERIENCE BEING THE EFFECT. BY CREATING OR RE-EXPERIENCING ON THE MENTAL LEVEL, THAT WHICH EXISTS ON THE PHYSICAL, WE TAKE AWAY ALL RESISTANCE TO THE SPECIFIC EXPERIENCE AND THUS WE CAN BE CAUSE OR EFFECT AND WE THUS ENCOMPASS THAT DUALITY WITH EQUANIMITY OR IMPARTIALITY. AT THIS POINT WE RE-EXPERIENCE ALL THE NUMBNESS AND/OR UNCONSCIOUSNESS WITH NON-RESISTANCE AND WE THEN RE-EXPERIENCE ALL THE HOPELESSNESS, WORD PATTERNS, AND SENSORY EXPERIENCE WHICH WHEN LOVINGLY AND WILLINGLY EXPERIENCED ON THE MENTAL LEVEL WILL RELEASE ALL SUPPRESSED MEMORY. ONE THEN MOVES UP THE SCALE OF EMOTIONALITY TO THE LEVEL OF APATHY AS THE CRYSTAL CONTINUES TO DISSOLVE. REMEMBER, THAT WHEN ONE RECEIVES AN EXPERIENCE WITH NON-RESISTANCE AND THEN RECREATES IT EXACTLY AS ONE RECEIVES IT, THE ENERGY PATTERN POOFS. THE ENERGY PATTERN IS NO MORE. OFTEN WHEN ONE DOES THIS, ONE MAY EXPERIENCE A BRILLIANT FLASH OF VIOLET FLAME WHICH FILLS THE CONSCIOUSNESS. PLEASE UNDERSTAND THAT A MORE COMPLETE EXPLANATION OF THIS ENTIRE PROCESS WILL BE FOUND IN CHAPTER TWENTY-NINE IN BOOK THREE OF THE LOGIC IN SEQUENCE SERIES, BOTTOM LINE, WHEN THERE IS NO RESISTANCE AND A PATTERN OF THINKING IS EITHER CREATED OR RE-CREATED, THE MOMENT THE ATTENTION IS RELEASED FROM THE PATTERN OF THINKING THE OUTER MANIFESTATION RETURNS TO THE VOID. IT "POOFS", IT IS THIS SIMPLE. READ IN SEQUENCE THE FOLLOWING CHAPTERS, BUT DO NOT OVERLOOK CHAPTER TWENTY-NINE IN BOOK THREE OF THE LOGIC IN SEQUENCE SERIES.
 6. WHEN ONE IS WILLING TO BE THE EFFECT (THIS IS DIFFERENT FROM BEING THE EFFECT) AND WHEN ONE RE-CREATES WILLINGLY BEING THE EFFECT OF A GIVEN EXPERIENCE ON THE MENTAL LEVEL IT REMOVES ALL RESISTANCE TO THAT EXPERIENCE. THIS THUS OPENS THE WAY FOR DUALITY ENCOMPASSMENT WHERE ONE IS WILLING TO BE EITHER CAUSE

OR EFFECT AND IS CAPABLE OF EXPERIENCING BOTH SIMULTANEOUSLY. THE PERSON THEN MAY EXPERIENCE THE VIBRATION OF REGENERATION AND THEN AS THE CRYSTAL CONTINUES TO DISSOLVE ON THE PHYSICAL LEVEL ONE THEN BEGINS TO EXPERIENCE THE EMOTION OF APATHY.

Let us now consider what takes place from the point of apathy. Please check the diagram. As one moves out of apathy toward grief one is in a compulsive "yang" or compulsive "causal" mode. At this point one must be willing to be "yang" and receive without resistance the feeling of outflow or the feeling of being cause. At this point one feels a resistance to being "yang". In other words, one is now experiencing or re-experiencing resistance in reverse order. This resistance is toward feeling the emotion of grief and thus moving downward into the "I can't do anything about it". As the crystal dissolves, all of this is re-experienced in reverse order as to how it occurred. One must now learn to recreate this yang-cause energy from a choice of being yang-cause. This choice of re-creation is now a yang energy within the "yin" wherein one simply knowingly chooses to receive and at the same time chooses to re-create that which has been received with non-resistance. One therefore re-creates the feeling or emotion of yang-cause which at this point in time is apathy. This choice of "yin" expression of receiving the yang energy or apathy emerging into grief brings once again a needed balance in the long standing suppressed behavior which was then crystallized. One must now carefully analyze the following:

ONE MUST LEARN TO RE-EXPERIENCE BY CHOICE THAT WHICH AT ONE TIME ONE HAS RESISTED, WHICH THROUGH RESISTANCE HAS LEAD TO COMPULSIVE OR STIMULUS-RESPONSE BEHAVIOR. ONE MUST BE TOTALLY WILLING WITH NON-RESISTANCE TO RE-EXPERIENCE AN EVENT AGAIN. THIS IS IN REFERENCE TO AN EVENT WHICH HAS BEEN SUPPRESSED IN THE PAST WHEN ONE RESISTS BEING THE CAUSE, ONE CREATES AUTOMATICALLY THE PERSISTENCE OF THE CRYSTAL WHICH EMANATES ENERGY TWENTY-FOUR HOURS A DAY TO INSURE THAT ONE CONTINUES BEING CAUSE. THE CAUSATIVE ACTIVITY IS NOW REACTIVELY COMPULSIVE AND THE INDIVIDUAL HAS NO FREE WILL CONCERNING THIS MATTER. ONE HAS, THROUGH RESISTANCE, REACHED THE POINT OF CONSTANT AUTOMATIC RE-CREATION OF THAT CAUSATION WHICH WAS UNWILLINGLY EXPERIENCED.

What does all this mean? It means that the individual at this level unknowingly re-creates the condition which perpetuates the apathy until the individual through discipline and persistence in the application of appropriate laws can bring this suppressed experience out of the level of apathy so it can be re-experienced and eventually released.

How is this done? Simply by understanding the diagram or chart and applying the appropriate law. Let us look at the point of apathy on the chart again.

You shall see now, as the person moves in reverse order out of apathy (moving from apathy toward grief) as compared to how the individual, through continual resistance to life experience went from grief into apathy, one is then resisting being cause or is resisting the emotion or feeling of grief which moves the individual down the emotional scale from grief to apathy. A person felt in the past, an outflow of grief and finally suppressed this emotion of grief and then moved down into apathy. This is what a person now has to re-experience in reverse order. Therefore a person feels "I can't handle it", or something similar as the crystal dissolve at this level. The individual feels the resistance to the grief as it emerges from the position of apathy. The individual has resistance to fuelling this outflow of grief or the yang-causal energy. This resistance to being cause must be dealt with properly or it persists. It is dealt with as follows:

ONE MUST LEARN TO RE-EXPERIENCE THE APATHY BY CHOICE. ONE MUST LEARN TO RE-EXPERIENCE BY CHOICE THAT WHICH ONE HAS AT ONE TIME RESISTED EXPERIENCING. THIS RESISTANCE TO EXPERIENCE RESULTED IN ONE BEING CAUSE REACTIVELY. ONE RESISTED THE EXPERIENCE OF MOVING FROM GRIEF DOWN TO APATHY BECAUSE OF THE RESISTED EXPERIENCE. THIS RESISTANCE IS THEN RESISTED BECAUSE ONE IS UNWILLING TO BE COMPULSIVE CAUSE.

THEREFORE THE INDIVIDUAL FINDS HIMSELF/ HERSELF IN A UNIQUE POSITION OF RESISTING THE RESISTANCE. IN THIS CASE THE RESISTANCE IS TOWARD THE UNWILLINGNESS TO BE CAUSE, OR THE UNWILLINGNESS TO BE "YANG".

IN THIS CASE THE INDIVIDUAL IS AT THE POINT OF APATHY AND MUST RE-EXPERIENCE THE RESISTANCE TO BEING APATHETIC FIRST. EVERYTHING MUST BE DEALT WITH IN REVERSE ORDER. NOW, IN ORDER TO DO THIS ONE MUST CAREFULLY FOLLOW THE FOLLOWING PROCEDURE:

1. ONE MUST BECOME AWARE OF THE RESISTANCE TO THE RESISTANCE. ONE MUST BECOME AWARE OF THE RESISTANCE TO THE UNWILLINGNESS TO BE THE CAUSE, OR BECOME AWARE OF THE RESISTANCE TO THE UNWILLINGNESS TO BE YANG. THIS IS KNOWN AS RESISTING THE RESISTANCE.
2. ONCE ONE IS AWARE OF RESISTING THE RESISTANCE, ONE MUST BECOME WILLING TO RESIST THE RESISTANCE WHICH INCLUDES A CHOICE TO BE RE-CREATING THE RESISTANCE TO THE RESISTANCE. THIS CHOICE TO RE-CREATE THE RESISTANCE TO THE RESISTANCE IS A YANG CHOICE WHICH THEN UN-CREATES THE RESISTANCE TO THE RESISTANCE, OR UN-CREATES THE RESISTANCE TO THE UNWILLINGNESS TO BE THE CAUSE OR YANG.
3. ONE MUST NOW BECOME AWARE OF THE FACT THAT ONE IS IN A COMPULSIVE (REACTIVE) YANG OR CAUSE ACTIVITY. THIS MEANS THAT ONE MUST BECOME AWARE OF THE UNWILLINGNESS TO BE THE CAUSE OR THE UNWILLINGNESS TO BE YANG.
4. ONCE ONE IS AWARE OF THE UNWILLINGNESS TO BE THE CAUSE OR THE UNWILLINGNESS TO BE YANG ONE THEN CHOOSES TO BE UNWILLING TO BE THE CAUSE OR YANG. THIS YANG CHOICE TO BE UNWILLING RE-CREATES THE UNWILLINGNESS WHICH ACTUALLY UN-CREATES THE UNWILLINGNESS TO BE THE CAUSE. ONCE ONE CAN CREATE SUFFICIENTLY THE UNWILLINGNESS AND CAN LET GO OF IT BY CHOICE IT CEASES TO BE. IN OTHER WORDS, ONE MUST CHOOSE TO RE-CREATE IN ONE'S MIND THE UNWILLINGNESS TO BE THE CAUSE. THIS CREATES A HOLOGRAMMIC STRUCTURE OF ENERGY 180 DEGREES OUT OF PHASE WITH THE RECEIVED ENERGY OF UNWILLINGNESS. WHEN THE UNWILLINGNESS TO BE THE CAUSE IS FULLY RE-CREATED ON THE MENTAL LEVEL, THE HOLOGRAMMIC ENERGY STRUCTURE WHICH IS 180 DEGREES OUT OF PHASE OR THE MIRROR IMAGE HOLOGRAM THEN "POOFS" THE UNWILLINGNESS TO BE THE CAUSE LEAVING ONE ONLY WITH BEING THE CAUSE WHICH IN ITSELF ENTAILS RESISTANCE. ONE MUST BE MINDFUL THAT THERE IS A DISTINCT DIFFERENCE BETWEEN RESISTANCE AND RESISTANCE TO RESISTANCE.
5. NOW ONE CHOOSES TO BE WILLING TO BE THE CAUSE OR YANG AND CHOOSES TO NO LONGER RESIST BEING YANG. HEREIN ONE RE-CREATES THROUGH THE YANG CREATIVITY BEING THE CAUSE AND WHEN THIS IS SUFFICIENTLY RE-CREATED AND RELEASED ONE IS NO LONGER THE CAUSE AND THE EMOTIONAL MOVEMENT MOVES FROM CAUSE TOWARD EFFECT. LET US CONSIDER THIS CONCEPT MORE FULLY, WE MUST NOW DEAL WITH BEING THE CAUSE. AT THIS LEVEL OF ACTIVITY WE MUST NOW CHOOSE TO RE-CREATE BEING CAUSE. AT THIS POINT OF PROGRESSION WE ARE USING THE "YIN" ENERGY WHERE WE NO LONGER RESIST BEING THE CAUSE OF A GIVEN EXPERIENCE, WHEREIN WE NOW WILLINGLY EXPERIENCE BEING THE CAUSE. BY CREATING OR RE-EXPERIENCING ON THE MENTAL LEVEL THAT WHICH EXISTS ON THE PHYSICAL, WE TAKE AWAY ALL RESISTANCE TO THE SPECIFIC EXPERIENCE AND THUS WE CAN BE CAUSE OR EFFECT AND THUS WE ENCOMPASS THE DUALITY WITH EQUANIMITY OR IMPARTIALITY, AT THIS POINT WE RE-EXPERIENCE ALL OF THE APATHY WITH NON-RESISTANCE AND GRADUALLY ALL OF THE FEELINGS OF GRIEF WITH ASSOCIATED WORD PATTERNS AND SENSORY EXPERIENCE WHICH WHEN LOVINGLY AND WILLINGLY EXPERIENCED ON

THE MENTAL LEVEL WILL RELEASE ALL SUPPRESSED MEMORY AND ONE THEN MOVES UP THE SCALE OF EMOTIONALITY TO THE LEVEL OF GRIEF AS THE CRYSTAL CONTINUES TO DISSOLVE. ONE IS NO LONGER SUPPRESSING GRIEF AND IS WILLING TO LET IT OUT. ONE IS WILLING TO BE CAUSE. REMEMBER, THAT WHEN ONE RECEIVES AN EXPERIENCE WITH NON-RESISTANCE AND THEN RE-CREATES IT EXACTLY AS ONE RECEIVES IT, THE ENERGY PATTERN "POOFS" AND IT IS NO MORE. OFTEN WHEN ONE DOES THIS, ONE MAY EXPERIENCE A BRILLIANT FLASH OF VIOLET FLAME WHICH FILLS THEIR CONSCIOUSNESS.

- 6. WHEN ONE IS WILLING TO BE CAUSE (THIS IS DIFFERENT FROM BEING CAUSE) AND WHEN ONE RECREATES WILLINGLY BEING THE CAUSE OF A GIVEN EXPERIENCE ON THE MENTAL LEVEL, IT REMOVES ALL RESISTANCE FROM THE EXPERIENCE. THIS THUS OPENS THE WAY FOR DUALITY ENCOMPASSMENT WHEREIN ONE IS WILLING TO BE EITHER CAUSE OR EFFECT AND IS CAPABLE OF EXPERIENCING BOTH SIMULTANEOUSLY. THE INDIVIDUAL THEN MAY EXPERIENCE THE VIBRATION OF REGENERATION. THE INDIVIDUAL THEN MOVES UP THE EMOTIONAL SCALE AS THE CRYSTAL GRADUALLY DISSOLVES AND THEN ONE BEGINS TO EXPERIENCE THE EMOTION OF GRIEF:**

Let us now consider what happens when one creates enthusiastically the word patterns of Apathy surrounding the concept of "I can't". One continues to enthusiastically mentally or verbally express the "I can't" pattern until this denial of one's ability is joyously encompassed in the simultaneous recognition of the cause-I can't vs. effect-I can't duality. Once one sees clearly that one can be either cause or effect of the word pattern "I can't" and now has power over that duality, one can then move on to a deeper duality surrounding the concepts "I can't" vs, "I can", where one can then work on encompassing that duality with equanimity.

One must understand that the "I can't" word pattern is only symbolic or representative of a wide range of possible word patterns of similar emotional content. This now places the individual in charge where one can be in control of one's words at this level of progression,

ONE MUST FIRST OF ALL DEAL WITH THE RESISTANCE TO THE RESISTANCE AND THEN SECONDLY, ONE MUST DEAL WITH THE RESISTANCE.

Understanding this concept is vital to the individual's progression to the next step.

Now, as we emerge out of apathy and we move upward toward grief, we find an increasing outflow of suppressed causative energy or suppressed yang energy. This therefore requires one to exercise the willingness to be the effect of the "cause" energy as one must be willing to be the effect or "yin" to balance the suppressed causation of gradually increased grief. Please remember that one of our problems both individually and collectively is our unwillingness to be the effect of the yang qualities which we sense are out of control or inappropriate. This is in reference to those areas between apathy and grief, fear and anger, and pain and enthusiasm. It would also be appropriate to remember the other side of the coin as it is in reference to those areas between unconsciousness and apathy, grief and fear and anger and pain. The problem we have both individually and collectively is our unwillingness to be the effect of the "yin" qualities that we sense are out of control or inappropriate. Ponder on these concepts and find from your own experiences emotionality that can be applied to these concepts. All emotionality will fit somewhere in this grand design.

At the level of grief please note from the diagram the position of grief. Please note that as we arise out of grief and move toward fear we once again must be aware of our resistance to our unwillingness to be the effect and treat this movement of emotionality and its energy as we would moving from unconsciousness toward apathy. The principle is the same. Refer to that area that refers to the movement of emotionality from unconsciousness to apathy. See pages 289-298.

At the level of fear please note the position on the diagram. Please note that as we arise out of fear and move toward anger, we once again must be aware of our resistance to our unwillingness to be cause and we treat this movement of emotionality and its energy as we would moving from apathy toward grief. The principle is the same. Refer to pages 301-309. The causal energy may be more powerful, therefore one must be able to exercise self-discipline at this level and realize that there is a definite difference between being willing to be causative in our behavior and being causative. The willingness to be cause is existing on the mental level while the individual is using keen perception and discrimination as to what causative behavior one allows one's body to enter into.

At the level of anger please note the position on the diagram. Please note that as we arise out of anger and move toward pain, we once again must be aware of our resistance to our unwillingness to be the effect and treat this as we would the emotional energy movement from grief toward fear.

At the level of pain, please note the position on the diagram. Please note that as we arise out of pain and move toward enthusiasm, we must once again be aware of our resistance to our unwillingness to be cause. We treat this movement of emotionality and its energy as we would moving from fear to anger. Here we enter into re-experiencing the suppression of enthusiasm and its energies. These are often very subtle and sometimes we must teach an individual that he/she must be willing to show enthusiasm. A person may say, yes, I am willing to show enthusiasm, but in their desire to remain proper and dignified, the enthusiasm is suppressed and must be expressed so a person can then get a handle on it mentally. The same is true for any causal area on the chart. One must be willing to express, but one cannot be willing until the individual is actually capable of expression.

I wish to express this principle from a different position. As one willingly experienced the "yin" energy (unconsciousness to apathy) by choosing to be the effect of that which one would not lovingly and willingly endure, one will find the hologrammic pattern of thought, feeling and spoken word shall arise to be re-experienced. One must begin to school oneself on the encompassment of duality by being willing to be the effect with the same degree of equanimity as we would be willing to be cause. When one is capable of encompassing this duality one can then move on to the apathy -grief energy pattern. As one willingly experienced the causal or yang energy (apathy to grief) by choosing to be the effect of that which one would not lovingly and willingly endure, and as the memory of the grief - apathy hologrammic pattern emerges from the dissolving crystal, the word patterns which once again would be varied and numerous as they are associated with grief and apathy must be re-experienced on the level of willingness to be effect as well as willingness to be causal (apathy-grief outflow). When one can encompass with equanimity this cause-effect condition or duality one can then move on to the grief-fear energy pattern. The cause-grief vs. effect-grief must be encompassed within the emotion of enthusiasm for having had the experience. The same is true for all movements from one emotion to the next.

The secret here is:

ONE MUST BE WILLING TO HAVE THIS EXPERIENCE AGAIN. IT IS THE UNWILLINGNESS TO RE-EXPERIENCE A GIVEN LIFE ENERGY OR LIFE EXPERIENCE WHICH BLOCKS THE SOUL'S PROGRESSION. THE RESISTANCE TO A GIVEN EXPERIENCE WITH THE DESIRE TO NEVER HAVE IT HAPPEN AGAIN WILL SURELY PERPETUATE THE VERY LIFE EXPERIENCE ONE DOES NOT DESIRE TO HAVE HAPPEN. CONSIDER THE POWER OF DESIRE. NOW CONSIDER THE POWER OF NOT DESIRE.

The proper attitude is:

WHATEVER EXPERIENCE THE UNIVERSE SERVES UP FOR ONE TO EXPERIENCE SHALL BE EXPERIENCED LOVINGLY AND WILLINGLY. NO CONDITIONS AND NO EXPECTATIONS ARE THE OUTGROWTH OF UNCONDITIONAL LOVE.

Let us consider. How do we know what is buried in crystal programming deep within our constitutional-genetic inheritance? How do we know what we have to go through that has already been designed by our own suppressed concepts on the level of the Natural Man? How do we know what we have to go through on the Pathway to Perfection wherein we handle our own karmic consideration? Have we dedicated ourselves through our eternal love for God and mankind to the freeing of the souls of man which places us on the Pathway of Sacrifice and Sanctification? How do we know what must be endured for the highest and best good of humanity?

THEREFORE, ASSUME THE VIRTUE IF YOU HAVE IT NOT, AND DETERMINE TO LOVINGLY AND WILLINGLY ENDURE, WHATEVER.

Now, we have hopefully encompassed the cause-effect grief experience within the framework of Unconditional Love and enthusiasm. When we can see how we have created perfectly our frantic antics, we cannot help but sit back and smile and say, "Boy, I sure did a good job. Now, what else can be observed to see what I have done."

The problem is that we do not know how we or our ancestors fell into the "wallow" pit, and consequently we do a very good job of "wallowing" but we don't know how to get out. The longer we resist it the longer we stay. Once we determine with all of our heart to lovingly and willingly endure the grief or the "wallowing" and see it from a position of gratitude and uncompromising enthusiasm, we then dissolve the crystal of imprisonment and gradually move from grief upward toward fear.

Now, from grief we go into a "yin" - effect position, all of which is associated with a backing off or withdrawing through fear in dealing with a situation. This is an unwillingness to deal with or confront a given situation which allows us to pass through various levels of fear down toward grief. So, we move upward through these various levels of suppressed fear as we move through various levels of the Healing Crisis. Beginning with grief, we move up through suppressed sympathy wherein we see ourselves as nothing but a victim with the thought patterns in the vicinity of, "Please feel sorry for me." When we see ourselves as nothing but a victim we are the effect of the situation and cannot see our causing it at all. We resist at this level very well. If we examine closely we shall see that herein is a good example of resisting the resistance. Our overall resistance has brought us down the emotional scale below fear and we resist being at this level of sympathy. We resist being a victim. Here is where we encourage the individual to be causative and help them see that, in reality, they are playing the victim role very well. If one very carefully analyzes the situation when one is playing a victim role, one is simply attempting to make the other person guilty for coming out the winner. So, we help them to thoroughly enjoy being the victim. We encourage them to really do a good job of being the victim with lots of enthusiasm. This takes the resistance out of playing the victim role where eventually one can play the victim role or not play the victim role and upscale on the scale of emotions we go.

IN EVERY ACTIVITY OF LIFE, ACCEPT VICTORY AND DEFEAT WITH THE SAME DEGREE OF EQUANIMITY.

COMPETITION IS THE GREAT DESTROYER OF COOPERATION AND UNITY, COMPETITION PROMOTES SEPARATION AND UNIQUE SPECIALNESS WHEREIN THE WINNER IS SET ABOVE THE LOSER. PLEASE CONSIDER.

Now, as we arise out of grief to fear we school ourselves in being delightfully enthusiastic as we see gradually, how, through our desires and resistances we have made ourselves a delightful victim. I assure you that when our inner essence is exposed and we view our karmic considerations, there are no inequities in life,

ALL IS PERFECT DIVINE ORDER.

Now, we move from sympathy to propitiation, both of which exist within the grief-fear.yin-effect position. It would be wise to mention again Chapter Three in Book One of the [Logic in Sequence Series](#), which covers the scale of emotions. When we reach the level of propitiation

we reach the level of compromise. At this level we promise anything to gain what "appears" to be an advantage. Out of our desire to gain position and alliance out of fear we have lost all principle and we barter away anything which should be near and dear to us for what we believe to be personal or political advantage. The word pattern is to this effect, "I'll do anything you say, just don't hurt me. etc." With this level in mind we must deal with our unwillingness to be the effect as we will do anything to not have to experience a given event. Here is where we must be willing to be the effect and then re-create the entire event from a causal point of view where we eventually reach the recognition that:

**AS A MAN THINKETH IN HIS HEART SO IS HE.
PROVERBS 23:7**

Our entire duality must be embraced with enthusiasm. There are three dangers to keep in mind:

1. Moving on when we really haven't dealt with the prior duality completely,
2. Not moving on when we have enthusiastically dealt with the duality and have fully encompassed the yin-yang, cause-effect of the entire episode.
3. Becoming enmeshed in the duality without enthusiasm and continuing to put the cause of the problem or the resisted effect outside of oneself. Here, we find, that individual responsibility for all events must be accepted and recognized.

IN THE FINAL ANALYSIS, ALL OUTER CONDITIONS ARE CAUSED BY THE CHOICES OF CONSCIOUSNESS. THE INDIVIDUAL CONSCIOUSNESS REIGNS SUPREME BUT ONE, IN HIS DARKENED STATE OF CONSCIOUSNESS DOESN'T FULLY UNDERSTAND THIS YET, THEREFORE, WHEN ALL ELSE FAILS, LOVINGLY AND WILLINGLY ENDURE ALL THINGS AND FOLLOW THE OUTLINE FOR TRANSMUTATION WHICH WE HAVE GIVEN YOU.

It is imperative at this time to return to Book One of the Logic in Sequence Series and reread chapter Twenty-Four. It will clarify many present and future questions.

We now move from propitiation to fear and here again we check the diagram to see exactly where we are. Intellectual understanding is an important step in our growth, without which we cannot progress past a certain point. When we reach fear, we often experience terror with the feeling and/or word pattern, "I have to get out of here, NOW." We have to learn to experience this fear lovingly and willingly which then moves us into the level of fear-anger, yang-cause activity. This level must be handled carefully and precaution must be made to discipline oneself to experience these emotions on the mental level or else destructive actions may take place which will be difficult to overcome. It is possible to experience something on the mental level, overcome it and release it and do no damage, but when we allow the reaction to take control of our being we may do something on the physical level we may never be able to live down. The stress on continued and maintained self-control cannot be overemphasized. There are many therapies which encourage one to get it out, let it out, yell and scream and kick and lose control. These therapies, as such are non-productive and are not to be recommended.

IT IS MY EMPHATIC TEACHING TO YOU TO NOT SUPPRESS AND DENY YOUR WORD PATTERNS AS THEY ARISE, TO NOT SUPPRESS OR DENY YOUR FEELINGS AS THEY ARISE, TO NOT SUPPRESS YOUR SENSORY MEMORIES OR THOUGHT PATTERNS AS THEY ARISE, BUT TO EXPERIENCE THEM WITH NON-RESISTANCE AND GRATITUDE ON THE MENTAL LEVEL USING ENTHUSIASM (UNCONDITIONAL LOVE) AND THE VIOLET FLAME AS TAUGHT BY SAINT GERMAIN.

DO NOT ALLOW YOURSELF TO BE TAKEN OVER BY THE INFLUENCE OF REACTION, BUT STILL YOUR BODY UNTIL YOU HAVE OVERCOME EVERY LAST VESTIGE OF REACTIVE FEELINGS.

IF YOU FOLLOW THE FALSE TEACHING OF THOSE WHO WOULD HAVE YOU VENT YOUR FEELINGS, YOU MAY EXPERIENCE A RELEASE OF TENSION AND FEEL GOOD

MOMENTARILY BUT YOU HAVE GAINED NO MASTERY OVER YOURSELF AND HAVE GIVEN POWER TO THE REACTION BY GIVING IN TO IT.

THERE MAYBE A TIME WHEN THE EMOTIONALITY IS SO CRYSTALLIZED WITHIN THE INDIVIDUAL THAT THERE IS NO CONTROL AS THE EMOTIONALITY ARISES OUT OF CRYSTAL HERE ONE HELPS THE INDIVIDUAL GAIN CONTROL BY HELPING HIM TO CREATE NO DAMAGE ON HIMSELF OR ON THOSE AROUND HIM BY CAREFULLY CONSTRAINING HIM UNTIL HE CAN EXERCISE CONTROL OVER HIMSELF, IT IS IRRESPONSIBLE TO ALLOW ONE TO BE REACTIVELY OUT OF CONTROL UNDER THE GUISE OF THERAPY.

THEREFORE, WITH CHILDREN WHO HAVE NOT LEARNED TO EXERCISE SELF-CONTROL OVER THEMSELVES AND THE ODD ADULT WHO HAS NOT YET GAINED THIS LEVEL OF SELF-MASTERY, THE ADVICE IS TO CONTROL THEM FIRMLY AND LOVINGLY UNTIL THEY ARE CAPABLE OF CONTROLLING THEMSELVES AND YOU HAVE POSSIBLY SAVED THEM FROM READING THE CONSEQUENCES OF AN OUT OF CONTROL DISPOSITION.

THE KEY IS AGAIN: UNTIL MAN CAN EXPERIENCE ON THE MENTAL LEVEL THAT WHICH EXISTS ON THE PHYSICAL LEVEL, HE SHALL BE BOUND TO THE PHYSICAL.

In any educational procedure the repetition of an idea or concept has its merits as long as the repetition has a purpose. The sure sign of intelligence is to experience in the now each moment of time without boredom or irritability. Another quality of intelligence is the ability to look at each experience in the Everpresent Now and find similarities and differences between two or more similar events. This repetition of the concepts of fear and anger needs repetition for here is where I find people struggling, making the same mistakes over and over, as an adolescent with new feelings and ideas that have never been mastered. So, with this in mind, I wish to approach the emotion of fear with new momentum. Remember, that if we are only playing mental head games and have not fully re-experienced all aspects of fear, where we have deliberately and aggressively explored every aspect of fear in our lives, then the universe will provide the experience with unerring aplomb to help us complete our experience with fear. All wheels are now set in motion for that to happen as the crystals of fear are being systematically dissolved. This is also a very good time to employ the list quite deliberately as related to, but not limited to, our fears.

Let us carefully consider, that when the experience which stimulates or promotes fear within us individually comes upon us, we must be appropriate in the Everpresent Now and overcome that which at one time was resisted well.

Once again, as we move upward from fear toward anger, we must be careful to maintain self-control because that anger which we did not handle appropriately and which we resisted in the past will now come to our mind as it arises out of crystal to be released mentally, If that is not owned up to completely then the universe will follow suit to the culmination of that experience which we have suppressed concerning anger.

From the emotional level of fear we gradually move upward to the level of suppressed anger. Another name for this is covert hostility. This is the level which is very destructive to the individuals who are involved and must be understood and guarded against constantly. At the level of covert hostility one has not yet developed the ability to look at a person in the eye and speak to him or her with clear intent. The motives are always disguised, agendas are hidden under a cloak of secrecy, daggers are expressed in the eye as all outside of one is a threat, and the speech only indicates veiled threats and covert, indirect behavior. At covert hostility the person will speak and do only that which has intent to undermine and destroy, always behind another's back without one's knowledge. There is nothing charitable or loving, nothing forgiving or constructive in the behavior of an individual who is operating at the level of covert hostility. This is the level of underhanded maliciousness, slanderous gossip, terroristic activities, perverted sexual behavior, poison pen letters, and deceitfulness for destructive purposes. Against an individual such as this one must take precautions and not place oneself in an unwise or vulnerable position. Each of us, if we are not careful, as we move up the scale

of emotions-will find a time when all of our "buttons" are pushed to the hilt and we will find ourselves in our own mind, victimized. At this time we can decide to lovingly and willingly endure the experience and look patiently for the lesson we need to learn, or we can resist the experience and see ourselves slip from anger down into fear. When this happens we will find ourselves moving from anger down into covert hostility before we come to the state of fear, if we continue to resist the experience which truly has been designed to be our teacher. When we find ourselves at covert hostility we will have the desire to talk behind the person's back, degrade their being, question their human ancestry, rather than see them doing perfectly what they are programmed to do. At this time, we should not only counsel ourselves, but others also, to guard the tongue which is the unruly member, guard our own covert actions wherein we may desire to harm another, and guard ourselves against ever speaking a misdirected word of criticism, uttering an inappropriate judgment or condemning another unjustly for their behavior. As we observe the actions around us, it is advisable that we undertake appropriate behavior to maintain that which would be for the highest and best good for all concerned, For each event there shall be an entirely different itinerary. For each individual one must withhold oneself from imprudent activity, inept conversation, infectious emotionality, unnecessary contention, and untimely interchanges which will result in further reactivity and the ultimate downward spiral into identification or enmeshment with matter. Let us not be party to these aspects of degenerate activity. It is wise first of all for ourselves to harness the tongue, still the outer activity, place our attention on the aspects or Attributes of God which would apply to the conditions at hand, and wait patiently for the storm cloud to pass without adding to it in anyway. Once we have done this for ourselves we may find ourselves eventually in a position to counsel others accordingly and measure ourselves in prudent activity.

At this level of activity it is necessary for us to master the ability to be willing to be the effect and control all impulses to strike out covertly in any manner, against that which we deem to be our enemy, in protest against that which "appears" to be a threat outside of ourselves.

Remember, that which is outside of ourselves is a mirror of that which is within. Keep in mind that somehow this has been perfectly set up for our ultimate experience, individually, the play has been written, alone the stage has been expertly constructed, discreetly we have selected the players, and now we find ourselves in an embarrassing position because we have conveniently forgotten the lines and are thrown into the fray of confusion without a script. The challenge is to find out how to put it all together again into a meaningful experience.

Be willing to be the effect of the apparent tempest around you and as you lovingly and willingly endure with enthusiasm the tempest which appears like sure destruction invoking anger, all shall be contained within the confines of the proverbial teapot. Just enjoy and encompass the duality of yang-anger vs. yin-anger with quiet and peaceful enthusiasm and this too shall pass.

At the time we move from anger toward pain we must be very careful, as all the anger which has been suppressed will no longer be covert. Above anger, if you look at the chart or diagram carefully, the anger will be physical and overt which is called overt hostility. This can be terribly destructive if it is unleashed and not tempered by the pre-decision for self-control at all times. Above overt hostility is antagonism which is verbally striking out against any real or imagined adversary. Care must be taken not to say anything at this point, because words, thoughtlessly unleashed into the environment cannot be recalled. It would be wise to also be alert for that awkward moment when, those whom we are attempting to help come up through this level of destructive activity. Prudent discretion may be appropriate to protect oneself during possible out of control situations which sometimes awkwardly arise.

As we move from anger toward pain, it must be made clear that this level of experience is a withdrawal or effect-yin activity where one must learn to willingly resist the painful events which at one time were too much to handle. As the crystal dissolves the painful events which overwhelmed us in the past present themselves once again for appraisal and at this point we can choose to endure the pain until yang-pain vs. yin-pain are encompassed with the same degree of equanimity. All suppressed painful creations are hereby released by the methodology with which you have been instructed and hopefully you have committed them to memory.

Now, I wish to reiterate from prior teachings:

PAIN IS THE CAPSTONE TO MEMORY. REMEMBER ALWAYS TO LOVINGLY AND WILLINGLY ENDURE THE PAIN OF EACH EVENT.

Let us now consider carefully. If, through the readiness and sufficient experience on the part of the intelligence regarding these affairs as one has entered the path, one shall eventually experience the burning, searing pain of that which has been referred to in ancient texts as the Kundalini Fire. If the pain of the Kundalini Fire is endured well, with non-resistance, it turns into an energy flow in the body much like a current of energy. The transmuting power of the Kundalini Fire will release all of the suppressed emotional experience related to the event under consideration. All suppressed emotionality below the level of pain shall be transmuted instantly by the Kundalini Fire. All anger, fear, grief, apathy and unconsciousness shall be quickly resolved and the suppressed emotionality shall be enthusiastically embraced and transmuted. It would be wise to point out that the level between pain where one experiences the Kundalini Fire and Enthusiasm is often the most subtle and difficult to experience on the mental level. Therefore the job is not complete with just the experience of the Kundalini. Enthusiasm must be experienced and all suppressed enthusiasm must be transmuted before one shall have a clear access to the mental body in the area of consideration wherein the emotionality has been transmuted.

Whatever one was doing to induce the Kundalini Fire, one must be aware that one was ready for it to be released. Nevertheless, one must continue to do what one was doing to the best of one's ability, until the Kundalini Fire has performed its function well, which is the cleansing of the emotional body in a specific area of activity. This, when enthusiastically embraced, will transmute the resistances in the emotional body and shall enable the intelligence to have mental access to the area transmuted. This frees the corresponding crystals from the physical body which in turn brings about a reduction in the melanin-protein complex in the iris of the eye which indicates the inherited stimulus-response conditioned reflex. The iris of the eye definitely has a pigmentation change during this procedure. The rapidity of resolution of the crystals in the physical body shall be determined by the physical laws which are applied.

Remember:

***THE PHYSICAL BODY RENDERS OBEDIENCE TO THE APPLICATION OF THOSE LAWS THAT GOVERN THE PHYSICAL BODY.
THE EMOTIONAL BODY RENDERS OBEDIENCE TO THE APPLICATION OF THOSE LAWS THAT GOVERN THE EMOTIONAL BODY.
THE MENTAL BODY RENDERS OBEDIENCE TO THE APPLICATION OF THOSE LAWS THAT GOVERN THE MENTAL BODY,
RECEIVE, HONOR AND REVERE WITH APPLICATION THESE LAWS WITH PERSEVERANCE AND DEDICATION AND THE REWARD OF ETERNITY SHALL BE YOURS.***

I wish to reiterate a most important concept to keep everpresent in your thinking. Love transmutes the emotional body. The emotional body permeates the physical body and is not isolated from the physical body. The Violet Flame is necessary to transmute the mental body. The mental body permeates both the emotional and physical body and is not isolated from the others. One is incapable of oneself to transmute all on the mental body without the proper and sustained use of the Violet Flame.

It would be proper to once again mention that one may transmute the emotional body with the Kundalini Fire and then only have access to the mental body in that area transmuted. But when the mental body is transmuted by the Violet Flame, the Kundalini Fire can be triggered from the top down. In other words, changes in consciousness can cause a transmutation of the emotional body but transmuting the emotional body only gives access to the mental body.

Now, a very subtle lesson must be learned. We have chosen to endure the pain of a given suppressed experience. We have carefully encompassed the yang-pain vs. yin-pain. We have

talked about enthusiasm being applied constantly that pain eventually becomes an energy flow free from resistance.

Here is where we now need to deal with resisted enthusiasm in the same manner we have dealt with various levels of suppressed emotionality. Suppressed enthusiasm takes on various levels of resistance as we move downscale toward pain. Check out very carefully on your diagram where enthusiasm-pain is found and realize that this is in the area of resisted cause-yang. Enthusiasm is a calm, unbridled, peaceful, loving enthusiasm of love free from any form of resistance. When one enters into any form of resistance through any cause, one moves down the scale of emotionality to interest. As resistance continues to mount one moves down to conservatism and then down to boredom which is just above pain on the scale of emotionality. All pain is a form of emotion.

As we look at enthusiasm we find that we resist being enthusiastic or resist showing enthusiasm if we meet opposition in a given area of desire or attachment. Here is where we must willingly experience the outflow of opposition where we must learn to receive or willingly be yin or the effect of the outflow of another in opposition to a plan, goal, desire, or attachment of our own. We must learn to not be resistant to an energy which increases our own need for an outflow of enthusiastic related activity as defined above. By being willing to be the effect we move out of the pain level to boredom. Boredom is an easy area to get caught up into especially after a Kundalini experience. At the level of boredom a person is capable of being active in a given area of life but simply doesn't want to. Think of this as being suppressed yang activity related to enthusiasm. We move from boredom to conservatism when we discipline ourselves to keep up the feeling of enthusiasm, This is also an easy area to get caught up into as it is very socially acceptable and impressive to be conservative in one's manner of dealing with life. A person who shows too much interest or enthusiasm is often put down by opposition, which of course, tunes right into the resistance being emanated from the individual involved. So, if we enthusiastically, on the mental level, enjoy playing the game we move up to interest and then to an outflow of enthusiasm and this shall eventually level out to the calm, confident, non-resistant love of enthusiasm. Remember: Any attachment, desire, etc. will manifest resistance to which the universe is obligated to respond.

Please consider the manifold implications of the following and do not consider it lightly:

ANY ATTACHMENT, DESIRE, GOAL, RESISTANCE, DENIAL, POSITION, PURPOSE, ACQUISITION, RECOGNITION, ACCLAIM, RESPONSIBILITY, CREATION, APPRECIATION, SPECIALNESS, IMPORTANCE, ETC. WILL MANIFEST RESISTANCE UNLESS DUALITY IS ENCOMPASSED PERTAINING TO THE SPECIFIC ITEM MENTIONED. IF RESISTANCE IS MANIFESTED TO ANY DEGREE THEN THE UNIVERSE IS OBLIGATED TO RESPOND TO THE RESISTANCE MANIFESTED.

When the emotional body has been transmuted in a given specific area and enthusiasm has been fully developed to transmute the emotional body in the designated area, we will then have access to the mental body and then we will have the opportunity to encompass duality which in and of itself is a major operation. This shall suffice for now. Study this material line by line until your comprehension concerning this material is successfully complete.

I wish to point out that today we understand in part, we see in part, we believe in part. In a few weeks or months when this material is once again re-read, it will be like it has never been considered before as we will see with expanded understanding as if with new eyes. Do not hurry through this material so we can say we read it, this is foolishness. Do not say we understand it, this is foolishness as we grow into understanding through years of experience. Do not say that we know, when we have only intellectualized in part, as we have only touched the surface of this material, Do not be so sure that you have a complete understanding as our consciousness expands making our past understandings akin to foolishness. Persevere, study and pray upon the contents of this material and you will be blessed.

This is the end of Chapter Twelve.

The life which is unexamined is not worth living.

Plato

On action alone be thy interest, never on its fruits. Let not the fruits of action be thy motive, nor be thy attachment to inaction.

Bhagavad-Gita

CHAPTER THIRTEEN

The Mysteries of the Seven Times Seven Explained

When we falteringly begin to comprehend the mysteries of the universe, we will begin to see that as within, so without. We will eventually comprehend without question that the outer manifestation is the result of the hidden thought, feeling and spoken word. We will accept without confusion of mind, that the yin, outer manifestation, is the outer expression of the inner essence (yang) which is the source of all creative power.

Until we arrive at this point of divine understanding which can only be revealed to us from the heavens, through the God Presence within, we will have to start with that which we have to work. We start with the careful observation of our environment and then we act in a meaningful way to bring about order into our life, We do this by the formation of our list as explained in Chapter Eleven in Book One of the Logic in Sequence Series. After attentively observing our environment we begin to see that our body is the closest item in the environment (as part of the environment) with which we interact as an intelligence. We begin to see that the body itself is an outer reflection of the inner consciousness. Whether consciousness exists cellularly, genetically or on the soul level, the physical body and the environment are outer manifestations of consciousness.

As our perception expands we gradually begin to include the environment as an extension of our body as a means to come to the understanding of the creative powers of the inner essence. The body and the surrounding environment act collectively as a mirror from which we see a reflection of ourselves, in part. It is an outer mirror of the inner consciousness for which we are ultimately responsible.

The crystals in the body and the environment hold within them the suppressed thoughts, feelings and spoken words which we have not yet learned to deal with, thus we are incapable of visualizing that which at the same time remains buried in crystal. The crystal is the organic computer chip full of stored resisted memory.

This recognition that one cannot visualize that which is locked into crystal then compels us to understand the biblical statement:

***WHERE THERE IS NO VISION, THE PEOPLE PERISH.
PROVERBS: 29:18***

IF WE CANNOT EXPERIENCE ON THE MENTAL LEVEL THAT WHICH EXISTS ON THE PHYSICAL LEVEL WE SHALL FOREVER BE RELEGATED TO A POSITION OF REACTION AND SHALL BE DENIED THE OPPORTUNITY FOR CHOICE AND SELF-DETERMINATION.

At this time, contemplate again the message from the first book of the Logic In Sequence Series:

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

Once one can visualize, then one, at the same time, can re-experience that which has been suppressed and the crystals shall gradually transmute.

This now requires some deep consideration concerning the existence of the crystal at the level of unconsciousness and how the energy patterns differ from the level of unconsciousness when compared with the energy manifestations from all of the emotions above unconsciousness. At the level of unconsciousness one is not able to visualize, therefore one is not capable of re-experiencing that which has been suppressed. The crystal, therefore, cannot dissolve or transmute, it can only change energy patterns which are inherent within the crystal. One must understand at this level of crystallization, at the level of unconsciousness, one is totally enmeshed in matter. At this level one is totally reactive in the

area under consideration and has no awareness that one is reacting to a given stimulus. All reactions are justified by the conscious mind no matter how little reason or logic is involved. While one is disciplining oneself according to physical laws as well as emotional laws, the crystal cannot dissolve or transmute at the level of unconsciousness as one has not developed the ability to visualize in the areas of thought, feeling and spoken word.

That which transpires as one increases in one's emotional and mental resistance, as one moves involuntarily down into the enmeshment with matter, is that one's crystal energy pattern or oscillation of the energy matrix, or the oscillation of the atoms in the atomic energy matrix within the crystal shall gradually decrease as one's emotional and mental resistance increases. As one's resistance increases the energy matrix decreases in its activity of oscillation with a resulting heat and radiation emanation resulting in a gradual dissolution of the physical structure of the crystal. At zero point energy the physical structure ceases to exist as we know it. The spirit now is stripped of all outer identification or physical substance. Gradually the energy substance goes into dissolution and eventually all that is left is only the "ego" or the "I AM".

It must be made very dear that as the emotional and mental resistance increases and one becomes more the "effect" of the environment or, in this case, more unconscious, the oscillation of the atoms in the energy matrix becomes less and less while more and more heat and radiation emanates from the crystal as the entire crystal goes into dissolution. One then approaches what is called absolute zero or 0° Kelvin within the crystal itself at which time resistance ceases to be and the dissolution of all physical substance takes place progressively until one passes through what is known as the second death which is explained in detail in Book Three of the Logic in Sequence Series.

One passes through at this time the Time-Space-Continuum-Warp which will be explained more fully in Book Three of the Logic in Sequence Series. This pathway we have just described is the end result of the Involutionary Pathway, The unconsciousness of the intelligence in this area becomes part and parcel with the Etheric Web which includes all mental resistance and all emotional resistance which stems from the original mental resistance. This condition of interaction with the Etheric Web remains binding upon the intelligence until the intelligence through the process of Unconditional Love is capable of following the Law of Non-Resistance and reverses the entire procedure. To the degree that unconsciousness exists within the activity of the intelligence is the degree to which the astral realm has binding power over that intelligence. One must be cognizant that the above unconsciousness is the end result of one's own patterns of resistance which have been self-created. There is so much to understand here at this level of activity. Please be patient with the writer as well as yourself as all cannot be given in just a few pages. This is all just one small piece of the puzzle. Read on.

Remember: As one progresses in a healing crisis or follows the evolutionary pathway, one then reverses the hold that matter has on spirit or intelligence. At the level of unconsciousness one will then observe endothermic reactions to occur wherein the crystals begin to absorb the heat from the surrounding environment. These endothermic reactions indicate an increase in the oscillation of matter within the crystal or molecule as the spirit begins to move in an evolutionary manner to gain once again mastery over self and once again moves tenuously forward toward the gradual condition of self-realization.

The need for nutrient saturation cannot be overstressed at the level of unconsciousness as this obedience to physical laws will help the crystallization at the level of unconsciousness to increase its energy pattern until the crystal gradually begins to move into other forms through the process of biological transmutation as one moves from unconsciousness upward toward apathy. Please remember that the "crystal" or organic computer chip will not go through transmutational changes as long as one remains at some level of unconsciousness. As one moves out of unconsciousness the crystal begins to move toward greater levels of complexity as one moves upward toward fear. Be patient, all of this will eventually come together for you, the reader.

Now, let us suppose that we have not yet been able to free ourselves from enmeshment with matter sufficiently to visualize. If this indeed be the case, then we must direct ourselves to

physical laws dealing with the resolution of crystals on the physical level until such a time as one is capable of releasing the hidden content within the crystals that the ability to visualize is gradually returned to the intelligence.

Memory is not fully returned to one until one is able to re-experience the pain involved in the area of emotional and/or physical trauma in which the memory is suppressed. After the pain is re-experienced the memory gradually returns and the ability to visualize in that area is systematically restored.

Let us consider that one cannot remember a specific trauma in life. Let us assume that the memory is totally suppressed to the level of unconsciousness and one has become totally a stimulus-response mechanism in this particular area, which suppressed trauma is then totally programmed into the physiology of the body. As the crystal is slowly dissolved by:

1. Nutritional Saturation
2. Correct Application of Law
3. Dissolution of the crystal through the application of Body Electronics, one is then able to follow the following procedure by observing and acting accordingly to the content of Chapter Twenty-One in Book One of the Logic in Sequence Series.

As one moves from unconsciousness to apathy, one experiences in reverse order that which has been suppressed. It would be wise to really understand the concept of Healing Crisis as discussed earlier in this book in Chapter One.

In this case, as we move from unconsciousness to apathy, we find a re-experiencing of a contraction, a resistance to being yin, a resistance to being the effect, a resistance to receiving this particular experience of life, a resistance to being apathetic as related to the word patterns such as "I can't", "I can't handle it.", "I can't experience it", "I can't live with it." What-ever.

At this point in one's progress one must be reminded to re-experience on the mental level the resistance to the experience which one did not originally lovingly and willingly endure. One must remember to "Lovingly and Willingly Endure All Things". Herein one must first learn to re-experience resisting the resistance.

It is now time to lovingly and willingly re-experience the resistance to life's experience and cease holding it (the experience) in a continual state of creation thus bringing into existence, over and over, the very experience we originally resisted. Isn't this a wonderful game of life that has been invented? It just couldn't come any better, Now, as we lovingly experience the resistance to the experience and the related apathetic "I can't" expressions, we then receive the experience with non-resistance and then we choose to be yang about the whole experience and re-create in our mind lovingly and willingly that which we at one time resisted.

Please consider and absorb the following charts:

CHART 13-1

Code

1a Enthusiasm

2b Pain

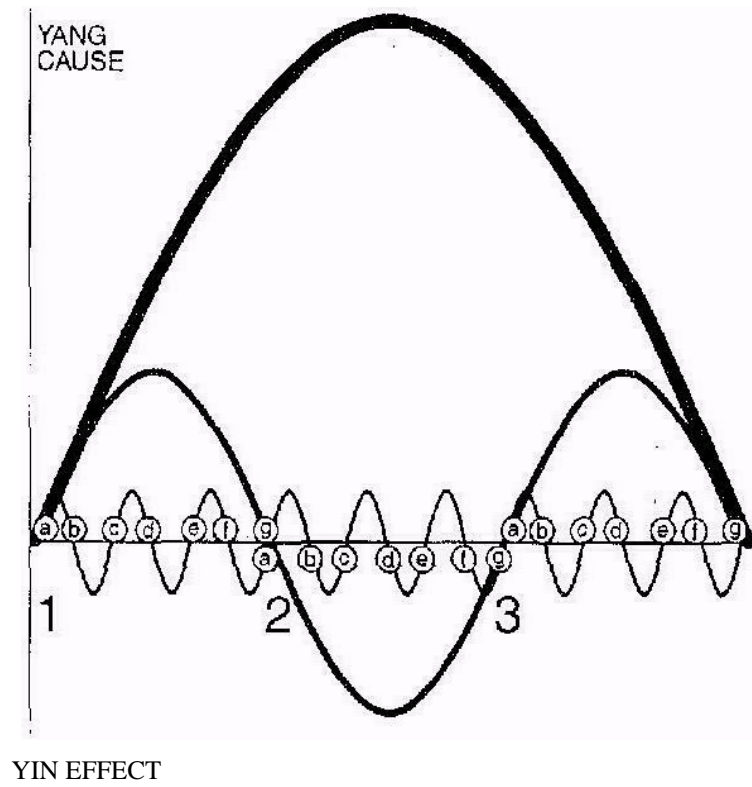
3c Anger

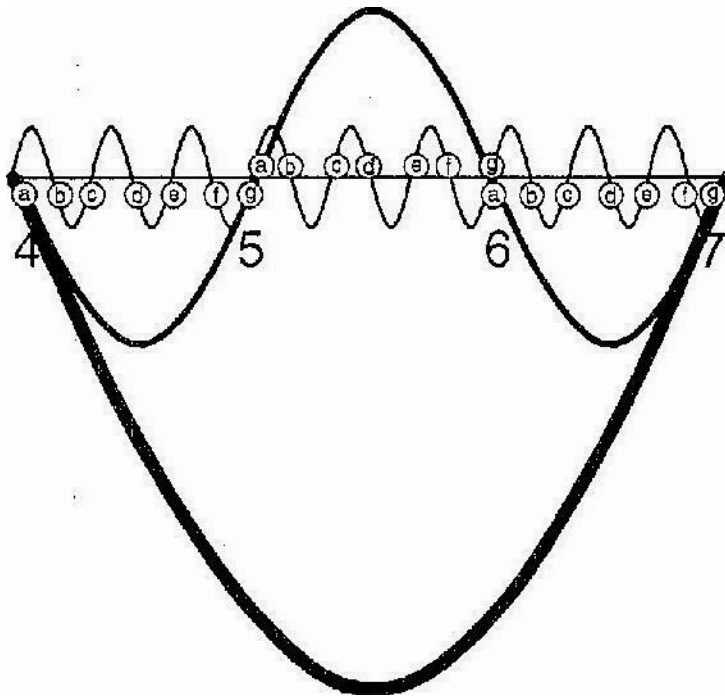
4d Fear

5e Grief

6f Apathy

7g Unconsciousness





It would be wise to consider that as long as we are unwilling to experience or to re-experience any event of life, we will not be free of the resistance and thus shall draw that experience into our realm of experience over and over until we can graciously receive it, with gratitude and non-resistance and choose to lovingly and willingly endure all things.

Once we can choose to be yang and experience on the mental level that which we at one time resisted on the physical level, we will be forever free of that energy pattern . Not that we were able to get rid of it but that we have encompassed it.

Please remember, as we are on the path together we must realize the importance of re-experience.

Quoting from Chapter Nine in Book One of the Logic in Sequence Series:

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

Another way of looking at the same issue:

THAT WHICH WE ARE NOT YET CAPABLE OF EXPERIENCING ON THE MENTAL LEVEL, WE ARE DOOMED TO RE-CREATE ON THE PHYSICAL LEVEL.

Enjoy whatever for the wheels of universal substance are in the process of serving up to us exactly what we need to finally see what we are resisting. Do not be concerned, for if you miss something along the way, rest well assured the universe will remind you.

Now, after we have re-experienced lovingly and willingly the "I can't" experience from unconsciousness to apathy, we then encompass the duality of "I can't" - "I can" and we learn to do so with equanimity or impartiality. When this is done properly we then move from apathy toward grief, This level is a resisted yang activity where one is unwilling or resistant to being "outflowing" in the expression of grief, or resisting giving outwardly that particular emotion, which, indeed, is resisting being causative in some outflowing of energy, in this case, grief.

So, how do we handle this? Simply, be willing to be the effect of the causative behavior and rather than resisting grief such as "I won't cry." or "Big boys or girls don't cry.", we see through

the resistance .to crying and then we are willing to be the effect of the grief and are willing to Set go of our resistance to grief.

We then willingly receive the resistance to grief, which we, at one time, refused to allow ourselves to experience. Thus, we are now willing to express grief.

THERE IS A DISTINCT DIFFERENCE BETWEEN THE IDEA OF VENTING OUR EMOTION IN AN OUT OF CONTROL MANNER AND CALLING THAT THERAPY, AS COMPARED WITH OUR WILLINGNESS TO EXPRESS GRIEF IN A CONTROLLED MANNER, WHILE TRANSMUTING THE RESISTANCE OF GRIEF BY EXPERIENCING IT ON THE MENTAL LEVEL. THIS IS A POWERFUL CONCEPT AND MUST BE UNDERSTOOD AND PUT INTO PRACTICE, IF ONE CHOOSES TO PROGRESS ALONG THE EVOLUTIONARY PATHWAY.

This is the level of willingness to experience the resistance and then let go of the resistance by experiencing it mentally. We then encompass the duality of crying vs. not crying with the same degree of equanimity. Duality concepts may vary widely.

We then move from apathy-grief to grief-fear. This is another resistance to being the effect. What do we do? We willingly choose to be the effect and love the experience without resistance. By choosing to be the effect which is being yang, and choosing to experience that which we have resisted, we then are eventually able to encompass the duality involved and rise above it by encompassing the yin-yang experience.

Now, we move from fear toward anger and see the resistance we had to our expression of anger. We allow ourselves to admit how angry we have been and how we have suppressed it by refusing to show it or let it out All this is done on the mental level while we exercise control over the body. It is dangerous to allow our anger to be vented which only adds power to the reactive mechanism of suppressed anger. Does the expression of anger release the pent up emotion? Yes, of course it does, and one always feels better when the emotion is out, yet, often the damage is done when the anger is vented. Even though the tension is gone and the individual temporarily feels better, there has been no mastery over the reaction and sooner or later the reaction shall appear again for the individual to control and master on the mental level. Let me make clear that when our emotionality exists in a given area below anger, we are not aware that we are angry. As the crystal dissolves in the manner indicated to you we gradually become aware of our anger. Until that time it is suppressed and we could never imagine that we have one ounce of anger suppressed within our minds or bodies. Keep an open mind and simply become gradiently aware and the anger will arise for our full attention and the test of our self-control. The same is true for all emotionality.

As we move through the level of fear-anger, we mentally admit our anger while we continue to hold the body still and hold the tongue still and not allow the anger to be vented which again is simply destructive and gives power to the reactive mechanism which is built deeply into the physiology of the body. The crystal of anger is real. Now, at the same time we exercise self-control while we do not suppress the feeling of anger. We admit that we feel the anger and on the mental level intensify the anger completely while it is understood and encompassed with Unconditional Love.

Whatever needs to be created or re-created to bring about a release of a particular resistance requires that one intensify the emotion which is resisted until it can be released forever into the ether.

ONE MUST CONTROL THE BODY, CONTROL THE TONGUE AND RE-CREATE THE EMOTIONALITY ON THE MENTAL LEVEL UNTIL IT IS RE-CREATED AT THE SAME INTENSITY AS THE ORIGINAL EMOTIONALITY WHICH WAS SUPPRESSED.

By re-creating the anger on the mental level we un-create the anger that has been suppressed and soon it has been un-created or "poofed" and we are free forever from the bondage of that particular specific anger. All of this must be done within the framework of the use of the Violet Flame and the continual use of loving enthusiasm. Here, once again, we

must be willing to be the effect, willing to receive, willing to be yin and not resist the experience of anger. We must also be willing to experience the resistance to the resistance to being angry. Our own anger is one thing, another person's anger is another. Each must individually be dealt with. Usually when we have resisted someone else's anger that which we have resisted we have become. So our anger is often the result of our resistance to another's anger. There is so much to cover here, but a good understanding of these concepts will take place through the experience of Body Electronics which will help to bring this all to the fore so it can be sorted out I wish to make clear one important concept. We can resist our own resistance, we can also resist another person's resistance. The result will be the same, That mental energy pattern which we have resisted will be incorporated into our being and will become our master as we become that which we have resisted on a stimulus-response level. Let me introduce to you a little Diagram that will help one understand better.

- 1) Person "A" and Person "B" exist.

"A" "B"

- 2) Person A has a creation represented by (c).

"A" (c)

- 3) Person A resists this creation thus the creation persists.

A — | (c)

- 4) Now "B" comes along and becomes aware of "A" along with "A"'s resistances of his creation (c).

A ---| (c) B

- 5) B resists the situation of A resisting (c) which results in judgment, criticism, condemnation of A resisting (c).

A—I (c) I—B

- 6) A chooses to leave but B is now left with the resistance of A resisting (c) which should remain in his consciousness and emotional body and physical crystallization until B can let go of his resistance, according to the rules we have presented to you for your consideration and action.

[A—| (c) |—B

That which we resist we create, therefore we should be eternally aware of our tendency to compulsively or reactively re-create that which lies deeply within our collection of crystals. Things usually don't just happen. Most experiences are programmed to happen, we have no memory of any similar event, we are not aware of our inherent crystals containing resistance therefore we consider this a new experience as we automatically reactively resent, resist, react and thus replay old tapes. Such is life.

Once we have experienced thoroughly the encompassment of duality regarding the levels of fear to anger, we then are ready to move on with the level of anger to pain. This is again a form of contraction or fighting against that which one is experiencing. Therefore, we choose to experience it and thus look at the resistance to the withdrawal or contraction from pain. We then encompass the duality concerning pain.

We thus move to pain-enthusiasm level which again is a yang experience wherein we need to learn to receive the yin aspect of the yang which we have resisted. Then the duality is to be encompassed. Remember, what we have resisted at some time in the past will be perpetuated in our own personality. This comes from crystals which are genetic or old soul

level experience. Just keep in mind that which we do not like, that which we resist out there in the environment is but a reflection of that which is within ourself.

It is wise to recognize that the seven major emotions encompassed by six cycles from the diagram are to be encompassed by one major cycle wherein fear is the point where the cycle passes through the horizontal axis. With concern for the major cycle, above fear as one progresses evolutionarily, one will have exothermic reactions which is explained in part in Chapter Twenty-Nine in Book One of the Logic in Sequence Series. Below fear one will experience the endothermic reactions as the crystal systematically transmutes to greater and greater complexity as one moves evolutionarily from unconsciousness towards fear.

REMEMBER, THAT EVERYTHING THAT IS EXPERIENCED AS THE HEALING CRISIS TAKES PLACE IS IN REVERSE ORDER AS TO HOW IT WAS FORMED.

Now, within the one major cycle one will have six complete cycles wherein endothermic reactions and exothermic reactions can occur. As you will see from the diagram, one can have a simultaneous endothermic and exothermic reaction which is quite common during Body Electronics application. Between unconsciousness and apathy, grief and fear, anger and pain, one will experience endothermic reactions as one arises evolutionary upscale within the parameters of a "Healing Crises". As one moves upscale from apathy to grief, fear to anger, pain to enthusiasm, one will experience exothermic reactions, which will be manifested outwardly as radiant heat and heat. Thus one can feel simultaneously hot and cold as one re-experiences that which has been suppressed for who knows how many generations, as the energy is released systematically from the crystals. Thus, one can experience cycles of change within major cycles of change.

These cycles of change within major cycles of change have to do with crystal transmutations or changes as one moves upward out of unconsciousness. Remember, the crystal or organic computer chip increases in complexity as one moves from unconsciousness to the level of fear. In turn, the crystal moves from a complex state to a simple state as one moves from fear toward enthusiasm. Basically, the endothermic reactions dominate as one moves from unconsciousness to fear. From fear to enthusiasm exothermic reactions dominate as the crystalline structure diminishes in complexity. Only within the confines of unconsciousness shall one deal with internal energy oscillations as herein the intelligence or spirit is crystallized in matter. Within the confines of unconsciousness will also be found the 7 levels of unconsciousness. Carefully analyse chart 13-1. You will observe that there are 6 series of a.b.c.d.e.f.g shown. Steps a-g between 1 and 2 represent the 7 levels of enthusiasm, steps a-g between 2 and 3 represent the 7 levels of pain. Steps a-g between 3 and 4 represent the 7 levels of anger. Steps a-g between 4 and 5 represent the 7 levels of fear. Steps a-g between 5 and 6 represent the 7 levels of grief. Steps a-g between 6 and 7 represent the 7 levels of apathy. At point 7 we have unconsciousness within which will be found the 7 levels of unconsciousness. With all levels except unconsciousness we shall have crystal transmutation involving changes from simplicity to complexity to simplicity. Only at the level of unconsciousness will we find one totally crystallized wherein one shall deal with varying levels of internal energy oscillation of the crystal itself. Remember the content of the crystallization is determined by the suppressed or resisted pattern of thought, feeling and spoken word. As the seven levels of emotionality within the level of unconsciousness go through their various changes the oscillation of the energy pattern within the crystal shall vary. This was explained earlier in this chapter.

Now, to expand further upon this concept, one has seven basic emotions which are experienced within each one of the seven emotions as they are systematically released from crystal. Please consider the following, as a full understanding of this principle will help one to - understand in greater detail the full implications of healing crisis.

It should be pointed out that one will have various harmonics involved in the sine wave diagram which could complicate the diagram immensely. Yet the simple explanation as contained herein can be the springboard for unlimited complexity and speculation to cover the multitude of various conditions and variations found in universal expression.

One can be unconscious. One can also be unconscious that he is unconscious. As the crystal begins to increase in internal oscillation and as self-discipline is appropriately applied to the reactive mechanisms with which the individual is identified, wherein the individual is totally reactive and finds himself/herself fully and thoroughly justified in the reaction, one will rise gradually through the scale of emotionality. As the crystal continues to increase in its frequency of oscillation and the reactive mechanism is starting to break up, one moves gradually from unconsciousness moving gradually to a point of apathy concerning his/her unconsciousness or reactivity. Then one gradually feels grief about one's reactivity or unconsciousness, then fear concerning the unconsciousness, then anger about the unconsciousness, then pain involved with the unconsciousness, then when the pain is sufficiently endured the individual rises to enthusiastic unconsciousness and gradually the unconsciousness or numbness begins to release until it is totally gone. At this point the reactive mechanism goes through a decided change and the unconsciousness or numbness in the area under consideration in the body is gone. The crystal has sufficiently increased in its internal energy pattern or its frequency of oscillation to release the unconsciousness at which time one then moves toward apathy. At this point wherein one gradually moves from unconsciousness to apathy the crystal begins to release its hold on spirit. Apathy will not be reached until one has lovingly and willingly endured all of the aspects of unconsciousness with non-resistance and gratitude, at which time we then begin to experience the seven emotions within the movement from unconsciousness to apathy.

Thus from close inspection of the accompanying diagrams we find yet mini-endothermic and mini-exothermic reactions within larger cycles within yet one large cycle.

As we move up through apathy we start with the fact that a person is unconscious that they are apathetic, Then when they become aware that they are apathetic they reach a point of being apathetic that they are apathetic. Then they feel grief over their apathy, then fear about their apathy, then anger toward their apathy, then pain concerning their apathy and eventually when they apply all the correct principles they become enthusiastic over their apathy and then they move gradually up to grief.

It is suggested that in your mind you take quality time and consider the gradual upward movement along the scale of emotionality. Remember, only that which shall be re-experienced is that which at one time was suppressed and this can vary as the color of the (eaves in the Autumn. Each person shall only experience that which they have suppressed during this life time, or they shall re-experience genetic memory, or that which has been suppressed on the soul level and is part of the consciousness of the intelligence.

Thus, we have seven emotions within each of the seven emotions of major consequence and thus we will come to understand the esoteric seven times seven which is forty-nine. When we deal with a very important number of fifty we will have the seven times seven plus one which is fifty. This fifty can then be related to the Fifty Acts to Perfection wherein each step is designed to bring one up through the gradual release of each step of suppressed emotionality. Much more on this later will be brought forth in the Logic in Sequence Series.

Now, how does this all fit together? Simply observe the cycles within cycles, the energies within energies, the karmic patterns within karmic patterns and observe and savor each step with no impatience, with non-resistance, with accurate choices of the re-experiencing procedure. We may perceive it is appropriate to choose to be receptive, to receive with non-resistance. At another time when we have been unwilling to experience, we choose to re-create the experience. So we learn to give and receive appropriately, in the proper time and place. We experience the yang and then when all that is complete we can then experience the yin. We choose to observe and then give energy or receive energy in an appropriate manner, observing each time our resistance to give (yang) and in turn our resistance to receive (yin) until we can do both simultaneously on the mental level at which time we shall encompass and be free of the chains of resistance brought about by our improper manner of dealing with duality. This will certainly help us to be more capable of dealing with our life, free from the chains of reactivity, We now have choice to respond rather than being tied to an exacting reactive program determined by the continued round of external behavior.

Truth is timeless. That which applied a thousand years ago applies yet today. The laws of the universe still apply. That which applied to these carbon-hydrogen bodies years ago, applies to us now. That which is suppressed below the level of consciousness of man through his inability to endure pain limits men in his memory. The lack of memory in a given area of experience relegates man to a condition of stimulus-response over which he has no conscious control and which he consequently justifies with rational reason. One creates a reason or justifies why a certain reaction took place. The reaction appears to be a choice of action, but those of us who understand how the mind operates can clearly see that we are simply acting out our programming and are reacting to a given stimuli rather than acting out of choice.

Remember, once the emotional body is accessed, the various degrees of emotionality must be released until the level of pain is reached. When the pain is re-experienced in a given traumatic experience, then clear memory returns. Prior to the experience of pain as related to a specific emotional or physical trauma one will have a gradient degree of memory. At the level of unconsciousness there is no memory. At the level of apathy, one doesn't care if one remembers or not. Memory is very unclear at this level. At the level of grief one only remembers what has been done to one and has no memory as to how one participated in the causation of the event. At grief one can only talk about the memory in general, there is no specific memory. At fear one remembers only that which causes one to fear. One does not clearly remember the causative factors. At anger one is one-pointed in the memory, wherein one only remembers that which puts the blame outside of oneself. At pain one begins to see that there are two sides to any given situation and at enthusiasm one sees how one has set up the entire scenario and takes responsibility for what has occurred. At this level memory is clear.

Nearly all of mankind is living in a world of programming and the activity is justified by a simple or similar word pattern to, "I just feel that way." Thus, one's actions are determined by a feeling in response to a given situation. Now, once the emotional body is transmuted and enthusiasm reigns, quietly, peacefully, without fanfare, one then is capable of accessing certain areas in the mental body where duality can then be successfully encompassed and discernment can then arise out of equanimity,

ONCE ONE REACHES THE LEVEL OF DISCERNMENT IN A GIVEN AREA OF EXPERIENCE, THEN ONE IS CAPABLE OF GRADUALLY COMING TO A KNOWLEDGE OF THE TRUTH.

Let us consider for a moment the activity of resistance. When we resist a given situation we go down through the seven levels of emotionality. When we resist the resistance we will have seven levels of emotionality to each of the seven levels of emotionality. Thus during the "healing crisis" all is reversed, non-resistance is being practiced and that resistance which was resisted in a given level of emotionality must be re-created first. Then when all seven sub-levels are re-experienced we then simply re-experience the major emotion which then simultaneously brings us up through the next seven sub-levels as the next major emotion is re-experienced in the manner which has been explained. Let us deal with the resistance to the resistance first. Secondly we deal with the resistance. This is all simultaneously considered as the soul progresses. The suppressed emotionality is then released in the reverse order as already explained. All associated word patterns and sensory memory are released sequentially with the release of each emotion, and as one understands this sequence of events one's restrictions to a perfect memory gradually drop away and the ability to visualize is restored.

in the Bible, 2 Timothy 3:7 it states: "Ever learning, and never able to come to the Knowledge of the truth." This refers to mankind whose focus of attention is upon the outer manifestation, the sensory word, and who have not learned the mysteries of the inner essence.

ONLY BY OVERCOMING PAIN CAN MEMORY RETURN TO THE INDIVIDUAL, AND ONLY BY OVERCOMING PAIN CAN ENTHUSIASM SPRINGBOARD THE INDIVIDUAL INTO THE INTRICACIES OF THE MENTAL BODY.

Only through the encompassment of duality can an individual come to a discernment in a given area where truth is then recognized free from the resistances from which arise judgment, criticism and condemnation, from which in turn arise an unbalance due to the lack of equilibrium or equanimity regarding a particular duality. Thus, the emotional body must be overcome by willingly and lovingly enduring all things and then learning from the focus of attention on the outer that this external focus will gradually be replaced by the internal focus or a knowledge of the truth. This knowledge of the truth can only come from a true position of discernment. Thus, we move gradiently toward perfection through the Process of Self-Realization.

This is the End of Chapter Thirteen.

The more one studies, the further one is from the Tao.

Lao-Tzu

For the things we have to learn before we can do them, we learn by doing them.

Aristotle

CHAPTER FOURTEEN

The Resistance of Emotionality

Let us consider the scale of emotionality from another perspective. Let us consider the cyclic nature of each phase of emotionality beginning with enthusiasm. Let us consider that the emotionality locked into the Constitutional Man has had suppressed emotionality that has been inherited, and which has been added to for many generations through the resistance of our ancestors. Thus, what we recognize that we are dealing with is a series of energy overlays on top of energy overlays each one in turn adding distortion to the energy of the original DNA and in turn further shielding the true nature of the original DNA from recognition. The intelligence or ego which includes the Natural Man which is the Human Creation of the intelligence also brings a long history of varied experience which has been resisted, this also is now overlaid on the Constitutional Man. So now we have both the Natural Man and the Constitutional Man with which we are dealing. To further complicate matters we have a series of holes in the auric field which have been either inherited or acquired. These holes of unconscious energy draw like energy by the Law of Attraction from the environment around and the holes are eventually filled. If the hole is filled by another unconscious or near unconscious intelligence, which is often the case and which is called an entity, then we have to deal with the energy overlay of the entity as well, which can be quite extensive. One may have a series of holes filled by a series of entities which continue to plague the individual until the holes in the auric field are closed and the entity is exorcised. Each hole must be closed in turn, the energy involved experienced and released in turn, and thus there is no further attraction for the entity and the entity is released from the body. It has been the experience of this writer that many of the chronic illnesses we experience are due to entity involvement. With the entity release we often find an immediate release of symptoms. Chapter Fifteen in this book will explain this in detail.

Nevertheless, whether the energy is Constitutional, Natural Man or Entity, we will have our hands full in learning how to deal with each energy in turn. Let us return to basic principles that we all need to master. Let us begin with enthusiasm and remember that we may be dealing with energy patterns which go back to some time in the past. Nevertheless, they are all manifesting in the Everpresent Now and must be dealt with accordingly.

As a resistance to any act arises out of judgment, the enthusiasm begins to move from a position of non-resistance to a position of keen observation of the external environment as being separated from self. Whenever one observes from this point of separation, resistance enters in and enthusiasm gradually drops from a position of non-resistance to a position of subtle resistance to more and more resistance until one is eventually totally enmeshed in matter and has become reactively that which one has resisted. This is the level of unconsciousness.

This entire process can be looked upon with greater objectivity when viewed from the seven times seven concept. At the position where resistance begins one leaves the calm, clear state of equanimity, where one is quietly and calmly enthusiastic. One at this state is loving from a state of non-resistance. This is where the sine wave in the diagram intersects the horizontal axis. As one moves gradually into greater resistance one moves to the right on the chart, one enters the position of being enthusiastically enthusiastic. One is in control, delighted to be playing the game of life with a minimum of resistance. At this point one has left the oneness of all life to a separation position where one sees oneself as a separate unique being, as separate from all other life, yet with a minimum of resistance. As opposition gradually mounts as one partakes in the game of life, one becomes fixated in one's attention on the outer event and one becomes fully engaged in the game of life at the level of painful enthusiasm. At the level of pain we have a hyperactivity, therefore, at this level of painful enthusiasm one is hyperactively enthusiastic and is very aware of the game, very aware of the other players and very intense in the activity of give and take and very aware of the nature of the other players and their point of view. May we call this level the level of intuitional enthusiasm as intuition is gradiently inherent at the level of pain. As various levels of pain are suppressed so is the level of intuition suppressed. This is the level of interest as shown on the chart; this corresponds with hyperactive enthusiasm.

As the resistance mounts, we move to greater levels of intensity with the enthusiastic intent to do battle, to win which is at the expense of the other, the level of power enthusiasm now exists which is an angry enthusiasm. This is the level of enthusiasm where one is out to win at any cost. At this level of activity, there is a great willingness to participate but there also exists a tremendous level of competitive desire to win at whatever game is happening. The intent is to get the upper hand enthusiastically. It is only a game, isn't it? At this level one can win, lose, or draw and it is only a game, when the game is over the search is on for the next game. There is no resistance to loss, even though there is a high motivation to win, to overcome, to master the opposing position.

Here we begin to move into resistance and actually move from a hyperactivity of pain down through antagonism where there is the enthusiastic verbal interchange with the adversary, and eventually down to an enthusiastic physical interchange at the level of overt hostility. Here is where one physically goes all out to win, enthusiastically, of course. When we reach the point of anger there is no backing down from the course of competition, the intensity is enormous. This is the level of conservatism as shown in the chart. One conservatively weighs every action for the purpose of winning.

As the resistance mounts and we have been unsuccessful in a frontal attack, we drop down from anger to covert hostility where we enthusiastically compete from a position of deception. We do not let the opposition know our plans. We operate from behind the scenes, from a position of taking a person off guard by faking, by feigning weakness, by striking from an unsuspected position, etc. If the resistance mounts and our ploy does not appear successful we then move to enthusiastic fear where we get out of our losing position as quickly as possible. We retreat and regroup. At this level one still plays the game enthusiastically but in the spirit of competitiveness is afraid of losing. With the unwillingness to lose beginning to take hold the resistance mounts. One then moves down the scale of emotionality to propitiation where one is willing to compromise all for a momentary advantage while being unwilling to lose. If one does not find success in this move one finds that the resistance mounts and one moves down to a role of enthusiastically trying to make the winner guilty for winning and one tries to place the winner in the role of a victim maker. Of course, this is all good clean fun, yet one will notice the gradual decline of emotionality and the continual increase of resistance. If the victim maker is unrelenting in his successful bid for conquering or winning the game and the resistance to the game mounts, one then moves down to grief where one is out flowing tears from a position of enthusiasm. Now, we move down to where one is apathetically enthusiastic which is the level of boredom. One can play the game if he wants to but is too apathetic to do so at that moment. The capacity to play is there. Yet, one plays the game at boredom where one just doesn't want to play at that moment in time. As resistance mounts we move into unconscious enthusiasm where one is not aware one is enthusiastic. This hits on the diagram the horizontal line and one moves across this line into enthusiastic pain. At this level one doesn't mind the pain. One is able to transmute the pain at this level. One has a good clear memory at this level, the memory is not yet suppressed, one is very intuitive at this level as the intuitive level has not been clouded. Nevertheless, as one moves into resistance to pain one is moving into a withdrawal position, a yin position. Above pain we were in the process of reaching out with yang energy. As we move from enthusiasm to pain we move from a cause position to an effect position which will be maintained until one reaches the point of anger. Please consider the cycles within cycles on the diagram. If we consider each of the seven levels within each of the major seven levels of emotionality we see an emerging pattern within each level of emotionality.

As we move from enthusiastic pain to painful pain we find ourselves at a level of hyperactive pain. This is the level of Kundalini Fire. As we move from painful pain to enthusiastic pain which is moving upward on the scale of emotionality the Kundalini Fire becomes an energy flow as there will be no resistance to pain. At the level of painful pain we will have the burning-searing pain of the Kundalini Fire. Think of this as being experienced in reverse during the Healing Crisis. More of this will be explained in detail in Chapter Twenty-Nine in Book Three of the Logic in Sequence Series. We now move down the emotional scale as resistance increases to angry pain. Here is where one does battle with the pain with full intent to overcome. Below this we come to fearful pain where we want to get out of here as the pain is

too much, yet fearing what will happen if we don't stay and confront the pain. So we are in good enough control to stay and work it out, unless we allow the resistance to mount by not lovingly and willingly enduring all things. One must understand that the pain is in the process of triggering emotional reactions at all levels, as every crystal in the body with suppressed pain is being triggered to react in every conceivable manner. If we do not accept conscious control or dominion over our lives with the epitome of self-control at this level the reactions can take over. One at this level at all times must be self-determined to lovingly and willingly endure the pain and transmute all reactive mechanisms that are triggered at this level. This triggering can take place at all levels for that matter therefore the above paragraph is to be a constant reminder at any level of emotional activity.

Remember, that the re-experiencing or experiencing of any activity which is similar in any way to the energies which are suppressed in "crystal" will have a tendency to bring all of the associated reactive patterns to the fore to be re-experienced mentally. Thus the environment will provide through experience the triggering of the reactive mechanism inherent within each crystal which is the encoded memory of the suppressed experience. This will give us a chance to either re-experience or continue to suppress. Often there is no reason that is apparent for the reaction, thus we take an attitude "whatever" and simply lovingly and willingly endure all things with no expectations as to how things ought to be, should be or could be and no conditions placed upon the experience which is transpiring as an outer reflection of the internal mechanism of creation. The bottom line is to commit to a mental attitude no matter what the outer experience may be. This mental attitude is to experience or re-experience with non-resistance, lovingly and willingly, whatever. The race is not to the swift but to those who endure to the end.

If the resistance continues to increase, we move to the grief level of pain and finally into the apathetic level of pain where one feels "I can't do anything about the pain". As the resistance mounts we drop down the scale of emotionality to unconsciousness about pain and we have suppressed the pain. We have now denied the pain. We move once again through the horizontal axis on the diagram to enthusiastic anger where there is no resistance to being angry, At this point the anger flows and one is enthusiastic about being angry. As one continually finds himself in a loser role and the resistance mounts, one drops down to a hyperactive painful anger. Gradually one drops down to an angry anger as the resistance increases. At the level of angry anger one is simply wantonly destructive. This is the level of head to head confrontation. As we move down below angry anger we come toward fear through the level of covert hostility. At this level all aggression is covert, behind the scenes, malicious and terroristic. We resist further and move down scale to fearful anger where we are now afraid to show our anger and more suppression enters into the levels of resistance. As the resistance mounts we come to the level of grief and here we are so angry, we are mad to tears. Then we move downward to apathetic anger where "I am so angry I can't do anything about it". Then we move to unconscious anger where one denies his anger. Resistance continues and we evolve downward into enthusiastic fear. Here we have moved into a withdrawal. We are fearful with non-resistance. At this level we are fully justified that we are fearful and are not resisting being fearful. If we move into the next lower step of painful fear we are now into a hyperactive fear which is evidenced by sheer terror. We next move down to an angry fear where we are smoldering fearfully. We move downward into fearful fear where we simply wish to retreat to a position of safety, We are afraid to be afraid. We move on down through grievous fear where we become a very good victim. Resistance continues and we move down to an apathetic fear where we can't do anything about the fear. Then as the resistance mounts we come to an unconscious fear where we don't realize we are fearful which then slowly moves downscale into an enthusiastic grief. At the level of unconscious fear we deny the fear. As the resistance to the experiences of life continue to mount, we move from free flowing enthusiastic grief to painful grief which is a hyperactive grief. At this level the tears flow. Angry grief follows downward to fearful grief where one is afraid to show grief, then to apathetic grief where one can't cry or show grief, and finally we reach an unconscious grief where one's grief is denied, which as the resistance continues, moves into an enthusiastic apathy. This is a non-resistant form of I can't. We then come to a painful apathy where one is hyperactively apathetic. "I just can't". We move downward to an angry apathy characterized by an angry "I can't" to a fearful "I can't" to an apathetic "I can't" We then move to an unconscious apathy wherein denial of apathy takes place. One is not aware one is apathetic which as the

resistance mounts, one moves to an enthusiastic unconsciousness, Please regard the activity on the diagram regarding these matters.

WHEN WE REACH THE LEVEL OF UNCONCIOUSNESS WE FIND OURSELVES TOTALLY IDENTIFIED WITH MATTER OR, IN OTHER WORDS, WE FIND OURSELVES CRYSTALLIZED.

At the level of enthusiastic unconsciousness one has no resistance to being numb. It is all right to have no sensations, no feelings, wherein there is no resistance to the unconsciousness or numbness. We then come to painful unconsciousness which is hyperactive numbness. Everything is numb and we are intuitively aware of it and are hyperactive about it. We continue resisting and move downward to being angry about our numbness, then gradually downward to fear about our numbness at which time we move downward to grief wherein all we can do is cry about our numbness. Then finally we are apathetic about our numbness and move into unconsciousness about our unconsciousness which is equivalent to emotional death.

Remember: At this level we are totally identified with matter or crystallized, At this level we deny we are unconscious and this condition then fully seeks to reactively perpetuate itself. Any attempt to bring an individual out of unconsciousness becomes a reactive threat to one's beingness,

When one reaches the level of unconsciousness as one moves along the Involutionary Pathway one becomes totally crystallized or identified with matter. Even if one is totally crystallized one still has the motion or oscillation of particles within the crystal itself. As one moves into deeper levels of unconsciousness one moves into greater and greater levels of exothermic reaction. Heat and radiation are continually being given off as the crystallization or that with which the person has identified moves gradually toward a state of dissolution. The oscillation of the activity within the molecules of the crystal continues to decrease as the heat and radiation continue to be given off and the crystal moves toward a zero point energy. When the point of zero point energy is reached, one then experiences a point of dissolution of all things physical including the body and energy field which one identifies as self. This is known as the second death which will be explained in greater detail in Book Three of the [Logic in Sequence Series](#).

The crystallization or total identification with matter goes into dissolution. This is the death of the body. The emotional body goes into dissolution gradually and the mental body then goes into dissolution until all that remains is the indestructible ego or what is known as I AM. The intelligence or ego has now been shed of all identity. This point of zero point energy or the point of non-resistance vs. total resistance has now been reached and one then experiences one aspect of the Time-Space-Continuum-Warp. This is the point of what is known as the second death. The second death is the death or dissolution of the identity of the spirit or intelligence. This is also known as the death of the soul. This is a position of duality experience wherein non-resistance vs. total resistance is experienced simultaneously as the ego moves into a new perspective of reorganization.

It would be wise to point out for future consideration that super conductivity does occur when zero point energy has been reached at which time the Time-Space-Continuum-Warp is experienced by the intelligence.

The Healing Crisis is in reverse order to the manner in which the entire scenario has taken place. Who knows how long it has taken to become identified with matter or if the process is finalized? Who knows whether or not we have been working for a long time to regain our free agency or will? Who knows whether or not it is just playing out old tapes, where we appear to be what we are not? We are all in for many surprises. The safest thing to do is not to expect too much of what may appear to be quite an intelligent individual. What appears is not always the case. We all have a lot to uncover and a long way to go to unravel that which keeps us from our spirituality.

Many people perform well in their sphere of activity because of the training and education they have received. They appear to be successful and capable. Have you considered that they are programmed to do what they are doing and if one little thing goes wrong in their activity of life they cannot deal with it because it exists outside of their programming? Herein is inflexibility wherein one is incapable of adapting to a new situation. A person who is crystallized is incapable of being adaptable or flexible, They perform well within the parameters of the social or economic structure of which they are a part, but any change in that structure triggers the crystal's reactive mechanism which is often difficult for the individual to cope with or endure. Please keep this in mind for most people are nearly totally crystallized no matter how sane they appear to be.

We have discussed in great length how to unravel this whole scenario of resisted emotionality. I do not think it necessary to go through this again with you concerning the manner in which to approach the resolution of the problem. Nevertheless, in a nutshell, let us recap the entire procedure for you.

AS WE MOVE FROM TOTAL IDENTIFICATION WITH MATTER OR UNCONSCIOUSNESS UP TO APATHY, WE MUST LEARN TO BE WILLING TO BE THE EFFECT AND LEARN TO BE CAUSE, AS WE MOVE FROM APATHY TO GRIEF WE MUST LEARN TO BE WILLING TO BE CAUSE AND LEARN TO BE THE EFFECT. AS WE MOVE FROM GRIEF TO FEAR WE MUST BE WILLING TO BE THE EFFECT AND LEARN TO BE CAUSE. AS WE MOVE FROM FEAR TO ANGER WE MUST ONCE AGAIN BE WILLING TO BE CAUSE AND LEARN TO BE THE EFFECT. FROM ANGER TO PAIN WE MUST LEARN TO BE WILLING TO BE THE EFFECT AND LEARN TO BE CAUSE. FROM PAIN TO ENTHUSIASM WE MUST LEARN TO BE WILLING TO BE CAUSE AND LEARN TO BE THE EFFECT.

Study the above and think it through as related to the diagram. Each individual cannot learn to depend on a facilitator in a session of Body Electronics. The roll of the facilitator is to help the individual help himself, it is easy to establish a dependency role and since most people are addictive in one form or another, often co-dependency relationships are developed between the facilitator and the pointholdee. These are to be recognized, discussed and released, all in good humor recognizing our human frailties. As one develops the capacity to be aware while simultaneously experiencing the healing crisis unfolding within the body one finds himself/herself on a delightful challenging adventure from which one shall never emerge the same.

It is important that we have a comprehension of the above as related to being willing to control or be cause (yang) vs. being willing to be out of control or effect (yin). When one is compulsively yang, the individual has to be in control, one cannot be the effect. Here is where one must learn to be willing to be out of control and learns to be yin, to be receptive to what-

ever. On the other hand when one is compulsively yin, the individual has to be out of control, one at this level cannot be cause. Here is where one must learn to be willing to be in control and learns to be yang. One must be able to experience lovingly and willingly each end of the dichotomy or duality. Thus, the balance of yin and yang is obtained which is necessary to obtain and perpetuate through successive experiences of encompassment.

The successful experience of the healing crisis is dependent upon the person's ability to progress through the various levels of emotional encompassment as related to the cause and effect concepts included herein. Do not be eager to read on until this concept as expressed here is fully comprehended as it places the full responsibility upon the individual to progress. The various and overlapping endothermic and exothermic reactions which are indicative of positive changes in emotionality and are inherent within the healing crisis thus eventually open the way to access the mental body and thus progression for the initiate on the Pathway to Self-Realization.

It would be wise to place special emphasis on the need for the encompassment of duality wherein one experiences the Vibration of Regeneration. At unconsciousness one has dualities of resistance to resistance as well as dualities concerning resistance itself at the

level of unconsciousness. The same is true at apathy, grief, fear, anger, pain, and enthusiasm. The transmutation of the emotional body includes releasing oneself from the bondage of word expressions that maintain the emotional suppression. Thus, every associated word pattern with the corresponding emotionality must be dealt with in a responsible manner. Then we are able to enter into the mental body after the emotional body transmutation is complete in a given area. The encompassment of successive dualities on the emotional body level will give the individual preliminary training for the more subtle encompassment of dualities built upon successive dualities in the mental body. This consideration is a positive requirement for all of those on the Pathway of Self-Realization. Such is the understanding one must come to concerning the resistance of emotionality.

This is the End of Chapter Fourteen.

My belief in God is not limited to a creed of man-made religion.

John Whitman Ray
Easter Sunday 1991
The Island of Atiu
The Cook Islands

"The first beginnings of things cannot be distinguished by the eye."

Lucretius

CHAPTER FIFTEEN

The Position of Emotionality and the Solar Plexus

In the discussion of any one subject area, it comes forcibly to my attention that no matter how much information that is given regarding the subject under consideration that it is never complete. There is always so much more valuable information that is available. It is a difficult decision as to what to include or what to delete as there is only so much reasonable space to be utilized to cover a given subject. Therefore, the reader must acknowledge that we are forever expanding our understanding and, as a writer, I can only point the way to further research and study by piquing the interest of the reader and by presenting only a smattering of valued information on a given subject. With this in mind we shall now cover the solar plexus.

Let us carefully consider various aspects of the solar plexus. On the physical level, the solar plexus is a nerve network which supplies the organs in the abdomen. It is located mid-way between the naval and the xyphoid process of the sternum, extending horizontally about 2-3 inches on each side of the midline. It would be of interest to those trained in Body Electronics, that it serves the adrenals and the pancreas which have both been found to be associated with the emotion of grief.

We have discussed the physical body, the emotional body and the mental body. The solar plexus is related to all three bodies and this understanding we shall now develop. The emotional body is also known as the astral body or desire body. The physical seat of the emotional body is the solar plexus. It is through the solar plexus that the lower bodily functions are aroused which will include the drive or desire to survive, the desire for sex or procreation, the desire to drink and the desire to eat. These desires and others are all genetically associated with emotionality at a very deep level. This deep level of emotionality is genetically imbued in the crystals of the physical body known as the Constitutional Man. The Constitutional Man is the physical body which we have referred to as the Lower Self, that which we have genetically inherited from our ancestors.

The solar plexus is the means by which the animal desires of man which are deeply ingrained in the physical body in a reactive state, are brought forth to an awareness of consciousness that the application of laws governing the emotional body can enable the intelligence to transmute these reactive conditions of emotionality and create the condition whereby the mental body may be accessed and the sensory experience and word patterns can be experienced and appropriately handled.

It is imperative to understand that one cannot bypass the physical by turning it off or ignoring it, hoping that it will go away. Only by consistent loving discipline of the physical body and by applying all of the Laws of Love, Light and Perfection to the physical body will it be possible to bring the physical body into a state of stillness making it possible for the emotional body to be accessed. As one meditates upon the solar plexus the intelligence is gradually brought to the awareness of knowledge concerning the condition of the physical body and eventually the nature of emotionality. The force center of the solar plexus through which the emotional body functions on the physical level will also come to the awareness of the intelligence with eventual understanding as to how it functions. One does not by any means limit one's meditation upon only the solar plexus. There are many levels and activities of meditation which we shall not go into at this time.

Gently, yet firmly, lovingly and patiently disciplining the body by stilling it, the individual gradually brings it into obedience. This is done in the same loving and patient, yet firm manner in which one would train a horse. The emotions begin to reveal themselves as the bodily crystals dissolve and then one will begin to observe the strong hold that desires and associated emotionality have on man. One will experience the resistances one has developed by not wanting things a certain way as well as wanting things to be a certain way. All of us have deeply ingrained within both the Constitutional Man and Natural Man an array of expectations and conditions which we have superimposed on the environment around us.

When these expectations and conditions are not met, our resistances then reveal themselves. We will then observe the eternal fact that it is our desires and associated emotionality, our judgments, criticisms and condemnations which chain us to the wheel of birth and rebirth and will hinder our intention to Ascend.

The struggle with the astral body or the emotional body and the everpresent world of desires will bring one gradually to the condition of dispassion which then enables one to discriminate from a position of emotional non-resistance. One herein develops a discerning distaste for the life of sensuous perception, recognizing it as a bait to trap the attention of the soul in order to bind him to the continual wheel of birth and rebirth.

ONCE ONE LEARNS TO ENCOMPASS DESIRE-DESIRELESSNESS ONE CAN THEN CHOOSE TO EXERT HIS WILL AND CHOOSE WITHOUT RESISTANCE THE EVOLUTIONARY PATH COMPLETE WITH THE TASKS THAT REQUIRE MASTERY.

As one learns that it is the emotional or astral body which binds the attention of man to sensual desires, then the task of transmutation begins and attention is placed by choice on karmic completion through the activity of the "List" which has been given to you. Choice is an act of will and desire. The desire for Karmic Completion is not creating Karma but is resulting in the resolution of the Karma which has already been created in our lives.

As we govern ourselves through obedience to the Laws of Love, Light and Perfection, we will grow to understand the rise of energy from the lower chakra centers with the corresponding glandular or physical relationships and the related emotional relationships and how the emotional body is interwoven with the physical. We then grow to understand the tremendous responsibility one has in governing oneself.

The stilling of the physical body is the first task. The stilling of the emotional body is the second task. The third task is the stilling of the mental body. Once one has developed the ability to receive (yin) the energies of life then one has the will and desire of choice to transmute them (yang).

Through the Laws of Love, Light and Perfection, the physical body is controlled and reactive patterns are stilled while being lovingly and willingly endured. This gives access to the emotional body where the astral associations or psychic interactions are brought forth to be experienced. These will all arise out of the solar plexus.

I wish to add a special thought here that requires expression:

KNOWLEDGE IS THE KEY TO SALVATION. WITHOUT KNOWLEDGE ONE CANNOT FREE ONESELF FROM THE INVOLUTIONARY PATH. AND YE SHALL KNOW THE TRUTH AND THE TRUTH SHALL MAKE YOU FREE.

JOHN 8:32

MEMORY OF THE PAST REQUIRES MASTERY OF EMOTIONAL PAIN. THUS ONE CAN SEE CLEARLY IN THE PRESENT WITHOUT EMOTIONAL REACTION. THUS ONE KNOWING THE PAST AND PRESENT WILL BE ABLE TO PERCEIVE THE FUTURE.

The astral realm which is associated with the resisted experiences of life which are indicated by the presence of suppressed emotionality has a deep hold on the intelligence and the body of man. Let us carefully consider the following:

AND THE SPIRIT (INTELLIGENCE) AND THE BODY ARE THE SOUL OF MAN.

D&C: 88:15

So that there is no confusion as to the interpretation of material, the word intelligence

is used synonymously with spirit or ego. Another meaning of intelligence is the light and truth in each spirit, How these words are used will determine their exact meaning. Let us not contend over the meaning of a word (semantics).

Once a person has given himself over to the desire for psychic phenomena which operates from the astral realm, one will find this desire to be very difficult to release. This desire can only take place through the connection that exists through the solar plexus on the physical level, to that level which we call the collective unconsciousness which contains all suppressed energy which exists below the level of consciousness, which exists on the reactive level, which exists in suppressed levels of emotionality, which connects the individual to the astral realm by the Law of Attraction.

The astral realm draws all those who have not yet overcome their emotional resistance. By the Law of Attraction all those who are tied to their emotionality shall exist at some level in the astral realm and shall be relegated by the Law of Attraction to interrelate with all those in earthly bodies who desire to make contact with the astral realm or who create desires of an involuntary nature which must draw the completion of desire from the astral realm. This realm exists throughout all earthly structures where "Less than Love" reigns.

The law of stimulus-response rules the activity of the astral realm. Where there is no love one will be bound to one's level of reactivity. Any out of control or suppressed emotionality will give an individual access to the astral or psychic realm through the solar plexus. This desire which is tied into unconsciousness on a reactive level will draw the individual to those connections from the astral realm which in turn are drawn to the individual by the Law of Attraction. There are some people who, due to inherited weaknesses from their ancestors, will have inherited a predisposition for holes in the auric field which will be associated with genetically suppressed emotionality which draw these psychic phenomena, which in turn traps the attention of the individual. One must lose the desire for psychic phenomena which a person may consider to be psychic powers, before one can close up the auric hole and be free of the draw, the attraction from the level of collective unconsciousness which encompasses the astral or psychic realm.

If an individual has a great deal of suppressed emotionality or unconsciousness from any cause, a hole in the auric field will be formed. The intent of the individual is not important here, as if one has a car wreck and due to trauma has entered into a temporary comatose state, one will have a hole in the aura. There is an old statement that time and chance come to all men. This infers that when one is in the game of life, one is subject to the vicissitudes of life. The rain and the sun bless all mankind equally. This has nothing to do with Karma. One man on a bus will have a karmic event with a truck. Everyone on the bus will be offered that experience yet it may have nothing to do with Karma. It is that when we are in the game of life we take our chances. Often things happen that are a result of our own foolishness, and it has nothing to do with our Karma, We just were not paying attention and then are subject to the random conditions of the game of life. When one is unconscious in a given area of life experience one is then subject to the Law of Cause and Effect which encompasses the concept of randomness wherein one is subject to the random conditions of the game of life. Therefore, one individual ends up in the intensive care unit of the hospital, as he happened to be in the wrong place at the wrong time and now he is comatose. He has a hole in his auric field due to the unconscious state. A tie-in takes place by the Law of Attraction between the emotional body and the collective unconsciousness through the solar plexus. This draws an energy by the Law of Attraction to fill the hole or void in the auric field. Unconscious related energy is drawn to unconscious related energy through the region of the solar plexus and thus the entity, thought form or energy patterns of the entity are now associated by energy overlay with the emotional body, of the individual and will have a corresponding effect upon the physical.

Let me give you a specific case study. A man of Pennsylvania Dutch background was dying in a hospital in the eastern part of the United States, He had a very large cancerous growth on his right neck which had grown too large to operate and he was now in the process of death. His wife was with him on his death bed and he was promising with great emotion, while being heavily drugged to kill the pain, "I shall never leave you.", to his attentive wife.

A friend of mine who related to me this entire story was in the next room in the same hospital, deathly ill with a high fever. Her age at the time was only four. At the same time as the man next door was dying and crying out over and over again, "I shall never leave you.", she was crying out to her mother who had come to visit her at the hospital and now had to leave to tend to her other responsibilities while being assured by the physician in charge that all was well and there was nothing to be concerned about. She was crying out to her mother, "Please don't leave me.", "Please don't leave me.", over and over again with great tearful emotion. The next morning, as it was related to me, this little girl had a permanent visitor. He was this man in the black suit and black hat who was sitting quite erect in the corner of the little girl's room. He was the man who had just died in the adjoining room. Only the little girl could see him, as he was now trapped in her energy field. Let me explain. As he sat in the corner he appeared somewhat confused yet kept promising her, "I shall never leave you." No one else could see the man upon inquiry but the little girl yet the man and little girl talked back and forth when no one else was around.

For the next twenty five years the young girl who has now become a grown woman had been in institution after institution because of her insistence that this man with a black suit and black hat was always there watching her wherever she went and talked to her whenever she was alone and kept assuring her, "I shall never leave you."

At the age of twenty-nine this woman was brought to one of my teachers. In a highly professional and skillful manner by using color therapy, radionics, and physical self-control of the body, the entity in the form of a man in black moved upward from the solar plexus of the woman to the throat of the woman where he told his story upon inquiry, which was later confirmed. He voluntarily left her body as skillful energy manipulation over a period of time closed the hole in the auric field. During this time recognition of thought processes were engaged in, emotions were released which had been suppressed, memories which had been forgotten resurfaced and the attraction between the man in black and the woman was minimized and the entity was free to leave after much discussion and explanation before he left. Where he went was not clear, but he was no longer occupying the young woman's body. Now, what I haven't mentioned up until now, was that for many years a cancerous growth had begun to develop on the right neck of the young woman which was never operated upon. At the age of twenty-nine the mass was quite large and life threatening. When the entity was released from her body in the manner described, within three days the mass was totally gone. It has been reported to me that this young woman has been living a very normal, happy life since this event. I trust that each of you reading this material will have unbounded compassion and understanding for many of these fine souls who are committed to institutions and are submitted to barbaric treatments such as electric shock therapy and continual drug suppression, with little or no understanding concerning these matters from overworked and understaffed personnel.

It is now imperative that we must recognize the condition wherein an entity is drawn into the human body by the Law of Attraction during states of out of control enthusiasm, pain, anger, fear, grief, apathy or unconsciousness. The entity not only matches the specific out of control emotionality but brings with him his entire set of emotional suppressions. This entire set of suppressed emotional patterns becomes a very powerful and often confusing overlay upon the already amalgamated Constitutional Man and Natural Man. Just as the Natural Man at birth brings with him all the soul level experiences and overlays this energy field on the Constitutional Man, so does this take place again when an entity is drawn into the body during a state of trauma.

The state of trauma exerted upon the body can come in many diverse forms. I shall share with you what I have personally observed in working with tens of thousands of people over three and a half decades. Please give these concepts serious thought as many of these concepts are not yet well known or accepted at the time of this writing. Nevertheless what I shall share is my experience.

I have seen young men and women who have used recreational drugs such as LSD and Marijuana, which are considered to be mind altering and pain killing drugs, have tremendous

struggles with entities and have released them, only after the body has been cleansed from the negative effects of the drugs. This program of cleansing shall be found later in the Logic in Sequence Series. Up until now it has only been available in audio and video tapes. I have seen fine people, drugged senseless in hospitals or at home having profound personality changes after extended use of medications, and after a cleansing and regenerative program with properly applied nutrient saturation and Body Electronics, these people have had entity releases with positive healing results. People who have been under anesthesia for operations have evidenced entity possession during the induced unconscious state. After the operation there was a definite observed personality change. These personality changes after operations during applied anesthesia have received my attention. After a nutritional saturation program and with an extensively applied program of Body Electronics the anesthetic which has been trapped in the cellular structures, along with suppressed unconsciousness, is gradually released. An individual will experience the release of the anesthesia and may smell like a hospital as the odors are released from the cells as unconsciousness is re-experienced. Even specific anesthetics can be recognized as they emerge from the body. The individual is then free of that suppressed trauma which caused the unconsciousness, in this case the operation, and which, in turn, drew the entity. Experience has been extensive involving entities with use of alcohol, glue sniffing, and the inhalation of harmful substances of all kinds. Electric shock which has rendered people unconscious has been a big contributor to entity involvement especially the administration of destructive and barbaric electric shock "therapy" which still exists in some antiquated "mental" or psychiatric hospitals. Near drowning incidents, physical trauma of all kinds, insulin shock "therapy", emotional traumas, out of control emotions, hypnotic therapy where the subject is rendered unconscious or is induced to be under operator control with the introduction of post-hypnotic suggestions will create holes in the aura. Prolonged improper fasting, improper breathing techniques, and the improper use of the four primal elements, earth, air, fire and water will cause holes in the auric field. These we will discuss at a later time. One of the greatest causes of auric holes is improper meditation and hypnotic trance producing mantras. Any trance producing state as used in primitive ceremonies, or for the purposes of seances or contact with the astral realm shall all cause holes in the auric field and consequent entity involvement or possession. Overheated sweat lodges, saunas, lack of sleep, lack of proper nutrients, lack of proper breathing, etc. can all produce psychic phenomena which can trap the attention of the soul and thus auric holes. Inherited weaknesses are also a major contributing factor. Anything which would render an individual incapable of self-determination would possibly contribute to auric holes. Anything which would bring about union with the collective unconsciousness would certainly cause a hole in the aura and consequent entity involvement. Any activity which would cause auric holes would be considered necessary to be avoided for the health and security of the individual. Every auric hole must be filled by the Law of Attraction. Thus we come to entity involvement wherein the entity must be removed by releasing the suppressed trauma through the method of inducing a "healing crisis". Anything which would create a conditioned-response reflex wherein memory would be suppressed below the level of consciousness should be considered as a possible source of auric holes. Anesthesia in both dental and medical usages are highly suspect. *Do not fear those who can destroy your body but fear those people, giving them a wide berth, who are capable of destroying the soul.*

Now, once a hole is caused in the auric field, in order to correct the situation the trauma must be re-experienced in reverse order to heal or fill the auric hole. This constitutes one going through a healing crisis. It would be wise to reread Chapter One and Chapter Three in this Book Two to fully grasp the basic concept of healing crisis. We shall later cover the healing crisis concept in greater detail when we deal directly with the subject of Body Electronics. Suffice it for now, that when a hole is filled through the application of the Laws of Love, Light and Perfection, the energy field, thought form or entity is released from the hole in the aura and then must be delicately dealt with. We will handle this matter in complete detail at another time. For now, do not underestimate the problems that originate from the solar plexus with the emotional or astral body tied into the collective unconsciousness that interconnects the lower selves of all humanity.

If there does indeed exist an entity in the physical body of the individual it will be ascertained in a variety of ways. First of all, under normal conditions, it will not be recognized. Under a good nutritional program with the proper application of Body Electronics, then it may be

recognized. An entity can manifest itself through foul odors, bizarre behavior, the hearing of strange voices, seeing things that are not there wherein others do not see them, voicing other languages like speaking in "apparent" tongues when it is akin to babbling and has no meaningful interpretation. When speaking in tongues takes place during a meaningful spiritual experience, there is always a perfect understanding with someone present, who shall understand and interpret what is being said and it shall always be edifying. Many people want so called "spiritual" gifts and through trance like states manifest counterfeits to take the place of the real gift of tongues." These must be discerned carefully. Movements in the region of the solar plexus occur as the entity is becoming dislodged. The entity shall fight for the continuation of the attachment as the auric field hole is being filled. One must recognize distinct deviations from normal behavior. Abnormal behavior may manifest through a repetitive, all consuming word pattern connected with a "feeling" that exists within the consciousness of the individual. It (the entity) may manifest through out of control physical, emotional or mental behavior. There are subtle ways that are unique to the individual which may be evidenced by sudden coldness or a less common high temperature that is experienced not only by the possessed individual but by all those around him/her. Watch for that which is a distinct deviation from the individual's normal pattern of behavior. Many people are into exorcism of entities as determined by their religious training or philosophical belief system. The efforts involved are fine endeavors but let us consider the consequences of one's actions. As the hole in the auric field is being filled by the individual going through a healing crisis by the use of proper nutrition, Body Electronics and self-control while remembering word patterns and trauma which arise out of crystal dissolution, the very thought, feelings and spoken words which by the Law of Attraction drew the entity into the body in the first place are being re-experienced by the individual. One must recognize that there is a time that arrives when the individual is no longer attracting the entity and the entity is ready to be set free. Set free to do what? In most cases the entity is freed from the physical body to remain earth bound, drawn to the earth plane by the emotional patterns the entity has not been able to release for countless centuries. The entity is not truly free. It is released from one situation of bondage where it can now drift until it is attracted to the next situation of bondage. There are alternatives to consider. What now, is our responsibility in this matter as here is an intelligence, perhaps someone's gentle grandfather, bound to a pattern of self-imposed bondage from which it cannot, at this time, escape?

Please consider carefully the following, as it may be foreign to your belief system. Nevertheless what shall be presented to you is eternal truth, regardless of which man-made religion or philosophy you may adhere to. The intelligence or ego of man has been in existence from eternity and shall exist to eternity. Eternity is Now. When we fully understand the concept of Perpetual Nowness we will understand that there is no past except that which we have resisted and have perpetuated in the Perceptual Nowness, which in turn determines the future. This is our heaven, now. This is our hell, now. There is nothing other than the everpresent outer manifestations which are the result of the individual and collective internal essence. All of this exists now. All of this is the Perceptual Nowness. We are individually responsible for our existence, now. Now is all that there is or that will ever be. The candid and reflective mind, by considering the above, will eventually see that truth is simple, falsity ever complex. All that there is and all that ever has been or ever will be is in the Perceptual Nowness.

What does this have to do with an entity? Everything, The entity is enslaved, now, imprisoned by his own emotional body and the attraction that it has to various elements of matter. The entity cannot grow in experience, it cannot develop and keep pace with the ever expanding opportunities for experience, it is not free. In our service to mankind, if an entity is released from an individual as the individual undergoes a healing, where does the entity go? If the "exorcism" is effective and the entity through sheer force of will is removed from the body of an individual, where does it go? Unless the situation is handled properly the entity is doomed to wander the earth and be attracted irresistibly to the next auric hole in some other individual who requires the auric hole to be filled, through violation of the Laws of Love, Light and Perfection.

What we do now, is to observe keenly the individual who is undergoing healing therapy. Nutritional supplementation, Body or Cranial Electronics, and self-discipline will be explained

in the future book on Body Electronics which will help the suppressed emotional trauma to be released from the individual. As the emotional trauma is being released one will find the emotion of pain the last to be experienced. Pain is the capstone to memory. Memory is the thought patterns, word patterns and emotionality which eventually comes to the consciousness wherein full memory eventually returns. When the memory returns the individual can then re-create these word patterns, emotionality and thought patterns and the energy drawing the entity to the body is then resolved. At this time, the entity in various manners begins to extricate its energy field from the individual. Sometimes this shall require a period of time because the entity may have had a very strong hold on the individual and the energy field may be interwoven with bodily disease and bodily crystallizations. At this time one must be very patient and know just at the right time to do the following procedure. One must develop an awareness through experience to know when the time is appropriate to send the entity on its way to greater growth and development.

At this time the following decree is to be carefully memorized and the person should prepare himself to lovingly help the entity on its way to progression. What we have used successfully over the years which can be used by man, woman or child is the following decree:

"IN THE NAME OF JESUS CHRIST, SAINT GERMAIN, AND ALL OF THE ASCENDED MASTERS, I COMMAND THIS ENTITY WHO IS IN THE BODY

OF (NAME THE PERSON) TO LEAVE THIS BODY NOW AND GO DIRECTLY TO THE LIGHT OF GOD."

If the individual involved in Body Electronics is a follower of only one of the Ascended Masters and feels uncomfortable in using other names then that which one is accustomed to then the following will be equally efficacious:

"IN THE NAME OF JESUS CHRIST, I COMMAND THE ENTITY WHO IS IN THE BODY OF (NAME THE PERSON) TO LEAVE THIS BODY AND GO DIRECTLY TO THE LIGHT OF GOD, NOW."

One may use the name of Jehovah, Elohim, or any other Ascended Master with whom one is acquainted. The decree must be made in the name of an Ascended Master and will not be effective if one is named who is not an Ascended Master. One must be exacting regarding these matters. An Ascended Master is one who has been capable of overcoming the disintegration of the physical body at death and has developed the ability to come and go on the earth plane at will. These Ascended Masters are real and one can shake hands with them as one would shake hands in greeting. There is nothing ethereal about an Ascended Master. He is flesh and bone and teaches nothing but the various aspects of the Laws of Love, Light and Perfection.

There are many teachers and philosophies that teach contrary to the laws which lead one to the Ascension. The sincerity of the people involved is not to be questioned. The lack of knowledge, unbelief and lack of faith should be recognized and patiently endured.

It will be necessary to know the exact timing for the decree which has been given to you. One must know when to use it as well as when not to use it. If in doubt as to when to use the decree, don't. The decree must be done with complete confidence, complete faith in the matter, nothing wavering. There will be no need to say the decree over and over. There is no need to be other than quiet, calm and authoritative in a loving, firm manner while uttering the decree once with a perfect faith.

One must then give the entity time to "pack his bags" and then it should leave. Patience in these times is a virtue, Unique circumstances occur here which can be quite dramatic, yet one need not be fearful. The entity must leave when a decree is uttered in harmony with Divine Law and in the name of an Ascended Master. At this time a cool or cold wind manifestation may occur. There may be a dramatic release of the entity as it leaves with a possible change of body structure or condition. The end result will always be positive. One must always encourage the individual undergoing Body Electronics to exercise self-control over the

physical, emotional or mental body. Patience must be exercised at this time as it is a rather delicate moment in the transition of activity.

This then brings us to the next subject which helps to prevent this condition of being earth bound from happening. If the body upon physical death is cremated, not only the physical body is consumed but so is the astral or emotional body, thus freeing the individual or intelligence from earth bound attractions which have occurred through suppressed emotional trauma. The intelligence is then free to move on to learn its necessary lessons. Often we are bound by tradition that has no valid reason for existing. Let us carefully evaluate our customs and traditions and then move a step closer to a condition of encompassment with equanimity of all things.

This chapter is of great value to the reader who is seriously considering becoming more active in one's role in Body Electronics.

There is one other very important concept that should be considered. When one utters the appropriate decree to send an entity to the "Light of God" one will sometimes observe with expanded awareness the "Search and Rescue Team" arriving on the scene and assisting the entity on his/her transition from the earth bound state to its next stage of progression. There is no greater service that can be performed for a trapped soul on the earth plane.

This is the End of Chapter Fifteen.

The covetous man is ever in want.

Horace

The following Is a message from the one God that gives life and love to every being. Hear this:

"Love Me, that I may love thee. If thou Lovest Me not, My love can in no wise reach thee. Know this O servant."

Baha'u'llah

"And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: This is the first commandment."

Mark 12:30

The love of God is eternal. Man must reach out with love to receive the love that is everpresent. If man's first love is upon the things of this world and his fixation is upon the outer manifestation then he cuts himself off from receiving the love of God and he goes into various stages of darkness.

Our individual God-Presence within or what has been called the I AM Presence is the source of all creativity from the inner essence from which the outer manifestation arises. It should be considered that that which we call human creation arises out of man's misuse of his God-Given powers of creativity. Our duty to ourselves is to love our God Presence within above all else in order to bring truth and light back into our lives, and thus all else is secondary.

John Whitman Ray
31 March 1993
Titikaveka
Rarotonga
Cook Islands

CHAPTER SIXTEEN

Seeking The Honors of The World

When an individual is discovered seeking for the honors of the world, it becomes evident that he/she desires that which one in one's mind does not have. When one believes that one does not have something, such as honors, the universe, being amoral, simply provides that which is expressed by the content of thought. Thus that which one believes that he does not have thus creates in the universe of the individual that very condition. In other words, since one desires honors, and one knows that he does not have honors which he desires, he/she thus creates the condition of not having honors, while yet striving for the honor. If the individual happens to obtain an honor which he desires, it shall be short lived, for that which takes precedence is the creation of knowing that one does not have the honor which one desires. Please consider the everpresent water passing under a bridge from which we are the observer. The water sweeps by whatever is bobbing along and eventually all that we were observing disappears from view to be replaced by another set of bobbing objects swept along by the current. This new set of objects may catch our eye but these also shall pass by with the current. Such it is with the object of our desire. By the very fact that we have a desire, we have set in active operation the very loss of that which we desire, by knowing that we do not have that which we desire. Consider that which appears upon the horizon will eventually find its moment on the stage of life and then finally fade out of existence by traversing the same horizon.

The case in point under consideration at this time is our desire for honor. It would be timely to read or re-read Chapter Twenty in Book One of [the Logic in Sequence Series](#). This concept presented here is vital for the initiate to comprehend if he/she is to continue upon the Path of Enlightenment.

When one honors the God within and is true to the dictates of conscience, then the God within will honor the individual. That is all that is necessary. How is this honor bestowed? It is bestowed with an increase of confidence as one meticulously deals with each item on the "List". Who placed the item on the List? The individual placed the item on the List when one was being true to one's heart, within the discipline of law. As each item is completed upon the List which is called Karmic Completion, the experience level expands until the most difficult and complicated items on the list shall eventually be completed with the poise and dignity of a Master. Thus honor is added to honor. Yet:

THE INITIATE ON THE PATH OF ENLIGHTENMENT DOES NOT SEEK FOR THE HONORS OF MAN. THE INITIATE ON THE PATH TO PERFECTION QUIETLY RECOGNIZES THAT ALL HONORS OF MAN ARE THE RESULT OF THE JUDGMENT OF OTHER MEN FROM WHICH ARISES SEPARATION RESULTING IN THE AWARDING OF SPECIAL RECOGNITION. THIS IS A TEST WHICH EACH SOUL ON THE PATH TO PERFECTION MUST PASS. HONOR AND DISHONOR MUST BE RECEIVED WITH THE SAME DEGREE OF IMPARTIALITY.

As the list is completed item by item, success is added to success. Yet:

THE INITIATE ON THE PATH OF ENLIGHTENMENT DOES NOT SEEK FOR SUCCESS, AS SUCCESS IS NOT THE FOCUS OF ATTENTION, THE FOCUS OF ATTENTION IS ON ONENESS WITH GOD, THE SOURCE OF ALL CREATIVE POWER.

As the list is completed item by item, wisdom is added to wisdom. Yet:

THE INITIATE ON THE PATH OF ENLIGHTENMENT DOES NOT SEEK FOR WISDOM, FOR WISDOM COMES FROM THE EXPERIENCE OF LIFE. WISDOM DOES NOT COME FROM INTELLECTUAL PURSUITS, YET INTELLECTUAL PURSUITS ARE A NECESSARY PREREQUISITE FOR OBTAINING EXPERIENCE.

Wisdom comes from direct perception through experience. When one seeks for wisdom, wisdom shall elude one. When one recognizes that he/she has wisdom, one has lost it. The only wisdom comes from the direct experience one has with that intelligence which flows forth from the creative source. When one has the perception of oneness with that source, one has wisdom, When one is aware that one has wisdom, one has lost that connection with one's source.

Let me explain this another way. When we are in the midst of meditation and the dazzling white light appears to our consciousness, the moment we realize that we see the "light" and focus upon the light the light immediately disappears from our perception. The same principle is true with the attainment of wisdom. A wise man does not see himself as wise. An enlightened man is not preoccupied with enlightenment.

What does a sage do? He cuts wood and he carries water. What does the student on the path do? He cuts wood and he carries water, What is the difference between the sage and the student. The sage simply "is" without emotional attachment to outcomes. The student is still trying to become, rather than having reached the state of being. In our struggle to become we hopefully become aware of a successive series of dualities, the resistance to which ensnare us in life to create emotional resistance. The sage is "being" in the Everpresent Now while the student is struggling with the emotional suppressed traumas which keep him from the experience of Perceptual Nowness,

One may have an understanding which does not mean that one has wisdom. Wisdom is the ability or capacity to think and act appropriately utilizing knowledge, experience, understanding, common sense and insight. With wisdom, one is appropriately acting in the Perceptual Nowness where one perceives that outcomes are the reflection of the creative force from the inner essence.

As the list is completed item by item, light is added to light. Yet:

THE INITIATE ON THE PATH OF ENLIGHTENMENT DOES NOT SEEK FOR LIGHT FROM WITHOUT, FOR LIGHT COMES TO ONE FROM WITHIN AS ONE RELEASES ONESELF FROM RESISTANCE THROUGH THE MECHANISM OF HEALING CRISIS AS ONE DISSOLVES THE CRYSTALS OF UNBELIEF, IGNORANCE AND DEATH.

Do not seek for the recognition of man, seek the recognition of the light which emanates from within one's God presence, that which enlightens the mind and gives strength to the heart. Do not seek for the rewards of the world, but seek Karmic Completion by working gradually on the "List" and the world shall be yours and shall respond to your every command.

DO NOT SEEK FOR THE APPRECIATION OF MAN, FOR THE CRYSTALS OF MAN HAVE NEVER ALLOWED MAN TO APPRECIATE THE ACCOMPLISHMENTS OF AN ENLIGHTENED SOUL

Do not seek for or trust in the arm of flesh but be true to those laws that are tried and true, that which you have learned from your own experience through obedience to law. You may trust every man to do that which he is programmed to do,

IF YOU HAVE NO EXPECTATIONS OR CONDITIONS PLACED UPON THE BEHAVIOR OF MAN THEN YOU WILL HAVE NO DISAPPOINTMENT.

Trust people to do that which they have the nature to do. This comes with discernment. Trust only in the God within and obey only the still small voice which we attribute to the God Presence within each soul. If you find yourself disturbed by the actions of man, this simply means your discernment has not been accurate. This means that one is still bound by the reactions of emotional resistance which clouds the ability to discern.

Do not be obedient to the laws of man if they conflict with the Universal Laws of Love, Light and Perfection. Do not comply with that which would require you to depart from the Path of

Harmlessness. Do not be deceived by the deceitfulness of the "reasonable" ways of man as they lead to darkness and compromise. Seek oneness with the God within and be appropriate in all things. When you are appropriate you do not need to fear that you may be compromising.

Watch your desires and weigh carefully as to whether the fulfilment of those desires will be evolutionary or involutory. Be aware of your attachments. Attachments require the addition of more attachments which increase the chains of death. Be aware of your very words as they are the power of creation. Be aware of your emotions as they mould the power of creation. Be aware of your thoughts and your visions as they are indeed the exercise of faith which brings all creation into the fruition of outer manifestation.

Discipline yourself in obedience to the Laws of Love, Light and Perfection. Gradiently experience all aspects of life. Remember:

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

Strive with all your might to observe, receive, re-create and release each item in its time and place. Keep a designated purpose always in mind and thus, you shall be free of distractions, Do not be hasty but be appropriate in the Everpresent Now, the Perceptual Newness, not letting your focus on your list interfere with that which the universe dishes up for you to experience. May your plate be full and overflowing.

What is most important is to keep the eternal focus on the God Presence within and let not worldly activity draw one away from that which is vital for the eternal progression of the soul which is oneness with the God within.

Be considerate and overcome the delusion of separation as all is one. Assume the virtue if you have it not. Wish upon all those around you the very blessings you enjoy yourself, no exceptions. This brings the purifying elements into play to refine the soul.

Wish upon all those around you the blessings of the universe, and as you bless them with the blessings of life, liberty and the pursuit of happiness, you in turn open the doors of heaven to receive those same blessings yourself. Jealousy, greed and coveting have no place among the children of God for an enlightened soul will know that every blessing he needs for his progression he already has at that moment of "Perceptual Newness", and every need is met judiciously.

HAVE GRATITUDE FOR EVERY EXPERIENCE AND LEARN FROM THAT EXPERIENCE. THE SPIRIT OF GRATITUDE IS THE SPIRIT OF ABUNDANCE.

Bless those who are your enemies and see as perfect those who are presently bowed down with the bondage of human creation. Human bondage can only be overcome with empathy which requires Unconditional Love and Unconditional Forgiveness and the recognition that all on the outer is a perfect manifestation of that which is on the inner. Empathy is the recognition that all in the Perceptual Newness is Perfect Divine Order.

Sympathy comes from resistance while empathy comes from love. The hand of empathy can reach out to uplift the unfortunate. The hand reaching out in sympathy only perpetuates the condition because sympathy resists the condition that is expressed by the unfortunate, and because of the resistance, perpetuates the condition. When one is sympathetic one lacks proper discernment. Empathy enables one to be discerning.

Do not hesitate to extend your hand to the service of all, especially to those in need. As the rain falls impartially on the just and the unjust, as the sun shines on rich or poor, master or slave, healthy or ill, be ready and willing to serve as the still small voice directs you in this activity. Empathy is the recognition that all in the Perceptual Nowness is Perfect Divine Order. Yet many souls who are ready and able to progress cannot do so on their own, they need a strong guiding hand until they are capable and determined to travel their own pathway

with confidence. Be appropriate and be that strong guiding hand. Be a wise steward of your time and be not engaged in activities which would unnecessarily drain you of energy, time and substance. Help where the help is received and is then acted upon. Help where help is requested by verbal request or quiet prayer. The inner still small voice will direct you in these matters.

Remember the Economy of Heaven and do not give more than one is capable of receiving and do not withhold that which appropriate behavior would indicate.

May each of us, in the various pathways we follow, reach out and touch those that are weighed down by human bondage. May each of us also realize that there are those with advanced knowledge who are ready and willing to reach out and touch us and lift us out of our human bondage which as of yet we do not realize. All we have to do is ask for help. May each of us be open as we wish others to be open. May we receive a balance of giving and receiving that equilibrium may be obtained in our lives.

Cultivate the five virtues and learn now to step by step master the Fifty Acts to Perfection, The Fifty Acts to Perfection shall be found in Book Four of the Logic in Sequence Series.

This is the End of Chapter Sixteen.

Total abstinence is easier than perfect moderation.

St. Augustine

Constructive Desire is the expanding activity within Life, for it is only in this way that greater and greater ideas, activity and accomplishment are pushed through into expression in the outer world of substance and form. Within every Right Desire is the power of its fulfillment.

Ascended Master Saint Germain

A thing moderately good is not so good as it ought to be. Moderation in temper is always a virtue; but moderation in principle is always a vice.

Thomas Paine

CHAPTER SEVENTEEN

Desire and Its Consequences

Be specific, concerning that which you desire. Desire, for the purpose of Karmic Completion, is considered to be part of the Law of Right Action. Desire, for the sake of fulfilling desire, has been the pathway of man for centuries. This has been the pathway of sensual fulfillment which has trapped mankind in these tabernacles of clay. Sensual fulfillment can be considered in a variety of ways. Food, sex, beauty of the body and the environment, wealth, physical accumulations of any kind, intellectual accumulations, sound stimulation, color stimulation, physical stimulation of all kinds, touch stimulation, dance activity, olfactory stimulation, are all included and more for your consideration of sensual fulfillment. Any desire that is not for the specific purpose of "Karmic Completion" is karma producing and binds man to the cycle of birth and rebirth. The one exception is desire for Constructive Purposes, yet only highly advanced souls have this ability as they are free for the most part from the bonds of emotional resistance. Read on.

Let us consider for a moment the desire to do good. This desire if applied improperly may be karma producing, if the doing of what we consider good is not for the purpose of and is not fulfilled by the act of Karmic Completion. Even the desire to help is karma producing, if the end result of the help is not Karmic Completion. We must carefully consider what is meant by "Karmic Completion" for ourselves as well as what would be "Karmic Completion" for another. We are the masters of our own destiny. Our time should not be wasted in non-productive activity, although one must consider that there is a time to rest from all productive activity. There are times and conditions that exist wherein anything we do may not be appropriate, therefore at times, it is best to do nothing and rest until the opportunity presents itself to become involved in that which produces Karmic Completion.

Above all, our focus of attention, primarily, should always be on the inner essence, the God Presence, the Creator. It is wise to not be so intent on the doing from a position of wanting to be of service that the very focus of attention on enthusiasm, gratitude, appreciation, love, oneness with God is overlooked. Remember: It is the attitude of love, enthusiasm, gratitude, appreciation to God and through God to the multitude of manifestations of God's handiwork that helps to dissolve the crystals of our human creation. This in turn exposes the necessary suppressed memories of our experience that is necessary for our progression, which is hand in glove with Karmic Completion. It is wise to consider that we first of all mind our own business and set our own individual lives in order before we are even capable of rendering a valuable service to others.

It would be wise that we are not offended quickly due to our ignorance when the creative process is referred to as "he" rather than "she". The "he" is referred to as the masculine "yang" quality of creation and to the "yang", the creative process is always given the expression of gratitude, the acknowledgement, the recognition, which in no way puts down or degrades the "yin", the "she", the feminine receptive aspect of creation. The "yang" is the inner essence of creation just as the "yin" is the outer manifestation. Being offended over the "he" or "she" aspects of life is just as ridiculous as being offended over the definition of Faith: "The substance of things hoped for, the evidence of things not seen." This is taken from Hebrews 11:1. The substance is the evidence of the outer manifestation, the "yin". The hope and unseen refers to the inner essence from which all creative process flows, the "yang". Let the contention in today's world be now settled pertaining to "he" and "she" and put all contention and struggle for equal position behind us. The Yang and the Yin can never battle for equal position as they are integral parts of the one, Let it be. If a coin has a "head" and a "tail" can the "tail" battle or contend for equality when it is the "tail"? Can a "head" be anything but a "head"? Yet, the head and the tail together compose the coin. Such as it is with every duality of life. Man entraps himself in such a delightful way in the identification with one end of the existing duality while resisting the other.

Since the physical universe is a summation of all dualities with their identifications and resistances we can quickly observe that many opportunities exist for more identifications and resistances. It is a great game we play in life.

Now, in reference to the focus of attention on the creative aspect which fulfills desire. One must first learn to be "yin" without resistance, before he/she can exercise the attributes of "yang". One must learn to still the body, emotions, and the mind before one can direct one's attention to the thought process without error. One must be able to focus one's attention from a position of one-pointedness wherein the conditions of the physical environment, the activities of the body, the emotional reactions, and the mental processes are not distracting. This does not mean a person is not aware of all of the energies which surrounds one, neither does it mean that one is incapable of choosing to not experience the energies which surrounds one. One can choose to be fully aware of that which is around one or can choose to be unaware, or can choose to be selective as to what one chooses to hear, see etc. This choice must come from a position of non-resistance, thus one is not distracted while one is simultaneously placing his attention on his mental thought processes which are designed to bring about the fulfillment of desire within the framework of The Law of Right Action.

***EACH DESIRE HELD IN CONSCIOUS ONE-POINTEDNESS SHALL BE FULFILLED.
EACH FULFILLED DESIRE SHOULD BE FOR THE PURPOSE OF KARMIC COMPLETION
RATHER THAN KARMA PRODUCTION.***

Therefore, the wise man shall be aware of his desires and shall be specific concerning the focus of the mind, knowing that whatever the mind is focused upon shall eventually manifest. During a Visualization and Consciousness Class which I had the pleasure to conduct on the island of Maui in the Hawaiian Islands the following took place: During exercises which were designed to bring to the surface all suppressed emotionality, one young woman came to a point in her progression where her feet began to burn. The burning searing pain of the Kundalini Fire which she had been struggling to attain, which allows the individual accessibility to memory, was coursing through her ankles and feet. She then experienced a past experience earlier in her life in the Perceptual Newness where she was surrounded by fire, walking through hot coals, where she felt no pain, wherein the pain was suppressed below the level of consciousness by her becoming one with the collective unconsciousness. This firewalk experience brought about a total suppression of that experience and all things associated with the suppressed experience. She had a word pattern emerge from the crystals of the physical body which were being consumed by the Kundalini Fire which literally dominated her consciousness: "I have to go through the fire to prove myself to God."

This is a word pattern that reactively compels one to take part in the ancient rites of passage which are related to sorcery which bind one to the collective unconsciousness by suppressing the actual experience of the fire, the burning of the feet and ankles.

The burning of the feet and ankles is quite symbolic and realistically demonstrated in its suppressed form to bind the understanding of man. This eventually must be re-experienced on the physical and then mentally experienced without resistance to free one from the bondage that is produced in that rite of darkness. Our programming often impels us to prove ourselves, which is a deep program, to have to work, to have to be responsible, to have to produce, to have to serve, to have to fight, to have to whatever. When we feel compelled to have to do anything we have lost our opportunity to choose out of discernment and thus we are relegated to act out our programmed compulsions. This programming on a reactive level which dominates the actions of man must come to the awareness of the individual that it be dealt with appropriately in the manner which has been explained in prior pages. If we had access to memory we would be able to know the underlying word patterns which dominate our desires, our choices, our very activities of life. We are programmed to act in a certain manner and we think we have free agency when in reality we are simply acting out our conditioned reflexes which we have buried deep in our unconscious or sub-conscious mind.

PAIN IS THE CAPSTONE TO MEMORY

Genetically, by having inherited conditioning which has been acquired by our ancestors, we find ourselves in a position wherein we feel compelled to do certain things in our lives. This compulsion I have found through extensive research originates in thought patterns buried deep in the physiology of the individual which is brought out through various techniques utilized within the procedure of Body Electronics. After a period of time of self-introspection where memory is obtained through the Kundalini Fire experience, one finds himself/herself in a position; Is there anything I have ever done that hasn't been the result of prior programming? Even the act of passing through the fire has been pre-programmed with the idea that one has to go through the fire to prove oneself to God.

There is a basic truth that we must eventually recognize. We do not have to prove ourselves to some external God. We do not have to prove ourselves to any man. We do have one responsibility and this one responsibility is a prerequisite to eternal progression and that is to open up the channels to the God within by loving God without reservation. By having to prove ourselves we place ourselves in a lesser position to God when we should be striving to realize our oneness with God. By loving our own God Presence, we then develop the capacity to be true to our own heart, leaving room for the inevitable self-correction process. Thus we blossom and grow as we seek to learn and abide by the Laws of Love, Light and Perfection. As we grow in Perfection we then are in the process of proving ourselves to the God-Presence within, in doing so we are not proving ourselves to a non-existent external God. Let us carefully analyze even the concept of having to prove oneself to God. We have to prove nothing to a God outside of ourself, our own God Presence is God and the only God to whom we are ultimately accountable. It is false doctrine to believe that we have to prove ourselves to a God outside of ourselves. True it is, that we do not receive a blessing until we have been obedient to the law on which that blessing is predicated. This is the simple recognition that law does exist and "light is the law that governs all things". When we are in harmony with the light we progress, when we are out of harmony we retrogress and follow the involutory spiral downward toward identification with matter. Herein, we find that we are simply playing old tapes again and again, and in the playing of the old tapes we are reinforcing their conditioned hold on the physiology of the body in the Now. We, through acting out old tapes, are reinforcing in the Perceptual Newness the stimulus-response conditioned patterns that already have deeply ingrained themselves in the inherited crystals from our ancestors as well as the crystals that originate in soul memory that are now deeply ingrained in our own body through the activity of energy overlay. This entire pattern we pass on to our future generations through the act of generation.

Herein we must be wise to understand, we feel that we are out of control when we don't get what we want. We feel that we have to have what we want or we are not in control of our lives. We do not yet understand that which we desire is actually arising out of prior programming and we are desiring that which we are programmed to desire. By fulfilling the desire we are simply reinforcing the strength of the stimulus-response reactive mechanism. We will not understand the power of the reactive mechanism until we go through the experience of the pain which conceals from ourselves the reactive mechanism complete with memory of thought patterns, word patterns and emotionality. This requires us to patiently work at the resolution of the crystals of the body until we reach the Fire of the Kundalini, at which time our work is cut out for us wherein we have access to the mental body but have not yet sorted out the word patterns, thought patterns and feelings. When we feel this out of control activity within ourselves or this compulsion to have to have a certain thing, or the compulsion to have to do a certain thing, or the compulsion to have to say a certain thing, or the compulsion to have to be a certain thing, mark it down that this is evidence of a reactive mechanism over which we have not gained mastery. The delusion is, we feel out of control if we don't fulfill the desire, when in reality we are out of control if we do.

Let us carefully consider some related concepts surrounding desire. First of all let us continue to pursue our individual and collective lists and choose to take selective action upon what appears to us to be appropriate. While we work upon our lists we can allow ourselves to be under a certain amount of stress or duress if we allow ourselves to focus upon what is not finished or complete. It would be better to experience each act without resistance or stress wherein we are lovingly and willingly enduring the Everpresent Now, which, in due time, will provide the appropriate time to act for the purpose of Karmic Completion or Constructive

Fulfillment. Consider that it may be appropriate to take no action between the times of appropriate action.

As we consider the many aspects of life and submit ourselves to what we believe to be appropriate action concerning the list, we must take notice of desires and their fulfillment requirements. A desire bred of compulsion is not a virtue no matter how noble the end result will be. Here is where one must discipline oneself and be willing to not do a certain chosen act as well as to be willing to do that certain chosen act.

ANY ACT ORIGINATING FROM A LESS THAN IMPARTIAL STATE WILL RESULT IN EVENTUAL FAILURE AS THE RESISTANCE TO "NON-SUCCESS" IS INBRED WITHIN THE ACT ITSELF.

That resistance which exists initially sets an energy into the outer action as far as time, place, form and event are concerned wherein, the outer activity, imbued with initial resistance, will eventually result in the end result of "non-success" which is held in a continual state of creation by the original resistance. No matter how important an external act may appear to be, one has the individual responsibility to take the necessary time to secure the inner act of faith from a position of non-resistance which will then eventually result in a state of Karmic Completion. Most people react to the outer condition by placing their attention on the outer and then only outcomes are perceived. The master sees inwardly and holds the chosen thought in a state of non-resistance until it comes into manifestation, even if it takes years or aeons of time. Time does not matter to a master as all there is and all there ever will be is the Everpresent Now.

Let us consider carefully our responsibility as we progress carefully upon the Pathway to Perfection. Let us consider the teachings of Saint Germain when it was stated by one of his students the following: "One by one, my great desires have been fulfilled, because those desires were constructive and unselfish." Saint Germain taught "The Law" concerning desire: "Constructive Desire is the expanding activity within Life, for it is only in this way that greater and greater ideas, activity, and accomplishment are pushed through into expression in the outer world of substance and form. Within every Right Desire is the power of its fulfillment. Man is the Son of God. He is commanded by the Father to choose how he shall direct the Life energy, and what quality he wishes his fulfilled desire to express. This he must do for free will is his birthright".

Saint Germain continues to explain. "It is the function of the outer activity of the intellect to guide all expansion into constructive channels. This is the purpose and duty of the outer self. To allow the Great Life, or God-Energy, to be used only for the gratification of the sense desires - the habit of the mass of mankind - is its destructive use, and is always without any exception followed by in harmony, weakness, failure and destruction."

Saint Germain concluded his instruction as follows: "The constructive use of desire is the conscious direction of this limitless God-Energy, by Wisdom. All desire, directed by Wisdom, carries some kind of blessing to the rest of creation. All desire, directed by the God Within, goes forth with the feeling of Love and blesses always."

In the divine scheme of things, we work daily on our everpresent "List" which has been designed for the purpose of working toward Karmic Completion. Let us consider for a moment that we desire to do something which is not necessarily on the list but we simply desire to do it. This is an attribute of God to desire to do and there is nothing wrong with a chosen activity to have nothing to do with Karmic Completion. The question may arise,, how do we properly handle this desire? What is true visualization and what happens when one does visualize? St. Germain would explain this question in the following manner: "True visualization, is God's attribute and Power of Sight, acting in the mind of man. When one consciously pictures in his mind a desire he wishes fulfilled, he is using one of the most powerful means of bringing it into his visible, tangible experience. There is much confusion and uncertainty in the minds of many, concerning what actually happens, when one visualizes or makes a mental picture of something he desires. No form ever came into existence anywhere in the universe,

unless someone had consciously held a picture of that form in his thought, for every thought contains a picture of the idea within it. Even an abstract thought has a picture of some kind, or at least a picture that is one's mental concept of it.

"I will give you an exercise by which one may develop, consciously control, and direct his visualizing activities for definite accomplishment. There are several steps to the process which every student can use at any and all times. The practice does bring visible, tangible results, when really applied. The first step is to determine upon a definite plan or desire to be fulfilled. In this, see that it is constructive, honorable, and worthy of your time and effort. Be sure to examine your motive for bringing such a creation into expression. It must be honest, both toward yourself and the rest of the world, not merely to follow a whim or gratify appetites of the physical senses. Remember there is a vast difference between use, desire, and appetite. Use is the fulfilling of the Great Universal Law of Service. Desire is the expanding activity of God through which manifestation is constantly sustained and is Perfection enlarging itself. Appetite is but habit established by the continued gratification of the feeling nature, and is but energy, focused and qualified by suggestions from the outer activity of life.

"Be very sure that there is no lurking feeling within, that you would be glad to benefit at the expense of another. A real student, and only such a one will get the benefit out of this kind of training, takes the reins into his own hands and determines to discipline and consciously control the human self. He chooses what shall or shall not be in his world and, through the process of picturing within his mind, designs and brings into manifestation a definitely determined plan of life.

"The second step is to state your plan in words as concisely and clearly as possible. Write this down. Thus, you make a record of your desire in the outer, visible, tangible world. The third step is to close the eyes and see within your mind a mental picture of your desire or plan in its finished, perfect condition and activity.

"Contemplate the fact that your ability to create and see a picture within your own consciousness is God's attribute of sight, acting in you. The activity of seeing and the power to create are attributes of your God Self, which you know and feel is within you at all times. God's Life and Power are acting within your consciousness to propel into your outer world, the picture you are seeing and feeling within yourself.

"Keep reminding the intellect that the ability to picture is an attribute of God - the attribute of sight. The power to feel, experience, and associate with the perfected picture is God's power. The substance used in the world without, to make the form in your picture and plan, is God's pure substance. Then you must know, God is the Doer, the Doing, and the Deed of every constructive form and action that ever has been sent forth into the world of manifestation. When you thus use all the constructive processes, it is impossible for your plan not to come into your visible world.

"Read your desire or plan over, as many times in the day as possible and always just before retiring, because on going to sleep, immediately after contemplating the picture in your own mind a full impression is left upon the human consciousness undisturbed for a number of hours enabling it to be recorded deeply in the outer activity, and allowing the force to be generated and accumulated, which propels it into the outer experience of Life. In this way, you can carry any desire or picture into your consciousness, as it enters the Great Silence in sleep. There it becomes charged by God's Greatest Power and Activity which is always within the Heart of the Great Silence.

"Under no circumstances discuss either your desire or the fact that you are visualizing with anyone whatsoever. This is imperative. Do not talk to yourself about it out loud, or even in a whisper for you should realize that the greater the accumulation of energy generated by your visualization, contemplation, and feeling the reality of your picture, the quicker it will come into your outer experience.

"Thousands of desires, ambitions, or ideals would have manifested into the outer experience of individuals, if they had not discussed them with friends or acquaintances. When you decide

to definitely bring about an experience, through consciously directed visualization, you become The Law-God-the Law of the "One", to whom there is no opposite. You must make your own decision and stand back of your own decree with all your power. It means you must take an unshakable, determined stand. To do so, know and feel! that it is God desiring, God feeling, God knowing, God manifesting and God controlling everything concerning it. This is the Law of the "One"-God and God only. Until this is fully understood, you cannot and never will get your manifestation, for the moment a human element enters, you are taking it out of God's hands and of course it cannot express because you are neutralizing it by the human qualities of time, space, place and a thousand and one other imaginary conditions, which God does not recognize.

"No one can ever know God, as long as he considers a force opposed to God, for whenever he acknowledges that two forces can act, he has a resultant quality of neutralizing activity. When you have neutralization, you have no definite quality either way. You merely have nothing or nothing in your manifestation. When you acknowledge God - The One - you have only Perfection manifesting instantly - for there is nothing to oppose or neutralize it - no element of time. So is it established unto you, for there is none to oppose what God decrees. "Conditions can never improve for anyone until he desires Perfection and stops acknowledging a power opposed to God, or that there is something either in or outside of him that can prevent God's Perfection from expressing. One's very acknowledgment of a condition, that is less than all of God, is his deliberate choice of an imperfection and that kind of choice is the fall of man. This is deliberate and intentional, because he is free every moment to think whatsoever he chooses to think. Incidentally, it takes no more energy to think a thought or picture of Perfection, than it does one of imperfection.

"You are The Creator focalized to design and create Perfection in your world and place in the Universe. If Perfection and Dominion are to be expressed, you must know and acknowledge only The Law of "The One". The One exists and controls completely everywhere in the Universe. You are the Self-Consciousness of Life, The One Supreme "Presence" of the Great Flame of Love and Light. You alone are the Chooser, the Decreeer of the qualities and forms you wish to pour your Life into, for you are the only energizer of your world and all it contains. When you think or feel, part of your Life energy goes forth to sustain your creation. "Cast out of mind then, all doubt or fear of the fulfillment of that which you are picturing. Should any such thoughts or feelings - which are after all but human emanations - that do not contain perfection, come to your consciousness, instantly replace them by the full acknowledgment of your Self and world as the Life of God - "The One." Further than that, be completely unconcerned about it, except during the time you are visualizing. Have no set time in your mind for results, except to know there is only now-just the immediate moment Take this discipline, use it and you can manifest a resistless power in action that cannot and never did fail.

"Always remember you are God picturing. You are God-Intelligence directing. You are God-Power propelling. It is God's - Your Substance, being acted upon. As you realize this and contemplate the fullness of it often, everything in the- Universe rushes to fulfill! your desire, your command, your picture for it is all-constructive, and therefore agrees with the Original Divine Plan for Self-Conscious Life. If the human side of us really agrees to Divine Plan and accepts it, there can be no such thing as delay or failure for all energy has the inherent quality of Perfection within it, and rushes to serve its Creator. Perfection is the only predestination there is.

"As your desire or picture is constructive, you are God seeing His Own Plan. When God Sees, it is an irrevocable decree or command to appear now. In the creation of this earth and system of worlds, God said: "Let there be Light," and Light appeared. It did not take aeons of time to create Light. The same Mighty God is in you now and when you see or speak, it is His attribute of sight and speech which is acting in and through you.

"If you realize what this truly means, you can command by His Full Power and Authority, for you are His Life-Consciousness, and It is only the Self-Consciousness of your Life that can command, picture, or desire a constructive and Perfect Plan. Every constructive plan is His

Plan. Therefore, you know God is acting, commanding; "Let this desire or plan be fulfilled now," and "It is Done."

We are here to learn to master all energies, thus we have the responsibility to learn by experience. If we have no tangible experience and spend all of our time meditating upon our navel we do not grow. There is a time for meditating properly in our developing the ability to come into a oneness with our God Presence. There is a time to visualize and a time to enter into constructive action. Our "List" is a tool to help us to order our lives but we must be cautious that it does not become our slavemaster. Many of us have a history of having to be in continual motion, having to work, having to produce, etc. We must consider whether or not these are reactive compulsions or choices arising from a state of discernment. A virtue can be a vice if it is a compulsion. Please consider the implications of all of our motivations and then we do the best we can. Thus we grow.

From this point on in our lives, let us carefully peruse the desires or compulsions in our lives and exercise the self-control and obedience to the Laws of Love, Light and Perfection. Still the body, emotions and mind until we can clearly see the concealed programming which has dominated our activity for a long period of time. Our desires and the consequences that we endure through the fulfillment of our desires are now to undergo very careful consideration. If one desires to learn from the master one must be able to follow in the footsteps of the master. Such as it is with St. Germain.

If any of my readers desire to learn the Laws that lead to the ascension please write to the Saint Germain Press, Inc., 1120 Stonehedge Drive, Schaumburg, Illinois, 60194, U.S.A. and ask for a list of books and materials available.

It is recommended that the first three books of the St. Germain series be considered for the serious student. Enjoy.

This is the End of Chapter Seventeen.

Consider:

*A cloud passes, obscuring momentarily the glory of a star suddenly reappearing in regal splendor among a heavenly host of sparks of being.
The macrocosm supreme exposes its mighty dignity in the expression of a moment of passing obscurity.*

In life, we see nothing less than God in action, obscured perhaps by a moment of loss of memory of the act of creation.

As we view the microcosm of life with its multitude of seemingly purposeless moments and ceaseless aimless activity, we can then only acknowledge our lack of understanding of that which transpires around us.

All that is, moves in divine purpose, as a perfect outer manifestation of inner consciousness. There is no rest, there is constant movement, constant change, as predetermined cycles interchange their varying intensities of fluctuating energies with simultaneous cycles of grander and lesser elements of time and space.

To focus on the obvious fixates the obvious and relegates it to persistence.

To see beyond the obvious is to explore the creation of space and time, to see the illusion of the He which masks the everpresent truth of creative oneness.

May we learn to not-learn, to see by not-seeing, to be concerned with divine indifference and hear the sound of universal silence, while we still the constant chatter of the universal expression and merge into the oneness of eternal mind which has no time or space.

From the void of eternal stillness, the action of creative thought, feeling and spoken word arises, driven on by desire and will. As long as universal love reigns supreme, the creation which arose out of the void of eternal stillness shall return to eternal stillness, the moment that cessation of will and desire occurs. That which was shall no more be, as all that was has returned to the source of a II creation, outside of time and space.

Resistance to any creative force causes that very creation to persist. Only through one's return to Unconditional Love and Unconditional Forgiveness with the desire to travel the Path of Non-Resistance will one be free of the chains of human bondage. With the will to persist in

the resolve of that desire to maintain Unconditional Love and Unconditional Forgiveness shall one find all human creation, riddled with the resistance of a multitude of experiences, passing into oblivion and the cloud of momentary obscurity is no more and the divine pattern of creation emerges, free from the bondage of the resistance of human creation.

John Whitman Ray
14 October 1991
Titikaveka
Rarotonga
Cook Islands

CHAPTER EIGHTEEN

Desirelessness in Perspective

At this time it would be more than appropriate to re-read pages 88-89 of Book One of the Logic in Sequence Series. This material must be mastered on the intellectual level before it can ever be applied on the physical level which is required for the mastery of all energies, Remember:

WE CANNOT GAIN TRUE KNOWLEDGE WITHOUT EXPERIENCE.

Now, regarding desires: *We think that our desires are part of us. In reality, in our present state of progression, we are totally identified with our desires and we feel that we shall simply expire if we don't get what we want, when we want it. We are mastered, in this condition, by our desires and are in no way in control of our own destiny, even though we think we are as we are racing madly around in our mad race for wealth and pleasure. We are only acting according to how we are programmed to act. We are unable to see through our clouded vision that we are bound by our resistances to not have what we want. Do you understand? We are busy resisting not having a certain desire of life. Thus, our resistance sets up an energy field of desire to fulfill that desire which we are creating, while at the same time, we are creating not-having that which we desire, which creates a wonderful duality of having-not having which sets up a desire world which traps us until we recognize it and release it.*

I shall approach this from a different perspective as this idea shall be new to some of you. If I recognize that I don't have something, and a desire for that object or condition exists, I then resist not having the object of my attention which in turn creates a condition of my not having this object of my attention, Remember:

THAT WHICH IS HELD IN A STATE OF MENTAL RESISTANCE IS ALSO HELD IN A CONTINUAL STATE OF CREATIVITY.

It appears that we are out of control if we don't attain what we desire when in actuality we are out of control as we pursue that which we desire from a state of emotional resistance. Thus, by one's resisting not having something which one has found to be the object of his affection, one holds, in a continual state of creation, the condition of not having it by one's own resistance. Then to add to the confusion, one decides that one wants it, that one desires it, that one has to have it now. One wants what one resists not having. Thus, one sets up two simultaneous conflicting conditions which are in opposition to one another. This is what human creation does to create conditions which hold the intelligence in an eternal state of bondage. *One remains in bondage until one can let go and enter into a state of desirelessness.*

Desirelessness can also be related to a state of non-resistance. This state of non-resistance must be gained to bring about the resolution of problems created by bondage producing desire. This desirelessness can be obtained in many ways. One example is as follows:

This is known as the "fur coat" route. A person spends her entire life wanting a fur coat and can't function without it. Sometimes, it is wisdom to give the person the object of their fixation so life can continue. Once one has secured their fur coat, then perhaps one can be taught correct principles regarding the subject of desire and desirelessness. At least the fur coat has been secured and the individual's fixation on obtaining the fur coat can now be transferred to something else. This fixation on a desire can be so extreme that a person can think of nothing else. Give them what they want, as long as it does not compromise a higher principle, and then continue on with life, Please consider the implications of the violation of the Law of Harmlessness in securing a "fur coat". This literally entails the uninvited sacrifice of an animal which can be Karma producing as it robs the animal of its opportunity to progress. Sometimes this "fur coat" does not satisfy the individual. If this is the case then the problem may have to be dealt with in a manner whereby a problem is created of a far greater magnitude to take their attention off the object of their desires. This, of course, is only a temporary short range

solution. The true solution lies in the education of the individual involved with the goal being consciousness change as one chooses to place oneself in harmony with Universal Law.

Let us consider for a moment how desire functions. The Puritans desired religious freedom so they sacrificed all to leave England and move to America. Having been persecuted for their religious beliefs and having resisted the persecution they had received, then through their resisted experience they became reactively conditioned due to that which they have resisted. The Puritans then became the persecutors. They became that which they have resisted. Let us analyze this for a moment. The Puritans claimed to desire freedom, yet they resisted persecution. They had a picture of persecution in their minds, which they desired not to have, which is resistance. Thus, that which they resisted they reactively became. Such as it is with history, over and over again. What people desire is one thing, yet what they resist or that which they are unwilling to experience is what they create counter to their desire.

History has taught us over and over again that the resistance in the minds of the greater proportion of a given society shall create that very thing which they have resisted. They shall become that condition, on a reactive level, which they have resisted. This will be true whether it be slavery, poverty, war, economic chaos or whatever.

Let us consider a young man growing up who desires to be as far away from his mother as he can get. He hates his mother, he wants in no way to be like her. He has a picture in his mind that concerns some interaction with mother that he has resisted. He now finds this picture of mother below the level of consciousness. If you ask him to remember his mother in a given circumstance he will be unable to do so. He will be unable to remember what her face looks like due to the resistance having become so powerful. Remember that pain is the capstone to memory and if we have memories that are submerged by the resistance to pain, wherein we are unwilling to emotionally deal with the memory, it is suppressed. We can no longer remember it. The memory with all association becomes a collective stimulus-response mechanism waiting to be triggered in order to react. We therefore have become what we have resisted. We act like mother, we look like mother, we take upon ourselves the energy of mother, we have the mannerisms of mother. Yet, we desire to have nothing ever to do with her again, while we carry her reactively wherever we go. Thus, we become what we resist. That which we desire to not have around us, we unknowingly are responsible for the very creation of that very thing through our holding on to our emotional resistance. If we resist firmly enough then the very mother we have resisted will be drawn into our life like a magnet and we will end up marrying a lady with the same characteristics of mother. How delightful, the games we play. The universe serves us well to deliver up to us the lessons we need to learn. All is Perfect Divine Order. There are no mistakes.

Now, if we choose not to be like mother, this is not enough. One has to choose that which one desires to emulate and therefore one must let go of all limitations as to what one desires not to be. If, in the rare case, one has a love for his mother, then he can make a choice out of discernment, where he may choose to not be like his mother for his own highest and best good. This decision from discernment or discrimination is made from a position of love rather than from emotional resistance, therefore there is no resisted creation.

That which we desire to not have happens again in our lives, by the nature of the resistance in the desire to not have. One may be sure that the universe will provide the resisted experience. That which one desires not to happen shall transpire. This then requires each of us to lovingly and willingly endure all things, let go of all resistance, Forgive Unconditionally, and Love Unconditionally. That is the way it is.

It may take some time for the resistances which we have created and drawn unto ourselves along with the desires which we have created and drawn unto ourselves, to go into dissolution. Sometimes due to genetic programming these releases from resistances and desires can be emotionally painful as that which was at one time resisted will reappear to our consciousness to be experienced and released.

Desire now has its difficulties. If one gives up something which one has desired, wherein one forces oneself to give it up in order to attain perfection, heaven, power, Ascension, etc., one

will find oneself activating a canine personality and will be barking up the wrong tree. It is impossible to give up something which one has not yet mastered. Once one has mastered a given area of activity, either in reality or vicariously, then one has reached a state which is called Karmic Completion and one has reached a position of progression wherein the state of desirelessness is possible. At this point one can give up that specific activity. But, in reality, one is giving nothing up as one is simply choosing a higher path. This higher path always encompasses the lower path.

Let us consider the "Fur Coat" concept from a different point of view. One can use this concept as an excuse for getting what one wants. It is an excuse for continuing a weakness of having to have what one wants when one wants it. Parents or responsible friends must let this individual know that this will not be tolerated and that the individual concerned must eventually exercise some degree of self-control and learn to discipline oneself and begin to learn intellectually the laws that govern the human mind and then begin to exercise one's activities within the parameters of obedience to those laws. *Whenever one begins to exercise obedience to laws one will have a conflict between choices of obedience and old habit patterns that are ingrained in the physiology of the body.*

This conflict shall be there. Therefore one must predetermine that one's desire to be obedient to a principle will be stronger than one's desire to give in to the demands of the flesh. The reactions will be there and the desires must be recognized or discerned that one can see the difference between or separate the desires of the physical body and the desires of the intelligence. After the physical body has attained a certain degree of self-control through the action of intelligent self-discipline then we have the emotional body to deal with. Here again one must learn to know the difference between the desires coming from the emotions and the desires coming from the intelligence. Once these have been mastered by continual obedience to law, we then come to the mental body with its vast configurations of subtleties and dualities. Here is where we deal with subtle attachments such as, "I would rather have it this way than that way.", subtle desire for the attainment of goals which are accepted by the world as "good", etc. These are opinions which arise from the mental body, which at times can be quite persuasive and convincing.

Various goals that we have, need careful analysis. It would be wise to really understand Chapter Four in Book One of the [Logic in Sequence Series](#). Are our goals really evolutionary or are they set upon the transient things of the world which, of course, are involutionary if they are not for the purpose of Karmic Completion? These must be individually sorted out, as what will be "right" for one individual will be "wrong" for another if we discern according to what would be for the highest and best good for the individual.

We need to consider all motivations for desires and resistance, including desires for denial, position, purpose, acquisition, recognition, acclaim, responsibility, creative activities, specialness, etc. We need to consider all desires for appreciation, importances, rewards, admiration, acknowledgement, need, etc. We need to consider as to whether we want or desire to know that another person knows that we were of help to them. We want often to know that they know who helped them and how much we have helped them. This subtle desire for recognition is also a trap. Herein we should do something just for the joy of doing, without requiring recognition or acknowledgement. All of these and even more subtle variations of each of the above need to be carefully appraised and taken action upon in order to encompass every duality which we may get caught up in, according to the activity of our little "egos".

It is imperative to consider the motivation behind every thought, desire, action or position which we assume. When we consider the motivation, and it is revealed to us through our transmutation of the emotional body and our meditations which reveal the inner essence, we will then realize our state of reactivity and enmeshment with matter. Then we will have more of a desire than ever to overcome, which is a prerequisite to progression upon the Pathway to Perfection. *Now, once one is willing to experience any condition, action, place or thing with no desire to have it otherwise, one is in the position of "Perceptual Newness" and has no resistance.*

One is not thinking about freedom or bondage. One is simply where one is, observing the universe around one and participating appropriately. *One's desire then is to do good for the highest and best good of all concerned and not for any reward, acknowledgement, recognition or position.*

At this point in one's progression one continually expresses gratitude for the opportunities to which one is availed, as all experiences are acknowledged for our experience and for our highest and best good. On the list, as one completes each task, one thinks, when it is complete that "It is good". The recognition of its completeness is all that is necessary. If one sits back and admires one's work and glories in what one has done, one is then leaving other work unattended. Often one wants others to recognize what one has done. This is a desire that one has to be acknowledged, to be respected, to be admired, to be recognized, etc.. This is a desire to be acknowledged by the world rather than to having a desire to be one with God. if ever we are disappointed because we did not receive recognition, appreciation, acknowledgement, gratitude, etc. for our "good" works, let that be enough to question our motivation and be a stimulation for us to do a mental house cleaning in this area of question. Any desire for recognition, acclaim, admiration, gratitude, etc, is a trap. Also, any desire that one resists concerning recognition, acknowledgement, etc. will also be a trap. Take a position:

WHATEVER EXPERIENCE IN LIFE THAT TRANSPIRES, I SHALL RECEIVE WITHOUT RESISTANCE, LOVINGLY AND WILLINGLY, AND EXPRESS GRATITUDE TO GOD FROM WHOM ALL LIFE AND ITS UNIQUE HANDIWORK FLOW ABUNDANTLY. WHATEVER.

Thus desire-desirelessness is encompassed with impartiality and equanimity, The little druthers are also to be looked at carefully. These also are desires: "I would rather have it this way, rather than that way." These are the little desires which can be compared to the proverbial fly in the ointment. It gets the attention and thus we once again find the trap.

***DESIRE FOR THE THINGS IN LIFE TO TRANSPIRE IN THE MANNER IN WHICH THEY ARE TRANSPILING AND WISH FOR NOTHING ELSE.
THE UNIVERSE IS A PERFECT MIRROR REFLECTING EXACTLY THAT WHICH THE MIND MANIFESTS.
IT CAN BE NO OTHER WAY.
IF WE DESIRE IT TO BE OTHER THAN WHICH IT IS, WE ARE THEREFORE CONTRIBUTORS TO THE CONTINUATION OF THE WAY IT IS, THROUGH OUR CONTINUED RESISTANCE,
ONLY UNCONDITIONAL LOVE AND UNCONDITIONAL FORGIVENESS UTILIZED WITH THE VIOLET FLAME SHALL DISSOLVE THE HUMAN CREATION WHICH IS LESS THAN PERFECTION.
THE HUMAN CREATION IS THE RESULT OF RESISTANCE AND WHEN MANIFESTED IN THE UNIVERSE IS A PERFECTION OF THE HUMAN CREATION, BUT IT IS NOT GOD'S CREATION, GOD'S CREATION ONLY COMES FROM LOVE.
OUR RESPONSIBILITY IS NOT TO RESIST THE HUMAN CREATION WHICH STEMS FROM RESISTANCE.
OUR RESPONSIBILITY IS TO LOVE UNCONDITIONALLY, TO FORGIVE UNCONDITIONALLY AND THEN, ONLY THROUGH THE ACTION OF LOVE WILL RESISTANCE SLOWLY BE RELEASED AT WHICH TIME CONSCIOUSNESS OF ONE'S THOUGHTS WILL TAKE PLACE AND ONE'S CONSCIOUSNESS WILL CHANGE, AND THUS AS THE CONSCIOUSNESS CHANGES SO WILL THE OUTER MANIFESTATION, OR WHAT WE CALL THE WORLD AROUND US.
THE HUMAN CREATION THUS IS DISSOLVED AND THE PERFECT PATTERN OF THE HEAVENS EMERGES.***

Let us now consider a group of people whom we shall call peace activists. Their desire is to have peace. It is the desire for nearly all people to have peace, but let us carefully analyze the underlying circumstances. In our desire for peace, often times it is due to our abhorrence of war. We don't want war, Therefore our fixation of thought is on not wanting war. This means our desire to not have war is the resistance to the object of our attention which is war.

Therefore we are holding the creation of war in our minds and are adding energy to the very thing we say we don't want Therefore, when one considers deeply:

THAT WHICH ONE RESISTS, ONE CREATES.

One will find that the war which one is resisting, one is adding to the creation of that same war by not wanting it. A peace activist will very emotionally claim that this is not so, but by the very active state of emotionality, the peace activist indicates that they do not understand the working of the human mind and that they end up creating the very thing they are trying with all of their heart to prevent. Therefore, what does take place is the very thing which they resist in their lives which will be brought to the fore for them to experience.

In the case of war, it could be a very costly experience for the continuation of our collective resistance. Let us look carefully at our creative process from now on. *Let us consider carefully our every thought, our every desire to have, to do, to be, and also our every desire to not have, to not do, and to not be, which by its very nature which I have described to you will call into creation the very thing we propose to not desire in our lives.*

THAT WHICH WE ARE UNWILLING TO EXPERIENCE SHALL BE SERVED UP BY THE UNIVERSE TO FULFILL THE IMAGE THAT WE HOLD RESISTANT IN OUR MINDS.

I wish to bring back into our remembrance from page 130 in Book One of the Logic in Sequence Series. Marcus Aurelius Antoninus, a Roman Emperor (161-180 A.D.) stated: "Whatever happens at all happens as it should; you will find this true, if you watch narrowly". I have found this to be true. If we resist what is happening from a position of emotional resistance, we simply add to the energy of creation and it shall persist Therefore, we should watch our every desire, and rather than put our attention on the outer, place it upon the inner essence from which all creativity flows. Find the thought patterns, word patterns, and emotionality which has called this outer manifestation into being. Because of the collective thinking of mankind, the outer may not change for a while, but it will change for us as we change our thinking, If the universe around us does not change, our positioning in the physical universe may change wherein we will create a heaven all around us while hell rages in the hearts and environment of those who insist on the continuation of its creation.

WATCH EVERY DESIRE, FOR THEREIN LIES THE FOUNDATION STONE OF ALL CREATION. DESIRE FOR SOMETHING TO HAPPEN IS JUST AS POWERFUL AS A DESIRE FOR SOMETHING NOT TO HAPPEN. EACH ONE, BY THE LAW OF ATTRACTION, SHALL BEAR FRUIT. THE UNIVERSE SHALL CRYSTALLIZE, WITHOUT CONCERN FOR RIGHT OR WRONG, AROUND EVERY THOUGHT, FEELING, AND WORD PATTERN WHICH WE HOLD IN OUR MIND, EITHER BY DESIRE OR BY DESIRE THROUGH RESISTANCE (DESIRE FOR SOMETHING TO NOT HAPPEN). THINGS ARE THE WAY THEY ARE. OBSERVATION WITHOUT RESISTANCE WILL THEN HELP US TO DETERMINE APPROPRIATE BEHAVIOR FOR THE PURPOSE OF KARMIC COMPLETION.

Let us consider for a moment the concept of desire. Why do we have a desire in the first place? Because we perceive due to our belief that we do not have something. The something which we perceive that we do not have, we therefore want. Therefore we fixate upon fulfilling the desire for something we want because we don't have it and from that moment on we are trapped into a huge duality of wanting to have-not having. Let the following be a matter of explanation:

**IF I PERCEIVE THAT I DO NOT HAVE, I DECIDE THAT I WANT THAT WHICH I DO NOT HAVE, THEREFORE, I HAVE A DESIRE.
IF I PURSUE THAT DESIRE, I MAY OBTAIN THAT WHICH I DESIRE, THEREFORE, I AM ATTACHED TO THAT WHICH I HAVE OBTAINED.
YET ORIGINALLY, I PERCEIVED THAT I DID NOT HAVE, AND I RESISTED NOT HAVING THAT WHICH I PERCEIVED, THEREFORE, I HAVE CREATED THAT WHICH I HAVE RESISTED, THEREFORE, I HAVE CREATED NOT HAVING THAT WHICH I HAVE**

DESIRED. NOT HAVING THAT WHICH I PERCEIVED WAS CREATED AT THE SAME TIME AS HAVING THROUGH DESIRE THAT WHICH I PERCEIVED WAS CREATED. THUS, ONCE AGAIN I AM BOUND TO TWO CONFLICTING CREATIONS, ONE WHICH THROUGH MY DESIRE TO NOT-HAVE WOULD SIMULTANEOUSLY UNDO THAT WHICH THROUGH MY DESIRE TO HAVE WOULD DO, THUS, THE HARDER I TRY TO OBTAIN THE OBJECT OF MY DESIRE, THE GREATER THE CREATION TO NOT-HAVE THROUGH MY RESISTANCE TO NOT-HAVING. THUS, MY DESIRE TO HAVE WHICH CREATES ATTACHMENT IS JUST AS QUICKLY UNDONE BY MY RESISTANCE TO NOT-HAVING WHICH BRINGS INTO BEING THE CREATION OF MY NOT-HAVING, THUS ENFORCED NON-ATTACHMENT, WHICH A GAIN I RESIST. THUS, NOW I RESIST MY RESISTANCE AND THE COMPLICATIONS ARISE IN GREATER COMPLEXITY. HOW DELIGHTFUL, THE MANNER IN WHICH THE GAME OF LIFE WAS DESIGNED.

It would be wise to re-read Chapter Twenty in Book One of [the Logic in Sequence Series](#). This. I believe you will now understand at a deeper level.

Now, it is imperative to go back and read pages 160-161 in Book One of the [Logic in Sequence Series](#) and commit to memory the poem, and remember that:

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.

Now, memorize:

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.

Now, go back and re-read Chapter Eleven in Book One of the [Logic in Sequence Series](#). On page 171 consider carefully the deep implications of "Oh ye who have been faithful over a few things, I will make you ruler over many.

Repetition often precipitates a state of boredom for the reader. Repetition also is an effective learning device if carefully used and not abused. Repetition is often a necessity to move each of us out of a state of self-imposed refractoriness or recalcitrance that we might begin to grow toward that light of life that hopefully we can decide to desire.

It is a decision that must be made to love. It is a conscious and determined decision that must be made to love God, the God Presence within each of us that gives intelligence to our mind and life to our heart. It is a decision to love that breaks down 'the resistances of our own creation which hides the Everpresent Love of God from enlightening every cell of our body. This love must be cultivated, expanded and perpetuated by conscious choice.

The following is an encompassment of the Laws of Love as taught by all the masters.

Mark 12: 29-31 :

29 And Jesus answered him, The first of all the-commandments is, Hear, O Israel; The Lord our God is one Lord;

30 And thou shalt love the Lord thy God with all thy soul, and with all thy mind, and with all thy strength; this is the first commandment.

31 And the second is like, namely this, Thou shalt love thy neighbor as thyself. There is no other commandment greater than these.

Without love all the work we do is meaningless. Without love our relationship with life is devoid of direction. Without love the Path of Involution is the only direction one can take. Without love we cannot know God. Let us decide to love.

The kingdom of God is within. Enjoy.

This is the End of Chapter Eighteen.

The continuation of this material is found in Book Three of the Logic in Sequence Series.
Book Two ends at Chapter Eighteen.

Book Three continues with Chapter Nineteen on through Chapter Thirty-Three.

The material is Logically and Sequentially arranged so that the Health and the Human Mind material is found in Part One and Part Two which is Book Two and Book Three of the Logic in Sequence Series.

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Dr. John Whitman Ray proudly displays the certification of his "Pax Mundi" - World Peace Award.

John Whitman Ray has been acknowledged in many areas as a Master of the Transformational Sciences. He is a true pioneer in the field of Alternative Medicine, His many contributions to natural medicine are on the "cutting edge" of today's selection of healing modalities. John Whitman Ray is the founder of Body Electronics which has been considered by many to be the most powerful self-healing technique in the world today. John Whitman Ray is also the founder of Iris-Sclera Integrated Diagnosis which is considered to be the most advanced technique of diagnosis used in the health field.

John Whitman Ray has many honours, credentials and degrees. His Bachelor of Arts (B.A.) is from Willamette University in Salem, Oregon, U.S.A. His undergraduate majors are in Mathematics and Psychology, with a Five-Year Certification in Education. He has taught in the secondary school system for 12 years wherein he taught mathematics, chemistry and physics. He was an instructor in Mathematics and Education at the University of Utah. He was a recipient of a National Science Foundation Grant to teach mathematics at the graduate level.

John Whitman Ray has been an engineer at Lockheed Aircraft Corporation in Burbank, California. He served in the Electronics and Armament Division of the F-104 Fighter Aircraft. He left Lockheed in good standing but privately vowed to never again support any program or country supporting those programs which are designed for killing fellow human beings. To the present day, John Whitman Ray is an anti-nuclear activist and environmentalist.

Dr. John Whitman Ray is a Doctor of Naturopathic Medicine (N.D.) gained from the Arizona College of Naturopathic Medicine, Doctorate of Science (D.Sc.) from Lafayette University, Doctorate in Nutritional Medicine (N.M.D.) from John F. Kennedy College, Doctor of Philosophy (Ph.D., honorary) from Wellington University, Doctor of Medicine, M.D, (M.A.) from the Open International University for Complementary Medicines and Medicina Alternative Institute, and Doctor of Acupuncture (Dr. Ac.) from the Open International University for Complementary Medicines and Medicina Alternative Institute in Colombo, Sri Lanka.

Dr. John Whitman Ray has travelled extensively throughout nearly all of North America, England, Hawaii, New Zealand, Australia, India, Sri Lanka and the Cook Islands where he has taught seminars and lectured in over 150 major cities.

Among his many honours and awards is the "Pax Mundi" Award better known as the World Peace Award from the Academie Diplomatique De La Paix. This is a fellowship award for professional excellence issued under the patronage and authority of the Dag Hammarskjold Awards Committee. Dr. John Whitman Ray received this prestigious award at the World Congress of Medicina Alternativa in Colombo, Sri Lanka in November of 1993, Each year this award is given to two clinicians or scientists whose contributions to an academic discipline has fostered international freedom, justice and peace. He has also been awarded a fellowship to the Indian Foundation for the Development of Integrated Medicine. This Foundation is actively establishing Medical Schools in India. Dr. John Whitman Ray is also a member of the Seneca Indian Nation and is a member of the Wolf Clan of the Seneca Nation. He has been awarded the highest award which can be awarded to a North American Indian, the Golden Eagle Feather Award, this was given for his service to mankind.

Dr. John Whitman Ray is the Founder of Health and the Human Mind Seminars, Founder of Iridology-Sclerology Integrated Diagnosis Seminars, Founder of Body Electronics - The Science of Bodily Regeneration, Founder of Cranial Electronics Seminars, and Founder of Visualization and Consciousness Seminars which leads to the greatest breakthrough in Mind-Body relationships in our time: The Time-Space-Continuum-Warp.

Dr. John Whitman Ray is currently serving as the Director of the Cook Islands Natural Healing Centre in Rarotonga, Cook Islands. He is also currently serving as Vice-President of the World Association of Integrated Medicine.

