

The
Secret
of

MANIFESTATION

Dream it Love it Live it

The 12 keys of Manifestation
to unlock the *power within &*
live a *life of abundance*



PAUL BIRNIE

THE SECRET OF MANIFESTATION

THE 12 KEYS OF MANIFESTATION

BY A ONENESS BEING AND SOUL
EXPERIENCING PAUL BIRNIE



It is recommended that you print a copy of the eBook and keep it visible, as this will remind you to read the book in the recommended 3 months period. By printing the eBook, you will have a copy on hand to recall any information that you might require during your transformational process.

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Paul Birnie

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INTRODUCTION

This eBook was first published and distributed in 2014 to help people understand their awakening to Oneness when wearing our Oneness Pendant. Over the years we discovered that when people wore our Oneness Pendant and started the transformation to awakening to Oneness, they required a tool set to help them to deal with the challenges that arises from awakening back to Oneness. Moreover, they required information to help them reconnect to their higher aspects of themselves, so that they would become a powerful conscious creator and manifest a life of abundance and happiness.

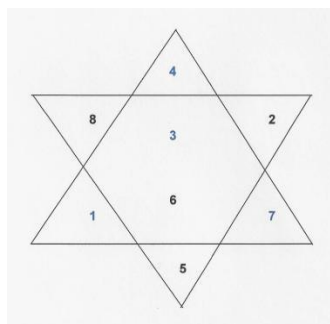
It is now 2018, and I have come to the realisation that through using this information successfully in my own life that this information is way too powerful and important to only give to people who have purchased our Oneness Pendants.

Therefore, I have decided to give this eBook away free to any person who might benefit from its information. And if that person wishes to share the book, with a friend, on their website as a free gift, or take any information from the book and share it, they are more than welcome to do so.

The eBook has been written in a certain way that creates a certain vibration, hence, to change the wording will disrupt the vibration of the eBook. Therefore, you will see references in this book to the purchase of the Oneness Pendants that I have left there for this purpose.

Please see all rights reserved on page 3 concerning sharing this book.

CONGRATULATIONS ON PURCHASING THE MOST POWERFUL SPIRITUAL AWAKENING TOOL IN THE WORLD.



By using a process called transpersonal numerology, we have decoded the name and date of birth of the wearer of the Oneness pendant's that you registered with us and encoded the encryption into the Oneness pendent shape, as per the picture on the left.

This decoded information is the wearer's personal spiritual address that receives the oneness energy that we direct to the Oneness pendent through meditation on a regular basis.

If you would like to know more about transpersonal numerology, please visit this link: <http://www.onenesspendants.com/transpersonal-numerology.html/>

It is the Oneness energy in combination with the Oneness pendant that raises the vibration of the soul and starts the awakening process back to who you really are.

If for any reason you remove the Oneness pendant, the Oneness energy will stop flowing into your soul.

The Oneness pendant must be worn in the heart area, whereby it can be worn on a gold, silver or leather chain, or even on a piece of string. It is also very common for a woman to attach it to her bra in the area of her heart.

If you have not already registered your Oneness pendant with us, please do so at: <http://www.onenesspendants.com/oneness-pendant-registration>

If someone new is going to wear the Oneness pendant, please contact us with the new information so we can change the Oneness pendant's registration information to the new wearer.

It is very important that you understand that it is the combination of the Oneness pendant's energy, performing the processes and applying the information in this book that will give you the results.

For the terms and conditions of the Oneness pendant and 'The Secret of Manifestation' book, please visit our website <http://www.onenesspendants.com/terms-and-conditions/>. or read the terms and conditions at the back of the book.

Please pay special attention to any words in this book that are marked in "red".

Keep in mind when you read this book that the information that I have shared with you is my beliefs, ideas and concepts that I have used to transform my life into a more enriched and abundant life.

The choice of whether or not to apply any of these beliefs, ideas and concepts is completely yours. I share this information with you, to give you an opportunity to see an alternative way to view the world, yourself and your creations.

Your reality is your reality, your beliefs are your beliefs, and in no way do I want to force any of this information upon you as the ultimate truth. This is my truth, and I recommend that you take out of this book that which is valuable to you and disregard that which is not.

The choice is always yours to make.

In no way do any of these beliefs, ideas and concepts represent the beliefs, ideas and concepts of any person who is quoted or referred to in this book.

Purchasing the Oneness pendant was the first step you took to reclaim your infinite power to become a conscious creator of your life. Just by buying the Oneness pendant, you have already moved to the evolutionary forefront of a new species, a magnificent, fully empowered and awakened creator in a physical reality.

The next steps in your evolution is to read this book and practice the processes that will propel you deeper into a world that is beyond your wildest dreams. A world of wonder, where miracles are daily events and your dreams and wishes are fulfilled. This world is Wonderland, where you are the dreamer and you are the one that decides what happens in your dream world.

“YOU WOULD HAVE TO BE HALF MAD TO DREAM ME UP.” Lewis Carroll, Alice in Wonderland.



In the opening scene from the fantastic movie ‘Alice in Wonderland’, a group of businessmen and Alice's father, Charles, discuss a new business venture, whereby Charles wants the businessmen to become partners. The attitude that Charles illustrates in this superb scene, is the same attitude that you are going to have to adopt if you truly want to be successful in your new adventure.

OPENING SCENE

One of the businessmen: Charles, you have finally lost your senses, this venture is impossible!

Charles: Gentlemen, the only way to achieve the impossible is to believe the impossible.

Businessman: That way of thinking can ruin you!

Charles: I am willing to take the chance. Just imagine!

“WHY, SOMETIMES I'VE BELIEVED AS MANY AS SIX IMPOSSIBLE THINGS BEFORE BREAKFAST.”
Lewis Carroll, Alice in Wonderland.

MAKE NO MISTAKE ABOUT IT - THIS BOOK IS GOING TO CHALLENGE YOUR BELIEFS.

As you read this book and take this new adventure with your Oneness pendant, you will question whether what I am saying is the truth and ask yourself if this is possible. As unbelievable as it may sound, *it is possible, and as you proceed through your new adventure, you will discover that in fact, it is the truth.*

All I can say to you is that if you are going to succeed in your new adventure, you are going to have to be like Charles and believe the impossible to be possible.

Be aware that challenges might come your way and you may think that you cannot deal with those challenges. This is a false understanding of your abilities. There is nothing, absolutely nothing that you cannot overcome.

I promise you that the Oneness pendant and the processes in this book are going to support you 100% in your new adventure of transformation from the 'little old me' *to a powerful conscious creator.*

At this moment as you are reading this book, you might not feel like a powerful creator, but that is just another false perception of yourself. You are more powerful and courageous than you think you are. *You are just not conscious of it yet.*

There is nothing to fear if you do the work when needed and don't give up. All that is required of you is to apply the processes on a daily basis when necessary and follow and apply the simple guidelines in this book. If you do this, you cannot fail.

The secret of succeeding in your new adventure is perseverance.

IT IS ONLY FAILURE THAT IS IMPOSSIBLE.

More than likely your ego is going to question the Oneness pendant and what is written in this book.

This is because the ego mind is built on self-destruction, fear, powerlessness, and dislikes any form of change. It is terrified to venture into the unknown, and it is the part of you that keeps you in servitude of your negative life experiences.

You must remember this every time you read a passage that you do not understand or comply with. Your ego is going to challenge anything that does not agree with its pre-programmed belief system.

What are beliefs anyway?

They are pieces of information that we have collected throughout our life experiences that are programmed into our minds as the truth, and the ego is the gatekeeper of those truths.

I recommend that you read the book every **Three Months**. Every time you read the book, new information will jump out at you, thus giving you a different experience and deeper understanding of the information in the book.

Please read the book from front to back. **DO NOT SKIP CHAPTERS OR MOVE DIRECTLY TO THE PROCESSES.**

The structure of this book is specially designed to help you understand the best way to create the life you desire in a simple and easy to understand manner. If you skip chapters, you will not get the full understanding of how to create your reality, and inevitably fail to create the life you desire.

If you read a concept that you do not understand, put the book down for a bit and carry on with something else, then go back and read the passage again. If you still don't grasp it, don't worry your unconscious self (*your consciousness*) did, and the next time you read the book, you will get it on a conscious level. This is because the unconscious self has received and processed the new information even though the conscious self, did not. Therefore, over time, this information will filter through from your unconscious self to your conscious self automatically.

Don't be surprised if the information sometimes pushes against your beliefs and causes your deepest fears to surface, thus making you feel uncomfortable, even angry or frustrated.

This can be quite normal when you read a book that is rather overwhelming and radically different from what you believe to be true.

Always remember there is nothing that might surface whilst reading this book that you cannot process or handle, and always remember this book is specifically designed to help you process any negative emotions or experiences that might arise in your life.

THE MOST IMPORTANT THING IS NOT TO LET THE EGO OVERCOME YOU.

The ego is a trickster and gatekeeper, and it will do *anything* to protect its pre-programmed beliefs and stop you from getting this information and applying the processes in this book.

I have seen examples of this many times with the people I have worked with over the years. I have told them to buy a certain book and read it and apply the information. However, when I meet them a month or two later, they proceeded to tell me that they never bought the book or that they did buy the book, but for one reason or another never got around to reading it.

The ego is a master at keeping you busy and misdirecting your attention away from anything that might empower you, as any change towards empowering you will be detrimental to its control over you and your life.

The ego is obsessed with control and will not let it go easily. If you are a person who likes to be able to control every aspect of your life, then be rest assured your ego is running the show.

You might get very sleepy as you read this book, this is not because the book is boring.

How can it be? I wrote it! LOL!

The sleepiness occurs because the information may be overwhelming you, and your mind is finding it difficult to conceive and understand the new ideas, concepts and beliefs, causing your brain to switch off.

This would be comparable to a computer crashing when it gets an overload of information that it cannot handle, that is; it goes to sleep.

Drink a lot of water and breathe fresh air, as this will help.

ABOVE ALL, DO NOT GIVE UP, KEEP READING AND APPLYING THE PROCESSES.

Do whatever it takes for as long as it takes.

It is recommended to print a copy of the eBook, so it is always visible. If you have printed a copy, do not keep it in a draw or use it as a table mat. Keep it next to your bed to remind you to do the processes and to read the book in the minimum recommended three-month period, or whenever you feel inspired to.

Even though some of these ideas and concepts can be difficult to understand, I have done everything in my power to simplify it for you, so you can fully understand the information and **apply it to your life**.

Granted, by simplifying it, I have left out a lot of intricate and detailed information about some of the ideas and concepts. The ideas and concepts that I have written about here are a lot more complex than the way I have explained them in this book.

I have written this book in a simple and easy to understand form, as the book is not about how smart I am or how smart you are. It is about simplifying complex ideas, so that *every* reader can understand it and therefore apply the information and change their life *to a life that they prefer*.

So, if you are one of those readers that think this book is too basic and you need deeper intellectual reading. I would suggest to you that you get your ego out of the way, relax and appreciate the simplicity of this book, as manifestation is all about simplicity and not complexity. The need for complexity is just another trick of the ego mind to feel self-important and clever, and it is this feeling of self-importance that will stop you from receiving new information that can truly change and enrich your life experiences.

The pathway home to a fully awakened being will be through simplicity and not complex concepts and ideas that only the few will understand. It is never going to be how smart you are, it is always going to be how willing you are to open your heart and mind to new and alternative concepts and ideas that resonate with you.

Discernment is always good, but arrogance and ignorance of what you now believe is the whole truth and will always be the truth, will only hamper your progress of awakening.

Find a middle path, discern when necessary, but always keep an open mind and investigate the possibility of new ways of perceiving your world.

If all humans since the first Homo sapiens refused to keep their minds open to new concepts, ideas and possibilities, we would all still be living in caves. It is thanks to the brave and courageous ones, as it is through them not being afraid to believe in new ideas and concepts and having the courage to speak of their new ideas and concepts regardless of being ridiculed by their peers or society that our world has evolved so fast.

Let me also say that it is a misunderstanding that knowledge is power.

It is applied knowledge that is power.

So please apply this knowledge.

The ego loves to read book after book, so it can gain knowledge and look impressive in intellectual conversation, whereby it can appear to have all the answers of life experiences. However, the ego does not like change, and therefore it loves to hop from book to book, workshop to workshop, learning the information and yet never applying it.

As an observation and not as a judgement, I have met many intellectual and evolved spiritual people who can rattle off all the information about the cosmos and the difficult to understand spiritual concepts in an intellectual and knowing manner.

However, because very few actually apply what they have learned, their lives have not really changed, and they continue to repeat the same negative, self-destructive patterns over and over again.

If you truly want to see change in your life, then apply all the information that resonates with you and leave alone that which does not.

Do not be frustrated if you do not understand any of the chapters or paragraphs. Be gentle with yourself, Rome was not built in a day. If you do become frustrated, use the processes in the book to overcome that frustration. As this is all just the ego beating itself up, as it loves to play at having no self-worth.

“I WOULD RATHER LIVE IN A WORLD WHERE MY LIFE IS SURROUNDED BY MYSTERY, THAN LIVE IN A WORLD SO SMALL THAT MY MIND COULD COMPREHEND IT” - Harry Emerson Fosdick.

I am not able to prove a lot of the information in this book as being true, and I do not feel the need to do so. This might not be okay for you; however, it is okay for me. You might be one of those people that need facts or scientific proof to prove new concepts and ideas, and that's okay. However, I am not one of those people. The proof that I have obtained that this information is true, has come through by applying the information in my own life and seeing my life transformed into a life of happiness and abundance.

Therefore, you have a choice, to either wait for scientific proof to believe that this information is true or apply the information to your life and find out for yourself that in fact, it is the truth.

I am not here to push my ideas and beliefs onto anyone. There is already too much dogma and too many self-righteous people in the world. You have the absolute right to believe in whatever you choose to believe in, and I have that same right. This is called free will.

That being said, if you truly wish to be successful in your new adventure, you are going to have to believe to see, instead of seeing to believe.

As I have just said, the only way you are going to see that what I am telling you is the truth, is for you to go through the process of transformation and experience it for yourself. It will be the experience itself that will uncover the truth for you, and everyone will have a different and unique experience.

Our world and the scientists in it, are fast approaching discovery of what I have written to be the truth, and as you can imagine, it is pushing against their beliefs and ego minds too.

Am I still going through transformation?

You bet I am.

Transformation is never ending, as our Omniverse is infinite. As I complete the transformation of a certain experience, the death of that transformation becomes the birth of a new experience.

Do I have all the answers?

No, of course not!

The more I understand, the bigger the picture becomes, and the more I realise how much I don't know yet.

Will my beliefs be different in 5 years' time?

I am sure they will be very different. Not because my old beliefs were wrong, but because my new beliefs will be more aware of the ultimate truth and an extension overlay of my old beliefs.

All that I can say with truthfulness and confidence is that I have applied the information in this book over many years, and I have transformed my life to a more abundant life and have lived many of my dreams and goals.

I have created successful businesses that I am passionate about and love to the core of my being, and my life is filled with good relationships, health, wealth, joy and happiness.

I have achieved all of this, because I was willing to take a chance and believe in and apply all the information in this book.

I was willing to take the chance, just like Charles did - are you?

Just imagine for one moment if all your dreams and goals manifested in your life.

This would be a Wonderland - a world full of happiness, joy, health and wealth.

Are you ready to fall down the rabbit hole and enter Wonderland?

I am sure you are!

So, what are you waiting for, let's move to the 1st chapter.

SYSTEMS AND MECHANISMS OF MANIFESTATION

CHAPTER 1

DOWN THE RABBIT HOLE

“YOU SEEM SO REAL - SOMETIMES I FORGET THIS IS ALL A DREAM.”

Alice in Wonderland.

Believe it or not, the world that looks unquestionably real to you, is in fact, an illusionary holographic virtual reality world. It is a dream world, where you are the dreamer whose time has come to awaken within the dream and become the lucid dreamer once more.

The dream world is a game where you as a powerful creator can either experience life experiences of all that you are not, or experience life experiences that are in alignment with your true self, infinite abundance.

The game that is known as The Human Experience Game, is a well-constructed world that even when you know the truth that it is not real, it still seems real.

Has a part of you just kicked in and said, ‘No way!’ How can this be?

Everything in my world is real. This can never be a dream world.

My body is solid, my world is solid, and I can feel, smell, see, hear, taste and think.

That part of you that has just gone into hysterics, is your limited mind that usually does not want to hear or believe anything that goes against what it believes to be true.

Before I continue, I want you to understand that there are two main aspects of you. *(These two aspects of you will be described in more detail in later chapters of the book.)*

There is the *Oneness you*, which is the real you, it is consciousness, the spirit you that exists and will always exist. And there is the *persona you* that has a personality construct, which is known to you as the ego self, and more than likely it is the ego self that you identify with as who you are.

The personality construct/ego that I will be referring to in this book can be of a positive or negative nature, which as you will discover later in the book is determined by the vibration of the real you, consciousness.

“DREAMS FEEL REAL WHILE WE'RE IN THEM. IT'S ONLY WHEN WE WAKE UP THAT WE REALISE SOMETHING WAS ACTUALLY STRANGE.” The movie *Inception*.

So, let me address your personality construct/ego for a moment.

Oh, dear ego, I know you believe this reality to be real, as within this reality you can feel, smell, see, hear, taste and think.

However, when you are asleep at night and dreaming, you also can feel, smell, see, hear, taste and think, and this is what tricks you into believing the dream to be real.

It is only once you have awakened from the dream and say to yourself, *“it was only a dream, it was not real,”* that you understand that in fact, what you believed to be real, was only a dream.

Well, dear ego, you are about to make the same statement when you awaken from this dream you call life.

You maybe don't believe me!

Well, let's continue and I will show you how deep the rabbit hole goes. The amazing truth is that what you call life and believe to be real and tangible, is in fact a dream world that is not as real as you thought.

Have you ever heard of the game on the Internet called *Second Life*?

Second Life is a virtual reality game on the Internet that you download to your computer and design and name an avatar/character that you use to experience the game with. It is a perfect representation of the dream world you find yourself in, which is in fact, a virtual reality game called *The Human Experience game*.

You are not real; you are an illusionary projection of the soul, which is a smaller part of a larger, higher vibratory aspect of '*all that is*', called a Oneness Being. The soul and the Oneness Being uses you the ego self as a character to play and experience the human experience game.

You see where we are going with this?

That is right dear ego, you are the illusionary persona of the human experience game.

You were created by the *One* ('*all that is*'), and you have served your purpose well, but now it is time for you to hand back control of the game to the soul and Oneness being.

You could basically say the game is up, excuse the pun...

I know you don't want to hear this and you will probably put up a resistance to what I am saying, as this is how you have been programmed to act. Nonetheless, it is the truth, and nothing can stop the soul's transformation and integration with Oneness.

Don't worry dear ego, it is not about getting rid of you or fighting you or excluding you. It is about including and transforming you in the awakening to oneness process, as Oneness ('*all that is*') is all about inclusion and transformation.

The transformation and integration with Oneness, is all about you becoming a happier and joyful aspect of the *One*, a new paradigm, a new positive high vibratory aspect of the *One*.

Even though you are a program, you are still loved by the *One*, as you were created by the *One* and the *One* appreciates and loves all its creations.

Okay, back to Second Life.

Just like the human experience game, *Second Life* has its own currency called Linden dollars (L\$), which can be exchanged with USD through *Second Life*'s own foreign exchange system called Lindex.

With the L\$, you can open digital businesses and sell digital land, houses, cars, clothes and anything you can imagine to other avatars in the game. This all adds up to its own fast-growing GDP of \$600 million per year, which exceeds the GDP of 19 countries including Samoa.

In *Second Life*, you can socialise with friends at your digital home, nightclubs, movies, restaurants and many different events that are held in *Second Life* with your avatar. There is even an adult-only section where you can live out your erotic fantasies.

When you grow tired of your character in *Second Life* or want to experience another avatar, you just kill off your avatar in the suicide booth and create another one.

How's that for reincarnation?

Anything you can imagine can be experienced in *Second Life*, and if you wish to experience something that does not exist, you can create it yourself and upload it to the game so other players can experience it through their avatars.

The human experience game works in a similar way, whereby you as a soul can use your higher mind to tune into and select new undiscovered experiences of 'all that is' and upload them to the illusionary human experience game for other souls to experience through their personas.

This is what we would call evolution, discoveries and inventions within the human experience game.

Understandably the human experience game is much more advanced and complex than *Second Life*. There is no technology in this dimension that can even come close to the vastness and the workings of the human experience game.

Even though this is true, *Second Life* and the human experience game are so similar in so many ways that it serves as an excellent template to understand manifestation in the human experience game.

We will be referring to *Second Life* throughout this book for you to understand in a simple and straightforward manner what your reality is, and how you can create the life you have always desired.

THE INTERNET VIRTUAL REALITY GAME - <http://www.secondlife.com>



The picture on the left is of the Second Life viewer that you download to your computer to play The Second Life game with other people around the world.

HERE ARE MORE PICTURES FROM SECOND LIFE, THE DIGITAL VIRTUAL REALITY GAME.



THE WORLD IS NOT WHAT IT SEEMS TO BE

"REALITY IS MERELY AN ILLUSION, ALBEIT A VERY PERSISTENT ONE." - Albert Einstein.

"YOU ARE IN FACT, A SOUL THAT IS A SMALLER PART OF ANOTHER ASPECT OF YOU, CALLED A ONENESS BEING, WHEREBY THE SOUL IS USING A CHARACTER TO PLAY IN AN ILLUSIONARY HOLOGRAPHIC VIRTUAL REALITY GAME CALLED THE HUMAN EXPERIENCE GAME."

Okay, I have just made a big, unbelievable statement.

LET'S BREAK THIS STATEMENT DOWN IN 3 QUESTIONS AND ANSWER THEM ONE AT A TIME.

IS YOUR WORLD AN ILLUSION?

IS YOUR WORLD HOLOGRAPHIC IN NATURE?

ARE YOU REALLY A SOUL THAT IS A SMALLER PART OF A ONENESS BEING THAT IS PLAYING A CHARACTER IN A VIRTUAL REALITY GAME?

IS YOUR WORLD AN ILLUSION?

If you asked 99% of people what the fundamental structure of the universe is, and what are the systems and mechanisms that bring the universe into being. They would more than likely say particles, forces, atoms, gravity and light, which on one level of the construction of the universe is correct.

However, at a deeper level most people would not know that the true fundamental structure of the universe is in fact, an infinite energy field, and it is the systems and mechanisms of this infinite energy field that construct all particles, forces, atoms, gravity and light that make up the entire universe.

You might think that to know the fundamental structure of the universe and its systems and mechanisms that bring the universe into being, *is not that important to know.*

Well, just think if you did not know the workings and the ins and outs of your job, or your career, or a business that you owned.

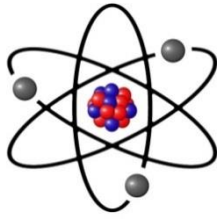
Do you think that you would be able to succeed in it, or make a lot of money in it?

I don't think so, the results you would get would be very poor indeed, and you would probably be fired from your job or lose your business in a short period of time.

Yet, you take part in the human experience game without knowing the fundamental workings of it, the ins and outs of it. Hence, you run your life on automatic default, without any idea of the power you have within to change your life experiences.

Therefore, the results you obtain in your life will not match all that you desire, *leaving you frustrated and unhappy.*

LET'S EXPLAIN TO YOU WHAT YOUR WORLD IS MADE UP OF, HOW IT WORKS AND HOW IT COMES TO BE.



Sir Isaac Newton and the French philosopher, René Descartes, described the world around us as a world in which individual particles of matter, atoms and molecules follow certain laws of motions through space and time, effectively portraying the universe as a machine. Whereby, the movements of its particles of matter can be predicted using mathematical equations.

This is true, but it is only true on one level?

To discover the fundamental truth of the universe, we have to look deep into the structure of the atom. And when we look deep into the structure of an atom, we will discover the unpredictable, unseen world of the quantum.

If we put a piece of matter under an electron microscope and magnify one of its atoms one magnified frame at a time. We would only view empty space as we pass through each magnified frame. After many magnified frames, we would eventually view the nucleus that is located in the center of the atom. The nucleus contains mostly all the mass of the atom and consists of protons and neutrons. The neutrons and protons are made up of much smaller particles called quarks and gluons.

As we keep on zooming in through the atom and the nucleus, the nucleus will disappear and take our view back to more empty space. The next particles of matter to view after many magnified frames of empty space, is the protons and neutrons. The protons and neutrons will also soon disappear and return our view back to empty space as we zoom in.

As we keep zooming in one frame at a time, we will keep viewing empty space until we view the smallest particles of the atom, the electrons that orbit the nucleus, and the quarks and gluons that make up the protons and neutrons.

Even though the nucleus consists of all these particles, the nucleus particles and the electrons are so small that they only make up 0.01% of the atom.

It is interestingly noted that if an atom was the size of a football field, then the nucleus would be the size of a marble.

The electrons don't orbit the nucleus as per the picture above, but instead they act like a wave rather than a particle swarming around the nucleus at a very fast speed. Therefore, creating an electron field cloud which gives an illusion that there are much more electrons in the space of the atom than there really is.

This would be the same as if you imagine a spinning four blade fan in a room, the spinning fan would give you an illusion that there are more than 4 blades and hardly any space in the area that they rotate in.

Whereas, in fact, the truth is there are only four blades and the area around the rotating blades consists of mostly empty space.

IT WOULD SEEM THAT THE ATOM IS MOSTLY EMPTY SPACE.

THE TRUTH IS THE ATOM IS 99.99% EMPTY SPACE.

That means all matter in the universe, including us, *is really only empty space.*

DID YOU KNOW THAT?

IT SOUNDS CRAZY, DOESN'T IT?

HOW CAN YOU BE 99.99% EMPTY SPACE, WHEN YOU FEEL SO SOLID?

ALL WILL BE REVEALED.

The scientists did not really know much about space until the last 100 years or so, which I find quite funny considering that it makes up 99.99% of the matter in our entire universe.

Through the studies of space over the last 100 years, we have come to understand more about the fundamental structure, systems and mechanisms that bring the world into being.

And what I have found is that if you know and understand this information, it assists you *enormously* to understand manifestation, *enabling you to create a life you desire*.

IS SPACE REALLY EMPTY?

If this is true, then why can we not walk through a wall?

The reason that you cannot walk through a wall is that two electrons (yours and the walls) cannot co-exist in the same space at the same time simultaneously. That's why if you put your finger in the spinning fan you are going to hurt your finger.

Are electrons the fundamental structure of the universe?

No, they are not.

Electrons at the fundamental level are potential waves of information that exist everywhere simultaneously within a hidden field of pure energy. It is only when the potential waves of information are observed or interacted with some sort of medium that they become an electron in our space- time.

Therefore, space is not really empty.

As the fundamental structure of space is pure energy, a hidden web of an enormous pulsating, powerful, infinite energy field that is self-generating and full of life. Within this field, there are virtual particles which are not really particles, but are in fact, ripples of energy that are created by disturbances within the field.

These ripples of energy explode and implode instantly in a fraction of a millisecond as they interact with each other, thus creating an **energy matrix of informational interference patterns, and it is this matrix of informational patterns that is flickering in and out of the Oneness field that eventually manifests as our physical reality.**

It is this hidden extremely powerful infinite energy field that is the fundamental structure of all matter and forces in our universe.

If we took all the stars in the known universe and compressed them into a 1cm cube, the 1cm cube would be approximately 30% less dense and energetically powerful than the 1cm cube of space.

I KNOW THAT THIS IS TOTALLY MIND BLOWING, AND WHAT IF WE COULD TAP INTO THAT FREE ENERGY, WE COULD ENERGIZE THE WORLD FOR FREE, FOREVER.

The infinite energy field is known by the scientists as the unified field, hyperspace, the quantum field or the zero-point field. It is not a material field; it is ultimately the field of consciousness that some call the mind of God.

I prefer to call it 'all that is' or 'the One' or 'Oneness', because it contains within it, all the potential of all creation. It is infinite information, whereby every aspect of the Oneness field is connected, communicating and affecting each other instantly at a fundamental level, regardless of the distance between each aspect.

The Oneness field is consciousness; therefore, all that exists is consciousness, as consciousness is all that there really is.

Scientists say that within this Oneness field there are unseen multiple dimensions, that coexist within the same space as our reality simultaneously.

It is noted that there are scientific theories called String Theory and M Theory that has a total of 10 and 11 dimensions respectively. Our universe has three spatial dimensions and one of time. Whereas, String and M theories have 6 and 7 extra spatial dimensions respectively on top of our three spatial dimensions and one of time.

String Theory and M Theory are based on very tiny string that are a million times smaller than a grain of sand. Whereby the vibration of these strings within the Oneness field is creating waves of informational interference patterns and these informational interference patterns creates the properties that configures all particles, matter and forces in our universe.

We cannot see or measure these extra dimensions from our 4-dimensional space-time reality, as they are located outside of our visible and detectable universal spectrum.

The Scientist know that our visible universe only accounts for 5% of the energy and matter of the entire universe. The other 95% of energy and matter that make up the rest of the universe, is undetectable dark energy and dark matter that cannot yet be measured.

Could these undetectable dark energy and dark matter be the unseen dimensions that the scientists talk about?

If you find it hard to imagine extra dimensions that you cannot see, here is how Brian Greene explains it in the movie, *The Elegant Universe*.

“Imagine you are at the movies and the movie is showing on a movie screen. The movie screen is flat, it is 2-dimensional, as there is only up, down, left, and right, and no, back and forwards. Therefore, what you see is only a 3D optical illusion of 2D images.

Now let’s say you are a 2D character in the movie, and there is a 2D image of a car coming straight for you. This we will say is all happening in the 2nd dimension. You cannot see the 3rd dimension from your 2nd dimensional viewpoint, but you have heard that it exists.

To avoid the car hitting you, you take a leap of faith, and you quickly jump out of the 2nd dimensional screen into the 3rd dimensional world.

You find that the leap of faith you have just taken has saved your life, and you now find yourself in a 3-dimensional world.”

Moreover, as I see it, once you have jumped into the 3-dimensional world, you will see that there was a movie projector in the 3-dimensional world that was projecting your movie onto the 2-dimensional movie screen.

This would come as quite a shock to you, as you never knew that the movie that you were in, was in fact, only a projection from a higher dimension. And it was the information that was passing through the projector in that higher dimension that was determining your experience in the 2D world.

IN OTHER WORDS, THE 2D MOVIE WAS A MANIFESTATION OF THE INFORMATION PASSING THROUGH THE 3D PROJECTOR IN THE 3-DIMENSIONAL WORLD.



Oh My God!!!!

What you are saying is that the world I see as solid, is not solid at all, it is all just vibrating informational interference patterns.

Hold on that means I am not solid either, I am also just vibrating informational interference patterns.

That's right, you are not a human being, you are an energy being that is being expressed as a human being, and the world you see as solid is also vibrating informational energy patterns being expressed as matter.

If that is true, then what you are saying is, me, other people in my reality and all solid matter and events in my reality are all vibrational informational interference patterns that are being expressed as me and my physical reality.

Yes, that is correct!!!

Well if that is the case, then at a fundamental level, me, other people, all I see in my reality, all other dimensions that I can imagine that exists are all one and connected.

Yip, that is correct, as just said previously, everything is One and connected at the fundamental level of the Oneness Field.

Well, if everything is really, just vibrational informational interference patterns. Then how does these Informational interference patterns become solid matter and events in our universe?

Well, quantum physics might just contain the answer to your question.

But before we move on to solve that question let's summarise what we have learned so far.

Summarisation: The fundamental structure of the universe is a hidden, huge, pulsating, self-generating energy field called the Oneness field that consists of vibrating virtual particles which are not really particles but are in fact ripples of energy that are created by disturbances within the Oneness field.

These ripples of energy explode and implode instantly in a fraction of a millisecond as they interact with each other, thus creating an energy matrix of interference patterns.

These informational interference energy patterns are consciousness and it is this consciousness that is constantly manifesting as all matter, forces and events in our universe

Within this oneness field, there are multiple hidden dimensions that we cannot see or measure from our 4-dimensional space-time reality, as they are located outside of our visible and detectable universal spectrum.

HOW DOES THE VIBRATORY MATRIX OF INFORMATIONAL PATTERNS CONVERT INTO MATTER AND EVENTS IN THE UNIVERSE?

This question has been debated in the field of science for a very long time and many scientists who have tried to resolve this problem with quantum physics, have been unable to come up with a credible solution on how this system and mechanism operates.

Even though there are a lot of different theories on how this happens. There is one main constant, and that is that there must be some sort of observer, or interaction by some sort of medium with the interference patterns that causes the interference patterns to convert into a physical world.

Quantum physics is a branch of science that deals with discrete, indivisible units of energy called quanta, as described by the quantum theory.

To understand how interference patterns of information condenses into matter, we must know the five main principles of quantum theory.

1. The state of elementary particles of matter (such as an electron) will either be observed as a particle or a wave, but never both. However, somehow, we must think of the electron as being both, due to its ability to display both forms of equally exclusive states of being; therefore, it is neither. The core of what the electron really is must be something else entirely, and whatever that is, is quite hard to imagine. Thus, the name sometimes given to the fundamental state of an electron is a wavicle. *(Yes, I know that is quite confusing, but that is quantum for you.)*
2. Wave function collapse is the phenomenon by which a wave function - initially in a superposition of several different possible eigenstates (probable states) - appears to reduce to one single state after interaction with an observer or medium.
3. The uncertainty principle states that it is impossible to determine simultaneously both the position and velocity of an electron or any other particle with any great degree of accuracy or certainty.
4. Quantum entanglement states that two particles can act together and become one system and behave like one object but remain two separate objects. When one changes state, the other also changes state simultaneously regardless of the distance between them, even if they are a million miles away from each other. (Communication is instant and faster than the speed of light.)
5. Energy is not continuous but comes in small but discrete units.

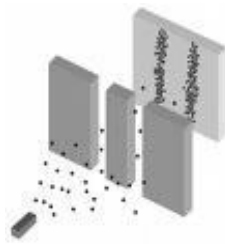
PARTICLE/WAVE DUALITY

Particle/wave duality is perhaps the easiest way to get acquainted with quantum theory, because it shows in a few simple experiments how different the atomic world is from our macro physical world.

The world of quantum is where all rules are in complete opposition to our physical world. The quantum theory states that every wave in the Oneness field (quantum field) has infinite possibilities until observed or interacted with some sort of a medium, and when observed, an outcome is chosen and collapses into a physical particle.

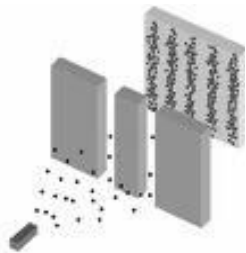
There is no better explanation of this than the double slit experiment.

THE DOUBLE SLIT EXPERIMENT



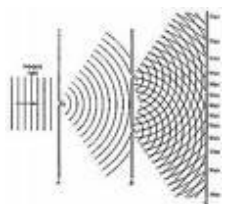
If you take a gun, such as a machine gun, and fire marbles one at a time through a double slit, it will make the same pattern on the wall as the double slit where the marbles are passing through, as shown in figure 1.

Figure 1



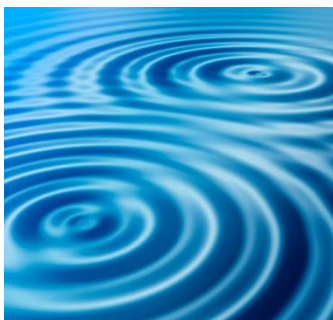
If you take a laser gun and fire electrons in a singular file through a double slit, you will expect the pattern on the wall to be the same as figure 1. However, this is not the case, instead of showing marbles on the wall it will show as an interference pattern. This phenomenon is caused by the energy waves of the electron interfering with each other after passing through the slits as shown in figure 2.

Figure 2



The electron leaves the gun as a particle, becomes a potential wave, and goes through both slits simultaneously. The waves interfere with each other on the other side of the slits just before they hit the wall, thus creating an interference pattern on the wall as shown in figure 3.

Figure 3



This can be easily understood by the example of dropping two pebbles into the water simultaneously. The ripples of the waves that each pebble creates converge and interfere with each other, which make an interference pattern as shown in figure 4.

Figure 4

What is truly baffling about this experiment is that whilst the wave goes through both slits, it also goes through neither of the slits and it goes through either slit all at the same time, whereby all the possibilities are in a superposition to each other.

I know this is a brain fryer; that's the crazy world of quantum for you.

It becomes stranger still, as when you put a measuring device at any one of the slit's; the electron chooses a slit to pass through and behaves like a marble and not a wave, leaving a pattern as shown in figure 1

The very act of measuring or observing a slit means that the electron chooses one of the slits to pass through. The conclusion is: the observer collapses the wave function into a particle and selects the slit to pass through simply by observing it. This act of the wave collapsing when observed is called wave function collapse. This theory is known as the **Copenhagen interpretation**

The Copenhagen interpretation is stating that it is the physical observer that creates the wave function collapse. See: http://en.wikipedia.org/wiki/Copenhagen_interpretation

However, this interpretation just does not feel right to me.

As Albert Einstein once said, *“does that mean the Moon is not there when I am not looking at it”*.

To help you better understand particle/wave duality and wave function collapse, watch the video on our website by Doctor Quantum

<http://www.the-secret-of-manifestation.org/dr-quantum-double-split-experiment.html>

The Many Worlds Theory

There is another quantum theory in quantum physics that is very important to know, and that is the many worlds theory that Hugh Everett III wrote about in his book 'The Many Worlds of Hugh Everett III'.

Please visit the link below to understand the many worlds concept.

<http://everythingforever.com/everett.htm>

Everett basically agrees with some of the double slit experiment; he agreed with the idea of superposition, as well as with the notion of wave functions. However, Everett disagreed with the double slit experiment as per the Copenhagen interpretation in one vital aspect.

To Everett, measuring (observing – interacting with) a quantum object does not cause wave function collapse and force it into one comprehensible state or another.

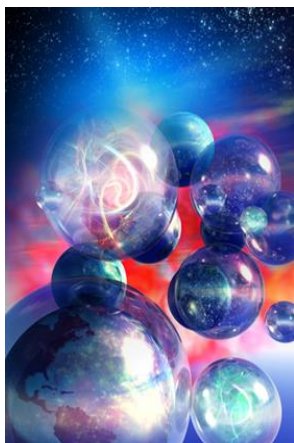
Rather, it is the wave functions interacting with its environment or some sort of medium that causes the reality to branch out into infinitely different versions of the original reality. Thus, giving the perception of wave function collapse whereby the reality is more of an objective reality, than a subjective one. The Many worlds process of waves being converted into physical matter is called decoherence.

The Many Worlds Theory describes reality as a many-branched tree, whereby every possible outcome, of every event exists in its own history or world.

In layman terms, **there is a very large, perhaps an infinite number of universes like ours in the Oneness field**, and everything that could possibly have happened in our past did occur in these other universes.

In our universe, Hitler lost the war, in another universe, Hitler won the war, and in another universe, Hitler never existed.

This is what is known as parallel world's, and believe me, when you understand the parallel world's concepts and accept it as the truth, you are automatically empowered to become a conscious creator.



The Many World Theory fits nicely into String and M theory, as the string theory scientists are saying that our universe is in fact, a huge membrane which is just one membrane of infinite membranes that are floating within the Oneness field, and each membrane represents a different parallel world whereby our world is just one of these parallel worlds. **These membranes can be like slices of bread, but the more preferred concept is that the membranes are like floating bubbles, as per the picture on the left.**

There are many levels of membrane parallel worlds.

Level I: An extension of our universe

Level II: Universe with different physical constants

level III: Many- worlds interpretation of quantum mechanics

level IV: Ultimate ensemble

Level I: An extension of our universe.

Infinite cosmological universes that are the same as ours that exists in a 3-dimensional multiverse landscape.

Level II: Universe with different physical constants.

Are bubbles Membranes (like gas pockets in a loaf of rising bread) which occur by an inflating universe and can have different properties, such as different physical constants. Such bubbles are embryonic level I multiverses.

level III: Many- worlds interpretation of quantum mechanics.

Contains an infinite, possible version of parallel worlds i.e. An infinite, possible versions of you and our universe. According to Rob Bryanton of Imagining the 10th dimensions, he believes that the many worlds of the level III concept exist in the 5th dimension, and it is in the 5th dimension where we select which future branches of reality we will experience. (I tend to agree with Rob, but more on this later)

level IV: Ultimate ensemble.

Where all infinite parallel worlds of anything you can imagine exists in unobserved information patterns, the omniverse, pure Oneness, the divine spark, all potential creations.

By accepting the parallel world's concept, your beliefs, perceptions and behavioural responses to this world will change forever, and what you used to see as important in this world, will no longer look as significant as it once did.

This I know for sure from my own experience.

As aforementioned, I believe that Everett's Many Worlds Concept (Parallel Worlds) is the one closer to the truth, and every possible past or future event already exists simultaneously in infinite potential waveforms in superposition within the Oneness field.

The only difference that I believe to be true compared to Everett's concept, is that it is not when the choice is made that every other possibility is created. I believe that all probabilities of an outcome already exist within the Oneness field in informational wave form, (interference patterns) and when one makes a choice of a particular outcome, that outcome is selected and experienced from the many possibilities of that outcome within the Oneness Field of consciousness.

At this point it is important to understand that in the double slit experiment, the environment, all the equipment being used in the experiment, and the scientific observer, are all interference patterns at the fundamental structure of the universe.

Therefore, it would be reasonable to conclude that the chooser/observer/interacting medium that's is interacting with the interference patterns, thus converting the interference patterns into physical matter, is not a solid 3 dimensional being or the physical environment as per the Copenhagen interpretation and Many Worlds theories.

As per Albert Einstein quote. It is the same as saying that the moon only exists, when I as a human being turns around and looks at it, and when I turn away, it becomes a wave of probability again

The chooser/observer/interacting medium must be at the quantum level, it must be part of the quantum environment and not at the physical level.

When the Quantum chooser/observer/interacting medium, selects an outcome from the infinite interference patterns of information of the Oneness field and converts them into a physical reality to be experienced. All the other outcomes that were not chosen are left behind as informational waveforms in superposition within the Oneness field.

As I have just mentioned, I believe the observer is not a human being as suggested in the Copenhagen interpretation, which states that when we take a measurement it causes the set of probabilities to immediately and randomly assume only one of the possible values.

The life form observer's way of thinking is also the foundation of the theory of biocentrism, by Doctor Robert Lanza, whereby a life form is the observer, and without a life form reality does not exist. In other words, life creates the universe, rather than the other way around.

However, biocentrism also states that it is the consciousness of the human being and a living form that is the observer, and consciousness may still exist after death in one form or another. The only difference is, he sees that it is the human being that creates consciousness that is the observer, and I see it the other way around, consciousness is the fundamental part of creation, it is the observer, and it creates the human being.

The way biocentrism explains the nature of reality is very close to what I believe to be true. As I have just aforementioned, I believe the observer is not a life form, it is the divine spark, the Oneness eternal you, consciousness that lies behind the life form. It is the part of you that is all that you really are, and all that you will ever be that exists in the Oneness field at the quantum level. The observer, the divine spark will be discussed in more detail in later chapters.

Even though the biocentrism theory does not believe that we can choose what reality we want to experience. It is still an excellent theory to read about how to get a better understanding of the fundamental structure of our reality and its systems and mechanisms that brings our world into being.

I am not a physicist and will never be one. What I have written in this book about string and M-theory, decoherence and modern interpretations of Everett's Many Worlds theory, is a layman's point of view in the understanding of these difficult and mind-blowing concepts.

Even the physicists have a problem explaining the wave function collapse and how the waves of information convert into our physical reality.

And who knows? String and M-theory might turn out not to be the theory of everything, and some other theory might take the main stage of science and give us the fundamental answer to the systems and mechanisms of reality.

THE TRUTH IS, IT DOES NOT REALLY MATTER WHAT THEORY PROVES TO BE THE CORRECT THEORY IN THE FUTURE.

WHAT DOES MATTER, AND WHICH IS THE MOST IMPORTANT POINT THAT I AM TRYING TO MAKE HERE, IS NOT WHETHER I AM INTERPRETING THE CONCEPTS AND THEORIES CORRECTLY, OR IF THEY ARE PROVEN CONCEPTS AND THEORIES.

IT IS THAT OUR PHYSICAL REALITY IS CREATED FROM INFORMATIONAL INTERFERENCE PATTERNS THAT ARE EMBEDDED WITHIN THE HIDDEN VIBRATORY FIELD OF INFORMATION, THE ONENESS FIELD.

AND WHEN THE INTERFERENCE PATTERNS ARE OBSERVED OR INTERACTED WITH SOME TYPE OF MEDIUM, THE INTERFERENCE PATTERNS OF INFORMATION IS CONVERTED INTO A PHYSICAL REALITY.

THIS IS A PROVEN FACT.

THEREFORE, IF WE WANT TO MANIFEST ALL THAT WE DESIRE, THEN IT IS WITHIN THE ONENESS FIELD OF INFORMATIONAL INTERFERENCE PATTERNS THAT WE MUST FOCUS ON AND NOT THE MANIFESTED PHYSICAL WORLD.

THIS I KNOW FOR SURE, BUT MORE ON THAT LATER!

YOU CAN'T BE SERIOUS ABOUT PARALLEL WORLDS....

Yes, I am!

SOUNDS LIKE SCIENCE FICTION, DOESN'T IT?

Yes, it does, but it sure looks like it is true....

Another very well-known scientist, Dr Michio Kaku also says that there are infinite parallel worlds within the Oneness field that contain infinite versions of Earth and infinite versions of you, as well as infinite versions of different types of worlds that are all going on simultaneously.

Watch the video on parallel worlds on our website, which will help you better understand the concept of parallel worlds. <http://www.the-secret-of-manifestation.org/parallel-worlds.html>

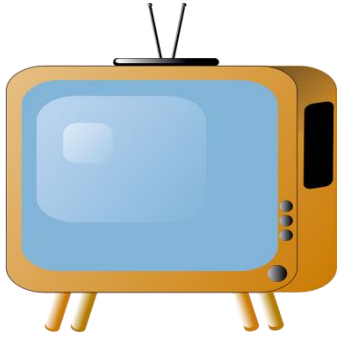
Do you now understand more about the fundamental structure of your world and how it works, or is it all too complicated, confusing and way over your head to understand?

If you found higher dimensions, parallel worlds, decoherence and quantum physics is too difficult to understand, don't worry, I was in the same boat as you when I first started to learn this, and to be utterly truthful, even today I only have a tiny grasp on all this science stuff.

That is why I have simplified the concept of higher dimensions, parallel worlds, decoherence and quantum physics, by using an analogy of everyday appliances that we all use or have used at some time in our lives.

What everyday appliance selects unseen superposition waves of information from an energy field of informational wave patterns and transforms it into matter by observing it?

A TELEVISION



A person (the observer) selects (tunes into) a TV channel (an experience) from TV waves of information that are in superposition in the sky (the unseen energy field - Oneness field) by pushing the channel button on the remote control.

Once the channel is selected, the TV waves are decoded (wave function collapse/converted) into tiny pixels, a picture on the TV screen by a system call Fourier Transform.

IMPORTANT INFORMATION TO REMEMBER FOR A LATER CHAPTER

The Eyes and the Brain

Most televisions work from the same basic principle. The tiny dots of light produced on the TV screen, called pixels, flash according to a specific pattern provided by the video signal. A person's eye transmits this pattern to the brain, where it is interpreted as a recognisable image.

The television set refreshes these patterns hundreds of times per second — faster than the human eye can see — which gives the illusion of movement.

<http://www.wisegeek.com/how-does-a-television-work.htm>

Imagine for a moment you are viewing a TV that has only 2 channels available on it, channel 1 and channel 2.

When you view/observe channel 1, there are waves of information that are in superposition in the sky that are being received by a TV aerial, and decoded (wave function collapse/converted) by the TV into a picture on the TV screen (pixels - particles of physical reality).

At the same time, channel 2 waves of information are waves of potential that exist everywhere in the sky (superposition in the Oneness field) waiting to be selected, viewed and observed as a picture on your TV screen.

If you push the number 2 button on the TV remote, then the channel 2 waves that are being received by the TV aerial, are decoded (wave function collapse/converted) by the TV into a picture on the TV screen (Pixels - particles of physical reality), whilst simultaneously channel 1 will go back to just being potential waves in the sky (superposition in the Oneness field).

The very act of observation/interaction (pushing the TV remote button) selects and converts the potential waves (wave function collapse/converted) into a picture (pixels - particles of physical reality)

Let's say that there is an infinite supply of TV channels in the sky to choose from, and your TV can tune in to any one of them, you would therefore have unlimited access to any TV channel that you wish to view.

If the Oneness field had infinite experiences, as per Everett's Many Worlds Concepts, and you as the observer, the divine spark, had the ability to tune into any one of them. You would have unlimited access to any experience within the Oneness field that you wish to experience.

Therefore, you as a divine spark and soul would have unlimited access to any version of you, the persona, and the persona's experiences in the human experience game that you wished to experience. (I will discuss more on this, the observer, divine spark and soul in later chapters)

This is very important to understand, as this concept is the foundation of how we all manifest our reality.

Aforementioned, your reality is not created in the physical world, it is created from the observer selecting and interacting with the informational energy waves within the Oneness field at the quantum level, and the Oneness field has infinite experiences in waveform that can be selected and experienced.

All we need to do is learn the ability as a divine spark and soul to choose the TV channels from the infinite possibilities of TV channels within the Oneness Field that we prefer to view on our screen of life.

Summarisation: The fundamental structure of the universe is a hidden, huge, pulsating, self-generating energy field called the Oneness field that consists of vibrating virtual particles which are not really particles but are in fact ripples of energy that are created by disturbances within the Oneness field.

These ripples of energy explode and implode instantly in a fraction of a millisecond as they interact with each other, thus creating an energy matrix of interference patterns.

These informational interference energy patterns are consciousness and it is this consciousness that is constantly manifesting as all matter, forces and events in our universe

Within this oneness field, there are multiple hidden dimensions that we cannot see or measure from our 4-dimensional space-time reality, as they are located outside of our visible and detectable universal spectrum.

Within these multiple hidden dimensions that are contained within the oneness field, there are infinite parallel worlds and infinite versions of you and experiences in the form of informational interference patterns that you can select and experience.

It is the observer/ medium at the quantum level that selects, interacts with and converts the informational interference patterns into physical matter.

IS YOUR WORLD HOLOGRAPHIC IN NATURE?

WHAT IF THE TV WERE A 3D TV?

Currently 3D Televisions are becoming the craze, and a lot of people are hooked on watching their movies and TV in 3D, even laptops are becoming 3D. The trouble is that technology is moving so fast these days that the 3D TV will be obsolete before it can make a great impact on our lives.

WHY? BECAUSE IT WILL BE REPLACED BY THE NEW TECHNOLOGY OF HOLOGRAPHIC TV'S.

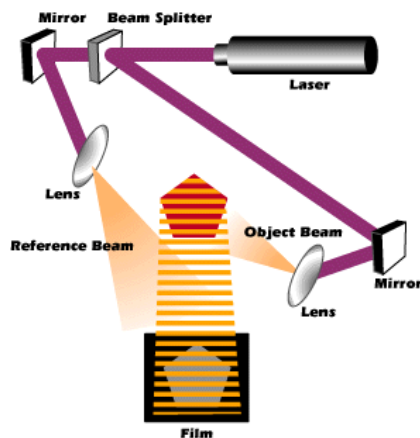
YOU MAY ASK, WHY 3D AND HOLOGRAPHIC TV'S?

Quite simply, it gives the viewers a more real and intense experience.

See BBC documentary on holographic TV's at the link below.

http://news.bbc.co.uk/2/hi/programmes/click_online/9393762.stm

HOW IS A HOLOGRAM MADE?



A beam of laser light is optically separated into two beams. One beam called the reference beam, is directed towards a piece of holographic film and expanded, (its diameter increased) so that the light covers the film evenly and completely. The second (object) beam is directed at the subject of the composition and similarly expanded to illuminate it.

Figure 5

When the object beam reflects off the subject, it carries with it the information about the location, size, shape and texture of the subject.

The reflected object's beam meets the reference beam at the holographic film, producing an interference pattern, (See figure 6) which is recorded in the light sensitive emulsion.



Interference patterns appear in light sensitive emulsion on the holographic film, as shown in figure 6.

After the film is developed, the hologram is illuminated at the same angle as the "reference" beam during the original exposure to reveal the 3D image.

Figure 6



Figure 7

An interference pattern **must be illuminated** to produce the image. Although laser light is used to make holograms, holograms are usually illuminated with standard incandescent spotlights.

A hologram produced after an interference pattern on holographic film is illuminated by another light source, as shown in figure 7.

Every tiny part of the hologram contains all the information of the whole hologram.

If I cut and remove a tiny part of the holographic film containing the interference patterns and shine a beam of light onto the cut holographic film, the whole hologram will appear when illuminated with light.

Information on how a hologram is made is provided by: <http://www.holophile.com/about.htm>



So, if we took the informational interference wave patterns from the Oneness field as described in Chapter 2 and shined a light on it, what would we get?

WE WOULD GET A 3D HOLOGRAPHIC IMAGE OF THAT INFORMATION

I CAN HEAR YOUR EGO NOW...

DID HE JUST SAY MY WORLD IS A HOLOGRAM?

FIRST, I AM AN ENERGY BEING AND NOT SOLID - AND NOW I AM A HOLOGRAM AS WELL... THIS IS TOO MUCH... LET ME OUT OF HERE...

I am afraid so. The world you live in, including you, is a hologram.

THE HOLOGRAPHIC PRINCIPLE

The holographic principle states that our 3-dimensional universe, is a projection from information that is encoded on a 2-dimensional outer surface of our universe.

This theory arises from the scientific discovery of how information is stored in a black hole. It is noted that the hidden bits of information in the black hole's volume that defines the black hole, is equally proportional to the area of the event horizon, the outer surface of the black hole.

In other words, the information within the black hole's volume, can be fully encoded on the 2-dimensional area of the outer surface of the black hole.

The information on the outer 2-dimensional surface is measured in units called the plank length. Whereby, the informational bits of the inner volume that is encoded on the 2-dimensional surface is compressed and scrambled. Thus, allowing all the information to fit on the outer 2-dimensional surface. This would look the same as the holographic film in figure 6. As when viewed, it would make no sense to anyone what the information was describing, until a light is shined on it, thus, revealing the image from the encoded information on the film.

The encoded bits of information encoded on the 2-dimensional outer surface of the event horizon of the black hole is very, very, very small, one plank area in size, measuring 10^{-66} squared centimetres. To get an idea on how small this plank area is, it would take a thousand, trillion, trillion, trillion, trillion, trillion, trillion, trillion plank areas to cover a proton.

Now that is very small indeed.

Some very clever and well-known scientists have derived to the conclusion that our universe also can be described as the same holographic principle as a black hole.

At this moment we have to hold our breath and come to the realisation that what these scientist are saying is that every piece of matter and event that we view and experience in our observable universe, is in fact a 3-dimensional holographic projection from the 2-dimensional outer surface of our observable universe.

Craig Hogan thinks he might have discovered physical evidence that we live in a holographic universe.

Craig Hogan, the director of Fermi lab, the Fermi National Accelerator Laboratory, which is a US Department of Energy national laboratory specialising in high-energy particle physics, also says our world might be a 3-dimensional hologram.

During an experiment in Germany whilst scientists were using a specially designed piece of equipment called the GEO 600 that was built to detect elusive gravitational waves, extremely small ripples in the structure of space-time.

The GEO 600 detected a noise, which was later interpreted by particle physicist Craig Hogan as quantum fuzziness. This fuzziness or blurriness on the smallest possible scales could be interpreted as evidence for the holographic universe hypothesis, the holographic principle.

As with any projection, the projected 'pixels will become fuzzy the closer you zoom in on them. The quantum fuzziness the GEO600 seemed to detect could be evidence for this projection effect.

Hogan was so excited about the discovery of the detected noise that he decided to build a very advanced piece of equipment called the holometer to try and get a clearer imprint of the noise. Should he be successful, he might be able to confirm his theory about our world being a hologram. *The holographic interferometer, or holometer, is a machine designed to test a particular idea about how space, time, matter and energy behave on very smallest scales.*

Let's take some specific points of information in the previous chapters and put them together to see what this information can be telling us.

There are infinite parallel universes in the shape of bubble membranes that are floating within the Oneness field of information, and our observable universe is one of these parallel universes.

Our observable universe is a 3-dimensional holographic projection of 2-dimensional information that is encoded on the outer surface of our membrane universe.

In other words, the scientists seem to be saying that our world is a huge bubble membrane that is floating in the oneness field of information, whereby our world is a 3-dimensional holographic projection from the encoded information on the 2-dimensional surface of our universe-membrane.

Moreover, I believe that our universe is created in the same way as the fore mentioned movie screen metaphor in chapter one that explains the extra dimensions. Whereby, the movie viewed on the 2-dimensional movie screen is being projected from the movie projector in the 3-dimensional movie room.

As crazy as it sounds, I believe that the encoded information on the 2-dimensional surface of our universal membrane that is being projected as our 3-dimensional holographic world, is in fact, coming from an unseen, higher vibratory and undetectable dimension. But more on that later with a mind-blowing twist.

Holograms are becoming very popular in business and in the entertainment industries and multi-media companies these days. They can be used for business meetings in a virtual room and holographically project people to different locations for news broadcasts, and project special guest appearances in entertainment.

It will not be long before that we will all be able to holographically project ourselves anywhere in the world.

Here are some pictures of people being holographically projected to places around the world in business, entertainment and multi-media.



Leonard Susskind string theory interpretation of the holographic principle. http://en.wikipedia.org/wiki/Holographic_principle

To have a better understanding of the concept of the holographic principle and our world is a hologram, watch the videos on our website.

<http://www.the-secret-of-manifestation.org/holographic-reality-videos.html>

An update on the holographic principle and string theory concepts - Simulations by Japanese scientists back up theory that the universe is a hologram - see <http://www.nature.com/news/simulations-back-up-theory-that-universe-is-a-hologram-1.14328>

An update on Hogan's Holometer – It is now up and running

View the post on our website about Hogan's Holometer, which is now built and up and running

<http://www.the-secret-of-manifestation.org/live-2d-hologram-experiment-test-nature-universe.html/>

May 2018 <https://oscillations.net/2018/05/03/onward-into-holographic-noise-a-chat-with-fermilabs-craig-hogan/>

Summarisation: The fundamental structure of the universe is a hidden, huge, pulsating, self-generating energy field called the Oneness field that consists of vibrating virtual particles which are not really particles but are in fact ripples of energy that are created by disturbances within the Oneness field.

These ripples of energy explode and implode instantly in a fraction of a millisecond as they interact with each other, thus creating an energy matrix of interference patterns.

These informational interference energy patterns are consciousness and it is this consciousness that is constantly manifesting as all matter, forces and events in our universe.

Within this oneness field, there are multiple hidden dimensions that we cannot see or measure from our 4-dimensional space-time reality, as they are located outside of our visible and detectable universal spectrum.

Within these multiple hidden dimensions that are contained within the oneness field, there are infinite parallel worlds and infinite versions of you and experiences in the form of informational interference patterns that you can select and experience.

It is the observer/ medium at the quantum level that selects, interacts with and converts the informational interference patterns into physical matter. When the quantum observer/medium interacts with the informational interference patterns, the patterns convert into our universe that is holographic in nature. Therefore, our universe, the persona, its environment and the human experience game is an illusionary holographic experience.

THE OBSERVER

AM I REALLY A SOUL, WHICH IS A SMALLER PART OF A ONENESS BEING THAT IS PLAYING A CHARACTER IN A VIRTUAL REALITY GAME?

Warning: Some material in the next 3 chapters might be difficult to understand and comprehend.

Read it slowly, stop and pause if you get stuck.

Do not worry too much if you don't understand the information the first, second or third time you read it. Just remember that you are going to read this book every 3 months. Therefore, you will begin to understand the concepts written in this book at one time or another.

The most important thing is *not* that you understand everything I have written all at once.

It is that you apply the processes that are in the book, and as you awaken due to doing the processes, you will begin to understand and comprehend all that I have written.

Please keep in mind when you read the next 3 chapters that I have taken very complex concepts and reduced them to simple explanations for you as a reader to grasp and understand the systems and mechanisms of creation.

The systems and mechanisms of creation are undoubtedly much more complex than we are saying here.

What I have written here is a metaphor of a model of creation and manifestation, whereby I have taken decoded information from the higher aspects of myself and converted it into a model that I and others can understand on a conscious level.

I am sure that if I perceived this information from the higher aspects of me, I would perceive this model differently. The only way that you will really get the concept of what I am trying to deliver to you, is to read the info and flow with it and apply it. By doing this you will discover what I am trying to communicate to you through your own experience.

“THERE IS REALLY ONLY ONE OBSERVER AND IT IS THE ONE ITSELF. ALL OTHER OBSERVERS ARE CLONED ASPECTS OF THE ONE THAT ARE CONTAINED WITHIN THE ONENESS FIELD THAT EMANATES FROM THE ONE”.

THE ONE AND ITS ‘OBSERVERS ASPECTS’ ARE KNOWN AS THE DIVINE SPARKS, THE ETERNAL SPARK OF INFINITE POTENTIAL, AN INFINITE POTENTIAL OF CREATION.

The observer is not just an observer, it is the creator and experiencer of ‘all that is’, and it is ‘all that is’.

Every cloned divine aspect of the *One* has the same potential of creation as the original *One*, and the *One* observes and experiences ‘all that is’ through the divine aspects of itself, the divine sparks.



Imagine a light that flows from a torch on a dark night. The light you see emanating from the torch at a subatomic level are photons, and all the photons are aspects of the emanating light. If I remove all the photons from the light, there will be no light, and if I remove the light, there will be no photons.

This is the same principle of the *One*, if I remove all the cloned divine sparks from the Oneness field, the *One* would not have its infinite potential actualised, thus, the *One* would not exist, just as the light cannot exist without the photons.

It is through the cloned divine sparks that the original *One*'s potential manifests into the experiences of ‘all that is’. Subsequently, those manifested experiences are then experienced by the original *One* through its divine sparks.

Each divine spark is diving into itself, the clone of the original *One*, the void of infinite potential, and is projecting its information into the Oneness field of The *One*, whereby the other divine sparks can observe and share in the experiences of those creations.

“ONE IS ALL AND ALL ARE ONE”

This is the second law of the *One* ‘all that is’.

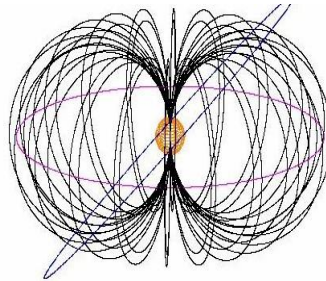
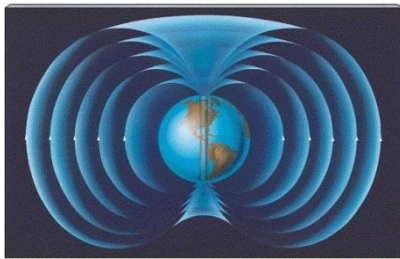
Bashar

You could say that the *One* is defined in this world as God, and when we say that we are made in the image of God. What we are saying, is that we are divine sparks that are clones of the original *One*, the original divine spark.

Let us examine the divine spark known as you, the real you.

The divine spark that resides within the Oneness field has created a vibrating energy field around itself in the shape of a bubble; this bubble is what we call our soul.

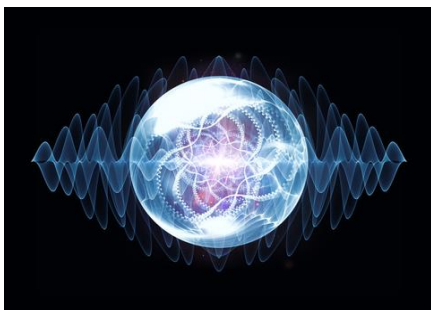
THIS ENERGY BUBBLE IS A SPINNING VIBRATING VORTEX OF ENERGY THAT IS SIMILAR TO THE SPINNING VIBRATING VORTEX OF ENERGY OF OUR GALAXIES, ATOMS, AND PLANET EARTH.



I believe that the membrane bubbles that we discussed in Chapter 2, which is said to be other universes (Parallel Worlds), are in fact, similar in design to our individual soul bubbles.

At the fundamental level of creation, all souls are connected and communicating with each other in one way or another, thus creating an experience of Oneness for all.

However, at another level of creation, each soul is separate and experiencing their own individual reality, whereby each individual soul is selecting different experiences by tuning into the experiences from the Oneness field of infinite experiences. This is in a similar way that a person can tune into many different TV channels from the electromagnetic TV waves in the sky.



Therefore, you are literally in your own bubble of reality, and when you look out into the world, you must understand that it is your own world, your own universe and nobody else’s world that you witness.

From your perception, everyone else is a visiting projection from there world into *your* world. And from their perception, you are a visiting projection from your world into their world. Make no mistake about it, every individual soul is in and experiencing their own individual world.

**IT IS ALL ASPECTS OF THE ONE, AND IT IS THE ONE SIMULTANEOUSLY
“ONE IS ALL AND ALL ARE ONE”**

That is impossible, how can that be? There are other people, animals, cities, countries, planets, solar systems, galaxies, clusters and superclusters in my world.

All will be explained in the next chapter.

I also believe that the big bang was not the beginning of the universe per se. It was a physical manifestation in a physical dimension of the simultaneous birth of all souls within the One, a manifested, physical mirror image of the quantum state of the soul.

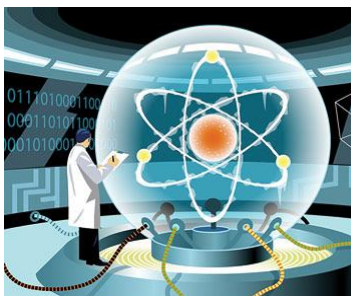
Are your beliefs being challenged in what you believe to be true?

Is your ego shouting, "Let me out of here, this is just a lot of bull?"

Are you tempted to put the book in the rubbish bin?

Maybe so, and I do not blame you for having these thoughts. When I first heard this, I thought this was too crazy to be true. I then started to take a deeper look at these crazy ideas and concepts and found that the information I was getting was in fact the truth.

As I proceeded over the years gathering more and more information and receiving more and more confirmation through life experiences. I found that all the pieces of information that I had gathered fitted perfectly together, thus creating a perfect picture that described creation and manifestation. Hence the book, *The Secret of Manifestation*.



“THE SOUL IS A VERY SOPHISTICATED QUANTUM COMPUTER WHICH WORKINGS ARE WAY BEYOND OUR COMPREHENSION FROM THIS LEVEL OF AWARENESS.”

Wait! Wait! Wait a minute, did you just say that the soul is a quantum computer?

THAT’S RIGHT; THE SOUL IS A QUANTUM COMPUTER.

Let me Explain.

The soul has a brain and a mind, whereby the brain is the membrane of the soul (The outer surface of the soul). The soul’s brain has many different functions and some of its functions are that it acts like a firewall, and only allows the same vibratory information to pass through the firewall that resonates in the same frequency level as its own inner vibration.

It also processes and decodes information from the higher mind and within the soul; it is a bit like the CPU of a computer, but much more advanced.

And of course, a quantum computer computes information at an extremely faster speed than our classical computers do. A quantum computer processes information in parallel within an instance, unlike the classical computer that processes information in linear.

At this point, I want to explain something to you. Remember the important information I asked you to remember in Chapter 2 about the working of a TV, and the way the picture was decoded via our eyes and brain, thus giving us the illusion of movement) Well, our world works in the same way.



The world you see as continuum movement, is an illusion, there is no movement. What you are seeing as movement, is one frame of information at a time flicking in and out of the quantum field at the rate of 10^{-44} second. Or to be more accurate, information passing through your consciousness (soul) at a very fast speed. This is the same as a strobe of light flashing, a laser beam moving across a DVD, or a movie film passing through a movie projector.

(Remember the quantum principle number five. ***Energy is not continuous, but comes in small, discrete units***).

This is where the term “time is an illusion” comes from, because every frame of reality exists in the same space and now moment. Each different same moment frame of reality is perceived as a different moment and it is the different perceptions of the same moment frame of reality that creates time.

Time as we know it is continuous, as that is how we perceive the moment frames, but it does not have to be that way. If you had the know-how and understanding of the systems and mechanisms of the Oneness field and raised your vibration of consciousness to a much higher vibration, your consciousness would be able to jump frames like you can do on a DVD.

In other words, your soul consciousness will be able to time travel.

You could jump forward in time to any frame of possible reality you wish to experience. You would become a time traveller and time would no longer exist in the same way as you perceive it now.

If you vibrated at the speed of light, time and space would not exist for you. You would be frozen in the now moment whereby you would experience all the frozen frames of reality simultaneously. It would be as though you removed the movie reel from the projector, cut all the individual frames out and spread them across the floor, allowing you to view them all at the same time.

When I say you, I don't mean the persona you, I mean the soul consciousness you. The persona you, would have no reference of this jump in time, as it is encoded as a character on the frames of the movie real of life experiences. Therefore, it does not have the same perception and overview as the soul consciousness would have. Would the character in a movie know if you jumped to another scene of that movie? Of course not, only you would know that you had jumped to a new scene in the movie.

However, due to the feedback system of the manifestation system, it is possible for the persona to recall the time jump, in the same way it can remember past lives.

These still frames are informational interference patterns that are encoded into the outer surface of the soul, the brain of the soul. The informational interference patterns are decoded into holographic moving images by the interaction of the soul's divine spark with the interference patterns. Thus, creating a human experience for the soul to experience.

The soul's mind is known as the higher mind. The higher mind is the aspect of you that has designed the soul's blueprint. The soul's blueprint is embedded into the soul and contains your soul's themes and experiences to be experienced by the soul. The higher mind is the one that can alter your soul's blueprint during any lifetime that you as a soul is experiencing. It is the *One* that has your unique map and overview of your awakening to the truth of who you really are. It is the *only One* that can guide you out of the maze of the human experience game, thus completing the game successfully.

Your map is unique, just like you are a unique soul. The map of another soul cannot aid you in your awakening process. Only your map has your information for you as a soul to complete the human experience game successfully.

However, another soul can help its fellow souls to reconnect to its higher mind and Oneness aspects of itself, thus the soul will then have access to its own map to awaken to the truth of who they really are. Nonetheless, this can only happen if the fellow soul is a willing participator and is ready for the experience of awakening.

Now, just to boggle your mind a little bit more, I want you to understand that the soul is not just all that you are. You have different aspects of yourself that reside on different vibratory spatial dimensions.

NOT TO GET TOO COMPLICATED, WE WILL ONLY WORK WITH 7 DIMENSIONAL ASPECTS OF YOU

THE SEVEN ASPECTS OF YOU ALL VIBRATE AT A DIFFERENT LEVEL.

Dimension 7 - the *One* aspect or God aspect.

Dimension 6 - the Angelic aspect.

Dimension 5 - the Oneness being and higher mind aspect (the Oversoul)

Dimension 4 - the Soul aspect, which can also be 5th dimensional (time, direction and change).

Dimensions 1 to 3 – the 3-dimensional environment, the persona and its personality construct.

The soul can be in the 4th or 5th dimensional level, and the dimensional level your soul is in is decided by the vibratory frequency of the soul.

THE COMBINED ASPECTS OF YOU MAKE UP ALL THAT YOU ARE, WHICH IS CONSCIOUSNESS, AND EACH ASPECT IS AS IMPORTANT AS THE OTHER.

A way to imagine these different vibratory aspects of you, is to imagine a Russian doll, whereby each doll represents a different vibratory dimension that are all contained within one another in the same space, but at different frequency levels, just like radio waves.

Sometimes you will hear me say that the soul and the Oneness being, etc., are the real you, and the personality construct is the illusionary you. This statement is not entirely true, because all seven aspects that I have just mentioned are illusions because they all vibrate, and if it vibrates it is an illusion.

AS DAVID ICKE SAYS - "INFINITE LOVE IS THE ONLY TRUTH, EVERYTHING ELSE IS AN ILLUSION"

The illusion is not good or bad; it is just different vibrations of information, the mirror where the divine spark can experience itself.

The only aspect of you that does not vibrate is the divine spark, which is at the centre of all seven aspects of you, and it is the divine spark that created the seven vibratory aspects of you.

This is where the term you are nothing and everything at the same time comes from. The nothingness is the divine spark, the nonvibratory void of infinite potential, and the illusion is the vibratory informational waves, the infinite void of potential being actualised (creation - the vibratory mirror).

Now, before we move on, I want you to understand that the divine spark is Oneness at its fundamental level, and it is the one and the only one thing that expresses all things.

You might say, how can that be?

HOW CAN ONE THING OR NOTHING CONTAIN EVERYTHING?



To make this easy to understand, just think of white light passing through a prism. As the **white light** passes through the prism, 7 different colours of different vibrations emerge out of the prism due to the refraction process that the prism creates.

It is as though all the colours were somehow wrapped up and hidden in the white light, and the refraction process of the prism unleashed them into different vibratory aspects of the original white light.

The Oneness being which is the 5th dimensional being, also known as the Oversoul, has multiple souls that are all having different experiences simultaneously, which you might refer to as past, present, future and parallel lives.

It is the Oneness being that influences, instructs and directs the higher mind to write the information in the soul's blueprint that will determine the soul's experience. The Oneness being, and the higher mind are really one and the same thing, but from our perception of awareness they seem to appear to be separate.

You might think the Oneness being that has multiple souls, whereby the multiple souls are having many different experiences simultaneously is difficult to comprehend, but it really is not.

The human body has trillions of cells and all the cells are having different experiences simultaneously of blood, bone and skin, etc. Whereby, all the cells are communicating with each other via the brain of the human being.

The Oneness being and its soul system are working in the same way.

All the souls are having different experiences simultaneously, and all the experiences are being experienced by the Oneness being through its souls at the same time.

And just like the information within the human cell defines the human cell experience, the information within the soul of the Oneness being also defines the soul's experience.

IMAGINING THE SOUL, THE PERSONA AND ITS ENVIRONMENT

View figure 8. Even though the image is not in proportional and ratio size, it still helps us to imagine what our soul, the persona and its environment might look like.

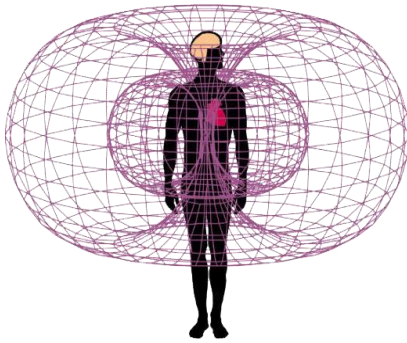


Figure 8 Picture by Heart Math

The inner bubble in figure 8 is a representation of the soul's energy bubble and its divine spark that is positioned at the location of the heart area, whereby the soul energy bubble resides outside our 3D dimension in either the 4th or 5th dimension.

I call it the space within the space, which is represented by the inner bubble in figure 8.

The location of the divine spark in relation to the physical body can get quite complexed.

The divine spark at the fundamental level is located at the centre of the soul within the oneness field of information and has a mirrored image of itself located within the heart area just outside the 3D frequency range.

The soul's divine spark and its mirrored image are quantum entangled and regarded as one and the same.

There are two other divine sparks that lay just outside the 3D frequency range that are imprints of the original divine spark in the heart area. One of the sparks is located at the area of the pineal gland, a gland that is located at the centre of the brain, and the other spark is located at the area of the belly button.

I do not know much about the one in the belly button. I am sure it is associated and connected to the Hara, and it is the connection and the supplier of the life force energy for the soul during the first 9 months experience in the womb. It also has something to do with how we process intuition, the part of us that gives us a gut feeling about something.

In this book, we are only going to focus on the original divine spark in the heart area and its twin spark that is located at the pineal gland in the centre of the brain.

The heart's divine spark and its twin in the brain are quantum entangled; therefore, when I use the phrases download or receive, understand that there is not really anything being downloaded or received.

The quantum entanglement creates a state of Oneness, whereby the information that is processed by the one spark, is instantly processed by the second spark simultaneously without any transference of information. (Refer Chapter 2, quantum entanglement.) That is why Einstein called quantum entanglement, spooky action at a distance, because it seems as though the information can move faster than the speed of light, and Einstein proved nothing can move faster than the speed of light.

The truth is once you pass the speed of light, time stop's and space cease to exist. Therefore, there is no space or time for the information to travel between and through, and if that statement is true, then at the fundamental level of creation in the Oneness field, there is only one divine spark and all other divine sparks are in fact, the same original divine spark.

Now that is 'spooky' and is quite a difficult concept to understand and explain, *so we will leave that for another day.*

The pineal gland is a port hole, a divine chamber that the pineal gland's divine spark interacts with. Moreover, the heart is also a divine chamber which has its own brain that the heart's divine spark interacts with. When the pineal gland is not calcified, and the heart is beating at the correct frequency, the pineal gland and heart are fully synchronised with their divine sparks and each other. Therefore, creating a holistic, synchronised connection between the persona and its personality construct, and the soul, higher mind and other higher vibrational aspects.

The divine spark located in the pineal gland in the centre of the brain has 2 functions.

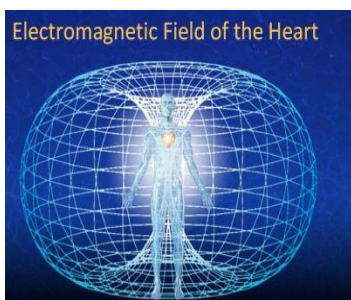
The first function is that the divine spark in conjunction with the pineal gland decodes the information received from the soul and higher mind into the persona's personality constructs conscious and sub-conscious mind.

The second function is that the divine spark in conjunction with the pineal gland decodes 3-dimensional information into a higher mind and soul format that it has received from the persona, its personality construct and the personas environment via the persona's five senses.

The process of the second function, is the information that is received by the persona from its environment via its 5 senses, is perceived by the personality construct's mind of the persona through the lens of the personality constructs beliefs. Once its beliefs are projected on to the information received, that projected perception of the personality construct creates a cascade of emotions and thoughts within the persona's body, mind and brain. Whereby, the collective information is decoded into the higher mind format by the divine spark in conjunction with the pineal gland, and instantly relayed back to the soul via the entangled sparks of the pineal gland and heart, as a soul experience.

Keep in mind because the divine sparks of the pineal gland and heart are quantum entangled, all information that is processed by the pineal gland's divine spark is simultaneously process by the heart's divine spark.

THE HOLOGRAPHIC ENERGY FIELD (HEF)



Electromagnetic Field of the Heart

Heart Math discovered that there is an electromagnetic field that emanates from our heart.

The energy field that is described by Heart Math is part of a much larger extended holographic energy field that emanates from the heart.

The holographic energy field that is abbreviated as HEF is the outer bubble in figure 8. The HEF - the Holographic Energy Field is a mirror projection in 3D space from the soul energy bubble that is located within the hidden dimensions of the Oneness field.

Any informational interference patterns that are encoded in the soul membrane from moment to moment will be instantly and simultaneously projected and encoded on the HEF outer surface in the 3rd dimension.

Therefore, when the soul's divine spark interacts with the interference patterns on the soul's membrane with its divine light, the interference patterns on the surface of the HEF will convert simultaneously into the holographic world we see and experience.



You could say that the HEF is the soul's viewing screen of its manifestations, which would resemble the viewing screen of the Second Life game.



This system is in a similar way to a projector projecting images from a film onto a movie screen. The light of the projector transfers the information on the film onto the movie screen, *by projecting its light onto the film.*

As per the example that I gave you in Chapter 1, where the 2D character of a movie discovers the truth that it is really a projection from a projector that is hidden in a 3D world.

It is the same truth that the person that you define as you, the persona and its 3-dimensional world, is in fact really a projection of the soul energy bubble from the 4th or 5th dimension within the Oneness field.

Let's take a moment and go back to Chapter 3, where I wrote a quote related to the holographic principle that states.

In other words, if you put the two statements together. The scientists seem to be saying that our world is a huge bubble membrane that is floating in the oneness field of information, whereby our world is a 3-dimensional holographic projection from the encoded information on the 2-dimensional surface of our universe-membrane.



Now, keep in mind that the universe that you view, is in fact, your own universe and nobody else's, and what you are really viewing is your own individual HEF.

The HEF is a projection of your soul, and the information that is encoded on the outer surface of the HEF, is the same mirrored information that is encoded on the soul's membrane (the outer surface of the soul).

What the scientists do not realise, is that when they look out into the universe to study it, they are in fact, looking at a projected imprint of their soul.

This is a contradiction to what they believe to be true, as they believe the information is embedded in the outer edge of what they perceive to be the physical universe, whereas the truth is, the information is embedded on the outer surface of their HEF and membrane of their soul simultaneously, and

not on the outer edge of the perceived physical universe.

Hence, the holographic principle describes exactly what is going on in the holographic energy field.

The Holographic energy field is a mirror that is reflecting the vibration of the soul back to itself.

It is a feed-back system, whereby the information that is projected out as a hologram, is fed-back to the soul by the process of the second function of the pineal gland as described in the previous page.

The communication between the soul and the oneness field of information is also a feedback system. Whereby, the vibratory informational waves of the soul that vibrates out into the Oneness field, will tune into, and synchronise with the same frequency match of information that is contained within the Oneness field, and that information *will* be sent back to the soul to be projected out as a holographic experience.

Hence, both systems are feed-back systems.

Therefore, the 3rd law of the One (all that is) is totally correct. What you put out; you get back.

In other words, what you vibrate out as a soul into the oneness field, will be reflected-back to your soul as a holographic experience.

Remember, other souls in the 4th and 5th dimension are also sending out informational wave patterns in the Oneness field, and if your soul vibration resonates and matches the same frequency of another soul's output, you will have a collective experience. In other words, their vibratory information will enter your soul, and your vibratory information will connect with them and enter their soul.

This will give you the experience of a collective reality, which of course is an illusion, as you are in your own reality, as they are in theirs.

“YOU ARE A HOLOGRAPHIC PROJECTION IN THEIR REALITY - AS THEY ARE IN YOURS”.

Before we go into more detail about how this mirror feedback system works. We need to understand that the soul energy bubble and holographic energy field has a sacred geometry shape called a torus, and it is this torus that generates the feed-back system of the soul and holographic energy field. (See Figure 9 of a torus on page 39)

The torus is a self-balancing, self-regulating, self-generating feed-back system.

The torus has a sacred geometric pattern called a 64 tetrahedron. (See Figure 10 & 11 of a 64 tetrahedron sacred geometric pattern on page 39)

Doctor Nassim Hamein describes the 64 tetrahedron sacred geometric pattern as the fundamental pattern of space and all things. See his website at <http://theresonanceproject.org/>

The 64 tetrahedron can also be perceived as an 8-star tetrahedron matrix, as it is the collective combination of 8-star tetrahedrons that construct it. (See figure 13 of a star tetrahedron)

The star tetrahedron looks like the 2 dimensional Star of David, and If you look closely at figures 10 and 11, it looks like a Star of David, within a Star of David, within a Star of David, and if you went inward or outward within the matrix, you would find an infinite number of Star of David's in both directions.

The best way to construct the 64 tetrahedron, is to take a star tetrahedron and put a cuboctahedron that is a vector equilibrium inside the centre of the star tetrahedron. Then take that geometric matrix shape and put it inside another cuboctahedron. (See figure 14 of a cuboctahedron vector equilibrium)

The 2 cuboctahedron vector equilibriums on the inside and outside of the star tetrahedron are used to support and strengthen the star tetrahedron and 64 tetrahedron torus, which sequentially stops the torus shape of the soul and HEF collapsing into itself.

This is due to the total equilibrium of a cuboctahedron which has 12 vectors coming together to create one singularity in perfect equilibrium. The singularity in the centre of the inner cuboctahedron vector equilibriums, **is in fact the divine spark**. We can take the 64 tetrahedron torus and split it equally into 8 evenly balanced star tetrahedrons.

Therefore, the main sacred geometry shape of the 64 tetrahedron torus (Your Soul & HEF), is a star tetrahedron and the 2 cuboctahedrons vector equilibrium are the supporting structure for the soul and HEF.

The Isotropic Vector Matrix -Nassim Hamein - Here is a brilliant you tube movie describing the components of the structure of the 64 tetrahedron <https://youtu.be/vgDsuNwnLqQ>

Some people refer to the star tetrahedron geometry shape, as the Merkaba or light body.

View the picture below to give you an idea of what the Merkaba light body looks like as a 3-dimensional object.



Merkaba Light Body

The 64 tetrahedron, 8-star tetrahedron matrix is the most important fundamental structure and pattern in creation, it is the pattern of manifestation.

It is through this sacred geometry pattern that the informational wave patterns of energy manifests as all matter and all things in our universe.

SO, NOW YOU CAN SEE WHY THE ONENESS PENDANT SHAPE IS SO IMPORTANT TO MANIFESTATION AND CREATION.

This is *very* important to understand, as when someone wears the Oneness pendant in the heart area, and we direct the Oneness energy to the Oneness pendant. The Oneness energy that flows through the pendant and into the heart area, affects the soul and its divine spark.

The Oneness pendant constructs the Oneness energy that flows through the Oneness pendant into the same sacred geometric pattern that resides within the soul. Thus, synchronising the directed oneness energy and the souls sacred geometry pattern of the soul with the new oneness vibration.

This process initiates the 64 tetrahedron torus of the soul to spin faster around the divine spark. Therefore, raising the vibration of the soul and enhancing its vibration back to what it once was. *In a way, you could say that this process ignites the divine spark and soul.*

Due to the soul's vibration being lifted to the same vibration of the higher mind and the Oneness being, the soul synchronises with and reconnects to the higher mind and its Oneness being. Thus, awakening the soul back to its true original vibratory state and initiating it to move from the 4th vibratory dimension into the 5th vibratory dimension.

It is through this process that the soul begins to remember who and what it really is, a powerful creator of 'all that is', the *One*.

As the soul awakens over time, the vibratory information within the soul is transformed to a higher vibratory state of information. The new transformed vibratory information within the soul will then be vibrated out into the oneness field of information and will tune into and synchronise with the same frequency match of information that is contained within the Oneness field. Then that information *will* be sent back to the soul to be projected out as a holographic experience that is more in alignment with its infinitely abundant self.

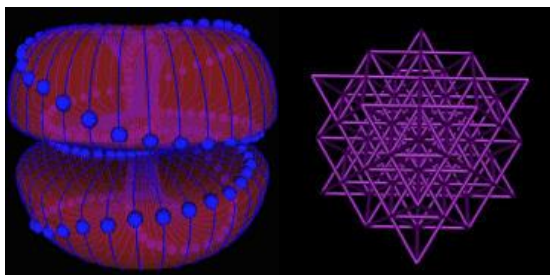


Figure 9

Figure 10

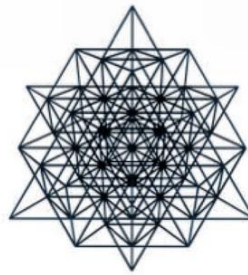


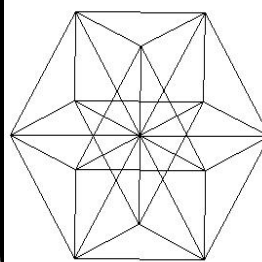
Figure 11



Figure 12



Figure 13



Figures 14

Figures 9, 10, 11 & 13 are pictures by Doctor Nassim Hamein.

The movie *Thrive* also states that the 64 tetrahedron torus feedback system is the primary pattern of nature. However, nature and our physical reality is really an illusionary projection of the soul that is viewed within the holographic energy field.

Therefore, all the things they talk about in the movie that have the torus pattern are in fact an illusionary projection of the soul. And it is the souls and higher Oneness aspects that are the fundamental torus pattern that creates all realities in their image. Therefore, when you watch the movie, keep in mind that when they describe the torus pattern that they are really describing the soul's geometry pattern and its systems and mechanisms.

Moreover, the movie is mostly about the control of the elite, the Illuminati over the world, which on one level may be true. However, that is just smoke and mirrors', as at a deeper level, there is something else that has control over your world. The Illuminati control is just a manifestation, a reflection in the HEF that represents that control, but more on that later.

You can watch the movie on YouTube at the link below. <http://www.youtube.com/watch?v=IEV5AFFcZ-s>

Here is another YouTube video of the 64 tetrahedron torus feedback system. The first two minutes of the video will show you exactly what your soul looks like. Take special note of the Divine Spark at the center and see the informational energy flow out of it and around the outer surface of the soul bubble.

<https://youtu.be/8xRjJDqduNk>

Do I have scientific evidence that this is so?

At this moment in time, no, I do not.

Is there scientific evidence that it is not so?

No, there is not...

I am sure the debunkers would have a field day with this book and tell you that all that I am saying is not true and will probably put a great case forward to show you that.

Well, that's when the freedom of choice comes in, you have the right to believe it or not.

You can type anything you want into Google, and there will be many for it and many against it, this is the world of polarities. You have the freedom to choose what you believe to be true, and whatever you choose will be your truth and your truth will be reflected-back to you as the truth... this I know for sure.

TO MAKE THE SOUL'S FEEDBACK SYSTEM EASIER TO UNDERSTAND, HERE IS AN ANALOGY.

The Oneness field bears a resemblance to the World Wide Web, whereby the World Wide Web is also a huge matrix of information that we as humans choose to experience via our computers and mobile devices.

When we use these devices to surf the World Wide Web, we don't really comprehend the magnificence that is taking place.

Pause for a moment and imagine that you are sitting at your desk working on your laptop and surfing the Internet in your preferred browser. You are connected to the Internet via a dongle that is plugged into the USB of your laptop. A dongle is a small hardware device that enables you to have a wireless connection to the Internet.

The page you are viewing is Google, as you want to search for an air ticket to Hawaii.

You type into Google's search box the key words 'air ticket Hawaii' and press enter to search.

You would not type in the keywords 'Auntie Mary's cookie recipe' would you?

Of course not, because that is not what you are looking for.

Google searches its World Wide Web listings in its data banks for the best match to the keywords you have just typed in and sends you back the best matched websites it has to your keywords, with the best matched website first in the listings.

You then click on the number one listing and experience the best matched website to your keywords.

Now that does not sound that impressive when we hear it in that way, but what is really taking place at the fundamental level once you have typed in the keywords in Google and pressed enter?

Once you type in the keywords and press enter, your computer converts the information, which is in binary code into waveform information, and sends the waveform information out of your dongle and through the sky to a receiver tower.

The receiver tower, then relays the waveform information through various receiver towers, cables, servers and routers to Google's IP address and server. If you had a satellite Internet connection, it would pass the information from one side of the world to another through a satellite, 22,300 miles from Earth within a matter of seconds.

When Google receives the information, it searches its World Wide Web listings in its data banks for the best match to the keywords you have just typed in and sends you back the best matched websites it has to your keywords, with the best matched website first on the listings.

The waveform information from Google is then decoded back to binary code, which is then converted into content and graphics on the computer screen.

You then click on the number one website listing on Google, and it sends the information in waveform to the host that hosts that website. The website host then sends the information in waveform of that website to your laptop via the dongle, whereby it is converted by the laptop into a webpage of content and graphics for you to experience, and all in a few seconds.

Wow, all this information was sent around the world in waveform from one tiny dot on Earth to another, and no information was lost. It did not go to any other tiny dot in the world it went straight back to you.

This is just amazing when you think about it.

Now, imagine in the future, Google now dominates the Internet and hosts all websites on the World Wide Web on its servers. In this future scenario, let's say you own a brand-new mind control computer. Where all you do is send thoughts to your computer to operate the functions of the computer.

Did he just say mind control computers?

That sound like something out of a sci-fi movie...

Mind-controlled computers that are controlled by thoughts... That's impossible, it doesn't exist.

Well, I am afraid it does!

Here is a passage from the article called *Controlling Computers with The Mind* from the website, NIH research matters.

"Researchers have been making great progress in developing brain-computer interfaces — devices that allow a person's thoughts guide the actions of a computer. This technology can potentially help paralysis patients control prosthetic limbs and communicate."

<http://www.nih.gov/researchmatters/november2010/11082010mind.htm>

So now you send the thoughts (information in waveform) of 'air ticket Hawaii' to your mind-controlled computer instead of typing on your keyboard. The thoughts are processed by the computer and the computer forwards the relevant information to the Google server.

The Google server decodes the information and sends you back the best matched website to your keyword thoughts, which are converted by the laptop into a webpage of content and graphics for you to experience, and all that is done in a few seconds.

During this process, *everything* was processed and sent in waveform.

Are you with me?

Your thoughts are informational energy waves; the information on the Google server is informational energy waves, and the value of energy waves is measured in frequencies.

So, when you think of 'air ticket Hawaii' it has a frequency, and when you send it to Google, Google sends back the website with the closest frequency match to the frequency that you sent it.

The soul is not solid.

It is an energy being that is vibrating and sending out frequencies (informational energy waves) to the Oneness field (*Server*).

The Oneness field just like Google *always* sends back the closest frequency match to the frequency that the soul sent out. **THAT IS A GIVEN!**

It is the vibration of the soul that chooses its experiences, and it is the vibratory frequency of the information within the soul that determines its vibration.

Depending on the experience the soul wishes to experience, the vibratory information can either be written by the higher mind or the personality construct of the persona.

After the soul has chosen its experience as per the process just described, the information is embedded in the soul's membrane and the outer surface of the projected HEF simultaneously as described earlier.

The information is also sent simultaneously from the soul's membrane to the persona's brain via the twin divine sparks located in the heart and pineal gland of the brain. As discussed earlier, the twin divine sparks are quantum entangled with each other.

The soul's divine spark uses its divine light to interact with the interference pattern that is embedded in its membrane, thus causing the information in the projected HEF to convert into a 3-dimensional physical reality, frame by frame, at the speed of 10^{-44} second. Hence, giving the persona and the soul the experience of the illusion of passing time in a physical reality.

The feedback system of the HEF sends the information about the physical reality experience back to the persona's brain via the five senses, whereby the incoming information is perceived by the personality construct via the lens of its beliefs, creating a cascade of emotions and thoughts within the persona's brain and body. The collective information is then instantly relayed back to the soul via the entangled divine sparks for the soul and the Oneness being to experience.

SO, IN A NUTSHELL

The reality that we experience, is informational interference patterns of information that have been selected by the vibration of the soul from an infinite field of possibilities. The information is embedded in the soul's membrane and the projected HEF membrane simultaneously.

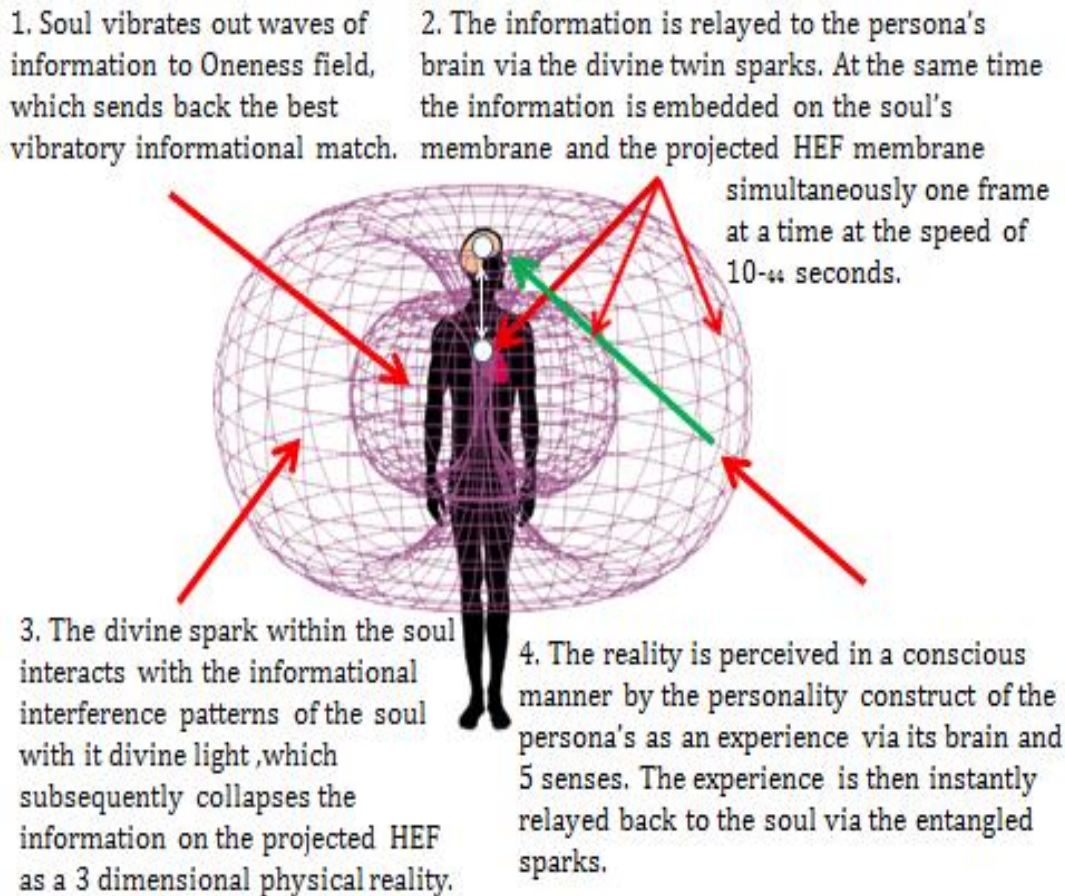
Instantaneously, the same information is relayed to the persona's brain via the divine twin sparks, whereby the brain starts to process it in an unconscious manner.

The divine spark interacts with the informational interference pattern in its soul's membrane by shining its divine light on to it, thus causing the information in the projected HEF to convert into a 3-dimensional physical reality experience.

The physical reality experience information is fed-back to the persona via the HEF feedback system and is perceived by the persona via its five sense and brain in a conscious manner, confirming to the persona that what it is experiencing is real. The confirmation is reinforced by the presence of the already existing same information that was sent in the beginning of the process to the personas brain via the divine twin sparks that was processed in an unconscious manner. The perceived experience is then relayed instantly back to the soul and Oneness being via the twin divine sparks.

This process creates the illusion that 'reality is on the outside of us', but it is not, 'there is no outside of us', everything is happening within the soul, within our consciousness and the reality we view on the HEF is an illusionary mirror image of the soul.

THIS IS THE PROCESS OF MANIFESTATION AND CREATION IN OUR PHYSICAL REALITY. See diagram below.



Just before I proceed, I want to let you know that the process that I have just described is the cause of déjà vu.

Let me explain!

Scientists have found through experimentation that there is a six to ten second time delay between our unconscious mind becoming aware of deciding to take an action before our conscious mind becomes aware to perform that action.

IT IS AS IF THE UNCONSCIOUS MIND IS MAKING THE DECISION TO MOVE, AND NOT THE CONSCIOUS MIND.

This time delay occurs between the unconscious and conscious mind because the divine spark in the brain is quantum entangled with the twin divine spark in the soul. The persona's unconscious mind and the soul is processing the information simultaneously six to ten seconds before the conscious mind becomes aware of the information consciously.

Moreover, scientific experiments have shown that when two particles are quantum entangled with each other. One of the particles that is back in time knows in advance what the present time second particle will do before the second particle does it. This has been proven by scientists with the delayed choice quantum eraser experiment.

Hence, déjà vu occurs, because the mind of the persona is processing the information within the soul in an unconscious and conscious state simultaneously. It is as if the persona's conscious mind is getting a sneak preview of the up and coming frames of the souls and HEF embedded information before it converts into a physical reality for the persona to experience.

The scientists' experiments show us that it is the soul that is making the life decisions and not the physical mind.

THAT'S COOL DON'T YOU THINK?

It is important to realise that the beliefs, thoughts and emotions of the personality construct of the persona in the 3rd dimension is also created from the information within the soul.

Therefore, the informational waves of energy in the soul that creates the beliefs, thoughts and emotions of the personality construct that the personality construct perceives an experience from, are the *same* waves of information that has created the experience in the first place. (More on this later in the book.)



BASHAR’S QUOTE:

“THE HIGHER MIND CONCEIVES, THE BRAIN RECEIVES, THE PHYSICAL MIND PERCEIVES.”

“BASHAR IS SPOT ON, BUT HE ALWAYS IS.”

It is the informational energy patterns in the soul that expresses reality. Just like the collective words in a book expresses a story. However, it is the writer of the words that creates the book and the story; therefore, it is the writer who creates the book and not the words.

OUR REALITY IS NO DIFFERENT.

It is the writer of the informational energy patterns who creates reality and not the informational energy patterns. Therefore, it is the creative ability of the writer that determines the reality to be expressed

WHO IS WRITING YOUR HUMAN EXPERIENCE GAME?

(We will discuss this in more detail in Chapter 6).

The truth is everything is pulsating waves of energy being transmitted and received by the soul. There is no outer reality, no other people, no human body, no brain or heart. There are only informational waveforms converting into particles by the observation and interaction of the divine spark, and it is the vibration of the soul that determines its experiences.

Even the feedback system of the HEF being decoded by the physical brain via the five senses as an experience, is really an illusion. How can there be a brain, five senses and HEF feedback system, if there is no such thing as an outside reality?

The brain and the five senses are merely a reflection, a mirror, a projection of the soul’s consciousness, as is the physical mind of the personality construct. They are all mirrors of the soul’s consciousness, and it is only within the soul’s consciousness that there is any form of reality that exists.

I am telling you this, because when you research this, you are going to hear some people say that it is the brain via the 5 senses that is decoding the waves of information into a physical reality. And as I have just said that is impossible, because the brain is part of the outer reality and there is *no* outer reality. There is only one observer and decoder of physical reality and that is the divine spark, *everything* else is an illusion, *everything*.

We call the vibratory frequency value of the soul ‘the state of being’, and it is the vibration of the state of being that creates its reality. Therefore, if you wanted to change and redefine the persona, its personality construct and its experiences (manifestations) you will have to change the vibration of the state of being of the soul.

Therefore, it is the state of being that should matter the most and not the manifestations of the state of being, as the results of the manifestations are determined by the vibratory state of being of the soul.

ANOTHER BASHAR QUOTE:

“CIRCUMSTANCES DOES NOT MATTER, STATE OF BEING MATTERS.”

The last paragraph is one of the principle foundations of this book, and we will be discussing this in more detail later in the book.

Nevertheless, before we do that, let's explain the aforementioned statement **“You are literally in your own bubble of reality,”** and ascertain if it can possibly be true.

Let's move on to Chapter 5 to find the answer.

Summarisation: The fundamental structure of the universe is a hidden, huge, pulsating, self-generating energy field called the Oneness field that consists of vibrating virtual particles which are not really particles but are in fact ripples of energy that are created by disturbances within the Oneness field.

These ripples of energy explode and implode instantly in a fraction of a millisecond as they interact with each other, thus creating an energy matrix of interference patterns.

These informational interference energy patterns are consciousness and it is this consciousness that is constantly manifesting as all matter, forces and events in our universe.

Within this oneness field, there are multiple hidden dimensions that we cannot see or measure from our 4-dimensional space-time reality, as they are located outside of our visible and detectable universal spectrum.

Within these multiple hidden dimensions that are contained within the oneness field, there are infinite parallel worlds and infinite versions of you and experiences in the form of informational interference patterns that you can select and experience.

It is the observer/ medium at the quantum level that selects, interacts with and converts the informational interference patterns into physical matter. When the quantum observer/medium interacts with the informational interference patterns, the patterns convert into our universe that is holographic in nature. Therefore, our universe, the persona, its environment and the human experience game is an illusionary holographic experience.

The divine spark that resides in the Oneness field is the observer/ medium. The divine spark has created a bubble of energy around itself in the form of a torus and sends and receives information from the oneness field of information. It is the vibration of the soul that determines the frequency level of the information that is being sent and received; ‘what you put out is what you get back’.

The information the soul receives from the oneness field is encoded on the soul's membrane, the outer surface of the soul.

The soul has a projected mirror image of itself in 3-dimensional space called the holographic energy field. The information that is encoded on the soul's membrane is simultaneously encoded on the holographic energy field's membrane as informational interference patterns.

The soul and holographic energy field are quantum entangled with each other by their divine sparks. Therefore, when the divine spark of the soul interacts with the encoded informational interference patterns on its membrane with its divine light, the interference patterns of information on the holographic energy field's membrane convert into a physical experience.

The physical experience is then perceived by the personality construct via the persona's five senses and the brain. The personality construct perceives and gives meaning to the physical experience through the lens of its belief system. Thus, creating a conscious experience of thoughts, behaviour and emotions within the persona, whereby thereafter, the perceived experience is relayed back to the soul via the twin divine sparks, to be experienced by the soul and the Oneness being simultaneously.

YOU ARE LITERALLY IN YOUR OWN BUBBLE OF REALITY.

THAT IS IMPOSSIBLE. HOW CAN THAT BE?

“There are other people, animals, cities, countries, planets, solar systems, galaxies, clusters and super-clusters in my world!”

Let’s return to the Second Life template to get a further understanding of how we create our reality, and that you are literally in your *own* bubble of reality.

Here is some content from the wikieducator webpage, describing Second Life
http://wikieducator.org/Using_Second_Life_-_a_guide_for_learners

The world is presented to you in a way that is as close to the real world as you can imagine. You can see, hear sounds, talk and move in this virtual world as you do in the real world.



Everything you do in Second Life is through an avatar, a 3D model of a human being who reacts and moves according to the instructions you provide at your keyboard.

*Second Life is a multi-user virtual environment (MUVE) that allows the users of the environment to decide what they are going to do with it. **It is like being in an alternative 3-dimensional (3D) world that you access through your computer.***

Figure 15 Second Life Viewer Screen

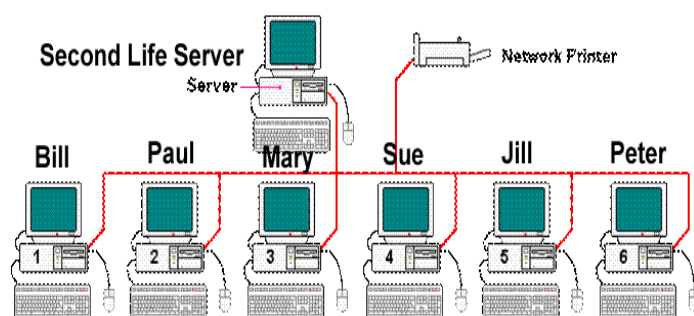
Keep in mind that behind every avatar is a wonderful human being. The avatar also provides the location of your voice in the 3D world; others will hear your voice coming from the avatar.

You see the virtual world as though it is through a camera floating above and slightly behind your avatar's head. You can also move the position of your camera so that you can view the virtual world from different locations, perhaps moving the camera closer to a display board so that you can read text on the board.

CAN YOU SEE THE SYNCHRONICITY BETWEEN SECOND LIFE AND WHAT WE HAVE BEEN DISCUSSING IN THIS BOOK SO FAR?

That in fact, your soul is a quantum computer that is selecting and computing experiences from a field of information to view and experience as a holographic virtual reality game in an HEF.

Imagine six human beings called Bill, Paul, Mary, Sue, Jill and Peter, are all in different locations in the world. Each person is sitting in their home in front of their computer which is connected to the internet through a wireless connection.



Each person has signed up to play the Second Life game and has downloaded the Second Life software and viewer screen to their computer. (See figure 15 and 16)

They have all created an avatar using the viewer screen and are ready to play Second Life on the Internet with their newly created avatar.

Figure 16

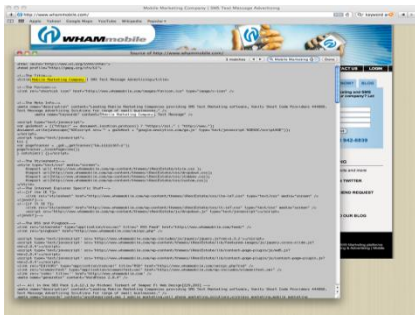


Figure 17

Before we start, let's us remind ourselves how a wireless computer works when connected to the Internet.

The computer receives information in electromagnetic waves via a dongle plugged into the USB port.

The computer converts the waves into binary code and source code (See figure 17) whereby the source code is interpreted by a web browser into content and images on your computer screen.



Figure 18 The Mall

Jill has downloaded the Second Life mall location (Figure 18) to her computer and is viewing it on her Second Life viewer screen. Meanwhile the other five people have downloaded the Grog and Gruel location (Figure 19) to their computers and are viewing it on their Second Life viewer screen.

Jill will view the mall with only her avatar in it, whilst the other five people who downloaded the Grog and Gruel location, will view all five avatars of the other five people who have also downloaded the Grog and Gruel location.



Figure 19 Grog and Gruel

Jill now decides she wants to visit the Grog and Gruel location. So, she clicks on the Grog and Gruel location link on her Second Life viewer screen and the relevant information is sent immediately to the Second Life server via the Internet.

The Second Life server responds and sends her back the relative information of the Grog and Gruel location, whereby the Grog and Gruel location starts to download onto her Second Life viewer screen.

As the Grog and Gruel location downloads to her Second Life viewer screen, the other five avatars of the other five people who are viewing the Grog and Gruel location, will also start to materialise on her Second Life viewer screen. Whilst simultaneously, the other five people, who are already viewing the Grog and Gruel location, will see Jill's avatar materialise on their Second Life viewer screen.

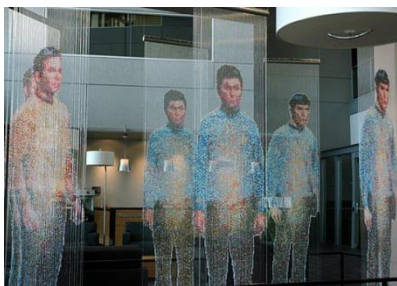


Figure 20

This process of the avatars materialising on each other's Second Life viewer screen when selecting a location is called teleporting.

The materialising of the avatars on the viewer screens are very similar to Spock and the Star Trek Crew materialising on the holodeck in the *Star Trek* movie (See figure 20).



Now imagine Jill buys a specially designed virtual reality helmet, as per the picture on the left. The helmet gives her an all-around 3D effect, as if she is actually in the game.

If she has set her avatar's viewpoint, to avatar view. She will view the 3D Grog and Gruel through the eyes of the avatar, which will enhance her experience immensely, giving her a more real and lifelike experience.

It will be as though she is the avatar standing in the 3D Grog and Gruel with the other avatars. And if the other five people had the same specially designed helmet computer screen, they will also have the same experience as Jill.

You can see that Jill and the other 5 people are in different locations around the world, and the virtual reality game that is being viewed by each person on the special designed 3D helmet screen, is giving each person the illusion that they are all together in one room, but they are not!

EVERYONE IS IN HIS OR HER OWN ROOM IN A DIFFERENT LOCATION OF THE WORLD.



In years to come where there will be new technology advancements in computers and computer 3D graphics. Jill will play the game in a specially designed holographic room, like the holographic meeting rooms as described in Chapter 3.

Whereby the Second Life game will become a much more interactive game, as people will be able to control their avatar with their thoughts and will be able to experience and feel the game's environment as if they were the avatar. Therefore, giving the player a more interactive, intense and profound experience.

Your soul that resides in the Oneness field, is doing precisely the same thing as Jill. It is downloading a location from the Oneness field to experience through its persona, and the other souls that have downloaded the same location, will see your persona in their HEF, in the same way that you will see all the other souls' personas in your HEF.

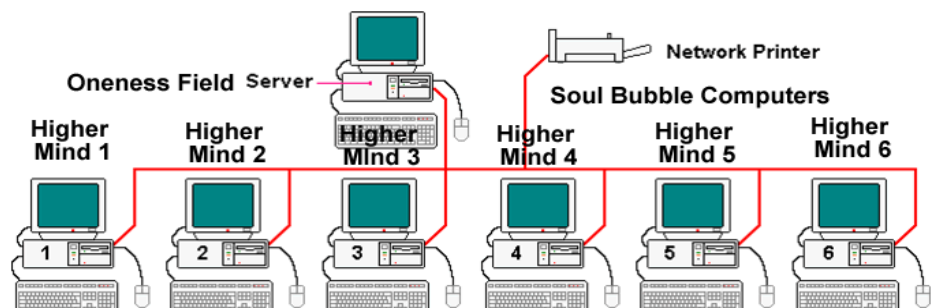
“EVERYONE IS IN THEIR OWN SOUL DOWNLOADING AN ILLUSIONARY VIRTUAL WORLD LOCATION FROM THE ONENESS FIELD, AND ALL THE PERSONAS VIEWED INSIDE THAT ILLUSIONARY LOCATION ARE FROM OTHER SOUL'S WITHIN THE ONENESS FIELD”

Therefore, the next time you download the shopping mall in your soul and view it on your HEF. Know that the people you see and interact with, are only personas, holographic projections from other souls somewhere else in the Oneness field, and all the other personas are downloading the same mall.

Your persona is a holographic projection in their soul, as is their personas are a holographic projection in your soul.

In the Second Life game, it is Jill, the human being who chooses the location and has control over the behaviour, movements and voice of the avatar. She is the one who decides what her avatar is going to experience in the Second Life game, and she accomplishes this through her keyboard, mouse and microphone.

The human experience game is supposed to work in the same way. The higher mind & soul is like Jill, and it is the *One* that should have control over the persona and its experiences in the human experience game. (See picture below).



HOWEVER, FOR MOST SOULS THAT PLAY THE HUMAN EXPERIENCE GAME, THIS IS NOT THE CASE. *This we will discuss in the next chapter.*

After reading this information and taking into consideration how fast our technology is advancing.

It doesn't seem that what I am telling you is so outrageous and unbelievable, does *it*?

Or maybe it still does?

If so, I understand that maybe this is a lot to take in and understand and believe to be true.

I must admit that even when I was receiving this information and putting it all together, I doubted its validity from time to time, and last week as I was writing this chapter, I experienced one of those times of doubt.

As I was putting the information together, I thought, *what if this is all in my head and not true? Maybe I'm going insane with all these crazy ideas.*

So that night before going to sleep, I went into an altered state and asked my Oneness being to give me solid proof, proof that can have no other explanation than that I am in a virtual reality game.

Upon rising the next morning, the proof that the world is a holographic illusion was given to me within the hour.

As I was sitting downstairs at my office desk, I asked Adele, my wife's sister, who was walking out of the front door on her way to work, to leave her keys for the domestic worker, as she was coming in that day to clean the house.

Before I proceed with my story, let me explain the outlay of the front door and entrance to my house. The front door of my house is also the front door to my office.

At my front door there is a security gate that leads into a passage, whereby the passage leads to a secondary security gate which is the entrance to the street. (See figure 21)

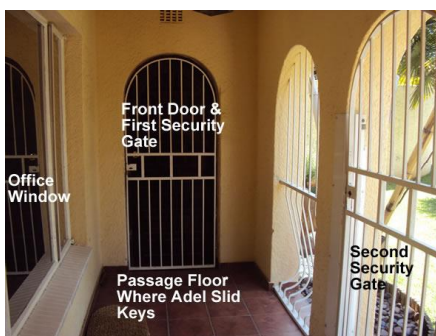


Figure 21

Since I was busy working on my computer in the office, I asked Adele to lock both gates and slide her keys along the passage against the front door's security gate, whereby I could retrieve them at a later stage.

As I was sitting at my office desk, I heard the keys slide across the passage floor and hit the first security gate in front of the front door.

About 5 minutes later, I got up from my desk to fetch the keys. I opened the front door and looked through the first locked security gate, but I could not see the keys, they were nowhere in sight.

I thought that they might have slid into the right-hand corner next to the front door, which I could not see from where I was standing. So, I went to the office window next to my desk and looked at the passage to see if I could see Adele's keys. I still couldn't see them.



Figure 22

As I turned around to walk back to my desk, I saw Adele's keys sitting on the printer desk behind my office chair (See figure 22).

Needless to say, ...

I was gobsmacked!

I knew there and then that the only way this could have happened, was that I was in a virtual reality, and my higher mind had simply edited my movie. The higher mind simply changed the movie script, with keys on the passage floor in one movie frame to keys on my printer desk in a future movie frame without writing in the script that someone had moved them.

As I mentioned earlier, our reality has no movement. The movement is an illusion, it is one still picture frame after another blinking in and out of the Oneness field, in the same way a strobe flash's on and off, or a roll of film passes through a projector.

It is the very, very, very short distance and extremely fast time between each frame that gives us the illusion of movement. The time and distance the frames blink in and out is measured in Planck time and length.

The Planck time has a value of 10^{-44} second. It is the smallest time that can be operationally defined that is measured even in principle. The Planck length has a value of 10^{-35} meters and represents the smallest length that can be operationally defined, which you can see is very short and quick.

FROM NOW ON I WILL NEVER, EVER DOUBT THIS INFORMATION.

I also thought that if one can edit the script for keys moving, what stops one adding a couple of zeros on one's bank statement!

IS THIS POSSIBLE?

YES, IT IS.

WHY?

There are no keys, office, office desk, me, Adele, the passage floor, money, or a bank statement.

It is all an illusion, where the illusion is defined by the informational wave patterns of the blueprint that is written within the soul.

Are you NOW ready to become the writer (the higher mind) of your script and rewrite your blueprint?

Maybe you will be able to write a couple of zeros onto your bank balance statement?

Summarisation: The fundamental structure of the universe is a hidden, huge, pulsating, self-generating energy field called the Oneness field that consists of vibrating virtual particles which are not really particles but are in fact ripples of energy that are created by disturbances within the Oneness field.

These ripples of energy explode and implode instantly in a fraction of a millisecond as they interact with each other, thus creating an energy matrix of interference patterns.

These informational interference energy patterns are consciousness and it is this consciousness that is constantly manifesting as all matter, forces and events in our universe.

Within this oneness field, there are multiple hidden dimensions that we cannot see or measure from our 4-dimensional space-time reality, as they are located outside of our visible and detectable universal spectrum.

Within these multiple hidden dimensions that are contained within the oneness field, there are infinite parallel worlds and infinite versions of you and experiences in the form of informational interference patterns that you can select and experience.

It is the observer/ medium at the quantum level that selects, interacts with and converts the informational interference patterns into physical matter. When the quantum observer/medium interacts with the informational interference patterns, the patterns convert into our universe that is holographic in nature. Therefore, our universe, the persona, its environment and the human experience game is an illusionary holographic experience.

The divine spark that resides in the Oneness field is the observer/ medium. The divine spark has created a bubble of energy around itself in the form of a torus and sends and receives information from the oneness field of information. It is the vibration of the soul that determines the frequency level of the information that is being sent and received; ‘what you put out is what you get back’.

The information the soul receives from the oneness field is encoded on the soul’s membrane, the outer surface of the soul.

The soul has a projected mirror image of itself in 3-dimensional space called the holographic energy field. The information that is encoded on the soul’s membrane is simultaneously encoded on the holographic energy field’s membrane as informational interference patterns.

The soul and holographic energy field are quantum entangled with each other by their divine sparks. Therefore, when the divine spark of the soul interacts with the encoded informational interference patterns on its membrane with its divine light, the interference patterns of information on the holographic energy field’s membrane converts into a physical experience.

The physical experience is then perceived by the personality construct via the persona’s five senses and the brain. The personality construct perceives and gives meaning to the physical experience through the lens of its belief system. Thus, creating a conscious experience of thoughts, behaviour and emotions within the persona, whereby thereafter, the perceived experience is relayed back to the soul via the twin divine sparks, to be experienced by the soul and the Oneness being simultaneously.

Everything in your world is your soul’s creation, as is everything in another soul’s world is their creation. You are literally in your own bubble of reality, whereby you are a holographic projection into another soul’s bubble, as they are in yours.

NOW YOU UNDERSTAND THE SYSTEMS AND MECHANISMS OF MANIFESTATION.

We now need to know how we can rewrite the blueprint of our soul to a blueprint that is more in alignment with our true self, infinite love and abundance. Whereby, we will see the reflection of that new blueprint manifest in our holographic energy field in all aspects of our life.

THE PROCESS TO ACCOMPLISH THIS IS CALLED
“TRANSFORMING THE STATE OF BEING”.

TRANSFORMING THE STATE OF BEING

CHAPTER 6

THE TWO ASPECTS OF YOU

WHAT IF A COMPUTER HACKER HACKED INTO JILL'S COMPUTER AND HER SECOND LIFE GAME?

THE HACKER WOULD HAVE TOTAL CONTROL OF THE AVATAR, THE GAME, AND HER AVATAR'S EXPERIENCES IN SECOND LIFE.

JILL WOULD EXPERIENCE THE SECOND LIFE GAME THROUGH THE AVATAR AS AN OBSERVER ONLY.

THIS IS WHAT HAS HAPPENED TO MOST SOULS THAT PLAY THE HUMAN EXPERIENCE GAME.

SO, WHO IS THIS HACKER THAT HAS HACKED YOUR HUMAN EXPERIENCE GAME?

Is it, other people?

Is it the government?

Is it the Illuminati?

Or is it some mysterious dark force?

NO! IT IS NONE OF THEM.

I have a process that will help you discover and reveal the hacker of your soul.

You will need a mirror to proceed with the process. I want you to put the book down now and go find a small hand size mirror. If you don't have a small hand size mirror, you can stand in front of a wall mirror and adapt the process accordingly.

Do you have a mirror in front of you?

Now close your eyes and turn the mirror face down. If you are doing the process with the wall mirror, just face the mirror and close your eyes. Now count to five, when you get to the number five, simultaneously turn the mirror over and open your eyes and look deep into the mirror.

WHAT DO YOU SEE?

THAT'S RIGHT, YOU SAW - YOU!

You did not see the real you, you saw the illusionary you, the persona who has a personality construct.

Are you surprised that the hacker is the persona and personality construct?

Within the Oneness field there are many versions of the persona and its personality construct you call you.

There is the low vibratory persona and its personality construct that is negative in nature, and the high vibratory persona and its personality construct that is positive in nature. There is also the inconsistency persona and its personality construct that is constantly shifting back and forth between positive and negative vibrations.

The personality construct of the persona consists of beliefs, emotions, thoughts, perceptions and behaviours. The personality construct that a persona has, is defined by the state of its beliefs, emotions, thoughts, perceptions and behaviour. It might have a low vibratory state (negative) or high vibratory state (positive).

The abbreviation for the personality construct is PC - excuse the *pun*.

For those that did not get it - PC also stands for personal computer, so we could say that PC is a programmed persona - LOL!

It is the negative personality construct that has hacked most souls that play the human experience game. It has taken over the soul from the higher mind and Oneness being, and it is creating the soul experiences with its physical mind and its beliefs, thoughts, emotions and behaviour.

The negative personality construct defines itself as the master of the persona, whereby it believes that it has total control over all decisions and choices that are made for the persona. This cannot be further from the truth, as if it looks carefully, it will see that in fact, **the human experience game is controlling it, thus controlling the soul through it.**

When the negative personality construct of the persona creates and manifests, the Oneness being, the higher mind and the soul experiences the human experience game through the persona as an observer only.

Before I move on let me explain how I perceive the word negative and positive. It does not mean good or bad, or right or wrong, because there is no such thing, everything just is.

THE MEANING OF NEGATIVE AND POSITIVE IS:

Whatever is in alignment with your true self, which is love, happiness, honour, appreciation, passion and excitement, etc., is positive. And whatever is out of alignment with your true self, fear, anger, frustration, unhappiness and criticism, etc., is negative.

Now you must remember that *everything* in the 3-dimensional world is a manifestation, a 3-dimensional projection of the soul's informational interference wave patterns that are embedded within the soul's blueprint, and the negative personality construct is part of that soul's blueprint.

The negative personality construct is the crown jewel of the game, a symbolism of separation, powerlessness and limitation; it is truly a marvellous creation.

It is the gatekeeper in the game that has convinced and is constantly convincing the soul and the persona that what it is experiencing is real.

The negative personality construct was embedded in the soul's blueprint intentionally by the 5th dimensional Oneness being, with the purpose of stopping the soul awakening and finding out that it is in a holographic virtual reality game.

WHY WOULD IT DO THAT?

IT DID THIS SO THE ONENESS BEING CAN EXPERIENCE THROUGH THE SLEEPING SOUL EVERYTHING IT IS NOT, POWERLESS, LIMITED, SEPARATED AND FEARFUL, ETC.

Since the soul is not aware of who it really is, or what the reality it is experiencing really is. The soul and the Oneness being receive a profound and intense experience of all that it is not, and if the soul awoke and found out the truth, the game would be up.

Since the Oneness being knows the truth, it is not caught up and entrapped in the illusion of the game like the soul is, therefore, it can awaken the soul at any time.

You could say that the Oneness being is the lifeguard of the soul, and it is forever watching over the soul's experience, making sure that the experience does not become too much for the soul to endure.

KNOWING THIS IS VERY IMPORTANT. AS THIS MEANS THAT WHATEVER YOU ARE EXPERIENCING NOW IS NEVER TOO MUCH FOR YOU TO ENDURE, AND IF IT WAS, THE ONENESS BEING WOULD STEP IN AND CHANGE YOUR EXPERIENCE.

YOU ARE MUCH STRONGER THAN YOU THINK YOU ARE, AND YOU CAN ENDURE MUCH MORE THAN YOU THINK YOU CAN.

Even though the Oneness being, and the higher mind are not in control of the soul, it is still very aware and supportive of the soul's experience. It will not intervene in the experience unless the aforementioned occurs or the soul finishes the experience, or the soul starts to catch on that its world is not real and begins to awaken.

The Oneness being, and the higher mind will support the soul to awaken with the same intensity and enthusiasm as it did when it supported it in falling asleep and becoming unaware of the truth of its experience.

IF YOU ARE READING THIS BOOK - YOU ARE EITHER LOOKING AT OR ARE IN THE PROCESS OF AWAKENING.

The negative personality construct with all its fears and repeating negative patterns, its thirst for separateness and its constant show me the proof before I believe it is true or not, makes it a worthy opponent in the human experience game; an opponent that must be faced and challenged if the soul wishes to awaken.

Be aware though, the negative personality construct imprinted program, will not give up its power and control willingly, as this is the purpose of its design.

The idea is not to destroy it, but to transform and integrate it with the soul, whereby it will work with the soul as *One* harmonised system, instead of a separate system with the negative personality construct controlling the soul.

The positive personality construct can be a worthy asset once it is transformed into a positive, synchronised, and integrated personality construct with the soul.

LET ME EXPLAIN THE ONENESS BEING, THE HIGHER MIND AND SOUL BLUEPRINT IN MORE DETAIL

The 5th dimensional Oneness being (The Oversoul) is the architect of all its soul's blueprints. Even though the higher mind writes the blueprint of the soul, it is strongly influenced by the Oneness being in what to write as an experience for the soul.



For you as a soul to experience the human experience game, your Oneness being had taken one of its souls from a multitude of souls and put a blueprint into it with the rules and structure of the human experience game. The blueprint also includes the themes, sub-themes and experiences the soul would explore in the human experience game.

The picture on the left is the architect (Oneness being) from the movie *The Matrix*. The TV screens in the background represent the souls of the Oneness being that are all having different experiences simultaneously.

VIEW FIGURE 23

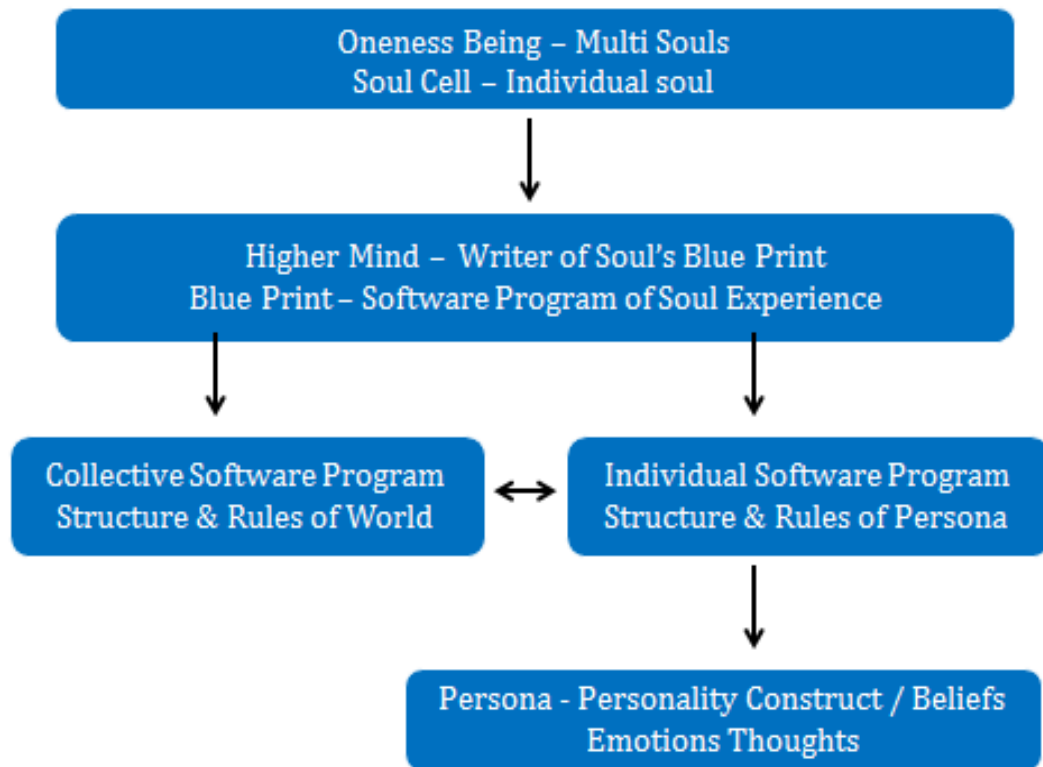


Figure 23

Keep in mind the soul's blueprint is waves of information, it is frequencies.

It is important to know that the process that I am about to describe to you, only applies to the soul's first experience in the human experience game. Thereon after, it is the persona and its personality construct responses via its beliefs, thoughts emotions and behaviours in the first lifetime that determine the experiences of future lifetimes.

In other words, it is like all computer games that is played, you start off with an avatar and set of rules with challenges to overcome, and it is how you deal with the challenges that will determine how you proceed in the game. However, between lifetimes it is possible for the higher mind to step in and change the blueprint if it feels necessary to do so.

On the top box you can see the Oneness being and one of its individual souls. This is our starting point from the 5th dimension, and this is where you create your reality from.

The Oneness being uses the higher mind to create the soul's experiences by designing a soul blueprint and inserting it within the soul. The soul blueprint has two main programs, it has the program of the structure and rules of the reality the soul will explore, and it has an individual program of themes, sub-themes, structures and rules that the soul will personally explore within that reality.

The bottom box contains the persona and its personality construct, which is imbedded within the individual program. You can see in the bottom box the personality construct is made up of beliefs, emotions and thoughts, which of course will result in perceptions and behaviour of the persona.

Now you must understand that the thoughts and beliefs are all manifestations of certain frequencies within the soul's blueprint. These frequencies I call IBP's "Informational Belief Patterns", which are informational interference patterns.

The IBP's that manifest the negative beliefs in the personality construct are "fear of loss", "fear of rejection" and "fear of failure". They all add up to one major fundamental IBP which is "I am not good enough", which really is "I am not loved".

All negative (low vibratory) IBP's are created from the fundamental frequency of FEAR.

The truth is that to name it fear is pointless, as it is only a fundamental vibrational frequency, and as you enter the Oneness field there are no judgements and labels.

So, when we say the word fear, we are naming it fear from the 3-dimensional aspect of ourselves so that we can have a perspective and meaning of it, which in the 3-dimensional world would be described more as a feeling rather than a frequency.

The IBP's are also just really a vibratory frequency in the soul that we perceive and give it meaning from our 3-dimensional perspective that we name as, I am not good enough, I am not loved, fear of loss, fear of rejection and fear of failure.

The fear frequency is also the seed of all other negative sub vibratory feeling frequencies within the soul that from our 3-dimensional perspective that we name as, criticism, unhappiness, mistrust, lethargy, fear, arrogance, apathy, mercilessness, lack of self, dishonesty, dishonour, and disharmony, etc.

The IBP's are expressed as many different manifestations of thoughts and beliefs in the personality construct, whereas the feelings are expressed as manifestations of emotions in the personality construct. The collective state of the IBP's and feelings frequencies within the soul is called "The State of Being", the vibratory state of the soul. And it is this state of being that manifests as either a positive or negative personality construct.

THE NEGATIVE PERSONALITY CONSTRUCT IS MANIFESTED FROM THE FUNDAMENTAL FREQUENCY OF FEAR & THE POSITIVE PERSONALITY CONSTRUCT IS MANIFESTED FROM THE OPPOSITE FUNDAMENTAL FREQUENCY OF LOVE.

The positive and negative personality construct is the aspect that perceives, reacts and gives meaning to the manifestations that are created by the vibrations of the soul.

As mentioned earlier in this book, the soul's vibration is determined by the information that is placed there by either the personality construct or the higher mind.

When the order of manifestation is that the higher mind conceives the manifestations and the personality construct perceives, reacts and gives meaning to the higher mind's manifestations through its beliefs, thoughts and emotions. Then the manifestation system works as a positive, unlimited, holistic and a high vibratory system.

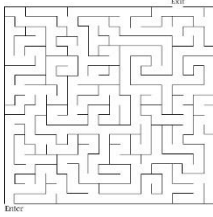
However, if the personality construct takes control of the soul, the personality construct will conceive, perceive, react, and give meaning to the manifestations, leaving the higher mind as an observer only. This manifestation system works as a limited, separate, negative, low vibratory system.

This is because the personality construct has a very limited access of potential experiences it can experience compared to the higher mind. The higher mind has a bird's eye view of all the soul's potential experiences, whilst the personality construct can only see a very limited portion of the potential experiences available. Thus, the higher mind can clearly see the path of least resistance that it can take towards an experience that is in alignment with 'all that is' infinite abundance.

The limited access of potential experiences takes the personality construct down a path of experiences of trial and error as it learns from its mistakes. Thus, it tends to repeat the same pattern of experiences over and over until it has learnt that this is not what it wants. As a result of this, it decides to try a different path of experiences, which more than likely will have the same dead-end result as the first path.

This is due to the fact that it is still the one that is making the decisions, and not the higher mind. It is only when the personality construct gives back the power of creation to the higher mind that the experiences will be of a more positive nature and flow in alignment with 'all that is', infinite abundance.

A good analogy that helps to explain this concept is imagining a person standing at the entrance of a maze with the intention of finding the quickest path through the maze to the exit. The maze represents a lifetime of themes and scenarios that the person must experience.



Because the person only has a small viewpoint of the entire maze when he/she walks through it, the person will walk down different paths and learn which paths to take by trial and error. As it hits a dead end it will learn not to take that path again. In a person's lifetime this can be represented as bad choices in relationships, businesses, careers, personal development, and financial investments, etc.

On the other hand, if the person has radio contact with a friend in a helicopter that has a bird's eye view of the maze. The friend could clearly see the quickest path to the exit and navigate the person along that path to the exit without trial or error, and without having to learn from his/her mistakes.

The friend in the helicopter would have the map of the path of least resistance, in the same way that your higher mind has your map of the path of least resistance for you to finish the human experience game without pain and suffering. With this analogy you can clearly see that you must hand over the navigation of your life to the higher mind and listen and follow the instructions. As the higher mind is the only one that has your map to complete the human game with the least resistance.

VIEW FIGURES 24 AND 25 BELOW AND YOU WILL GET THE IDEA OF HOW YOU MANIFEST YOUR BELIEFS AND YOUR WORLD.

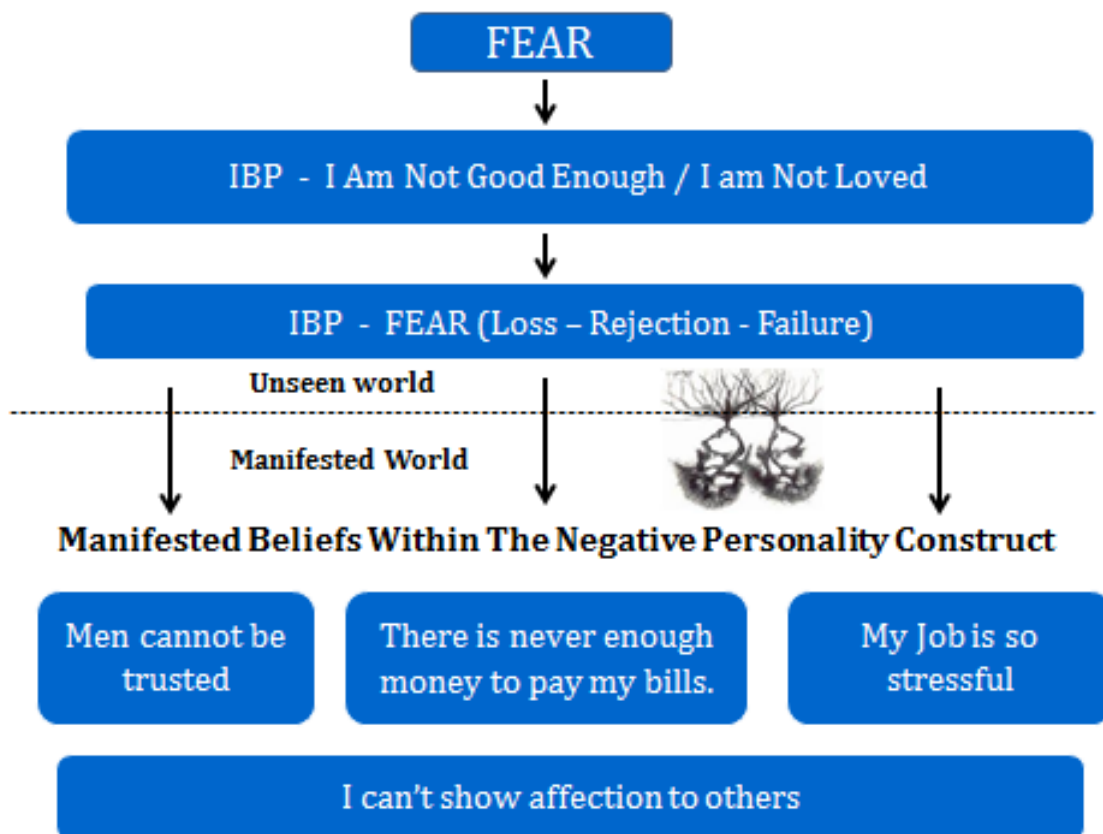


Figure 24

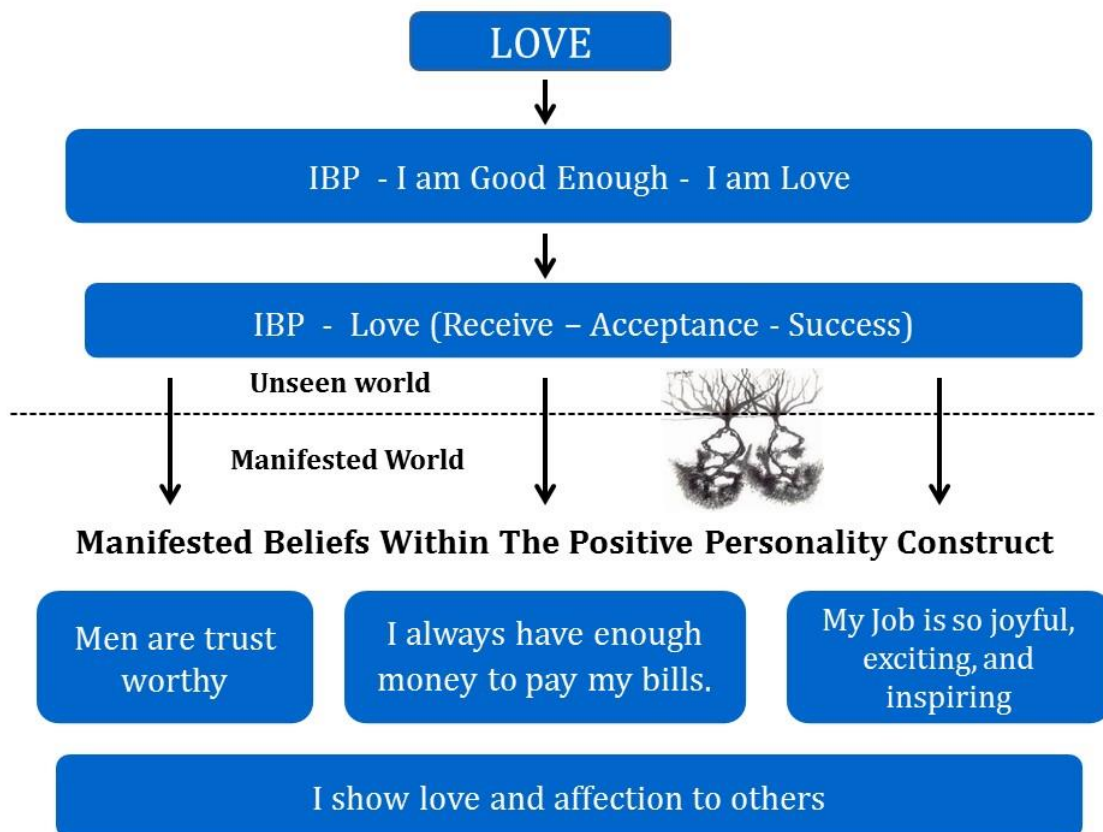
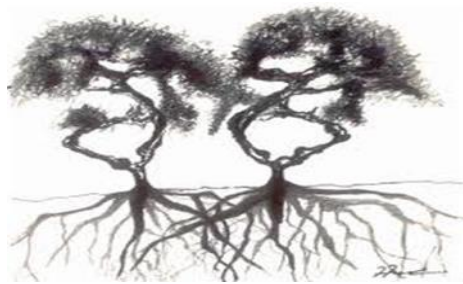


Figure 25

The Physical Manifested World



Look at the upside-down tree on the charts, figure 24 and 25, the roots of the tree are in the unseen world, the Oneness field, and the trunk, branches and leaves are in the manifested world, the 3-dimensional world.

The roots of a negative personality construct are the negative feeling frequencies and the informational belief patterns of not good enough, not loved, fear of loss, fear of rejection and fear of failure that have been manifested from the fundamental seed frequency of fear.

The Unseen World - The Manifester.

You can see that in the manifested world (the trunk and branches) of the negative personality construct that certain beliefs have manifested from the fundamental fear frequency and the IBPs in the unseen world. Of course, there would also be manifested thoughts and emotions, but for this example we will only focus on the beliefs.

There are only four beliefs here, but there could be thousands, if not millions of different beliefs manifesting from the fundamental frequency of fear and its IBPs.

You can think of any negative belief you have or know that exist and you will see that it will fit into one if not all the IBP's, which will then fit into the main frequency of *fear*.

Take one of the beliefs, 'men are not trustworthy' as an example. This may be a belief held by women who have been let down by men constantly, may it be through relationships, finances or in the business environment etc. A woman might not trust men because they have betrayed her by having affairs, taken money from her, taken the best positions in business because they are men and not on merit. Or men may have created a difficult work environment for her through sexual harassment, verbal abuse and a controlling authoritative attitude, etc.

At a deeper level, this makes her feel either one the following: She might not feel good enough, not loved, a failure, rejected, or have a feeling of loss, etc. She might not be aware of the deeper level feeling, as it is hidden in the unseen world; all she knows at a conscious level is "men are not trustworthy."

In your first lifetime that you had in a physical reality, the first 5 years of your life you were totally powerless, as you had to rely on your mother, father, grandmother, grandfather, uncle, aunt and teachers etc to survive. Everything had to be done for you, as you had no power to look after yourself.

This created a negative personality construct that reinforced the original feeling frequencies and IBPs within the soul of not being good enough, fearful, separate and powerless.

From 5 years old to adolescence, the personality construct expanded and reinforced its programming of negative beliefs, thoughts, emotions and behaviour through its life experiences.

With the soul becoming amnesic and not remembering who and what it really is, it believes it is the persona and the world it is in, is real. This process puts the negative personality construct firmly in charge of all the manifestations and experiences the soul will experience.

Job done, the program is fully installed to play and experience the themes of the human experience game of 'all that is' lifetime after lifetime that is being reinforced by the same patterns of each lifetime.

Therefore, after years, if not life times of participating in the human experience game, the seed of fear and its IBPs that were planted in the soul at conception in the first physical experience, grew over many years and lifetimes to create a negative personality construct oak tree of negative beliefs, emotions, thoughts, and behaviours that now determine the soul's experiences in its current life time.

NOW HERE IS AN INTERESTING FACT!

If you have an apple tree and you cut off half the branches, new branches will grow back again within a short period of time. The branches might be of a different shape and size, but it will still be apple tree branches that will bear the fruit of apples; they will not be lemon tree branches that bear the fruit of lemons.

Why?

It is obvious, when the seed is planted underground it has the information or blueprint of what type the tree will be and the information of the seed will be stored in the entire tree when it grows.

If you cut some types of trees down and only leave the stump showing, the branches and leaves will still grow back again in one form or another. This occurs because the stump and the roots contain the blueprint information from the original seed, and the roots are the tree's life force that supplies the tree with nutrients and water.

If you want a lemon tree in place of the apple tree, you will have to remove the tree and roots completely and plant a new lemon tree seed underground (The unseen world).

In other words, we can conclude that it is the planted seed (blueprint) under the ground that determines what type the tree will be and what fruit it will bear, and the soul is no different.

You can spend a lifetime changing your beliefs, emotions and thoughts in a negative personality construct in the same way that you can cut down the branches of a tree. However, just like a tree's new branches, the new beliefs, emotions, thoughts, behaviours and experiences might look different, but will not be different, as they will still be manifestations from the same fundamental blueprint seed of fear.

It is the soul's blueprint that determines what the tree of life experiences will be. And if you do not attend to the soul's blueprint and its fundamental seed of fear, your branches of experiences will always be expressions of that seed of fear.

Some people say that it is your beliefs that create your reality, and if we perceive how we manifest our reality from the personality construct of the persona, this statement seems true. And if the negative personality construct is controlling the soul, it is definitely true.

However, if we perceive how we manifest our reality from the unseen world - the real us, we can clearly see that it is the blueprint that creates our beliefs that creates our reality.

Hence, it is not really beliefs that create our reality. It is the blueprint within our soul that creates our reality and the beliefs are manifestations of the blueprint.

If we want to see a profound everlasting transformation of our own reality, then it is the hidden blueprint within the soul that we must transform. This is not to say that we should not also be aware and take full responsibility of our beliefs, thoughts, emotions and behaviours on a conscious level and transform them when necessary.

However, if we want a profound and everlasting transformation of our own reality, then we must focus 80% of our awareness on transforming the blueprint and 20% on transforming the personality constructs beliefs, thoughts, emotions and behaviours on a conscious level. As it is the blueprint that really determines all that we witness and experience.

The objective is to attain a manifesting system that will be holistic in nature, whereby the soul and the personality construct of the persona work as *One*.

THEREFORE, IT IS CRITICAL THAT YOU UNDERSTAND

“Your blueprint is your state of being, and it is your state of being that determines your experiences and circumstances that are perceived and acted on by the personality construct through its beliefs, emotions and thoughts. The personality construct foundation was initially created and is sustained by the state of being. The state of being’s blueprint is continually reinforced by the personality construct expanding on the original foundation of beliefs, thoughts and emotions through experiences. Around and around it goes lifetime after lifetime until the cycle is broken by changing the blueprint.”

“We would therefore say that it is your “state of being” that creates your reality and not your circumstances. Therefore, if we want to change our manifestations and experiences in the 3-dimensional world, we must focus on our state of being and not our circumstances”.

Before we move on, it is very important to know that the process of the soul’s awakening is the exact same process the soul went through to fall asleep.

A low vibratory frequency called fear was added to the soul blueprint of structures, rules and themes as described in figure 23. The fear frequencies created all IBPs and low vibration feeling frequencies that we call the state of being.

It was this state of being that started the process that put the divine spark and the soul to sleep through handing over the creative power to the personality construct over many years and lifetimes.

The awakening process is when the divine spark ignites at the centre of the soul (The Oneness pendant will assist with this) and releases the high vibration of love, thus creating all IBPs and feeling frequencies of a high vibratory nature. This raises the vibration of the soul and starts to manifest a new positive, totally aware, high vibratory personality construct that is more in alignment with ‘all that is’.

When the personality construct and soul are in total vibratory alignment with ‘all that is’, it acts as a holistic manifestation system and is open to and has total access to ‘all that is’, infinite potential of ‘all that is’.

This is the point I call opening the Stargate. This is the point you are aiming to reach, as when the Stargate opens you will flow with ‘all that is’ and have life experiences that are in alignment with ‘all that is’.

However, keep in mind; this can take many years and lifetimes to achieve, just like it took many years and lifetimes of programming to make your soul fall asleep.

Warning! There will be many times through the awakening process that you may think that you have reached the point where your Stargate has fully opened, only to find out later that this is not the case and there is still more work needed on the state of being. The Stargate is the portal where the soul can gain access to all that is.

Your process is like peeling a gigantic onion, whereby you peel layer after layer after layer, thinking that the layers will never stop. You will never know how many layers there are, but your aim is to never stop peeling until you reach the small hard bit in the centre.

Finally, when you reach the small hard bit in the centre, your Stargate will be fully opened.

Everyone has a different size of onion to peel, so never stop peeling. You might stop whereby you only had a couple of layers to go before you break through and open your Stargate fully.

“CIRCUMSTANCES DOES NOT MATTER, STATE OF BEING MATTERS”

Bashar at <http://bashar.org/>

The two graphs below, figures 26 and 27 show the two aspects of us and the role each aspect plays in manifesting in a physical reality.

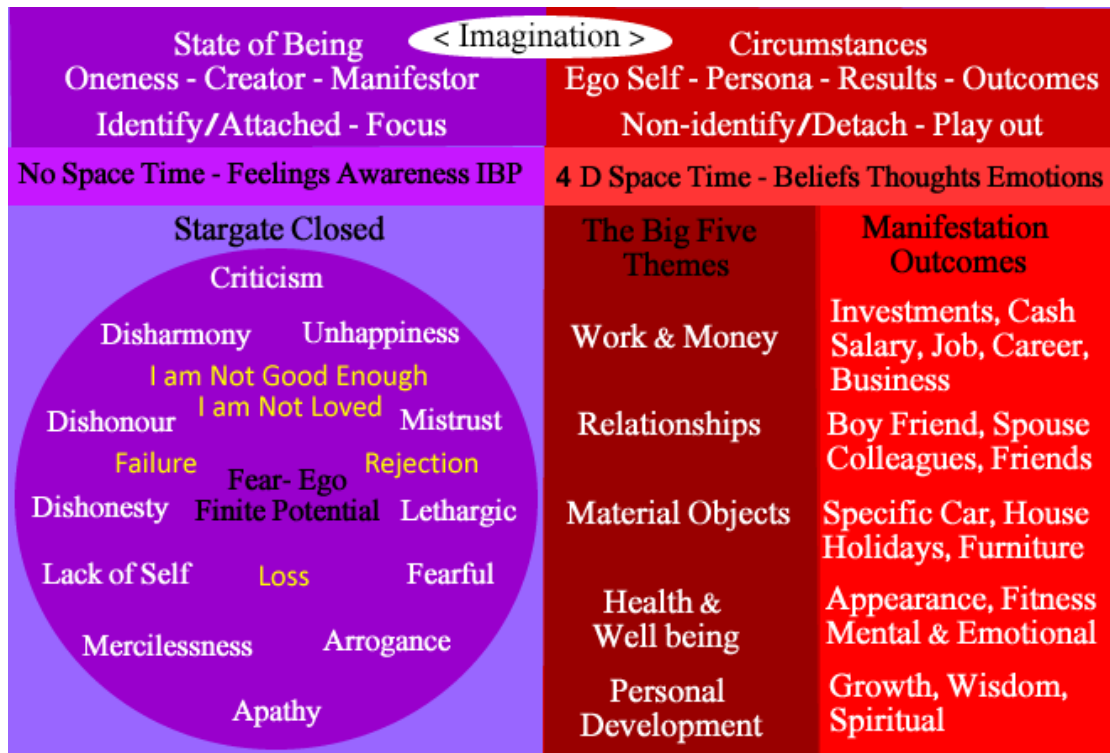


Figure 26

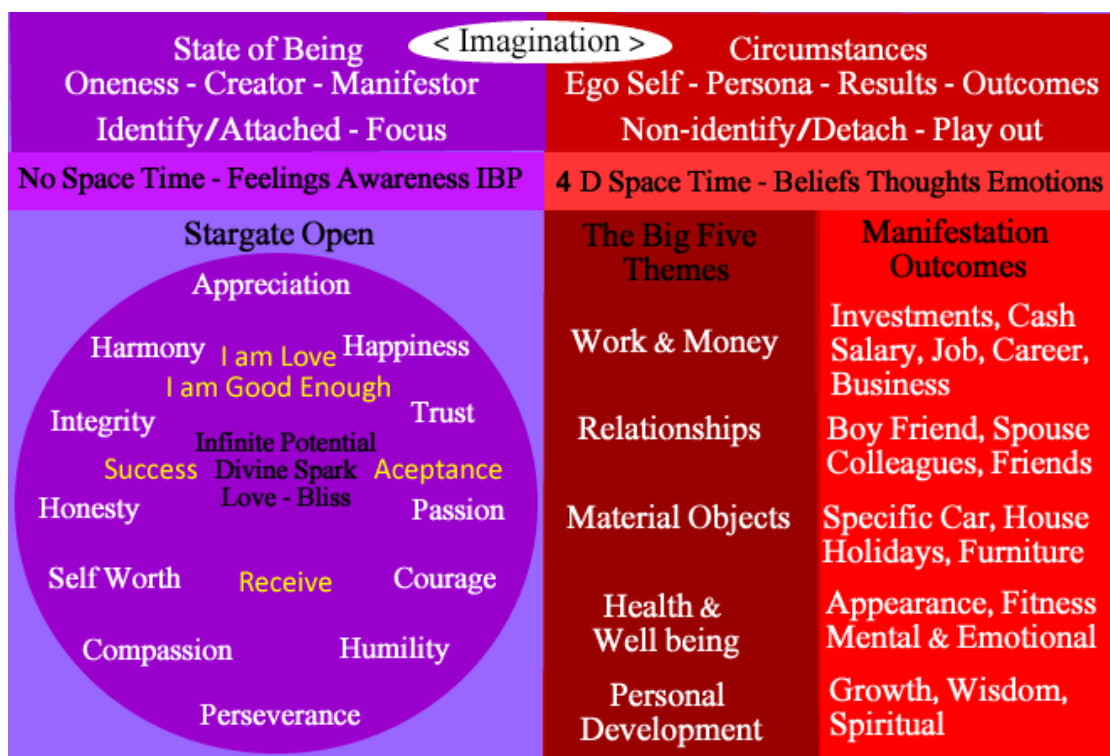


Figure 27

Bashar is a being from our future timeline who is channelled by a man called Darryl Anka.

Let's break down Bashar's quote and see what he is telling us.

Circumstances does not matter - what Bashar is saying is that the circumstances we see in our life are irrelevant, they are only manifestations, the results of something deeper at a fundamental level. The fundamental level that is creating all you see in your world is your state of being, your soul's vibration.

Hence, circumstance's does not create matter - state of being creates matter.

Let's take another look at the graphs, figures 26 and 27.

The purple part on the left represents the soul (the circle), the state of being that is located in the unseen Oneness field; it is the creator and manifestor.

It is the part of you that you should be focusing on, attached to and identified with as the real you. It is where your true awareness and creativity is expressed and expanded from; here time and space cease to exist.

It has a vibratory frequency in the centre of the soul that is either fear, love, or a combination of both, which creates the IBPs and sub feeling frequencies of the soul. The frequencies in your soul determines the degree that your Stargate is open or closed. **The higher the frequencies the more open the Stargate is.**

The Stargate is a portal to 'all that is' and the more open the Stargate is, the more access the soul has to the infinite potential of 'all that is'. In other words, the soul has more access to infinite versions of the persona and its personality construct, and access to infinite potential of life experiences that the soul can align with and experience.

The more closed the Stargate is, the more the soul is limited and has finite potential.

Therefore, the soul has limited access to the abundant higher vibrations of 'all that is' and creates and manifests mostly from the original limited low vibratory soul blueprint of the original persona, its persona's personality construct and persona's experiences.

The soul basically has no choices and runs on the lower vibratory soul's blueprint program by default. The souls that are in this state of being are mostly manifesting from the 4th vibratory dimension of the persona and personality constructs program.

The red side of figures 26 and 27 is the manifested world, the 4-dimensional world, three of space and one of time. It is the solidified expression of the soul's vibration and the dimension of congealed manifestations, outcomes, circumstances, and the results of the state of being.

It is the domain where time and space exist, it is the illusionary world. The stage where the manifested persona and its personality construct is used by the soul to play out many different themes and experiences. It is here that we as souls should not identify with as being our true reality or being the real us if we want to return back to who we really are.

If we want to set ourselves free from the control and bondage of the red side, we must detach from the identification of the physical world, the human experience game as being who we really are.

That does not mean we must detach from all that we manifest. *No! No! No!*

As souls, we must participate and immerse ourselves in the human experience game, without getting caught up and controlled by the experience. We must embrace and appreciate all that we manifest in the human experience game and love it unconditionally.

It is only the identification that the human experience game is us and real that we must detach from.

When we watch a movie, we have an internal experience. This internal experience is real, even though we know the movie we are watching is just actors and props and is not real.

That is why we watch movies; we love the internal experience. And the more profound our internal experience is, the more we want to watch the movie. If this was not the case, no one would ever go to the movies.

That is why millions, if not billions of dollars are spent on a movie to make it as real as possible for you to have a more profound experience. The human experience game is no different.

The human experience game is an illusion, but the experience that is being experienced by the soul internally through the participation of the soul in the illusionary human experience game, is *very real* indeed.

You can also see that beliefs, thoughts and emotions are in the red area, the illusionary area. As I explained *earlier*, the accumulation of beliefs, thoughts, emotions and behaviours are the personality construct, and it is from this personality construct that you as a persona perceive and react to the circumstances from within the human experience game.

In all probability, you are in the same situation as 99% of most souls that participate in the human experience game. Whereby their persona and their personality construct of beliefs, thoughts and emotions were created from the fear frequencies and IBPs within the soul on their first physical experience.

After they were born into that first physical experience, more and more beliefs, thoughts and emotions were conceived at the same fear frequency by programming of parents, society, schools, religions and other aspects of the human experience game.

As mentioned earlier, between the ages of five to adolescent, around the age of twelve, you had more than likely conceived billions of different thoughts, beliefs and ideas of what you believe to be true.

Therefore, by the age of twelve, your personality construct with its thoughts, ideas and beliefs had taken over your soul and took it into a deeper sleep than it had been in since you were born. This process occurs with every lifetime the soul experiences, reinforcing the soul to be entrapped in the illusionary human experience game repeatedly, until the soul awakens and breaks free from the limitations of the game.

The program of fear, limitation, separateness, good and bad, etc., was set in concrete to run on default on autopilot, like a hamster going around and round on its wheel, repeating the same patterns lifetime after lifetime.

Yes, you had successfully pulled off one of the greatest creations of all time, to experience all that you are not...

Emotions are expressions, a manifestation of the feeling frequencies within the soul, and when you have a negative emotional response to your circumstances. It is telling you that you have a low vibratory feeling activated within the soul at that moment in time. When it is activated, it can be focussed on with laser precision and let go, released from the soul back to the Oneness field.

The difference between a feeling and an emotion is that you are aware of what you feel, whilst an emotion is usually an automatic response to what you are experiencing in your world.

In figures 26 and 27 in the dark red area, there are the five main themes that you will play out in the human experience game: work and money, relationships, material objects, health and well-being and personal development. These are the five main themes you need to master to complete the human experience game.

To master all five, you must have them all working in harmony with one another in a balanced and holistic manner. In other words, the idea is not to have a great career with lots of wealth and material items at the expense of health, relationships and personal development. These are the results achieved when the separate system of the personality construct is in control of the soul and its manifestations.

THE FIVE MAIN THEMES WE EXPLORE IN LIFE

HEALTH AND WELL-BEING

A healthy and fit body with calm emotions and a focussed mind, etc.

RELATIONSHIPS WITH PEOPLE

Work colleagues, friends, relationships, family, and day to day interaction with others and oneself, etc.

WORK & MONEY

Career, investments, finances, business, job satisfaction, work environment and management of money, etc.

MATERIAL ITEMS

New car, house, luxurious holiday, boat, lounge suite and computer, etc.

PERSONAL DEVELOPMENT

Living your excitement and passion, personal growth and wisdom, spiritual awareness, accomplishments, realisation and reconnecting to the real you, etc.

The last column is 'Manifestations Outcomes', and these are the results of the state of being, the circumstances, life experiences, the soul experiences in a solidified 4-dimensional reality of space and time.

Now imagine the soul is projecting its negative or positive frequencies of the soul through the five themes.

Let's say the five themes act as five different lenses, and when the frequencies are passed through one of the themes, the frequencies are manifested as a combination of themes and frequencies in the manifestation column.

Another way to visualise this is to imagine that you are projecting a certain light frequency onto a wall through a red lens that has been selected from five lenses of different colours, red, orange, yellow, green, and blue.

It will be the combination of the light frequency's brightness and the chosen coloured lens that will determine the outcome of the brightness of the red colour on the wall, and if I project it through the blue lens I would have a certain brightness of blue colour on the wall.

The light frequencies will determine the brightness of the colour and the lens will determine the colour.

This is the same as our chart; the frequencies of the soul determine what state, either positive or negative the manifestation will be, and it is the theme that will determine what theme the vibratory state will be played out in.

NOW, WHAT IF WE PROJECTED THE LIGHT ONTO A MIRROR THAT IS DIRECTLY PARALLEL TO THE LENS AND PROJECTED LIGHT?

That's right, the mirror would reflect the light back through the same lens to the light being projected and effect and enhance it. Then project the affected light back again through the lens to the mirror, thus repeating the process over and over, enhancing and reinforcing the original projected light frequency more and more.

The 4-dimensional space-time world is a feedback system, it is a mirror, therefore the same process applies. What your soul puts out as a frequency through the theme, is reflected-back to the soul via the theme to the original positive or negative frequency, thus reinforcing the frequency of the soul.

The source of the manifestations in the 4-dimensional space-time world is the frequency being projected from the soul, and it is that frequency that must be addressed for total transformation to occur.

Sure, you can try to manipulate the manifestations on the mirrored world, but that will not have the same impact as manipulating the original light, as this is the source of the manifestation.

THEREFORE, IT IS POINTLESS TO FOCUS ON THE OUTCOMES OR CIRCUMSTANCES.

You can change your job, your relationships, your friends, your country, your house, your car, but if you do not transform your state of being, you will still have the same outcomes.

Yes, maybe they will look different, but if you look closely you will see that the new manifestations are still making you feel the same as the old manifestations did. Therefore, nothing has really changed, as your manifestations are being manifested from your soul's vibration of feelings and IBPs and that is what you really have to change.

Here are some examples of what you might manifest in the 4-dimensional space-time world from negative frequencies within the soul that is flowing through the five themes.

If you have the IBP of fear of failure and the feeling frequencies of lethargy and apathy flowing through work and money. You might have manifestations in the work environment of never getting things done, always procrastinating, never taking risks, and that would show up in your money being stagnant and not flowing or growing.

If you have the IBPs of fear of rejection and lack of self and the feeling frequencies of mistrust, unhappiness, disharmony and fear flowing through relationships. You might manifest relationships of abuse, betrayal, and always trying to please your partner to receive love. You might even be the abuser and controller in the relationship, which might be due to the fear of losing that person in the relationship.

If you have IBPs of 'I am not good enough', fear of loss and fear of rejection and feelings frequencies of disharmony, unhappiness, and lack of self, flowing through health and wellbeing. You might have manifestations of those frequencies in your body and life, like stress, mental fatigue, drug or alcohol addictions, mental problems like bipolar disorder or other physical ailments like arthritis, cancer, heart disease, etc.

If you have the IBP of fear of failure and the feeling frequencies of arrogance, criticism, mercilessness, and lack of self, flowing through personal growth. You might have manifestations of a person with a closed mind that has religious beliefs of what they believe is the only truth and believe that all other religions are wrong. You, also may have beliefs and behaviours of "show me the proof before I believe," and be very sceptical of anything new unless there is scientific proof that it is true. You might have a closed mind and not be open to new ideas of the world. Or you could be stuck in your ways and will not be willing to change your behaviour and reactions to your personal circumstances, with the attitude of you know everything and what you know is right.

However, if you transform the state of being into a more positive, aligned state of being with 'all that is', you will have the opposite manifestations to the negative manifestations in the 4-dimensional space-time world.

For instance, if you have the IBPS of 'I am good enough', success, I receive easily, and the feeling frequencies of passion, trusting, harmony and self-worth flowing through work and money. You will have a successful job or a career that you love and are passionate about. Whereby people will trust you and give you money up front for your services, and of course, this will result in you receiving appreciation, money and abundance in many forms that will give you even more self-confidence and that self-confidence will be mirrored back to your soul.

Others will love you because you love yourself and you are vibrating at love, and therefore you will manifest people of that same frequency within your manifestations.

Of course, with the repeating feedback system, you will reinforce the positive frequencies of the soul and your Stargate will open. Your high vibratory soul's blueprint will align and manifest a new persona, personality construct and persona's experiences that are a frequency match with the soul's high vibration. And that high vibration will yet again flow back to the soul via the feedback system. Hence reinforcing the vibration of the soul to manifest even higher vibratory manifestations to be experienced.

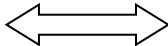
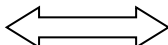
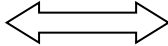
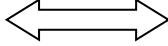
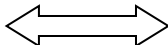
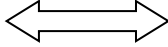
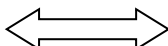
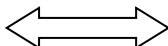
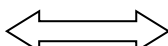
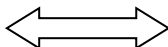
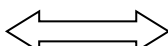
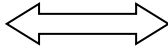
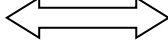
On the graphs you will see that there is a small bubble with the word "imagination" in it that connects the two different sides of the graph. Imagination is the conduit between the two worlds. It is the part of you that can send or receive information from one world to another; we will discuss this more in detail later in the book.

I am sure you now have the picture of how you manifest and what you need to focus on to manifest all that you desire.

Let's move on to the next chapter and see where you are in your life now and see what system you are manifesting with. Is it the holistic system with the higher mind, soul and persona with its personality construct acting as one? Or is it the separate system, whereby the persona and its personality construct is in control of the soul and is manifesting from its behaviours, beliefs, thought and emotions.

Before we move on to Chapter 7, take a look at the cross-reference chart below to get a deeper understanding of the difference attributes of the two aspects of you.

THE TWO ASPECTS OF YOU

THE HUMAN SELF, THE PROJECTION		THE ONENESS SELF, THE TRUE SELF
<i>The Persona & Personality Construct</i>		<i>The Divine Spark</i>
<i>I Am</i>		<i>Oneness</i>
<i>Separated</i>		<i>Connected to All</i>
<i>Personality</i>		<i>The Soul</i>
<i>Physical Mind</i>		<i>The Higher Mind</i>
<i>Beliefs</i>		<i>State of Being</i>
<i>Physical Body</i>		<i>Infinite Potential</i>
<i>Thoughts</i>		<i>Information – Energy</i>
<i>Emotions</i>		<i>Awareness – Feelings</i>
<i>Past & Future</i>		<i>Present Moment</i>
<i>Memories</i>		<i>Knowing</i>
<i>Form</i>		<i>Formlessness</i>
<i>Created – Soul Extension</i>		<i>Creator of Soul & Human</i>

CHAPTER 7

WHO IS THE ONE WHO IS CREATING YOUR REALITY?

“IF YOU HAVE A LOW VIBRATORY STATE OF BEING THEN IT IS YOUR NEGATIVE LOW VIBRATORY PERSONALITY CONSTRUCT THAT IS CREATING YOUR REALITY AND NOT YOUR HIGHER MIND AND ONENESS SELF”.

WARNING! WHAT YOU ARE ABOUT TO READ IS ONE OF THE MOST IMPORTANT THINGS TO UNDERSTAND IF YOU WANT TO CREATE A LIFE THAT YOU PREFER.

For the first ten years of my fifteen years of transformation, I always had a burning question that I could never answer.

If karma is true, in other words, what you put out comes back to you, then why do bad things happen to people who do good things? Why is it that some people who work hard to make the world a better place by saving the dolphins, helping the starving, heal other people, protest and campaign against various negative issues, fight against cancer and other dreaded diseases, or help other people in many other ways, have bad things happen to them?

This I could never understand or answer until now. The conclusion I came to was...

It is not so much what people do that creates their life experiences. It is the *why* - the driving force, the intention behind what people do that creates their life experiences. The why, the driving force is the state of being.

And sometimes the driving force behind people doing good things is a low vibratory energy of lack of self, fear of rejection, fear of loss, fear of failure, ‘I am not good enough’ and ‘I am not loved’.

Some people do good things to feel that they are decent human beings, to feel good about themselves, to feel that they matter and that they are important, and to feel that they have achieved something and made a difference in the world.

They are doing the good things to feel good about themselves, because, at a deeper level, they do not really feel good about themselves; thus, they are doing the good things from a state of being of ‘not feeling good’.

Thereby, at a deeper level they are saying, ‘I am not a decent enough human being’, ‘I am not good enough’, ‘I don’t matter’, ‘I am not important’, ‘I am not happy with my world’ and ‘something needs to be changed.’

If someone is doing something to feel good about themselves, then they do not already feel good at a deeper level of their being, then their state of being is not in alignment, a vibratory match to what they want to attain.

In other words, the state of being of happiness creates happy manifestations, a feeling of wealth creates wealthy manifestations and a feeling of appreciation creates more things to be appreciated, and so on.

As you read this book, you will begin to understand that nothing in the outer world can ever be changed or fixed, as nothing is broken. Everything is just perfect the way it is.

All experiences within the Oneness field exist and have the right to exist.

Thus, there will always be the experiences of war, violence, dreaded diseases, starvation, suffering, pain, anger, frustration and yes merciless killings of dolphins and other animals for souls to experience.

And as explained in previous chapters, you choose what to experience by your vibration of your soul and if you prefer to not experience a particular experience, *you always have the choice to change your vibration of your soul by changing your state of being.*

Yes, you might play out the experience of saving the dolphins, but that is an illusion, as when you reach the point of experiencing the dolphins being safe and well. The experience of them being slaughtered still exists in the Oneness field for any other souls that would like to experience it.

YOU CHANGED NOTHING; YOU JUST MOVED AS A SOUL FROM ONE FORM OF EXPERIENCE TO ANOTHER.

This is exactly the same scenario I explained in Chapter 2, when I described the TV and its two channels.

When you change the TV from channel 1 to channel 2, you are shifting your focus from one channel to another, and even though you are viewing and experiencing channel 2, channel 1's experience still exists in the sky in waveform for other people to select and view.

YOU CHANGED NOTHING BUT YOUR VIEWPOINT. IN OTHER WORDS, YOU PERCEIVED A NEW EXPERIENCE BY CHOOSING TO SHIFT YOUR FOCUS FROM ONE EXPERIENCE TO ANOTHER.

THIS IS MANIFESTATION IN A NUTSHELL.

MANIFESTATION IS ALL ABOUT CHANGING YOUR PERCEPTION ON WHAT YOU ARE EXPERIENCING BY SHIFTING YOUR FOCUS AND TO ACCOMPLISH THAT YOU HAVE TO CHANGE YOUR STATE OF BEING.

Manifesting all that you desire is not about changing the outer world; it is about changing your state of being and perception of that outer world. It is all about state of being. When you change your state of being to a state of being that is more in alignment with who you really are, you will perceive and experience a world that will reflect that state of being.

NO MORE WITNESSING OF AND EXPERIENCING THE DOLPHINS BEING VIOLENTLY KILLED.

Okay, you might be a bit angry with what I have just said. You might say, "How can I just sit back and bury my head in the sand to all these atrocities and do nothing?" If you really want to do something, then be consciously aware that these things are out there to be experienced, but do not give them all of your attention. As what you focus on will become your reality more and more.

Just be aware that it is out there, and it does exist and has the right to exist. Rather than complain, protest, or try to change the system that you are not happy with, which will only lock you as a soul into the reality where that system exists. Create or join and focus on a new system - may it be a new financial system, a political system, a social system, the educational system or an environmental system etc. Move your focus away from the low vibratory system to a higher vibratory system.

The most important thing to be done if you want to see change in your outer world is to change your inner world - your state of being. If you want to see a peaceful, happy, healthy, wealthy, non-judgemental, and an abundant world, then you are going to have to be all that in your personal world first.

How can you expect the outer world to change, if you can't change your own personal world to that what you expect and want the outer world to be?

AS GANDHI SAID, "BE THE CHANGE YOU WANT TO SEE IN THE WORLD."

Sometimes the *why* is buried so deep within, it is hidden from the conscious mind. It is only when one starts to look deep within that one finds the true driving force that makes you do what you do.

THE SECRET OF MANIFESTATION - KEY NUMBER ONE

DISCOVER THE HIDDEN DRIVING FORCES THAT ARE DRIVING YOUR LIFE.

To discover what hidden driving force is driving your life, ask the question:

“WHY DO I DO THIS, WHAT IS MY ENERGY DRIVING FORCE BEHIND WHAT I DO?”

You might be in a job or career that is full of frustration, anxiety, lack of reward where you constantly must strive to be successful and you don't want to do it or be there anymore. If so, ask the question. **“Why do I do this, what is my energy driving force behind what I do?”**

You might be in a love relationship that most of the time is frustrating, argumentative, stressful, mistrusting or even abusive. If so, ask the question. **“Why do I do this, what is my energy driving force behind what I do?”**

You might have a business that takes up all your time and work twelve hours a day, six days a week, whereby you are complaining all the time because you are forever fixing problems and hassles. If so, ask the question. **“Why do I do this, what is my energy driving force behind what I do?”**

You might have friends that let you down all the time, gossip behind your back or only visit's you when they have nothing better to do. Maybe you pay for them all the time or always helping them with their problems and listening to their complaints and negativity. If so, ask the question. **“Why do I do this, what is my energy driving force behind what I do?”**

Maybe you have a huge amount of debt due to the collection of material items, such as houses, cars, holidays, holiday home, furniture, clothes, boats, etc., that consistently keeps you stressed to find the money to pay it off. If so, ask the question. **“Why do I do this, what is my energy driving force behind what I do?”**

Maybe you get caught up in gossip and judge other people, and maybe you are negative most of the time, complaining about things that happen in your life and other people's lives. If so, ask the question. **“Why do I do this, what is my energy driving force behind what I do?”**

Maybe you have an addictive personality, smoking, drugs, alcohol, sex, shopping, complaining, etc. If so, ask the question. **“Why do I do this, what is my energy driving force behind what I do?”**

Maybe you believe it is everyone else who causes issues in your life. If so, ask the question. **“Why do I do this, what is my energy driving force behind what I do?”**

Maybe you believe that what you believe in is always right, and you are never wrong. If so, ask the question. **“Why do I do this, what is my energy driving force behind what I do?”**

Maybe you must be first at everything and succeed at everything you do. If so, ask the question. **“Why do I do this, what is my energy driving force behind what I do?”**

Maybe you work or take part in a good cause or charity, where you are always fighting for the cause, or fighting battles that cause you stress and drains you. If so, ask the question. **“Why do I do this, what is my energy driving force behind what I do?”**

Maybe you're a mother that gives all her time to the kids, whereby there is no time left for you to do what you want to do. If so, ask the question. **“Why do I do this, what is my energy driving force behind what I do?”**

Whatever you are doing always ask. **“Why do I do this, what is my energy driving force behind what I do?”**

As you dive into the question, be very honest with yourself, the answer might shock you.

Maybe you are doing some things in your life that comes from a place of fear of loss, failure, rejection, not being loved, or feeling you are not good enough. Or maybe the driving force is a feeling of disharmony, arrogance, mistrust, criticism and unhappiness, etc.

If you look closely you will see that the hidden energy driving force behind any negative experience is always fear based.

When you ask the question, why do I do this, what is my energy driving force behind what I do? Your hidden state of being will be revealed.

If you cannot define which fundamental IBPs and feelings are constructing the driving force; then ask, “What do I believe to be true to create this situation? What is my emotional response when the creation shows up in my life?”

Then use the belief and emotion to discover and reveal the hidden IBP and feeling frequency within the soul, whereby you can reverse engineer the belief and emotion to hone-in and lock onto the hidden frequencies and transform them into a higher vibratory feeling and IBP (see Chapters 10 and 11)

Remember, all beliefs and emotions of the personality construct are connected to the IBPs and feeling frequencies within the soul (Chapter 6).

IF YOU WANT TO MANIFEST SOMETHING NEW IN YOUR LIFE, YOU MUST ALSO ASK, “WHY?”

What is the driving force, the intention behind the desire to manifest this manifestation?

Always be aware of what is driving the manifestation you want to manifest, as it is the driving force that will determine the result of the manifestation.

IF YOUR STATE OF BEING IS NOT A VIBRATORY MATCH TO YOUR DESIRED MANIFESTATIONS, YOUR MANIFESTATIONS WILL NEVER MANIFEST.

“THIS IS THE GOLDEN RULE OF MANIFESTATION”

This is just plain science; opposite frequency waves cancel each other out when they meet, and frequency waves of the same frequency peak and strengthen when they meet.

That’s why people with a low vibratory state of being manifest negative things easily and constantly and finds it difficult to manifest positive things in their lives. Whereas people with a high vibratory state of being manifest positive things easily and constantly in their lives.

View the manifestation workbook that you downloaded for more information on discovering the driving force behind what you want to manifest.

If you have not downloaded the manifestation work book yet, you can click on this link <http://www.the-secret-of-manifestation.org/Work-Book.pdf> and save it to your computer as a pdf file.

Whilst we are on the topic of manifestation, there is another important point to understand about manifesting. When creating from the low vibratory negative personality construct-controlled state of being, the negative personality construct can create success in some of the themes, but this is usually detrimental to the other themes.

The chances are it will sacrifice its happiness and success in the other themes, to achieve its desired manifestation in one or two themes. More than likely its path to the success of its manifestation was full of struggle, anger, frustration, stress, unhappiness, and criticism of others, which usually leaves it with a feeling of un-fulfilment after achieving its desired manifestation. Therefore, the personality construct quickly forgets about its achievement and quickly moves on to the next desired manifestation to find fulfilment in its life.

HERE ARE SOME EXAMPLES OF THE NEGATIVE PERSONALITY CONSTRUCT THAT CREATE SUCCESS IN SOME OF THE THEMES, TO THE DETRIMENT OF THE OTHER THEMES.

A person, who creates a hugely successful business from lack of self and arrogance to feel accepted, recognised, successful and gain status in society. Ends up imprisoning themselves within the business, working stressfully day and night from the fear of loss and failure of the business, resulting in broken relationships and bad health.

A woman who invests all of her time in her children from the fear of not being a good enough mother or loved by her children. Finds the job of being a good mother and having successful and well-balanced children is very time consuming, stressful and fearful. Whereby there is no time for her to live her own life's dreams and goals. And when the children grow up and leave the house, she is left feeling empty and lost with no identity to what she is and what her purpose of life is.

A person, who works hard and long stressful and frustrating hours to be successful in their careers and be accepted and respected by their peers, finally retires after 45 years with bad health, broken relationships and difficulty defining who they are, as they were always defined by their work.

A person who dedicates themselves to spiritual concepts and self-growth, whilst denying themselves any physical experiences of a physical reality, such as material objects, relationships, money, passion and excitement etc. Therefore, they have missed the chance of why they came to a physical reality in the first place, to experience physicality in many different ways.

A person who gives all of themselves to a love relationship from the fear of rejection or loss, whereby they invest all of their time making sure that they become all that their love partner desires, thus creates an illusionary happy relationship that is destined to fail. And when the relationship fails the person is left devastated with no self-esteem and self-identity, causing the other life themes to spiral into chaos.

A person who has a severe lack of self and fear of failure and that fills their life with huge amount of material objects such as, cars, houses, boats, expensive clothes and lives an extravagant lifestyle. Normally ends up doing anything they can to make money to buy as much material objects as they can to keep up their extravagant lifestyle. When they cannot make enough money, they go into huge amounts of debt or steal from other people to get what they want. This behaviour of greed from lack of self and fear of failure usually ends in bankruptcy or even worse prison, and they end up losing everything including their health, relationships, social status and personal well-being.

Do you want this kind of experience or do you prefer a different one? - *If you prefer a different one, then read on.*

The answer to success and to move forward in the completion of the human experience game, is to have balance, appreciation, happiness, passion, excitement and joy across all five themes.

A quote from Bashar sums up manifestation key number one.

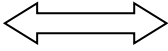
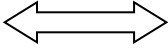
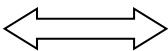
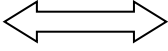
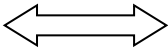
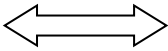
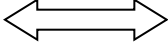
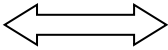
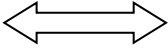
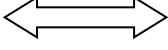
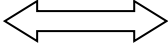
LIFE IS MEANINGLESS

“EVERYTHING YOU DO OR PERCEIVE IN THE WORLD IS NEUTRAL, YOU ARE THE ONE WHO GIVES IT MEANING.” BASHAR.

It is the meaning that you give to your life experiences that determine what the outcome of your future life experiences will be, and it is the driving force behind the meaning that determines the state of being of that meaning. Moreover, one meaning can have many different diverse driving forces behind it that determines the outcome of your life experiences.

There you have it, if your driving force of your life experiences is a low vibration, then it is your negative personality construct that is creating your reality and not your higher mind and Oneness self.

I have designed a cross reference chart for you to get a deeper understanding of the different attributes of the two aspects of you when creating from either the negative personality construct or the Oneness being and Higher Mind.

CREATING FROM THE NEGATIVE PERSONALITY CONSTRUCT		CREATING FROM THE ONENESS BEING AND HIGHER MIND
The personality construct is in control.		The Higher Mind & Oneness sees what turns up & flows with it.
It is separate from its creation, there is them and it.		Its creation, i.e. the environment, persona, and other personas are all one creation.
Its focus is on future outcomes, as it is the driving force of its manifestations, and its plans and structure are very important to its success.		It manifests with inspiration, passion and joy, focussing in the now moment and takes action when it is necessary to do so.
It creates with the mind and emotions, i.e. Willpower.		It creates with dreams, imagination and feelings, i.e. Passion and excitement.
It works hard and invests big amounts of energy and time in creating its desired life experiences.		It uses the applicable amount of time & energy required to create its preferred life experiences.
It defines itself by its creations and life experiences.		It discovers its potential by its creations and experiences.
It fears loss of its creations; whereby it is always in survival mode, fighting to keep all it has created.		It knows that change is constant, and it goes with the flow of change without fear of the outcome.
Its intention of its manifestations is to be fulfilled.		Its natural state of being is fulfilment.
Circumstances matters.		State of being matters.
It believes its reality to be real & that it is finite.		It knows it is infinite and all its creations are illusions.

THE SECRET OF MANIFESTATION - KEY NUMBER TWO

BECOME AWARE OF YOUR EMOTIONAL RESPONSES TO YOUR CIRCUMSTANCES AT ANY GIVEN MOMENT.

When people have physical pain, they take painkillers to relieve that pain. The painkillers interfere with the messages of pain that are sent back from the injured part of the body to the brain via special nerve endings. The painkillers interfere with the pain messages either at the site of the injury, the spinal cord or the brain itself.

The truth is, the pain at the site of the body is still there, all that the painkillers are doing is removing the awareness of the pain. The pain in the body is there to tell a person that there is something wrong in that part of the body that is injured, or they have some physical ailment that requires attention. If there was no pain, the person would not have awareness of their injury or physical ailment and will not attend to it. Therefore, due to no attention, the injury or physical ailment will worsen over time, or even result in death of that person.

Our emotional and mental pain is also there for a reason. It is there for us to become aware that within our persona and soul there is something out of alignment with the higher vibratory aspects of 'all that is' that requires attention. However, most people in this world take some sort of painkillers to remove the emotional and mental pain. May it either be some sort of drug, or to fill their life with material items and physical activities. They buy stuff or keep themselves busy all the time to remove the awareness of the pain.

Just like people get addicted to the physical painkillers, after a long period of time of taking the emotional and mental painkillers they become addicted to them, removing the awareness of their low vibratory emotions, and low vibratory feeling and IBPs that reside in their soul. Hence, they have never really attended to the soul's out of alignment to who they really are, infinite abundance. This results in the escalation of the out of alignment of the soul over many lifetimes. Thus, driving the soul deeper and deeper into a low vibration that aligns with manifestations of low vibratory realities.

Just like physical painkillers, you can take the emotional and mental pain killers sometimes to relieve the pain. However, during the taking of these painkillers, you must attend to the emotional and mental pain and transform them to a higher vibratory state of being.

Which in truth, can only be transformed at the level of the soul, as the emotional and mental issues are a manifestation, a physical projection of the soul's state of being. To ignore these emotional and mental issues by removing the awareness of them, will only result in the soul spiralling down into a lower vibratory vibration.

I know there are a lot of people in this world that have severe mental and emotional problems and take some sort of medication for it, and without the medication they are unable to function in society. To these people, I am not saying that they must stop taking their medication. I am saying, like all of us, if they wish to experience, life experiences that are in alignment to who they really are, they must do what they need to do to transform the soul to a higher vibration.

Which in their case will be to still take their medications, whilst at the same time work on their emotional and mental issues at a soul level. Even if this transformation takes a few lifetimes to occur, there is no better time than now to start the transformation of the soul's vibration.

To sum up, if you do not become aware of your emotional and mental State of Being daily and do something to transform it at a soul level, you will keep repeating the same life experiences, lifetime after lifetime. Moreover, your soul will lower in vibration, thus aligning you as a soul to even lower vibratory experiences of "all that is"

As mentioned earlier, your emotions are a manifestation of the feeling frequency in your state of being, and your feeling frequency is connected and entwined with the IBPs that are an extension of fear itself.

Therefore, when you become aware of your emotional responses to your outer circumstances, may it be positive or negative; your hidden state of being will be revealed. You will then have the power to use the emotion to hone-in and lock on to the feeling frequency and its related IBP within the state of being. Thus, allowing you to purge or accept the feeling frequency and its IBP within the soul.

It is very important that you understand that the emotional response that you have to a life circumstance is being expressed from the same vibratory feeling frequency and IBPs within your soul that created the circumstance in the first place.

The emotional response is telling you about what is going on within your state of being. It is revealing itself to you right there and then, and because it is revealing itself to you, you can do something about it.

That's why it is critical that you become aware of your emotional responses to your circumstances at any given moment.

Feelings and emotions are the key to transformation and alignment of your soul to higher vibratory manifestations. It is the most critical thing to become aware of and work on if you wish to experience all that you desire.

In later chapters, we will be delving deeper into feelings and emotions, as it is the emotions and feelings that hold all the power that creates and determines your reality. When we transform the deep feelings within the state of being, it affects the whole state of being. Therefore, it affects all our outer experiences.

Before we enter the world of deep feelings, let's discover why we are here and what is the purpose of the human experience game.

CHAPTER 8

WHY ARE WE HERE? WHAT IS THE PURPOSE OF THE HUMAN EXPERIENCE GAME?

THE VIRTUAL REALITY GAME “THE HUMAN EXPERIENCE”

The human experience game is a holographic virtual reality game, a simulator with many different themes, sub themes and scenarios to experience.

The truth is, from a Oneness perspective, everything in ‘all that is’ just is; there is not really a purpose to anything. Oneness beings exist and experience the infinite potential of ‘all that is’ as this is their natural state of being, to exist and experience ‘all that is’.

Having said that, the human experience game is a very challenging game that most souls would not even attempt to experience, as this experience is so far from the vibration of who and what they really are.

Because of the low vibration and the nature of the human experience game, some brave souls can easily get stuck in the game, repeating their themes and scenarios lifetime after lifetime, until they start to wake up from a deep sleep and remember who they really are.

Some afterlife experiences that looks like a higher vibratory reality, such as an illusionary Heaven, is still in some way connected to the human experience game. The souls who experience this heaven and believe it to be their final destination whereby they are reunited with their god, suddenly find themselves recycled back into the human experience game once again.

The truth is every afterlife experience that you can imagine exists, and whatever your soul is vibrating at when it experiences death in the human experience game, will determine what vibratory level of afterlife scenario you will experience.

A soul can even experience ground hog day life experiences, where it experiences death in the human experience game and is reborn in the exact same lifetime with the same themes and scenarios. This can repeat lifetime after lifetime, until the soul finds the power within to awaken and break the cycle.

A similar experience can also apply to a persona that commits suicide, whereby the soul is reborn in a physical reality with the same themes and scenarios that are the same vibratory match to what the soul’s state of being was at the point of the persona’s suicide death. Therefore, from my perspective, it is pointless for a persona to commit suicide, as the soul will just keep repeating the same patterns lifetime after lifetime, until it awakens to the truth. Which is, it is not the persona and its personality construct, it is the soul that is part of “all that is” and it has the potential of ‘all that is’ to change its vibration to a vibration that is more in alignment to who it really is, infinite abundance.

“Make no mistake about it, the soul cannot die. It will always experience experiences that are a vibratory match to its state of being, even after an illusionary death of a lifetime.”

If the soul’s vibration has become very low and has been given every possible chance to awaken on its own but is still sinking deeper and deeper into a very low vibratory abyss. The Oneness being will step in and begin to awaken it. However, due to the very low vibratory state of the soul, the soul’s perception of its awakening will seem like an eternity. This is due to the perception of time, as the lower the vibration you go, the longer time is experienced. Ten years can pass in a low vibratory reality, whilst only 10 seconds has passed in a higher vibratory reality.

WHY COME HERE AND PLAY A GAME?

The definition of a game is an activity providing entertainment or amusement, a pastime.

We as a human race play many different games, such as sport games, gambling, playing cards, board games, TV and computer games, etc.

We play games to take us away from our daily routine. It is fun, entertaining, enjoyable and challenging, thus allowing us to explore our potential as a human being.

We are playing the human experience game for exactly the same reason we as a human race play games, to discover and explore our full potential as creative beings whilst having fun.

By playing the human experience game, we will understand more about who we really are and discover our infinite potential as creators. The process of a soul completing and mastering the themes and scenarios of the human experience game will make the soul a stronger and more creative being.

Let me share this metaphor that SAI, a Oneness Being shared with me so I could understand the concept of why I am here playing the human experience game.

Imagine you are an Olympic swimmer like Michael Phelps, and you have broken every record and won every medal. How are you going to break new barriers in swimming if there is nothing to challenge you and motivate you to become a much more accomplished swimmer?

You are going to find it difficult to become a more accomplished swimmer because there are no new challenges to overcome, no more barriers to break and nothing to compare yourself to that would be a landmark for yourself to overcome, you have done it all.

So off you go to your swimming trainer to tell him about your despair. He tells you to take all the water out of the pool and fill it with thick mud and see if you can swim as fast as you did in the water. You obviously think this guy is nuts, but you are desperate and willing to try anything. So off you go and remove the water from the pool and fill it with thick mud.

When you first get into the pool of thick mud and try to swim, you can hardly move as it is so thick, but you keep at it daily. Within 1 year you can at least move a bit. Within 5 years you are starting to get the hang of it, and you can swim through the thick mud but at a very slow rate. As the years pass, you get faster and faster, and after 10 years you find yourself swimming at the same speed as you did in the water.

You think to yourself; I am still swimming at the same speed as I did in the water 10 years ago. For 10 years I have sacrificed, sweated, struggled, cried, ached all over and felt pain in places that I did not know existed. I have pushed myself to the limit, and for what? I have accomplished nothing!

Needless to say, you are very angry that you have wasted 10 years of your life in pain, so off you go to the trainer to vent your anger at him. You tell him how you have wasted 10 years of your life and that you are completely demoralised because you have achieved nothing, as you are still swimming at the same speed as you did 10 years ago.

THE TRAINER SIMPLY REPLIES TO YOU.

GO BACK TO THE POOL, REMOVE THE THICK MUD AND FILL IT WITH WATER AGAIN, AND SEE HOW FAST YOU CAN SWIM NOW.

Because you have trained for the last 10 years in the thick mud, your body has adapted to the environment and overcome the resistance of the thick mud. Now when you swim in the water, the water has less resistance, therefore you will swim 100 times faster than before.

After training as a creator in a low vibratory energy (Thick mud) for lifetime after lifetime, your creation skills will also adapt to the low vibratory energy, and when you return to who you really are and create in a high vibratory energy (water). You will have become a much more creative and powerful creator than you were before you participated in the human experience game.

Just by returning to who you really are, you will have experienced a new potential of creation, a creation that you could have never imagined to be possible before you came to experience the human experience game.

JUST ASK YOUR TRAINER, THE ONE!

Remember, if there is such a thing as purpose in the Oneness field, it is to actualise your potential as a creator.

WHAT IS THE PURPOSE OF THIS GAME?

To have fun, entertain, enjoy and face challenges as you explore different scenarios of an infinite potential of creations.

The human experience game has been constructed by “*The One*”, whereby Oneness beings via one of their souls can have the ultimate experience of experiencing the opposite to who they really are. Thus, experiencing being separate, powerless, limited and totally controlled and manipulated by an illusionary game through many different life themes and scenarios.

Then after successfully experiencing and processing many lifetimes of themes and scenarios, the soul awakens and takes back its creative power and returns to who it really is, all powerful, limitless and connected to ‘all that is’. Thus, having the ability to once again align with experiences that are in alignment with who it really is, infinite abundance.

I know it all sounds very sadistic and masochistic that’s why some Oneness beings and souls refer to souls that play the human experience game, as the psychotic warriors, as most souls would never attempt such a creation.

Just think - to pull this off, you have to forget who you really are, and that can be a very dangerous creation to play in.

You as a magnificent all-powerful unlimited Oneness being asked this question:

What would it be like to be the opposite of who I really am, and if I created this experience could I get myself to believe it to be true?

The answer was a resounding yes!

The Oneness being and its soul counterparts that are playing the human experience game are extremely adventurous, courageous and passionate about diving deep into ‘all that is’ ‘and experiencing every possible experience it can.

They are at the forefront of creation of ‘all that is’ and their mottos are:

“TO INFINITY AND BEYOND” AND “TO BOLDLY GO WHERE NO OTHER SOUL HAS BEEN BEFORE”

Therefore, have respect for every soul that plays the human experience game, as to play having no self-love or self-worth takes a huge amount of self-love and self-worth to pull it off.

It is a masterpiece in creation and only the most adventurous and courageous warriors will attempt it, so stop selling yourself so short.

Returning to who you really are is nothing in comparison to what it took to get you here in the first place.

In other words, relax and get on with it, stop being so serious about the game of life, as every soul goes back to the *One* in the end.

AND WHEN I SAY EVERY SOUL, I MEAN EVERY SOUL RETURNS HOME.

Just remember the story of the Olympic swimmer and you will find the power within.

ALL YOU HAVE TO DO IS LET GO OF ALL THAT YOU ARE NOT, FOLLOW YOUR PASSION AND EXCITEMENT, DO WHAT INSPIRES YOU WITH PASSION AND BE THE BEST YOU CAN BE AT ANY GIVEN MOMENT.

THE REST WILL TAKE CARE OF ITSELF.

TO CREATE ALL THAT YOU DESIRE, ALL MUST WORK AS ONE.

As aforementioned, if all is working in perfect order and the manifestation system is holistic in nature, then the higher mind will be the one who is conceiving the manifestations, and the personality construct of the persona will be the one who perceives and acts on the manifestations.

Therefore, as per the maze example in an earlier chapter, if the soul wishes to have life experiences of happiness, health, wealth and abundance in all five themes of the human experience game, the higher mind, the soul and the persona and its personality construct, must act as *One*.

Figure 28 is of two rally drivers. The man on the left is the navigator, he is the one who has the map and the know-how to finish the race in the quickest possible time.



Figure 28

He is constantly giving the driver instructions on what is ahead and what to do moment to moment. The driver's responsibility is to do what the navigator says and do it well. They are a team, and one cannot finish the race without the other.

They communicate via their microphones and headsets that are embedded in their helmets. And if they had interference in their communication system, the driver would not be able to hear the instructions from the navigator, and they would be unsuccessful in the race.

THE NAVIGATOR REPRESENTS THE HIGHER MIND AND THE DRIVER REPRESENTS THE PERSONA AND ITS PERSONALITY CONSTRUCT.

The higher mind has the map and the know-how to complete the human experience game, thus returning the soul to its original state of being. The response and actions of the personality construct of the persona to the higher mind's instructions, are vital for the soul's successful completion of the human experience game.

The higher mind and personality construct of the persona's communication system is the imagination and feelings, and if there is interference in the communication system, the soul will be unsuccessful in completing the human experience game.

FEAR, pain and suffering creates the interference in the communication system and locks the soul into the human experience game, whereby the persona, its personality construct and the game, controls all the soul's experiences of the human experience game. Which aforesaid, these experiences will be a very limited and low vibratory experience.

When you let go of **FEAR**, pain and suffering, the communication system is opened wide, and the higher mind can communicate with the personality construct. Thus, deliver instructions to the personality construct to participate in the human experience game in a successful and abundant manner.

To open the communication with your higher mind, you must raise the frequency level of your soul, thus raising the frequency of your state of being.

How do I do that, you may ask?

AS A SOUL, PERSONA AND PERSONALITY CONSTRUCT, YOU MUST ACCEPT ALL THAT YOU ARE AND LET GO OF ALL THAT YOU ARE NOT.

Accept: Love, appreciation, inspiration, passion, excitement, joy, peace, self-worth, trust, I am successful, I receive, I am loved, I am good enough, I accept and love who I am.

Let go: Fear, judgement, disharmony, unhappiness, arrogance, lack of self, mistrust, fear of failure, fear of rejection, fear of loss, I am not loved, I am not good enough and I hate who I am.

“When you change the vibration of your state of being to a state of being that is in alignment and vibratory match with who you really are. You as a soul will open its Stargate and connect to its infinite potential within the ONENESS field of information. Thus, download a new soul blueprint that contains a new persona and personality construct that will have a new future and new perceptions of its past. This will be projected out as new experiences within the human experience game that will be a vibratory match to your new state of being.”

Stress and negative thinking are always created by the frequency of fear, and when we are in fear (stress and negative thinking) our brain is always firing in a fast and unsynchronised manner.

THIS IS HOW HEART-MATH DESCRIBES THE BODY FUNCTIONS WHEN IT GOES INTO FEAR.

“When in this mode our body goes through many different changes. Large amounts of adrenaline and the stress hormone cortisol enters the bloodstream. As the adrenaline reaches the heart, the heart begins to pound faster and faster.

The excess adrenaline and cortisol cause the immune system to shut down and the heart keeps pumping out blood as though it were a life or death situation.

There are other effects too, such as sweaty palms and rapid breathing. All these physical responses send messages back to the brain, reinforcing the perception of danger and drowning out the little voice that tells you to relax.

As the adrenaline release becomes stronger and stronger, it stimulates the release of fat cells into the bloodstream for which extra energy would have been needed if it had been a real emergency.

Only it isn't.

So, unbeknownst to us, the liver is converting the fat into cholesterol, which is absorbed onto a scratch that forms on the coronary artery. Some even get stuck on the artery wall itself.

The heart pumps all the blood to the arms and legs and is now in flight or fight mode, all because you have a negative thought or responded to a situation in a stressful and negative manner.

THE COST OF STRESS IS HUGE

“Stress stimulates the perpetual release of the hormones, adrenaline, noradrenaline and cortisol, which eventually sears the body like a constant drizzle of acid. If left unchecked, chronic stress, along with attitudes like hostility, anger and depression, can sicken and eventually kill us.” - Heart-math at <http://www.heartmath.org/>

Now that is just the physical aspect, what about the mental and emotional aspect of yourself?

When we go into a negative, fearful and stressful mode, the first thing we need to do is calm down, so that we can break the never-ending cycle of stress and negative thinking. As if we don't, the negative never-ending cycle will lead to more negative experiences and more negative emotional responses to those experiences, which will be sent back to the soul to create even more negative experiences, and so on.

On and on, around and around it goes, reinforcing the frequencies within the soul more and more. A great way to calm yourself down instantly and get your brain to fire in a synchronised manner, whereby you can have positive thoughts and make beneficial, positive choices, is a process called the Eyes up Process.

THE SECRET OF MANIFESTATION - KEY NUMBER THREE

ENTER AN ALTERED STATE OF AWARENESS QUICKLY AND EFFICIENTLY WHEN NECESSARY.

THE EYES UP PROCESS

The eyes up process is a sixty-second process that is specifically designed for you to enter an altered state of awareness efficiently and quickly.

It is especially effective in nullifying stress, negative thoughts and negative emotions in a rapid and powerful manner, thus putting you into a calm and peaceful state, whereby you will have a clearer mind to make positive choices with clarity.

This process is also very useful when used in meditations and visualisations. As when you are in an altered state of awareness, your vibration of your persona is raised up to a higher level of vibration. Therefore, providing you (the persona) with a more powerful connection with your soul, the higher mind and higher aspects of you. Hence, giving you (the persona) a more profound and intense experience in the meditation and visualisation.

“THE HIGHER YOUR FREQUENCY, THE STRONGER THE CONNECTION”

Your higher mind and higher Oneness aspects of you operate on a high frequency. Therefore, when you (*the persona*) are in a negative emotional state, you will be vibrating at a low vibratory frequency and will only be able to receive information from the limited personality construct's mind of the persona and not the unlimited higher vibratory mind. Thus, the choices and reactions you make as a persona will be of a lower vibratory nature, with lower vibratory results.

When you perform the eyes up process, you are shifting from a separate manifestation system to a more holistic manifestation system. Therefore, you are letting go control of the personality construct mind and handing the control of the manifestations over to your higher mind, which is you on a higher vibratory level.

“ALWAYS KEEP IN MIND, THE HIGHER MIND CONCEIVES, AND THE PERSONALITY CONSTRUCT OF THE PERSONA RECEIVES AND PERCEIVES.”

You can perform this process sitting or standing - sitting is preferred when you do it for the first couple of times, as you might feel light-headed and lose your balance whilst performing the process.

When you do the process, you will be counting backwards from of sixty to one, and when you count backwards you may find it difficult to concentrate on counting and lose the flow of the numbers as you count.

This happens because your brain waves drop in frequency as you go into an altered state of awareness, making it hard for you to think in an analytical and controlled manner.

It is a good sign when this happens, as it acts as an indicator that you are in an altered state of awareness.

It is very important to note, and we strongly advise that if you have epilepsy or any similar neurological disorder that you do not perform the eyes up process, as the eyes up process can cause you to have an epileptic seizure or any other neurological disorder seizure.

If you do have such a disorder and still wish to do the eyes up process, please consult with your doctor first before performing the eyes up process.

THE EYES UP PROCESS

Listen to the guided eyes up audio to help you practice this process.

If you have epilepsy or any similar neurological disorder, do not perform the eyes up process.

Make sure you are sitting comfortably on a chair in a peaceful and relaxed environment where you cannot be disturbed by anyone or anything during the process.

Close your eyes and roll them back as if you are trying to look at the front of your brain inside your head.

Only roll your eyes back until you feel your eyelids fluttering, do not strain them by rolling them too far back - The eyes fluttering is called REM or rapid eye movement. The REM signifies to you that your brain waves have dropped in frequency and you have gone into a relaxed state of being. Another physical sensation of REM that you might experience, is your eyeballs moving from side to side.

Once you have achieved REM and you feel your eyes fluttering, touch the tip of your tongue to the palate of your mouth and hold this position for the backward count of sixty to one. After you reach one, relax your eyes whilst keeping them closed and feel what your body feels like. You should feel much calmer and relaxed than you did before starting the process. Feel the calmer feeling for a few minutes, then open your eyes as the process is over.

After doing the process over a period of time, you can start counting back from any number that feels right for you, but to start with I recommend starting at 60.

Note Added: *A good way to practice the eyes up process is to stand facing a wall, making sure that you stand about 2 meters away from the wall. Look straight at the wall and pick a point on the wall that is in alignment with your eye level and focus on it. Then, keeping your head perfectly still, look upwards until you focus your eyes on the top of the wall where it meets the roof. Hold this position for the count of ten, and then close your eyes whilst keeping them in the same position. As soon as you close your eyes you will feel them fluttering and you will have achieved the eyes up process.*

THE SECRET OF MANIFESTATION - KEY NUMBER FOUR

DO THE BEST YOU CAN DO AT ANY GIVEN MOMENT TO RAISE THE VIBRATION OF YOUR SOUL AND CONNECT WITH YOUR HIGHER MIND.

THE HABS PROCESS

The HABS process stands for (HEART AND BRAIN SYNCHRONISATION).

It is a multipurpose tool that is used in conjunction with most of the processes in this book.

The HABS process is a combination of breathing and visualising a golden light in a forward and reverse motion through the centre of the heart and forehead in a clockwise and anti-clockwise direction.

The process connects and synchronises the heart and brain, whilst at a deeper level, it connects the higher mind and the physical mind through the interface of the brain, thus creating a harmonised state throughout the whole body.

The harmonised state of being allows you to de-stress and become more creative and aware of your choices in life.

On a deeper level, whereas the Oneness pendant's energy ignites and assists the awakening of the soul, the HABS process in forward motion connects, accelerates, empowers, synchronises, harmonises and enhances the communication between the twin divine sparks that are located within the centre of the heart and pineal gland area of the brain. When performed in reverse it anchors information and manifestations into the physical realm. (See Chapter 4 twin sparks.)

IN A NUTSHELL, WHEN PERFORMING THE HABS PROCESS, THE SOUL IS AWAKENING TO WHO IT REALLY IS AND TAKING BACK CONTROL OF ITS MANIFESTATIONS AND EXPERIENCES.

The forward HABS process is great for eliminating stress, as it will give you a calming effect when applied. And when used in conjunction with the eyes up process, it will have a much more profound effect on eliminating stress and negative thoughts and emotions.

The more you do the forward HABS process, the more you and your soul will become connected to your higher mind and higher aspects of you and Oneness. Therefore, creating a more holistic high vibratory manifestation system instead of the low vibratory separate manifestation system.

The reverse HABS process will be used in conjunction with transforming IBPs and manifest your suggested manifestations through the visualisation processes.

Once you know the HABS process off by heart, you can do the forward HABS process anywhere, anytime, in real time with your eyes open, you don't have to be sitting with a blindfold on.

It is a great tool to use in real time in public places when you are feeling negative emotions of stress, frustration and anxiety.

When doing the HABS process in public places, you do not have to do the eyes up process if you feel it is not an appropriate place to do so. All you need to do is do the HABS forward process in your imagination.

I have done this many times in front of people without anyone knowing I am doing it.

I have performed this process hundreds of times per day when I was going through many of my life challenges, and still use it today when needed.

For me it is one of the most profound tools I have ever used to transform my life to a more peaceful and abundant life.

If you have epilepsy or any similar neurological disorder, do not perform the eyes up process during this process. Do everything else in the process, but do not roll your eyes back.

THE HABS PROCESS

Listen to the guided eyes up audio to help you practice this process.

When doing this process, you will need a quiet, comfortable place and a blindfold.

As you perform the HABS process, you will be required to imagine a chamber six inches in front of your forehead. The chamber, which I call the manifestation chamber, looks exactly like the picture below.



1. Sit in a relaxed position with your blindfold on and roll your eyes back, as in the eyes up process for the backward count of sixty to one.
2. Relax your eyes and breathe normally for about five seconds.
3. Take a deep breath in and hold it for 10 seconds, as you hold your breath, visualise the golden light entering your heart in an anti-clockwise direction and spiralling up your spine and filling your entire brain.
4. Then breathe out and imagine projecting the golden light out of your forehead into the manifestation chamber that is located six inches from your forehead in a clockwise direction. (*Just imagine the light going into the chamber but do not change the chambers colour, keep it sky blue.*)

Repeat numbers 3 and 4 five times before moving on to number 5.

5. Breathe normal as you visualise the golden light. As you breathe, synchronise the motion of the golden light with your breathing. As you breathe in, imagine the golden light flowing into your heart, up your spine and into your brain, and as you breathe out, imagine the golden light spiral out of your forehead into the chamber.

Do this for about 5 minutes.

6. Now perform the HABS process in reverse. This time as you breathe in the golden light, imagine you are breathing in the golden light in an anti-clockwise direction from the manifestation chamber into the centre of your forehead and into your brain. Then imagine the golden light going down your spine and into your heart filling your entire heart with golden light. As you breathe out, project the golden light out of your heart into the room in a clockwise direction.

Do this for about 5 minutes, then stop the process and breathe normally.

After you have completed the HABS process a few times, you don't have to imagine the golden light filling your brain or spiralling up your spine, as this will already be programmed into your unconscious. Just imagine the golden light entering your heart as you breathe in, and as you breathe out imagine the golden light projected out your forehead and into the chamber. Do the same when in reverse mode when you are breathing the golden light into your forehead and brain and out through your heart.

THE TRANSFORM FEELINGS PROCESS

THE SECRET OF MANIFESTATION - KEY NUMBER FIVE

TRANSFORM THE FEELING FREQUENCIES WITHIN YOUR SOUL WHEN NECESSARY.

As we have just explained in Chapter 9, feelings are the key to transformation, as it is the state of being that manifest's reality.

“Feelings are the key to your success, and all emotional responses are manifested from deep feeling frequencies within the soul. Therefore, when we have a negative or a positive emotional response at any given moment, it tells us that a negative or positive feeling frequency has just been activated within the soul. And because of this we can connect to the emotional response and use it to hone-in and lock on to the negative or positive feeling frequency within the soul with laser precision and purge or accepted it in a profound manner”.

The two processes I am about to give you in conjunction with the eyes up process and HABS process, are the processes that are the most important processes to do to transform your state of being.

Both are critical for your transformation!

These processes might seem too simple and you might say to yourself, “It cannot be this simple to transform one's life?”

Do not underestimate the power of these processes. It will ignite a cascade of negative feeling frequencies that have been hidden deep within your soul that have been creating all your negative life experiences.

The feeling frequencies will reveal themselves to you through your emotional responses to your circumstances. When the emotional responses are revealed, you will use the emotional responses in the process to hone-in and lock on to the feeling frequencies within the soul and purge them into the Oneness field of information.

REMEMBER WHAT I SAID IN PREVIOUS CHAPTERS, ONENESS IS ALL ABOUT SIMPLICITY, NOT COMPLEXITY.

When performing these processes, keep in mind that energy can never be destroyed, as all energy has the right to exist. Therefore, purging (letting go) or accepting (receiving, reinforcing and empowering.) The feeling frequencies are about transformation of one's energy and not the destruction of energy.

The processes are about feeling the feelings as intensely as you can, accepting and appreciating that it is your creation and it has the right to exist, then letting go or accepting the feeling frequencies.

Put everything you can into these processes - the more you feel the feeling and the more expressive you are - the more effective it will be.

Remember, the words that you say when you are either accepting something or purging something do not really matter. It is the *feeling you feel* as you say the words that matters.

Important note: Every time you do any process in this book, do the processes at a soul level. All focus and attention *must be* directed on the soul and not on the persona and its personality construct or to change the circumstances or outcome of a life experience. In other words, when doing the process, the intention must be to transform the soul and not the persona and its personality construct or the circumstances and outcome of a life experience. As you are not the persona and its personality construct, you are and will always be the soul and its divine spark. The persona and its personality construct are the illusionary projection of the information within the soul.

Therefore, the most important thing to remember is that when you do these processes to transform your feelings, you are not doing it to change any circumstance or manifest anything new in your reality. To understand and apply this concept when doing the processes is *crucial* to your success.

You are performing these processes to change your feeling frequency within the soul, hence change your emotional response to your experience that you are having at that moment in time.

You can *never* change anything in your reality, “*that is impossible,*” you can only change your state of being, and therefore, tune into, synchronise with and perceive a new version of reality from ‘all that is’, that is a vibratory match to the new state of being.

If you try to change your reality, your focus and driving force (intention) of doing the process will be on the circumstances and trying to change them. By doing this, you are saying that the experience you are perceiving and feeling uncomfortable with does not have the right to exist, and everything in ‘all that is’ has the right to exist.

By doing this, you are judging the experience and if you judge an experience, you will lock your soul into that experience; you cannot judge and purge something simultaneously, that is impossible.

The same goes when you try to manifest something new in your life. If you are trying to manifest something because you do not like your current experience, you are judging that experience. Therefore, you lock your soul into alignment with that experience that you do not prefer.

“ALL FOCUS MUST BE ON STATE OF BEING & NOT THE CIRCUMSTANCES”

I cannot stress this enough.

You will now say to me, “What’s the point? I don’t want to change my feeling; I want to change my experience.”

When you do these processes, the first thing that takes place is that your feelings will change. Therefore, your emotional response to your life experiences will change, which will reinforce the state of being of the higher vibratory feelings.

The new state of being will then project through your five themes and create life experiences that are a vibratory match to the new transformed state of being.

Be warned!

You may think that you have completely purged the negative feelings within the soul that was creating a reoccurring negative life experience, only to find out some days, weeks or months later that the reoccurring life experience shows up yet again and you still have a negative emotional response to it. Keep in mind the negative emotional response and reoccurring life experience are still being created from the low vibratory feeling frequency that you were purging, which tells you that there is still some work to be done to let go that feeling frequency within the soul.

During the purging process of a negative life experience there will come a time that you will find that there will be a period of time during your transformation of a certain feeling frequency that you will still have the same life experience occurring as before, but your emotional response to that life experience will be a positive response rather than the original negative response.

When this occurs, you will know that the soul now has power over the life experience, rather than the experience having power over your soul. Therefore, you will know that you have completed the process of purging the feelings that were associated with the reoccurring life experience and that it will only be a matter of time that the negative life experience that you were experiencing will no longer manifest in your life.

Another interesting point when doing the process of purging feelings on a particular life experience, is that you will discover that other negative life experiences you had in your life will also automatically disappear.

THE DIFFERENT STAGES YOU WILL EXPERIENCE WHEN PURGING NEGATIVE FEELING FREQUENCIES FROM THE SOUL WHILST USING THE TWO TRANSFORM FEELING PROCESSES.

Stage one: Purge negative feelings every time negative emotions or feelings are felt.

Stage two: Life experience is still being experienced, but you have a positive emotional and mental response to it.

Stage three: Life experience is no longer part of your reality.

Stage four: Other negative life experiences may automatically disappear.

THE DIFFERENT STAGES YOU WILL EXPERIENCE WHEN ACCEPTING POSITIVE FEELING FREQUENCIES IN THE SOUL WHILST USING THE TWO TRANSFORM FEELINGS PROCESSES.

Stage one: Accept positive feelings when experienced.

Stage two: Positive life experience is enhanced.

Stage three: Other positive life experiences may automatically manifest.

THE TRANSFORM FEELINGS PROCESS

Listen to the guided transform feelings audio to help you practice this process.



When doing this process, you will need a quiet, comfortable place and a blindfold. The blindfold will cut out one of your five senses of your physical environment. Therefore, it will put you in a deeper altered state, which will give you a better connection to your soul and higher mind.

You may also want to listen to the high vibratory brain frequency altering music that you downloaded when you purchased the pendant. Or you can also use earplugs to block out any outer noises to enhance your experience.

When you become aware of experiencing negative emotions like stress, anger, frustration, pain, procrastination, guilt and hurt, etc. Make a mental note of what is happening and what you are feeling in the moment, and when you have time later in the day you can perform the process on the emotions and feelings you experienced during the day.

However, sometimes during your day, you are going to feel a negative emotion and will discover that later in the day you did not have time to do this process to transform the negative emotion and feeling that you felt earlier that day.

If this occurs, it is advisable that you do the second process, “transform feelings in real time” in the following days.

If you have epilepsy or any similar neurological disorder, do not perform the eyes up process during this process. Do everything else in the process, but do not roll your eyes back.

1. Focus on your heart area and feel the negative feelings, feel what your body feels like for about 1 minute until you feel the feeling as intensely as you can.
2. Use your imagination and transform the feeling into a visual scene inside your manifestation chamber which represents your negative feeling.
3. Once you have this feeling and image clear in your mind, perform the HABS process in forward motion. Breathe golden light into your heart and out through your forehead into the manifestation chamber containing the image; synchronise the golden light with your breathing.

4. As you breathe the golden light in and out, put your dominant hand on your heart and say the statement in the below box out loud or silently in your mind, whichever way you prefer.

*“I am the power and the presence of the ONE,
this feeling is my creation.” (Say 3 times)*

*I purge this feeling from the centre of my heart.
I purge this feeling from the centre of my being.
I purge this feeling from the centre of my soul.*

*I purge this feeling from the core of my heart.
I purge this feeling from the core of my being.
I purge this feeling from the core of my soul.*

Once you have said the statement once, repeat any sentence you want in any order you want, over and over until you have a more neutral and calm feeling with no image, or a more neutral and calm feeling with an image to match.

As you are breathing in and out the golden light and you are repeating the statement, imagine the golden light and the statement is fading the image within the manifestation chamber, and know the fading image is signifying to you that the feeling frequency is being purged from your soul.

The image is not important, it is only there to intensify your feeling. Keep 80 % of your focus on your feeling and what you are saying, and 20% focus on the fading image in the manifestation chamber.

Important note: Other feelings and images might arise as you perform the process. If so, say the full statement for each negative feeling and image until you reach the calm feeling.

5. Once you reach a neutral and calm feeling, roll your eyes back as in the eyes up process and hold them in that position for the backward count of sixty to one.
6. Then relax your eyes and breathe normally. You will now be feeling calm or a higher positive feeling. Feel the positive feeling within your heart and use your imagination to visualise a scene inside your manifestation chamber that would represent the feeling. Intensify the image and feelings as much as you can and remember to focus mostly on the feeling and not the image.
7. Once you have this feeling and image clear in your mind – perform the HABS process in forward motion. Breathe golden light into your heart and out through your forehead into the manifestation chamber containing the image and synchronise the golden light with your breathing.

8. As you breathe the golden light in and out, put your dominant hand on your heart and say the statement in the below box out loud or silently in your mind, whichever way you prefer. Imagine the golden light and the statement is empowering and intensifying the feeling, and the image within the manifestation chamber is getting brighter and brighter. Know that the brightness of the image is signifying to you that the feeling frequency is being accepted in your soul.

*“I am the power and the presence of the ONE,
this feeling is my creation.” (Say 3 times).*

*I accept this feeling in the centre of my heart.
I accept this feeling in the centre of my being.
I accept this feeling in the centre of my soul.*

*I accept this feeling in the core of my heart.
I accept this feeling in the core of my being.
I accept this feeling in the core of my soul.*

You might go through several different feelings as you proceed. If you do, then say the full statement for each feeling. Repeat the statement until you feel each feeling is completely installed in your soul.

For instance, you might have a peaceful feeling when performing number six, and as you perform the process on your peaceful feeling, the feeling heightens to an exhilarated feeling. Therefore, you will do the entire process on the exhilarating feeling, and so on.

Important note: When you are feeling positive, perform part 5, 6, 7 and 8 to accept, empower and reinforce the positive feeling frequencies within the soul.

Important note: When you do these two processes you might find that the negative feeling and/or emotional responses become more intense over a period of time. The heightened intensity occurs, because you are tapping deeper and deeper into the feeling frequency at the soul level. It is all part of the process. If this happens do not get scared and stop purging, do the opposite and dive deeper into it and purge even more intensely until you gain a positive feeling and/or emotional response to the life experience.

TRANSFORM FEELINGS PROCESS IN REAL TIME

Purging the feelings in real time is much more powerful than doing it at a later stage. However, sometimes it is necessary to perform both, in real time and at a later stage when the feelings are very intense.

You can perform the transform feelings process in real time, anywhere and anytime when you are feeling negative emotions of stress, frustration, nervousness, procrastination or anxiety.

When performing the process in public places, you do not have to perform the eyes up process or put your hand on your heart if you feel it is not an appropriate place to do so.

All you need to do is perform the process in your imagination.

If you have epilepsy or any similar neurological disorder, do not perform the eyes up process during this process. Do everything else in the process, but do not roll your eyes back.

1. Focus on your heart area, feel the negative feelings, feel what your body feels like and perform the HABS process in forward motion. Breathe golden light into your heart and out through your forehead into the manifestation chamber. Synchronise the golden light with your breathing.
2. As you breathe the golden light in and out, put your dominant hand on your heart (If you feel it is appropriate to do so) and say the statement in the below box out loud or silently in your mind, whichever way you prefer.

*“I am the power and the presence of the ONE,
this feeling is my creation.” (Say 3 times).*

*I purge this feeling from the centre of my heart.
I purge this feeling from the centre of my being.
I purge this feeling from the centre of my soul.*

*I purge this feeling from the core of my heart.
I purge this feeling from the core of my being.
I purge this feeling from the core of my soul.*

Perform the process in the same way as you did in number four of the transform feelings process until you reach a positive feeling of calm or higher state feeling.

3. Once you reach a feeling of calm or higher state feeling, perform the eyes up process for the count backwards from sixty to one. (If you feel it is appropriate to do so).
4. Then focus on your heart area, feel the positive feelings, feel what your body feels like and perform the HABS process in forward motion. Breathe golden light into your heart and out through your forehead into the manifestation chamber and synchronise the golden light with your breathing.

5. As you breathe the golden light in and out, put your dominant hand on your heart (*If you feel it is appropriate to do so*) and say the statement in the below box out loud or silently in your mind, whichever way you prefer.

“I am the power and the presence of the ONE, this feeling is my creation.” (Say 3 times).

*I accept this feeling in the centre of my heart.
I accept this feeling in the centre of my being.
I accept this feeling in the centre of my soul.*

*I accept this feeling in the core of my heart.
I accept this feeling in the core of my being.
I accept this feeling in the core of my soul.*

Perform the process in the same way as you did in number eight of the transform feelings process until you reach a positive feeling of calm or higher state feeling.

Important Note: When you are feeling positive during the day perform parts 3, 4 and 5 in real time to accept, empower and reinforce the positive feeling frequencies within the soul.

Some people prefer to purge the IBPs, as well as the feeling frequencies within the soul, as it is very beneficial to accelerating the opening of the Stargate. Purging the IBPs is not as essential to do as purging the negative feelings or performing the real time feelings process when you have an emotional response to a life experience.

Purging the feeling frequencies are critical to the success of transforming your state of being and opening your Stargate and should be done first and foremost.

THE TRANSFORM IBPS PROCESS

THE SECRET OF MANIFESTATION - KEY NUMBER SIX

TRANSFORM THE IBP FREQUENCIES WITHIN THE SOUL WHEN NECESSARY.

The transform IBPs process is a great tool to transform the state of being (soul).

As we have explained in great detail in Chapter 6, the IBPs are the fundamental frequencies within the soul that have manifested hundreds of thousands, if not millions of different beliefs in the persona's personality construct.

When we focus on the IBPs within the soul and let the negative ones go and accept the positive ones, we will manifest new positive beliefs in our persona's personality construct. Therefore, we will perceive our circumstances and life experiences from a personality construct that is more in alignment with who we really are. The new more positive perceptions and life experiences will be sent back to the soul via the feedback system, thus reinforcing the new IBP's within the soul.

The beauty of this process is, we do not have to focus on thousands upon thousands of different beliefs. All we must do is focus on the four low vibratory negative IBPs and let them go or focus on four high vibratory positive IBPs and accept them. By doing this, we will manifest thousands upon thousands of new high vibratory beliefs at one time in the persona's personality construct.

The Transform IBPs Process

Listen to the guided transform IBPs audio to help you practice this process.

1. Write down a belief you have that you no longer prefer to experience.
Example: I can never pay my bills at the end of the month.

2. Write down the IBP that that you think has manifested that belief.
Example: The fear of failure.

3. *Write down feelings that are associated with the belief and IBP*
Example: Anger, frustration, anxiety, etc.

Please note: The belief can also be manifested by the IBP "the fear of rejection", as money is really energy and that energy is rejecting you, but for this example I will choose the fear of failure. The truth is that every time we purge an IBP, we are really purging the fundamental epicentre fear frequency that has manifested all low vibratory IBPs and feeling frequencies.

4. Write down a belief that you would prefer to experience (opposite belief to number 1.) *Example: I pay my bills with ease and always have extra money to buy the things I desire to experience.*

5. Write down the IBP that you think that would manifest the belief.
Example: Success (I am successful).

6. Write down feelings that are associated with the new belief and IBP.
Example: Appreciation, joy, happiness, peace, etc.

7. Take a minute or two and think of what movie scene you are going to visualise in your manifestation chamber that would represent the beliefs that you wrote down in numbers one and four. Practice feeling the feelings that will be associated with the beliefs that you wrote down in number three and six.

Important information: The intention behind this process is crucial for it to work. The intention is not to change a belief or change anything in your reality. The intention is to let go of the low vibratory IBP frequency within the soul (purge) or receive the high vibratory IBP frequency (accept).

THE PROCESS

This process is to be done sitting in a peaceful environment with your eyes closed and blindfold on.

If you have epilepsy or any similar neurological disorder, do not perform the eyes up process during this process. Do everything else in the process, but do not roll your eyes back.

1. Sit down in a relaxed and comfortable position and roll your eyes back as in the eyes up process and hold them in that position for the backward count of sixty to one. Then relax your eyes and breathe normally for about five seconds.
2. Once you feel relaxed, visualise a movie scene being played within your manifestation chamber (make sure that you, the persona, is in the movie scene or image) that would represent the low vibratory belief that you wrote down in number one and feel the low vibratory feeling (fear, frustration, anger, etc.) that you wrote down in number three.
3. Once you have this feeling and image clear in your mind, perform the HABS process in forward motion. Breathe golden light into your heart and out through your forehead into the manifestation chamber containing the image and synchronise the golden light with your breathing.
4. As you breathe the golden light in and out, put your dominant hand on your heart and say the statement in the below box out loud or silently in your mind, whichever way you prefer.

(Fill in the empty space with the IBP that you wrote down in number 2 that you want to purge from your soul); may it be the fear of failure, loss; rejection, or I am not good enough

*“I am the power and the presence of the One,
this IBP is my creation.” (Say 3 Times)*

I purge this IBP (_____) from the centre of my heart.

I purge this IBP (_____) from the centre of my being.

I purge this IBP (_____) from the centre of my soul.

I purge this IBP (_____) from the core of my heart.

I purge this IBP (_____) from the core of my being.

I purge this IBP (_____) from the core of my soul.

As you are breathing in and out the golden light and you are repeating the statement, imagine the golden light and the statement is fading the image within the manifestation chamber, and know the fading image is signifying to you that the IBP frequency is being purged from your soul.

Once you have said the statement once, repeat any sentence you want in any order you want over and over until you have a more neutral and calm feeling with no image, or a more neutral and calm feeling with an image to match.

Please note: The purpose of the belief movie in combination with the feeling is *only* there to hone-in and lock on to the IBP in your soul that you wish to purge. Always keep 80 % of your intention and focus on purging the IBP and 20 % on the image and feeling. The belief and the movie scene are *only* there to help you hone-in and lock on to the related IBP that requires purging. Also, keep in mind that nothing is being changed or destroyed, your intention is that you are just moving from one state of being to another. The low vibratory IBP is just leaving your soul and returning to the Oneness field.

5. Once you are calm, and the chamber is empty, visualise a movie scene being played within your manifestation chamber (make sure that you, the persona, are in the movie scene) that would represent the high vibratory belief that you wrote down in number four, and feel the high vibratory feeling (appreciation, joy, happiness, peace etc.) that you wrote down in number six.
6. Once you have a clear movie scene in your manifestation chamber and a positively associated feeling, proceed to perform the HABS process and breathe the golden light in through your heart and out through your forehead into the chamber.
7. As you breathe the golden light in and out, put your dominant hand on your heart and say the statement in the below box out loud or silently in your mind, whichever way you prefer.

(Fill in the empty space with the IBP that you wrote down in number 5 that you want to accept in your soul; may it be, success, receive, acceptance, I am good enough).

*“I am the power and the presence of the One,
this IBP is my creation.” (Say 3 times).*

I accept this IBP (_____) in the centre of my heart.

I accept this IBP (_____) in the centre of my being.

I accept this IBP (_____) in the centre of my soul.

I accept this IBP (_____) in the core of my heart.

I accept this IBP (_____) in the core of my being.

I accept this IBP (_____) in the core of my soul.

As you are breathing in and out the golden light and you are repeating the statement, imagine the golden light and the statement is empowering and intensifying the feeling, and the image within the manifestation chamber is getting brighter and brighter. Know that the brightness of the image is signifying to you that the IBP frequency is being accepted in your soul.

Once you have said the statement once, repeat any sentence you want in any order you want over and over until you have reached the most intense level of feeling that you possibly can, and you are satisfied that your IBP is fully accepted in your soul.

8. Once you are satisfied that your IBP is fully accepted in your soul, perform the HABS process in reverse and breathe in the imaginary scene with the golden light from the chamber into the forehead whilst simultaneously projecting it out of the heart as a movie onto a movie screen in front of you.



This will be like a movie reel passing through the projector and being projected onto a movie screen. (See picture left.)

View this movie as if you were viewing the movie in a movie house. As you view the movie, say the accepting feeling statement in the below box in the same way as you did the purging and acceptance statements.

*“I am the power and the presence of the ONE,
this feeling is my creation.” (Say 3 times).*

*I accept this feeling in the centre of my heart.
I accept this feeling in the centre of my being.
I accept this feeling in the centre of my soul.*

*I accept this feeling in the core of my heart.
I accept this feeling in the core of my being.
I accept this feeling in the core of my soul.*

You might go through several different feelings as you proceed. If you do, then say the full statement for each feeling.

Repeat the statement until you feel each feeling is completely installed in your soul.

Once you have reached your maximum feeling level, visualise yourself in the movie as the persona and experience the movie with all your five senses for a minute or so, then open your eyes. The process is complete.

You might have to do this process numerous times on one particular belief, but keep in mind that every belief you do is manifested by one of the four IBPs. It is the four IBPs that you are really focussed on purging, and you are only using the belief to hone-in and lock on to the IBP.

Therefore, after a period of time doing this process you won't even care about the beliefs you have, as you will clearly see that all beliefs are created from the four IBPs and all you will focus on will be the four IBPs.

The four negative IBPs are going to take time to be completely purged from the soul, as are the four positive IBPs to install. The time it will take all depends on the intensity and strength of the IBPs and how much work you are doing using the secret of manifestation keys in transforming the state of being.

Keep in mind that it took years to install the negative IBPs and negative feeling frequencies to the level and intensity that they are within your soul. So, don't think you are going to transform them in a couple of days, weeks or months. It can take years for the complete transformation of the state of being and the Star-gate to be fully open.

Having said that, as you do the feeling and IBP processes, there will be a significant change in your state of being; therefore, you will see some of your negative beliefs and emotions disappear over a short period of time, which will result in higher frequency circumstances and life experiences occurring in that short period of time.

YOU CAN MIX AND MATCH THE PROCESSES AND PURGE THE IBPs AND THE FEELINGS TOGETHER

Example: “I am the power and the presence of the One, this IBP and its associated feeling are my creation.” (Say 3 times).

I purge this IBP (_____) and its associated feeling in the centre of my heart.

I purge this IBP (_____) and its associated feeling in the centre of my being.

I purge this IBP (_____) and its associated feeling in the centre of my soul.

I purge this IBP (_____) and its associated feeling in the core of my heart.

I purge this IBP (_____) and its associated feeling in the core of my being.

I purge this IBP (_____) and its associated feeling in the core of my soul.

Do what *feels* right for you.

Keep in mind that your higher mind is the *only* one that has your map to open your Stargate and complete the game, and the object of the secret of manifestation keys is to connect you to your higher mind so your higher mind can guide you in the best way it can to open your Stargate.

The level of vibration of your feelings and IBP’s frequencies determines the level of how open the communication system is between you (the persona and personality construct) and your higher mind.

I can only help you to start the process of awakening and give you the information for you to connect to your higher mind for the higher mind to assist you in opening your Stargate. It is more important to listen to the directions of your higher mind than me or any other person in this reality. Just make sure it is the higher mind and not the persona’s personality construct that is instructing you.

Apply the secret of manifestation keys that I have written in this book until you feel that you are confident enough that you are fully connected to your higher mind, ***THEN LET YOUR HIGHER MIND GUIDE YOU FROM THERE ON.***

AWARENESS OF PERCEPTION OF THE DAY

The object of this process is to make you aware of your life experiences and reveal the hidden beliefs and feelings that you have in your personality construct that you perceive and respond with to your life experiences on a daily basis.

When you are aware of your perceptions and responses on a conscious level to your life experiences and circumstances and take responsibility for them, you will have the power over them. You then will have the ability to use them to hone into the hidden beliefs and feelings and use them to transform your state of being.

At the end of the day, go through your day and write down a negative situation that stands out in your mind on the awareness of perception form as per example on Page 97.

As per the example, fill in the date it happened, what you viewed, what you thought and felt at the time you were in the situation, and what you believe to be true about the situation.

Then fill out an opposite perception that you could of have had in the bottom box and write down what you could have viewed, which is usually the same, but sometimes not. Then the opposite positive thoughts and feelings you could of have had to the situation, and most of all what opposite belief in positive terms could you have believed to be true.

Once you have done this, apply the transform IBPs process to what you have written down. If you become aware of the negative situation when it is occurring, then perform the real time transform feeling process at that moment in time and perform the transform IBP’s process later during the day or night.

AWARENESS OF PERCEPTION FORM

Date	What I Viewed	What I Thought	What I Felt	What I Believed to Be True
04.03.2012	I am standing in a very long queue in the bank waiting to be served and although there are people everywhere and the queue is so long, there are not enough tellers to serve us.	<p>Why must I be kept waiting like this?</p> <p>I am going to be so late for my next appointment.</p> <p>My boss is going to kill me for being late.</p>	<p>Frustrated</p> <p>Agitated</p> <p>Irritation</p> <p>Discarded</p> <p>Distressed</p> <p>Impatient</p> <p>Anger</p> <p>Powerless</p> <p>Fearful</p>	<p>The service is terrible at this bank; because of them, I am going to miss my next appointment.</p> <p>The bank is always ripping me off with all these charges and giving no service.</p> <p>Businesses in this country must really get more efficient.</p>

WHAT CAN MY OPPOSITE PERCEPTION BE?

Date	What I Viewed	What I Thought	What I Felt	What I Believed to be true
04.03.2012	I am standing in a very long queue in the bank waiting to be served and although there are people everywhere and the queue is so long, there are not enough tellers to serve us.	<p>This bank must be very good, look at all the customers.</p> <p>Look at all the rich people, they all have money or are abundant enough to borrow more money.</p> <p>Even if I am late for my next appointment it won't matter, things always work out for the best.</p>	<p>Patient</p> <p>Abundant</p> <p>Wealthy</p> <p>Blessed</p> <p>Calm</p> <p>Fortunate</p> <p>Empowered</p> <p>Inspired</p> <p>Thankful</p> <p>Successful</p> <p>Supported</p> <p>Recognised</p> <p>Grateful</p>	<p>I am standing in this queue because I have money to withdraw or deposit.</p> <p>I am truly abundant and wealthy.</p> <p>It is truly a rich and abundant world I live in.</p> <p>I must be doing really well if the bank wants to lend me more money.</p> <p>I am really blessed to live in a country that has a financial structure to support its people.</p>

GRATITUDE AND APPRECIATION

THE SECRET OF MANIFESTATION - KEY NUMBER SEVEN

APPRECIATE ALL THAT YOU HAVE CREATED.

Everything in your world is manifested by the vibration of your soul's consciousness. You may perceive your manifestations from a persona perspective as positive or negative, which from the high vibratory aspect of yourself is insignificant, as all creation just is. What is significant in all creation, is that you as a soul and the higher aspects of you have the power and the ability to manifest a physical world. A physical world that has so many diverse experiences, an illusionary world that looks and feels so real. A world where you as a soul can experience all that you are not. It is a magnificent creation that is so well designed that even when you know the truth that it is not real, it can still fool you into believing that it is indeed real.

When you look out into the physical world that you have manifested, may it be positive or negative from your perception. Stand back in amazement and appreciate that it took immense power and self-love to manifest this illusionary world and convince yourself into believing that it's real. Appreciate all that you have created, as it is truly an astonishing and magnificent creation.

Appreciate the fact that you are a powerful, magnificent creator of 'all that is', a soul that boldly goes where no other soul has gone before, to infinity and beyond of 'all that is' Oneness.

Gratitude and appreciation are like the metaphor of the half full glass. The part that is half full, is the representation of what you have in your life. The half empty part is what you don't have and what you would like to have in your life.

The half empty part is the representation of the empty void that you feel the need to fill with what you believe you don't have; may it be love, money, relationships, acceptance, peace or success, etc. *And what you feel you don't have, you will never have*, as feelings are the state of being and the state of being is where you manifest your life experiences from.

When you have appreciation, you are focussing on what you do have. When you have no appreciation (criticism/judgement) you are focussing on what you don't have, and what you focus on will grow and expand. Hence, appreciation is the expansion and growth of abundance, and criticism and judgement are the expansion of scarcity, stagnation, degeneration and the lack of growth.

Appreciation is the closest frequency in your soul to the love frequency, may it be self-love or unconditional love, and criticism/judgement is the closest frequency to fear that's why they are at the top of the Stargate graphs.

When your state of being's driving force of your life experiences is appreciation, you will experience manifestations in your life that are the same frequency as abundance. If your state of being's driving force of your life experiences are criticism and judgement, you will experience manifestations in your life that are the same frequency as lack of and scarcity.

Therefore, your focus should always be in the now moment and focusing on and appreciating what you have in your life, and never on the future and focusing on and complaining what you don't have.

Whatever we express as a state of being in the now moment will become our next now moment and so on.

THERE IS ONLY THE NOW MOMENT, AND EVERY NOW MOMENT CREATES THE NEXT, SO APPRECIATE EVERY NOW MOMENT.

Sometimes you are going to find yourself in a negative situation in the now moment, whereby there is nothing you can do to change what is happening, as it has already manifested. As described in the example of the bank queue in the awareness of perception form. You find yourself frustrated and powerless as you stand in a long bank queue worrying about being late for a business appointment that you need to attend within the next hour.

There is nothing you can do at that moment in time to change the bank experience, as you need the money to pay your overdue bills the next day. However, there is something you can do in that moment of time that is very positive, and when you do it, you will take back your power from that situation.

YOU CAN SHIFT FROM THE FEELINGS OF CRITICISM AND JUDGEMENT TO APPRECIATION OF WHAT YOU ARE EXPERIENCING.

Moving from criticism and judgement (non-appreciation) to appreciation is all about changing your perception of what you are experiencing.

The example of the long bank queue in the awareness of perception form, is not only about becoming consciously aware of your life experiences and transforming the IBPs that are manifesting and driving them. It is also about training you to become more aware of your responses to your life experiences in real time, as it happens.

In other words, in real time, you can take full responsibility for your actions and behaviour and do what is necessary to change your response to your life experience. May it be responding in a more positive manner or purging feelings and IBPs, or both simultaneously.

Whatever negative life experience and circumstance you find yourself in, when you change your response to a more positive response, you are moving from criticism and judgement to an appreciation of that life experience. Hence, you will change and reinforce your state of being to appreciation, whereby you will experience future life experiences of the same vibration.

It is very important and beneficial to the transformation of your state of being, to become aware of your beliefs, thoughts, emotions and behaviour on a conscious level. Once you have an awareness of them, you can take responsibility for them, and consciously change them.

However, it is very important to note that if you are experiencing an overwhelming negative emotional state, you are not going to be able to consciously change your mental attitude and behavioural responses to a negative life experience at that moment in time. Negative emotions are very powerful, it is the glue that holds and cements your negative thoughts, beliefs and behaviours into your state of being. Thus, leaving you powerless to change your mental attitude and behavioural responses in that moment of time. Once your emotional state has subsided, you then have the power to change your mental attitude and behaviour. However, if you wait for your emotional state to subside, you have missed a perfect opportunity to remove the glue and low vibratory frequency within the soul that is creating these negative life experiences.

That's why, whenever you have a negative response to a life experience that you do not prefer, and you truly want to make an impact and profound transformation of your state of being, you must do the purging process in real time while you are having the negative response to the life experience.

Make no mistake about it, purging or accepting is at its most powerful when it is done in real time.

DON'T MAKE THE MISTAKE THAT MOST PEOPLE MAKE AND TRY TO "POSITIVE THINK" YOUR WAY TO A NEW PERCEPTION, IT DOES NOT WORK.

Let's be serious, if you lost a child, you are not going to change your perception of that life experience by positive thinking. Your feelings of despair, deep pain, anger and anguish is going to be very intense at the core of your soul and throughout your whole being, as this is one of the most traumatic life experiences a soul can experience in the human experience game.

If you have a negative emotional response to a life experience, don't try to convince yourself by positive thinking that you are okay with the experience and that you have appreciation for it, if you really don't.

As that *won't* work.

Positive thinking does not work, genuine positive feelings do, and it is always the feelings you must focus on the most and not the thoughts and beliefs.

YOU HAVE TO HAVE A GENUINE FEELING OF APPRECIATION TO LIFE EXPERIENCES IF YOU WISH TO MANIFEST ABUNDANCE IN YOUR LIFE.

When you become consciously aware of your negative beliefs, thoughts, behaviour and emotional response to a life experience. You must *feel* the feeling you have inside yourself at that moment in time and *accept* and *own* that feeling with as much intensity as you can. Then let that feeling go from the core of your soul by purging more and more and more, until you feel that feeling is now truly released from the core of your soul.

As you purge over a period of time, you will find that you will come to a point whereby you will perceive the same negative life experience again, but this time you will now perceive that negative life experience from a more Oneness holistic manifestation system and not the separate manifestation system.

You will perceive the life experience from a higher vibratory state of being. Thus, you will see that it was you as a soul that aligned your soul with that life experience, and you will appreciate the amount of power that it took for you as a soul to do that alignment.

You will clearly see that all creation in “all that is” just is. And all creation can be appreciated when perceived from a true perception of what creation really is. Creation is an illusionary experience to be experienced by us the divine sparks of oneness, whereby we as divine beings gain a deeper understanding of who we are and experience our full potential as creators.

At this point of realisation, you will begin to appreciate all that you have created.

Of course, having an experience of losing a child, compared to standing in a long bank queue has a vastly huge different experience of intensity of negative feelings altogether, and the former is going to take a huge amount of time to transform compared to the latter.

It might not seem possible at the time, but after purging the feelings of a lost child over a considerable length of time. The person purging *will* start to perceive the experience from a Oneness level, a higher vibratory level of consciousness.

The next question you may ask is:

HOW LONG WILL IT TAKE FOR COMPLETE TRANSFORMATION OF THE STATE OF BEING?

WELL, HOW LONG IS A PIECE OF STRING?

IT IS AS LONG AS IT NEEDS TO BE...

It might take five minutes, one day, one month, a couple of months, one year, ten years, thirty years, a lifetime or many lifetimes.

Every soul is different; it all depends on the level of intensity and density of the vibratory information within the soul.

The key is that you now have the tools and information to do something about it. It does not matter how long it will take. All that matters, is that you apply the information and perform the processes in the book.

Don't fall into the trap and do the processes to change something in your reality or be impatient to see results.

Being impatient, is saying, I don't accept or like what I feel about where I am now, I need change, I need to see results. When this occurs, you will be doing the process from a negative driving force of discomfort, frustration or even anger, which will only interfere with your transformation.

Always remember you cannot change your reality, you can only change your state of being to a higher, more positive vibration. Thus, tune into, and perceive a new reality, a new version of the persona and personality construct and its life experiences that are a vibratory match to the new transformed state of being.

Imagine that you are a gold miner and that you are drilling through a wall to access a limitless amount of golden treasure that you know has been there for a very long time. So much gold that it is going to bring you financial freedom forever. The only thing is, you don't know how thick the wall is, it might only be a couple of meters thick or it could be hundreds of miles thick.

What if you gave up drilling after a long period of time? You just stopped drilling because you lost faith and trust that you would ever get your golden treasure? What if you stopped at the point where you had only 1 metre to go before you broke through to the limitless golden treasure and you only realised this 50 years afterwards on your deathbed when someone showed you a map of the mine that you were drilling.

How would you feel that you had spent the last 50 years of your life poor and struggling every day to pay the bills?

You would say, *“Why did I give up, why did I not trust? If only I had trusted and kept drilling, then the last 50 years of my life would have been free of financial pain and suffering.”*

Well the same is going to apply here in this lifetime. As you do the processes you will be drilling through thick negative vibrations of information within your soul. At some point when drilling, you will hit very dense vibrations that will take a long time to drill through, and at other points you will hit not so dense vibrations that you will drill through very easily and quickly.

You will never know how long the vibratory wall of information is until you break through and reach your limitless treasure of Oneness and infinite abundance.

Just like the gold miner; what if you stop drilling when there was only a tiny bit left to drill, and you only realised this many years later after your death when your higher being shows you your map of your life journey.

How would you feel that you spent the last years of your life in pain and suffering when you did not need to?

You will say; “Why did I give up, why did I not trust?”

You would come back again to finish the journey and complete the drilling, as this is the way of the game. Once you are in the game, you must finish the game and you will keep coming back until you finish the game. The only way to complete and leave the game, is to love and appreciate all the game so much that you never want the game to end.

Never stop applying the information and performing the processes in the book. The more you apply it, the quicker you will appreciate and love all that you have created, and the love and appreciation will be manifested and reflected-back to your soul as life experiences.

SOME OF US WILL SAY, I APPRECIATE AND LOVE MY LIFE!

Which from a persona and its personality construct point of view that would be correct, but within the next breath we will judge something, someone, or ourselves about things that do not resonate or fit with our beliefs.

We will speak out against all that we believe is not right and confirm all that we believe to be right. We will see the world as good and bad, right and wrong, and by doing this we perceive and judge the world as separate from us.

We will say we are only human, how can we condone these acts of negativity, and that would be a true statement from the perception of the separate persona and its personality construct.

However, from the perception of our higher mind and an awakened aligned soul with ‘all that is’, the separateness that we perceive through our five senses are all aspects, a reflection, a manifestation of our soul’s vibration without exception.

We will only complete the game when we have love and appreciation for all our creations and when we as a higher mind, soul and persona with its personality construct act as one system and perceive the world without judgement.

Judgement is the opposite of appreciation and an expression of fear, whereas appreciation is unconditional love, *therefore when we judge we do not appreciate all that we have created.*

HERE IS A PROCESS THAT CAN BE USED TO ENHANCE AND REINFORCE THE FREQUENCY OF APPRECIATION WITHIN THE SOUL.

THE FEELING OF APPRECIATION AND GRATITUDE PROCESS.

Listen to the guided feeling appreciation and gratitude process audio to help you practice this process.

If you have epilepsy or any similar neurological disorder, do not perform the eyes up process during this process. Do everything else in the process, but do not roll your eyes back.

Perform the eyes up process for the backward count from sixty to one. Then relax your eyes and focus your attention in the area around your heart and breathe the golden light in through the heart and out through the forehead into your manifestation chamber.

Activate a genuine feeling of appreciation and gratitude for someone or something in your life within your heart area.

As you are breathing and doing the HABS process, imagine a scene in your manifestation chamber that represents your feeling of appreciation and gratitude.

As you breathe, keep your focus on the feeling in the heart and the image in the manifestation chamber as intensely and as long as you can.

See the golden light that enters the chamber enhance the image making it brighter and more intense, and as it becomes brighter and more intense, you will feel the feeling become more and more powerful, thus reinforcing the appreciation frequency within the soul.

MONEY AND APPRECIATION

AS DESCRIBED IN THE BOOK, *BUSTING LOOSE FROM THE MONEY GAME*.

“Money is really a form of appreciation and every time you pay or receive payment for something, it is your soul expressing appreciation for its creation in the human experience game.”

As part of your transformation, I would *strongly* recommend that you read this book written by Robert Scheinfeld, as it very much resonates with the information written in this book.

Here is a quote from his book about appreciation and money.

“You have an endless supply of love and every time you express it, your capacity to express and receive love actually expands. It works the same way with appreciation and expressing appreciation, including in the form of money. You have an endless supply of appreciation and every time you express it, your capacity to express and receive appreciation expands too.”

Never a truer word said.

If you keep expressing love and appreciation, it will recycle via the feedback system and expand and reinforce the love and appreciation frequency within your soul that will then be reflected back and experienced by you as manifestations through the five themes of the human experience game.

And as Robert says, “Because *money is a form of appreciation*,” your money in the human experience game will also expand as a reflection of the soul’s vibration of appreciation and love.

This process you can clearly see by the workings of the Stargate graph described earlier.



Money is a very powerful energy in the human experience game. It comes in many forms, paper, metal, cash, checks, cards and numbers on computers.

SO, WHAT IS MONEY?

It is a form of appreciation, and its energy that permeates and flows through the entire human experience game, acts as an interface between all creations within the game.

It does not matter what you view in your reality, money in one form or another has played a part in its existence. Even when a human being is born or dies, money has played a big part in the experience.

Yes, I know you might say, what about a bushman who lives off the land, money does not play a part in his experience, and you would be right. However, this book is not written for the bushman, as he is experiencing the human experience game at a totally different level than you are. The humans who play the game at that level on this earth timeline are very few indeed.

Without the interface of the energy of money, this book could not exist in this space-time of this Earth timeline.

The vibration of money is a very powerful energy indeed, and when it is given a high vibratory meaning of love and appreciation. It will serve you well in the assistance of all your creations in the human experience game.

This process will teach you so much about appreciation and the power money has in the human experience game.

Keep in mind the fifty cent pieces are South African money. If you live in another country, use coins that have a similar value to the South African fifty cent piece.

The Process is Quite Simple.

Go to the bank and ask for about two hundred fifty cent pieces and keep them on you.

Every time you see someone asking for money, may it be a beggar in the street, a car guard, a charity, a friend, a tip in a restaurant, etc. Only give them one fifty cent piece.

When you give them the fifty-cent piece, look them straight in the eye with a big smile on your face and say with a *genuine and very grateful tone*, “Thank you very much for everything, it is very much appreciated.”

You might think this is going to be easy for you to do, but you are going to be in for a great surprise.

As you hand over the fifty-cent piece and say, “Thank you very much for everything, it is very much appreciated.” Check your feelings and the feelings of the person who you gave the money to, if you have a negative feeling during this experience – then do the purging process in real time.

Every person is going to experience this process differently and each experience is going to be unique to that person. So, I am not going to go into depth of what you might feel, as this would defeat the purpose of the process.

However, what I will say is that this will teach you to give with no attachment to the value of what you give. As when you give from who you really are - you just give, and the value of what you give is not significant.

The fifty-cent process will teach you to give with no hidden agenda. To give with no low vibratory driving force, whereby you need to feel that you are a good person, or need to make a difference, or give from guilt, etc.

When you can give money with no emotional attachment to the value of money, you will have power over the energy of money. Therefore, the power over the interface system of manifestations in the human experience game.

This is just one process you can do to see what kind of relationship you have with money, there are many more.

Read books on money, research and get to know what money is and how it works.

You might say money means nothing to me; I am not a materialistic person. If you say that, then you have just lied to yourself. Look around, you live in a material world, where money is the interface and fuel of all that you experience. It feeds you, shelters you and clothes you.

There are so very many ways where money plays a big part in our lives.

Sure, there are other versions and future versions of this world that does not have money. And even if you are working towards a world without money, you will need money at this moment in time to accomplish that future world.

Face the truth, there is only the now moment, and the experiences you are experiencing in this now moment are all fuelled and created through the interface of money.

Get to know and appreciate money. Never underestimate its power to overcome you and control you, it is the biggest asset of the game to hold you in its grip.

LOVE AND APPRECIATE IT, BUT NEVER WORSHIP OR RENOUNCE IT.

Never value any amount of money as not enough, always see its value as plenteous. Remember, everything in 'all that is' is meaningless, neutral, we are the ones that give it meaning. So, when we give the value of money a meaning of not enough, we give it the value of scarcity and scarcity begets more scarcity, just like plenteous begets plenty, as in plenty more money.

Numerous people say this or that thing is expensive, nothing is ever expensive. There is no such thing as expensive. There is only the value of something that is relative to the amount of money we earn and have.

Therefore, when we say something is expensive, what we are really saying is, I do not earn and have enough money. Thus, again we are giving the meaning to the value of money, as not enough.

Think about it, the item that cost \$100 now that you see as expensive, will no longer be expensive in five years' time if it still costs \$100. Due to inflation, in five years' time you will be earning more money and because you earn and have more money, the item that you used to see as expensive five years ago, you will now see as a bargain.

Nearly all of us give the value and the meaning of money from how much money we have at that moment in time, and that value and meaning will determine how much money we will have in the future.

SAYING SOMETHING IS EXPENSIVE, AUTOMATICALLY RESTRICTS THE AMOUNT OF MONEY YOU WILL EARN AND HAVE IN THE FUTURE.

THE SECRET OF MANIFESTATION - KEY NUMBER EIGHT

TAKE FULL RESPONSIBILITY FOR YOUR MANIFESTATIONS, PERCEPTIONS, BEHAVIOUR AND REACTION TO YOUR LIFE EXPERIENCES.

“IT IS NOT WHAT YOU KNOW INTELLECTUALLY OR SAY THAT MAKES YOU WHO YOU ARE. IT IS WHAT YOU DO THAT MAKES YOU WHO YOU ARE, AND REMEMBER IT IS NOT WHAT YOU DO THAT CREATES YOUR LIFE EXPERIENCES. IT IS THE WHY - THE DRIVING FORCE, THE INTENTION BEHIND WHAT YOU DO THAT CREATES YOUR LIFE EXPERIENCES. THE WHY, THE DRIVING FORCE IS THE STATE OF BEING.”

As mentioned earlier, if you wish to experience manifestations in the human experience game that are in alignment with who you really are. Then the manifestation system must be of a holistic nature, whereby the higher mind, soul and persona with its personality construct acts as one system.

Even though the most important part of the holistic manifestation system is the soul and higher mind, if the persona and its personality construct does not do its job correctly, the manifestation machine will not work properly.

THE HIGHER MIND CONCEIVES THE MANIFESTATIONS AND THE PERSONA RECEIVES, AND PERCEIVES THE MANIFESTATIONS FROM ITS BELIEFS, THOUGHTS AND EMOTIONS.

The persona and its personality construct are designed to have the ability to stay connected to and listen to the guidance of the higher mind and higher aspects of itself, whereby it can receive information and act on and apply that information at any given moment. Moreover, it is designed to perceive and react to its life experiences from its beliefs, thoughts and emotions in a responsible way.

If the soul wishes to raise its vibration to a higher vibratory state of being, then it requires the persona and its personality construct to keep an open channel to receive the higher vibratory information from the higher mind via the personality construct's mind or signs within the life experiences of the persona.

Therefore, to keep this channel open, the persona and its personality construct must always be aware of its behaviour, beliefs, thoughts and emotions and take full responsibility of its perceptions and reactions to its life experiences. When the persona and its personality construct, becomes aware that its perception and reactions to a life experience is out of alignment to its true core 'self. It must make a conscious choice to change its perception and reactions to that life experience and purge the low vibratory feelings and IBP frequencies within its soul that are manifesting the low vibratory behaviour, beliefs, thoughts and emotions.

IN A NUTSHELL, THE PERSONA AND THE PERSONALITY CONSTRUCT MUST SYNCHRONISE WITH THE HIGHER MIND, ACT RESPONSIBLY WHEN NECESSARY, THEN GET ITSELF OUT OF THE WAY.

Let me share a process with you that I use to perform when I have a negative response to a life experience or a negative response to negative mind chatter. The beauty of this process is there is no judgement of the response or life experience, and it teaches you to take action and let go the life experience without any thoughts and emotional attachments to it.

When I experienced the negative response to an experience that I perceived as negative, I would do the purging process in real time. Once I reached a calm or higher emotional state, I would look at the life experience that I perceived as negative and take full responsibility for its creation. At the same time, I would accept that everything of 'all that is' has the right to exist and will always exist and appreciate the creation.

At that point I would remember the analogy of the two TV channels, whereby I would imagine the negative experience as channel one, and an opposite positive experience as channel two.

I would imagine the channels were on two separate TV's, where channel one was on the left-hand side TV, and channel two was on the right-hand side TV.

Once I had the two TV's clear in my mind, I would repeat this statement. "Everything that exists, has the right to exist and will always exist, therefore I have the right to select (tune into) and perceive my preferred experience," which of course was the right-hand side TV.

As I repeated the statement over and over in my mind, I would imagine the left-hand TV disappear and the right-hand TV with the opposite positive experience get bigger and bigger and brighter and brighter, until the right-hand TV filled my whole imagination.

When I felt that the right-hand TV and the scene was at its biggest and brightest, I would then declare that I as a persona and personality construct would consciously adapt my behaviour, beliefs, thoughts and emotional responses to suit my preferred reality, which of course I did.

Every time the negative experience appeared in my life, I would consciously choose to perceive it in the positive context that I imagined on the right-hand TV, and then let it go.

In other words, I would do what I needed to do and then get myself, the persona and personality construct out of the way.

This process can also be used to visualise suggested manifestations that you prefer to experience rather than the negative one you already experience. The reason why this process is so powerful, is that you are appreciating all experiences within 'all that is', you are not judging, criticising or trying to change anything.

You are just tuning in, synchronising with, and perceiving a different vibratory experience whilst letting go the other experience that you do not prefer to experience. You are doing it on a conscious and consciousness level simultaneously, whereby the higher mind, the soul, the persona and the personality construct work as one, as in a holistic manifestation system.

THE SECRET OF MANIFESTATION - KEY NUMBER NINE

DO WHAT YOU NEED TO DO WHEN YOU NEED TO DO IT, THEN GET YOURSELF OUT OF THE WAY.

As per the aforementioned example, taking action when necessary, then getting yourself out of the way, is vital to your success in the human experience game.

Of course, a negative persona and personality construct that has been manifested from a negative state of being tends not to have the ability to do this. Whereas, a positive persona and personality construct that has been manifested from a positive state of being does, as this is its natural state of being.

Yet again we are back to the state of being, being the dominant part of you that defines what your persona and personality construct will behave, and act like on a day to day basis.

“When you work on your state of being first and foremost, you will create a persona that always finds itself in the right place, at the right time, and only takes action when it feels necessary to do so.”

Procrastination and impatience will impede your success in the human experience game. They are both manifestations of the IBP ‘the fear of failure’ within your soul and when you experience either of them, purge the IBP and the feeling immediately.

You procrastinate because if you take action on an idea or dream you might fail, so it is better to take no action at all, then you can’t fail.

Impatience is when you need to see your manifestation manifest quickly, as in the now moment you are not happy or fulfilled with your current life experiences. If you were happy, you would not feel impatience, you would feel content and at peace with your life experiences. Therefore, because you require the manifestation to manifest and it has not, you feel unsuccessful. Impatience is your driving force of your manifestation and impatience is derived from the fear of failure. In other words, I need this to happen to stop my fear that it won’t happen.

If you are truly living in the moment and feeling happy, abundant, successful and peaceful, you will never feel impatient. As you will have all you need at that present moment, and you will be quite relaxed about what is coming to you in the future. You will know and trust it is coming, so why would you feel impatient?

Procrastination is doing nothing, and impatience is forcing and getting in the way of the manifestation.

As aforementioned, the key to all manifestations is timing; do what you need to do when you *feel* it is the right time to do it, and then get your persona and its personality construct out of the way and *allow* the higher mind to do its job. Trust the higher mind, stop thinking and analysing on how you think the manifestation will occur, or what is going to happen in your future life experiences.

Live in the present moment and let go of all control of your manifestations and leave it to the higher mind, just do what you need to do when you need to do it.

If you listen to your higher mind and act when it is necessary to do so, you will find that you will not have to work hard or use a lot of energy to manifest your desired manifestations, it will manifest easily without hardly any effort from you.

When manifesting and creating from the persona and its personality construct, you will find the opposite. It will take an extreme amount of energy and time to achieve your dreams and goals, leaving you drained, tired and sometimes even exhausted. Therefore, your state of being will remain in a low vibratory state, which can lead to health and emotional issues in the future.

It should *only* take the smallest amount of energy to create all that you desire, as that is the structure of Oneness.

THE SECRET OF MANIFESTATION - KEY NUMBER TEN

FOLLOW AND ACT ON YOUR PASSION, EXCITEMENT AND INSPIRATION

What is passion, excitement and inspiration?

Here is an insert from the website, *The M.A.P. Maker* that describes what passion is.

<http://mapmaker.curtrosengren.com/what-is-passion.html>

“Simply put, it's being who you are and doing what comes naturally. When what you do is in alignment with who you are, you get energy from doing it. It's like water flowing along its natural riverbed. It actually gains energy from the path it's taking (compare that to what most people experience in their work, which is more like trying to force it up and over a mountain)”

When the driving force of your life is passion, excitement and inspiration and you do what you do because you are passionate and excited about it. You align yourself vibrationally with your desired manifestations, thus creating opportunities that will take you on the path of least resistance to all that you desire.

When you're in the state of being of passion, excitement and inspiration, your focus is mostly in the now moment and not on the future outcome. And because of this, you get yourself out of the way of what and how something is going to happen. In addition, you stop the mind chatter and enter the heart area of higher mind, intuition and creativity.

As I have mentioned many times in this book, it is very important to only focus on the now moment, as this centralises all your creative power to a singularity point, giving you powerful creative energy to manifest all that you desire.

When your focus is on the past or the future, it drains the singularity of creative energy, thus affecting and preventing your desired manifestations to manifest quickly and effortlessly.

Therefore, you enter the path of most resistance that leads to lack of and scarcity. That is why if your desired manifestation does not follow your passion and excitement, the probability of you manifesting them in a successful, happy and abundant manner is close to zero or none.

Passion, excitement and inspiration connects you to who you really are at your core level.

It is the vibratory energies that flow through the path of least resistance and it is the vibratory energies that will take you to the land of infinite abundance speedily and effortlessly.

The meaning of abundance is the ability to do what you need to do when you need to do it.

Passion, excitement, inspiration, appreciation, love and joy are all physical representations of who you really are at your deepest core. And when you are feeling these sensations within the persona and its personality construct, your persona is in a vibratory match of your core self.

Therefore, every time you follow and act on your passion, excitement and inspiration, you align yourself with who you really are, and jump off the path of most resistance of fear, pain and suffering, and on to the path of least resistance.

By following your passion, excitement and inspiration more and more, you reinforce the higher vibratory holistic manifestation system.

In other words, the more you follow your passion, excitement and inspiration, the more you give your creative power back to the higher mind and away from the mind of the personality construct.

Let's face it, the higher mind is the one with the overview, the know-how and map to play the game in a profound, happy, abundant and joyful manner.

The opposite of passion is willpower, and willpower is the absence of passion, just as dark is the absence of light. The personality construct will create with will power and mind power, whilst the higher mind will create with passion, excitement, inspiration, heart power and intuition.

The results in the physical manifestations between the two are profound to say the least, and I am sure by now that I don't have to tell you what results you would prefer.

Unfortunately, some people are so low in vibration and disconnected from their core self that they have no clue what their passion is or what excites or inspires them. To help these people and get them back onto the path of least resistance, I have developed a process to assist them to discover their passion, excitement and inspiration.

If you are one of these people, start small, choose anything that brings you the slightest joy and do more of it day by day.

FINDING YOUR PASSION, PROCESS

Listen to the guided finding your passion process audio to help you practice this process.

1. Eyes up process for the backward count of sixty to one.
2. Perform the HABS process for about 1 minute. (No reverse.)
3. When comfortable and relaxed ask the question, "What is my passion? What brings me joy? What excites me that is in alignment with my core self? If you are battling, go back to a time you were happy and joyful and see what you were experiencing at the time. This will help you understand what gives you joy and happiness.
4. Wait for a feeling, a thought, an emotion or an image to come to you.
5. Write down what information you received.
6. Take 5 minutes and see which way you can apply the information into your daily life.
7. Then place your hand on your heart and make a declaration to yourself that you will take a certain amount of time every day and apply the information in your life. An example is: If my passion is working with my hands, I might declare that I am going to take 1 hour every day to fix up my house. (Listen to audio on how to make a declaration.)
8. When you do this exercise, you might get nothing or just an image or symbol, don't panic if you get an image or symbol, draw it on a piece of paper and put it under your pillow and do the exercise again in a couple of days. If you get nothing keep doing the exercise until something comes up, i.e. A symbol, an image, a thought, a feeling or an emotion.

THE SECRET OF MANIFESTATION - KEY NUMBER ELEVEN

HAVE COMPASSION AND UNCONDITIONAL LOVE FOR ALL OTHER SOULS AND THEIR EXPERIENCES.

As mentioned in this book many times, “All creations of ‘all that is’ exist and has the right to exist.”

All souls have the right to experience any creation of ‘all that is’ that it wishes to experience, and accepting and expressing this as your truth, aligns you with the frequency of compassion and unconditional love.”

When you express love and compassion for all creations of ‘all that is’ you are supporting all creation of ‘all that is’ without judgement. Therefore, you will be supported by ‘all that is’ and experience life experiences of love and compassion without judgement of you and your creations.

“To maintain Oneness within a particular reality does not come from conformity and similarity, it comes from the validation that all diverse creations of that reality exist, therefore, have the right to exist and every soul has the right to explore any diversity of creation of that reality.”

When you have love and compassion for all creation, you instantly have appreciation for all creation, and appreciation is the opposite of criticism and judgement. Hence love and compassion is the absence of judgement.

Bashar refers to judgement as invalidating that which you do not prefer. In other words, you are saying that what you are judging does not have the right to exist and therefore it does not exist, which is impossible from a Oneness perspective.

Therefore, every time you judge something or someone including yourself, you are denying who you really are, and declaring that you are and only are, the persona and its personality construct. Thus, you are locking your soul consciousness into a limited reality of creation, whereby the persona and its limited personality construct is creating the reality.

Now keep in mind that the persona, its life experiences and other personas in its life experiences are all one thing, one creation one reflection, one movie. If you judge something or someone, including yourself, from the personas and its personality construct perspective. You are saying the creation; the reflection and the movie are not validated; it does not have the right to exist.

Therefore, you are creating your life experience in the human experience game, to cease to exist.

In other words - every time you judge yourself, someone else or something in the human experience game “YOU ARE VIRTUALLY KILLING YOURSELF”. You are killing off your persona in the human experience game.

Judgement is the most toxic vibration for the manifestations you prefer to manifest; it will eat it away like a cancer.

Whenever you judge anything, you focus your attention on it, therefore, by judging something you exchange energies with it, and you become the vibration of that which you judge. Therefore, you automatically manifest the vibration you disapprove of in the human experience game ‘in one form or another’.

However, preference is not judgement.

Preference is declaring that every creation in ‘all that is’ has the right to exist and that you have the ability and right to choose whatever you prefer to experience.

Preference gives you the ability to act on your passion and what excites you and to choose what meaning you give to any life experience, it empowers you, and it frees you.

Remember all life experiences are meaningless, neutral, you are the one that gives it meaning and preference gives you that ability to do that. When you give meaning to a life experience, you become the vibration of that meaning and project another life experience in the human experience game of the same vibration.

You manifest from vibration and that vibration can manifest in many different forms, and the fundamental vibration of all creations in ‘all that is’, is love or fear.

When you perceive a life experience as negative and you have a negative emotional response within your persona to that experience, you are saying to ‘all that is’ that you prefer that experience.

The negative perception and emotional response have a vibration and you are sending out that vibration to “all that is”. Whereby, “all that is”. is going to match that vibration from the information within the oneness field and send back the matched vibrational experience to you to experience; *what you put out is what you get back.*

“By your negative response to the negative life experience, you are literally locking your soul into experiences of that vibration.”

So, the next time this occurs:

Ask yourself, “Why do I participate in this experience? “Why do I do this, what is my energy driving force behind what I do?” Find the fundamental driving force! (*Key 1*)

Become aware of your emotional response to that life experience. (*Key 2*)

Once you become aware of and find the fundamental driving force that is creating the negative belief and emotion, connect to your higher mind and soul, perform the HABS process and purge the feeling frequency and/or the IBP’s that are creating it. (*Key 3, 4, 5 and 6*)

Take full responsibility for the experience and appreciate that it is your creation. (*Keys 7 and 8*)

Have compassion and unconditional love for all souls that have participated with you in the life experience. (*Key 11*)

Then do what you need to do, when you need to do it with passion and excitement and then get yourself out of the way. (*Keys 9 and 10*)

And finally, just let go of all that you are not and accepted all that you are on a day to day basis. (*Key 12*)

Know that by using the keys of manifestation, it gives you the power to choose your preference of what you would like your life experiences to be. Thus, giving you the power to select a new life experience to be perceived. Therefore, preference has given you the ability to perceive a new high vibratory reality of your choice.

Preference gives you the ability to choose unconditional love and compassion for all creation of ‘all that is’ and the souls who experience those creations.

When you express unconditional love and compassion for all souls and their experiences, you will align yourself with who you really are; a high vibratory state of being. Therefore, manifesting all your life experiences in all five themes of the human experience game from that high vibratory state of being, and live a life experience of love, health, wealth, passion, excitement, happiness and abundance.

THE SECRET OF MANIFESTATION - KEY NUMBER TWELVE

LET GO ALL THAT YOU ARE NOT AND ACCEPT ALL THAT YOU ARE AT THE CORE OF YOUR BEING.

The twelfth secret of manifestation key is the heart of the secret of manifestation, it is everything that you need to know and do to receive all that you prefer.

Every issue and negative manifestation that you can imagine and prefer *not* to exist, will always exist.

It has already been created, it is always within you, directly within your space, your consciousness. It is doing everything possible to get away from you, to leave you; *you are the one holding on to it.*

Every desire and positive manifestation that you can imagine and have ever wanted to exist, will always exist.

It has already been created, it is always within you, directly within your space, your consciousness. It is always gravitating towards you, doing everything possible to find and connect with you, to become part of you.

YOU are the ONE that is keeping it away from you.

All you need to do is to let go of all that you are not and accept all that you are at the core of your being, purge all that you don't prefer and accept all that you do prefer.

All creations - positive and negative are within your consciousness, within the same space at different frequency levels of vibration.

All you need to do is accept and become the frequency within your soul's state of being that is the same vibratory match of what you prefer to experience, and your soul's state of being will synchronise with and manifest what you prefer.

Equally, all you need to do is let go, purge the vibration within your soul's state of being that matches and resonates with all that you do *not* prefer to experience, and the experiences that you do not prefer will disappear from your perception and your reality.

Your soul's state of being will tune into, synchronise with, and perceive the same vibratory experience from 'all that is' that is a vibratory match to its own vibration, and that my dear friend is "The Secret of Manifestation" in a nutshell.

MANIFESTING YOUR SUGGESTED MANIFESTATIONS THROUGH VISUALISATION

If you have come straight to this chapter first, and have not read the previous chapters, please go back and read the book from the beginning. To get a full understanding of the secret of manifestation, you must read the book as it has been written.

If you have read all the chapters as written and have reached this chapter, well done as you have not let your personality construct get in the way of you knowing the information that will transform your life to a life that you prefer, and now all you need to do is apply the information.

There are many people with different beliefs about manifestation and the ability to use your imagination through visualisation to manifest a preferred reality. There are those who say, 'yes, it works', those who say, 'no it does not', those who say, 'it only works sometimes' and those who say that a person does not have the ability to manifest through visualisation.

In my opinion, they are all correct, as everything in this reality is neutral, and you give it meaning from your state of being and the meaning you assign to it, will become that what you experience.

As I have repeated in this book many times, every possible experience you can imagine exists within 'all that is' and will always exist. Therefore, contained within 'all that is', there must be a version of the persona with its personality construct called Paul Birnie that has the ability to visualise a preferred life experience and manifest it through visualisation in a successful manner.

However, that type of persona and its personality construct will be of a high vibratory nature. Therefore, your soul would have to be in alignment with who you really are to allow the soul to select and experience that type of persona from 'all that is.'

You have probably just thought to yourself, Paul has just contradicted himself, because he says that in a holistic system of manifestation, the higher mind conceives, and the only job of the persona and its personality construct is to receive and perceive, and now he is saying the persona can conceive; it might look that way, but it is not.

Let me explain. The higher mind of the soul is still really the one that is conceiving the soul's reality, as it has conceived the visualising persona and what it wants to manifest in the first place.

The persona and its personality construct are part of the holistic manifestation system, therefore, when it visualises a manifestation, it is doing it from the guidance of the higher mind whereby it is acting on its passion and excitement, thus reinforcing the visualised manifestation to materialise.

In other words, the persona is doing what it needs to do when it needs to do it, then gets itself out of the way. When the persona feels right to visualise a suggested manifestation, the visualised manifestation reinforces the manifestation in its personality construct's imagination and beliefs, and embeds the same vibratory thoughts and emotions within the persona's personality construct that match the vibration of the visualised manifestation.

The collective information of the persona and its personality construct is sent back to the soul blueprint via the feedback system confirming and reinforcing the manifestation in the soul's blueprint.

The information of the manifestation goes around and around, soul to persona, to soul, recycling and reinforcing the manifestation via the feedback system, until the persona and soul's state of being is a vibratory match with the visualised manifestation. When all is in sync the visualised manifestation will manifest.

In a nutshell, when the persona and its personality construct visualise in a holistic manifestation system, it will accelerate, anchor, cement, solidify and materialise the manifestation into a physical reality in a speedy and effective manner; it gives it a turbo boost.

However, when the lower vibratory persona and its personality construct in the separate manifestation system visualises its preferred manifestations. The chances of the manifestations manifesting are none to zero, as its desired manifestations are normally higher vibratory manifestations of happiness, health, wealth and abundance, which is not a vibratory match to its low vibratory state of being.

Therefore, it declares that visualising manifestations do not work or only works sometimes.

As the golden rule of manifestation states, *“You can only manifest what you prefer when it is a vibratory match to your state of being.”*

Another factor that obstructs the success of the low vibratory persona visualising its preferred manifestations, is that it only has access to limited manifestations of its default blueprint, whereas the higher mind has unlimited access to ‘all that is.’

It is very important that you understand what I have just written, as when you use the process that I am about to give to you, to visualise a suggested manifestation to manifest into your reality, and it does not manifest.

You will have to take into consideration and understand that it has not manifested because your state of being is not in a total vibratory alignment with what you desire to manifest, and you will need to do more work on the state of being to become successful in that manifestation.

Another reason for it not manifesting, is that the higher mind has given you the best possible manifestation that is closest to what you have asked for and that is a vibratory match to your state of being; or the higher mind has given you a more improved, enhanced, and expanded manifestation than you asked for.

Or else, as aforementioned, you are manifesting from the separate holistic system, and your persona and personality construct only has access to limited manifestations of its default blueprint.

One thing you can know for sure is that the higher mind will always give you the best experience possible that is a vibratory match to your soul’s vibration. As it always has your best interest in mind for you to complete the human experience game in a successful manner.

As I have already said, “Everything that you desire is already there, and it’s doing its very best to come to you.”

That is why every time you visualise a manifestation, you will visualise and let go the manifestation. In other words, you will do what you need to do, when you need to do it, and then get yourself out of the way and let the higher mind do its job.

No thinking or analysing on how you think the manifestation will play out.

Just like all the other processes, the intention is not to change anything in your reality, as that is impossible.

The intention is to install the manifestation as informational energy patterns into your soul through visualisation of images in your manifestation chamber and reinforcing the informational energy patterns with feelings. Whereby the higher mind will read, process, approve or adjust the installed informational energy patterns that best serve the soul’s themes it has chosen to experience in the human experience game.

Consequently, the vibration of the new embedded informational energy patterns will create a vibration within the soul, and that vibration will trigger the soul to select, synchronise and tune into an experience of ‘all that is’ that is the closest match to the vibration of the informational energy pattern. Whereby the soul will experience that life experience via its persona and personality construct.

As I explained in Chapter 7, always be aware of the driving force of the manifestation, the why, the intention behind what you want to manifest, as it is the driving force that will determine the result of the manifestation.

Always apply the six questions in the manifestation workbook that you downloaded to test the power of your manifestations that you want to manifest before visualising it. As this will give you a better understanding of why you want the manifestation. Therefore, this will increase the success of the manifestation manifesting, and don’t forget to always visualise the manifestation as a positive end result, as if it has already happened.

Once you have processed the manifestation that you want to manifest through the six questions in the manifestation workbook, proceed to use “The Manifesting your Suggested Manifestations through the Visualisation process”. A quick pointer, some people who visualise see the actual picture or see the visualisation as a movie screen, whereas other people see darkness and visualise with their mind from their memory. Even though each visualisation process is different, they both give the same results, one is *not* better than the other.

MANIFESTING YOUR SUGGESTED MANIFESTATIONS THROUGH THE VISUALISATION PROCESS

When doing this process, you will need a quiet, comfortable place and a blindfold.



The blindfold will cut out one of the five senses of your physical environment. Therefore, it will put you in a deeper altered state, which will give you a better connection to your soul and higher mind.

You may also want to listen to the high vibratory brain frequency altering music that you downloaded when you purchased the pendant. You can also use ear plugs to block out any outer noises to enhance your experience.

If you have epilepsy or any similar neurological disorder, do not perform the eyes up process during this process. Do everything else in the process, but do not roll your eyes back.

Important note: Always visualise your manifestation as a positive end result.

1. Sit down in a relaxed and comfortable position and roll your eyes back as in the eyes up process and hold them in that position for the backward count of sixty to one. Then relax your eyes and breathe normally for about five seconds.
2. Once you feel relaxed, visualise a movie scene being played within your manifestation chamber (make sure that you, the persona, is in the movie scene or image) that would represent the suggested manifestation, and feel the feelings that you wrote down in the manifestation workbook in question three. (These are the feelings that you would feel if your manifestation manifested.)
3. Once you have this feeling and movie scene clear in your mind, perform the HABS process in forward motion. Breathe golden light into your heart and out through your forehead into the manifestation chamber containing the movie scene and synchronise the golden light with your breathing.
4. As you breathe the golden light in and out, put your dominant hand on your heart and say the statement in the below box **silently in your mind**.

“I am the power and the presence of the One,
this manifestation is my creation.” (*Say 3 times*).

*I accept this manifestation in the centre of my heart.
I accept this manifestation in the centre of my being.
I accept this manifestation in the centre of my soul.*

*I accept this manifestation in the core of my heart.
I accept this manifestation in the core of my being.
I accept this manifestation in the core of my soul.*

As you are breathing in and out the golden light and you are repeating the statement. Imagine the golden light and the statement is empowering and intensifying the feeling, and the movie scene within the manifestation chamber is getting brighter and brighter. Know that the brightness of the image is signifying to you that the manifestation is being accepted in your soul.

Once you have said the statement once, repeat any sentence you want in any order you want, over and over until you have reached the most intense level of feeling that you possibly can, and you are satisfied that your manifestation is fully accepted in your soul.

This time, the image, the feeling, the golden light and the statement are all equally important and requires your full attention on all four.

5. Once you are satisfied that your manifestation is fully accepted in your soul, perform the HABS process in reverse, and breathe in the imaginary scene with the golden light from the chamber into the forehead, whilst simultaneously projecting it out of the heart as a movie onto a movie screen in front of you.



This will be like a movie reel passing through the projector and being projected onto a movie screen. (See picture left.)

View this movie as if you were viewing the movie in a movie house. As you view the movie, say the accepting feeling statement in the below box ***silently in your mind.***

*“I am the power and the presence of the ONE,
this feeling is my creation.” (Say 3 times).*

*I accept this feeling in the centre of my heart.
I accept this feeling in the centre of my being.
I accept this feeling in the centre of my soul.*

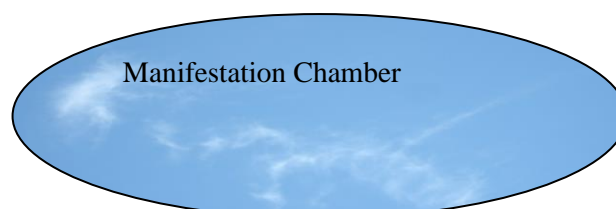
*I accept this feeling in the core of my heart.
I accept this feeling in the core of my being.
I accept this feeling in the core of my soul.*

You might go through several different feelings as you proceed. If you do, then say the full statement for each feeling.

Repeat the statement until you feel each feeling is completely installed in your soul.

Once you have reached your maximum feeling level, visualise yourself in the movie as the persona and experience the movie with all your five senses for a minute or so, then open your eyes, *the process is complete.*

The manifestation chamber that you are using in all the processes was given to me by my higher mind in a very deep altered state. The manifestation chamber enhances and empowers any image or movie scene that is placed in it, thus reinforces the information of the image or movie scene into your soul. It is 100 times more powerful to visualise with the manifestation chamber, than without it. And when a suggested manifestation is visualised in the manifestation chamber, you have more chance of achieving successful results.



WE HAVE NOW REACHED THE END OF OUR BOOK.

I hope you had as much fun reading this book, as I did when I wrote it?

Believe it or not, this book took nearly five years to write, not because it is a long and complicated book to write. It is because I received the information over a four-and-a-half-year period.

You might think that I started the transformation of my life four and a half years ago when I started to write this book, however nothing can be further from the truth.

My awakening to Oneness and the transformation of my life experiences started twelve years before I started to write this book.

It all began in August 1997 when five of my wife (Amanda) and my friends were killed in a motor accident as they were travelling back from a nightclub. We were supposed to be out that night with them, but for some reason we had gone to visit my father, who at that time I never got on with.

There were many unusual aspects that contributed to that fatal night.

My friend Mathew who drove the car was drinking and driving, which was way out of his character, as he never drove when he was drinking. My other friend, Dave and his girlfriend Helen were only in the car that night, due to his car being in a small accident whilst reversing out of his driveway that morning.

The most unusual event that night that took them down that fatal road, was that they had given a lift to a New Zealand Rugby supporter who was standing outside the nightclub. By giving him a lift, it took them down Jan Smuts Avenue and through an infamous piece of road in Johannesburg called death bend that has claimed many lives.

And guess what? The New Zealander was the only one to survive the accident, not a scratch on him. In fact, he flew back to New Zealand two days later.

This life experience was the catalyst that started my wife and my awakening to Oneness.

Three of the five friends that died that very night, were my wife's closest friends, and as you can imagine, this life experience traumatised her enormously.

At the same time that all of this was going on, a friend of my wife called Francie came to our house to visit. Amanda thought that Francie had heard of the accident and came to give her condolences. However, this was not the case.

She had come past to tell Amanda that she had just finished a very empowering Self-Empowerment workshop and recommend that Amanda attend the next workshop.

Due to the stress of her closest friends passing on, Amanda did not hesitate for one moment and said she would attend the next Self-Empowerment workshop, which she did the following Saturday.

After the workshop finished, my wife phoned me to tell me that she was having such a great time that she decided to have some wine with the rest of the workshop attendees and she would be home quite late, so I must not worry.

The thing was that this is not what I heard on the phone.

What I heard was she was leaving the workshop now and will be home soon. In some mysterious way, something, probably my higher mind had intercepted my telephone conversation with my wife and changed the content from, "I am staying here for a while", to "I am on my way home".

After an hour passed, I started to worry. I could not contact her, as I did not know the phone numbers where the workshop was held, and in those days, there was no such thing as a mobile phone, so I had no way of reaching her. Panic started to set in, and I started to think that my wife had come to the same fate as my friends did, and she had been in a car accident.

As the hours passed, I became frantic, phoning all the emergency services to see if there were any accidents reported.

To cut a long story short, by the time my wife came through the front door many hours later, I was on my knees sobbing in hysterics, and believe me, in those days I was as tough as nails. I never showed emotion at any time, even when my friends had died, and I had to identify them in the morgue and tell Dave's mother that he had passed away. I took it all in my stride and showed no emotion at all.

That was the day my transformation began, the personality construct had just been shattered to pieces, and I found myself at the next self-empowerment workshop.

The rest is history, over the next 12 years I studied self-empowerment, Alpha Mind, Reiki, Karuna ki, Hypnotherapy, Energy building, Guides, Angels, Shamanism, Tarot readings, Psych- k, the Illuminati, Life counselling and Coaching. I studied, wrote and taught workshops on the world being an illusion, manifestation and many other spiritual concepts. I built energy grids all around the world in people's businesses and homes. I designed and sold Oneness pendants globally to help people enhance their lives; all which has been very beneficial to my own life and the transformation of it.

However, the transformation I have gone through from 2009 to this point in time of 2013 where I find myself writing the ending of this book has been phenomenal to say the least. The understanding, inner peace, joy and abundance that I have in my life has gone up to a completely new level of experience than I experienced in the first 12 years of my transformation.

The book that I have written over the last four and a half years has taken me to a deeper level of understanding of manifestation. It was as though I was anchoring the information into my life, whereby the information was playing out as a life experience. Each life experiencing took me to a deeper understanding of myself, this reality, and how I was manifesting my life experiences.

The profound transformation that has taken me to a higher level of awareness and vibration began in August 2009.

It all started when I was hosting a talk on parallel realities at Zenatude Conference Centre in August of 2009. During the talk, I said that I was sure that the understanding of parallel realities was going to change by beliefs on how I see spiritual concepts and how we manifest our life experiences.

My words were not even cold, then the wheels fell off and my peaceful and abundant life spiralled into chaos. On November the 6th on my wedding anniversary, we were tied up by armed robbers in our home, and if I may say so, in South Africa that can be a life or death experience, as the chances of being tortured or shot is quite high.

However, we were one of the lucky ones and the armed robbery went by without any extreme violence.

As in 1997, this was another catalyst to start the dismantlement of my personality construct which would take my soul into an even deeper transformation of awakening and reveal to me that even though I had come a far way since 1997. I was not as awakened as I thought I was, and in fact, the ego/personality construct was still running the show.

I was about to learn that there was a lot more to awakening to Oneness and manifestation than I knew, and that the human experience game is so brilliantly designed that even when you think you are on a path to awakening to Oneness, it is not totally true.

I discovered the human experience game has a safety net to stop you awakening fully, and that safety net is a master in disguise that keeps you astray with some of its spiritual and awakening concepts that are really just red herrings. Hence, keeping your soul entrapped in the game and allowing the personality construct to still run the show.

The human experience game is a very sophisticated and clever game indeed that should never be underestimated.

This I found out quickly as my life spiralled into chaos, and I thought to myself, *how can this be?*

I was confused for sure, as a lot of what I believed to be true about spiritually was being shattered to its core.

I demanded an answer, which in some cases is not the best thing to do, but in this case, it worked.

The answer came back in a flash from my higher mind; “You are now entering a new transformation in your life, and the first process is to dismantle your personality construct, then build up a new personality construct that will be more in alignment with who you really are!”.

I now know what my higher mind was actually saying. It was saying that you are going to transform your soul's vibration to a much higher vibration and when that happens, you are going to download a new blueprint that will contain a new persona and personality construct with new beliefs, ideas and concepts that will create new life experiences that are more in alignment with who you really are.

Of course, I did not understand how everything worked back then, so I was terrified to say the least.

I was told the first stage would be to dismantle the old persona and its personality construct's belief system, which would take approximately one year to complete. Whereby thereon after, I would begin the construction of the new personality construct, and that would approximately take a further 2 years to complete and fully integrate into the soul.

I was told that my new personality construct would be reborn on the same day that my brother's twins were born, and this would give me confirmation that the rebirth of my personality construct had begun. I was also told in advance that the twins would be a boy and a girl, whereby the twins would symbolise the yin and yang, the soul and personality construct coming together as one, thus creating a holistic manifestation system. Neither my brother nor his wife knew the gender of the twins, as they wanted it to be a surprise at birth.

After the completion of the new personality construct, I would see over the next 6 years manifestations in my reality that would mirror the new blueprint, and after 3 years of the last 6 years, there would be another frequency upgrade. The whole process from August 2009 to August 2018 is a nine-year cycle that consists of three smaller three-year cycles.

And so far, what I have been told is exactly what has happened and is happening.

On the 17th of August 2010, exactly one year after the Zenatude talk, and 9 months after the catalyst arm robbery (or conception of the new personality construct), I was driving down the road to my dentist appointment, which was one of many appointments I had with the dentist over the next 6 months to reconstruct my teeth, or may I say, to reconstruct the new personality construct. When a blue BMW came flying passed me in the inside lane and pulled in front of me with the number plate, “DAY ONE.” No word of a lie, that's what it said.

At that point, I knew that my new personality construct was born, needless to say the twins were born earlier than expected on that day at 12 p.m., one boy, one girl, just as I was told.

Two years later, around the second birthday of my new personality construct and three years after the talk at Zenatude, I was driving on my way home from the mall.

When, wait for it, you are not going to believe it, a blue BMW came flying past me in the inside lane and pulled in front of me with the number plate “000 DAYS,” which signified to me that the completion and integration of the personality construct within the soul was complete.

The following year I completely revamped my house inside and outside, at a cost of around R300, 000, whereby I only used R15, 000 of my own money. My new business adventures are growing fast, and I am more at peace than I have ever been before in my life. I am financially free and have great relationships in all areas in my life. Above all I have free time to do whatever I want to do, when I want to do it, and I am looking forward enthusiastically to what this adventurous game has to show me with excitement and passion.

It is now four and a half years since this nine-year cycle began, and I am exactly halfway through my nine-year cycle. The book is finished bang on the halfway mark, and I must be honest, sometimes I thought this book would never be finished.

Needless to say, it was not all plain sailing, and during the four and a half years I went through many challenges, and I must admit, sometimes I wanted to give up, but I did not, I kept on going and doing the processes in the book.

I don't know how long, or what your experience will be in your awakening process, but that does not matter. What does matter is that you keep going regardless of what your circumstances are, as **circumstances do not matter, state of being matters.**

I hope you have a great experience with your awakening process, as I have had through the years with mine.

I wish you all the best on your new adventure, *to infinity and beyond, and to boldly go where no other soul has gone before.*

And as for me, as I add the last period in this book, I finish another chapter of my life of many chapters of a great adventure. What new chapters are in store for me, I do not know, as they have not been written yet.

All I do know is, the human experience game can be full of adventure, mystery, excitement, passion and fun, and all I need to do is.

DREAM IT – LOVE IT – LIVE IT!

P.S it is now August 2018 and I am now about to complete the 9-year cycle that I started in August 2009.

I have decided to make this eBook available free to anyone who might benefit from its information and processes. I have rewritten some of the chapters in this eBook to make it easier for people to get a better understanding of awakening to oneness and manifestation. Due to the rewriting of this eBook, the eBook has changed its vibration, and because the book is a manifestation of my soul's vibration, my soul vibration has also changed since the first publication of this eBook.

As for mentioned earlier in the eBook, in the last three years of my 9-year cycle, there was going to be another frequency upgrade of my soul, and of course it happened bang on time. As you know now by reading this eBook, every major frequency upgrade can come with challenges and a clearing of low vibratory energy from within the soul, and boy this clearing of the low vibratory energy was one of the hardest things I had to go through in this lifetime.

In May 2015 my wife Amanda and I were on holiday in Barcelona, when Amanda began to get pains in the left side of her face that was accompanied by severe pain attack in her face and head. When I research her symptoms on Google, it looked like she had a disease called Trigeminal Neuralgia (TN).

Her pain attacks were getting more frequent, so I took her to the hospital in Barcelona. The Doctor at the hospital who examined her, did not diagnose her condition and sent us on our way with a muscle relaxant and pain killers. Which, needless to say, it did not really help my wife's condition.

The more research I did on TN, the more I was convinced and feared that she had TN. Trigeminal Neuralgia, which is also known as the suicide disease because of people who are taking their own life because of the severe pain attacks that are just too much for them to bear. The other fearful cause of TN is that there can be a tumour inside the face that is pressing on the facial nerves that can cause the TN. The more I researched TN, the more I realised that TN is a very serious condition, and a person who has TN has a very poor quality of life.

When we arrived back in SA, my wife made an appointment with an ear, nose and throat doctor (ENT doctor). However, we could only get an appointment with him in a week's time. By the time we saw the ENT doctor, she had already had the conditions for 2 weeks, which was taking its toll on my emotions.

The crazy thing was Amanda was the one that had the pain and possible TN and she was coping with it better than me. I was falling apart with the fear that my wife might have a cancerous tumour in her face that was causing the TN. My mind was running wild with negative thoughts and fear that she was going to die of cancer, and the reality was she was not even diagnosed with TN yet.

However, I just knew she had TN and a tumour in her face, as every fibre in my body was telling me that this was so. I was purging like crazy over that 2 weeks, but the emotions of fear just got stronger. At that point I realised that I was dealing with a very powerful low vibratory fearful energy that had been in my soul for many lifetimes, and now that deep low vibratory fearful energy was surfacing to be cleared.

The ENT doctor confirmed my biggest fear that in fact, she did have TN and recommended a CAT scan to see if there was a tumour in her face. We made an appointment to have the CAT scan, but yet again we had more delays, as we could only get an appointment in 3 days' time.

The ENT doctor prescribed her medicine to stop the attacks. However, the medicine had a very bad effect on Amanda and made her into an emotional wreck. Her whole being was shattered, she was like a zombie and very depressed and emotional. I kept thinking to myself, where is my vibrant and loving wife. The person I was looking at was not my wife, but an empty shell. It was like her soul had died, and all there was left, was just the program of a persona.

She decided to stop taking the medicine and go for acupuncture and do the processes and meditations that are written in this book. She became her usual self again and the attacks stopped, but she still had sensations of the TN in her face. During this time of the acupuncture and doing the processes she had the CAT scan, and it was revealed that in fact, she had a 3 cm tumour in the saliva gland that is located in the side of her face.

The only thing was the person doing the CAT scan told Amanda that the tumour was in her right-side saliva gland and not in the left side saliva gland that is located in her left face where she had the TN.

With great confusion, we made an appointment with the ENT doctor hoping he could give us an explanation to what was going on, but yet again we had to wait 3 more days to see him. After looking at the scan he confirmed to us that there was a tumour on the right side and it had nothing to do with causing the TN in the left side of her face, and if she did not have the CAT scan, she would have never known it was there.

The ENT doctor recommended a surgeon who specialised in performing the removal of these type of tumours. The specialist was a professor in his field and had completed many difficult operations on the head and face for people.

The professor told us that the tumour was found just in time, as if it was left longer, it would have grown and been entangled with her facial nerves. Which meant that if the tumour was removed at later stage her right side of her face would have been paralysed after the operation. There was still a risk of the face being paralysed after the operation, but not as big of a risk if the tumour was bigger.

He told us that before he operates, she would have to go for a biopsy to see if the tumour was malignant or not.

The thoughts of my wife having cancer was killing me, and when I looked into the mirror, I did not recognise who I was. As I looked into the mirror, I came to the realisation that the last three weeks had taken its toll on me. I was a broken man and there was nothing I could do about the situation I found myself in except keep purging my pain and fear. I remembered the statement I used to say to others. "Your deepest fear lies within the thing that you love the most" and that was so true with this situation.

I knew that there was no way I could shift to my preferred reality outcome until I dealt with the pain that I felt. The hardest thing was I had to make peace with what I was experiencing and had to make peace with any outcome that might happen. I knew that the universe cannot be lied to, as what you really feel is what your vibration is, and what your vibration is, is what you align with as a manifestation. As you now know, you cannot purge a feeling to change the outcome of an experience that you are experiencing, as that is impossible.

I started to notice that everything we tried to do over the last three weeks to solve the situation was being delayed, and to have the biopsy and receive the results was no different, yet again delays. Every delay was creating more time of not knowing the outcome of her condition, and the delays only added to my frustration and created more fear, pain and stress that was escalating daily.

I got to a point of extreme anguish, fear and pain that I hope I will never feel again in my life. At this point I was purging all day and all night to release my fear and pain, and then all of a sudden as I was purging, I felt a huge amount of peace flow through my body. In my peaceful state of being, I turned my thoughts again to my wife having cancer and dying, but this time there was no fear, just a peaceful feeling. I had finally reached a place of peace with any outcome that may happen.

Two hours later the phone rang, and it was the professor with the results of the biopsy, the tumour was benign. He told us to come in and see him to discuss a date for the operation, which we did the very next day.

The next day at the appointment with the surgeon, the surgeon told Amanda that he could do the operation the following week and booked her in for the operation on the 6th of June. He advised us that this operation is very complex and intense, and after the operation she would have to spend at least 2 to 3 days in ICU before being moved to the normal ward. He explained the operation can have many complications and they might even have to cut her jawbone in half to remove the tumour.

Due to the intensity and complexity of the operation, I suggested to Amanda that for the next week before the operation she should stay in our bedroom and prepare herself for the operation by resting and meditating. The only time she left the room was to eat something or to go for acupuncture. I also spent the day and night meditating and sending her energy. During this time of deep meditation and sending her energy, I kept seeing the number 444 everywhere. Every time I woke up in the morning or came out of a meditation, the clock would be at 4.44am. Or if I was on the road driving or walking through the mall, I would see the number 444 everywhere. The meaning of the number 444, is that your higher mind and higher aspects of you, are with you and supporting and guiding you through a time of huge transformation. It is the number that represents a gateway to the next dimension and the next phase in your life.

It was now June the 6th, 2015, the day of the operation.

I took Amanda to the hospital to be admitted for the operation. Soon after she was admitted, the nurses took her to the preparation room to prepare her for the operation. In the meantime, I decided to go home and meditate and direct energy to her whilst she was having the operation. During my meditation, I asked my higher mind to let me know in the meditation when she will be out of the operating room and in the recovery room.

After being informed by my higher mind that the operation was completed. I made my way to the hospital to be with Amanda. When I arrived at the hospital, I was confident that she would be in the ICU, so I went straight there to see her, but she was not there. So, I went back to the ward, but she was not there either. I asked the nurse where she was, and they said she will not come back to the ward as she will be taken to the ICU, so off I went back to the ICU and still she was not there.

I thought to myself, she must still be in the recovery room. To make sure that I would not miss her coming out of the recovery room, I waited in the hallway between the ICU and recovery room. Time passed, one hour, then the next. I started to think to myself that either my higher mind was wrong, or I had misread the message from my higher mind. I thought to myself, it must be the latter, as the higher mind is never wrong.

I started to worry, as the surgeon had said to me that if there were complications with the operation, the operation would take longer than 5 hours to complete, and five hours had already passed. I began to panic, and my stress levels heightened. I paced up and down the hallway between the recovery room and the ICU, purging and purging to get myself into a calm state.

It was now six hours since she started the operation and no sign of her. Just then a nurse came out of the recovery room, so I ran up to her and asked if she knew if Amanda Birnie had been out of Surgery. She said yes, she was taken to the ward hours ago. I was gobbed smacked. The surgeon was so pleased with the operation that he decided she did not need to go to ICU and sent her back to the normal ward. The reason I missed her was, I was going down in the one lift from the normal ward to the recovery room, whilst she was in the other lift going up to the ward. As I said, the higher mind is never wrong, and I did receive the message as promised and responded accordingly.

So why would I align myself with all this chaos. The answer is simple, to give me the opportunity to ensure that I cleared all of the low vibratory frequencies from my soul that created this life experience in the first place.

Believe it or not, Amanda was discharged from the hospital the very next morning and recovered very fast from the operation. The following week we went for a weekend break to Umhlanga, and guess what? The room number that we stayed in, was 444, and the bill for the room was R4444.00. I know that is just mind blowing. And from this day, Amanda has never had a TN attack again, she only sometimes feels the sensation of TN on the left side of her face, which she says, serves as a reminder to her to not get too serious about life.

So, what was this all about. As I looked back, I remember that just before all this happened, I went into a meditation and visualised that I got into a lift and moved from one vibration of abundance floor to a much higher abundant vibrational floor. Therefore, I put the wheels of manifestation into action, and as you know you have to become the vibration of that which you prefer.

Therefore, I could not move to the higher abundant vibrational floor without clearing the low vibratory energy that existed deep and hidden within my soul. And what I went through was an experience, an opportunity to raise my vibration and move to the new version of me in a higher vibratory preferred reality of abundance. The many delays in this life experience that escalated and strengthened my pain and fear on a daily basis, gave me the time and opportunity to complete my transformation from one vibration to another higher vibration. Which I did successfully.

Six months later I started a new business, and that business is growing everyday which has given me the ability to have a more, higher vibratory experience of abundance. As you know, abundance is the ability to do what you need to do, when you need to do it.

As I write the final words in this eBook, my nine-year cycle is coming to an end, and I feel there is something new about to start. What that is, I do not know. All I know from past experiences, is that life will always put opportunities in our way to grow, expand and raise the vibration of our soul. Sometime the growth can be hard and sometimes it flows with ease.

If it is the former, you must always know that your higher aspects of you are always with you and ready to support you. They cannot do it for you, you have to do it for yourself. The information and processes in this eBook are there to help you connect to your higher aspects of yourself, so you may understand who you are, why you are here and have the ability to expand your creativity and higher your vibration of your soul, whereby you can live your full potential as a powerful and abundant creator.

The date is the 17th of August 2018, my new birthday as per the birth of by new persona and personality construct on the 17th of August 2010.

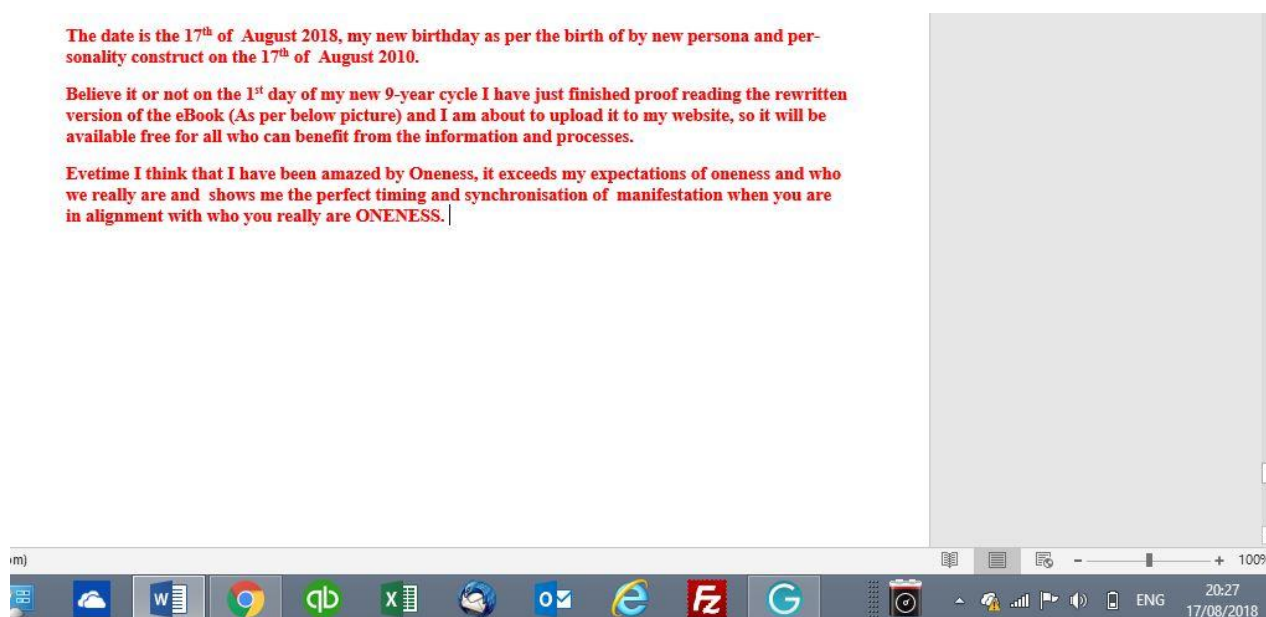
Believe it or not on the 1st day of my new 9-year cycle I have just finished proof reading the rewritten version of the eBook (As per below picture) and I am about to upload it to my website, so it will be available free for all who can benefit from the information and processes.

Every time I think that I have been amazed by Oneness, it exceeds my expectations of oneness and who we really are, and it shows me the perfect timing and synchronisation of manifestation when you are in alignment with who you really are, ONENESS.

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I might not always reply to you email, as to reply to all the emails would take forever and that would take up a lot of my time. Time is very important to me, as for me the most important thing that you as a soul can align with in this reality, is a persona that has free time. Free time to have the ability to do what it need or wants to do, when it needs or wants to do it.

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THE 12 KEYS OF MANIFESTATION

THE SECRET OF MANIFESTATION - KEY NUMBER ONE

DISCOVER THE HIDDEN DRIVING FORCES THAT ARE DRIVING YOUR LIFE.

THE SECRET OF MANIFESTATION - KEY NUMBER TWO

BECOME AWARE OF YOUR EMOTIONAL RESPONSES TO YOUR CIRCUMSTANCES AT ANY GIVEN MOMENT.

THE SECRET OF MANIFESTATION - KEY NUMBER THREE

ENTER AN ALTERED STATE OF AWARENESS, QUICKLY AND EFFECTIVELY WHEN NECESSARY.

THE SECRET OF MANIFESTATION - KEY NUMBER FOUR

DO THE BEST YOU CAN DO AT ANY GIVEN MOMENT TO RAISE THE VIBRATION OF YOUR SOUL AND CONNECT WITH YOUR HIGHER MIND.

THE SECRET OF MANIFESTATION - KEY NUMBER FIVE

TRANSFORM THE FEELING FREQUENCIES WITHIN YOUR SOUL WHEN NECESSARY.

THE SECRET OF MANIFESTATION - KEY NUMBER SIX

TRANSFORM THE IBP FREQUENCIES WITHIN YOUR SOUL WHEN NECESSARY.

THE SECRET OF MANIFESTATION - KEY NUMBER SEVEN

APPRECIATE ALL THAT YOU HAVE CREATED.

THE SECRET OF MANIFESTATION - KEY NUMBER EIGHT

TAKE FULL RESPONSIBILITY FOR YOUR MANIFESTATIONS AND BEHAVIOUR AND REACTIONS TO YOUR LIFE EXPERIENCES.

THE SECRET OF MANIFESTATION - KEY NUMBER NINE

DO WHAT YOU NEED TO DO WHEN YOU NEED TO DO IT, THEN GET YOURSELF OUT OF THE WAY.

THE SECRET OF MANIFESTATION - KEY NUMBER TEN

FOLLOW AND ACT ON YOUR PASSION, EXCITEMENT AND INSPIRATION.

THE SECRET OF MANIFESTATION - KEY NUMBER ELEVEN

HAVE COMPASSION AND UNCONDITIONAL LOVE FOR ALL OTHER SOULS EXPERIENCES.

THE SECRET OF MANIFESTATION - KEY NUMBER TWELVE

LET GO ALL THAT YOU ARE NOT AND ACCEPT ALL THAT YOU ARE AT THE CORE OF YOUR BEING.

**THE FIVE LAWS OF CREATION
AS QUOTED BY BASHAR**

**The Basic Blueprint of the Structure of Existence
"Bashar as channeled by Darryl Anka"**

1. You Exist
2. Everything is Here & Now
3. The One is the All, the All are the One
4. What You Put Out is What You Get Back
5. Everything Changes Except the First Four Laws

You exist. (I AM.)

If you exist now, your existence is eternal: You have always existed, and you always will exist. You may change form, but you have and will exist always.

Everything is here and now. Only the now exists and everything is a different perception of the same now.

The All is one, and the One is all.

Just as each tiny section of a hologram contains the information for the entire hologram, likewise we are all interconnected. Everything is truly just one totally interconnected "thing."

What you put out is what you get back.

Physical reality is actually a mirror: Your physical reality is just a reflection of what you most strongly believe to be true. And like a mirror, physical reality will not change unless you change first (change what you most strongly believe).

The only constant in the universe is change - except for the first 4 laws, which never change. So, you might as well get used to eternally changing Creation.

"There is only the understanding of the thing that needs to be taught to every child on the planet, and that is the knowledge that every single individual on this planet is already powerful as he or she needs to be to create any reality desired, without having to hurt yourself, or anyone else, to get it. That's how powerful you are."

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Bashar www.bashar.org I highly recommended to visit this website and purchase the material.

THE AWAKENING TO ONENESS PROCESS

The question I am always asked is, “What am I going to experience when I awaken to Oneness whilst wearing the Oneness pendant?”

Everyone’s experience is totally different, as everyone is unique in their own way. Some people have a lot of issues and some don’t. Therefore, what you are going to experience will depend on what your state of being is when you purchased the Oneness pendant.

The list below is a list of what you *may* experience when you go through your transformation. However, it is not to say that you will go through all or any of the experiences on the list. Therefore, it is important that you do not focus on the list, as what you focus on will become your reality. Just allow your own experience to unfold and go with it.

- 1. You will feel a sudden feeling of peace** – A state of calmness and peace, a feeling of joy and connection to everything.
- 2. Animal attraction** – Animals come to you all the time and cuddle up to you, they are unusually over friendly and feel safe with you, especially cats, as they will become aware and see something around you, and they will look above your head and try to communicate with you by crying out.
- 3. A sudden urge to go into nature** – Out of the blue you want to go on holiday to the coast or out into nature.
- 4. Feeling energised** – You get so energised, you need to do something physical, like sport, party, dancing, run and any other physical activity.
- 5. Cleaning out the house** – This is the number one occurrence. People have the uncontrollable urge to clean, fix, renovate and throw out all the junk in their house. They feel they need to do it over and over again. This is a physical manifestation of a transforming, energetic state.
- 6. Vivid dreams** – Depending on the dream. If you have nightmares, you are normally processing out old conditioning programming, un-serving beliefs or sorting out old issues. Throwing up or vomiting is also a great symbolism of releasing the old and opening up to the new. If you have consecutive dreams that are positive, happy, exciting, fun, loving and dreaming people you care for, you are transforming and will soon manifest self-serving situations. To dream in a spiritual nature, like angels, other dimensions, guides, places of warmth or spiritual symbols, then you are normally connected to Oneness and receiving beneficial information.
- 7. Physically unsettled and ungrounded** – When this happens, you can have eye flicker, bunhead, ringing in the ear, feeling disorientated, headaches, tingling, and feeling out of balance. When this happens, you are powerfully connected to Oneness and receiving a lot of energy into your soul and body. Dramatic changes are happening in your energetic field. You can remove the pendant for a short while until you feel better, or a better solution is to find a quiet place and gather your thoughts with deep breathing, then imagine roots growing out of your feet and into the ground where they are resting upon.
- 8. Strange sleeping routine** – You would probably wake up between 2 a.m. and 4 a.m. in the early hours of the morning. This is what they call “Buddha” time. Use this time to sit back and meditate, visualise or manifest if you don’t feel sleepy, as this is really the best time to perform for any of the above. Observe and write down your thoughts as you are processing a lot of information that can be useful in the future.
- 9. Feeling different and disconnected with family and friends** – As your energetic body changes, your perceptions of the world will change, thus your physical mirror will follow suit and also change. Old friends might move out of your space and some might come back in. Rest assured that the people coming in and going out of your space will be a reflection of what is happening in your state of being, and this will be very beneficial to your awakening and transformation process. The family will start seeing you in a different light, be patient with them as you chose to be with them - “time will sort this out.”
- 10. Unexpected changes in professions, jobs or careers** - This is very common, changes and opportunities seem to come in all different ways. Do not be alarmed as you will be guided to the right career or job opportunity that will suit the new transformed you. Doors will also start opening to new experiences and directions.

11. Aches and pains all over the body – As the Oneness energy expands through the DNA, chakras and meridians of the body, it releases blockages, which can be quite uncomfortable. This feels similar to a very deep tissue massage. Symptoms can be pains or aches throughout the body, mainly in the neck, back and shoulder region, headaches can also occur.

12. Emotions of sadness or grieving for no reason – This is when you have activated a very powerful negative feeling frequency that has been hidden deep within your soul. Therefore, you have tapped into and feeling deep emotions within your personality construct. When this occurs, it is highly recommended that you perform the transform feeling processes to let go of the negative feeling frequencies that are creating the deep emotional state.

13. Crying without any reason – Crying is a great sign that you have come to terms with something and finally letting go of long held negative emotions. If you feel like crying, it's best to let the emotion of crying happen, do not block this, as this is releasing the old energy, in order for the new energy to start emerging from you. Don't forget to do the transform feeling processes when this occurs.

14. More than usual inner self talk – We have always done this; it just seems to become more intense and increased. You are not going out of your mind, it is you having a conversation with your higher mind, a higher Oneness aspect of you.

The more you become awakened, the more intense and sometimes outrageous and unbelievable conversations will take place. You will first say that's not true, how can it be, but trust me it will be confirmed to you within a short period of time, either through a book, conversation, Internet or a weird experience, etc. Keep an open mind, observe things around you, listen and apply!

15. Lacking passion and enthusiasm – Maybe it's just a moment for time-out, sit back and do absolutely nothing. It is fine to do this, as it is part of the process. This happens because it actually helps you to get used to the idea that sometimes it is necessary to do nothing and being able to make peace with it. It is normal that you need to rest and recharge. Just go with it!

However, if you are in this state of being for a long period of time, then it is not part of the process. It is rather a state of being that you have become stuck in, and purging will be required.

16. Feeling secluded – When in a crowd you feel lonely- you don't want to talk to anyone. You find that the conversations and your viewpoint of the world does not resonate with the people and surroundings anymore, you feel disconnected. I call this entering the void (in between transformation).

When we enter the void, our beliefs have changed so much that, who we are now, is no longer who we were. As we transform so does our outer reality transform. At this point old friends, places and situations fade and new ones appear in the future. You can also be going through a different experience with your friends or family. Explain to them how you feel and monitor yourself. Acknowledge this sense of seclusion and flow with it.

17. Yearning to be home – You are now connected to the One and you don't want to be here anymore, you would rather return home. This is part of a deep awakening and now that you have found out the truth you want to run to a better place.

When you feel like this, you know the truth, but are still entrapped in the illusion. When we fully connect to the One and truly want to break out of the illusion. We are not to go home to the Oneness; it is to bring Oneness home to here!

18. Psychic and intuition abilities open up – Even though most people want this experience, it can be quite scary. You might feel other people's emotions and their pain around you, even seeing into the different dimensions that you don't understand.

The downside to this is that you might find it hard to process the new information that is coming in and not understand what is happening. Therefore, you might feel the need in your unconscious to protect yourself from the new information or feed the negative emotion. Thus, develop cravings for food like a pregnant woman and pick up weight in the process. If this happens, I suggest not wearing the pendant all the time and taking it slowly. If you want to go through this process, observe the situations and feelings without getting pulled into other's situations or getting emotionally attached to it. Do not get involved with other people's baggage or problems, as it is their issue and they need to work with it, not you! And of course, purge, purge and purge some more.

19. Electrical and water equipment going haywire – This is a typical occurrence as our energy is transforming. Think about it, if negative and positive energy starts to merge or pass one another, you are going to get an energy discharge. A good example of an electrical energy discharged in this way, is a lightning strike.

Also, emotion is represented with water, so you can get problems in the water works section of your outer creations. This will soon settle down. The worst thing is to get attached emotionally to this problem, as this can make it worse. If you are not qualified to fix the problem, get a professional in to sort it out and get on with life.

20. Old debts creeping up – If you have been ignoring old debts, such as credit cards, speeding fines, taxes, etc. these will be brought forward for you to clear up. The positive side to this is that when you take responsibility for these old debts, the money will come in from many angles to help you pay them off. Do not panic, as this is a very positive part of the process.

Trust me, you've made the debt and you have the responsibility to have to pay it back sometime. By ignoring it "*is the biggest creator of lack of wealth there is,*" you might think that it is not harming your money, but it is cutting off the flow. If you cannot pay all the debt off, phone your creditors and see if you can make an arrangement. Stop spending money on things you do not really need and use it to pay off old debt. The changes in your finances will be remarkable. *Debt* is a reflection of lack of self, so purge it.

TERMS & CONDITIONS

The Oneness pendant in combination with *The Secret of Manifestation* book is not for everyone. It is for those who seriously and genuinely want and are ready to awaken to their original state of being 'Oneness' and transform their life into a life of abundance, wealth, joy and happiness, whereby they live their life with passion and excitement.

It is not for those who are fast forwarding through awakening and spiritual concepts, hoping to find a quick fix solution to resolve the distress in their life. These types of people will normally just try the Oneness pendant and *The Secret of Manifestation* book over a short period of time to see if it is going to make a difference in their life and solve their life issues. If it doesn't resolve their life issues in a short period of time, they become disinterested in the Oneness pendant and *The Secret of Manifestation* book and move on to something else.

We refer to the type of people who do that, as either the collectors or doers and not the transformers.

The collectors just collect information and store it into their physical mind; they jump from book to book, workshop to workshop, seminar to seminar collecting information and talking about different ideas and concepts of spirituality. They never really apply any of the information to their lives, but they know plenty about the way spirituality works.

The next are the doers, they are very similar to collectors, except they do practice some of the information, but give up when they don't see any results in a short space of time.

The transformers will do whatever they need to do when they need to do it and follow through with what must be done. They will keep applying the information they have received when necessary regardless of what results they see in a very short space of time. How many times they fall down is not important to them. What is important to them is how many times they get back up and keep going, regardless of how long it is going to take them.

Transformers will not define themselves by what their circumstances are, and not let their circumstances overwhelm them. They will rather do what they feel and believe is the right thing to do and keep going until they get it done.

Great examples of a transformer are Nelson Mandela and Gandhi, and all of us have a Mandela and Gandhi within us. There is no type better than the other, as all that exists in 'all that is, Oneness' just is, no higher lower or better than.

The Oneness pendant and *The Secret of Manifestation* book is designed for the transformers and not the collectors and doers. It is the transformers that get a profound experience and see a significant and everlasting transformation in their lives.

Therefore, if you are a transformer or looking at becoming one, then this Oneness pendant and *The Secret of Manifestation* book is for you.

Upon purchasing the Oneness pendant and *The Secret of Manifestation* book, you totally understand that it is the combination of the Oneness pendant and applying the information in *The Secret of Manifestation* book on a regular basis that is going to transform your life into a life of abundance, wealth and happiness.

It is essential to know that as soon as you purchase the Oneness pendant and *The Secret of Manifestation* book that you are declaring to 'all that is' Oneness that you are going to be fully committed to the process of transformation, and that you are ready to take full responsibility for your life experiences.

Crystalworlds will give a thirty-day money back guarantee on the Oneness pendant, to allow the customer to be satisfied with their purchase.

However, due to this declaration just mentioned and your full commitment, Crystalworlds will not refund the Oneness pendant and *The Secret of Manifestation* book for any reason whatsoever after the aforesaid mention guarantee period. Once you are committed to the transformation of your life, it is your responsibility to fully follow through with it.

In no way will Crystalworlds be responsible or held liable for any results that you may experience, as you are the captain of your soul and not Crystalworlds. Therefore, it is your responsibility to do the best you can and apply the information when necessary, and when applied over a period of time you will see a transformation occur.

The Oneness pendant and *The Secret of Manifestation* book is not a lucky charm or an amulet to keep away dark forces or negativity. It is a very powerful tool and profound information on manifestation that will transform your state of being into a high vibratory state of awareness. Whereby once you attain a high vibratory state of being, it will be impossible to experience any so-called dark forces or negativity in your life.

Crystalworlds declares that it will assist anyone in any way they can, to help the person who purchased the Oneness pendant and *The Secret of Manifestation* book to transform their lives and will do to its best ability to answer any question and give information freely to the purchaser that will assist them in their transformation. Crystalworlds will guarantee the Oneness pendant for jewelry failure over a one-year period, whereby they will either repair or replace the item. Normal wear and tear or abuse is not covered.

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