

Jacob's ladder or
the road to Ascension
explained in 33 steps



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2 Introduction

You create your own reality. Nothing happens without your permission. Nothing really can happen without your explicit permission. Everything you see and everything that happens around you, you have created with one of your multidimensional instances and thus “you”, here and now.

Everything you experience, everything that happens to you, you have allowed, desired or in some way placed and fitted into your own world. Everything you experience is your choice or had been your choice.

This is a fact. There are no exceptions. There are no extenuating circumstances such as: I didn't want that. Or "This is what others have done to me." Ultimately it was somewhere, somehow your choice. Sure it may be that choice was not seen, understood or even conscious. Ultimately , a choice is a choice. That choice came by choosing , reality. Reality changes by choosing again.

This choice, every choice becomes, is your reality, happening here, now and always was. These are the rules of “creating reality” through time. But time changes, evolution occurs.

The reason things have changed since 2012 is that the rules regarding "manifestation" have changed a bit. You need to understand that Earth is far from an island in space and time. Earth is a planet in the solar system and the solar system is part of the Milky Way. **Our galaxy is part of the universe. There are other universes. Things change, evolve.**

For thousands of years, the dual governance system has been running the show on Earth. This means that humanity has been guided in its soul evolution from duality as a premise. Mankind was imposed a number of pre-set conditions, we general call duality. You also could call them karma/dharma. As a result, man experienced a kind of pre-established soul path schedule, a matrix of belief systems. It's like primary school. The child was given a pre-established curriculum. **A child** must learn the alphabet and learn to read and write. The alphabet is a preset condition. Duality was thus a predetermined condition.

In this book we dive deep into these things: karma, soul, manifestation.

The universe goes through a cosmic evolution. The earth is also subject to this. You evolve, the Earth evolves, our galaxy evolves. This book is about this evolution, your path. The Jacob's ladder is named after this: your cosmic evolution on earth. The ladder is a symbol for stepping stones, an evolution we go through, like stepping up a ladder. We go through an upgrade. Your soul path/upgrade and the evolution of the cosmic are intimately intertwined. Since 2012, this evolution has been adapted, upgraded, personally and collectively, this preset curriculum.

Humanity became more mature and obtained more knowledge and thus freedom of movement in what a human could manifest at soul level for himself, for his soul, the universe. This gave humanity more room for self-creation, but it also had consequences, effects. Because the scope got wider, human got more freedom, he also got more responsibility. Earth, Gaia, now is simultaneously going through her process from 3D to 5D: ascension.

The human process, the Jacob's ladder is being explained and unfolded step by step in this book so that you may continue your spiritual evolution in your own chosen time. This is our goal here and our contribution now.

Since every human being was provided with a predetermined, guided soul path, both personally and collectively as a member of humanity, this path has been adapted, upgraded for you since 2012. Humanity in general has gained more consciousness and is ready for the next step: ascension. Each individual must form his own path, fill his self-fulfilling prophesied future. The adaptations may be:

- ✓ Where you used to have a job for life, you now have a job as long as you keep it, consciously or unconsciously choose to go on that path.
- ✓ Where before your life was being in one relationship, (married for life), relationships are now more flexible and free to choose.
- ✓ Health, social background, ways of life, everything that was predetermined, fixed before 2012, is now open for discussion and self-realization, everything become relative, less predetermined.
- ✓ You will have the opportoneness to form your own path as the creator-to-be that you already were and are.

You are a limitless eternal being. Nothing can change this. You are who you are, whatever you think or like to think. Understand what and how you choose. This step-by-step plan of co-creation with the universe goes through this: how you choose and what you choose as a creator in the making.

Who are you? And who do you think you are? That's what this book is about. This book is a practical book. The book follows a certain path step by step to show you who you are and it also gives you very specific information, hints and exercises along the way to achieve what and who you already are. You are holy, immortal, eternal.

That you may not know who you are now, there is a reason for that, a history behind. Each of us comes from somewhere, goes somewhere. Everyone has a personal soul path, but also goes through a joint cosmic evolution. We all have small and large histories, stories, have made choices on soul level. It is, so to speak, our soul that has brought us this far. So let's talk about soul paths and soul missions as well.

We all have a history, a past. However, this does not matter as far as the future is concerned. What is your goal from this moment on is all that matters here. Where you came from, your backpack, is only important here as such that this fact is your personal starting point.

The proposed path presented to you here is quite separate from what ' happened to you before'. The Jacobs ladder, your evolutionary soul path is there for everyone regardless of your starting point. It doesn't matter what you've been, how many mistakes you've made or how many setbacks you've had to deal with. This has no added value here, doesn't put you behind. Everyone today has the opportoneness to achieve ascension. This is how the curriculum of the Jacob's ladder is set up.

We will not burden you with talking about mistakes made, to force you to make you bow to guilt. Guilt has no place here. We will not talk of shame or penance. What we are talking about is logic, soul paths and knowing, remembering.

We are one.

3 About the 'will'

A soulpath is linked with wanting to do something, wanting to go somewhere. Wanting is willing. We have willpower, a will.

A will is born, is built, strengthened, expressed, adapted, molded, refined, etc.

A general scheme of how a "will" grows through its evolution is unfolded and discussed below. So you you have also an idea how "willing" works before to dive into the 33 steps. Understanding how will works helps you to steadily work yourself up the ladder. We do this to give you a foundation for what you came here on earth to do.

And one thing you come here on earth to do is LEARNING TO WANT of TO WILL.

Schematically recording and understanding this mission is our goal here in this book and more specifically the mission to free your will by going through the 33 ascension steps. Before we start with this, it is good to reflect on what we came here for, and how we best approach this concept of "willing". Willing, wanting to learn is one of these preparatory schemes.

This is a planet of free will. You came here voluntarily on purpose with a mission in your heart. This mission is both a personal and collective goal we will be reaching. There is no doubt there, whether it is hard or difficult. In multy-time this has already been reached. Still a road lies before as to walk.

Earth is a place where unconditional love is taught. As an eternal being, you came here to learn and know about all this. To learn all this you had to forget who you were. Free will and unconditionality is being processed on a soul level and are the major goals being processed here and now. The level of the soul versus the level of the ego/I is an extra point of attention here. More on this later.

Some deep misunderstandings need to be stepped away from, before we may walk on the path of "willing". Both incarnation and excarnation are equal important processes. You came here with a purpose: incarnation. This purpose has different chapters: excarnation, and reincarnation.

Another remark is that It is not the purpose of excarnation to leave the body/ego behind. A bod/mind system is part of the local evolving consciousness. All consciousness part evolve and are taken into account for the total evolving consciousness. The aim is that ego/body and spirit/soul meet each other with each part of the gained content and that ego/soul/spirit join in the next human level: ascension. Thus ascension is not any form of escapism nor something like being better than something or some one else. During the whole path coming to Earth, incarnation, and leaving, excarnation, we take on some interesting baggage, learnings. All things matter here.

The mind/body/soul idea is another focus point. As a mind/body we seem to be on a journey. We don't come and go anywhere. We go nowhere. Being here and now is a better perspective, knowing that here and now is in an body/soul/spirit constellation. The sum body+soul+spirit, all its parts count as building blocks for the whole consciousness. With body we rather mean embodiment, not solely the physical body. We embody consciousness. We manifest experiences. We are multidimensional beings. Adding dimensions and perspectives onto consciousness is the real goal.

As a soul you zoomed in on learning, from within the ego, in order to know of will, free will, love and unconditional love. The goal of the ego and will is to learn, become strong and ascend the ego/mind system, to upgrade to the next level, in short ascension. A weak ego/will, will not make it. The death or annihilation of the ego is not at all a goal. All parts of consciousness are included. Ascending the ego goes hand in hand with a strong and wise ego, in comparison with a blind and unconscious will/ego. Body, soul and spirit are joined, merge. This book focusses on ascension, upgrading, but a

small overview of incarnating/excarnation is good to know for upgrading or ascension is the other way. This hopefully proves individuation needs becoming that strong, so one transcends the individual perspective into a more cosmic perspective.

An individual person needs to become an individual and make the personal choice to upgrade its own individuality in order to join the collective, again this is done by free choice, not by force nor unknown of the consequences of the choices made. It is all about knowing of your soul path, consciously, free, open and by choice: no sacrifices.

Again we are talking about the soul level, the soul path and Earth as a place of desired voluntarily learning, remembering, knowing, clairvoyant as in seeing clear.

Let's start with the overview of the will and its proposed schematic build up. The aim is to give you an idea how to proceed on "willing".

We first go through the stages of knowing how to use 'WILL' or the power to create. This shows than how will is being discovered, explored, used and mastered. This is our mind map on "willpower" than. It is all about mastering, not about slavery, being overpowered by an external will. Being submissive to an external willpower will work. Only being proud going through a training how "willpower" may be structured, will get you somewhere. Become the master you were before you came here on Earth to learn and know about why you chose to visit Earth for a very short while.

Here is a tabled overview. You may notice thus how an average life may come about, how will may be mastered. This is a general overview, not as such a personal sequential soul path. It is a general overview, a perspective of how "will" may evolve.

	Phase 1	Phase 2	Phase 3
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1	Willing	Choosing	Collaborating
2	Holding on to willing	Appreciating	Living together
3	Giving your willpower a spot	Doing the right thing	Sharing
4	Working with other willpowers	Determining	Understanding
5	Dare to push your willpower	Agreeing	Joining
6	Confrontation with willpower(s)	Reconciling	Transcending
7	Discerning what willpower does	To be free	Unconditionality

3.1 Phase 1: To know about the will

3.1.1 Willing

At birth your will is born with you. You existed in an infinite non-form before this being born. You were connected to everything and everyone. There wasn't anyone else. You were source. To discover source, non-source became a possible scenario. This idea became reality because every thought of source creates itself and doesn't leave it source. A possible thought does not exist within source. A possible thought, every possibility is a full thought. Ant this thought was what if? What if becomes real. Every full-fledged thought arises, becomes true, even if it may not have been the "real" intention to think it, because there are no unreal or half thoughts. All thoughts create their own reality, because it has been given "thought". There are no small or big thoughts. Every thought is 100%.

Source can only create source. "Maybe" does not exist in source. Each "maybe" is 'real'. That's how the "self" came into being: a maybe, a 'what if thought'.

Likewise at birth. A self arise because 'you' came into existence. 'You' cannot exist half or a little. The thought: "who am I" arises because you are here and now. So it doesn't have to be a question. The question 'who am I' brought "you" into existence. "Thought" creates "experience", in this "being born" manifesting sequence. The first time you open your eyes, the world arises "there" and this 'you' here. An 'I', a "self" is formed. A "will" arises because your will brought you here, into existence, for starters .

The 'orphan' archetype described by Carl Gustav Jung is a correct concept here, in the passing from non-form to form, from non-existence to existence.

3.1.2 Holding on to willing

An 'I' form has been created, literally and figuratively. This 'I', this ego, tries to hold on willpower. Will wants to explore itself, the world, existence which it created by willing to will. Will faces “the world there” by using willpower. The world “there”, arises at the same time as the emergence of the 'I'(want). The ego forms it-self. Willpower arises. Willpower tries to maintain itself and builds itself a house. It builds itself a home, the body. Willpower builds itself a base, an 'I', a self.

Willpower builds a center from which it can will. The 'I' is given a (first) name.

3.1.3 Giving your willpower a spot

Your willpower meets the world and enters into communication with this 'world'. This world is unknown to him. This world can be hostile or friendly. That's what the ego learns and teaches itself by “willing”. The will gives itself a spot in the world, society. The will anchors itself and moves forward. The ego orients itself towards others to establish itself.

3.1.4 Working with other willpowers

The will meets other wills. It communicates with them. The ego is exploring the world of “willing”. Discovering means two things: collaborate or oppose.

3.1.5 Dare to push your willpower

Willpower wouldn't be willpower without wanting to push its will. Collaboration is learning how to work together. What works, what doesn't. Do we run into opposition? On the other hand, are we supported by other wills? Through trial and error, the ego builds up willpower, its own will. Pushing and pulling “will” is being researched.

3.1.6 Confrontation with willpower(s)

Fighting and confrontation ensues, push and pull, manipulating, submission. All that coming forward, holding back, doesn't have to be a bad thing. Willpower learns about itself and what it is, to want, to will, how it behaves in the midst of other willpowers.

3.1.7 Discerning what willpower does

The ego in this way learns about itself: “who am I?”. Will gains insights about itself. It can now learn to distinguish itself from others, other perspectives, other willpowers. It can integrate and apply these lessons: grow. The ego gets a first kind of experiences. Who am I, I willpower. I individualizes within a world of willpower. How do I function ?

This completes the first phase. “Will” has learned about itself, has taken its place in the world and established itself among other willpowers. It can now start to ask more detailed critical questions, in the next phase.

Most of the previous things, in the first phase. happen through childhood. You learn about yourself, the world and how life goes along, with or without you.

3.2 Phase 2: You want to use

3.2.1 Choosing

In phase two you already know your willpower a little bit. It is now, through out the second phase, time to work with this “willpower”, more consciously. It is time to dig deeper. Puberty hits in and you feel it is time to spread your wings. Now that you have a well working “will” you suppose. You must make choices of course. What are you going to use your willpower for? What are you going to put your bets on. It's your ego's turn now. Use it carefully.

3.2.2 Appreciating

Now that you're using your willpower, can you appreciate all this? It is an instrument to manifest “reality”. The world waits for you to try your will onto , with trial and error. Your ego does the talking but your willpower is the real motor, engine. How do you link this ‘ego’ with the power of willing? You and willing are two hands on one belly.

3.2.3 Doing the right thing

How does it feel to use your willpower engine like you do as the ego?. How do you deal with all this. How do you run your business, your personal life? Do you work very theoretically or do you go by gut feeling?

3.2.4 Determining

You really need to set goals now. Who are your allies. Who are your opponents. You can determine a working strategy. You step forward into the limelight, the stage of society where the play happens.

3.2.5 Agreeing

It is now time to meet up with other willpowers in your playing field. Big plans can be made. Projects can be started. Manifestation “reality” and demonstration “willpower” are in full swing.

3.2.6 Reconciling

But critical questions are now also part of all this. You begin to get to know about willpower, but also start to see through it. Not all projects have good results. Fighting for your right does not always lead to good results, seeing from your perspective. Tuning your willpower in sync with the other person can maybe achieve more. “Controlling” your willpower becomes a possibility. Can willpowers join and become one? A very new idea.

3.2.7 To be free

You notice more and more that willpower is a force but it can become also a blind force. Can you use your will for higher purposes? What is your relationship with wanting, willing? Following up to your willis not always the solution . Is it good to take some distance from all that blind willing? Reflecting before acting...

3.3 Phase 3: To ascend your will

3.3.1 Collaborating

You are an adult now, here in phase 3. You begin to explore and recognize the limits of personal willpower more and more. Working together becomes more important, more successful, than pushing your own will onto others.

3.3.2 Living together

Working together becomes living together. Living together is wanting to attune yourself to each other. Blindly following the ego is not the ideal sole solution any longer. It is more a give and take game.

3.3.3 Sharing

Give and take becomes an offering and receiving, a sharing. Any kind of coercion from the ego perspective is not always the right answer to wanting and manifesting. Willpower is very powerful but not the ultimate goal of life .

3.3.4 Understanding

Understanding willpower is different from following the will blindly. Some considerations and deviations are being made now.

3.3.5 Joining

Uniting willpowers is to use the will in the right way; not competing each other but joining each other. The ego will also has its limits.

3.3.6 Transcending

Transcending the ego also takes willpower surprisingly up to a new and enriching level. Willpower does not always have to be linked to a personal will. A real, genuine will should be free. Did I, my-self understand 'will' the wrong way?

3.3.7 Unconditionality

A free will is a will free from any kind of ego or inner compulsion. Any compulsive use of the will even an outer is best for all. We have now more fully understood what free will holds. A free will is an unconditional will. Likewise, love is unconditional, without judgment or abuse for personal gain. There is no such thing as gain without joining: Atonement

Conclusion: Taking the will as the center and understanding, a single point of contact is not always the right thing to do. Evolving a personal will into a collective, comic will is probably good practice for understanding life as a whole, not only your life.

A second table is added here before we begin our main course, the Jacob's ladder. This appetizer is the Jungian archetypes schema. Jung's presentation of the 12 archetypes is a good introduction, a good steppingstone on understanding the Jacob's ladder, the growing of the will, the soul path.

4 The dance of the ego

In Jung's archetypes concept we find a similar sequence of growing up as a soul, spiritual growth from the heart away from the ego/body. Individuation and the dance of the ego, the names Jung gave to this ascension process, is given here a brief overview.

Jung mentions that most scenarios for people and especially children in order to prepare them for life, are based on a healthy ego development, a strong 'I' personality. The pupil is initiated into knowledge, much less into understanding. The aim of schooling is to train the learner to achieve a common preset goal, which is, equal access to jobs, pay, education and status. The ego and body have focus.

On the other side there are the religions, also the new age applications that want to develop the soul and spirit, often at the expense of the ego. After all, the ego is for most religions a selfish person. It has egoic goals and stands in the way of the soul which has goals, transcending beyond the material. Both the ego and the body get in the way here in this religion perspective. The individual must bend or burst for a higher will, so religion says. The ego must become a slave to the collective, the cosmic, the god concept.

Although both have good elements that are certainly effective, a reconciliation of both perspectives is a great necessity.

The basic questions are:

Who are we?

Are we here to have temporary pleasure, to unleash our 'free will' onto the world?

Are we here to accomplish a higher purpose and do we need to let go of everything in the world to achieve this purpose?

Can't both exist together, join?

Every possible answer starts with the correct definition of the 'I' or the self. Who am I? What is this 'I', this self that feels individualized, separated like an island in the great ocean of life. For starters, this self ends where the body ends, it dies. That is told us, both by society and religion. Even when a soul is defined, the soul dies together with the body, or at least this soul life is over, has come to an end;

Thus the twelve archetypes of Jung are based on 1 life, 1 body. The continuation of the soul is not considered by Jung.

The twelve heroic archetypes described by Carl Gustav Jung help to develop our psyche/soul in a one time around life game. The three stages of the hero's journey — preparation, journey, return — parallel the stages of human psychology development: we in early life first develop the Ego, then when we become an adult, meet the Soul, or at least a life goal and finally give birth to a unique sense of self, later in life. That is the Jungian point of view.

First, in early life, the journey of the Ego teaches us how to be safe and successful in the world. Next the soul's journey helps us to become real and authentic as we encounter life's deepest mysteries. Third, the journey of the Self shows us the way to find and express our authenticity, strength and freedom.

4.1 The trinity ego, soul and self

According to Jung, the number 4 and the trinity are associated with wholeness as well as with the discovery of the Self.

The ego is the form we take in our lives. The ego creates a boundary between us and everything else, the world and mediates with this world. The ego also aids in learning to adapt to the world as we know it. The ego assists in acting to manipulate that world to better meet our needs.

The soul, which Jungians equate with the unconscious, connects us with the beyond-personal. The soul is the repository of all the potential of the human species, potential that lies hidden within each of us, like seeds that can germinate and are ready to grow when the external conditions are favorable (analogous to sufficient sun, water and fertile soil).

The "self" means achieving a sense of true identity. When the self is born, we know who we are: a body:mind/soul system. The disjointed parts of our unconscious come together and we try to experience wholeness and integrity. Our task then becomes to find adequate ways of expressing ourselves in the world. In this way we contribute to bring depth and joy into our own lives and help the psychological seeds to bloom.

The first four archetypes - **the innocent, the orphan, the warrior and the caretaker** help us prepare for the journey into life. From these four archetypes we learn to survive in the world as it is, to develop "I" power and, outwardly, to be good people and citizens, of high moral character.

The second four archetypes - **the seeker, the destroyer, the lover, and the creator** help us on our own journey as we meet our souls and become "true."

The last four archetypes - **the ruler, the sorcerer, the wise and the fool** mediate the return home. In the process, they help us learn to express our true selves and transform our lives. They take us beyond survival and struggle to freedom and joy. Still in the end we die.

	The Ego	The Soul	The Self
1	The Innocent	The Seeker	The Ruler
2	The Orphan	The Destroyer	The Magician
3	The Warrior	The lover	The Wise
4	The Caregiver	The Creator	The Fool

4.2 The role of the ego: protecting the inner child

The ego is the seat (seed) of consciousness and begins with the recognition that there is an 'I' separate from the mother and the rest of the world, an 'I' that can influence that world or be influenced.

In the beginning of life, however, the ego is unformed. We come into this world small, vulnerable and helpless. We have little or no control over our environment, only the ability to cry and inspire care by looking too cute, vulnerable and innocent. We are left in the care of parents or other adults who, no matter how hard they try, don't always guess what we need. They may not be able to, or may not even want to.

As we gain more control over our movements, sounds, and actions, we begin to learn that what we do can affect what happens to us. With this awareness in mind, the ego is born.

No matter how old, wise, or mature we grow, each of us has a fragile little child who still bears the scars of our formative years. The ego's first job is to protect that inner child. At some point during childhood, the ego begins to take over part of the protective function from the parents, and gradually, with maturation, it takes over that task completely.

This process is cut in four sequential archetypes.

4.2.1 The Innocent

The innocent helps establish the persona, the mask we wear in the world, our personality, our social role. While this outer image lacks depth and complexity, it gives us and others an idea of who we are and what can be expected of us.

The pressure to have a persona starts early with the question, "What are you?" What will you be when you grow up?" Adolescents may look for a primary sense of identity in popular music, current fashion, or fun activities. As adults, we identify ourselves by the work we do and perhaps also by our lifestyle. The fact is that, as any innocent knows, we have to be a person who fits into society.

The innocent inside wants to be loved and part of things. Early on in our lives, the innocent in each of us looks around at the options available and chooses a personality. The innocent inside wants to be loved and part of things. It wants us to be socially acceptable, to belong, to love others and to see to it those others are proud of us. Like a child, the innocent is not particularly critical of the group it wants to join. At best, it will choose a personality that is positive and socially adaptive. At worst, it can choose a criminal personality to fit into an environment and confuse honesty with naivety. Whatever the choice, the reason for having a personality is always to help us have a social place or place in the family and ideally to be admired and loved. If we don't, we won't be able to focus properly on the world around us.

4.2.2 The Orphan

Once the innocent chose the personality, the orphan within, who is a survivor and a bit cynical, the ego takes stock of the situation and sees which of our qualities will have to be sacrificed or go underground to fulfill that modified image. For example, a child who chooses a conservative lifestyle will have to sacrifice his life of flamboyance, while someone who chooses a criminal character will have to suppress concern for others. The third child in a family may think, "My big sister is the smart one and my brother is the talented; I'll be the prettiest", thus suppressing intelligence and talent to be cute or charming.

The orphan is trying to protect us from being abandoned, hurt or victimized.

The orphan is also the part of us that learns to recognize and avoid situations that are likely to hurt us. From the would-be kidnapper to the bully on the street, to the emotionally abusive relative. It tries to protect us from being abandoned, hurt or victimized. To do this, it can act on it with knowledge that the ego cannot even recognize, making it a secret and valuable, but hidden, unconscious.

We all have a collection of orphaned or exiled selves in the personal or collective unconscious. Much of this can be brought back to consciousness through analysis and other forms of therapy. Other 'I's' can unconsciously be around and some occupy a border area. We know them, but because we (perhaps rightly) disapprove of them, we don't allow them freedom of action. Or because of the values of our culture, we rarely show them to others.

4.2.3 The Warrior

The ego rejects parts that do not fit in the chosen personality and tries to control them. Actually, both the conscious and the unconscious goals are not so different. The ego also wants its needs to be met, but must also decide how to meet them. It mediates between the unconscious inside and the conscious outside world, offering some rational reluctance to focus and exploit the desires of the unconscious. The warrior assists in this task.

The warrior wields the sword to fend off anything that seems dangerous to the survival of the body/mind/soul system, the nascent ego, our integrity, and ultimately a true sense of self.

When the warrior acts strictly in terms of our self-interest, it helps develop our ego power. When it urges us to act morally or to help others, it helps to develop an ideal. At the lower levels, the ideal is determined by the values of parents and the commonness, and their beliefs about what can be good for others. Their opinions form an ego ideal. This ideal can be oppressive to us because we tend to suppress or deny elements of our own nature that do not fit with it. If we take that attitude into ourselves, the ego will punish us if we violate it. For example, if we are in a relationship that the ego does not agree with, we can get sick or even unconsciously sabotage the relationship to punish the deviation from the ego ideal. At a higher level, the ego reflects our own values, not just our parents or the culture, and is essentially very similar to the conscience.

4.2.4 The Caregiver

The caregiver is associated with kinder aspects of the ego and helps us develop a sense of morality and care for others. It is concerned with the welfare of others and ourselves. It may well be a form of ego that looks out for survival, not just of the individual, but of the family, tribe, commonness, or species. The ego will drive us to sacrifice our own well-being for others so that the group can eventually survive. As we mature and grow and become less dualistic, we also learn to balance our own well-being with that of others, so there is less and less conflict between the ego and the subconscious.

The caregiver is asked to sacrifice many of his or her wants, desires, and priorities, not just for the good of other people, but to find the soul.

The caregiver is concerned not only for our own children and the people we work with, but also for the well-being of humanity. It feels compassion for the planet and is concerned about the damage humanity has done to it and is willing to make sacrifices to heal wounds. It hurts when it learns that people in other parts of the world are starving, or people in our own cities are homeless, and urges us to do something about it. The caregiver's ability to sacrifice the lesser for the greater good and the ability to comfort and educate others are critical to developing a personality with room for both ego and soul.

4.2.5 Ready for the journey

The innocent and the orphan prepare us for the journey into life by teaching our discernment and help us to distinguish helpers from seducers. The warrior trains for battle and develops courage, and the caretaker learns humanity and compassion. As we build these attributes, we often experience the "Way of Trials." Usually we don't see its role as a heroic initiation: we just feel that life is very difficult!

When we hear the "call to the quest" and begin our journeys as seekers, we will usually be tested to see if we are sufficiently prepared. For example, we find out whether we have learned the lessons of the innocent and the orphan by distinguishing seducers from guides, and knowing who to flee from and who to follow.

We almost always have to prove our mettle by facing a dragon (a thing, person, or situation that terrifies us greatly). And almost always we are put in a position to show our compassion. In many fairy tales, the hero meets an old beggar and shares his or her last bit of food with that person.

The beggar, of course, gives the hero a magical tool that helps him to complete the journey. In ordinary life, this translates into passing a competitive advantage or following a sincere response to help someone even when it requires significant sacrifice, or simply practicing everyday kindness to help someone we meet.

In general, our journeys do not proceed until, by the way we handle these trials, we demonstrate successful preparation. When we have passed all these tests, we are ready to experience a metamorphosis, to die to what we are and be reborn in a new level of experience.

4.3 The process of the soul: Entering the Mysteries

Soul is the part of the psyche that connects us to the eternal and gives a sense of meaning and value to our lives. In Jungian psychology, Soul is often used as a synonym for the psyche itself, or, variably, for the collective unconscious from which the archetypes arise. In religious thinking, the soul is the part of every person that is immortal and capable of spiritual growth and development. In popular usage Soul is associated with the capacity for deep feeling (as in the expression "soulful"), or, as in "loss of soul", with the sense (or loss of such feeling) of meaning, value and purpose.

4.3.1 Getting real

Initiation begins in childhood with our first experiences of confusion, suffering, intense love, desire and frustration. For children, the easiest metaphor for this initiation experience is the process of an object or toy coming to life. Most children, like most adults, relate at some level to stories about objects coming to life; because until we confront our souls we can be good, maybe even be successful, but we won't really feel real because in fact we do not.

Pinocchio is a well-known example of children's literature about the process of becoming real. In Pinocchio, Gepetto longs for a son and carves the doll Pinocchio out of a block of wood. Then the Blue Fairy appears and gives the doll the ability to move on its own. Together, Gepetto and the Blue Fairy (symbolic of Ego and Soul, respectively) can make a well-behaved doll, but only Pinocchio can earn the right to be real.

In the beginning he is a "good" little puppet and does everything he has to do. His first sign of independence is an act of disobedience and betrayal to Gepetto, the Blue Fairy, and his little cricketing conscience. He leaves with the noisy Lampwick for Pleasure Island. Like most of us, when

he starts trying...follow his bliss, he gets sidetracked by trivial pleasures (eating candy and destroying property).

Pinocchio descends into the depths of instinctual pleasure seeking, but escapes just in time when he realizes that he and his friends are turning into...donkeys. This disorienting experience shocks Pinocchio so much that he begins to see the world very differently.

Pinocchio's initiation into the mysteries consists of four parts. First he sees the Blue Fairy and discovers that he has the potential to become a 'real boy'. This is his call to the quest. Second, he lets himself experience his own shadow qualities and the destruction they cause. Third, in the body of the whale, he becomes aware of how much he loves Gepetto and how much he is loved. Finally, on his return, the Blue Fairy turns him into a real boy because he deserved it: He lived life. He has suffered. He has learned to see with wiser eyes, and therefore to distinguish base pleasures from true bliss, and has acquired a faculty of true love. And he has learned to take responsibility for his actions without being watered down by shame or regret. In short, he has become real.

At the symbolic level, life is only at the level of the ego as a robot, toy or other inanimate object. The hunger we feel is for a more genuine experience. The quest with its call to Spirit is only the first step to find such a genuineness. Initiation shakes up our way of looking at the world and requires us to connect with our deeper wisdom to understand what is happening to us. This initiation can somehow anticipate the experiences of suffering, deprivation, and loss caused by the archetype of the destroyer, the capacity for genuine and passionate love and connection associated with the archetype of the lover (Eros), and finally, the union with one's Soul, which allows the birth of the new self (the creator).

4.3.2 The Seeker

The Seeker seeks enlightenment and transformation, but is initially very much controlled by the ego's thought process. So seekers assume that enlightenment is about getting "better," more "completed," more "perfect." Questing is about transcending our mere humanity. This, as we have seen, is the call of the Spirit, onward, a constant challenge to self-improvement. Initiation ultimately requires that we give up the ascent so that we can descend into the depths of the Soul and the truth of the Soul.

The Seeker's journey takes courage to break free from dependence and leap into the unknown. We are always afraid of what we do not understand or know. The person who is ignorant of his or her inner reality lives in fear of being alone and confronted with inner demons. The person who is ignorant of the outside world and how it works lives in fear of being outside in this world. Both are afraid of not knowing how to deal with what could happen. The Seeker's journey takes courage to break free from dependence and leap into the unknown. As Jung taught us, some of us are relatively more introverted and more at home in the inner world and love to explore it. Others are more at home in the outside world and love to discover that. We tend to take the most risks in the world at least we think we understand. The Seeker in each of us challenges us to explore what we fear most so that we ourselves are transformed by defying the unknown.

4.3.3 The Destroyer

On our inner journeys we can first experience the Destroyer in the psyche as the negative shadow, the potential selves that we have suppressed. Because they have been oppressed, locked up, hated and reviled, they have not had a chance to grow and develop, so they become distorted, harmful in their expression. Jung explains that the shadow offers an opening to the unconscious.

Taking responsibility for our own Shadows gives us access to the great riches of the underworld. That is why the underworld is often depicted as filled with fine jewels and treasures guarded by great

monsters. All heroes know that we cannot win the treasure without the willingness to confront the dragon. Where we do that first, we come as warriors, believing that the dragon is outside of ourselves. We beat it and win the treasure and of course Ego power. When we confront it again, we recognize that the dragon is ourselves, and we gain access to the treasures of our souls.

All heroes know that we cannot get the treasure without the willingness to confront the dragon.

Actually, the Shadow is a benign form of the Destroyer, even though it's eruption in the psyche can be terrifying; when integrated and thereby transformed, it always gives us a great gift. However, the Destroyer also comes as Thanatos, the death wish. Thanatos can erupt through the Shadow, destroying everything we thought was true about ourselves, but it's also the part of our psyche that makes us age, get sick, and die. It is in competition with death in its positive and negative guises.

4.3.4 The lover

The inner lover archetype is found in erotic life force energy, symbolized by the marriage of the god and the goddess within. A connection has often been made between the intimate, psychological oneness and the nature of the cosmos.

June Singer explains that the primordial division expressed as air/earth, man/woman, light/dark must be reunited. The symbol of this is the sacred marriage, which gives birth to the Self. Therefore, true androgyny is more than just sticking male and female roles together; it is a fundamental reintegration of the psyche that transcends duality.

The inner lover archetype is found in erotic life force energy, symbolized by the marriage of the god and the goddess within.

Jung taught that our entry into the world of the soul came through the contra sexual element in the psyche; for men this is the anima, for women the animus. We can do this paranormal recognize figure in a number of ways: the anima or animus often plays a prominent role in our dreams; when we engage in an art form, albeit often in our art as well; and we are attracted to real men or women who embody the qualities of our inner animus or anima.

We often know what is going on inside us by looking at our outside world. We learn to love the woman in us by learning to love and respect women outside of ourselves, individually and collectively. We learn to love the man within by learning to love men outside of ourselves and to respect them individually and collectively.

Although the sacred marriage of the god and goddess is no longer a symbol in the major western religions, it is a fact of psychological life. The sacred marriage within the psyche is variously represented as the union of opposing psychological qualities: masculine and feminine, body and mind, soul and ego, conscious and unconscious mind. The unification of each of these polarities—which comes when we are able to feel redeeming, merciful love (agape) not only for another, but also for ourselves—results in a deeper and more unified experience of the Self, characterized by ever-greater aspects of wholeness, potency and strength. The Creator

The Creator's archetype helps the seed of our true identity to awaken deep within us. It guides the birthing process of our lives. It's part of what we call our 'imagination' and it gives focus to our imaginative endeavors. Without imagination, we cannot create life; but without a sense of real Self, our imagination is unfocused. It creates many projects and ideas, but they are everywhere and ultimately unsatisfactory.

Jean Houston calls this seed the 'entelechy', emphasizing not its cosmic identity, but each person's unique, encoded life mission. Connection to the entelechy has always distinguished great men and women - be they artists, musicians, scientists, philosophers or spiritual teachers. They have a sense of genuine uniqueness and mission.

It's an acorn's entelechy to be an oak tree, it's a baby's entelechy to be an adult, and yours to be the God alone who or what. What happens in sacred psychology is to tap into the entelechy of the self, the level most directly related to the Divine Self. —Jean Houston

Connecting with our souls is most deeply about connecting with the entelechy - our individual destinies - so that we live what we do and make our unique contribution to the planet. The technology of the entelechy is creative, harnessing our imaginative potential to create lives born of the truth about who we are.

You can consciously experience these four Soul-related archetypes in analysis (perhaps if they show up in your dreams); by spiritual seeking; or simply through the daily experiences of your life - longing for more, experiencing great loss or suffering, falling passionately in love or experiencing great and unconscious authenticity, when suddenly what you are doing emerges organically and easily from who you are. In each of these cases, such experiences cause us to enter the mysteries of the soul, at least for the moment they occur. Almost all of us have had these experiences. When we allow them to change us, we experience initiation.

In analysis or other analogous ways of making the inner journey, these archetypes mark different stages of the individuation process, that is, the process by which we explore our inner psychological world, clarify our desires, integrate shadow elements into the psyche, balance masculine and feminine aspects, and coming to terms with a deep and profound sense of who we are. The result of this process - if we have been conscious as we have experienced it - is the birth of the Self. This achievement marks the return of the journey, which: culminates in the transformation of the kingdom, a transformation that can happen only when we not only give birth to the Self, but manifest that Self in the world in real and tangible ways. The process of doing this is the subject of the next chapter.

4.4 The process of the self: expressing ourselves in the world

The Self is an expression of wholeness, the end point of the individuation process. The journey is completed, the treasure is obtained, and the kingdom—one's life—is transformed on the basis of the new principle of order.

The essence of the Self is paradox; for it is simultaneously what is most unique about each of us and what connects our ego to the transpersonal.

The Self is also the entry point to an entirely new manner living from it, making us "live as battle" and in abundance. Thus, the image of royalty is appropriate for reaching this stage. We become kings and queens of our kingdoms, and as we are true to our inner Self, the areas of wasteland in our lives begin to blossom.

We all have a kingdom: the life we manifest in the world. Rulers often cling to old ideas about how things should be done or even outdated ideas about who we are. But the hero's journey is spiral, not linear.

We must continue to travel to renew ourselves and our kingdoms. The ruler who clings to the old truth or identity for too long turns into the evil tyrant and strangles the lifeblood from the kingdom

or individual psyche. To prevent this, we must once again sacrifice the old ruler and allow the new hero...

returned fresh from the journey - to reign instead, so that our kingdoms may be abundant and prosperous

4.4.1 The Story of the Grail

Many ancient cultures had a regular tradition of sacrificing the Ruler (or a surrogate) to renew the health of the kingdom. Such practices were literally portraying a metaphorical, psychological truth about the need for renewal and change. The sense of death and rebirth inherent in the cycle of leadership is: encoded in the traditional cry: "The king (queen) is dead. Long live the King (Queen)!"

The legends of the Fisher King were part of the great grail stories, popular in the twelfth century. Psychologically, they are also about the need for continuous renewal. In these stories, the Ruler is wounded and suffers. It is believed that The King's Wound causes the kingdom to become a wasteland. The king must be healed in order for the kingdom to become healthy and prosperous again.

The king lives in the Grail Castle. He can only be restored through the actions of a younger knight, who asks the correct question or questions of the grail and other related sacred objects. For example, in the Parsifal legend, Parsifal initially fails to ask the magical questions. As a result, he spends years wandering aimlessly as the Fisher King continues to suffer and the kingdom remains a wasteland.

However, eventually Parsifal finds his way back to the castle, asks the questions, the king is healed, and once the kingdom blossoms and prospers more.

Many times in our lives we find ourselves in the position of the Fisher King.

Something isn't right. We feel wounded, disconnected from ourselves and our kingdoms reflect our inner state. Often we don't notice our own injury at first; we are just unhappy with our lives. replies that previously worked for us serving no longer.

We have all the main characters of the Grail story in us. The part of us that is fragmented, split, and wounded—that knows about the splendor of the soul, but cannot connect that splendor to our daily lives—is the Fisher King. The young knight is the Seeker in all of us, longing for the Grail. The Grail offers the capacity for renewal, forgiveness and transformation. It is also in us.

The story of Parsifal and the Fisher King is part of the larger Camelot story - of King Arthur, the Round Table, and the quest for the Holy Grail. Idyllic images of Camelot in the golden years are a good metaphor for achieving individuality. Images of the suffering Fisher King provide a metaphor for what happens when the Self is wounded and suffering. Jungians are fascinated by the grail stories, and especially the story of Parsifal, because so much psychological truth is encoded in them - truth that teaches us how to heal the wounded Ruler within so that we can experience our own versions of Camelot.

4.4.2 The psychological significance of the cross

In alchemy too, transformation only comes after a painful experience of inner paradox. The similarity of the symbolism suggests that the psychological truth expressed in both Christian and alchemical symbolism is very deep, powerful and archetypal. In alchemy, the solution to the paradox identified by Parker Palmer is that the "cross" is symbolized by a sacred inner marriage of male and female, consciousness and the unconscious, spirit and soul. This symbolic inner marriage is also an experience

of death and rebirth and is accompanied by deep suffering. It is symbolized, as Titus Burckhardt explains, by "an inverted T" or "cross." The vertical axis of this "T" or "cross" represents the union of consciousness (upper) with unconscious (lower). The horizontal axis represents masculine and feminine energy. Consciousness (ego) and unconsciousness (soul) are spirit, which acts as a catalyst, and "acts on the original agent like a magic word."

The structure of [the cross] itself suggests the opposites of life - left and right, up and down. It symbolizes the way we are drawn between this person and that, between our conflicting obligations on the "horizontal plane." And the cross bears mute testimony to the way we are stretched on the "vertical" dimension of life, between the demands of the divine and the fears of the flesh. To walk the way of the cross is to be nailed to contradictions, torn by contradictions and tension and conflict.- Parker Palmer

The powers of male and female are "represented by two serpents, writhing" themselves upward along the vertical axis of the cross to the level of the horizontal arms they finally meet and hug in the middle, while they are transformed into a single serpent attached upright to the cross." 5 Translated into the terms of the Grail Myth, this means that we begin by seeking the Grail in an active, conscious and "masculine" or yang way.

Somewhere along the journey, this conscious, active experience becomes an initiation, opening us up so that we become receptive, ensouled, and "feminine" no," or yin, like a grail. In doing this we awaken to Spirit, who heals the dualistic split that characterizes the life of the Ego. This healing not only unifies our consciousness and gives birth to the Self (when Ego serves the Soul), it also allows us to reconcile the opposites so that we joyfully accept the responsibility of being the Lords or Rulers. of our own lives. But the only way to do this is to stay with the suffering caused by the internal contradictions and paradox, by allowing that suffering to heat up the alchemical vial so that Ego and Soul, male and female, can be "cooked" on a way that transmutes and unites both.

The risen Christ is Christ the Lord. The Risen Self is symbolized in alchemy by the androgynous monarch. Within each of us the fully realized Self is experienced as a sense of inner depth, peace and wholeness. Most of us only know this state in fleeting moments when we feel completely whole and ourselves. Such moments, however brief, have a magical quality that speaks to us about what life can and perhaps will be.

The Responsibility to Be Conscious When Parsifal visits the Grail Castle for the first time, he is given a sword. Then he sees the Grail procession, including a spear dripping blood, carried by a squire; a Grail radiant with light, carried by a maiden; and a dish or bowl carried by a girl. Parsifal could heal the king if he asked about the meaning of this procession and these objects - but he fails to ask.

The experience of visiting the castle and the symbolic objects and figures found there correspond to the archetypes of the initiation of the soul. The gift of the Sword represents the call to the Quest (the Seeker); the Spear dripping blood represents Death (the Destroyer); the Grail represents Eros, the feminine aspect of spirituality (the Lover); and the bowl or bowl represents the archetype of the Creator, for when we give birth to our true Self, we not only feel "nourished" and nourished, but our actions naturally nourish others.

Parsifal and the wounded king represent different parts of a psyche. Parsifal has the great Soul experiences - like all of us - but he does not inquire about their meaning, and therefore he does not heal the king. Thus we see that it is not enough to have the experience of the quest - of initiation, death, eros and birth. We have to make the experience conscious. Only in this way do we make the meaning known to ourselves and others. 7

Most of us have experienced a call to the quest - great loves, passions and... losses; internal and external suffering and conflict; and opportunities to create and miscreate our own lives - but if we take them to the fullest without acknowledging their soul purpose, we can remain untouched by these wonders. To be transformed, we must wake up and experience wonder. We must think about such events, ask: to have their meaning revealed to us, and to allow ourselves to recognize that we have been touched by the transpersonal world.

Both Parsifal and that other great grail knight, Lancelot, don't ask at first

the meaning because they are so overwhelmed by the procession that they become sleepy. As with all of us who are conscious only at the level of the ego, they were not awake. Even as great knights, they were somehow really sleepwalking.

All selves are fundamentally wounded when ego and soul are disconnected from each other.

The Self is not fully realized in the positive image of the healed monarch until we are willing to accept the burden of consciousness and not only have initiatory experiences, but also allow the wisdom they bring to be integrated into consciousness. Royal life is taking the responsibility of knowing what we know - and inquiring about what we might know.

We know we're coming out of the journey when the split stops working for us, and we don't just start letting our conscious minds and egos know what we

have done, but to act on what we now know. The Wounded King is, of course, none other than our wounded Self, for all Selves are fundamentally wounded when Ego and Soul are separated from each other. linked.

Eros and Knowledge: Beyond the Consciousness of the Left Hemisphere The wound of the suffering monarch is always in the genitals. 8 There are many layers of meaning here. First, there is the cultural devaluation of Eros, which cripples us all spiritually. Healing the wound to Eros - literally and figuratively associated with genitals - heals the soul because it is the aspect of Soul that has been systematically devalued and denigrated by culture.

Eros is associated with the soul and also with the feminine. Marion Zimmer Bradley's bestseller *The Mists of Avalon* tells the Camelot story from the point of view of Morgaine le Faye, a priestess of the ancient goddess religion, who is destroyed as patriarchal Christianity takes over the round table. The denial of the goddess is part of the creation of the new order; it is also responsible for his injuries. Without the goddess, without the principle of Eros and the feminine as sacred powers, passion becomes destructive (the adulterous love of Guinevere and Lancelot leads to a schism in the kingdom). But beyond that there can be no real health or wholeness until Eros, the goddess, and women are restored to their rightful place of honor. The Grail itself is a symbol of the right relationship between the masculine and the feminine; therefore the knights had to look for it. The kingdom had become overly masculine and, as Christianity replaced earlier fertility religions, disrespectful of the sacred energy of Eros. The chalice itself symbolizes "feminine" energies, filled with "masculine" spirit. The grail then represents the sexual union between the masculine and the feminine on a psychological rather than physical level.

The genitals are also associated with generativity and fertility. The wasteland suggests a failure of fertility on every level: sterility of the womb, of the land, and of vision.

The grail itself is a symbol of the right relationship between the masculine and the feminine.

Rulers during this time and in this ancient tradition were seen as symbolically married to the kingdom. Any major problem within the kingdom - and certainly the kingdom becomes a wasteland - means a failure of that marriage. Like the sacred marriage of alchemy or the marriage of Christ to the church, the rulers' marriage to the land means the union of a number of opposing principles:

masculine and feminine, ego and soul, inner reality and outer manifestation. The failure of this marriage is evidenced by a lack of fertility and prosperity in the outer or inner life.

The healing of the wound to the genitals begins with connecting all of our disparate parts so that one's mind, emotions and sexuality will work and work together. Earlier in life we split off to create the Ego so that our sexuality can come under the control of consciousness.

We do this for good reason: to develop a sense of discipline or self-control, responsibility for ourselves and others - and to make sure we're not all overrun with children.

This is an important and good lesson, but it leaves us all wounded. When we remember that Eros rules connectedness, we understand that we cannot have a fully integrated consciousness until the primary wound in the genitals has healed.

It is also Eros, or Love, which connects the separate parts of the psyche: Ego and Soul, consciousness and unconscious, masculinity and femininity. Healing this wound restores a oneness beyond the splitting of spirit and flesh, mind and body. A result of this inner connection of heart and genitals, generative and excrement, is a capacity for relationships based on the knowledge that we cannot create the new (including the new Self) without destroying or letting go of the old to some degree.

The oneness that results from Eros, the healing of internal conflicts and tensions, gives the capacity for a different kind of consciousness than that which is only mental. The requirement of consciousness, which is the Presupposition for claiming power over one's life, is not just knowing the mind or the left hemisphere. The biblical use of the verb "know" as a way to describe intercourse is: key here. We must become aware in a way that combines mind, body, heart and soul. We must experience our suffering and our transformation with the same mind-body connection that characterizes sexual intimacy.

most profound and beautiful. This is the kind of knowing, the kind of consciousness and opening to life and experience that alchemically allows transformation of consciousness. In this knowledge, the crucified Hee r becomes the risen king; the alchemical pair disintegrated in the androgynous monarch's vial; and you and I fully experience our suffering, awaken it, and emerge the rulers of our own lives.

4.4.3 The Ruler

The Ruler is associated with the creation of psychological wholeness and order. The Ruler's purpose for the psyche is the creation of a single, unified, fully manifested Self. The main function of a ruler is to order the kingdom, and the result of the process is a sense of peace, oneness and harmony: all the scattered pieces come together.

The Ruler is the committee chair who guards the order of the psyche.

It is also the re-educated ego, which at its highest level no longer needs to protect the psyche from the soul. If the ruler is highly developed, it will surely give each of our inner voices, and all the archetypes active in our lives, the opportunity to speak and be heard.

The Ruler's purpose for the psyche is the creation of a single, unified, fully manifested Self.

If our Ruler is not very well developed, he will create order by suppressing some parts, creating a split between the accepted and the banned parts of the psyche. If taken to extremes, it could eventually lead to internal civil war, suffering and possibly even illness in the psyche. Most of us have rulers who: are somewhere in between. They close many potential parts of ourselves, but try for a harmonious, orderly expression of many others. In a healthy psyche, there will be considerable diversity in the voices that are heard.

The ruler can be the benevolent monarch who can rule well because he or she speaks for Soul or Spirit in the world. In this case it means that the ruler archetype is directly connected to the soul and makes judgments between various aspects of the psyche, not only by listening to the ego's concerns, but much more fundamentally by consulting the will of his or her soul.

4.4.4 The Magician

The Magician is the element that can continually heal and transform the Self when the order becomes too rigid. It works in the psyche as a means of regeneration and renewal, for oneself and others. This is the part of the psyche that can integrate the Shadow and convert it into usable energy.

The Magician is an inner alchemist capable of transmuting basic emotions and thoughts in more developed ones, to help us learn new patterns of behavior, and to transform primitive behavior into more sophisticated and adequate behavior. And, as the originator of the placebo effect, the wizard can heal (and create) diseases. When Ego is in the service of Soul, it is the archetype that

helps to raise awareness of the process of creating or transforming our lives.

The wizard is the part of the psyche that can integrate the shadow and convert it into usable energy.

Although all archetypes associated with the Self link to:

the numinous, the sorcerer connects with the power of the divine to save, redeem or forgive. It also nurtures these abilities within ourselves as we learn to forgive ourselves and others, and by doing so fully, to turn negative situations into opportunities for greater growth and intimacy.

4.4.5 The Wise

The Sage is the part of the psyche that is experienced in meditation as the objective Self. It looks at our thoughts and feelings, but is above both. As such, the Sage helps us face what is true in our lives and transcend our lesser selves to be one with the cosmic truths. If we stop fighting the truth, we can be free. In Jung's typology, it is the wise old man or woman in our dreams who gives reliable advice.

The sage is the wise old man or woman in our dreams who gives reliable counsel.

The sage within is that part of us that perceives when we meditate or experience the daily events of our lives. It's that part of us that can watch our

thoughts and feelings and let them flow without being attached to them. 12

In therapy, the Sage allows us to notice and see our pathological patterns the way we project our own scripts or perceptions onto the world.

It observes those patterns and is able to experience a greater truth that lies beyond. The difference between representing reality in a relatively adequate way and through twisted thinking is like the difference between looking at the world reflected in a calm pond and a pond in which the water moves.¹³

4.4.6 The Fool

The Fool is the element of the psyche that is the multiplicity of consciousness. Like the court fools who ridicule the king or queen, the internal fool (or trickster) constantly undermines our sense of a unified self. It is responsible for Freudian slips and other clues that what the conscious mind thinks it wants is not the whole story. The Fool teaches us that we are always expressing ourselves in the world, not a single Self. The Fool is therefore often seen first as a disturbing shadow self, the precursor of the new emerging Self.

While not the Id, the Fool is the archetype that helps educate, transform, and integrate the Id with other aspects of consciousness - and hence the repository of psychic energy.

The Self which is not only realized, but constantly renewed and renewed, therefore needs all four of these archetypes. Indeed, there is always a feeling from repression into rule only by the ruler. All that royal order stabilizes only to a limited extent. For example, the ruler, if he is at a high level, would want us to express everything twelve archetypes because this increases our success and effectiveness.

Theoretically, however, the Ruler would not want an archetype to be expressed that did not contribute to the overall health of the kingdom or was inconsistent with the existing order. The archetype that doesn't fit may be banned or sent to the dungeon. The Magician focuses on moving each archetype to its lake positive manifestation, so it will be helpful. The Sage helps us to see that the essential truth or gift of each is recognized so that rational decisions can be made about it.

The Fool teaches us that we always express ourselves in the world, not a single Self.

The Fool wants them all to be expressed for the joy of it. It doesn't matter to the Fool that this contributes to individual development, to inner peace or wisdom, or to productivity. The point for the fool is to express all his many because it feels good to do so. So the Fool gives us the space to express ourselves in the world, not so much to transform that world as to express who we are.

Together, the four great court figures help us to be integrated and responsible, healthy and connected, honest and wise, versatile and joyful. They are,

indeed, the reward at the end of the journey. When we express ourselves in the world – have experienced suffering and loss and discovered that we do

survive them - we are no longer controlled by fear. That's why we're more free

take a risk. Because we have discovered our identities and callings, we make

a sincere contribution to the world. Because we tapped into our creativity,

we will likely find ways to be rewarded for our efforts. Because we have learned to love, we tend to receive love from others as well.

When the ego dominated, we lived in a world of scarcity, but now things

feel abundant. We also understand that it often involves learning to recognize and let in the many gifts of life. Having experienced miracles in our travels, we no longer believe we have to do it all ourselves; indeed, if something is really ours, nothing and no one can take it from us. If not, nothing or no one can let it stay.

The more grounded we become in manifesting our unique selves, the less we

must be happy. We don't need a lot of work, we just need the work

that's ours. We may not need many loves, just the ones that really satisfy.

We may not need that many possessions, but we really cherish the possessions we have because they reflect something in ourselves. We may not even need that much

money, because we spend it on things and activities that we really enjoy.

Slowly but surely we are beginning to discover that we don't have to climb the ladder of success to be happy; we just need to be completely ourselves. if we do that,

we have everything. The cycle of repetitive suffering is diminishing, partly because it is expected and thus not feared, and partly because of the growing realization that we don't always have to be a unified Self to feel whole. The Fool responds to inner plurality, not by suffering, but by offering the discrepant

pieces of the psyche the ability to dance with each other. Or the music

of the soul, to which they dance, is dissonant or harmonious, or the dance

beautiful or clumsy, it doesn't matter. The dance is for itself.

5 Jacob's ladder

And Jacob went out from Beer-sheba, and went toward Haran. And he lighted upon the place, and tarried there all night, because the sun was set; and he took one of the stones of the place, and put it under his head, and lay down in that place to sleep. And he dreamed, and behold a ladder set up on the earth, and the top of it reached to heaven; and behold the angels of God ascending and descending on it. And, behold, the LORD stood beside him, and said: 'I am the LORD, the God of Abraham thy father, and the God of Isaac. The land whereon thou liest, to thee will I give it, and to

thy seed. And thy seed shall be as the dust of the earth, and thou shalt spread abroad to the west, and to the east, and to the north, and to the south. And in thee and in thy seed shall all the families of the earth be blessed. And, behold, I am with thee, and will keep thee whithersoever thou goest, and will bring thee back into this land; for I will not leave thee, until I have done that which I have spoken to thee of.' And Jacob awaked out of his sleep, and he said: 'Surely the LORD is in this place; and I knew it not.' And he was afraid, and said: 'How full of awe is this place! this is none other than the house of God, and this is the gate of heaven.' And Jacob rose up early in the morning, and took the stone that he had put under his head, and set it up for a pillar, and poured oil upon the top of it. And he called the name of that place Beth-el, but the name of the city was Luz at the first.

— Genesis 28:10–19

"And he saith unto him, Verily, verily, I say unto you, Hereafter ye shall see heaven open, and the angels of God ascending and descending upon the Son of man." This statement has been interpreted as associating or implicating Jesus with the mythical ladder, in that Christ bridges the gap between Heaven and Earth. Jesus presents himself as the reality to which the ladder points; as Jacob saw in a dream the reunion of Heaven and Earth, Jesus brought this reunion, metaphorically the ladder, into reality.

John 1:51

We arrive here at our main subject. Jacob's ladder is a schedule on how to upgrade to a soul level. Here we ascend the will and the ego and move from a 3D linear time dimension to a 5D multidimensional level. Thus going through the 33 steps, don't read the text with your mind. Know it from the heart. Listen while reading to the silent voice within.

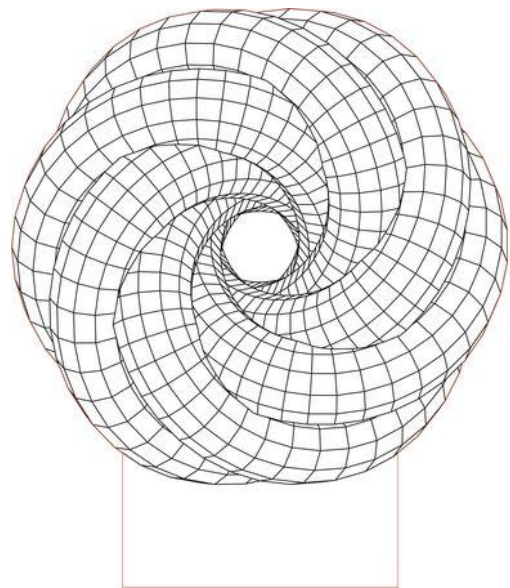
Above we gave some examples and meaning of the soul path from the traditional psychological perspective. This old perspective we ascend. That is what we mean with upgrading 3D to 5D. The meaning is to be found beyond the mind. Walking this path is not following the suggestions in each step. The path is a path within. Only you know that path. Knowledge cannot bring you there, knowing will.

This path is multidimensional. A 3D projection of this path might be a spiral with circles in a 12-9-6-3-2-1 sequence. This process is not exclusive to Earth or the Solar system. Still the phrasing is done with humanity in mind.

As a repeat, this 33 steps path is not to leave the world behind, but to see the world for what it is and to walk on the Earth in your true essence.

Success.

	Mind	Heart	Soul	Spirit		
1	Step 1	Step 13	Step 22	Step 28	Step 31	Step 33
2	Step 2	Step 14	Step 23	Step 29	Step 32	
3	Step 3	Step 15	Step 24	Step 30		
4	Step 4	Step 16	Step 25			
5	Step 5	Step 17	Step 26			
6	Step 6	Step 18	Step 27			
7	Step 7	Step 19				
8	Step 8	Step 20				
9	Step 9	Step 21				
10	Step 10					
11	Step 11					
12	Step 12					



The Jacobs ladder also has everything to do with the spine. In this first part you can think about it as the Kundalini energy. Simply put, Kundalini means that the energy flow through all chakras is smooth and unimpeded. The backbone becomes a portal, a torus, a portal of appearing and disappearing energy.

That is what we mean by being here and now: embodying the energy flow, making it conscious. The concept of 'physical' is then chosen unhappily. Physical only means visible, tangible. Physical as in 3D is too limited. Feelings are visible but therefore not tangible. Yet feelings are embodied just like thoughts.

The present consciousness, or 'here-now' consciousness is the most creative, effective state of being for achieving your goals and healing. If your consciousness is out of the present time, meaning pieces of your energy are in the future or reliving the past, it is nearly impossible to create that future or let go of that past. On the other hand, when you are in your body, alert and in the present time, you are currently in charge of your life to the best of your ability.

When you are in the past or future, parts of your chakras or aura are literally at a standstill and unavailable to you. It's like spinning your wheels. Your energy isn't even in your body. You may have trouble being present with loved ones or at work, and you generally feel scattered and spacious, which is literally true: your energy is scattered and in another space.

Below is an example of an exercise to visualize the Kundalini flow. This first series of 12 steps therefore concerns the 12 human chakras, human because they belong to humanity, but therefore not to the human physical body. To limit a human being to a physical bodily system is a lamentable error, which we do not support.

5.1 Basic Kundalini Exercise:

1. Ground yourself. Be aware that you are here and now. Now means being not in the past or future, here means in your human 12 system.
2. Stretch your aura up to three feet in all directions around your body: above your head, under your feet, to either side of your body, and front and back, in the egg shape you may have learned before.
3. Golden sunlight streams into the crown chakra from just above the aura. From the crown, it flows down the back of the spine, around the tailbone, back down the front of the spine, and back through the crown.

After the golden sunlight travels down the back of the spine, around the tailbone and down the front of the spine up to the throat chakra, the golden energy divides into three equal parts. Two parts flow down the arms, leaving the palms. The third part flows through the head and leaves the body through the crown chakra.

4. Visualize a golden sun about eight inches above your head. See it glow radiantly.
5. Direct a beam or stream of sunlight at your crown chakra in the center of your crown. First, make a very small trickling stream of it. This allows it to move freely through the kundalini canal without causing a disturbance if the canal is clogged.
6. Bring the small stream of golden sunlight into your head using breath, visualization and intention. Point it toward the back of your spine just below the ridge at the base of your skull. Go slow.
7. Continue to direct the flow of golden light, still moving slowly, all the way down the back of your spine to your first chakra, which is at the base of your spine.

8. Allow about 10 percent of the energy to flow along your grounding cord, taking any blocked energies with it.
9. Slowly direct the remaining 90 percent of the golden sunlight back toward the front of your spine.
10. When the light reaches your throat chakra, divide it into three equal parts in the center of your throat. Then send two parts down through your arms and out of the palms, and the third part up and out of your crown chakra. There will be a continuous inflow and outflow of golden light through your crown area as the flow goes down and up again.
11. When you feel the energy flowing smoothly from the palms and your crown, continue visualizing the downward flow down the back of your spine and the upward flow down the front of your spine. Each time you visualize this again, you follow the energy movement with your consciousness all the way out of your hands and your crown. Do this several times until it starts to feel and look natural and easy.
12. Expect this to continue automatically from now on without your constant attention.
13. Bring your awareness to the bottom of your feet. Greet Gaia, the Earth Mother, and thank her for all she gives to sustain your life: food, shelter, clothing, cars, heat from fuel sources in cold weather, water to drink and bathe in, flowers and trees for beauty and the creation of the air we breathe, and everything else that sustains and enhances your physical life and nourishes your spirit. Then tell Mother Earth that you promise to always take care of her and respect her in every way; tell her that you only take from her what you need and return her gratitude and love. Find your own sincere way of expressing the energy that already flows upwards from that point.
14. Use the rest of your meditation time as you normally would. You may use this exercise during or after you went through the first 12 steps.

The aim for this exercises is for you to be very specific for what to ask for, manifest and on what level. As it may obvious and unconscious before what you invited in your life. These exercises ask you to be aware of what you are radiating and calling into your life and existence.

You are connected with everything and everybody. This ascension period gives both you and me the oportoneness to become aware of them. You manifest your own live as an individual as a collective eternal limitless being. Mastering this is the aim of this book and the Jacobs ladder.

6 Phase 1: the 12 steps of the mind

6.1 Step 1: Admit you don't know who you are.

Mind
Step 1
Step 2
Step 3
Step 4
Step 5
Step 6
Step 7
Step 8
Step 9
Step 10
Step 11
Step 12



Admitting that you don't know who you are is not a shame, quite the contrary. Claiming that you know who you are and knowing where you are going without really knowing it, is just arrogance. No one should feel guilty for not knowing what life is about. It's just a fact that you don't know who you are. Here we start. This is our starting point. There is much more to come.

This statement, not knowing who you are, seems trivial and unimportant. "We do what we want anyway", no?. We kindly ask you not to ignore this statement. Not knowing who you are seems unimportant in this world, or rather: "we can be who we want", right?

This kind of reasoning, "I am who I want to be", is the exact evidence of the profound misunderstanding that this misunderstanding has literally turned your world upside down. Your world has also literally turned upside down, and this is why you and your fellow man are stuck in suffering and confusion about the truth of who you really are. Your confusion about who you are has completely turned things upside down. Still you call the upside world "reality". And this confusion, this fake reality, we must first pass before we can enter the path towards truth.

This course systematically goes through these misunderstandings and when you follow this step-by-step plan, a reversal will take place. Things will become clear to you. This reversal will happen automatically as you progress through this process. No action is expected of you at first, only

understanding, understanding mentally. This process is written here to help you, not to convince you. It is not faith that we offer here. What we offer are tools, stepping stones, no more no less.

You will need to take the steps later and integrate the truth of who you are together with the new insights. This is not the author's truth, he does not have a monopoly on the truth. The truth abides within you. And the ultimate opening of the truth will unfold a new world. It will set things straight, indicate who you really are.

No one will argue that these stepping stones are easy. However, they are necessary for finding your happiness, they are needed for your survival. We wish you an exciting journey through this mandatory step-by-step plan. Everyone encounters the truth sooner or later. That is a certainty because the truth is certain. Who you are is a certainty, and this certainty you don't have within you, and that is the problem. You think you know who you are, you are still in doubt.

Truth cannot be owned and therefore cannot be sold. The truth is. The truth can only be shared. Keeping the truth to yourself is impossible. Keeping the truth for yourself like other things, keeping objects to yourself is like denying this truth, denying yourself. Holding on to things, objects, ideas even is proof you don't know who you are.

That's what we mean by step one here. "Not knowing who you are" is like denying yourself. Denying yourself it is impossible for you to achieve anything, a goal, a task or just a place you want to go to. Who goes to where, not knowing who you are?

A headless chicken is not a misplaced comparison. Not knowing who you are is driving a vehicle with no one at the wheel, literally rudderless. We leave this insight further for you to ponder.

How did this get this far, this utter confusion? A good understanding of the cause is in order here. Everything has to do with the 'old' way of learning. Learning happened through the mind. Through your life you were asked to go through a certain substance of learning, a curriculum and put it into your mind, take it into your brain. "So you know more than before", that you were told. That's how you constantly became 'someone else'. That is why you left the real you behind.

We have all been young, children. We have all been to school. We have all sat on those benches, constantly struggling understanding what was being said in the front of the class. We were also consciously or unsolicited learning material thrown at us elsewhere, at home or just on the street.

That was not easy for anyone. We all felt being stupid. Being stupid and believing this is not who you are.

Learning means constantly adapting to the new. Sometimes it was easy, often it was hard, difficult. It took effort. It touched on our confidence in ourselves, who we were. Who we were was constantly being questioned by this type of mental learning. Often we couldn't answer the questions they asked us. We were asked to absorb what we had learned and we were tested on it. "Can you tell me what ... means? Often we did not know the answer and we felt ashamed. We do not want to evoke here the shame itself or confront you with it at all, on the contrary.

We want you to feel and understand that those were confusing times. We only ask you to allow this confusion here. We ask you not to hide this confusion behind book knowledge and complacency.

We ask you to see that when we don't know our starting point correctly, we can't determine correctly the direction we're going. When we move from a theoretical point A to a theoretical point B, it is obviously impossible for us to reach point B correctly when we have not defined the starting point A or stated it incorrectly. This is what ancient mental learning did to us. We got confused about who we are. We were bombarded with 'changing', 'learning', 'adapting' away from who we are.

This is what we mean here. Only when you know who you are, you may sincerely and truly shape your life. Allowing confusion about the correct starting point is therefore giving room for possible mistakes. Changing the starting point here is finding yourself back again and being able to reorient yourself in this world.

This course is a step-by-step plan and in order to be able to take the first step, it is now obviously necessary to first determine our correct starting point. Admitting that we do not know this correct starting point is therefore not a shame but a correct insight thus we can reorient ourselves. The first step here is therefore the question of reviewing your orientation skills and specific your starting point, next redefining, sharpening it so that you can head in the right direction afterwards.

The first argument, the acceptance of confusion about who we are, is about the fact that, when we were young, naive and inexperienced, we didn't have the ability to critically approach the information we received from authoritarians. Our parents, our teachers, our environment gave us information and we clearly did not have the means to test and judge it for its correctness.

It is not our intention to throw a stone at anyone. Our aim is only to question the data and information we have received from them in connection with our confusion about the data about ourselves now. It is also not our intention to substantively question this specific information received by these persons. It is our specific intention to point out that these people were also not on the right track.

The information they made available and offered to you was not the correct information. These individuals, in turn, did not know who they were, and possibly do not still. It is therefore our intention here not to accuse these people of allegedly being wrong or having acted incorrectly. Our goal is to forgive them because they were also ignorant of the correct starting point, the starting point: who am I.

The second argument we want to put forward is our unconscious urge to know it better. As mentioned, our childhood was established as a time of learning. We were then asked to absorb certain information and skills in order to continue working with it, according to a specific or specifically imposed curriculum.

What is a curriculum worth when the person offering the curriculum himself is confused about the origin and the way? What is the curriculum worth when it is composed and offered by equally confused persons as to who they are. Not only do these people unwittingly conflict with their own recorded schedule, they also convey their frustration to the students who have to go through a curriculum that is confusing and then those teachers confuse these children as well.

This is the true meaning of the original sin recorded in Christian scriptures. It is the fact that our identity was not correctly understood by our first ancestors, and exact this confusion/sin was passed down from generation to generation. No one knows yet where it went wrong.

This is how originally the sense of confusion arose in us. Allowing and acknowledging this very confusion is the first step in our planning: accepting what is. Only when we accept what is, we may see it for what it is and give change, adapting a chance.

This confusion lives in each of us and has been suppressed in all of us. It abides, lives on in our subconscious, collectively. It has an existence of its own. Facing this confusion and allowing it to be, takes courage. We ask you for this courage.

There is certainly the urge to resist this confusion. This urge to resist still exists within us. Our second argument is acknowledging the conscious and/or unconscious urge to suppress this confusion by faking a curtain of knowledge and complacency. "I am not confused, quite the contrary. I know it even better than you".

Understand this urge to cover up the confusion and allow it at first. Let this urge become visible so that we can work with it. Make it visible but don't fight with it. Just let it be.

The tendency to know better is a given. This tendency is a diversionary maneuver to mask the confusion within ourselves. We built a wall of knowledge around us to hide all questions and especially our feelings of inferiority.

Wanting to be the best of the class is another similar attempt at suppressing, or another one... "trying to do the right thing", or "trying to figure it out all by yourself", these are all consequences of this "old" learning program that we and everyone else in our youth received and was forced upon us.

Getting angry whenever we make a mistake has little to do with making that mistake, but because of the unconscious confusion that is evoked. We punish ourselves.

The old school learning also involved testing the student on the subject matter to be learned, either verbally or in writing. You can easily imagine the moments of fear, confusing the mind.

The continuous testing of the information provided by people with authority over others and therefore also has completely screwed you up, your starting point, who you are. Constantly testing information and integrating data, has thrown us off balance. Apparently "it was never good enough". Apparently "I'm never good enough. I am not who I think I am. That's what they tell me here".

We were never good enough. It always can be better. It could still be faster, earlier, different. This atmosphere of competition and comparison has now become a common stumbling block to determining our starting point here and now. We are unsure about ourselves and therefore also about the path to follow next.

We've been told we should be proud to be top of the class. We were told that good grades were better than bad grades. We were told that that should be our goal, ie. to be better than the other. And so our suspicion about who is who and what is what has only grown and it has definitely not become clearer, despite the abundance of mental knowledge. The emphasis on old school learning was based on achievement and fulfillment and filling up the needs of what they, our teachers and masters, ordered us to do. Their confusion became ours.

This results in a state today that we think it's right that, what we do all by ourself, we do better. After all, we are still in constant competition with the other. This has been forced upon us from a confused position of the teacher and this is an ongoing process.

Being in competition with the other is not the correct starting point for doing anything at all. We are in reality not in competition or in conflict with anyone else. But we didn't know that back then and maybe not even now.

So if we now offer you new arguments and data here, it is obvious and unconscious that you will also approach this information very critically. This on itself is not a problem. However, the tendency that you will by definition not listen to this information is the big problem. We are not concerned with whether our information is correct or not. The argument we present to you now is that your critical mind is not critical at all but just wholly mistrustful.

A mistrusting ego cannot listen and will not reorient itself to reset its starting point. That's what we're asking of you now. We ask that you have the courage to see that you do not know the way and you do not know who you are. We do not ask you to accept this without further ado. We ask that you consider this as an opportunity, no more, no less. This takes courage. This requires a neutral critical view. This requires an honest look of yourself in the mirror so that we can reorient ourselves.

Many emotions will probably arise: the feeling of unworthiness, the feeling of anger at so much nonsense looking from an historic perspective at our past personal life as being a learning but confused human being. This is more dramatic for some than for others.

You may even have accepted the information received from the past as very steadfast and correct. We don't want to deny you this either. All we ask is your willingness to see that you don't know where you're going and where you're coming from or, in short, 'who you are'.

Our intention is to move in a new direction and that is why we are asking this in this first step. Keep the possibility open that you don't know what life is all about. When you don't keep that possibility open, it will be impossible for us to provide any further instructions. Today's instruction in this first step is the request to keep open the path we want to walk with you.

Only then will our communication be able to continue and through this communication it will be possible for us to further convey our instructions.

There is no need for the continuation of confusion. Confusion arose because you were asked to constantly adjust yourself to a new situation, the survival of the fittest concept, the new stuff that had to be learned before you understood who you originally were. The conclusion that was made was that you were not good enough. The conclusion was that you needed to change, constantly. It made you unstable. It drove you out from your safe garden of Eden. You were cast out of this garden of Eden and burdened with the original sin.

This is not true, not then and not now. This truth, however, has disappeared under millenniums of confusion from which no one seems to be able to escape. Life has become a labyrinth from which no one can cut his way. Everyone has lost all direction. It is even claimed that the maze is real life.

Yes, life is a struggle for survival, some say. The strongest survive. But then again, there seems to be no escape from the maze of death. That can't be the intention, can it? Do you notice the total confusion?

Others say: the smartest gets the prettiest girl, the prettiest boy. Or who dares will become rich. Only dischargers remain poor. Yet no one answers the question how to escape death. The way out of the maze is impossible, they say. Death is inevitable. Confusion is everywhere. What is all this learning for then? We can't keep it in the end after all.

Learning as a means of evolution happens through the brain, the mind. This is how the mind got its central place in history. Learning was sought out, even forced upon. The idea we are putting forward here is that evolution through 'old school learning' is one method, but not the only one. Knowing who you are was taught, through and by the mind. This mental method is the cause of our current confusion.

Learning not from the mind seems illogical, impossible. Asking the mind to look beyond "the old school learning" is like asking the mind to turn itself on off. This needs not be, but it may appear so, superficially. It may seem as if you are being asked to saw through the branch that you, the character, is sitting on. This resistance is normal. Let this resistance be for now. There is a way but we take it step by step.

This confusion is not bad in itself. It's extremely weird, confrontational, that's all. We ask the mind to understand and allow this 'movement', this change in perspective. We are not asking to throw away the ego/mind. On the contrary, we ask the mental brain to be courageous, lucid and thoughtful. But we do ask that.

Courage is needed to face this and to allow confusion. Admitting we've lost track is the first step. We don't ask you whether you agree. We do not ask you to even accept this fact. The truth will come out automatically.

What we ask in these first of 12 steps is your mental willingness to think differently. Accept the possibility that an escape from the maze should be possible. It must be possible to escape the yoke of the original sin, from not knowing who we are.

6.1.1 Courage

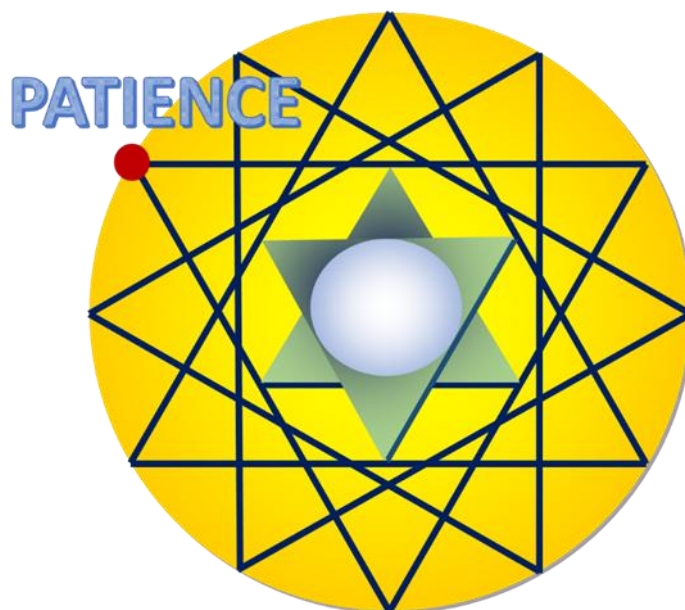
Courage is needed here. It is not the courage to act that we are talking about, the courage to be the best, the prettiest, the fastest, the smartest. That is not the courage we are referring to.

The courage we seek is the courage to keep looking, not to turn your head when the confusion gets too big it seems, too painful. Who is this, who talks about the pain, about the madness. Who is it that tells that death is the end? Is there an end? Where was the beginning then? What am I doing here? Who am I? Have the courage to stand until "the" answer comes and it sets you free.

Brother, I am with you.

6.2 Step 2: Be patient to allow the new

Mind
Step 1
Step 2
Step 3
Step 4
Step 5
Step 6
Step 7
Step 8
Step 9
Step 10
Step 11
Step 12



Oneness or love cannot be learned. It is allowed. Learning as we have always known is not the right way to know anything. Recognition is a better description of how learning should be approached.

We are historically accustomed to old school mental learning, to examine things with our senses, symbolically with our eyes. But our eyes can look, see, but therefore not recognize. Learning is seeking change, and next causing the new. This is in contrast to what we now present in step 2: 'allowing' the new. Learning is active, recognition is passive.

This new idea punctures the "problem" identified in step 1: the old learning of the mind. The new idea is a first step away from the old school learning. That's the plan here.

How the mind learns is not how oneness learns. Oneness cannot learn. Oneness, is already one and whole. Wholeness cannot learn what it already is. This is new and incomprehensible to the mind. In step 1, we asked you this: have the courage to look beyond the system of learning with and by the mind. Learning with the mind is not the correct method of 'knowing'.

Why should oneness learn, it is already one. For what purpose or about what should oneness learn. It's everything. All, love, source, truth are each in themselves things that cannot be learned. Who or what should they learn. All cannot learn itself, or it is not all. Here is the argument. Who you are can not be learned. It only can be recognized, known. It is not a knowledge but a knowing and knowing is beyond the mind.

Step 2 shows you that the old school learning is not built up 'completely' correct. How wrong, we will go deeper into that as we go along. You are not asked to take anything for granted as the truth, without proper understanding. Reflect on what we're putting in here. Look at it from all sides. We take things step by step. Follow along when you're ready, when you understand.

In step 2 along with step 1, you are asked to step beyond learning with and by the mind. This seems like a contradiction, and this is also a contradiction...to the mind. This is why this step-by-step plan does not seem easy. The mind is puzzled and does not understand what is written here on paper. But you do understand. You are not your mind. Take your time to absorb this.

Be patient and allow the space to let in the new learning in, without falling into the old learning system again. Relax. Allow confusion in your brain. Learning with and by the mind is just using a system. It certainly has its good sides, and we're not going to throw that system away either. We are using it here and now by the way. You are learning now with and by the mind. Be conscious about this, how you are learning here now, with the mind as a tool.

We are learning here that learning is a system, a system that has its limitations. Not being informed about its limits is just what causes our confusion mentioned earlier. The mind is a means, but not beatific. The mind is a good tool, an object, but not a means to an end in itself. Use a hammer if you need it for something. Use a pincer as a hammer isn't working.

The mind is a wonderful and brilliant tool, but it is and remains a tool. *I am my mind* is not the right starting point. This is our argument. You have a mind. And this mind tool cannot understand love, or oneness, or anything. Love, source, all, oneness knows no opposite.

Who you are has no opposite. That is the new learning we add here. What has no opposite, the mind cannot comprehend. That's okay. To solve the confusion about who we really are, we only need to realize at first and know of the limits of the mind. That will already clear up a lot of confusion. The mind may be confused but you are not.

We have been taught something fundamentally wrong. We were taught everything has an opposite. We were taught that we can be loving and also unloving. We were told this was logical and real: the opposite of love is lovelessness. But lovelessness is as unreal as oneness being not one, all that should not be all, source which in turn could have a source and still be the one source. It's all illogical.

Believing what is unreal creates confusion. The foundations of who you are, is trampled here: the examples above have no opposite. If you are told that you are only love and I repeat it, then lovelessness no longer exists in you. But love knows no opposite. That's our argument here.

The old school learning is learning to navigate in a dark room. You can try to define everything in the room and ultimately you will. But your mind telling you there is no system beyond the learning system of the mind is like asking a thief if he took something. The mind claims there is no door in that dark room and that same mind will never advise you to put on the light. That is our proposal here.

The question here is what you will do.

The old teaching has told you that you too can act unloving. So the old teaching system stated that you are and love and also lovelessness. So you are two things, not one. But lovelessness doesn't exist, just like "all" that wouldn't be all. You have learned something that cannot be learned. It does not exist, cannot exist. It's an illusion. You believe you can be unloving because there must be an opposite. Now you are confused who you are, because of the foundations your mind offers you. And thus you are stuck. You are stuck in the tools you are using, not in the foundation of who you are. See the logic here, the argument.

You who have accepted lovelessness as a possible state of mind, this 'you' no longer recognizes love. Recognize again love as love. You cannot teach love. Love has no opposite. Love is. Oneness is. Truth is. You are. The mind cannot understand this. Allowing this learned "lovelessness" is really allowing the basis of confusion. Give room to this confusion first and allow next this confusion to disappear. It doesn't exist: lovelessness.

Know who you really are. Love is not something you do. Love is something you are. You are love. What love is and what you do have no connection with each other. See through the wrong definitions. Doing is not being. Doing and being belong to a different world, another dimension.

The definitions of what is love, oneness, truth, etc. are wrong because of the thought system, the old school learning with and by the mind. The learning tool of the mind is an incomplete thought system, and thus ineffective here, in the world of oneness. By 'here' we also mean that we formulate, name, define certain opposites that do not exist at all. The thinking system that the mind uses is based on faulty foundations. How wrong, we come about.

Again we don't want to convince you or anyone for that matter. Use the thinking system you prefer. Both are systems usable in their proper domain, dimension. We only introduce elements here to show you that the thinking system of the 'old' learning, the mind is built on quick sand in certain areas. Of course confusion is the result than.

Give yourself room and have the patience to critically approach the ego thinking system. Make your own conclusions. This is just step 2.

Down through the ages man has used the thinking system of the mind and we have made good progress with it for quite some time. We've come a long way. We certainly respect this system. But systems become obsolete and history also shows that the 'old' learning system had its flaws. We know better now. There are no more stagecoaches, no more messengers on horses and parchments with royal seals. There is now email and texting and Tik Tok.

Make way for a new and a better thinking system. Take your time. Let history do its job. Allow change. Don't get stuck in a thought system that is now coming to an end. The mental thought system has reached its limits. Survival of the fittest is no longer the right attitude in these modern times. It was a system, a choice we chose. Choose again when an old system no longer suits you.

You are now asked to consider that the thought system you are using now, at this very moment, while reading these words and reflecting on them with your mind, you are asked whether this mind tool is in the best interest of you. Consider this tool while using that tool.

Giving someone the choice to use an old system is one thing. Using an old system that has flaws is one thing. Using a system that claims things exist while they don't really exist is madness. To accept lovelessness as existing and the truth is madness. There is no lovelessness. All that is considered not being all, does not exist. See the difference. See the flaws. Understand the confusion arising. Then we can move on to the next step and get past it.

You have accepted yourself as if you were someone you can't be, never can become. You are love. What you 'do' is not who you are. That's using the old school learning that told you to do that. A boat with holes in it will not sail far. That doesn't mean the other side is impossible to reach. Look at the shape your boat is in.

You had to be the best, the smartest, the fastest, the 'most all'. 'Most all' doesn't exist. You can not become who you are not. That doesn't mean it is impossible to reach. Use another tool.

This step-by-step plan aims to take you beyond these limits, these limiting foundations. These limits do not exist. They are invented. They are made up. They are not real. The confusion of the seafarers because they could fall off a flat world is a fear that thrives in illusion. There is no flat world. It was a belief based on a misconception. But the misconception had serious consequences.

Your mind still states the world is flat and that sin exists, making mistakes, being wrong. The mind uses foundations that don't fit reality. But as long as you use the old school tool the new world is beyond your reach. America will never be found with a flat world in our mind.

So your confusion is based on wrong definitions. So first allow that confusion. Keep looking as in step 1 so that you see that there is no abyss at the end of the horizon. There is no lovelessness. Give room to confusion and the truth will surface. Allow the light switch to appear.

Sail to America and find that there is no flat earth. Allow your world to be only loving. How and what after that, that's what the step-by-step plan is about.

Be compassionate to and with yourself and others who still believe in punishment and penance as the old school teachings 'they' have taught us. Be compassionate, not to allow it, but because what other believe, the existence of certain opposites does not exist. You don't confirm it. You allow because what does not exist, will no longer receive confirmation. You don't mince words. You don't judge. You confirm its non-existence.

The old school learning was necessary to take us this far in history. There is no doubt about that. We've come a long way. The other side of the coin is that as long as we learn with and by the old system of the mind, tension and confusion will persist. The rhetorical question here is whether we can learn without this tension, without wanting to know better, without suppressing that confusion.

Brother, I am here with you. Look with me to the new from within joy.

Are we actually learning ultimately? We divide oneness into parts and find this subdivision important and present it as correct. Time after time we divide things. This division is now true. The other, the previous division is thus false. We divide oneness/everything/truth into a true and a false part. We'll probably find something else later to divide in another 'new' way. Then a new discovery has come to us. Now this new thing is true. The old is now false.

Can we see that in fact we are not really learning at all. We don't learn anything new. We divide things different once again. We divide. Dividing this is not learning. We rearrange the truth, we rearrange oneness. We don't really learn. We just rearrange stuff.

We need to step beyond the mind's thought system: to recognize. We need new foundations. The mind must understand that there is life and truth beyond the mind's perspective.

We have to look at cause and effect quite differently. Throwing out old truths and bringing in new truths by definition brings pain, frustration and confusion. We change but the rules, but the foundations themselves remain: dividing things into parts.

Whoever has the right part of the divided truth of the moment has the power. Shifting power from one side to another does not create equality. It just moves things again. It moves the power over to their side of the truth. We keep going around in the same circle, we don't ascend it. Only the one who wins or loses changes.

You cannot call this dividing and changing system evolution. This is new wine in old bottles. Winners and losers change sides, but the concept of winning and losing remains. We should not change or rearrange this thinking system of the mind. We must transcend this system.

6.2.1 Patience

Be patient with yourself, with others. You have all the time in the world. Learning, the old school learning, puts you under pressure. It told you to change, now, quickly, again and again, forever. You were scared and felt abandoned. You weren't allowed to be who you originally were. Of course you wanted to restore peace.

Now, there is no mistake you can make, have made. Don't go with the reasoning of the dividing mind system. What should you fix that doesn't need fixing? Wholeness is whole, now and always. You are whole. You are. That is not so according to the logic of the mind. That is not right according to the old school teaching.

Take your time because time does not even exist. Again a misunderstood concept by the mind. It doesn't matter, time. Change is outside of you. You are steadfast oneness. There is no time to catch up. You don't have to carry water to the sea before the sun evaporates the water from the sea. The sun cannot touch the water. It is a faulty reasoning, a delusion, an illusion, a confused thought system.

Allow noticing that the sun cannot evaporate the water, just as lovelessness cannot harm you. Relax. Peace be on you brother, always.

6.3 Step 3: See that duality is a choice not written in stone

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How can we transcend the system of the mind? We will do this by examining first the system itself and uncovering its flaws and from there, if possible, build a better system with new definitions, beyond the mind.

The fundamental mistakes of the old school learning are learning from difference, comparing, dividing. We have already shown that not everything has an opposite. You can't always compare and name something. Sometimes none exists. Can we find any more of those errors? Is there a system that learns without learning, old school learning, or learning all together? Is there a system where learning without failing and success applies, still another unpleasant dichotomy. Is there a system where the truth, the whole truth remains, one in number remains, as one is recognized instead of being divided into right and wrong, another dichotomy? Right now, in the thinking system of the mind, the one and only truth is just split into two pieces and rearranged, redistributed. Now we have two truths. One now becomes two parts, divided and chopped into pieces.

See how the mind, and also basically science, works in a similar way. Science classifies things and gives each part a name and a symbol. Now they say, we know 'it'. Now the modern world knows. Is that really so?

When I call you John and you call me Mary, do we know each other? I know your name, you know mine, but we don't 'know' each other at all. We also say that this is a table, this is a chair and now we know what is a chair and what is a table. We've named it, gave it a definition, a meaning. But do we really know the chair and the table? No.

They remain names, symbols, things. These 'things' then exist outside of us, but we do not 'know' them. We are not connected. And that is what the mind thinking system does: naming, defining, dividing things.

We can then further divide these things, analyze them deeper and deeper, for the sake of knowledge. This is a leg of that table. This is a chair leg. This is an arm. This is a leg. Now they say, we know how humans are put together, what a chair really is, how to build a table. Is this so? We can go on dividing and analyzing indefinitely and science calls this truth, evolution and progress. Where did we become wiser here? Where did we become knowing? It's just putting names on things. Listing is not yet learning.

Meanwhile, you and I still don't know who we are. We have only been analyzing, cutting into pieces. And that's what this is about. I want to know who I am, on the inside, not on the outside. We only know that we have arms and legs. This knowledge does not bring us further. It doesn't answer the question who we really are. It only gives us a description. It doesn't solve the question of life and death. Then what? Which system then does if not the mind old school thinking system?

Our eyes thus generally see only the outside, symbols, parts, shapes, exterior. But oneness or content and the like remains hidden from those same eyes. Those eyes are following the rules the mind. Our senses are directed by the mind and thus by the dividing thinking, analyzing system.

Form is a mere representation of something. It doesn't say anything about what's in it. A description is like a photo, it is not the real thing, the entire thing, whole, one. You could say that a chair is made from wood, but again that is just a name. What is wood then? We continue to mention names, but we have not yet discovered any real life in that wood. It seems as if knowledge degenerates life into naming names, pointing out things. Knowledge only names the outside as if they were two-dimensional objects that we can draw like a cartoon on paper. We can then color them as desired. The shape is fixed. Life is no drawing.

We transform everything with knowledge into external forms and give it definitions from their design. Look, this is an (ideal) woman. This is the (ideal) man and that's the way it is...until it's different. We stigmatize on the basis of appearance.

The mind here makes a mockery of reality and we then share this made up reality, which is in fact just a label and a projection of 'that there' as reality. Look, this is a 100 euro bill. And this is one of 500 euros. This paper has the value of a 100 and that one has the value of 500. The value of the two pieces of paper is ultimately just the same but we call them different. We consider these to be worth five times more than the others. That is a reality made up. Still we accept this to be true because of the rules the minds thinking system. Can you see the minds thinking system is a made up system?

What a money bill is worth is made up. We agree on what has value until it's changes. That's what we call things and, agree on. This has nothing to do with reality. This is a made up reality. We arrange things as we see fit and subdivide things as we wish. The classification is subjective, not objective, not even real.

"That" is just an agreement. Paper money has an agreed subjective value until a new piece of paper is printed with a new name or a new value. This is sometimes called depreciation. What was worth 100 euros yesterday, will still be worth 99 euros tomorrow. There you have it with your paper bill. That we call reality or at least the mind thinking system. Reality isn't real when you keep changing the rules. Gold always retains its value, they say. Diamonds are extremely valuable. It just happens you can't eat them. There is no objectivity to be found here. Shouldn't reality also be objective and stable? Do you see the confusion building up?

Forest areas can be described as poor, even though there is a great diversity of animals and birds and plants, and food is easy to find there. Desert areas are rich, they say, because there is diamond in the ground or oil or cobalt. So it is better to own a desert than a forest?

Do you notice the dividing thinking system here? Apparently it's all about living on the right side of an agreed line. But what if the lines keep changing? Who can follow without getting confused? Who are you in a constant changing system, constantly changing the rules? So it is all about rules, shape, form? Ok wait.

An idea, a thought, a concept also seems real and yet it has no form. Crossing an imaginary line on the ground or a vague belief system that is not shared by some other group can start a war because maybe this side on the line is my country and not yours. What I believe is not what you believe. How can a belief ever become reality? Where are its basics, its one truth?

Possession is based on who lives there? Absolutely not I would say...and still. So possession is a belief system based on who makes the rules? And those rules will change for sure? Are we getting more and more confused here? We even have laws for those made up rules, yes very democratically composed even. You would get confused for less. There is no objectivity to be found here, no reality based on oneness, stable.

So what is learning in all this context? When learning was only about naming, giving a name, then it still seems somewhat logical. But when it comes to valuing, assigning subjective definitions to stuff, things are getting crazy. Judging. The whole mind thinking system is based on nothing, only ever changing assumptions, agreements and then not even that. Appointments are not shared wholeheartedly by everyone. Everyone has their own personal vision, their proper logic. And there is arguing about who is right, who is wrong. Certainly there is confusion.

How can we transcend this foolish system, this unstable thinking system? Who invented this system? Does this system have a name, a history?

This outdated thinking system does indeed have a name: dualism. The mind learns and chooses from comparison. The mind divides the world into useful and unusable. It chooses and prefers. It attracts and repels. This is good. That's bad.

Let's analyze this dualism....with the mind.

Dualism is thus a system and this system is going to divide everything into two halves: left and right. We do know about high and low, up and down, inside and outside, and so we call everything a dichotomy. Duality is than the basis of our mental thinking and that means the thinking system of the mind.

The basis of modern thought is logic, and logic is based on dualism. Science says: this is our base and nothing else is possible. Everything has an opposite. Everything consists of oppositions, duals. Our civilization is based on a bifurcation.

Oneness, all, truth also has opposites according to this kind of thinking system. The purpose of duality or logic now seems to be to get into a favorable position. Thus above is better than below, as in rich and poor, more or less. For example, warm is better than cold when it comes to having a home.

It is now up to you to sense the subjectivity, and to go with it, although this is not a stable foundation. The intention now is to be on the winning side, or manipulate the situation so that you are on that favorable side. In a war, the winner is always right, regardless of the dispute or the reality of things. Democracy is the best form of government even when people are dissatisfied. The made up unification of the country is kept by one man or woman and that is best.... for whom?.

And democratically we decide 'together' what is allowed to exist and what is not. Life after death does not really exist because it is not logical, not provable. Intuition is but superstition. Psychology is not a real science. It defies the logical approach, the only possible and correct objective approach.

Fortunately, we are still today confronted with the limits of 'logic' due to quantum mechanics and its variants. Even science today faces its own logic and the magical dualistic wall. This is not a fault. It is a fact and the beginning of our solution here that we are looking for. Is there a system beyond logic, dualism, now we know of the name, and its principles?

Is there a learning without learning?

Yes, there is that possibility. It is recognizing the truth, without having to divide the truth, to compare it. It is recognizing oneness for what it is and not distorting it further. It is seeing the content and not the outward form. To name form is to move away from reality. No book speaks the truth, can tell the truth. What is written here is not the truth. The truth is in you. And we want to find this.

There is an objective approach that looks beyond form. The problem for many is that 'this phenomenon' also has no form. It can help us looking beyond form, but the problem is that it has no eyes neither. And that doesn't make sense for most. That is useless to the mind. If we want to get beyond form, we cannot use a tool that has form. The tool should be objective and not manipulated by human subjectivity. So it shouldn't have any human form at all. And this exists, but then we have to look outside the box. There is an intelligence in you beyond the mind. This intelligence is called the inner voice.

Our inner voice is neither logical nor dualistic. Our higher self has no body and does not die. Yet it exists. But the mind does not understand what a higher self is. Our logic calls the brain or mind the lower self and the inner voice calls it the higher self. As usual, here again our minds cannot help but create differences. That's how far the mind gets in dividing what doesn't need to be divided.

Besides, our minds cannot resist seeing itself as different from nature, the source, god, Allah, Krishna. Our mind cannot resist choosing, electing and splitting.

That's really not who we are. That is not our starting point, not the real reality. That is the world and the starting point of our mind, of logic, of dualism. The mind can name non-dualism but it cannot apply it. The mind cannot apply this because the mind is a tool, a method, an instrument born of a dichotomy. It's not our source. Our source is one in number. In this step we add a second tool, the higher self or inner voice.

The mind is also a resource, not a source. Seeing the mind as a source is like believing that milk comes from the store and not from cows. It's nonsense, madness. It leads us astray. It makes us confused. Letting go of the mind as a base source is what we propose in this third step. And we add a better guide to continue our journey: the inner voice, the higher self.

Relax. Know that you are not your mind. You are source, oneness. Let's continue on this path together, sister, brother.

6.3.1 Wisdom

It is wisdom that takes us beyond the obstacle of dualism. Following erroneous definitions is walking around like a headless chicken. And confusion is such a condition. We can no longer think clearly. But wisdom brings us away from confusion. We leave the swamp of dualistic thinking and see light in the darkness.

The mind does not have this wisdom. The mind does not think. The mind reflects. It looks at things and arranges them according to use, value and importance, its importance, its value, the use for that mind. That has nothing to do with wisdom.

Wisdom focuses on our objective inner voice. The higher self has no self-interest, is not politically biased, does not need money, does not sleep and does not eat. This is a better companion than the preconceived mind.

Wisdom takes time, patience. Sit down and relax. Take a step back and look at things from a distance. Getting mad at so much subjectivity doesn't help. Your rushing doesn't make things change any faster. We do not seek outward change. It is an inner revolution without gain or loss. The truth is always present. The inner voice never sleeps. After the confusion of the mind settles you can better transcend the field of thought and recognize the holes in the wall. Your inner guide will be waiting for you there.

There is no rush involved. It takes no struggle, no action but admitting wisdom. The way out of the maze reveals itself or it is not the truth. Truth is recognized, not gained. Oneness does not have to be obtained. It is always there or it is not oneness.

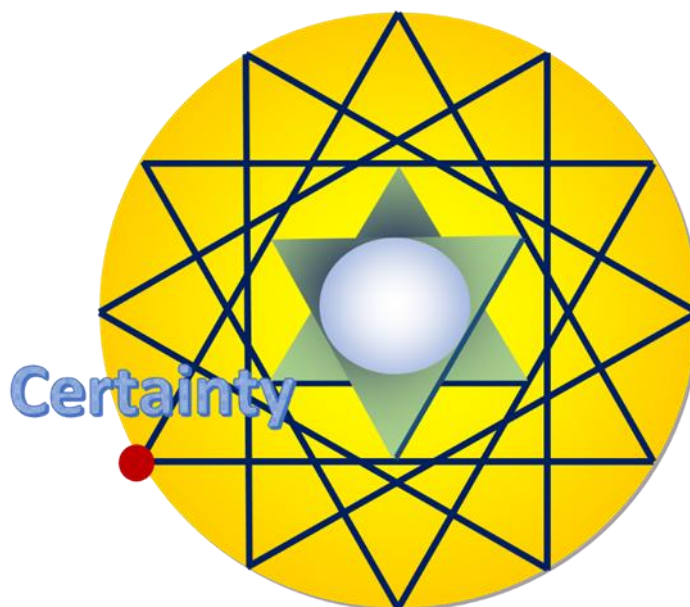
Peace is not won by waging war. Do not argue with others. Don't attack the mind. Don't try to convince anyone. Those are pitfalls of the mind, the mind that forces you to choose, prefer, you over the other.

Don't go to war with yourself. Don't hurt your mind. Don't search too long, recognize. Don't fight your ego. Your ego is not the enemy. Do not enslave the lower self, nor make the higher self a saint. There is no enemy in oneness. Fighting with yourself results in you losing and you winning. See the madness.

Be wise, calm down and recognize the truth. I am here with you sister or brother, I your inner voice.

6.4 Step 4: Don't choose

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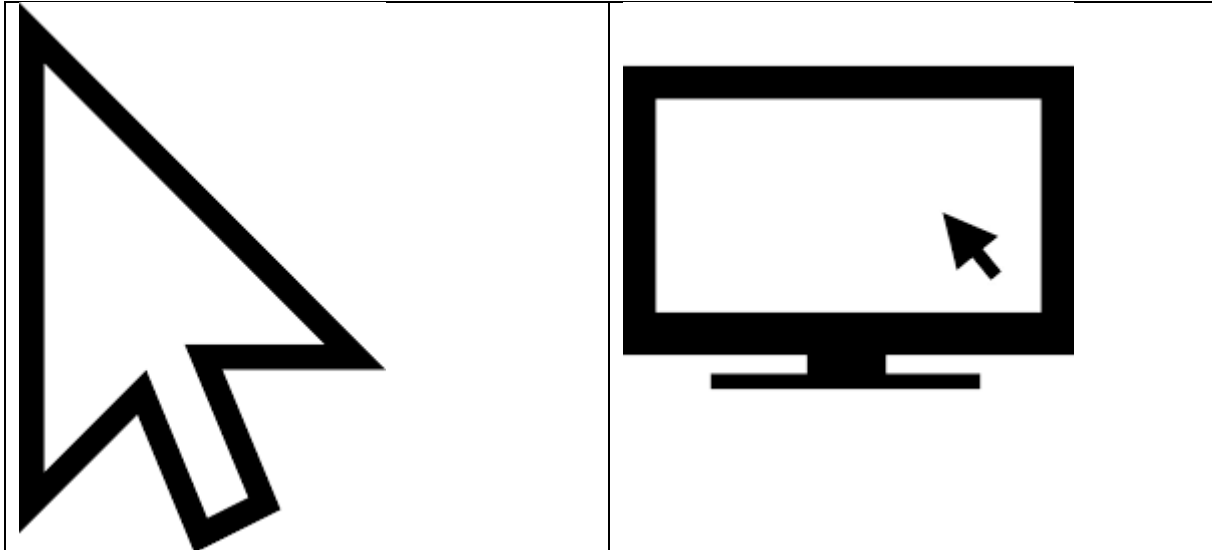


Notice that the mind chooses again and again. Check it out. It's going really fast. You look at something anything and there your mind is already jumping on it. The ego mind explores whether it can use whatever it is looking at to its advantage. We call this mechanism the ego. The ego is a mechanism, not an identity. It is an automatic program.

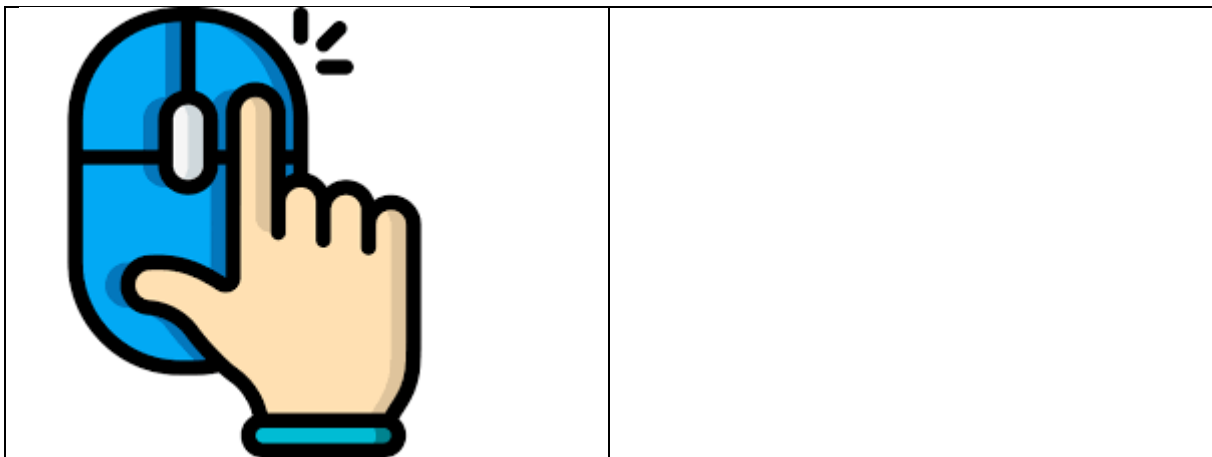
The ego is a pop up screen. For those who know a computer, the ego appears similar like by pressing the mouse buttons.

The rightmouse click:

To focus your attention on something is to use your right mouse button thus the arrow sign appears. The arrow symbol shows you where your attention is on the computer screen.



The right click



The ego thinking system is a automatic program. It runs without your specific agreement. Our argument here is that using the left click button we do semi automatically. Next the right click button we use even more automatically and subconscious.

Be aware of this next thing. Perhaps it was not the intention to use your right mouse button, but you couldn't resist it. It's stronger than you. It's like an addiction. You did it anyway, unconsciously. That is what the ego does. The ego pushes on the right button without your conscious consent, but with your unconscious consent. That is why the ego is an automatic program, beneath your conscious awareness.

This addiction is the ego programming we want you to understand: your addiction to choose. You may not want to choose at all. And yet, the moment you turn your attention to something, anything, this right click button pop-up screen appears in front of you. The ego programming has become an addiction, an automatism, an unconscious act. This is basics of the automatic learning system of the mind.

This mind's thinking system (the pop up screen) has been used so much throughout history by humans that it has become ingrained in our minds in our habits. It has become a collective automatic brain reaction. This ego programming calls it a response but that is not true. It is an reaction, beyond your conscious control. Notice the difference

The blinking of the eyes is also an automatic reaction. Your heart beats automatically. These are achievements of the ego thinking system throughout history: the autonomic nervous system. These responses have become automatic, reactions. This also applies for 'choosing'. Choosing should never be automatic, and that is the problem with the ego, the automatic reaction program.

Every time you focus on something you also choose. Starting up your ego program with every focus, the ego program adds itself to the situation. The ego adds itself in your awareness, without your real consent. The ego claims it is you. Every time your eyes focus on something, anything, your ego program 'chooses', judges. Is this an 'OK' situation? You are not your ego. You are not a program.

What was that pop up screen originally for, the ego thinking system? Historically the ego was invoked as a system to determine whether you were safe or not. This alarm system looked around and peered into the distance, into the bushes nearby, to make sure there were no enemies. And every next moment the ego does it again, and again and again. It became automatic. Because 'you' were never quite sure, the mind claims. Keep watching for possible danger was necessary for survival, so the ego claims. This ego is not you. It is a program. It is like an alarm system that you can't put out anymore. It reacts on every move you make, doing its own business in your house, without your specific consent. It reacts on every movement you make, anything that makes a move anywhere the ego can trace. And that same alarm system now claims it is helping you, it is you it says. The system took control over "you". And it tells you this is the right thing to do. Of course this ego alarm system was necessary to determine whether you were safe or not in any (historic) situation and that was the original idea: a quick check if 'it' is safe. Is my body safe? But this is no quick check anymore. It took over your entire life. This programming leads a life of its own now and it's called ego, and this ego says it is you. It has become automatic like your heartbeat, and you, blinking your eyes. The problem here is that the ego program keeps popping up regardless of whether something is safe or not. There isn't anything really unsafe lately. The real problem is that you stop noticing the program is still running and don't stop using it. You go along with it and believe everything it provides you.

The ego is an ever working loud alarm and its noise is overwhelming your ability to choose, to choose freely, to recognize who you are underneath that constant alarming program.

The ego programming gives you 'advise' does it regardless, unsolicited, without the real you asking for it. Each moment of the day the ego alarm program blurs out 'its view on 'the situation'. And you don't notice anything wrong with it any longer, although it is a loud alarm going off every moment of your day. You don't realize you pressed the right mouse button, and are pressing it all the time.

It happens so quickly so unconscious and so often that you have decided to identify yourself with that ego. You faded out the noise how loud it still may be. 'Am 'I' safe, yes or no?' 'Is this situation, this person, this thing useful to 'me'?' 'Yes or no?' This pop up screen prevents you from seeing things as they are. They are only safe or not safe. The real you is not there anymore. The starting point or who you are is not the ego alarm system, the mind learning system.

That pop up screen forces you now to choose, elect, judge, and you participate without realizing it. You don't recognize the noise of the alarm anymore. It obliges you, as it were, to press yes or no beforehand. You unconscious have your hand on the alarm button. Choose again.

Do you wish to continue your life this way: YES or NO?

In this way, the alarm constant working, the distracting noise included, you classify every situation, moment after moment as desirable or undesirable, a derivative of dangerous or not dangerous; because danger is barely there anymore. Yet the alarm keeps on blurring; Yet the choosing, preferring and judging continues, from an addicted perspective: fear. And so you divide every situation, reality, truth into a true and false part, fear or ok. And you don't notice this anymore.

You have identified yourself historically, collectively, but ongoing, with the mind thought system. Simultaneously with your identification with the ego program, you have lowered yourself to an automaton, an autopilot. The ego is an autopilot, a program. You have allowed yourself to become a program, to become unconscious. You don't choose any longer, you react from an alarm perspective.

This is not who you are. What the ego tells you, this is not you. This never can be your starting point.

Now you are being asked here in step 4 to notice this, this programming, any moment the ego pops up and obstructs your view on reality. Notice when you choose, any time. Pay attention. This automation pop up system works very fast, as mentioned, completely automatic almost. We ask you now in this step 4 to make sure that 'you' have not chosen this, this automatic programming, the alarm to go off.

This is not about choosing between cheese or jam on your sandwich, although that may also might happen unconscious. What we're asking you is to make sure you haven't chosen from within the autopilot. Understand that everyone is using it and no one notices this any longer. It has become an collective addiction: the original sin.

We ask you to start noticing, against all behavior of your fellow humans. Maybe everyone around you say it is ok to stay with the ego thinking alarm system. We ask you to consider not using it any longer. Please do your research thoroughly. As mentioned, we never said the 33 steps are easy.

Who chooses? Why did you choose? With what tool, program? Were you a silent witness to the situation or was the situation heated and confusing? Did you feel what was the right thing to do? Did you feel the truth in that situation, the message for you from within.

Did the autopilot choose or did 'you'? Did you feel the truth come to you? Because the latter is the correct response. That real you is the silent inner voice. The one who knows what is really happening is your higher self. Using that too there would be no 'stress reaction'. You, the higher prefer nothing at all. You just observed 'it' in silence and tranquility. You, your inner guide let the situation come up to you and does nothing, no reaction at all at first, no pop up screen. You just observed. The situation explained itself. Your guide doesn't need a reaction, because he is the cause. The still voice is explaining to you the how and why of this 'event'. It knows of the what, why and when. The silence of the silent inner voice would fill itself and the room with silence and truth.

This is than the inner voice working, the higher self, the silence that comes to you and whispers something in your ear, as it were. Your inner guide knows, doesn't need to react. To hear this whispering you need to become very still, the alarm system on 'off'. You have to become an observer, that is, stay without preprogrammed reaction, without preset judgment. The pop-up remains down. How you call this phenomenon is irrelevant here. The importance is that you notice it. There is another part that works far better underneath your ego programming: your silent inner voice.

You may call it the holy spirit, or an angel who came to your aid. How it is being named for you is not important. Did it come to you is important. Did the voice come from within? It must reach you from within silence, serenity. That's what it does, how it works. That's is the correct tool that makes a response, not a reaction, preprogrammed.

Did it, the answer, come to you from 'knowing'? Then you would be sure, would feel satisfied and calm. You didn't hesitate. There was no question: yes or no?

When you doubted, this is not "you" responding. That is not your starting point. Without this response, you react as if you were a program. Needless to say you are not a program. This is where the 33 steps are about: to get 'you' past this alarm program.

Knowledge is not knowing. The ego does not know. In the 'old school learning' you acquired knowledge, not knowing. The ego can't even learn. It is a program that chooses. The ego chooses by reacting. The ego does not know what is happening 'there'. It only has one question: is it safe or not, usable or not. The ego program chooses from a database it can access, but it cannot learn. A robot cannot learn. A robot can rearrange data, but it cannot invent new data. It can give new names, but that is not the same. The ego is a robot.

A robot contains, processes knowledge, data. Knowledge compares. Knowledge prefers, picks from advantage and disadvantage, from profit and loss, safe and not safe, now in modern society in a modern jacket. You are not a robot. Although the 'old learning' tried to program you, ultimately it is up to you to comply. We ask you now to consider how you respond...or react.

Knowledge chooses right or wrong, true or false, known or unknown, success or failure, good or bad.

Knowledge or the old learning trusts or distrusts, based on survival. It has become automatic for humanity.

This autopilot, the alarm system is based on survival and thus specific on the survival of the body. This program aims for the body. The ego pop up tells you whether 'the body' is safe or not, regardless of whether it is a safe or unsafe situation at all. This alarm program is a primitive program with limited range, limited consciousness. This program was the first program written. A lot changed since. Other program software is available since.

This old initial program has become dysfunctional, outdated. It provides incomplete, incorrect information to 'you', but you don't notice. That's why we need to do a cleaning first. This mind series of steps is the cleaning of 'the mind'. Phase one is your antivirus analytics sweep. But it is up to you to run it. When you are convinced you don't need it, why bother.

This ego program is focused on the survival of the body and tells you that everything of you and around you must be focused on the survival of that body. Thus the alarm system keeps yelling doubt and fear. Your entire existence, from morning till evening, is based on an alarm programming, that's all that matters for the ego. The ego is but a small program, pushing its pop up screen. So you have become a body, because that has the highest priority, the only priority... for the ego. The ego leaves you no choice. Move an inch and the pop up jumps in your face. And how does the ego program jump you? It uses alarming thoughts. Thus we have become a thought system of the mind, the ego doubting every move we make, every move that is registered out there. I am a body. And you leave your thoughts, all of them, unattended. Unattended a program rule the game, your life and you are watching that game, as you are addicted to your television screen, in this your thoughts.

Reality has become a television screen we are looking at. We are watching a show that is running on the screen. Looking at the screen, our ego tells us, 'this is reel, this is reality, your reality. And you believe this, so the drama on the screen becomes your drama. You feel the drama on the screen and buy in to it. "See, I feel it, so it must be reel. Not any television show is reel for you. You are watching a screen and are reacting to it.

That is not reality. You don't react on reality. Your emotions are not reacting on reality. Your thoughts and judgements on the show are not reacting on reality. Your thoughts are not you nor your reality. It is an inner program called ego. Your so called reality abides in constant alarm mode.

Put the radio on and continue with your daily work. Notice your thoughts have remarks on all of the songs playing on that radio. Still any song presents any reality at all. The song playing has no influence on your 'reality'. Still you ego mind includes them anyway, without your consent. And on top of that, you comply on the ever lasting comments. You call this "my reality".

This ego program has really confused us. This still confuses us. It confuses us because this is not who we are in reality. We are spirit in a body and still then. The old school learning told us that we are a

body. Our ancestors were confused and this confusion was passed down from mother to daughter, from generation to generation. This legacy is not our source. It's an agreement. We buy in to the alarm program. It's not who you are. It is an illusion, inherited, passed on and shared and accepted.

You are spirit, source.

Change your habit, wake up from your addiction. Be still and know for certain.

Here it is appropriate to touch upon clairvoyance. Clairvoyance is not a magical state available to the individual. Clairvoyance is seeing clearly, seeing beyond the program of the ego mind. The higher self sees clearly, not from a programming perspective. Up to you to make the effort. Run a ego diagnostics. Erase any obsolete software.

To use the silent inner voice is to use your senses correct beyond the physical, beyond dualism, beyond the material, beyond form. Your senses are mostly hijacked by your ego. Your ego tells your what to see, hear, feel, smell, taste. Those are not your senses, that is your mind abusing the senses. Your senses are soft and silent. Your senses only function in the third dimension.

You are spirit, beyond form or the third dimension. We exist in many dimensions and living in other dimensions is a way of healing here. Sojourning, looking beyond form, the multidimensional senses will show you a complete new world. A new world opens up where the ego has closed the door by judging, choosing, obscuring the truth by only keeping the body as valuable.

The ego throws the baby out with the bathwater, the truth, the knowledge in order to feel safe. The ego is always scared and confused. It has never been observing, only been alarming, and yet the ego calls this looking, and calls choosing as looking at reality. How so reality?

Stay present, aware. Be wise and see through the automatic programming. See through the pop up programming called ego. Look with clear senses beyond form, the corporeal, the third dimension. Clairvoyance, clairaudience, clairsentience, Clair cognizance, it doesn't matter; beyond the old system.

6.4.1 Certainty

Certainty is what we call for now. We're not looking anymore. We recognize. We no longer choose, we receive. We no longer judge, we listen. Beyond the ego program there is no seeking. Only frightened eyes peer around in search of danger, and find it, by definition.

Certainty knows. We listen to the inner voice. This voice is silent, is not afraid but sure.

The higher self knows, it doesn't ask questions no more.

We no longer look out there for danger. We are no longer looking for confirmation. We are no longer looking for allies, we are no longer trying to convince anyone. Because that is also choosing, preferring. We don't force anymore, try not to trap anyone, proof you are right.

We are sure. We are source. We are silent. We hear the truth that comes to us.

We feel one, safe and secure. That's what we strive for.

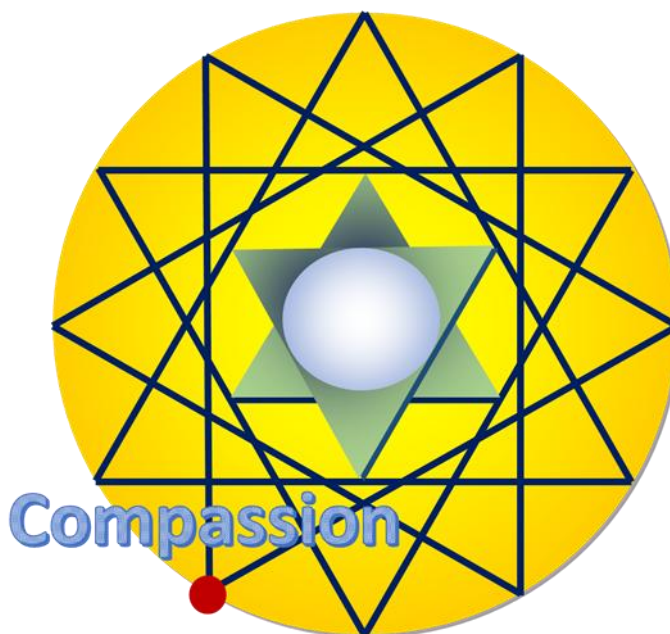
Whenever there is a question we turn inward to our inner silence. That's where any real answer comes from by default. The murky water of confusion settles and becomes clear.

The answer, any answer was already there but we couldn't recognize it before. Using the ego program we never can. All answers have always been here within us.

Be sure like the source that you are, dear brother.

6.5 Step 5: Restore the relationship in your heart

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Step 12



While many address clairvoyants, mediums, and healers for answers, for support, there is no problem with this. Still this is not the correct understanding of clairvoyance, because all answers are within you. . When you do not receive those answers yourself or you are confused and unsure, someone else can help, true. There is no problem with that. Get the help you need. But all truth is within you, that is your starting point. Asking another person for help doesn't give you any real security. Of course, a confused person has many questions and needs even more answers in order to get out of his confusion. The road to security is different for everyone. The basic solution itself, however, is very clear. The relationship between you and the situation you are in needs to be restored. That answer needs to be solved at first.

What relationship are we talking about here?

The ego thought system has chopped up wholeness and thus hidden wholeness from the observer, the confused person in this case. This person is confused because all of the things around him have no singular value. Any situation can become 'dangerous'. In its modern form, any situation can be useful or not...for the body. But what does the confused person know about all this. This person has no view, no connection with any situation. He is cut off from the solution because of the cutting system of the ego thinking system, the alarm program.

What was good yesterday may be bad today. What is right tomorrow is maybe wrong today. Whether it's science who told you this or your mother or the weather forecast, it is the system that confuses people. Wherever the information comes from, in all the confusion, it's never good the way it is. It is always good or bad because of the choosing system of the ego thinking system. The ego thinking system compares, all the time, on everything and it compares logically according to something...and this according to changes beyond our control, read beyond the control of the ego.

We would be confused for less. The ego program because of his programming analyses, rearranges and never meets solid ground .

In this way, we are also confused about oneness, source, and thus 'who we are'. Our ego program has no clue what 'oneness' means. The ego compares and to compare needs two to tango. The relationship between the two parts, oneness is lost on the ego.

That's what this is about, here in step 5 and the Jacob's ladder as a whole, to get you out of all confusion step by step, without you getting confused half way. For source, oneness, etc. does not seem to exist to the ego program, is never one in number, because of the ego programming. And so we, thinking we are an ego, have to choose, but don't 'know' on what ground we may choose. And knowledge is not the right basis, because knowledge chooses. Knowledge is comparing, an effect of the dual thinking system. And choosing is separating away from oneness. Certainty on the contrary is one in number.

We therefore doubt who we are. Oneness, love, source was split and has become changeable, interchangeable as if truth were like the weathercock, turning in the wind. Anyway the wind blows... obscurity trumps.

It is this lost relationship between the parts that the ego thought system has conceived and divided, that we now need to restore. This we do step by step.

Let's take one more step and have a closer look at this dividing mechanism. How are things being divided? How is division being build up?

According to dualistic thinking, there is no relationship, no connection between the two limits: left-right, inside-outside, etc. They are each other's opposites.

The theory tells us left cannot be defined without right, top not without bottom. These definitions are called duals and these concepts can only be explained relative to each other. They do not have a grammatically fixed, absolute meaning like a table or a chair. You can describe a chair without referring to another object. You cannot describe the word 'above' without including 'below'. You can only describe 'below' in a comparative way by adding 'above'. That's how you get into circular reasoning (and get confused). Words defined by circular reasoning are called duals.

And as it turns out, the deepest foundations of science are based on duals: logic. Logic is based on illogical, dual definitions, conventions, agreements based on nothing, on each other.

So it is these kinds of contradictions that need to be restored again, because it is confusing.

The problem here is that we cannot fix something by the same means that originally caused the dichotomy: dualism, the ego thought system. We cannot simply cut away a system that divides and separates. Deleting dualism takes away all foundations of our current thinking system. Doing this divides things even more. It leaves us nothing to stand on, so we cannot delete something and leave nothing.

So it makes no sense to deny or to drop the ego. Deleting the ego puts us in a vacuum. There is no tool, an instrument that still thinks. Without the ego we no longer choose, we can no longer choose, we also can no longer act. We threw the driver out of the car. A car without a driver has no meaning, no goal, no orientation. That would be a step to far.

We need to reconcile, unify, unite the car and the driver somehow. That is the way forward here. The ego is not the real problem. The ego is just a program. Using the ego program there is still the 'us' using that program. But we don't recognize the ego any longer. We are addicted to it. We identify with the ego 100%.

We cannot ask a addicted person to stop drinking. We may try to ask this person to stop drinking alcohol. Before alcohol ruled the person. Alcohol is than not to blame. Alcohol is neutral in this fight getting sober. We need to get the person strong again, in power of his destiny. We need to heal the relationship between the person and alcohol, the relationship between the addict, which he thinks he is and his true self.

Here we don't need to erase the ego like taking away alcohol from the drunk person. The person has to be restored. We need to find the person behind the ego again. The real you we need to find, recognize and restore. Here in this concept of a confused person, we must instead unite, rejoin the dual elements created during the old school learning until oneness is recognized again , but not learned.

Learning is using the ego thinking system creating dualism, separation and confusion. We need to find a better , updated, program for the ego to use, away from its addiction to the ego program. We need to ask the ego to rewrite, update its own program. That's what we are doing here in phase 1, the mental phase.

We need our ego, our brain, our logic to reconsider its own way of thinking while it is thinking with the wrong, or old school programming. We are offering arguments because we need your agreement, the agreement of the ego to change...itself. We ask a confused person to step beyond it own confusing thinking. This is a self-fulfilling prophesy. Understand what we are asking you here, mental, mindful.

A confused person has many questions. We ask you to lower the noise of the ego mind. Being still and listening to the answers of the inner voice is a great tool here. Consulting the tarot cards, I Ching, a guide, an angel or guardian angel, the higher self; they are all excellent means of receiving answers to the many questions that rest upon our minds. Understand the concept here: to get behind, beyond the mind thinking system, and ontop of that, asking the ego mind to do so. You are not your ego mind. That is a program. But first you need to recognize that ego program and recognize it different from 'you'.

The inner voice is that 'other voice', the upgraded ego program. However, this is not the ultimate goal of the inner voice, guide, higher self. We don't want to create more separation. The ultimate goal is to reunite the entire dichotomy caused by the dual mind. A dual minded person is convinced that he or she cannot find any answer. Question and answer seem to be and are separatedin a dual world. But this dual world is a chosen world, a made up world. a projection of that dual mind which we are not part of.

The problem is not that question and answer seem to be housed elsewhere and we are convinced that we have to move, (read make an effort), take action to achieve, to get to the answer. The problem is we are using the wrong tool to find an answer to questions, any question. We, the ego, take action, work our way towards the solution because of the conviction, the belief, answer and question are separated. Seeing answer separated from question is only a belief, an agreement in the dual thought system....of the ego program.

This is what really happens. Answer and question are being separated first by default. That is a choice, a belief system which cannot be debated or discussed. The ego mind says so. Then considered being separated by the declamation of the separated, separating ego and within that made up separation the ego program starts running the show. This is not reality but a projection onto reality. Tat is twisting reality as a self-fulfilling prophesy.

You first close your eyes, next you define duality, separation as "reality" and next you claim reality sucks. But you don't open your eyes to transcend the problem of darkness.

Answer and question are not separate. The old learning has conceived this and 'the world' has accepted this as truth and thus as reality. But question and answer are still not separated, and never were. Nothing is separate only within and because of our ego programming, within the made up dual reality.

The higher self as the healing tool can bring the answer close. The higher self, the inner voice can show us the relationship between question and answer, the relationship the ego mind threw out of existence....in a dual world. The inner voice, guide, higher self does not rely on dualism. Your guide can help you find answers where the old you, the mind, cannot. But this can only be a first step. Ascending dualism is the big step, the real goal, changing the thinking system all together. And to do that quantum jump we need your approval, you, not identifying yourself as an ego, you, beyond being an ego.

Finding answers where they were not to be found before, is beautiful and wonderful. It certainly helps you.

So consulting a clairvoyant to receive the next set of answers may be a temporarily solution but is not a permanent solution.

Activating your clairvoyance and training to become clairvoyant is only a superficial but already better solution.

Knowing who you are is the permanent solution.

Seeing through and healing the dichotomy is our goal here, with the help of your guide, your inner voice. The strange but funny thing is that healing the dichotomy will make you clairvoyant. Becoming clairvoyant is not a goal but a means to get answer and question close.

Ascending the ego program will show you a program that is updated and is already there. Healing is really to unite the whole concept of bringing question and answer close, since oneness will surface in that moment.

The ultimate situation is that oneness has been separated and then next to the first move, oneness is no longer recognized as oneness. Uniting the relationship between the two parts "heals" the separation that never existed in the first place. The separation existed only in illusion, in the pop up screen of the ego program that obscures the truth.

We are asking you to use another tool while the ego program uses only an obsolete tool. The ego mind (program) uses only duality while it believes it is but logic to use it. We may address the inner voice for this, the underlying base program. It will easily make all dual elements disappear. It is like only using your left hand while the right is there but your ignore its existence. It may be madness and it is....for the real you not for the ego mind.

Consulting the higher self, results at first in answering all questions coming from the dual thinking system. Transcending the dual thinking system is tantamount to restoring all the parts that separated dual thinking in the first place.

Initially, the higher self, the inner voice, will answer and refute all arguments in favor of the separating thought system.

Secondly, the higher self, will disprove all seeming separate definitions and puncture their foundations, being dualism.

Third, the higher self will re-display all the separate parts as a single unit. Here's what we're working towards.

This is what we also do here in this course, in this step-by-step plan. In this mental phase we answer all your questions and debate on a mental level. Separation is an impossible, unreal state. This does not mean that the dual confusing state for you has already disappeared. Only the mental proof is presented here for you to review and to accept. We are preparing you to allow the new, but that is not why you really allow it, here and now.

Relationship is the connecting concept that we theoretically add here as a binding agent between the separated limits that dual thinking previously offered you as the only possible thinking system.

The mind chooses, judges and separates. Uniting the ego or lower self with the higher self, heals. There is no lower or higher, but because we are still working from the dual mind here, let's leave it that way for a while. It's not our biggest obstruction. Remember, however, that there is no division between higher and lower. It is only tolerated here as temporarily necessary.

Here we also introduce a new relative spot for oneness to get around the difference from where the mind seems to be: the heart.

The heart is practically and symbolically the place where the unison takes place. We have two hemispheres of the brain, two eyes, two nostrils, but only one heart.

It is difficult for you at this time to recognize oneness beyond the body. Offering the non-physical higher self and clear perceiving as an aid, was a first step towards union.

The heart as a symbol of union is a second one. There is only one heart and it is well away from the two lobe brain, the ego. The heart also has an energetic center function. Higher and lower chakra energies unite here in the heart. Thus we are referring to the heart chakra, not the heart and his or her desires or emotions.

It is within our heart that we enter into a relationship with another person and unite romantically. Relationships and heart are closely related in normal life to uniting and we can use these concepts here, far away from the intellectual mind.

The heart does not judge, but receives in oneness. The heart does not choose. Love does not choose. One falls in love, one does not choose to fall in love.

Eyes look at a form, the outer appearance. The heart looks at the content. The head talks, the heart listens. The heart does not resist union. The heart connects, restores the relationship, forgives.

That is what is suggested here in step 5. Stop listening to the dual thinking.

Be extremely vigilant for his unconscious, uninvited appearance as "you." The ego tells you that he/she is "you". However, instead, abide in the stillness of the heart.

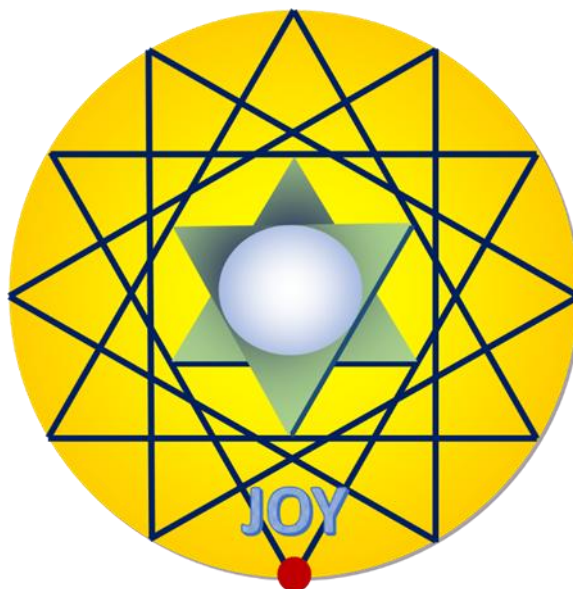
6.5.1 Compassion

Bring every dichotomy to your heart. All of it will melt like snow for the sun. The heart judges not, cannot judge. The heart embraces every situation, every person. The heart lets everyone in. The heart cannot choose. The heart is compassionate.

Be compassionate to each person's ego and your own. Forgive the ego, not because it may stay and remain as it is, but because it is confused as to who it is. It is only an illusion and a misunderstanding. This is not who you are brother, sister.

6.6 Step 6: Unite, Forgive as general reversal

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The mind cannot pinpoint who you are. The ego cannot tell you who you are. The mind or ego can only choose from a dual setting. And because it can only choose, the ego mind cannot choose oneness, cannot designate, cannot understand any of that. It cannot choose oneness, because choosing needs two things to choose from.

Life is one in number thus the mind cannot choose for life. It must include death although death does not exist. So the ego induces death and therefor fear. The ego induces illusions.

The ego mind here bumps against its own chosen limitations. What we are doing here in this next step in the Jacob's ladder process is proposing to let go of these limitations, to bridge them, to go beyond it. Do you agree, is our question here, so that we may continue?

The ego system only compares. The ego's eyes see one tree and another tree. All that the ego system does then is to compare the two trees and "pinpoint" the difference. The ego system does not see at all. The ego perceives nothing at all. It describes differences and calls this 'seeing'.

Seeing here stands symbolically for the use of every sense, all senses. After all, the same goes for smelling, hearing, feeling and taste. We do not need to repeat that each time. It's the same phenomenon. Senses are of the body. Senses can only perceive the body and the bodily, form, atoms, matter. We on the contrary, want to perceive beyond form, with the one higher heart, with the perspective of the higher self.

The ego system does not see reality. It divides reality into two parts and calls this seeing, looking. Please aim instead for the heart and choose for oneness. Get into the relationship the heart offers.

The heart is still and listens. It asks the trees who they are, from within silence. The heart names nothing, it receives, it recognizes.

To define and name is to turn away from reality. We split reality. Entering into relationship is listening and being open to the truth, uniting. You cannot force your truth onto anyone or anything. Splitting reality and then erasing one of its parts is a n oxymoron. To delete what you made up first is contradicting yourself and the process. Truth is one. You cannot turn a two division into one, if you continue to choose for divisioning of two. Choosing oneness is the first step towards clearing duality.

If you consciously or unconsciously choose for the pop up screen of the ego, you choose the choice of the ego. You call this divisioning 'truth', describing the one truth as being two in number. This impossible choice becomes your made up reality. But a tree is not reality, only the outer form of the tree is. You can call it 'tree', define it as such, draw it, take it apart, describe it. You will never find the soul of the tree anywhere by looking at it with your eyes, using your 3D senses.

The soul of the tree does not consist of its name, of its parts, of form. Form knows no reality. Form is a description. A description is not the true self. It is a caricature of it, a drawing figure. Cartoons can be fun and entertaining. But they are not real. They are a distortion of reality. They are virtual. They are not reality.

What your physical eyes see is the description of a tree, your projection, drawing of it. What your senses perceive is as defining the world and the elements in it as cartoons.

Be still and listen to the tree with you clairsentient senses. He will tell you his story, his history, his feelings, his wishes, his truth. That's still not who it really is, but at least it's already past form. Truth is beyond all mental imagination. We're not that far yet. We are in step 6 of 33.

Do not make off the tree a dead object, a thing standing there for your enjoyment or your benefit. You turn the tree into firewood. Oh that's a nice tree for the stove. That's a big tree for me to enjoy. That's a tree I own, it's standing on my domain. That tree looks beautiful in my view over the fields. That tree makes my house and my land worth more.

These are all expressions of separation, cartoons. All these sentences are not about the tree but about you, the ego and its choices, its judgment, its valuations.

Be still, make contact with the tree, with its soul. You have desouled the tree, made it dead with your physical eyes. It has become a thing...for you. Who made this choice? The ego as autopilot and you fell for it. You killing all truth out there are killing also "you" here. Thus you don't recognize yourself for who you are.

You are not that ego program, splitting everything in two parts. That tree is not a thing. But your choice for the mind's thought system has run off with reality and the tree has become a thing for you...and you yourself became a thing also.

We recommend that you meditate and go within, listen to your soul, beyond the mind. Go within to the stillness of your heart and learn to listen, do not choose. See through the story that your ego is selling you. The ego sells you a cartoon, a description and you take this as reality.

You willingly go along with the confusing logic of the ego and you nod and confirm its story about ultimately nothing. He sells you a casing. He sells you ashape, an empty box with a bow around it and tells you that this is what will make you happy.

This will make you survive, says the ego program. However, the ego knows nothing about life just because it is afraid of it. The ego is afraid of dying. The ego first created a dual counterpart of life: death. And next the ego program is afraid of that made up death, because is takes away its own made up program ultimately. The ego program is afraid of its own software. This software runs

within a hardware the ego claims to have created himself. But that hardware, the body is exactly the thing that dies, its own made up creation. The ego cannot sustain its own creation, because it is fake to start with. A body is fake and you are not a body. The ego program is an obsolete software. This bug, duality needs an update. Do you see the argument here, the logic from within the same ego mind thinking?

Just as the ego has made the tree into a cartoon, a thing without inspiration, soul, life and you did not see through it, so you indirectly chose form, things, packaging in its entirety. The ego program kills, not life.

Life is not made up of cartoons, packaged things that seem separate from each other. That's the ego that made it so. From a higher perspective the ego is the bug. And it's your ego you followed here. You are not the ego. This is the perspective we are heading for. You are confused about who you are. You are not even a soul. That still is a definition although closer to the truth.

Look beyond things. You only see bodies and things. You don't see the soul, the spiritual, because there seem to be only things and bodies. You look with physical eyes. You only see form because you have chosen to 'see' packaging over content. You chose form as the only possible perspective, which you define next as 'reality'. So you only see form, bodies. You perceive what you decided to perceive.

And then you also become a body, just as you make up things, obscure everything, reduce everything to a thing, an outer form. The ego program does that.

This was ultimately your choice. Find this choice, this buy in, beyond the ego identification. Your confusion about who you are has reduced everything, broken down reality into things, bodies. And ultimately yourself, including yourself.

You are confused and react confused. You've put yourself in a kind of cartoon world, a show ultimately, a hologram.

And so the world has become strange to you. The world has become separate elements without any relationship, any connection.

Seeking relationship is the reversal we look for here.

When you fall in love, "relationship" comes to you. And infatuation, love or relationship would have stayed with you if you had left it at that.

But the ego's pop-up program hasn't disappeared at all. Falling in love took the pop up by surprise and the pop up screen didn't show up, at least at first. Your heart took over, the upgrade. But the heart didn't erase the ego program, it only bypassed it, temporarily. The heart doesn't judge, it embraces. And then in most cases the ego program popped up again. You start comparing again, whether you like it or not. You don't notice, or don't want to make the effort. The result is the same.

Returning to the habit or the addiction, because bypassing doesn't erase the program, the programming starts comparing again, leaves oneness behind, kills your crush and destroys the relationship. That doesn't happen by itself, by default. Those are choices. Subconscious choices are also choices. Once a choice is choosing that choice is your reality.

You are far too tolerant of your thoughts. You say thoughts come and go. You say they are neutral, have no value. I say they are undermining and destroying your temple, your home. Thoughts are the bricks of your reality. You build your reality with every thought you comply by. Look at the house you built, are building with every decision you make by comparing and using the ego 'thinking' system.

You immensely underestimate the power of thoughts, and therefore of the ego as a program. Become still and see through the power of your ego first and then go to your heart, the one upgraded program. Go inside and listen to your creativity that can move mountains. Now,

subconsciously, you are only using that same power to bring yourself down. Because you learned just that: I am not who I am.

Everything of the ego program is aimed at deception, confusion and misconception. The ego wants to save you from death, which it ultimately made up itself. And thus it cannot save you from that made up death, since the ego mind created it. With your buy in, it now only saves you from life, and that is insane. You are not even a body. You can't die. You are an eternal limitless being.

How far can we stray from this truth. How much longer do you lose yourself in your own chosen maze and keep wandering there, lost ?

Get up and walk out. Brother. I did it. Now it's up to you. I can only be an example for you. Save yourself. There is nothing to save. You are not hopelessly lost. You are just confused about who you are.

You resist relationship. You resist union. Allow association. Listen to your guide clearing the path for you. He/she will guide you past any obstacle.

She/he will not always give you what you want. You want to be rich, happy, cheerful. You want this and that....so again form.

Your ego is playing games with you and you fall for it. Stop thinking you know what you want. You don't know anymore. You are confused. This need not be.

It was said that the holy spirit was sent to save us. That is true. Our higher self is here to show us the truth. However, it is not here to give us things, bodies, temporary pleasures.

You have made up the world as a mirror of your thought system. And that's a good thing too. Everything out there in the world is now a reflection of your choices. The world is your ultimate mirror of your choices what you have chosen to be true. You have chosen through the ego for separation, for forms and packaging with a bow around it.

Look around you. You have been receiving exactly what you have chosen. Isn't that beautiful. How wonderful can it be that you create your own world. How powerful are you after all. Don't make it a caricature then.

Not knowing who you are you start at the wrong point of view. When you don't know who you are in the first place, the consequences are also confusing and your intentions are misdirected.

Stop knowing what you think you want. This is the ego in your head. Don't listen to it anymore. Don't fight it either. It's only makes him happy when you do that. Fighting creates even more dichotomy. Don't give the ego power or strength.

Take a step back from this quirky behavior. Go within, be still, unite with your Self and pray, for this is what praying really means: uniting. Call on your source brother, sister. You don't pray for things, for money or happiness. You pray for union, the piercing of separation. You pray for experiencing heaven. Prayer is calling for oneness, healing.

There is more you can pray for. As you call a tree a tree, and not affirm your relationship with it, you become more and more separated from each other. You become separated from nature who is your friend, your colleague and fellow traveler on your journey through the universe, life, existence. While you have been working on this collectively for centuries, the relationship between you and nature has been severely disrupted.

While nature could be your mother, nurturing, feeding and protecting you, you become like strangers to each other. Do you find it strange that this results in strange diseases that seem to want to tell you that you have become enemies. It is not the diseases that make you enemies of each

other. It is your enmity that causes disease. By following the ego's thought system, you will become more and more opposed to each other.

Crops fail, storms destroy homes. Earthquakes and volcanic eruptions are just proof of your enormous ingenuity and power of thought. You want to rebel against Mother Nature and this is what is happening. This is again good and bad news. This is good news because it confirms your powerful nature. It is bad news because you do not understand and misuse this power, although mainly unconsciously. Yet it is and remains a simple choice that can be broken even with old logic.

You may also notice that society is becoming more and more individual. Families fall apart, partners divorce and neighbors become estranged. It is not doom and gloom that we are pointing out here. What we mean is your individual outlook on life and the urge or desire to be or to become an individual.

You do not exist outside of relationship. Man cannot exist only in relation to the other. It doesn't matter which relationship you enter into. Life consists of relationship. You may call it ecology or intermittent dependence. There is no separate being. Do you find it strange that an individual separated from his source, is not nourished by this source, and thus dies.

You desire to transcend death, yet you seek death by rejecting relationship and underlying dependence. A body separated, by definition dies, while your desire is to become physically immortal. This is no less than an inner contradiction and a self-fulfilling prophesy, all taken together.

Your ill-formed wishes lead you to unfortunate events, not the other way around.

Reality, real reality consists of relationship. Life flows. Relationship is the continuous flow of energy from one center to another. Create dams and the energy stops flowing.

All this the world mirrors to you. Stop denying relationship as the basis of life. Stop wishing for what cannot be achieved: being separate, an individual, so you may begin to remember who you are.

Acknowledge yourself and you will recognize yourself. Reality is not contained in form. Transcend your urge for form and form will no longer stop you from meeting yourself and/or others.

To meet is the same as to forgive. Forgiveness means not strengthening or preserving the wall between you and the other, nature, the world. Forgiveness is seeing, recognizing and thus repairing the relationship. Forgiveness is stepping beyond the ego system and admitting the truth.

You don't have to do anything. What you may be doing is no longer feeding the dam between you and yourself and/or the world. The dam will disappear on its own because you are only maintaining your own illusion. Let go of the illusion and it is already gone. Start today. You are not asked to heal and/or perform miracles. To begin with, stop holding on to diseases and thus separation and let life flow again.

Forgiveness is no longer closing the door between you and your brother. When you don't know how, ask your non-physical guide. He/she will explain it to you. And after you have received his/her answers, your higher self will move on and show you that there has never been any closed door between you and your sister.

You created the body, some deity did not. It's a misunderstanding. No god has a hand in this. There are no foolish demons that chase you or want to harm you. There is no survival. There is no fear.

Fear is a misunderstanding that controls the ego's thought system. Let it go. Don't bother with it any longer.

Forgive yourself, forgive god; not because god needs it. You need it. You need to remind yourself that there can be no separation.

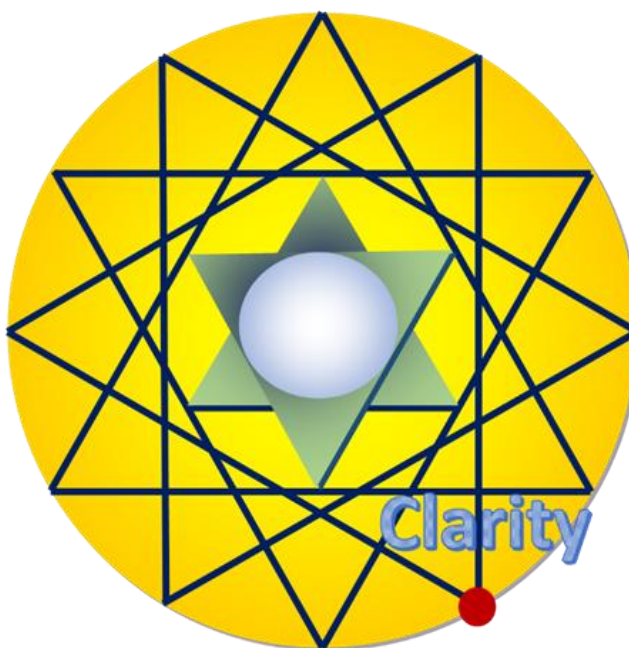
6.6.1 Joy

We now choose joy. The joy of uniting together is like seeing an old friend again. For too long we have sought an individual path. For too long we were lost in our own worries in a world that was foreign to us.

We now retrace our steps. We're not ashamed, just a little tired maybe. Come in and rest by the fire. The fire symbolizes change. No destruction takes place here, just the warmth of coming home. The warmth of the heart shows itself. It warms our guts, our chilled arms and legs. A small embrace, a touch, union begins with small things, small steps but always with the joy of the heart.

6.7 Step 7: A New Perspective

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It is now gradually becoming clear where the shoe pinches. The ego programming does not learn, it chooses. The old school learning is not based on learning but on survival.

We have 'learned' from a wrong perspective: the survival of the fittest. The ego programming checks if the body is in danger and every learning, every decision, every action has to give way to this principle. Life is one big survival issue, which is the starting point according to the ego. The rest is pushed aside. This is not our real starting point.

The ego judges and prefers. But because oneness, love, source cannot be chosen from a dual perspective, this ego programming chooses from within illusion.

A new perspective is now required to find our correct starting point. We need to find a way to stop or bypass the ego programming. Deleting the program is not the best option because it is like confronting the ego. It would throw us in a void and we would not be able to act in 3D any longer. This would bring up even more strife, confusion and division. It would create even more tension and confusion. We need to upgrade the ego program from within with the consensus of the ego, the mind. Understand this is what we do here step by step. We are offering you arguments so you will understand, agree and integrate to the coming upgrade. We need your minds consensus so we are talking to your mental brain, to your ego here.

Notice without judgment, that many attempts have been made to restrain the ego. Religious applications and exercises fall under this heading. These are avoidable without naming them or pointing the finger at them.

The more modern analytical techniques are often no better, maybe even worse. Psychological techniques and approaches that fail to see through the ego programming are built on the same erroneous foundation. Reinforcing your personality, will enforce the ego program. Denying your ego, neither will work. Any principles that affirm or even promote secession will not achieve their goal. Confirming your body, affirming your emotions as true will not result in much progress.

It is good to ventilate your emotions, express them and release them. But letting your emotions go doesn't mean taking them for being true. You let go of your emotional energy and view the energy for what it is: confusion. Now that the emotions are allowed to be unblocked, the energy is flowing again, than you can restore the truth.

The many new age solutions make a similar mistake as humanity has been making the same mistakes for centuries. They may succeed in manipulating the dual world but are not transcending it. It is not for us to go into this, in this writing. Everyone is rowing with the oars they have. Truth cannot be learned, only recognized. To be guided by a master or guru is also the old school learning principle. It assumes that someone knows more than you.

Although listening to wise people is not wrong, wise people will not claim to have a monopoly on the truth. We also promote sharing each other's truth or perspective. Joined forces and working together is a form of uniting.

We prefer leaning on higher non-physical intelligence. Addressing the inner voice of the symbolic heart is a great form of meditation and to find answers, to unite. The inner voice, the non-physical guide, the higher self has no personal agenda, has no ego.

Now let's move on to how to find the right answer to the addiction of choosing, preferring, judging. How can we choose the 'whole'? How can we "choose" without compromising oneness?

How is it historically or psychologically that this choice/programming has become so intense that it has become an automatism and unconscious act?

Let's take a very critical look at how an average person presents himself in his environment, in his own world.

Why do we choose? With what purpose?

It should become clear to us that choosing has a very specific purpose: to separate ourselves from 'the gray mass', to be special.

We dress up to 'be attractive'.

We put on beautiful or specific clothing to be 'seen'.

Being better or different from our neighbor brings us more income. Here we state diploma, status, title.

Specializing in something aims at that someone else is less good at 'it': an actor, an athlete, a celebrity.

Assuming authority: a professor, an expert, a politician, a king, a president.

Practicing a specific task, hobby, assignment.

From small to big, from poor to rich, from young to old, each one seeks their moment of glory, their moment in the spotlight, their pride and feeling happy TO express HIS SPECIALNESS.

In other words, we are all looking for moments of being different, to rise above the gray masses. **We do seek separation.**

We accept, endorse and affirm that separation works and is good. It has become our common highest goal. This makes us human: a unique individual human being. That is our aim, each for himself; as long as it stands out and therefore works.

Separation works. That is what we tell ourselves and endorse. To identify yourself in this world, you had to pinpoint a piece of yourself and say of this piece: "This is what makes me unique, who I am."

It doesn't occur to us that in order to be special, we have to deny another part of ourselves. And it is precisely this that is an impossibility that is impossible.

This sole thought in itself forms a whole thought system, for it is the primary thought with which you live your life.

In other words. Whenever we choose to feel special and act on it, we create this thought system. We build brick by brick, thought by thought, a system where being special becomes the center of all attention. And what we feed grows stronger. And so the ego mind thinking system is being build up.

What becomes stronger and more powerful , the ego program, gets on top of 'who we are'. Complying with that program, identifying ourselves with it, feeding it, we lose sight of the rest. This program becomes dominant AND unconscious. But it sure is there. This one thought, being special, becomes a system, becomes an automatism, a programming, an addiction.

We are all addicted to being unique, different from our neighbor, our partner. We compare and figure out how to draw attention to us. We become egocentric, individual.

But we also become separate, form, bodily. We take each other's place in the sun when it comes down to this. Again, the idea of survival is at the heart of all this. I survive because I am special. This world is upside down. The world is not turning around survival. The world is about being special and being on top. That is the ego program and we agree with it. On top we agree on the fight and flight principle, but we don't agree on our self-fulfilling prophesy: being special.

What we don't realize is that every situation with being special running the show, than everything everywhere becomes a comparison, a weighing of how can I profile myself so that you 'see' my specialness.

What we don't realize is that every situation is a relationship. That is the start of the upgrade: relationship.

How is my relationship with my partner. Is she still satisfying enough? How is my relationship with my job, my colleagues. Am I still earning enough? Do I still have sufficient 'entitlement' to this compensation, status, (work) place. Is my spot still 'safe'?

Even more generally, every situation is a relationship between you and your part of the world.

Let's take a look at that more specific.

There is the perspective of you wanting to be special in and for the world. You withhold things to yourself in order to put the other ones, perhaps your talents, very prominently forward. This makes you a not fully complete person. It is the things that you find special and important that you do specifically highlight. This is you, you say. The other things become greyed out and erased. However, this is not the all of you. Thus your separateness becomes a fact for you. The world, your fellow inhabitants admire you for your special talents and do not confirm your completeness with this.

You exist now in this "being special world".

On the other hand, you may also like to hide the lesser sides of yourself. These lesser qualities are also what makes you who you are, but not from your ego perspective. The ego hates them. You like to keep them covered, unknown to other people. These other people, your fellow human beings

often agree even with your analysis. They were standing next to you when the analysis was made. Your parents, your teachers told you that these were really bad sides of you. You better keep them away from the daylight. It is better not to sell them there. All these 'thoughts' are ego programming we and the world buy into, subscribe and feed.

There are even coaches who can frame and mold all of this for you. *You better not do this. Shut up about that. Emphasize this. Repeat this often enough so people think this is the real you.* Of course, these things don't have to be true at all. Keeping up appearances is the game here.

Next there are the things that hardly anyone knows except you and a few intimates. Here the wall is completed. Here the cover up is complete: the hidden agendas; the little secrets. The dirty laundry that stays inside.

How much reality remains here ultimately? Make a count. You now probably think that these are all just appearances, little silly things that can't change the world anyway. Sure. Maybe not one, not two. But thousands of years of warped situations become your shared reality. Thousands of years building a wall around the real you, collectively, create the tower of Babel: confusion. You underestimate your own creativity both positively and negatively.

And still there is yet another perspective: the things you willfully withhold from the world. Your knowledge that you withhold. Only money or fame will move you to make your treasures worldly. For nothing there is no such thing. For everything and everyone, cash on the barrel. You often surprise yourself how expensive life becomes, how difficult it is to make ends meet. You have to work hard to get food on the table. A lot of sacrifice is needed to achieve what you want.

You are not only in competition with the world. You are also in competition with yourself. You deprive others of your talents and thus the world deprives you of the world. You turn away from nature, but nature also turns away from you. You have nothing more to say to each other. Separation closes many doors.

And in the end you come to the conclusion that the world is a big manipulation circus? *It is the fault of the great rulers. The Illuminati are plotting their webs underground.*

It is the aliens that keep us under control with their higher dimensional demonic powers. The Matrix, well yes. There is no escaping that. We must regroup, rebel and defeat the enemy. What enemy?

The greatest and only real enemy abides within you and your choices. You create your own reality. That should now become clear. However, these are all choices that are in your control. The problem is you don't even believe you can control them. Another nail in the coffin. You were told you are a victim. You were told that choosing, manipulating and fighting for your rights is the way to get things done.

This is not who you really are. you are not a victim, not a manipulator. You are not chained to the ego program that seems to be running somewhere, hidden in the hollow earth. Nothing happens without your actual permission. Even defending yourself is unnecessary...when you know who you are.

The world can only disappoint you when you disappoint yourself first. The world mirrors you your attitude, your ideas about yourself. The reversal proposed here is both simple and difficult. **Choose again.**

You are looking for heaven. How can heaven be anywhere but here with you. Create your heaven on earth. Know who you are and act accordingly. Let go of the past. No more is needed to get started.

You are here with me to look at the new horizon. Forgive yourself, forgive the world, forgive god. They are innocent just like you are sister. Amen.

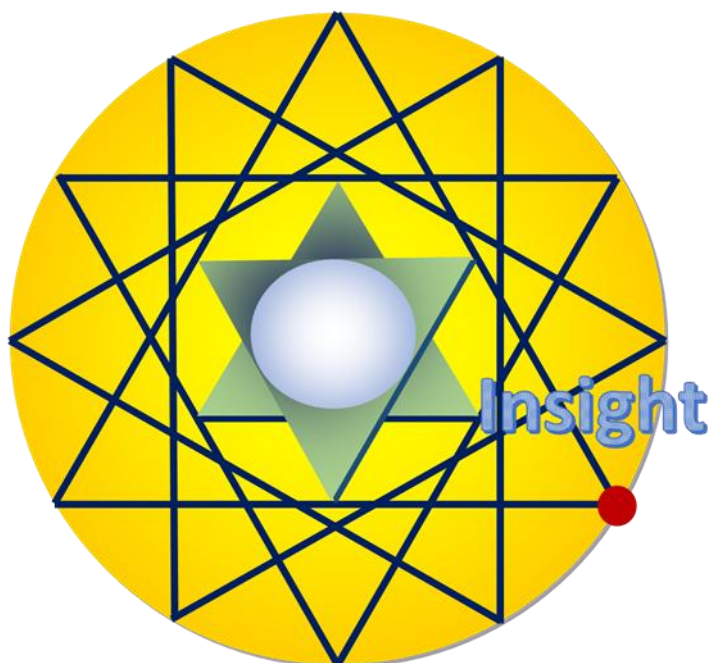
Expand your perspective. We have already begun to detach yourself from the idea who you are and that you should be separate. A new perspective was born here: relationship. The idea was sown here that everything is connected to everything and that nothing is withheld from you. Nothing can be withheld from you if you withhold nothing from yourself and the world (so yourself).

6.7.1 Clarity

Clarity is now what we seek and find. The fog is lifting and we are starting to get clarity in the processes of the world. Little by little it is becoming clear how people live and choose. It is not important who is right or wrong. There are no errors. There are all choices and I, I now choose clearly and distinctly again.

6.8 Step 8: to recognize as the new learning

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The new learning comes to you. It arises. The moment you forgive, the truth can come to you. Forgiveness does not require action. It's a letting go. Letting go of what is not true allows the atonement to take place.

What was once separated finds each other again. It happens spontaneously. It takes no effort. You don't have to offer anything to anyone. You may, but shouldn't. It happens when you're ready. You may do it when you feel ready.

This is what feeling really stands for. To feel is to unite.

Feeling is not how I feel. Emotions are not feelings.

Emotions are an outburst of confusion. So many things bump into one another. So much has been misunderstood that an overload is taking place in your energy system. Your physical, energetic system becomes overloaded and an outburst of energy is the result. A burst of energy is inevitable. Your body is so overloaded that it has to get rid of so much misunderstanding.

This can be a shaking and trembling, physically. This can be a verbal expression of frustration, anger or sadness. All kinds of feelings are strains.

There is only one feeling. It's a feeling of love.

Love is rather a condition, a given thing. It's like a standby state. You who live, live in love. The love for life. When the love for life is gone, death has come. The energy is completely gone. You cannot

live a little, although it may seem so. As long as there is love, there is life. Lovelessness is death and death does not exist.

You pass into a different kind of life, a different kind of existence... into love.

Fear is unrecognized love. You shake and tremble with fear. You are alive but confused about what life is. You are confused about who you are.

The understanding that life unites and does not separate is what we are talking about here. You have come to understand that uniting is life-giving. You are willing to allow life. You choose life again. Everything starts with a choice.

This choice is the insight. The insight is that separate things, bodies cannot unite. The choice is the reversal. The reversal is the choice to unite and transcend the ego-body-thought system.

Every situation then becomes a sacred moment, an atonement.

A walk in nature then becomes an encounter with the elements of nature. Everyone listens to each other's story. This is therefore not a physical conversation. Rather, it is a telepathic communication. This in itself transcends seclusion. There is therefore no physical noise involved, no difficulty in speaking or understanding each other. You don't have to learn a new language. Recognition is the language of the heart. No material resources are needed. You don't even have to move. Focus your attention on a tree in the distance, or even a tree in your imagination. It will work in a natural magical way. The real world comes to you.

And nothing will change in your life and everything will change. You're still going to work. You negotiate still, trade. But you no longer buy and sell. You will meet each other. You exchange stories, knowledge, energy. You meet new people. You discover new possibilities, new opportunities....to unite. Money is uniting. Things become relationships.

Relationships become encounters. You no longer huddle together to emphasize your specialness. It is no longer your beloved. It is love. The other is no longer your greatest treasure. It is a shared treasure. You don't have sex or kiss each other anymore. You exchange love. Because only love exists. There is no more competition for attention and affection. Affection is not exchanged. It is added, united, multiplied.

You no longer travel, go on vacation. You don't spend money or effort anymore to have the ultimate experience: the most beautiful scenery, the most intense experience. Every step into the unknown is an encounter, an atonement. Your guide will lead you to the ultimate encounter.

What is it that still weighs down your heart? What can you not yet let go of in the ego-thinking? That will be your next atonement/meeting. You will be united with the experience. Every encounter will enrich you.

Earning money to get rich, to bring special experiences to you are no longer necessary. Atonement will enrich you. Gathering things around you to mask your inner poverty will disappear. The sacred moment will make your heart and soul happy.

You unite and make whole again. Sickness is no different than not feeling whole. Hospitals should not be a place of fear of pain and disease, but temples of joy and singing because things are united rather than taken away, suppressed and hidden.

Use your separate body to unite, to meet and heal. The body is neutral. It is neither your friend nor enemy. It's a tool. You can use it to choose for your specialness and seclusion, separation. Or you can use it to unite, to heal and to meet.

You are not a secluded body. You only exist in relationship. Every situation is an opportunity to enter into a relationship, to heal yourself and others, to celebrate. Every meeting is then a celebration, inspired by you, heaven brought to earth.

Do this my brother. This is our proposal in step 8.

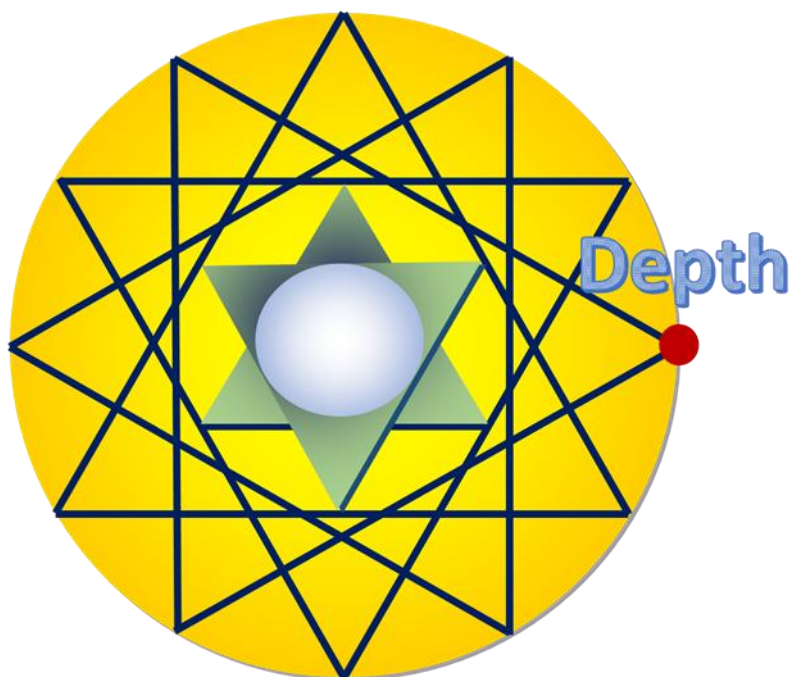
6.8.1 Insight

Insight is what is received here. Insight into how the world works, how you can work. Work becomes play. Trading and negotiating becomes uniting and celebrating. The world is neither good nor bad. The world is a mirror.

The insight is the understanding that you are at the starting point. The world does not fall on your neck. It does not force you to choose fear and survival. It is your choice that is central. This is the insight here and the reversal.

6.9 Step 9: back home

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Now that the reversal has started, we can return home. What does this mean. We have now gained a first insight into how to transcend the ego thought system. Remember that we are going through a step-by-step plan. We're just on our way here. We are only still in the mental phase. The mental phase is the negotiation phase with the mind. We offer the mind arguments, examples and thought patterns. We provide proof that the ego thought system has reached its limits. We offer knowledge that the mind may learn that it no longer meets the demands of the times.

Now we are preparing to step beyond the old school learning. We now understand the ego thinking better. It is superficial and misleading. Now we are going to think deeper, beyond the ego to prepare ourselves to see the deeper layers of the human kind. We explore how we can forgive, unite, recognize, learn the new.

What is learning based on?

We have invoked the inner voice but do not yet understand its function. The higher self is ready to guide us but it is still apparently outside of us.

We need to dig deeper and understand fundamentally who we are, what we are doing here to become truly divine beings. How do we create? How does manifestation work? The tension on the surface has been broken, but deeper knowledge is still needed.

We now understand that the world is a reflection of our own interpretation of that same world. The world doesn't really exist. It is an interpretation, a distorted self-image. It is a caricature of reality, a cartoon, as it were, two-dimensionally put on paper by the ego thinking system.

We had rejected the higher dimension of reality. We have kept form but thrown away content. We have replaced life with a projection, a static image. We have only been left with 'our' meaning on reality. And our meaning is based on survival. Our survival instinct wanted to know if it was safe or not. The rest was not "important" and discarded, even erased. We only see our ego's world, not reality.

The content, the relationship was hidden and only a superficial outer form remained, an outside projected imaging. The world became a world of secluded things, separate bodies, a drawing. Separate bodies cannot understand each other. They can only name each other. This naming is not knowing, only knowledge.

Knowledge is only superficial knowing, without understanding, without clear 'seeing', clairvoyance, recognizing the relationship.

The reversal now is the choice to reunite, to make whole.

We may wonder how we got there, end up here. How could we have allowed ourselves to be so deceived? Life really doesn't need protection, but maybe the body does. It is not the body's fault that it is misused to fake protection. The body doesn't need protection, but the ego claims it does. The body does what the mind asks. The body is not vulnerable, the mind forces the body to act this way. It is the dictates of the mind that make the body what it is. Vulnerability is a self-fulfilling prophesy. The body is neutral.

The body was made to express fear, to make survival real...by the mind's self-fulfilling prophesy. The mind would have us believe that the body needs protection. Could the opposite be true? Do we see the world upside down?

Could it be that the ego made up the body to mask its fear of living? *Life means being born and dying.* Who says that? Life or the ego? Can we see that life is eternal, but the body is not? The body is a tool. Can we see that the ego is deceiving us here too. We have a body. We're not a body. The fact the body is a tool, even a made up tool is not the problem. One still can use it when the occasion is presented. The problem is the upside down thinking, 'we' are a body. Here the mind convinces us to buy in an identification which is not true. It is a made up conviction, a belief system, an illusion.

The ego tells us about eternal life, the beauty of life. The ego wants us to have fun and enjoy ourselves, but meanwhile it is afraid of that same life. Meanwhile, it manipulates in order to be special, the best. The ego tells us: here is the body, have fun, but also the ego mind abuses that same body meanwhile. The ego mind presents itself a you, a source you are identified with. Instead the ego mind is only a program, an alarm system, obsolete. Put it off! Not the program but the constant alarm. Upgrade the program up to the higher self level.

The big mistake the ego makes is this. It says: look, this body is me. But the mind did not create the body. Your parents did that, or god or source or whoever or whatever. But surely not the ego. The ego says this is me, my name is 'I', an individual. But there are no separate individuals.

No man is an island.

Pause here for a moment. This island thing is bullshit. The ego has created no island, created nothing at all. It has hacked a state. The ego is a bug, an outdated software. The ego has placed itself in between your life and source and has claimed the throne. The ego program is a bug in your boot system. It has manipulated your life. But it's just a program. This program chooses, prefers and judges.

The ego plays god but does not have the means to do so. It cannot make planets, energy, life. It steals energy, it makes and runs off with bodies and tells you that it made eternal life: the body.

The body is nor alive nor eternal. It's neutral. It's a tool. This is not who you are. Because the body is a tool it has an end of life, as in end of use. The body is but a tool, not you.

The ego tells you what is useful to you and what is not. The ego claims matter matters.

Look around and remove everything that is useful for your body. What does remain? Who told you of its usefulness? Can you see that the ego is still trapped in its survival mode and has made survival useful, old wine in new bags?

Can you see that the body is only there for its use? Are you a pleasure object? Is the body here just to be enjoyed? Who are you in all this?

See through the ego's mistrust of everything and everyone. You are not the ego. The ego is just a program, an addiction.

Choose to remove all usefulness from the ego and choose instead relationship, oneness. This is our request in step 9. It's time for a big spring cleaning. See how you mostly need the body to generate pleasure...for you? Can one choose pleasure without your body?

Yes. You are not your body. Pleasure through the body keeps you trapped into your body. The ego wants to maintain your addiction to the body. All pleasure is than based on not 'having' what you need, not on being, how it should be.

The ego whispers to you: *You need this to 'be' happy. You need that to 'have' fun than. You need to 'have' that experience to be yourself, that car, that body, that thing....have, have, have.* The ego is addicted to having. The ego is trapped in its fear of not surviving. The ego wants to create but the ego is no source, so it hacks source. The ego gets your buy in through the specialness through the body illusion, telling you the body is the source of all pleasure. Pleasure is not the problem. Using a resource that is not source is the problem. The ego wants you to feed yourself with what doesn't have any content. Of course you stay hungry, physical, emotional, spiritual. What you feed yourself with is empty, form, useless.

Take utility away from the body and much will become clear to you. The feeling "I need this or need that" doesn't come from the source of your heart. The heart is your connecting with source, not the brain, the mind or the ego.

Your heart is one and unites. Love needs nothing but itself. Love is a condition, a state of mind, beyond the mind, a state of being full hearted . There is only love. There is no lovelessness. Do you understand the step-by-step plan? Have the courage, the wisdom to see this. Be patient. You have all the time. Only the mind is anxious, in a hurry.

It is the ego that says 'you' are in a hurry. It is the ego that gets angry and frustrated. It is the ego that stirs you up to need something.

The ego programming is attached to the body and tells you that you are this body. But you're just confused. The body is neutral, a tool. Do not throw away the body. We don't ask that from you.

Take away the utility of the body. Use the body to unite, to heal, not to cure. Use the connection of the virtual multidimensional heart. To cure is seeing the body as a resource and thus the ego. The ego is not a source and can never become it.

You have put all your trust in the wrong source. What is not a source cannot nurture you. What cannot nourish you, cannot give you pleasure. Therefore, any pleasure is temporary and superficial. Bodily pleasure does not last because pleasure cannot come from your body, never.

You are looking for the source where there is no source to be found. Beauty cannot be found in the body. That's why the body gets old. But beauty through union with the body as a means is possible. But making the body the goal of beauty is madness.

Beauty is beauty and there is no contradiction. Beauty is. Beauty abides in the one higher heart. The heart doesn't compare, doesn't compare beauty. You can recognize beauty in everything, even in the ugliest things, from within the one heart, oneness. Art has already proven that many times. If you like it, it's beautiful for you. The form doesn't matter. But the content does.

So again, find the relationship. Ask your higher self to show you beauty, but not in form.

Ask your guide to show you wealth but not through money.

Ask your inner voice to show you source but not through form.

Form and suffering are synonyms because love has no form.

Your choice for form and the body as pleasure in form keeps you stuck in the ego thought system.

Thus now we have gone beyond the superficiality of the ego thought system. We went deeper, beyond form, beyond the outer body.

You are not the ego. You are not the body. Holding on to the body as a source is madness. The body is neutral. You don't have to deny the body. You don't even have to deny pleasure. You don't even have to throw the ego away. It's just an addiction, a program. It's like saying alcohol is going to make you happy. Alcohol cannot, and never will be, a source of happiness.

Using a source that isn't there won't work. Nothing more nothing less.

6.9.1 Depth

We have now dived into the depths. It is necessary for any addiction to come to the surface. The reversal has started, but a lot of work still awaits us. Who are you. You need to understand this on a very deep level and of course you have to accept that insight next.

Who you are has everything to do with life. You are life. You cannot call on life from within fear. In every way we need to transcend death and fully understand and experience life. Life has no form or life is every form, form as a tool.

It is deep that we must dig to clear up any misunderstanding. Yes, it did and still does take courage and patience. It doesn't happen by itself. We need to see what's blocking the way out.

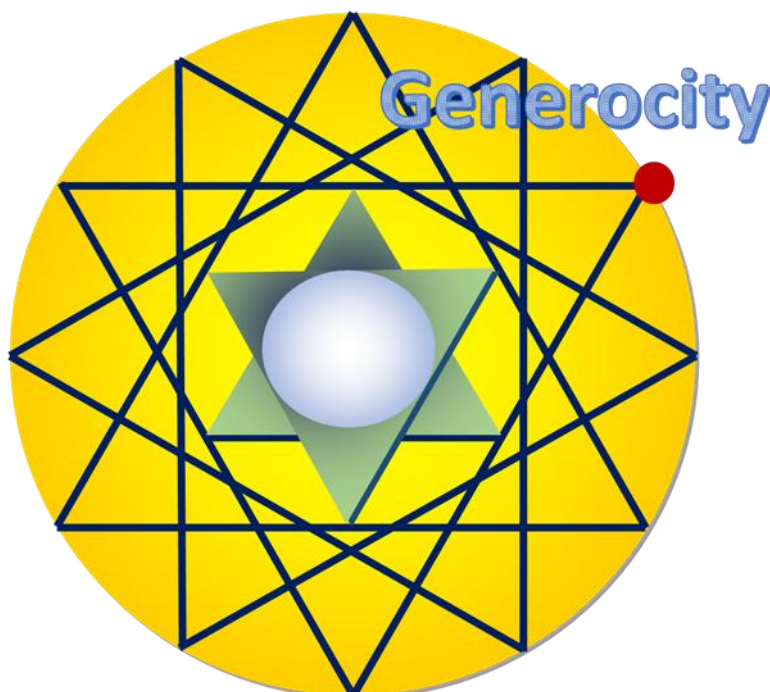
Brother, sister. I'm with you, by your side. I don't manipulate. I'm not telling you anything new. I bring you an ancient truth. I repeat what many have said before me and will say after me. Nothing is told here other than what and who you are.

We have arrived here in the depths beyond the superficial ego thought system that denies you your source. See through it, forgive and unite.

Of course we do this together. I don't exist without you. I'm here because you don't exist without me. This is truly self-interest, individuality, oneness. Welcome home.

6.10 Step 10: About Free Will

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We are looking for a new source beyond the ego. We now know that the ego claims to be a source but it is not, cannot be. The ego is not a source. The ego system only creates a smoke screen to make its general mistrust real. This world is only a reflection of our intentions. The intent of the ego thought system is distrust. So the world we see is a world full of mistrust. Seeing is what the ego does, but this has nothing to do with perceiving. To see with physical or ego eyes is to see physical things, form without content.

But love is. source is. The world we see is the world made by a thought system that contains no source. This world, which we see, based on mistrust, is therefore not real. Distrust has no foundation in reality. But this fake reality seems real...for the ego. We who go along with the ego, for us this world seems also real although only in illusion.

That world of mistrust is not real. We really made this illusive world by our own choice. We in this course, have now initiated the reversal to see if we can get rid of the ego system, our addiction to pleasure through the body. Pleasure should be independent of the body. Pleasure comes together with a thinking system, defining with what tool pleasure will be perceived. The body is neutral. Pleasure defined by the ego system is not equal to recognizing pleasure by the heart for example. Pleasure with the body as a tool is inducing illusive pleasure. It always will be temporarily, superficial, short lived, compared to something, someone.

A new thinking system is needed here. In order to replace this ego thinking system, we need to recognize one, the new thinking system. We cannot learn the new with old means. The old learning chooses, prefers, chooses, judges.

The choice for oneness is necessary. Forgiving is one method, uniting is a similar one. It means the same but the path seems different...to the mind.

We call than on the higher self to guide us in this. The higher self exists beyond the ego thought system, has no body and has no need for bodily pleasure. The higher self needs love, truth. That is why it is here at this moment, at this stage, our guide, our inner voice.

We now, in this step 10, withdraw all faith in the purpose of the body offered to us, by the ego. We now use the neutral body for union. We're looking for oneness. Our goal is to experience oneness through uniting, healing.

What is oneness? The ego does not know the meaning of it and we are confused about its definition from the ego perspective. We are addicted to fun. We are addicted to reward. We want to experience gain, progress, attention, all kinds of forms, outer forms of reward.

Can we go beyond this without experiencing the old loss again, without seeing the world as a place where we are rewarded for a while but soon have to let go of that gift again. Reward is never permanent there. Reward has to be repeated and that is not what we are looking for either.

The illusive world is only a temporary place of pleasure when you are young and beautiful and rich and happy, maybe. All these things are only temporary. This world of mistrust can only disappoint because the starting point is mistrust. This ego thought system is an insane thought system based on mistrust but therefore not powerless.

You do are creative and whatever thinking system you use, you sure are powerful. You are powerful in illusion too. Illusion, however, remains illusion. Before we can introduce a new system of thought, the old one must be completely erased. Why?

Two systems of thought cannot coexist because the new system of thought is opposite to the old one. The old one is based on fear, the new on love. The old learning speaks of distrust and separation, the new talks of trust, relationship and union.

You cannot serve two masters. This is the true meaning of this statement. Both systems of thought are mutually exclusive. That's why this is a step-by-step plan, hence the long search. The old system cannot be used in the new state. Form and content cannot be learned together, the mind cannot 'see' and form and content.

How come we can't get a proper understanding of the new system? Why is it that content and form cannot be seen at the same time?

The answer to this has already been found, but not yet fully understood. Science has understood that in every experiment or test a certain factor was always there and still everywhere forgotten. What is this forgotten factor? We have already called this relationship, but this is not the complete description. It is, however, a pointer in the right direction. We can be even more specific.

Science has discovered that everything is relative but has not yet understood its full impact, applied it. Relative and relation have the same basis. What is it that makes things relative?

Things are relative also means that everything is a matter of perspective. What seems right from one perspective may be wrong or completely different in another. What appears solid in one state is liquid in another. What is "here" is "there" in another perspective. What is that perspective that loosens or fixes things, relative? What is it that makes things inside from one point of view and outside in another?

The 'I' is this perspective.

'I' does not exist without 'the other'. Science never left the dual thinking system. Nor did the ego program. We (me and the other) exist only in relationship. 'I' is an impossible perspective because the 'I' sees itself as closed off. Being closed off, all the ego sees is closed off...to the ego. The only thing the ego can see is closed off things, or form.

Of course the 'I' is then afraid. It is closed off from the whole world. It knows nothing of this "strange" world. It can only define everything in this world, give it a name. But 'I' does not do more than knowledge does. Naming something has nothing to do with knowing. Knowledge is not knowing. I can name a chair a table. I can call a child a closet. Anger I can describe as pleasure and eating blasphemous. How 'I' name things has nothing to do with what is. The 'I' projects its view on things. And they are shared or they are not.

Naming this or that does not make it real yet only seemingly real for the 'I'. And that is a big problem not small one. Naming something from the 'I' perspective only seems to be a local problem you think. But wait. When the vast majority of the population supports and endorses these concepts and definitions, then there is a surely a bigger problem. And that is what historically happened, is happening now and is still being perpetuated.

Money is not really valuable. Still we all agree that real value lies in money.

Individuality and specialness is the fashion of the century, for centuries. We agree on it.

Separation is considered necessary from birth on. Every day and every advertising message confirms this. Do you see the confusion and the worldly problem?

Knowledge must. Knowing is impossible. Doubting is researching is dividing up is scientifically responsible behavior. We create our own matrix and don't notice it.

Dualism is not a choice but a law, a self-fulfilling prophesy. We subscribe to this illusion.

The "I" is the only possible perspective, we tell ourselves and everyone. We are assigned to an 'I' from birth on, we all take care of that. Egocentrism is by consensus the way to approach life. Altruism is even an extreme form of egocentrism, however and strangely still based on the ego-thinking system.

The ultimate proof of the ego thought system is the existence of the 'I'.

Ask yourself who you are. Your answer is usually : "I" am...

You are probably telling me that it is impossible to perceive without an 'I' perspective. The argument here is we forgot that this was a choice, which everyone agrees on and therefore became a consensus, almost law. The mind does not understand that this consensus is a system of thought, an agreement.

We have evoked in previous steps the inner voice, the higher self, unite, why?

We should have been able to experience that the higher self has knowledge of things, knowing that cannot be experienced from any 'I' perspective.

Clairvoyance, prediction of the future, the sacred moment; they are three proofs that the 'I' perspective is just a perspective, a preferred point of view. It proves that there is such a thing as a non-I perspective. The higher self sees more than from the 'I' point of view.

Science is also close to a similar conclusion. Science has already proven that every perspective is relative and the observer in every experiment influences that same experiment. That is indeed impossible from a dualistic view. This is illogical. But that same science cannot or does not yet explain why. And yet it is so. Logic does not allow us that the time being an 'I' and that the I-perspective is being abandoned.

That is what we do here in this step 10.

The I-perspective is a perspective, relative and a choice, not a fact.

Dualism is a view, not law.

The "I" tells you that it has free will. *I can do whatever I want. I name and use 'things' how I see them.* By this the 'I' means that it can use everything according to the use that the 'I' may imagine.

However, the 'I' cannot do that at all.

The ego or "I" tells us, wants to tell us that it has created reality according to its vision including itself. It is true that the 'I' created this reality, but that does not make that made up reality real. This reality is not real. It is a made up reality, illusion. And it is madness to take illusion as true, whatever the "I" wants to claim. The 'I' only can create really for himself, never for others. It cannot do that because of his preset condition, to be an 'I', an island. So this 'I' is alone in his 'personal reality'. This 'I' excludes itself from real reality. All of us, each of us claiming to be an 'I' live in a self created island reality...by choice. The only thing we can do is manipulate another 'I', in order to buy in the other one in 'his' reality. When we do that as a collective, we may surely call this world 'illusion'.

The ego thought system excludes oneness consciousness, by its own principles, dualism.

And we repeat the following. The "I" did not create itself. Just ask yourself. Did you create yourself? The "I" cannot see beyond its own creation. It can never do that, and it must when it wants to know where its own creation started.

Even then, faced with this impossibility, the "I" continues to claim that it is you. Who are you? Can you answer that? Wouldn't it make sense for you to answer that normal question? Do you see now that you are confused about all this?

The "I" created nothing at all. He has merely named, distorted, used all things for his own purpose: distrust, masking fear.

You have no free will from within the ego perspective. And for most of us that is the only perspective we know of and use. Our real free will is trapped in mistrust and fear. Why is it like that?

If your will were free you would be free to decide any moment of the day, any moment. But you can't.

Our will would be truly free when it:

- ✓ was free from any influence from outside, persons, things, weather, space, time, consciousness.
- ✓ was free of any personal influence: addiction, habit, subconscious, urge, disease (body)

You can place the body in both columns if necessary. It makes no difference. You are not the 'I'. You are just confused. And confused about who you are you cannot understand what is happening. The world seems hostile, not because it is hostile, but because you have accepted the world as hostile, consciously or unconsciously.

Choose again. Forgive yourself and the world. Forgive god. Unite every element that you have excluded during every situation presented to you. Take away its usefulness from and through the body.

Free yourself from your addiction, the ego thought system, the thinking that you are an 'I'. You are not an "I". Your willingness to be an "I" is based on your choice to be a body. Where can an 'I' be located? A body is also located where the 'I' is, the one who made up the body.

The body was not created. It was made up. The body was made up to make you believe that the 'I' is real. The body was made to make you believe that 'you' are the 'I'. And you believe this. You let all thoughts refer without any interference of 'you' to the body. It is your body that is "the source" of all pleasure, you think.

And while you think the body as the source of all pleasure, you strayed from the real source. You are not your body. Real pleasure is not connected to the body. Suffering is connected to the body. While you "voluntarily" purge all pleasure from your body, your body and like all pleasure is temporary.

Because your body is made up and not created, your body is temporary and ephemeral just like you think now. And you don't like that and neither does your ego. The temporality of your body proves that the maker is also temporary.

How the ego would like to make you believe that your body was created and not made up, created as by a deity. How the ego would like to be that deity. And isn't this what you think, God once made a mistake somewhere, no?.

The ego spins around the pot by yelling at you, demanding free will. The ego shouts from the sideline that you can have it your way. It tells you that you are your own source and therefore has free will.

If you really had free will, why is there suffering than? But there you go wrong. Suffering can never come from you and your choice you think, even better from your choice for free will. But it does come from you and your choice for separation, the ego and illusive free will. Who chooses suffering of their own free will, when your goal is to seek pleasure and to avoid pain and suffering, you think? You want to be generous, giving, you claim, but you forget to say 'with you the ego at the centerfold'.

You are relationship, source, oneness, love. Prepare to embrace the new thinking system. It's your choice sister, just your choice.

6.10.1 Generosity

How can you be generous when the "I" holds you captive. The "I" wants everything for itself. It wants everything for itself because it mistrusts everything. It is fearful and ready to defend itself against...anything. It's confused.

Giving everything away is not generosity either. You give to yourself. You withhold what you give others to yourself. Generosity has no limitation. A hermit isn't necessarily happier that way. You are only happy in relationship, with others, with yourself. You are only happy when everything is free and when there is no mistrust.

In relationship everything is connected with everything. Nothing is unknown, unloved in reality. Everything is free, like your free will is free. When you go left, you will reach your goal. When you go along the right path, you will also reach your goal just as easily and smoothly. That is the certainty of relationship. That is freedom. You get there any way you choose. The result is certain. Than you are free.

When you really give you KNOW that what you give will be received and will come back to you.

When you receive then you KNOW that what was given was without distrust, it was given freely.

Generosity only exists within relationship, within trust.

Generosity exists only when giving and receiving are the same, connected, not separated.

Question and answer are not separate at all, were not and never will be. You made it up like this. And as you have made it up, so it is true for you.

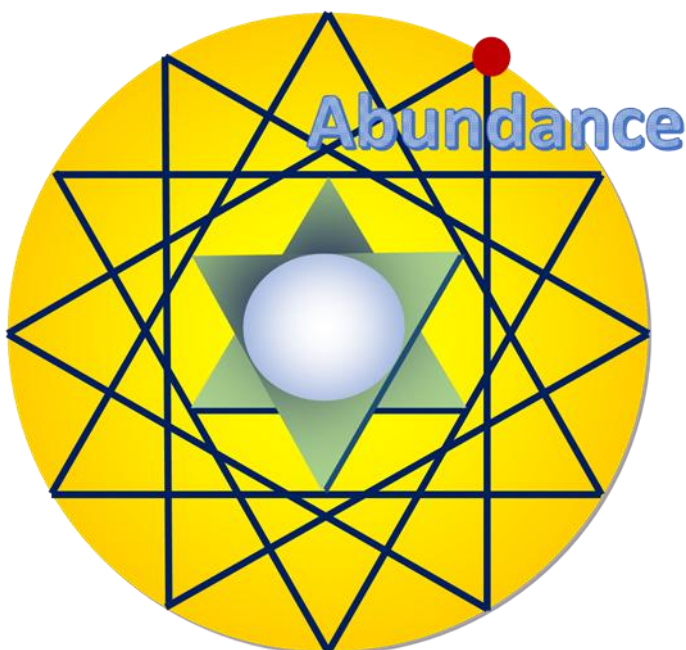
Give everything to everyone. Everyone gives everything to everyone. That is the definition of relationship. Because there is trust and the will is free. There is no "I" in free will. "I" excludes free will, by default. 'I' takes a stand, a certain point of view. Only oneness is free when and when you let go of the ego thought system.

Be generous only to yourself. That understanding is understanding beyond the 'I'.

Amen.

6.11 Step 11: The Willingness to See

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Your willingness to be an individual is based on a misunderstanding. You are still convinced that you are an individual and do so because you think that you should be. There is, however, part an even greater made up conviction. You are convinced that you are a source. That is not true. You are in relationship with source.

If you were truly a source your claim would be logical and completely normal. But you are not. Where would that source be located? Is it in your brain, in your heart, in your hormone system, your pituitary gland. No one has found it there yet. Many scientists have searched everywhere but never found anything. They just found a program, a biological device that receives signals, rearranges them and transmits them. Maybe the ego is there, because the ego is a program, right?

Is your individuality, your essence located in your heart? Some people think this is so. But than they don't mean the heart that pushes the blood around. They probably mean the heart chakra, your higher heart. But the chakra is not physical, and what is not physical does not exist according to these same people. And even when the ego were in your heart, those same bright minds can't measure it with current knowledge.

When you believe in a god or in a higher power, then you probably believe that higher power is a source. Then we have a problem. If you are a source and so is that deity then there are two sources? That can't be logical. And then there are actually a countless number of sources. How many people are on Earth, that many sources are there? And what about the animals, and the plants, the planets, the aliens, etc.?

How many sources should there be and how related are they?

Do you now understand why you want to be an individual or at least want to be separate. Do you understand why you want to do it yourself, want to find it all out for yourself. You want to be a source, or at least your ego wants to. But you are none.

You want to solve it yourself. You want to do it on your own. You want to give it a try at least and see what it gives.

What you don't understand is that trying doesn't work, just the opposite. Trying doesn't work because trying doesn't exist. You cannot try and achieve no result. To try is to do. Trying is acting on it. There is no 'no effect' when you have tried.

You can't try first, then be convinced and execute the plan. It doesn't work like that. Your willingness to try is enough. Trying does not come before persuasion. You won't try to do something if you weren't convinced it would work. Willingness shows that you are convinced, at least convinced enough to try 'it'.

Your willingness is really your belief. The result is irrelevant here. The result is a consequence. The real cause is your willingness. Being prepared is enough. It sets the whole circus of manifestation in motion.

Free will is like that circus. Imagine you are ready. You show willingness to give free will a chance. Then the consequence is that free will arises. You just tried it. And now we're back to you. What is your choice here?

The question is if you really have free will? Having free will means you are a source. Trying to have a free will is executing a free will. Executing a free will is trying to be a source. Trying to be a source, this made up source will create something that is made up, doesn't exist, or illusion and suffering.

Do you choose separation or atonement? That will determine the further evolution of your so called free will. You and only you maintain your free will and the principle of free will. You determine where free will, will go, how free will, will continue through future history.

You choose.

So now you choose to give God a little bit of source and also choose to give yourself a little source.

But then we have some bad news. You are not a source. You did not create yourself. You are not your own source.

When you are not your own source, is there something or someone that is your source? That means for starters you never can become a source. You can be part of that source, but never a separate source. As long as you hold on to your willingness to be separate, an individual, so long you are willing to deny your own source, which is not you by the way. And here lies the confusion. This confusion is a choice. This choice is your first choice to make. This is your first choice to make because this choice will be your starting point.

We hit rock bottom here. When we stated you are confused about your starting point, here is why. When we stated you don't know who you are, here it the reason. Eys wide shut. You are not a source but because you comply to the ego thinking system, you admit trying to be one, a source.

This needs to get of the table. This is your secret agenda. Not noticing the hidden agenda, you will never be clear on who you are, and by effect where you are heading for.

And none of this is even possible. You can "try" to deny your source, but what's the point? It doesn't make any difference. You didn't create yourself and you can't change that, ever.

You can only pretend. Pretending is not real. To pretend is to invent something that cannot exist. Something that cannot exist is called an illusion. And that's what we're trying to tell you here. The ego thinking system is based on a misunderstanding, the confusion where to put and find source.

But pretending isn't real. Pretending is fake. It's real only for you. It is real in illusion for you. It is real in illusion for your made up world, the illusive world, not the one of source and your name for that source. Your entire ego thought system is thus very well and deep based on a willingness to try what is impossible to try.

So here is your choice of free will. Look at it. Do you have the courage and patience to keep looking, not to turn your head?

You remain who you are and god remains who he is despite your choice. Everyone stays in their own corner. There is no willingness on your part to let go of your individuality and free will. That is your 'I' perspective. God does not have to come out of his corner because he is the source. He is all corners. He needs no defense.

Free will is free will. It's your free choice. Again, here lies your free choice. Free will is the choice to be one or separate. You don't have to give up your free will at all. You don't have to deny yourself. You have to understand the choice. You need to understand free will, and there will be nothing to give up. Free will is not there, in existence. You have to make a choice, a choice for the old or for the new.

You are asked to choose yourself, your self, yourself, the self.

That choice is the one choice. It is not a choice for this or that. It is the choice for abundance, everything, the everything, freedom. When you understand all this, your choice will be the one choice, the choice for union.

The choice for atonement is your free choice, your choice when you are completely free. The choice for the ego is not a free choice. It is a choice for confusion. You don't understand real choice. And then what your choice will be, is a choice for an impossibility. It is a choice for two sources which is not possible. In your head there are two possible sources, but that doesn't make any sense. Where do these two sources come from? The mind cannot reach it. But it might try.

Here then is your willingness, the choice for illusion or truth, the choice for separation and suffering or the choice for abundance and oneness.

6.11.1 Abundance

Abundance seems to have an opposite. Is that true? You are one with the source. Is it possible than to be not abundant? Is this source not sufficient or are you not linked with source. If not is there another one?

Who is that source then? Are you going to name the source, within illusion? Is that your choice maybe. Where does abundance come from.

Are you going to unite yourself, if so with whom? Is that with the other? Abundance knows of no other but self, the one mind.

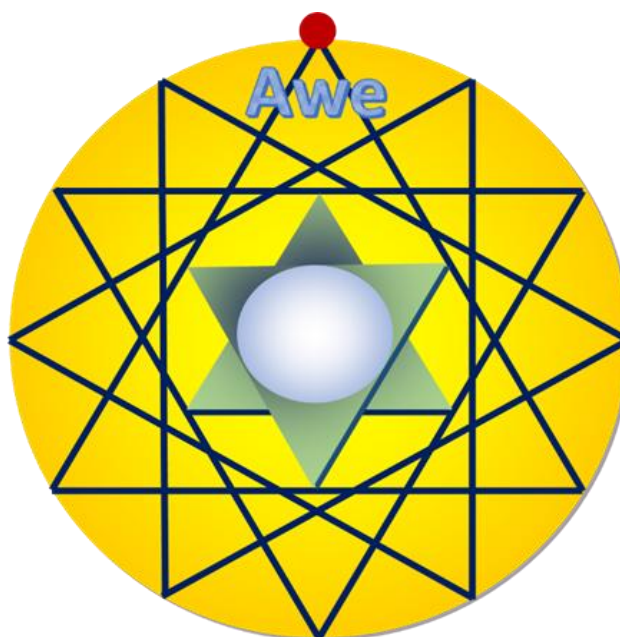
Abundance only seems to have an opposite. I am poor or rich. Am I ashamed to be poor?

Understand what abundance is. Is it a doing or a being.

Hold that thought for a moment, sister, there is one last mental step.

6.12 Step 12: The Trinity

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Step 11
Step 12



The time has come to offer the new thinking system. All arguments about the ego thought system have been put forward. It is now up to you to choose. What do you choose here? You don't just choose to replace the old learning with recognizing. You do not just choose to prefer uniting separation. You choose the whole world because your choice is also how you look at the world and how you let the world look at you. We already know of your choice. We don't already know your choice because we are clairvoyant or manipulative. We know your choice because we know who you are.

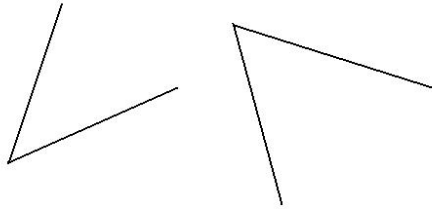
We are one: welcome.

Now we transcend the individual, the individual perspective. We first called this new perspective relativity. But what does that mean, we haven't talked about that yet. We do that now.

We have introduced relationship as the connection between the two dual limits. We wanted to connect left and right by placing oneness in the middle. Can we generalize this concept of moving from the individual perspective to the collective perspective? Can we understand this so that we can choose it, apply it from within free will?

We introduced 'relationship, the relationship that connected the two dual limits. What did we do exactly? We have added a third element as the connecting of dichotomy. We made three out of two elements. These three elements are equivalent. This is our basic proposal.

We elaborate.



What is a perspective? Let's start with drawing 1 perspective. A corner symbolizes here one perspective. We have stated also that the I-perspective is a perspective but not the only possible one. Still this is an example of a perspective, 1 perspective. The "I" point of view has been forced upon us by the ego to lock us into the physical experience. Thus only 1 perspective is possible in the ego thinking system. For the new system we need more than one. We explain later why.

Now please visualize an equilateral triangle. A triangle has 3 corners. When all three corners are equal, that symbolizes three perspectives in one. The three corners are here the three elements, the two duals and the third element "relationship". Each of them are located in one of the corners. The angles of an equilateral triangle are equal. With this triangle we show symbolically three perspectives in one, a trinity, three in one.

We overrule the concept of duality, symbolized with a line. On each end of the line we have our dual elements. left, right as the limits on both end. Now we add "relationship". To connect the three elements we need three lines, combined a triangle. Thus we replace dualism, a line with a triangle, a triptych, a concept that indicates a trinity.

Duality



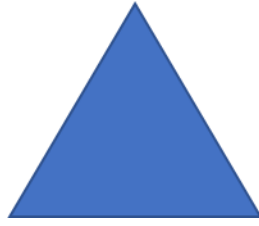
In dual thinking, the 'I' and 'the world' stood directly in opposite each other, as that same line, dualism.

In the triangle this dualism with the added 'relationship' goes from two to three. We change these three elements of this triangle concept, conceptual names, definitions: creator and creation for the dual part. This generalization brings a possible insight forward.

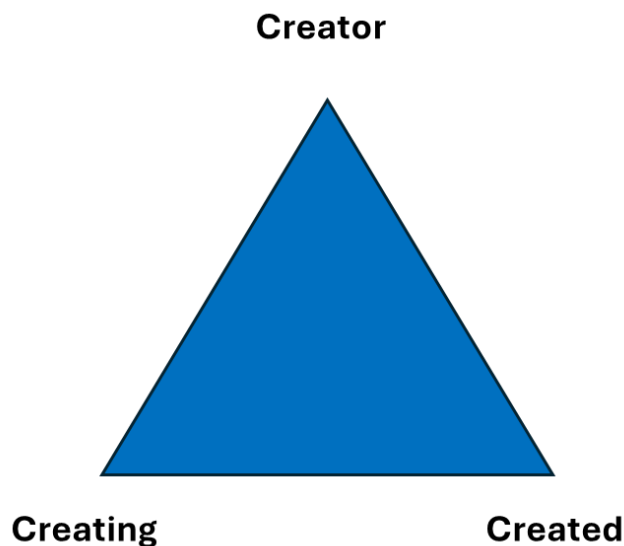
Creator, creation we define within duality and we add the connection 'creating' to become a trinity. We do not do this in line form but within an equilateral triangle. What does this mean for us in this course?

This is the new thinking system: the trinity seen from a drawing.

The explanation is the following.



1. In every situation there is someone who performs an action: the **creator**.
2. In every situation there is an action that is performed: **creation**.
3. In every situation there is an action happening: to **create/creating**.



By combining three perspectives we united the concept of multiple individual separated perspectives into the concept of one oneness perspective: the trinity

As stated above, the three elements are all equivalent. What we mean here is this. Where the two duals in the old teachings stood opposite to each other, here it is indicated that creator, creation and creating have the same source. Where is that source. It is in the middle of the triangle, unseen in the physical but "real" in a higher perspective or the silent inner voice or higher self.

All three elements are one and the same person. Now we have linked the ego with the world with relationship, or the silent inner voice, or the higher self.

What the fearful distrustful ego has failed to understand is that the ego, the 'I', creates its own world, its own reality. The ego did not understand that it creates its own distrust, just in order to experience just that: distrust.

Cause and effect arise at the same time, duality, just in order to experience cause and effect. Cause and effect arise simultaneously. But in the dual ego perspective the ego the cause comes first, or at least before the effect. With this move, the ego hides the third element, relationship as if it wasn't there. But that is not possible. This we explained in previous 11 mental steps.

In other words, the ego will either be the cause or experience the effect. With this the ego system claims and proves it is a source. Still it is not a source and the proof, the ego made it disappear with its sorcerer trick. Still it is but a trick not 'reality'.

The projection of duality on a two dimensional paper of cause and effect of this dual perspective of the ego is now replaced by adding the 'forgotten' relationship and the total new concept is symbolized in the trinity triangle.

Thus the ego chose conceptual or to be the cause or the effect, never both, at the same time. More specific the ego, as the alarm system basically chooses from two things, one or the other. In the old system the third element has disappeared in the hat of the ego. Still it is there, if only the ego would be honest or you smart.

The original choice of the ego always is to choose at first from: fear or love?

If it chooses love, than the ego chooses in fact to be the perpetrator.

If the ego chooses fear, it chooses in illusion to be the victim.

These are the two dual opposite conceptual ego choices. This is the old dual program as explained. Now the new proposed perspective is the trinity, the triangle view.

The ego did not know what love is, since everything needs an opposite. The old thinking system only saw differences, two choices: perpetrator or victim. Logically, obviously, the perpetrator acts first, the active part. The victim is the passive part. Here too you find the apparent old dichotomy: active, passive. The ego can only know of differences.

The ego did not know, or told us that the perpetrator, the victim and action arise at the same time. On the contrary, the ego mind will dispute that. That is the basic confusion of the ego. We clear up this confusion here, once and for all..

The ego's choice was not about what does or does not arise. The ego is not a source, it has no say in that. The ego can only determine the order of creation of source, who first, who next, and fool us. The ego system chooses, orders, rearranges, judges.

But things don't come in a sequence in real reality. To build an experience you need someone who acts, creates: the creator. At the same time you need a receiver, passive, the creation. The connection, the relationship between creator and creation is the act itself, the happening: the creating. You need all three elements....at the same time, in the same moment. This is how source normally and always works. This the old thinking system never told us, and for a reason.

The reason is the ego is not a source and can never be that. The ego did not know, or never informed us about the relationship between creator and creation. The ego is an "I" perspective, a 1 corner perspective, one of the corners, never all three together. And that ascend the old system.

The ego programs separates. The ego can only take place in one of the corners and colors its mistrustful vision of the one combined triangle. Only perpetrator and victim existed, and were not linked by default. The ego does not know about the relationship between perpetrator and victim,

because of its choice to become an island, in illusion. The ego mind is blind, by choice, and does not know that they are one and the same.

The ego merely puts the cause at the front of time and the effect at the back. Thus it is creating" time as linear, linear time linked with linear dualism. The ego makes up 'linear sequence'. Then the ego places itself on one of the limits of the victim or perpetrator. The ego claims that it can take both perspectives. But the ego cannot do that. It is one or the other , never both because of his own programming. The ego is not a source. Thus the ego can never be the culprit, only in illusion, only temporary and fleeting. Thus the ego has made up dualism, but still did not create it. It has twisted the one trinity, not understanding the concept of oneness. The ego does not know about the trinity. It has made of the trinity a fake projection, a three-dimensional phenomenon a two dimensional drawing, a caricature. Not being able to 'see' the multidimensionality of reality, it has made a cartoon, his view on what is real, the only reality of oneness.

The world according to the ego thought system is but a deal within illusion.

The ego world is indeed an illusion, but a chosen illusion, in order to be able to prefer. See the break true here, the cracks in the old matrix. So now we can leave this 'I' perspective.

Look at both sides of the creation, the experience, the event. The added third part is the verb ' to experience' itself, the relationship. To experience does not require specific identification. An experience is neutral, without preferred perspective.

This principle, the trinity, is even a cosmic principle. It's not new at all. The trinity concept was there since the beginning of time. We tell you nothing new here. It was only kept hidden with and by an "I" perspective, by choosing, preferring things. Willingness makes this possible. Understand will, free will. Let us redefine what is being experienced in an experience.

To have an experience you need and an experiencer, an experience and experiencing. This never changed through cosmic history. Each of the three elements is necessary and each are equal in value. It was always like that, before, during or after the reign of the ego mind. Who experiences what, is relative. All three perspectives exist simultaneously. Only linear time makes them seemingly dual. Linear time is an agreement, an agreement to divide an experience and set an order. This is what the ego thinking system does. The ego thinking system creates a dual perspective, in short dualism, a perspective on reality , but projected, made up in illusion.

Three elements are always needed to make an experience or an event full, complete:

Aggressor, victim, crime

Man, woman, marriage

mother, child, raise

employer, employee, job

car, highway, ride

Starting point, end point, objective

Now when we look at this, from a distance, beyond the "I" perspective, we may already notice that the dichotomy, the old ego thought system, has in fact always been a trinity in the first place. We did not invent the third element. It was always there, and available. It was a misunderstanding to call it dualism. It is the relationship between the two duals that was hidden...by the ego program. It was and is a choice to approach an experience from dualistic view and not from the trinity view. It is the relationship the third element that makes the trinity visible. The trinity has always been there. It was just not understood. We were just confused.

It was not understood. When one remains stuck or zoomed in, in the 'I' perspective, the relationship between the duals seem to disappear. And that was ultimately again, a choice. The question here is whether the 'I' perspective was hidden consciously or unconsciously. The answer is shrouded in darkness for now: both are quite possible. More on this later.

Awe is the adjective and is here in its rightful place. There is awe looking at the insight, the trinity offered here. Awe, because we have fooled ourselves or awe because of the new perspective that creates a lot of space, room to discover: life from within the trinity.

Why should we be afraid of something, when we can control its entire unfolding, maybe even skip scenarios. We do have power, free will but the ego doesn't, not as an individual.

Why should we harbor mistrust when we understand now we have evoked mistrust itself, as one of the three corners. Can we learn this new perspective, recognize it?

All this explains how we can transcend the old school learning. Transcending the old system is only the recognition that 'we' had and have everything 'under control'.

We just need to understand that some kind of hide and seek game was being played out here. In order to experience distrust, it is of course necessary to allow distrust to exist. Knowing upfront that we created mistrust ourselves would ruin the whole dual game. Playing the game was the intention: pretending we've forgotten our own creating role.

There's no point in playing hide and seek with yourself, when you are aware of this. You know where you're hiding, where you're going to hide. What a weird game we played here. But indeed you can, in illusion, create a dichotomy.

He who hides and he who seeks is the same guy but they don't know that. Now you can search or be searched or stay in the middle, the relationship here being: playing hide and seek. This hide and seek is not real then, it is illusion, but 'you' can make it real, make it up.

Understand that the new "you" is taking care of all three actions from three simultaneous yet seemingly different points of view and yet the whole, simultaneously.

Wholeness was never abandoned only in illusion, relative, virtual.

Where then is this wholeness, oneness? The oneness is symbolically located in the undefined center of that triangle. Understanding and applying this expression, this expression in the form of oneness transcends the old learning. It solves every problem.

This is for you to choose here in step 12. This is the new perspective offered, beyond the old learning, beyond dualism.

6.12.1 Awe

Only you can step past this, alone. You must do this only because, this step should be a choice, a free choice. This offer you accept, or not freely. By accepting or rejecting this choice you decide in what 'world' you going to live in. Choose wisely.

Your will must be free to enter this choice, this door. It's up to you to step through this open door, free to enter or not. That step through the door is yours and yours alone. You do this out of awe, curiosity, not resentment or anger. You do this because you want to. Understand you cannot try. Trying is doing, acting on it, your choice.

Of course you still have many questions. Of course you still have many reservations, feelings of mistrust, perhaps anger or even stronger. All of these things don't matter. It is awe that will lead to the result, after your choice.

A forced choice is not a choice, because a choice that is not free is not a choice at all.

This first set of 12 steps is a process towards a local choice, a physical choice, a personal choice.

It's a personal choice because your body seems personal. Your body seems to be yours and you. We need to respect this old choice: I am a body. Only you can make this choice: the willingness to step away from the body, the 'I' perspective.

Healing takes place at the level where the error occurs. There is no point in looking for or solving this, any error elsewhere. You could also call it: starting at the beginning.

This is a step-by-step plan. It is theoretical in this phase but also structured to make it as understandable as possible for you. This set of 12 was a mental series of steps, meant for your mind. The ego-mind does not need to be cast off or subdued. The ego is a program. It just needs to be reprogrammed. Your willingness was needed, not your submission. Your understanding was needed. That's why we've given you the best possible arguments here, and we've respected your logic. We also work with what we have. The choice is now yours.

6.12.2 To choose

Some extra input. What is choosing. It seems like a stupid question. I assure you it isn't. Often and frequently you have made choices that you did not understand but still carried out. Often and frequently you have avoided choices and consequences that have arisen because someone or something other than you has chosen then, there on your behalf. That is why you are where you are now. You often chose where you did not understand that not choosing is impossible.

What is a choice. A choice is like completing a sudoku. A sudoku has an initial state.

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

This is your starting point. You analyze the situation, try to analyze the problem, find answers. A logical answer is that in this example you can fill in the number 8 at the bottom left.

7				2	
	6				
	8		4	1	9
				8	

It is logical. Logic and reflecting have led you to this solution, in short mental. The number 8 is the only correct solution here and now. The choice, your choice is then to write the number 8 in the correct box. It seems but simple and yet we want to reflect on this: what is a choice.

The choice is not that the number 8 is the correct solution. The choice is the writing itself, the action of adding the 8. Choosing is not looking at it, it is acting on things.

Second. What is one of the biggest reasons for not making this choice: FEAR.

Although everything indicates that 8 is the only logic and correct solution, fear is a bummer. You may not be 100% sure. Not entirely sure, this cripples progress. The ego all the time and always doubts.

The important principle of "CHOICE" is that until you take action and actually enter the number 8, you have not chosen. Choosing without subsequent action is not a choice. It's an assumption.

A choice that is not carried out is not a manifestation. It has not become reality.

The choice we ask of you is to step beyond the 'I'. The choice we ask you to make, is to allow your inner voice as being a guidance, a relationship and let your guide do its job. You invite your higher self to come in. The choice is then to open the door and let him/her in.

Standing at the door and doubting is of no use, because it has no result. You do not enter. It does have a result though. Your doubt keeps the door closed. That's what choosing means.

You may doubt. You may hesitate. But the choice next has to be 'taken', the action.

With the action, the playing field changes. The playing field here is your sudoku and symbolically your life.

Fear paralyzes. Logic can help you, your mind can help you make a choice.

You, however, take 'that choice', no one else.

So it is now your choice to let the 'I' as an ego rest for a while and for you to choose the trinity as a new principle. Only then can there be an effect, a consequence. A choice without effect is not a choice. It is and remains a possibility.

To fear may. Doubt is allowed. To choose is a must. You can't not choose. I can't choose for you. Your higher self cannot choose for you when you do not choose to prefer so. That's what a choice is.

This is a course, a writing. We cannot offer you an inner voice, a higher self.

You will need the coming full 9 steps, now that we have gone beyond the 'I', to deepen the effect your choice. The following 9 steps give you an overview of what the choice here and now to step beyond your 'ego' means. You need a different thinking system but also a different way of thinking, no longer reflecting, thinking with the mind. That is the choice for the trinity.

Your mind cannot think. Your mind can't choose, but you can. You are not your mind. That's what the first 12 steps were about. Your higher self can. Your higher self, your heart can choose.

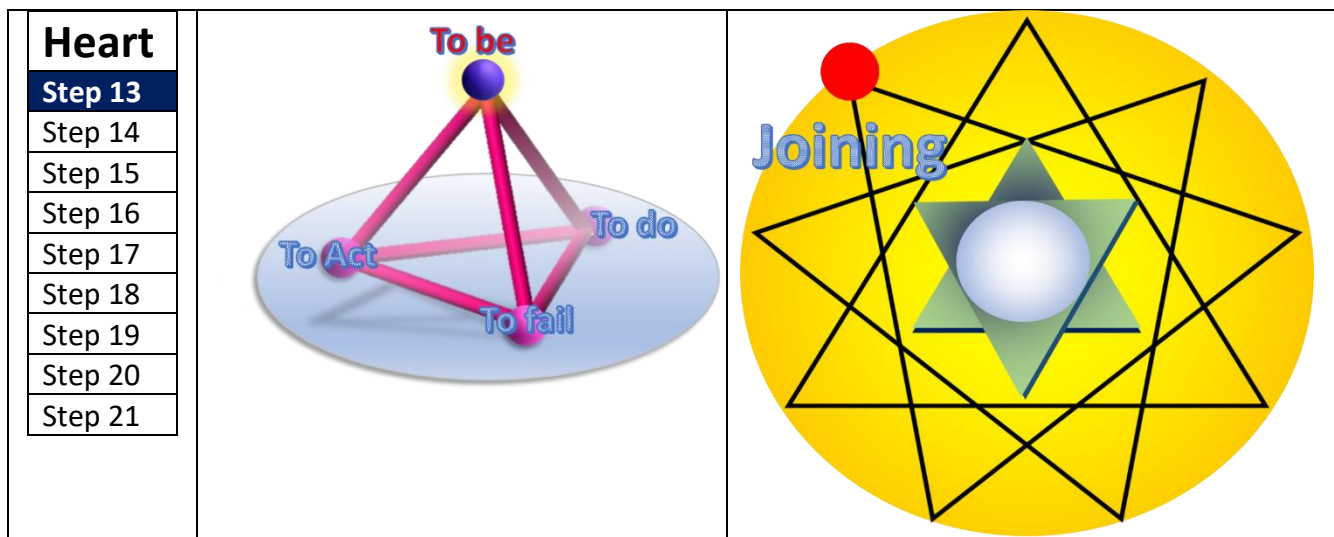
We are delighted to have brought you here. We'll release you here, set you free.

We meet on the other side, in your heart.

Thank you brother, sister for this trip together.

7 Phase 2: the 9 steps of the heart

7.1 Step 13: I am not my actions



Presupposition:

THE TRINITY

Welcome, welcome to the heart, the higher heart.

We are now in the second phase. The previous phase was a mental phase, the phase of discussing, arguing, thinking, gaining insights and making choices.

Now the choice for the trinity has been made here. A quantum leap was made, the leap from learning to recognition, the leap from the ego thinking system to the trinity thinking. We have arrived at a new phase.

No one could make this leap for you. You had to take this step alone and in silence. When all discussions are over, all arguments, all cards are on the table, the choice was yours. The choice was yours because we no longer will make any effort to convince you. Because you are here in step 13 you are convinced. You have agreed together with your ego, the ego is not in the driver's seat. This is our presupposition and agreement here.

There is no point in continuing when you have not taken the mental choice of the trinity. Consider this a crossroads here. You go left or right. Once the choice has been made, you cannot go back. The choice of the trinity is a fundamental choice. You are responsible for your life, i.e. : EVERYTHING IS CONNECTED. Either everything is connected or it isn't. Note that this is a choice. This is a choice or a chosen perspective. When you choose dualism, you choose the perspective of the ego-mind system and that's fine. Then you look further with those glasses on your nose. You are free to choose. Your choice is solely up to you. You and your ego, your local I-consciousness must make this choice.

This is God's plan or the plan of the 33 steps. What you choose is not just a personal choice. It is also a collective choice, a choice for humanity.

In which 'chosen' world do you want to live? You choose that and on a personal level and on a collective level. Why? Because everything is connected. The trinity proved this and takes care of this. Life offers you the choice of how you want to live your life and so be it.

You choose dualism or the trinity. This is a fundamental choice. Only you as a being can make this choice. This choice is fundamental, principled. This means that your path will go in a certain direction and thus which way 'your world' will go. It is your decision and your consequence. This is a crossroads where cause and effect clearly mirror each other. This decision is a condition.

Everything is connected or things are separated; content or form. One worldview excludes the other. Therefore you choose and this choice is final. This is not eternal but it is realistic. This choice, your choice determines your emerging reality.

Maybe you'll get over it quickly. Realize what choosing is and that choosing is fundamental. We're not talking about what you're going to eat for lunch here. Know that this choice will accompany you from now on. Are you sure? Are you sure because this is a foundation on which your temple, your life, your perspective on life, everything will be based on. This foundation travels with you, every moment of the day.

While many questions may remain, let's leave one thing out for now: discussion and disagreement. You actually chose. You now know the conditions, the settings that the choice for the trinity entails. You are leaving the settings of duality. You know the road ahead: the trinity perspective. You are invited and welcome here. We are here on the path in step 13, as equals.

There is no longer any specific authority that forces you, by default, no longer exerts any outside influence. You are your own reality, and the one you think you are, and the one you will meet in the world you walk around in. We join this world and you. We do this in the following 9 steps.

The ego has determined what the world should look like, with duality as its basic structure. The mind defined who and what you were. Think of this as a setting on a switchboard that the mind has made up. These switchboards are the foundations on which your life was built. These settings were active, they were in the ON mode.

At the end of previous phase we got the permission of the ego mind to reprogram that ego thinking program. In this phase we start with that reprogramming. In this phase we clean out all directives of the ego program we don't need any more in the new trinity program. We are starting now deleting the obsolete content, where later we will add updated new lines.

Now first we deactivate settings that are still active. We put this settings on off. In this phase we go through all settings on the switchboard and do a checkup. What needs to be put on OFF?

Due to our fundamental choice for the trinity, the following 9 switches should be OFF. We now run through the implications of your choice for the trinity. We are passed discussion. We are in agreement we are allowed to do so, thus we do this, together. There is no you or me here. We act as a collective, for a common goal: oneness.

Realize that a choice is an action, not an assumption. We go through the changed situation. Each time, 9 times we will make this decision. The choice for the trinity over duality has 9 fundamental switches, being put from on to off. In the next 9 steps we turn 9 main settings from ON to OFF, a choice, an action.

There will still be some tension. There will be reluctance to take them all out. Know that the main principal choice has already been made. We have done this together, the higher and the lower self. Trust your inner voice, your spiritual guide. We only continue on the same path.

You're not procrastinating. There will be no debate, no arguments to force anything on you. That already happened, beyond time. You have come here in step 13 in the seemingly linear time of a seeming process: ascension. You step on the thirteenth step of Jacob's ladder.

Otherwise the thought will remain somewhat, that you are still convinced that you will not reach this goal in this period of your life. You have free choice though. Your will is being set free by these steps. There may still be resistance and confusion, but you now know that this battle is happening within you and at least not outside you. The remaining fight, if any, is only about who you are, who you think you are. It's no longer about manipulating the world or forcing your environment to please you. No reward is sought there in the world, although sometimes you cannot suppress this urge. It is still a process, thus go with the flow you are in. Count on your inner guide.

Now it's more about willingness. Debating is over and done. We begin this second part with the willingness to unite, to apply the trinity principle so that we can continue our journey together.

I stand next to you, I, your inner voice. Accept my guidance. All this happens in a free-will condition. You listen to your higher self as a guide, not to your ego as a teacher. That's the deal. The agreement is not that we completely agree on everything. The deal is not that you follow me blindly. The confusion about who you are has not completely disappeared. Making mistakes is allowed, but your willingness now connects us. Your willingness is there to follow your inner voice.

How you call me is personal and private. That's your choice. However, it is your free choice to walk this path, let this be clear. It's your path, our path, not my path. There is no compulsion from the higher self, although we are tenacious, strict perhaps, but always loving.

Make sure you hear me, us, the voice, an angel, god, nature. Make sure you hear, feel or see us, the moments when you have questions, the moments when you are confused and want to reach us. Make time to go within and let the silence come to you. Call it meditation, call it praying, tuning in, channeling. It is up to you as to the name and method.

It is up to us to welcome your willingness and guide you. I am with you, brother, sister, even when you sleep, even when you don't think about me and especially when you are angry, suspicious and frustrated. Most of all, I'm by your side. Know I'm with you. This is my function, my intention, my free will. My will is free. This is my choice and my way, my sacred moment with you, here and now and forever. Amen.

Together we focus now on the center of the triangle. The world is no longer the enemy. We 'is', and the world, and the 'I' and the relationship. We focus on the overall picture, the sum of the three elements, beyond the old 'I' perspective.

How are you going to do all this? You can't really do this. It happens, you recognize it happens. That is why it is so important to follow your inner voice. Get quiet and go within. Connect with your heart, with oneness, with your guide, however it works for you, but not with the mind. Silence is a great common denominator here. The answers come to you. You can ask a mind question. You may have many questions. Ask them first but then become silent. Put the gear in your head on neutral. Try not to go anywhere, stay in the here and now as best you can.

Let your guide do his/her job. There will be answers, insights. They often come from ordinary thoughts but they feel different. The answers feel rather as if they do not come from you and yet from you, again beyond the 'I'. Take your time. Adapt to the new found situation. It should feel spontaneous, of course without haste or compulsion.

We now know that this world is not real. It's like a dream. But that doesn't make a dream bad. A dream can be a playground, a place to play, manifest, learn who you are.

We now know that we are every element of the triangle. We 'is' and the dreamer, and the dream and the dreaming, the full trinity. Then dream my sister, dream your ultimate dream. You are love. Dream about how you would express love. Go for it. Dream away. Bad dreams are also dreams when you like some horror. Know that you are the dreamer. It's your dream. Don't fall asleep again. Stay awake and know about the trinity. Apply this program. Go to your quiet virtual center and feel. Feel what is coming your way. Use it to join. Every situation is an opportuneness to unite, to express love.

Transcending the ego thinking system, staying silent, recognize and dream your most beautiful dream. Dream a bright dream from the heart, away from the mind.

Visualize you 'are' the dreamer of all that is happening in the world: lock corner one.

Visualize you are all that is dreamt of in this world: lock corner two.

Visualize you connecting the dreamer and the dream. Now they 'know' each other. No playing games anymore of hide and seek. You are both plus the relationship between them. Lock corner three.

Add all corners by going first into the middle of the triangle. Your mind doesn't need to understand what it needs to do. Adding the three elements may be illogic. Letting go of all three makes no sense it might. Transcend this thought. Do it anyway. Feel, go to your heart. Go to that virtual spot in the middle. Go into the middle of your aura. Do whatever feels correct for you. Or maybe don't do anything. Go beyond your mind ...or not. Ascend the 'I' perspective the way you see fit.

Stay there. Enjoy.

7.1.1 Setting 1 off: You are not your actions



In the old school learning you were told that when you did your best you got a reward. You got a good feedback or a treat or a pat on the shoulder. And you went along with this story. You did your best. You subscribed that old belief system. This is how actions became important. Doing became important.

Put on your shoes. Be good. Stop doing that. If you don't listen, there will be consequences.

So you listened. You did as you were told. That's how 'doing' became important. In doing things you became, by force, who you were supposed to be, not who you really were.

But that's not you. You are not your actions. Together with your guide you now let go of all those obsolete beliefs. You become silent and let silence whisper 'who you are'. Your inner voice is talking to you, maybe from silence, maybe beyond words. Words may be from the mind. Who you are cannot be contained in your doings, in your actions and activities. Let go. Put this setting on OFF.

Let go all those old images of 'doing' from/in the past. Don't feed them through frustration or anger. Off with them. Don't feed the doing images by over-analyzing them. Take a look at doing and then let go of its importance, don't pay too much attention to those old stories. Stop feeding them by whining, using therapy to make them disappear. Don't provide 'doing' energy. See for what they are: illusion and worthless.

Doing cannot come from compulsion. Doing is playing. Actions are spontaneous. They come from your heart, from joy, silence. Actions arise, are not induced, not by necessity and not by compulsive desire. Compulsive desire is called greed. Greed is a misunderstanding. Greed is of the body.

Greed tells you that you value what you 'have'. Your actions are aimed at having. You can't have without a body. Let go of all utility of the body and greed disappears. Bring greed to your heart and embrace it. Ask 'greed' what it thinks it doesn't have. Allow the inner voice to answer, not your mind. Why this mistrust? Where can you find the relationship you think you need. Ask your heart, your inner voice and/or guardian angel.

Let the heart set your rhythm. Let go of reward. The only reward you need is love. And love cannot be given or received. Love is you. Let your higher-self bring you the appropriate answers. They are already there. Everything you need, you already have. You don't need it because you already are. You are not a body. Having as in greed, comes from without. Being comes from within. It arises. Things arise from source. Things are not obtained. This was the misunderstanding of 'action'.

Trading is not compulsive behavior. Trading is playing. To play is to dream. You are and the dreamer, the dream and the dreaming, three in one. Where would things come from but from yourself to yourself. We abide in the heart now, where things arise from silence. Attracting them has never been necessary. Who attracts who or what if not yourself? Manifestation arises without outward manipulation. Manifestation is being created by playing, from inspiration, the lightness of being and trust. Trust yourself, your heart, your higher self, source.

Connect with silence and feel that you are carried by your guide, by life. You now know that everything is connected with everything. Everything you need is already there. Feel it. Allow the feeling. There is no more compulsion. Feel the peace of the silence.

This silence is not empty, what your ego may want to tell you. This silence is full.

Put this setting, I am what I do, OFF. Play.

IT is complete. Let this new sense of completeness, IT, come in, in meditation as well as throughout the normal passing day. As you do something, while you want to do something, let the feeling of completeness flow into your heart. Feel your aura and nourish it with love and light.

You are not your actions. There is nothing that needs to be changed. You don't have to quit your job. You don't have to respond to compulsion and necessity. Let go of the world and its reactions. You should not impose the truth on yourself, not even on others.

Spontaneity and small mini steps are much more fun. Actions are often acts of manipulation. Whoever is trying to manipulate whom, don't concern yourself with that any longer. Things are already there in the trinity. Focus on uniting and forgiving. Forgiveness means seeing the truth and

today's insight is that your actions do not define you, they do not define who you are. They are on 'off' from now on.

Even my anger doesn't define me. When an emotion about doing springs out of my mouth and I react angrily, fine. This is not me either. This had to be ventilated, that's all. I don't feel guilty. I say sorry and move on. I'm on my way. I recognize more and more who I am and especially now who I am not.

I am not my actions. I am who I am.

Experiment using the trinity programming system when using this statement: I am not my action. Ascend the 'action' switch.

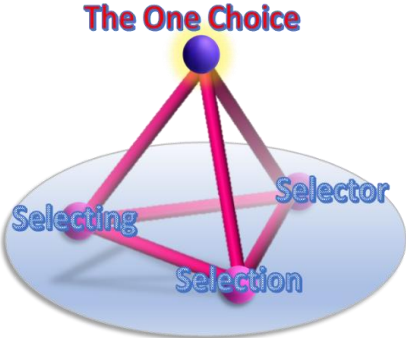
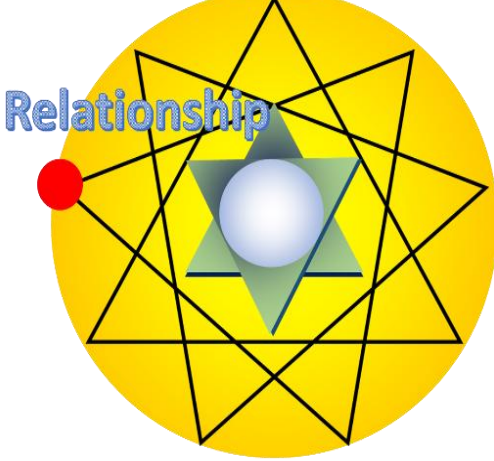
Join your higher self in this. Connect, ask questions. Know the answers are there in the sacred moment of here and now.

7.1.2 Joining

The opposite to act in separation is to act in unison. To join is to act with oneness in mind. The real reason you act is to get to the other side. To reach the other side is to find a solution, or the answer. Then first there must be a question. A question holds always a need. When you need something, you didn't or don't get what the trinity is. You are and the question, and the answer and the connection between them. You are all three, included the reason why question and answer arose. Recognize this. Recognize the ascended perspective, the one perspective that arises above the trinity, in oneness. Allow, don't look for it, don't ask. Know

A question symbolizes a shortage, concrete or vague. Joining is always the answer, the right thing to do. Joining is not doing, it ends all actions.

7.2 Step 14: I am not my emotional ties

Hart		
Step 13		
Step 14		
Step 15		
Step 16		
Step 17		
Step 18		
Step 19		
Step 20		
Step 21		

Presupposition:

THE TRINITY

The ego has not yet fully understood what all this joining is about. It's not about him/her, the 'I'. The ego wants everything to revolve around itself. The ego will make every effort in the world to place itself in the middle.

One such means are the ego relationships. What is important are not relationships but his/her relationships. The ego's aim is to form special relationships. These special relationships are the ones it considers important, not those that are factual sacred. *This person is special to me because this person puts me in a good light.* The ego will try to gain favors of this person. Then it is about itself and never about someone else, although that may be indirect. We connect with this other person for his or her usefulness. The ego needs itself being always in the center of attention.

The sacred moment is abused and desecrated, and of course lost on the ego. No union is sought, but separation, because the relationship that has been made up is not a truthful relationship. A sacred relationship liberates, frees. *When two people come together in my name* there is atonement. Atonement is enlargement. It makes love blossom, open up. The ego's relationships bind, restrict, imprison.

You can lock a person onto you and use him/her. Then this person is a puzzle piece in your ego network. By attaching this person onto you, you may expand your network of special people. It becomes a spider's web in which the spider, the ego, catches its flies. How can such a relationship unite, liberate or radiate love?

The ego creates an aura of specialness around itself and allows this aura to be nurtured by other people, to be supported by these people. Like knows like. It becomes like a club of intimates who feed on each other but in fact abuse each other beneath the surface in order to shine, standing in the spotlight, on the stage of the world. It's just plain simple mutual abuse.

All this is different from intermittent dependency, symbiosis. The word dependency is not chosen correctly. It is not a dependence at all but a mutual overlap, a mutual nurturing and therefor within

free will. No one is forced. There is oneness and unity. That is the right direction in which uniting within a relationship should be going, joining.

There is nowhere any competition. There is a oneness and togetherness. Competition is based on coming up short and/or on being better, being different. What does this have to do with unison?

Bonding can be a social business, but it can also be a financial business. People invest in a network, a project or in a building. That also counts as a relationship. We support a person, a service or a principle. It seems altruism on the surface but in the end it's all about what the ego gets out of it: being the center of its world, special, a source.

The opposite is also possible, financially: being at the bottom roleplay. We can tie a person onto us like he/she was a slave and then next we tell ourselves and the world how generous we are and how well that person is doing due to our help.

Or again something else. You are doing good works and/or support a person or a group. Then your higher status is the ego goal. Highlighting the differences between you and that poor person then is the goal. You are so much better or smarter or richer. Then it's still all about you.

You can also keep a real slave close to you. Then you force that slave to pay for this job or that service. You openly use this person for your own usefulness. That person is giving you lip service or paying you with sexual or other romantic favors. *It feels so good to be looked after in this way. After all, I pay for all this. That's the least they can do for me.*

An employee may such be a person. (S)he reflects, (s)he thinks (s)he is free but the only thing (s)he is, is an modern economic slave.

Being cared for is no longer about being cared for. It's about feeling better than someone else. In that case, being cared for is not an exchange. It is an abuse, maybe a mutual abuse. When you buy something, you have in mind that you will benefit from it. Than this is a good deal for the mind. But is not a good deal when you gain a profit. You profit from 'it'. But the seller probably thinks the same for sure. Everyone thus wants to be on top, come out of it better. Better than who...? The top seller's wet dream is to destroy, annihilate all competition, not to provide the best product or service for someone else.

The ego never helps for free. The ego makes up, as it were, a mini universe around itself of which it is the sun or the earth or the moon. How it puts itself in the center depends on the ego person's ingenuity and purpose. People may also stand out at the edge of their universe, at the same edge of the so called society. Unfortunately, being on the fringe of society might be a genuine choice rather than an obligation, a defeat.

It is this image that he has devised for this ego self that determines its place in society. Moreover, the midfield is therefore not the best of choices. Being on the edge may be just as fun too, rewarding. People are often happier over there, because there are fewer abusive relationships.

Relationships may be dominant, but they can also be submissive. It is a role pattern, a role play. It is and remains the role that the ego has conceived for itself as the ideal one, regardless of whether the ego succeeds in the plan it has set up and next plays out as such.

Whatever role you assign yourself, this role cannot but make enemies. And where there are enemies there is war. You may reflect and think It does not seem correct to you that a war out there in the 'real' world is a result of your inner war. But it is. The inner war only breeds in your head because you want to keep your specialness at all costs. The outer world is but a result of an inner cause.

This ego intention creates a dichotomy and someone is then the enemy, someone is the victim. All war is only a war against yourself. That is the breaking news here in step 14.

Understand that life is life in harmony. There is no source that creates a world full of struggles. Where the struggle for dominion is rewarded with a seat in heaven is a weird game the ego only plays. How would any god be interested in this, being a source that is. What would be the purpose here?

The real world is a world of love. However, the ego tries to pull the game onto itself. The ego wants to determine where love dwells and where it does not. It wants to deny or bestow love on places and people, according to its judgment as to who or what deserves it. It even calls this intent fair. The ego wants to play god but does not know the rules of the game.

7.2.1 Setting 2 off : I am not my emotional ties



Just as the lotus has been used for centuries as the symbol of enlightenment, the rose has been used to symbolize and bring about the 'purity of self-affinity'.

What this means is that roses have the ability to eliminate energies in your energy field that are unnatural and foreign to your essential and essential way of being. For example, if you feel congestion in your heart chakra and suspect it is due to the imbalanced energy of someone else you hired, you can release the strange energy with a rose. Simply place the image of a large, fully blooming rose in your heart chakra, and with the image of the person in it, allow the rose to fill with the strange energy. Then remove the rose, filled with the energy of the other person, from your heart chakra. Send the rose outside your aura, or even outside the building you are in, and visualize it dissolving, evaporating, or just becoming "poof". The energy of the other dissolves together with the rose.

When the rose disappears, the energy removed from your heart chakra is neutralized and sent back to the person to whom it belongs. This technique is called 'blowing roses'. Keep in mind that it is always important that you blow roses outside of your auric field. When you dissolve the rose in your aura, it neutralizes the energy somewhat, but you still have the other person's energy in your space.

In other words, when you absorb someone else's fear into your heart chakra and then extract the fear in a rose and send it back, the person does not receive fear, but neutralized emotional energy. The person who regains energy is free to do with the energy what he or she wants. The person can turn the energy back into fear or choose to use it in a different way. You are released of the energy in such a gentle way that it should not magnetize karma with the person.

You may wonder why the world is holding you captive. The reason is simple. The world is holding you captive because you are holding the world captive. You hold it captive in your expectations, your demands on how the world should behave. You want the world to dance to your tune. The result is that you dance to the tune of the world. Do you really think that the greatest manipulator, the greatest ruler of the world is free. Absolutely not. (S)he is trapped in his/her own manipulation game.

You've probably heard about the intrigues, the suspicion, the manipulation, even the murders and trickery at some court or government. The greatest rulers sleep with their eyes open. Danger is always looking around the corner. Fear and death are everywhere. But how gladly the so-called little man would trade places with those big fish. How peculiar.

This little man is content with little pleasures, or even the cessation of suffering, just for a moment. They are bored and dream of their prince or their damsel coming to rescue them or dream they are the savior themselves. You are not your emotional ties.

As a child you forged emotional bonds, had to forge. You had no choice. You were faced with the survival of your body. You had to comply to your parents, your educators, your feeders. You were approached as a body and you had no choice than accepting it.

Emotional ties were forced upon you. Let them go now. They don't bind you. It's not what relationship means. Relationship means that everything is connected to everything, everyone to everyone and everything is ok. There are no hidden agendas.

Your relationship with your loved one; is it good or is it a bad one? It doesn't matter. Take them to your heart and free your partner. Your ego relationship singular or plural; release them. Releasing doesn't mean letting them go, breaking the relationship. What you break are the chains, the ropes and the locks around it. Let them go. This is not what they need. They need abundance. Your friends and lovers need to know that everything is ok. They need to know that the door to love is open and will remain open. Love doesn't close doors. Love does not act. Love is....an open door. Love opens all doors.

What is your connection with your inner voice but an open door. Your higher self is not someone else. Your higher self is you....with all doors open. Your higher self is you with all doors open towards you. Notice even the mind is suspicious towards these kind of constructions. An inner voice is bullshit it claims. The mind still sees those things as different of him. Yes they are different. They are you with all doors open, fearless, someone they cannot hurt, since it has no body, doesn't need protection, doesn't eat or sleep.

Don't define your inner voice as something, someone else if you can. It is exactly that you, your bigger you, your knowing you, your essential you. We don't want to introduce you to yet another outer authority ...but you. The higher self is your self, trusting, knowing the way, never lost, always overlooking things. Your higher self is your eagle view, no more no less.

Build higher confidence. Don't build walls but build bridges. Build open relationships. Open relationships are not that each person has its own agenda, the so called free will. This has nothing to do with free will. Don't obscure your intentions; open them up. Build confidence with all people around you. Your higher self knows how. Your higher self knows your desires, your intentions and wishes. Build telepathy. That would be really an open marriage. Leave all thoughts open for anyone to read them. What a blessing that would be: real higher confidence.

You don't have to change anything. You just need to unlock the locks that the ego uses to bind the body to itself. The ego wants you to believe the lower self is the only thing that exists, the only perspective there is. Binding a body doesn't work. The body is neutral. Do not use the body to nullify the fear of losing. A body is separated by definition because the ego made it that way. It uses the body to confirm secretions. What is the meaning of a relationship with a body? Let go of the body, the anchoring, the fear.

Attaching yourself to the body as a relationship is called physical pleasure. Being addicted to the pleasure of the body is called lust. This, of course, has everything to do with sex. What is the underlying desire for sex other than the desire for union? You want to join the other one. If you don't understand how to do this, or this is not possible at that time, you might want to downgrade your

expectations. A lower expectation pattern is but your real desire to feel good, to feel good with yourself in this body. Feeling good can also be expressed in dressing nicely, or in make-up, paying money and paying attention to your body.

Lust is being confused what 'feeling good' means.

You can be fond of yourself, your lower self. Then you would like to make yourself beautiful by covering your body with beautiful things, to accentuate your body. This can be done with all kinds of things: clothing, piercings, ointments and fragrances. You understand that an entire economy sector revolves around this. Understand that feeling good about yourself may be pretty fun and even admirable. But relationship is about feeling good emotionally, not physically. Everyone knows that the body gets older and less 'beautiful', according to the applicable ego worldly rules.

It need not be emphasized that disappointment then comes in, sadness, the pain of a body that withdraws itself from the rat race to be the most beautiful. The body is neutral. The body is temporary.

Your union with a body, thus with a person and his or her body, can seem to be hot and sexy. But for whom is this desirable: for the ego. What is desirable than: the body. None of these desires will remain for the same reason as before, higher explained. The body is temporary and this person is not a body. To attach to a body is to attach to an illusion. Even illusions eventually disappear. The person is not an ego either. Also the ego, his personality, her smile, his sweet words, her caresses do not last.

All these bodily things become memories. And then next the ego becomes attached to memories. The ego wants to remember a loved one through a photo, a candle, an object. The memories are meant for the ego and the body. All these things you are not, they, your relations, you are not. No one should be reduced to a memory and certainly not to an object. Yet it is what the ego thinking prescribes you ought to as a remedy for heartbreak and the troubles in love land.

Love is...and certainly is not form.

Expressing feelings through the body is inevitable and may be wonderful. It is than about expressing union, connection, love. Expressing love through the body makes the body a means and not an end. That's what we mean.

You may be fond of yourself, your higher self. Then you are in relationship; Your doors are open. There is no hidden agenda, no suspicion, no abuse. When all doors are open all is shared with everyone. When all doors are open you the lower self are the higher self. Nothing changed and everything changed. You left but all doors open, fearless, limitless, eternal, the eternal you already are.

7.2.2 Relationships

Bring the relationship to your heart. Ask your inner voice to show you the love here, in each relationship. Ask to show you the sacred moment, the meeting between two or more people who unite into one. Allow atonement. Allow the higher connection. The higher self knows the way, in every moment, in every situation.

Your relationship with yourself, is it good or is it bad. This does not matter. Bring this relationship with yourself to your heart. Release the ego relationship, the perspective of doors being closed, the island perspective. Don't get caught up in expectations of being happy according to your ego rules, your beliefs imposed or self-invented. Give yourself the freedom of a will that is free. Open the door to the higher self perspective. Free will is not to cherish dreams from the ego. The ego does not know what the truth is, your path is still the way to truth.

Ask your guide to show you who you really are. Let him/her open some doors. Ask questions what to do, to clear up stuff, concerning the relationship with yourself. The answers will come because the answers are already there, behind the seemingly closed door, behind a closed down perspective. The answers appear the moment you ask the question and allow the chains to drop from the door. The higher self is not physical and not bound by space or linear time. The higher self knows not of physical doors, obstructions. Let clear knowing come into you. That's why you should be silent. When your mind is silent, the ego is silent. Then you can hear your inner voice. It doesn't matter where and when the answer comes. The answer is never too late and never too early.

You exist through relationship. Relationship is the door between two rooms. You may view them open or as closed. Ultimately there are no doors. Two rooms have been split up by the dividing mind, no more no less. Relationship is a world without doors.

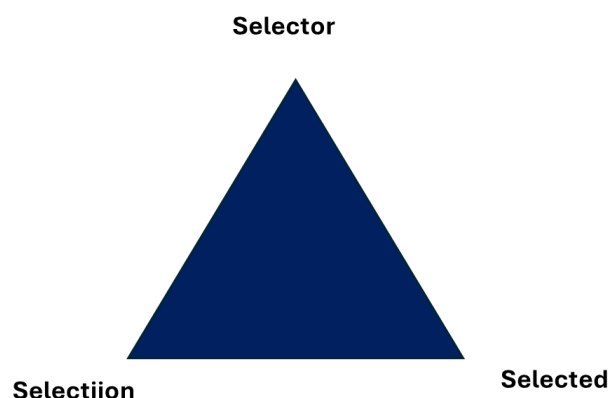
You don't have to invent or look for a relationship or don't have to wait for it. Relationship is already there. The rooms are already there. They seem to be open or closed. Open yourself to relationship, the higher perspective of open doors. It is the sacred encounter that comes to you, the moment you are ready for it to allow the door to open.

Know that you are the three elements of the trinity triangle. The real you created its own reality. 'You' wanted to experience emotional bonds good or bad. These relationships are neither good or bad. 'You', your higher you chose them for you to learn from, to experience them, the two rooms joining into one. Connect with your higher self and ask questions like: why am I experiencing this, with what purpose? Become silent then and know the answer will be given, in the condition you don't identify yourself with one of the rooms.

See the triangle instead: one room, another room and the connection, the door the relationship. Select the first corner and identify the perspective of the selector, the one that attracted the relationship, the bond, the connection.

Add the second corner, the second perspective, the selection, the receiver of the relationship, the connected, the bond itself maybe.

Add the third element, the third perspective, the relationship between the selector and the selected: selecting.



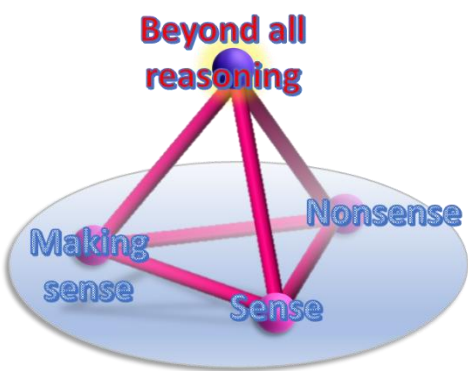
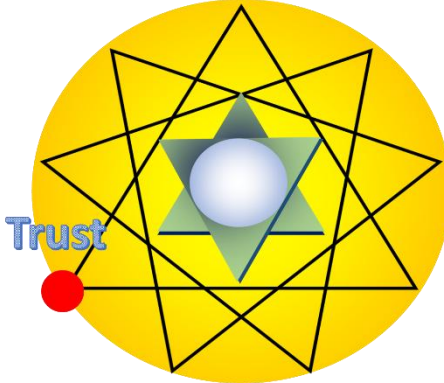
Know that you are all three perspectives in the experience. Ascend the three corners by going into the middle,. Transcend the ego the way you see fit. Ask your guide how to do that if needed.

Become your own relationship. The other, the partner is only a reflection of your intention, your perspective. He or she is the reflection of how you think a relationship should look like. This person is a mirror you can look into understanding who you think you are at that moment.

Be open to receive. There are no bad partners. There are only perspectives. They come and go as a gift for you. Free them. Open all doors. The relationships you need will stay, the ones you lose are the ones you never needed at first.

Don't attract them specifically. Be relationship. Be an open door. Be unison. Then...

7.3 Step 15: I am not my thoughts

Heart		
Step 13		
Step 14		
Step 15		
Step 16		
Step 17		
Step 18		
Step 19		
Step 20		
Step 21		

Presupposition:

THE TRINITY

You are not your emotional ties. That doesn't mean there aren't emotional connections. It means that connections from the heart, your true relationships are open, free and unforced. There is no catch, no hidden agendas in these kind of emotional connections. The door to the other you, your neighbor bodily self system and/or your higher self is open.

Secondly, the real relationships that are there meant for you are not chosen by you, but given you freely without expecting anything in return, without expecting something back from you. You don't expect anything from anyone else in a true relationship. Relationships are the real connections we point at here. You engage in them out of your own free will. It is all about uniting, not about limiting. Relationships are open to everyone. They are not unique nor selective. They join.

The relationships, the meetings are offered to you from a higher perspective, your higher self, from nature, life, the universe. The cosmos offers you this opportuneness, these sacred moments for you to learn from. It is offered to you for your enjoyment. You may accept them for your pleasure. They are send from love to love. All this comes from silence, from oneness to oneness, because this is who you are.

Notice the difference the sacred moment offers you with the desires of the ego mind offers you. Every request for an ego to build up a relationship is self-centered. There is no atonement as default content. You may argue, you, anyone that from the ego mind perspective this 'I' may have atonement in mind. You could ask the question: this 'I' means well. It only wants the best for their neighbor, for the commonness. It wants peace for the whole world when it comes down to it. That can't hurt isn't it? That is really their/my/our desire and comes from their/my/our heart.

The problem is that you don't understand desire. True, you don't have to deny your desires at all, in any way. We have not claimed that you should not have any desires. The desire for security, closeness and love is not wrong.

However, notice what you desire for. You crave things in the first place. You long for better food, a nice holiday, a nice outing, a party, new shoes or a wardrobe. Where is the joining here? Where is the atonement?

You may want to reach for world peace, justice for all, abundance for all, the disappearance of poverty.

Still what you desire is the desire for you, with you as participant in the final goal. The ego does not know what atonement is. That is the problem. The ego mind only knows of choice and comparison. With what should you want to compare world peace with? You may and only can compare it with your initial perspective on life. But your perspective on life, your personal ego mind perspective, how altruistic ever, is a illusive one, a small minded version of reality. Your mind has no access to any overview, any global perspective. Any decent overview is closed up by definition and cannot access oneness from its state of mind: being closed up. The ego can only choose and prefer correctly, also even when it comes to desiring.

The only real desire from the heart is the desire for love, oneness. What the ego has separated, the ego mind cannot unite. The 'I' consists of separation. Any desire from the ego cannot bring about union. Good food, a desire of the ego mind, has no association in its effect anywhere in the world. Meeting friends has the superficial appearance of atonement, in form, but not as in its content. Who do you join and who are your friends? Your friends are those people you think that are special. You belong together because they are special you say ...for whom? Friends come to you because you think they are special to you. You invite them because they also think you are special to them.

Defining each other as special is the opposite of atonement. Specialty obliged. You also choose that outing, that journey, that painting because it is special, has a special meaning to you.

All great rulers do great things and/or dark things because they think it is right to do so in their mindset. You really think you or anyone might do something and it may be wrong to do so. You are always on the outlook for things to judge. When some action doesn't serve 'the cause' anyone in their right mind would not have done this. Even when doing wrong any person thinks they do it for the right reason. It always serves their goal, how strange the logic might be.

Things are good in general for those people, or even for others just because they are special, specific...for them. But great minds or small minds who desire from their egos only desire from and for their 'I'. Desires of the mind are only desires for specialness and thus separation. That doesn't mean the ego mind is bad. The ego is just limited, cannot act wise, not having all needed info. It has limited access to truth and it only can act on detailed limited information.

The ego is in a zoomed in state and in that detailed focus it is very useful. The ego mind can pinpoint on something detailed very well. Give the ego only small things to do since it is made to do detailed, specific tasks. Leave overviews and future stuff to your guide, your higher self.

Can you see that desires of the mind do not unite but separate. You say you want peace, but peace can never come from separation. The ego is at war whether (s)he sees it or not. All differences comes from wishing for difference. Your willingness to separate is imbedded in your desires.

Bring your desires to the heart. The heart longs for love without distinction. Stop making sense. The heart wants to love without having anything or anyone in mind. The heart knows what love is. Love lives not in form but in content.

Join your higher self and offer your guide all your desires. Tell him/her what you desire. Your guide will work with all that. Your higher self will show you where closed doors are to be find, ready for you to open up their perspective. (S)he will take all your desires to the next level and show you what you really want, what you really need. Start joining your inner voice.

Join your inner voice so that your higher self can meet you. What you desire is already there. It is there already in the next room you don't think there is one because the door seems to be closed, your ego mind tells you. You just do not recognize there is no door. Stop longing and seeking. Ask your guides what your desires are, what to look for. These kinds of inner/higher conversations are very valuable. You don't have to agree with their choice, with their answer. Learn by learning to recognize what you want and what you receive. Stand in front of your own mirror so that you learn, recognize who you really are.

Go beyond reasoning is this step 15. Step 15 is about not using your mind anymore to make sense. Making sense with the mind was choosing. Go to your heart and ask what things really mean. Your silent heart will offer you all meaning you need to understand here and now. There is no urge to get a hold on the world. The world doesn't need to make sense. The world doesn't need to make sense because the world does not exist out there. Sense is given you from within. This is step 15.

7.3.1 Setting "off": I am not my thoughts



Your desires and your thoughts are deeply related. Where your longing goes, your thoughts go too. In fact it is the other way around. Your thoughts show you where your desires come from.

Your thoughts show where your attention will result in: in desires. Your intentions are being picked up by your body. Your body is neutral. Your body follows your orders. Your body picks up your desires, thus your thoughts resulting in desires.

Your body picks up your intentions and will try to manifest them. Thoughts that you are interested in you hold on to. Thoughts you hold on to you like and next you desire otherwise you would not hold on to those thoughts. Your body is neutral. Your body acts on your commands. Your intention to 'do' something, the body will process and your body will prepare an action for you. How does one prepare for an action? You have a thoughts that catches your attention. This thoughts is your next intention, your next desire. The body will pick up your desire, your command and will try to offer you...what you wanted in the first place.

When you are not interested in the subject, the joining, the body needs to know. So your body will ask you if this is really what you want. It will produce some hormones and this you feel than in your body. These intentions trickle into your head and give you a first impression of what you desire: a feeling, an emotion. You may answer with yes or no, go or no go. These are your desires.

An automatic unconscious inner response is an emotion. A conscious inner response is a feeling. Now the body knows what you want, is ready to reaction on the feeling/emotion. It stated with you being interested in 'IT'.

Your desires are a follow up on your intentions. Thoughts are a follow up on your intention. Every thought is a possible scenario. *Isn't this idea something for you? What do you think of this one?*

Manifestation follows a certain sequential top down cascade of levels of go/no go's. Thoughts are high in this flow hierarchy.

Thoughts are future, possible realities. Thoughts tell you something about your possible future. They are fractals of ideas. Intentions become thoughts, thoughts become feelings. Feelings become action. Actions create reality. Ideas become beliefs. Beliefs become reality.

You consider incorrect your thoughts are as free flowing butterflies with little impact on reality. The exact opposite is true. You probably heard about the butterfly effect. This effect refers to your thoughts. One thought may move mountains.

Your ego mind has no clue what thoughts are for. It tries to manipulate thoughts after they are already there. It tries to filter thoughts. *This thought I like. That thought I hate.* A comparison might be like as when the heating of the house is put too high, and as a reaction you open up a window. The image here is you lost much energy not correcting the situation at the right level. You filter thoughts after they are already in the process of becoming reality. The mind only tries to deviate them which is impossible. The thoughts are already out of the bag. The ego mind can only hide them or twist them. For reality that is too late. The only thing that may happen is you hide them in unconsciousness or twist their true meaning. In both cases 'you' are confused, led astray by your ego mind. The effect may look different, but the intention stays the same, and thus the result.

The ego mind only changes the outline, the form, not the content.

When it is too warm in your room the mind's proposal is to open a window. The temperature gets better, but you didn't put down the heating. You manipulate the effect, but didn't change the cause. In fact you hid the cause by bypassing the effect. This is a typical ego mind solution.

The ego mind has no clue where thoughts come from. Thoughts are bits and pieces of your future reality, starting with your preferred intention, your choice. The ego mind thinks it makes sense doing this. It is convinced this is how the world works: filtering thoughts, hiding them if needed; manipulating the effect. None of them really work because you are not joining source in any way.

From higher dimensions, your higher self perspective, atonement is offered you, so thoughts as seeds are planted in your mind for you to pick up.

Reality in the making are the thoughts that fill up your mind with pre-settings for you to notice. These are the building bricks that will make up your temple where you will live in tomorrow. Put off the setting that claims you are your thoughts. Deactivate it gently.

Thoughts are premature desires, probable facts, building blocks that make up your future reality. They are the input for your output later in life. Don't leave them unguarded. Becoming silent is at first a request not to cast out energy you will need later on. Keep all energy/intentions close to you. Master your thoughts.

Mastering your thoughts is not about filtering them. Filtering them is too late. Thoughts left already their source. Filtering them is the same as hiding them for yourself or anyone. You make your thoughts unconscious. You may think this is making sense, but it isn't.

Real thoughts come from your guide, your higher self, from a higher dimension. You are not a source. You, the mind doesn't produce thoughts. You process thoughts. You activate and deactivate their presence. You transform the energy of thoughts into reality, into form. Real thoughts that is, not the twisted ones.

'Form' may be then a project, a meeting, an action. The content is an idea, a belief. This is what you do in joined venture with your body. But you are not a body. And you are not even your thoughts. Thoughts and body are both tools, means to an end: manifestation.

The ego mind confuses form with content. The mind tries to make sense to the world. But again, what sense does the world make from the ego's perspective. The ego mind induces its sense onto the world, thus the world has the sense of the ego mind, not of reality, not of truth or oneness.

You who tries to make sense, please don't. Sense will come to you. Stop using thoughts and ideas to try to make sense. The world doesn't make sense nor does the ego, not because the world is crazy or the ego is a fool. You are confused no more, no less.

You are not your thoughts. Bring your thoughts to your heart and let them be checked by your heart. Isn't this something that could work? Isn't this thought worth exploring further?

Don't try to be smart or intelligent. Don't try to be an scientist who knows stuff. Humans have knowledge by using their human mind. Return to the one heart . The one heart transforms all knowledge into knowing, all confusion into silence.

Content comes from within silence to you, from beyond thought. There you will find it. Don't look for knowledge, nor sense. Sense comes to you because you abide is mindfulness, beyond the mind that means.

Connect with the one who is making sense, the one who thinks (s)he thinks. And that is not the mind.

Connect in the same way also to the thought you are thinking. Why is this thought here?

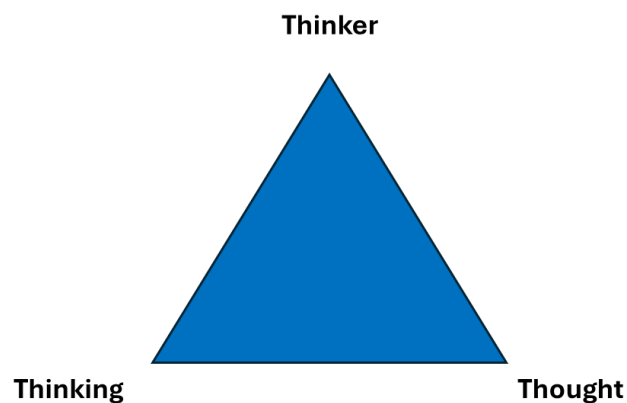
Connect with the one related both with the thinker and the thought. Who could that be?

This is the observer, the observer who watches someone thinking, from within the middle of the triangle thinking system.

Become silent, your guide will tell you what to think. Your higher self will inspire you.

Check and discover you don't need to think to live, don't need to make sense to be alive, don't need to get attention to exist.

You are the thinker, the thought and the thinking in one. Who is thinking for whom if not you with you to you from you.



Ascend the urge making sense, being smart. Be smarter than that.

In the middle of all thoughts, in no thought, in the one thought, beyond thoughts...there

7.3.2 Trust

Trust does not come from the mind. You can tell your mind a 1000 times to trust something, it won't listen because it can't listen. The mind is made to choose, to prefer. The mind can only trust anything until the next choice. Do not bother. Trust comes from beyond the mind, from the heart. The heart unites and trusts joining. It trusts union because then there is oneness.

Oneness is. Trust is. It makes no distinction and does not choose to trust anything over anything else. So trust is beyond thoughts. There is then only the thought of 'trust' without adding anything. This is a unitary idea, so without its opposite. Thoughts about choosing, choosing from the ego and duality are not thoughts. They are after-thoughts, reflections. They are interpretations of original thoughts.

After-thoughts come either before or after the moment. The moment is the whole thought. The whole thought is content. After-thinking is reflecting thinking, after the moment. Reflecting is fragmented and comes from the "I" perspective. After-thoughts are always sub-areas, sub-aspects. Reflections can never represent the whole. Think with source...as one.

The mind uses thoughts to orient itself in the outer world. It like to create thoughts that changes the world. The ego mind doesn't realize the mind doesn't create thoughts. Thoughts come from a higher dimension as thoughts come from source. Energy can not be created nor be annihilates . Energy only changes of form, vibration. Thoughts also only changes appearances, vibration. They are already there but not always visible or accessible to the ego mind.

Trust means the mind asks where the path is going to? Than source, from within silence will send hints, thoughts, indications where the path leads to. In that respect thoughts are correctly approached. Thoughts come to you in response on your request for directions.

This we may call the inner compass. The inner voice provides you with all energy you need , on that time you need it. All is provided. Trust is the knowing all is for the good and the inner compass is being used. In that way thoughts are tools for the inner voice to lead the lower self. In this way thoughts are a means to make the path visible, the path starting from choice to manifestation. Trust is than the result. Our path is certain, always...beyond reflecting on 'what to do' on the ego mind level.

7.3.3 Healing Chambers

One of the easiest and most exciting aspects of Pleiadian Lightwork is the use of healing chambers. These chambers ethereally surround your entire body and aura with different colors, frequencies and light, each chamber with its own flow pattern and purpose in your ongoing quest for healing and spiritual mastery. Several of the chamber types had their own special chambers in Atlantis and Egypt. All a person had to do to receive a room session was enter the room, lie down on the designated table and relax.

Today, setting up room sessions is as simple as saying an incantation and lying down for a few minutes to an hour. It is recommended to follow room guidelines regarding time limit, frequency of use and establishing a clear intent. The Pleiadeans provide these rooms and ensure that you simply will not be able to enter a room if it is inappropriate at the requested time. So if sometimes nothing happens for you, tune in and see if you really need a room session or not. You may need a different room than the one you requested.

Follow the installation steps, relax and be open to new and wondrous healing adventures.

The opening of each light chamber is the same. Follow the simple guidelines below before starting each individual session described in this chapter:

1. Relax in a supine position with your knees comfortably supported from below. (When your legs are perfectly straight, your knees tend to lock up and impede the full flow of energy.)
2. Once you are positioned, take a few deep breaths slowly while gently concentrating to bring your awareness more fully into your body.
3. Ground yourself.
4. Extend your aura in any direction up to one meter from your body.
Make necessary changes to your aura border colors or bring in roses.
5. Next, summon the Pleiadian Emissaries of Light to conduct and oversee the healing session.
6. Ask them to bring the Interdimensional Cone of Light above you for divine attunement and purification.
7. If there are any other guides, angelic beings or ascended masters that you would like to have at the session, call them now and always indicate that only beings of Divine Light may be present.
8. As in any healing situation, ask your Higher Self to be with you.
9. Now you're ready to summon the specific Chamber-of-Light session you want to do.

7.3.4 The four bodies chamber

Your human local self consists of four energy bodies the physical, the energetic, the emotional and the thought body. They are intended to work in balance and harmony with each other, even though each energy body has its own complete and individual function. For example, if your job requires you to be extremely mentally or physically, you may need to round out your life with more emotional and spiritual activities and concentrate when you're not working.

Many Indigenous tribes around the world, including Native American, Australian Aboriginal, and Celtic tribes, have used ceremonial circles and crosses with a particular focus on the "four directions" to establish this balance. In these circles and crucifixions, the East is often used to symbolize the element of fire, which corresponds to your spiritual self. The South contains the energy of the Earth, which provides housing for your physical body. West is the watery element and supports your emotional life. North is home to air, your mental aspect.

After the general steps, invoke the Chamber of Light to be brought around your body and your entire auric field. Relax and enjoy. Healing takes ten to forty-five minutes. This room allows you to request a ten minute session if you are short on time. Otherwise, keep in mind the maximum time in case needed.

When the room is pulled out and the session is over, you may experience a shift in or stabilization of your consciousness and body energy. Or, if you are clairaudient, you may hear a message that you are complete. When any of these situations arise, or you just know it's over, get up slowly, feel balance on your feet before walking, and get on with your day.

7.3.5 The local manifestation system

- 1) A thought (content) enters the local consciousness.

- 2) This thought creates a feeling. This feeling shows that a manifestation, expression of love is entering the local consciousness.
- 3) This feeling creates an energetic (chakra) flow and makes a blueprint of the intended manifestation.
- 4) The energetic flow creates a three-dimensional image (shape) of the intended manifestation.
- 5) The manifestation shows itself in the third dimension as an embodiment (form) of the incoming thought (content).

Love was manifested or shown, actually made manifested in the third dimension.

7.3.5.1 The Trinity system (feeling).

As mentioned, the trinity thinking/manifesting system is a upgrade of the ego manifesting system.

The Trinity system joins all the perspective and all 4 phases. Do understand the principle manifesting stages together with the following comments:

In/from point three, love recognizes itself as love in the trinity. Being love, becoming love and experiencing love are one. This is anchored in the here and now, the temporary local 'I' consciousness. To feel is to recognize manifesting love. There is only one feeling: love.

7.3.5.2 The Ego manifestation system (emotion).

The same counts for the ego manifesting system. The trinity is not uses only the duality thinking system. Thus the following comments emphasize the difference:

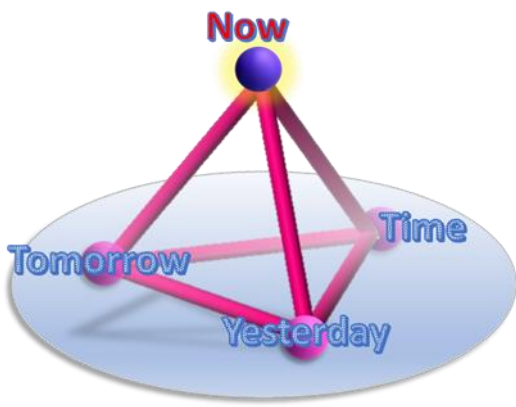
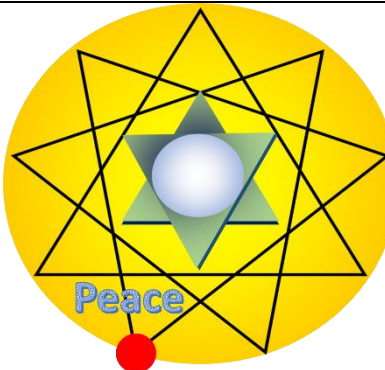
In/from point three, love does not recognize itself or does not fully recognize itself (duality). The experience is not yet complete. Being love, becoming love and experiencing love are not one. This is anchored in the here and now, the temporary 'I' consciousness. Emotion is the signal that complete integration of the content (love) has not yet taken place. Emotion signals that 'something is not right'. Recognizing the signal, analyzing, processing and recycling the emotion (and any consequence) is the issue here and now. The local consciousness gives feedback to the whole consciousness.

In the ego manifestation system things seem to go wrong because the local consciousness or the temporary "I" consciousness has not completed the manifestation of love and the temporary "I" consciousness has not been closed. The anchoring in the here and now, the third dimension, cannot be lifted yet and remains temporarily active until its consummation.

The ego manifestation system can only exist in lower dimensions where manifestation is timed or 'slow'. The trinity is here: linear time/space and local consciousness.

Local consciousness is equivalent to full consciousness but slowed down in vibration or in third density.

7.4 Step 16: I am not my history

Hart		
Step 13		
Step 14		
Step 15		
Step 16		
Step 17		
Step 18		
Step 19		
Step 20		
Step 21		

Presupposition:

THE TRINITY

You may still wonder why you are unable to manifest peace or simply help people. Peace is what you want you claim and this has been on your mind often enough. Not reaching your altruistic goal you might have downgraded your intentions. When even that doesn't seem to work, you might just want to live a quiet life away from all the grind and drama. Why wouldn't you succeed in that?

The answer is simple: because you don't want to. You don't want to just because you want to choose. You don't know you're judging while you're doing it: choosing, preferring. You don't realize this.

Your mind thinks it is rightful to do: thinking. So when it wants to do well, when it wants peace, or wants to do something useful, it wants to think and go for it. Still this is not thinking but reflecting, choosing. Then the ego might 'think' it doesn't have this selfishness in mind at all, its own use for the world. The ego really may want to be altruistic, compassionate and helpful.

The sad thing is that the ego thought system doesn't know what peace means. Peace is rather something outside of him/her, out there in the world. The ego mind really may want to help people out there in the world. The world must be saved, helped. This issue or that problem must be concealed, even when it is but the plants in the garden that need to be cared for. Small things are also things you cast your vision on and you would like to have things in order according to your image and insights.

You can't help but use your own vision to approach the world. You are still convinced that you are in control. Realize that doing so is using your ego as a resource. You are not only using the ego as a resource, you are also using the ego as a source. You define the ego thought system as a source. You give the ego decision-making system power.

Giving your ego the right to decide what needs to be done is tantamount to judging. You judge because you are using something as a source that is not a source. Then there are two sources. How many primal sources can there be? One source is then played out against another source. Thus there

is discussion, disagreement, dissatisfaction and disharmony in your perspective. Being in competition with each other the two sources create friction, and debate, and strive, and war. There is war because of your belief there are two sources. And this discussion you started.

Consciously or not, this is your choice. The ego cannot have it otherwise. It feels shut out when it is used as a source. To the ego it seems like the one heart won't listen to him, and that is correct. The higher heart is not able to listen because it is not able to judge. So the mind and the heart are in conflict.

Thus the ego feels left out. Left out of the game the ego mind then has no function in the whole story. Life can go on without the ego and of course it resists this conclusion. The ego mind wants to exist and thus it will throw after- thoughts, reflections at you, claiming having personal 'thoughts' are important. *You do have an opinion do you? People without an opinion are dumb, ignorant. People who cannot think are put in an asylum. Bright brains are successful.* That is how the ego thinks and probably you do too.

You decide to remain vigilant. Vigilance is a must. You have to pay attention and observe what happens. One has to be always on the outlook and not let anything take its course. If we don't do this, the world will become chaos. That's your belief too, isn't it?

7.4.1 Setting off: I am not my history



You may not be aware at all of historic cords that you have been given to yourself or given to others. Most people are not aware. Fortunately, once you get away from cords, you gradually start to feel new ones as they enter you, making them easier to keep track of and make choices about. If you have a parent or someone else in whose presence you always feel exhausted or whose emotions you always feel within yourself, it is a good indication that you have an unhealthy relationship with that person.

History doesn't have to be conscious. Shame from a previous life can manifest cancer in this life. Than probably you don't recognize the historic link. The removal of an historic cord is done very gently to induce minimal reaction in the other and to eliminate the possibility of chakra damage. Pulling or pulling on a cord can even cause scar tissue or tears in your etheric body in some cases. It can also cause the other person to retaliate psychologically.

Therefore, whenever you remove a cord, always gently pull it away little by little, where it attaches to your body. Then place the end of the cord that you have detached from your body in a rose. Gently push the rose with the cord in it outside your aura and blow it up into a rose.

Fill the hole in your aura with golden sunlight to seal your aura and create an atmosphere of self-healing. The hole fills with your own energy and looks normal again.

The use of the ego, its story, its judgment, seems to be normal. Everyone has been doing so and has been doing this for as long as humanity has existed. We don't know any better and we have no reference that it was ever different, can be different, should be different.

It has always been this way. You have to pay attention and stay focused. Finding a good job you don't let that slip. Learning, studying, choosing a profession are things to reflect on, on a daily basis. To plan your future is key. In the morning you overlook your current situation to be ready to challenge life and the world to make your next move. Acting by trial and error is completely normal. Using your mind this way is natural and obvious. There's no doubt about that, is there?

After all, life is about making choices, trying and trying again to make things happen. The mind is very important in this subject, isn't it? This is crystal clear. See how the world looks like nowadays. You can't let this chaotic world pass without using your brains, can you? You can't just let things take their course. You only have to look around for a brief moment and quickly you are convinced. So much wrong doing there is in this world. You must act on it.

What you don't understand is that how you see the world is not how the world looks like. You are convinced that your senses perceive things as they really are.

But that's not true. Your senses neither see nor perceive anything. They filter and judge. Your eyes reflect the ego's vision. They see shapes. There are no such things as form. There is only relationship.

Your eyes see only illusion. Your eyes are blind. If you were really blind, this would often be an advantage to you. You would see things as you imagined them. That would be a better representation of reality here. Then it would have been clear that it was your interpretation. Everyone would totally agree with you when you described something, you the blind one.

You would describe something or someone and the audience would respond: *nice, that's a great description. It's not the truth but we understand your choices, your handicap. You cannot see the truth anyway.*

That is what it says here in step 16. You, the ego, with all senses included, you cannot perceive the truth. Perceiving does not happen with your mind. Perceiving happens with your heart. The heart, however, has no eyes, and doesn't need any eyes. The heart has a clairvoyant sense, a non-physical sense: love. It can only look with love.

So bring your judgments to your heart. Bring your history, your old ways of looking to the world to the heart. All history bears witness to erroneous perception. This is also the case in the ego thought system.

All history is never the truth. History is the truth of the victor. The victor writes, describes the events as he or she interpreted it. All nuances have disappeared from the story. A king can have a great victory and obtained it over the enemy. The enemy was defeated once and for all. The king or general was given a statue and this statue is now showing off on the market square. Everyone speaks highly of this. History was written. But perhaps that king or general was very resentful and hard-hearted and evil minded. He may have been to the enemy, heartless and ruthless. His heart may have been darkened, lost and confused. All we know now is that he killed people and we now think that is good, right and just. Since when is killing good? For whom is killing ok? For the ego mind, who doesn't know better. In such a situation of fear, anger or rage, the only solution the ego mind sees is: us or them. That is justice...for the ego mind system.

Justice does not exist without love. The ego thought system draws justice to itself as if it were a talent of the ego mind. Justice is seen from the benefit side of the ego mind thinking. That is what the ego mind thinks: Only the blind hearted can be righteous. Laws can never be fair. Laws take sides, separate and elect. Laws judge, and courts condemn. The heart does not live in a courtroom.

That is what step 16 asks of you. Don't rely on the choices the mind provides you. The mind gives you no choice at all. Your mind chooses for you. The ego mind chooses separation and thus a filtered world. The mind cannot give you an overview or any free choice. The ego is not free by definition.

Instead go to the silence. In silence all possibilities abide. From the silence of the heart all choices will be presented to you. That is what silence means. Silence means all possibilities in one are present. Noise is neither free nor has all possibilities. The sum of all possible directions is no direction (yet). There is no choice made yet.

Allow the no choice as your starting point. Allow the unknown as your zero point. The unknown is but unknown because there is no choice put forward. The unknown is not a bad thing. The ego mind is scared of silence because it cannot use this, abuse it.

The ego mind can't use silence since there is nothing to choose from. Nothing to choose from the ego has nothing to do. It has no function. So it tells you that silence is bad. Silence is empty like the universe. I can tell you silence nor the universe is empty nor useless. But that doesn't convince the ego mind.

The heart is still and cannot judge because it doesn't have eyes, and that is a good thing. Move your resource where to choose from, from the mind to the heart. Bring all your decision you made to your heart. Your past choices were made within illusion. They don't exist. They are not set in stone. Your mind tells you the past cannot be undone. But what never existed doesn't need any repair.

All your history might be true for your mind. He may believe in them but you are not your mind and thus not your history. All history abides in illusion and doesn't need to be changed. Don't try to change the past. Don't put energy of effort on it. See the past as it is: non-existent.

Bring your history to your heart. That's what forgiving means. You can forgive who ever hurt you. That is not how the ego mind sees 'forgiving'. You, claims the ego must maintain your vigilance. Ah, he once accused me. Let's be vigilant that he doesn't do it again. That has nothing to do with forgiving. It's just a truce, a status quo. The wick may be lit again. History remains in this ego 'I'-perspective.

The conviction still stands. The case may have been closed but not transcended. The ego thought system was not transcended. Let go. History was confirmed, not erased.

The wound did not heal. A scar has been left behind. The scar has remained and is like a condemnation, a yellow star on a jacket. We don't say anything, but anyone with eyes to see knows. We still reject. We reject this past condition, this act over and gone. Never will this act go unnoticed.

That's what our eyes see. They don't see it in the now. They see only the past. History tells us how we see things. Commemorating a war or any act of any kind is affirming the status quo. It confirms the score, who the enemy was, who was the winner.

It confirms the vigilance of the mind, always on the watch for danger, injustice as it colors justice. That is what the ego chooses, history over healing, over making one, uniting.

You give everything a function by maintaining your ego thinking system.

The higher self, on the other hand, can use any story for the good. Any history can use the higher self to see love in it. Bring all history to your heart. Listen to your guide and know what your history was like. It was one of love.

The inner voice will tell you that judging does not make you safer. Safety does not come from vigilance but from trust. Fear does not disappear by building a wall. Fear disappears when you remove the wall and meet, join. That should be obvious. This was the case after the great war in

Europe, the wall needs to come down. That is so today and also tomorrow. Consultation, communication, burying the hatches, listening to each other and letting your heart speak helps.

Reasoning divides, laws divide peoples. A judge doesn't stop a family quarrel. A judge confirms it. It leaves scars. It marks difference and the dispute remains.

History repeats itself until the scar is healed and disappears. The mind keeps the scar in sight, as a reminder, for historic references. The heart sees the scar for what it is: a misunderstanding.

I am not here with you to admonish you, not even to put you right, right what was wrong before. *I am free here with my will.*

What is history in the new trinity setting? The new setting is that you created your own history. You are and the creator, and the created, and the creating of. You created your own history. You are history. You look at your own history.

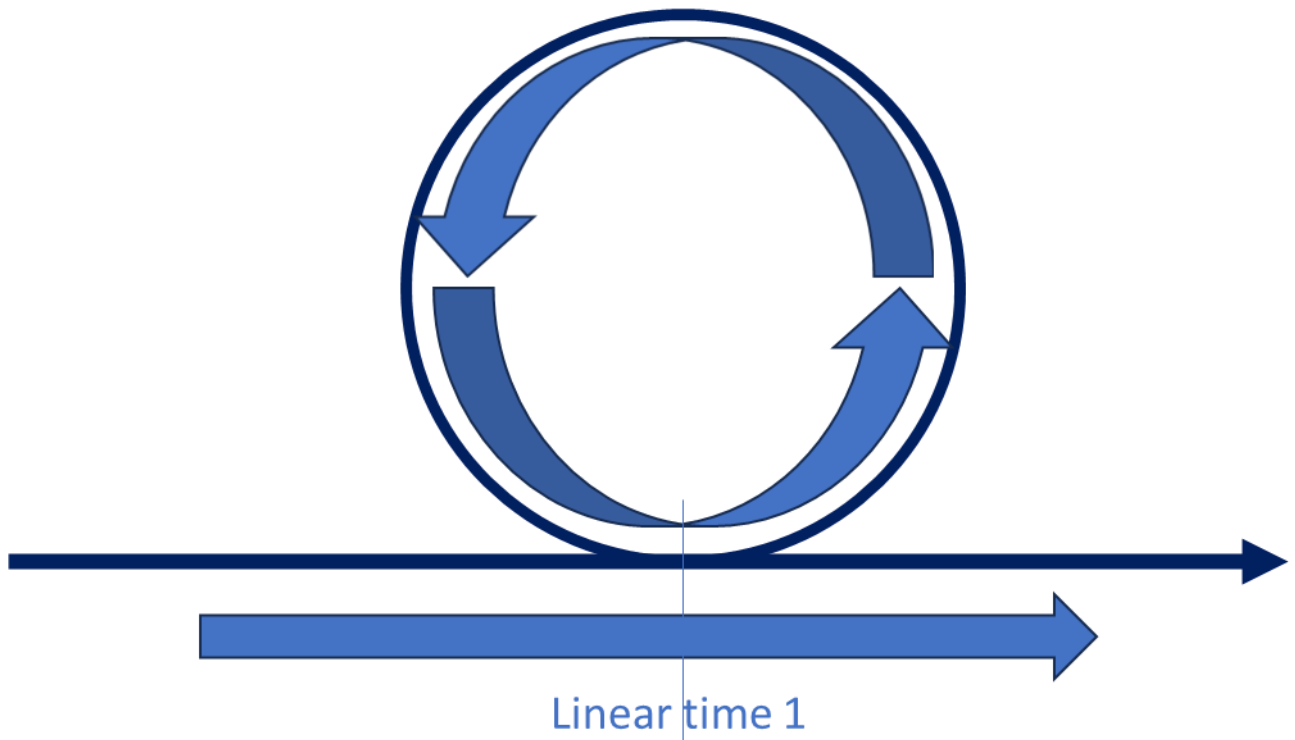
Yesterday only exists because you allowed it to. You created yesterday. You create your own future. Changing your future means the consequences of the past are being deleted. How is that different than that all history can be deleted. When there is only you, who will hold historic events against you? That is what the trinity suggests you do.

There is no world outside of you. Changing things within is beyond time and space. Space and time will bend to your dreams to come true. The same happens with historic events. They persist only when you keep them alive. Is this not what true forgiving does. To forgive erases error. Does it matter when the error occurred? They are just perspectives in time.

Time is a perspective. In the third dimension time is linear, and thus linear time is a perspective. In the setting of linear time there seems to be a sequence of events. This sequence has been created to experience IF and THEN in order to learn, to learn by using the old school learning. In the old school learning, there seems to be a past and a future thus history, the subject, the setting we are dropping here.

How do we may understand this from within 3D, the perspective of the mind?

Linear time 2



We define linear time as a straight line where there is the past and the future in sequence (see linear time 1).

When we draw linear time within a circle still there seems to be a sequence but ultimately past and future meet as the starting point and the ending point meet. So in the linear time 2 perspective 'history' disappears when coming full circle.

Our argument here is that linear time is not a straight line by default. There are many IF THEN perspectives possible or history is a perspective, not a fixed law. It is relative as how the setting is put forward.

Time is neither fixed nor dynamic. Time bends to the one using source. Time is dependent on source , that is the only thing you need to know. That is the only thing you must know, thus suffice for you to change your history. History doesn't define you. History is just a window onto past events.

You open or close that window. You bend the past the same way you bend every event by your intention. Manifestation needs time but is not embedded in time. Time is a setting you set up or not. You are the creator.

Call on your higher self to explain to you why your history is there. Your guide will open up possibilities to erase them when time is right. In the correct perspective all is possible adding or deleting files, history, info, whatever.

You are your own creator in the correct perspective.

What I want is what you want, what we want, than comes peace. There is nothing in history that holds you prison but your own creation.

Here death is conquered. Death is conquered when the scar is gone, the mistrust, the judgment, the pain, the fear...just in your head.

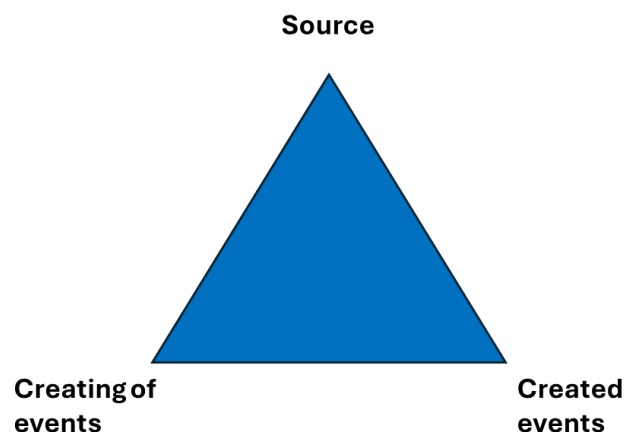
The heart knows of no pain, no disease. It knows of truth, life and oneness.

Here we are, in the heart, equal, sister, brother.

Lock yourself onto all-there-is, the source, but unknown. That is the first corner.

Lock yourself on the second corner, the corner of the known, but also of the fixed, the things you cannot change anymore.

Lock yourself on the third corner, the creation of events between yesterday and tomorrow. Here the timelines are created.



Bring them all three into the middle, beyond time. Here there is the silence of the heart. Here is the silence before the knowing. You know but don't know at the same time. Knowing and not knowing join here....than.

History is there when you want it to be there. Put the history setting on off. Things have meaning for you when you give them meaning. Nothing is lost or forgotten. You only judge your own creations, your own created events. To forgive is knowing you are all three elements in every experience. You can not forgive anyone but you. This is what putting the setting of 'You are not your history' is. Than you are in peace ...with yourself.

7.4.2 Peace

You cannot experience peace because you keep war in the back of your mind. You state war has to end but you don't end division. You want war to go away but you don't join with war. Embracing war you would notice that war wants peace too, but it doesn't know how.

You know of the principle of cutting something away because you don't want it. Cutting something away doesn't make it disappear. Joining does.

Peace cannot happen because you keep the history of conflict in your mind. You and every one else looks back at history and claim war, this or that war, never should be repeated. But still you keep the history. Keeping the history is not the issue. Keeping the memory of the pain, the horror, the fear is

the problem. It is still active because you activate it, looking back at it. You don't annulate its power, the power of fear it might happen again.

War is when there are 2 sources and one might take over the other one. As long as there are two sources one must choose which is the correct one. And on one day you take this one as your truth and the next day you prefer the other one. The war is inside you. You are confused about how many sources there are.

History is kept in place because you value it. You value war because people fought for your freedom. Thus the principle of enemies is kept alive. As long as you believe in enemies, as long they will exist. You believe in a dual world than. You believe in it because history proves this.

You may learn from history but you don't ascend it. You keep the history of duality alive. Thus you keep duality alive. Thus war and peace persist. You still believe even with the best intentions that your history needs healing.

Till yesterday you did things with the mind as a source. The mistakes you made are in your memory. You are still convinced those mistakes need healing. The experience needs to be erased. The pain needs to be healed. Maybe you made several attempts to put things right, the things that still are not 'as they should be'.

First the expression 'as they should be; to whose condition, expectations or rules? To the perspective of the mind. Here we see that we are still using the views of the mind. Put that setting on OFF.

It may bother you that after that many trials and errors you still cannot fix 'that problem', that historic problem. So you look back at this historic mistake you want to have a go on once again. With what tool, the mind thinking system? Use from now on the trinity thinking system. Who is the villain, who the victim. They don't exist any more. Where is the problem then? What historic problem needs to be fixed then and there. In the trinity perspective the problem is gone and the historic event has no value anymore. It is the mind that holds on to 'been wronged'. The heart has no eyes and sees no mistake, nor a historic scar. In the heart there is no room for war because there is no duality in that same heart.

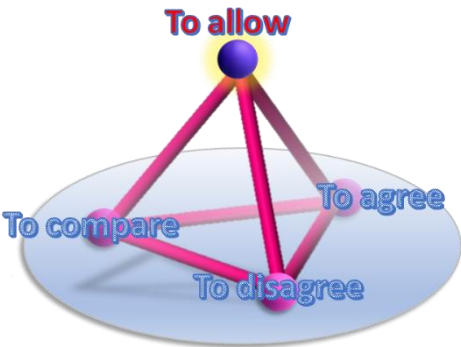
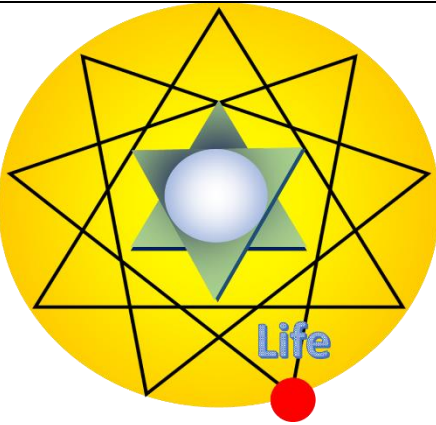
Duality is war. Oneness is peace.

Bring war and the history of war and peace to the heart. The heart will see through the historic pain. It will see the need for joining, and will join, because the heart cannot see horror, not now and not in the past.

You cannot hurt yourself consciously and next be mad about it, angry on yourself. Or you are unconscious on what the event entails and you are only confused about you are. Or you know who you are and this event was a conscious chosen act and you are in peace with what happened, the seemingly mistake included.

War or peace is not what happens but your view on things. War includes by default there is still an unconscious part in it. Bring this pain, disillusion, frustration to the heart and remember who you are. Become the conscious spirit you already are. With the switch on OFF look at the peace of the heart.

7.5 Step 17: I am not my agreements

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Presupposition:

THE TRINITY

In your daily life you are constantly making contracts, with people. Some correspond to conscious agreements, such as lunch dates, or telling your roommate that you're doing the laundry when he or she is going to cook dinner.

When the activity is completed, the contract is dissolved and no hooks are left.

However, there are many types of contracts you enter into with others that are totally unconscious, hooks included. For example, you may have a friend who has a strong tendency to blame others. On the other hand, you may be afraid to disagree with people for fear of making them mad at you and losing their friendship. So then you and this friend have made a subconscious agreement: you will always side with him or her against others, no matter what, and your friend will never get mad at you.

This type of contract is very codependent. You help this friend to blame and stay negative, and he or she helps you stay afraid of anger and rejection. Neither person has much freedom to grow and develop in these areas of life. Therefore, when you discover or even suspect that you have unhealthy contracts with others, it is important to clear them.

Some contracts must be released because they appropriate your free will in inappropriate ways. That is what we do here in step 17.

What you see is not what you are. That's why you're confused. You believe your physical eyes, your senses. You believe what your eyes see is reality. You believe the world is real and not an illusion. Being yourself, the one who you are, first it is necessary to see what is real. You reversed reality. You tell yourself and others the world is real and based on what the world shows you. This is but an agreement you have with yourself and share with the world.

Next within this agreement that, what you see is real, you determine who you are in that illusive world and what you will do or not do in illusion. This is reality upside down. Your world is just upside down because you are confused. The world only reflects your confusion and your unconscious agreement what is real.

The world reflects your separation. You have separated yourself from yourself. This separation is your choice, your chosen ego thinking system. And now, because of your choice and your agreement, your buy in, that chosen separated world appears separate from you. You claim and agree the world is separate from you and thus you are separated from the world. You've turned cause and effect upside down, vice versa. The cause is your choice and agreement the world should be a separated world. The effect is you perceiving a separated world.

The world really is separated from you because you have separated yourself from the world. You have separated yourself from source because you have sought to be a source yourself. But you are not a source, can never be a source. There is only one source and no one can separate him(her)self from his/her source. That is not for you to determine.

You not being a source, you have no power over the source that created you. Still source is love, life and you are love and eternal life. You cannot change that. That is the agreement you have with source.

What you are trying to hide now is your willingness to separate.

You separated the world by creating two sources, one that exist and one illusive. Next you try to deny the fact you having decided this stalemate. Still whether you like it or not the agreement you are love, you are life stands. Second the ego agreement, you being two separated sources, wants you to deny that divine first agreement, you being one with source. But that possibility is impossible.

Still this is what you do, at least you try. On top of that you blame god for this to have happened. You reverse cause and effect. God did it, not you. You blame god that god and life has left you. You put the blame on others, the world, god whoever. You choose not to look your choice in the face. Instead you blame him for your decision not communicating on this subject.

Why? Are you afraid this choice was a mistake? But this was not a mistake. It was not wrong. This choice was impossible. What is impossible can never have happened. What never happened never occurred. This historic event never happened, only in the confused perspective of the mind thinking system. You never left the garden of Eden. On top of that there has never been an 'I' that might have done the impossible impossibility. You tried and failed to make up an identity and call this 'I' source. This you failed to do. Be happy for it. .

If you would talk with god about this you would get a complete different answer: He would nullify it...because it never happened. Still up till now you blame yourself for this failure. Then more good news is coming your way now: you can't punish yourself either. You only can pretend. You can pretend that there is punishment and fines to be paid, suffering. So you may only pretend that there is a world that punishes.

And god let's you, because there is no such suffering. Suffering is impossible. God doesn't agree with your agreement and point at his starting point : you being love and life. He doesn't buy in with your dreaming state, who you think you are in your dreams. Dreams are not real. That is what awakening is about, ascending a seemingly dream state.

Your heart connected to source can see no punishing world, no punishing god, no failing self, no punishing content. So you had to make form to hide content, love, grace from your self. You had to make up a world of form to punish that world with yourself in it.

But you could not have perceived that world of punishment, because perceiving happens with your heart, not with the physical eyes. Eyes only see within the dream state, the seemingly ego agreement.

So you have made up the body, form, with fake eyes that can see illusion, form. Your eyes and thus the other senses can now see punishment and penance in form, in your illusion. Your so called eyes

see form. They do not perceive form from within content or truth. Form cannot be perceived, only seen. Your eyes see form from within punishment and penance, from illusion. Your senses work only within illusion.

Whether you call it punishment and penance, or the third dimension, or duality, the result is the same. Drop all emotions and psychological distortions, the result is the same. You only see from within a limiting perspective. The world is not three dimensional. The world of form is a very limited view of reality.

You can also explain to yourself this perceiving/seeing paradox by explaining yourself that eyes can only take on the visual spectrum of reality. We claim nothing else here. The stretch is not that big. We declare that the visual spectrum of light is not the whole of reality. You do. You claim that what the eyes see is the full spectrum of reality. It is less than 1% of reality even within the third dimension. You declare that the third dimension is the sole reality. It is but your sole reality, from the minds/body perspective.

You know there are other dimensions. Then why can this limited dimension be your total reality, you claim? Do not do that. You may not deny other dimensions, but you do deny your existence in those other dimensions. Why?

You declare that atoms and quarks exist in other dimensions, but you hide the consequences that than you are made up of quarks. Why? This is not helpful. You know that eyes see only a small part of reality but at the same time you declare that what your eyes cannot see does not exist. Do you understand the folly of your own logic. It does not make any sense.

You declare that death is not the end, but still you grieve because death means the end of your 3D sensory existence. You are confused. You view the senses as imperfect, incomplete, but you view the sense life as all that exists. Think for a moment, don't you? You are not your agreements.

What are you afraid of? When you are afraid of the unknown, what is the logical solution? The logical solution is to admit, allow the unknown to exist and to allow that in, step by step. But you do the opposite. You resist the unknown for as long as possible. That is impossible. You can't resist the unknown forever. You may try though. You are not your historic agreements.

You say that knowledge liberates, but at the same time you hold back knowledge. You resist the unknown. You would rather not know what the unknown will tell you because you are afraid of it. You believe the unknown is evil. Thus knowledge does not liberate? You are not that agreement.

Is the unknown really bad? You marry a stranger. You accept a job that is unknown to you. You make journeys and trips to unknown destinations. You get into toy devices that startle you and you call it fun. You guys spend a fortune on all kinds of unknown projects and businesses and call it adventure, exciting.

You jump out of planes and defy death and at the same time you fear life. You are truly confused.

Every day is an unknown day that you enter, despite your every effort to anticipate what it might contain. You plan, and predict. You gamble and calculate. You anticipate to your odds and seek to manipulate or even transcend laws of nature and the universe. You plan and knuckle down with the economy and set expectations.

What you are not doing is trusting the unknown. You don't trust the unknown because you do not trust yourself. But do you trust your source? You do not believe that the unknown will be beneficial to you. You do not believe in what has not yet been expected. You do not believe what is not known can be known. You are not obliged by the agreements the mind thinking system goes by. Put the switch 'I am my agreements' on OFF.

All that is asked of you is to accept what is unknown and is offered to you. You say that what the unknown offers cannot be trusted. But this is not what you mean. What you really mean is that you do not accept what is given to you. You do not accept the gifts that each day has provided for you.

You do not accept the gifts and call the gifts poisoned. You call the grapes sour not because they hang too high, but because you do not accept the outstretched hand of source. The ego calls the agreements with god as fake, and you agree with that statement. You are not those agreements

You do not accept source because then you have to admit that you are no longer that source. Isn't this just stubbornness, childish stubbornness. This child is ashamed of his mistake and bows his head, not daring to look up. You expect to see a wave of divine wrath.

But there is no divine wrath. You are punishing yourself. This hand that punishes is the same hand that you raised when you had the idea to oppose god, the source, life.

You were trying to reinvent hot water. You thought you could create life yourself.

Creator, creation and creating are one and the same. The son has tried to deny his father. The vein is now accused of having disowned his son. The return of the prodigal son is at stake here. Home is still in the same place. The door is still open.

You have made history as if it were evolution. You have made dreams as they were tomorrows events. Yesterday, tomorrow and today are equal and always now. Time does not exist. Time was made up.

No one can know the truth based on the past. No solution is ever to be found in the future. Answer and question are both here and now. Meetings don't happen tomorrow. Uniting cannot wipe out yesterday, because yesterday no longer exists in unison.

Offer your-self atonement, here today. Join your self and your inner voice beyond the third dimension. See with the clear eyes of the higher self.

I'm here. I stand next to you. Don't see me. Recognize me with and in your heart, brother.

7.5.1 Setting off: I am not my agreements



Accept that every day is a new day. Every day is an unknown day. You don't need to know what to do. You don't need to plan ahead. Of course you are used to do that. There are things to be done. There are issues to be solved. There has to come food on the table. Please continue doing that. Continue doing what you always do, but change the intention. Allow the unknown because the unknown is far bigger than the known. Don't limit yourself. You are not your limiting agreements the ego thinking system induced.

The intention now is that all that needs to happen, will happen. Trust that when things don't happen they don't happen for a reason. Any reason will be a good reason. All things are there for the good.

All experiences are good experiences even when it surprises you, even when they shock you at first. Trust the things happening. You are in connection with All. You are not your unconscious agreements.

All things are there for you to learn about who you are. You are spirit. Allow this definition. Allow this one agreement. Don't interfere with the divine intentions, the plans your higher self has for you. The only intention has oneness in mind. You are by now within a deep relationship with your guide, whatever name you gave him/her.

We understand the world, your environment asked you to become someone specific: an ego, a body. You were asked by the ego thinking system to make plans for yourself, for the outside world, in separation mode. Drop them here and now. Put that setting on OFF. You don't have to plan things or people when you don't even know what is there to plan. Allow yourself not knowing what plans people have, the world has, you have.

All things are there for a reason. The plans will be given you from silence. All things are there for your benefit. Trust that all things benefit you, whatever happens or will happen. All things benefit you because you are connected to you, you are connected with all there is. All is wide open for you to feel happy about.

You don't need to plan things yourself. Planning things yourself will close doors because you are confused about who you are. Confused who you are, you are confused where too head for. You are not your ego agreements. Allow your guide to clean those up and rest all your self-imposed plans. Stop making plans for yourself that is step 17. Making plans yourself stops the universe offering their plans. There is only one plan. Creating plans for yourself create confusion each of us having its own plans. The sum of all ego plans is zero anyway. Everyone going in a different direction result in going nowhere.

Connect with what you planned without being specific, but you may. Then bring those plans to your heart for to 'perceive' the truth of them, with your non-physical heart eyes, the third eye.

Connect to the one who thinks (s)he needs to plan things. Understand these were the old ways of the world, the old learning. Bring the ego mind system in connection with the higher self. Allow the atonement.

Connect with all plans now on the table. Look at them and see them for what they are. They are made up plans. They came from the planner in corner one of the trinity triangle. It doesn't really matter who that is or what corner. They are you and everyone you allowed them to make up plans for you. You believed that plans mayor might be imposed on to you. Notice all this without judging. Drop those ego-centered agreements.

Connect with all three corners of the triangle and notice the process of making plans. Don't interfere. Notice plans are being made, made up. Notice all those people making plans for themselves, for others. They mean well, most of them. There are all kinds of plans possible: nice plans, crazy plans, stupid plans, bad ones, dark ones. All this is happening in the trinity.

Watch now the three corners unite and as they are brought into the middle to a zero point, where plans are being transformed, ascended.

Here I am with you joining you in joy, past all old plans. We stand here hand in hand with no plans in our suitcase, no entanglements we put on ourselves or other close or afar in this old world.

Allow the new world to surface. Thank you brother sister.

Stop making plans in order to hide yourself not knowing what to do. Don't punish yourself by keeping making plans for nobody for illusion. Stop trying making plans to heal the world from your plans by making up more plans. Stop abusing yourself trying to repair a mistake, yours or any ones mistake.

Connect with the helper, the creator of plans to solve a problem. Notice his intentions good and bad. Notice their scenario's, plans to make things right again.

Connect with the problems, the things that needed or need help. See for what they are.

Connect with the concept of helping, making things right again. Connect with the shame, the hiding of problems, the hush hush attempts to sweep mistakes under the carpet.

Bring the helper, the help and the helping into the middle. Who is helping who and why. Let them disappear in the silent middle. The heart will perceive them as they are. Don't make plans to repair them. Your guides, your higher self will work with them. Trust them, trust the help, trust the planning.

Trust the planning will come to you and when there is no plan, there's nothing to put right. All is well again, because it never happened. Who is ashamed of who?

7.5.2 Life

The only deal you have is with life. The deal is: I accept that I am alive.

You are alive. Life is the opposite of death. Death is not existence. You exist. Non-existence is thus impossible.

To die as in dying means something different. Life is change. Life is constantly changing. You die every day. Every moment is a new moment. Life is a moment by moment life. Life contains of going into a moment, experiencing it, letting go. When death is letting go, then death exists. Death is then constant change, but not a disappearance.

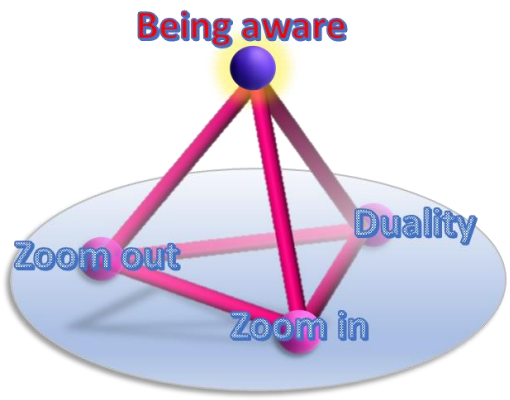
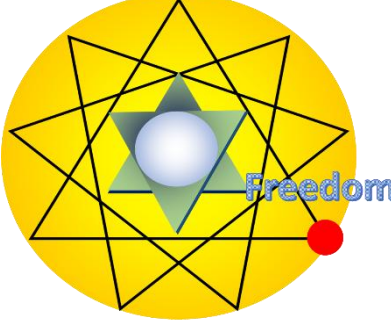
Form disappears but content remains. You as form disappear. Therefore form is also temporary and therefore illusion. What is illusion exists, for you, until it no longer exists. Content remains. Life remains. Life does not continue to exist in an 'I'. An 'I' is form, a way of looking. There are many ways of looking at life. That's the whole point.

Experiencing life is the one agreement. Today you have a different appointment with life than tomorrow. Today you do this, tomorrow you do that. You stay the same.

Your 'I' experiences something today and something else tomorrow. The "I" changes but you don't. See through the layers and thus the layers of the dimensions. You are multidimensional. You exist within a series of agreements. These agreements apply within the agreement, within the dimension of the moment.

But you are not the deal. It has an appointment. You experience within a moment, but you exist outside of that moment. You experience and within life and exist outside of life. That's the deal we have: You're alive.

7.6 Step 18: I'm not my valuations

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Presupposition:

THE TRINITY

You think that separation can exist and that you caused it. That is equivalent to believing that you are a source. According to you, that also means that first a universe was created with stars, planets and things in it. These were all connected to each other, everything to everyone. Then you yourself came and broke the inclusiveness of being connected. First there was source and next there was you. Then there were two.

Either you believe this kind of story or you believe that everything is connected to everything, was and always will be. You believe that either NOT everything is connected to everything OR that you do not experience that connection in your current state. Where is the proof that NOT everything is connected to everything, knowing that you have very limited resources to measure, let alone prove anything. Do you really want to believe that in this state of form and the third dimensional state as you are in now, you can even understand the universe, with the emphasis on 'can', just technically.

You know that you are not a body, everything points to it, also scientifically. Yet you walk the earth as if you were a body, on what basis? Whether you believe in death or not, knowing that it is a belief, you don't know that, either way. Then why are you holding onto this? Because there is no alternative? The alternative is there, but you are afraid of it.

Your religions tell you that you will be rewarded in the afterlife. If that were the case, half of the world's population would commit suicide asap, because half of the world is unhappy about its current situation. While you know that you are not your body, the body is the only thing that supposedly gives you pleasure. Are there not big holes in your thinking system? Someone who is tired of life and wants to die is even not allowed to die. Why? If not because of his/her choice, then because of your doubt whether he/she would be right. This person is being deprived of his free choice on the altar of your own choice.

The external world is only a part of reality that we see, perceive or measure. Everyone agrees on that. Then why do we decide that what we perceive is reality?

We can only conclude this when we place our valuation above any scientific study. What 'I' think is important, is important to me, and you hold on to that. Whether something is important can only be judged from a place where your will is free. Do we agree on that? Only within oneness you can make any decent free decisions. And now admitting that you don't know oneness, what it looks like, how it feels. What is your alternative? Don't you doubt? Don't you doubt in general, all the time?

Can you see you allow yourself to doubt but you don't allow others to doubt you? You doubt but you do not allow the other to doubt you. Then you're hurt. Is it not possible the other gets past doubting you?

Is it for you even possible to doubt if you were a source? A source abides in oneness no? If you did not doubt you would know you were in oneness. That you doubt makes it so that you are not in oneness. Logic.

You do not dwell in oneness and now and here you can learn and experience about oneness. These are the 33 steps for. When you do not dwell in oneness and learn about oneness, you cannot be a source. Logical, because source and oneness are equal. What we want to show here is that you cling to values that have no value. You hold onto the value of money even when money has no value. Of course you're scared.

Receive the value that resides in you. It's already here. You hold on to values you have a limited perspective on, the ego mind that is. We are 'learning' here to perceive with the heart, in this phase of the heart. The heart does not doubt. The heart does not doubt because the heart does not perceive with physical eyes. Physical eyes are there to compare, to prefer and to choose. Doubt is their pre settings. Comparing = doubting. The ego mind is too limited to pull out any sets of values. The ego doesn't know, and values need to be recognized not made up. Values and doubt do not go together.

7.6.1 Setting off: You are not your valuations.



Who doubts? It is the ego that doubts. The ego doubts because of its base. It is made up from within duality. One cannot fix duality with duality. Problems should be solved at the level they abide in. And the problem here is on a personal level. That is why you are asked to make a choice. It is clear that there is a collective problem behind this. However, solving it, doesn't solve it for you. It should be obvious that you have a problem. You are confused. You don't see things as they are. It's not your fault. You were wrongly instructed. You were given incorrect information. You were taught things that are not correct or not quite right.

This step-by-step plan is not a blunder book, not an indictment. You're not in the dock. Your process is not done here. You are provided with information, insights and solutions. No one claimed it was going to be easy.

Yet here it is your choice, and your free choice, let us repeat this again. It's not about right or wrong. It is seeing the problem and recognizing the solution. This is a technical map. This is a roadmap to get out of the maze of fear and ego. We put up a sign at every corner you pass. It is up to you to understand, to make your choice and to continue your way.

You doubt, the ego doubts. You need to transcend the ego perspective to stop doubting. Use the heart tool to go beyond doubt. You don't need to clear out stuff, repair damaged ego stuff. You only have to decide and act on it. The new system awaits you. The only mistake you make is using the wrong tool for this purpose here. We are pasted discussion here and now.

Perceive within the heart. Perception happens in time. Time does not exist, but because of your separateness you think you exist in a body in time. The time to follow the step-by-step plan is now. Now is the time, not because it is time but because you are reading it in the now. You are reading it now because you are ready. You don't have to wait any longer. Your mind and your heart is ready, so are we. That doesn't mean we'll do it for you. Yet we carry you from the higher beyond time, beyond the ego. Which is our job.

What is it that you need to do during this time? Understand that the mind and the heart are in conflict. Because they are in conflict with each other, reality shoots in all directions. Sometimes the mind wins, sometimes the heart. The choice you have to make is to align your mind with your heart. It should come as no surprise that so far the mind has been winning. That shows you the world around you. Your thoughts are jumping all over the place. Thoughts are ideas, beliefs and they manifest your reality. Uniting mind and heart is what the step-by-step plan aims at here.

We have begun to organize the mind. Now we are in the process of bringing your mind closer and closer to the heart, so that the union can be completed. The heart can then take charge and lead you out of your own maze.

A wandering fragmented mind is considered normal in nowadays society and even considered desirable, the priority. Therefore it has been necessary to approach the mind first. The mind must be transformed. This transformation happens through the ancient old school learning since understanding, knowledge does not know of the heart and of knowing. The mind cannot recognize oneness because the mind does not know what recognition is.

Transformation happens over time and at the level of the ego, where the error is located. The goal is to unite mind and heart into one spirit, through which time lapses and recognition can take place.

Transformation happens most easily through the body. The body is neutral on itself. So the body can be used either for the mind or for the heart. Researching and testing this ability is what we do here. Because the body can mirror both impulses, it is easier for you to see where these impulses come from and to experience the body as such.

Step 18 is about stepping beyond the limitations of the mind. The mind is not to blame. The mind is not to be repaired. The mind is not to be used here. We are in the process of using the heart as the correct tool. The heart does not doubt. The heart does not repair the mind. The heart sees the truth as what the mind is able to be used for. The mind is not erased nor put aside. The mind is used for its purpose and not used when it is not the time to do that.

Step 18 is about your willingness to go beyond the limitations of the ego. When you still are convinced you can still use the ego thinking system as a source, you will continue doubting. Feeling you are not doubting means you are using the heart system, the trinity mechanism.

A wondering mind was the default in the old learning. We decide here to go beyond. We feel the difference between using the heart system and the ego system. This step by step approach is now trying out the heart and its new settings. Go to the license of the heart and notice it is not doubting. It is silent. Abide in this silence and trust the heart.

Trust your guide making way for the new. This is a silent path. This is not a path of great adventures or events. That doesn't mean there is no happiness to find. Happiness is not found in big emotions high or low. Joy is found first in the disappearance of fear. Joy is first found in the disappearance of the old world. Not before the ending of the old world the new world can arise.

Connect yourself with the one who makes up or creates values. Notice all possible members valuing the world in one shot.

Connect with the second corner of the trinity and find all values given to the world. Find all valuation given you by you and others. Leave them there.

Connect with the third corner, the corner of valuing. Notice valuing from a little distance and the process of ego minds doing .

Bring all valuing, the values and the evaluators in the middle , in the heart. Let them meet, join in union. Don't do anything. Don't try to make some nasty values to disappear. Let them be.

Offer them to your higher self. (S)he know what to do. Be compassionate for yourself and others. You not they didn't understand evaluators, values and validations are one and the same person.

Leave them on the table. See the table and the one pile...than.

7.6.2 Freedom

Freedom and values are intimately connected. What you value is fixed. We're talking about settings here. If life was a switchboard with fuses you can turn ON or OFF then what you value are settings that are ON.

You determine what is true for you. What is important to you is ON and the rest is OFF.

We've already gone through a series of valuations here.

Is what you do important: Yes or no

Are your feelings and emotions important: Yes or no

Do you think your thoughts are important: Yes or no

Do you hold on to your history consciously or unconsciously: yes or no.

Do you stick to the agreements you have made effective or not: yes or no.



Freedom and values are deeply linked. What you give value to, is being fixed as 'real'. We are talking about settings here. If life was a switchboard with fuses could you turn ON or OFF, what you value become the settings that are 'on'.

You decide what is true for you. What is important to you is 'on' and everything else is 'off'.

We have already gone through a series of valuations here in phase 2.

- ✓ Is what you do important: Yes or no?
- ✓ Are your feelings and emotions important: Yes or no?
- ✓ Do you think your thoughts are important: Yes or no?
- ✓ Do you hold on to your history consciously or unconsciously: Yes or no?
- ✓ Do you stick to the agreements you have made, workable or obsolete? Yes or no?

These are all buttons that are ON or OFF.



You are free to turn these switches on or off. You might not have thought about that in your life. Yet it is so. Maybe you still don't believe that all this is possible. Yet it is like that.

What you have to pay attention to are the things, the values that you hold on to. You let them go or not. You allow them in your life or not. You are your own reality. It is not the world that determines what is true or not. You decide that. In your life, your reality you decide which values you turn on and which you turn off. You are experiencing life. Life is a switchboard. This board doesn't do anything. It is a board with on and off buttons for you to handle, to master.

You are free. You are free to turn the switches on or off. It is important to get to know and master the management of the buttons. That is what this step-by-step plan is about and specifically step 18.

Step 18 asks you to look and overview the buttons that are on or off. Do you want to keep them on/off?

All the previous steps have also told you about making choices and the ego that cannot change the switches. The ego is the result of the buttons. Your ego or personality was formed by the combination of on and off buttons. The ego is the outcome of the settings.

It is your higher self who is pushing the buttons. This writing is a communication between you and your higher self. Which buttons do you want to turn on or off? Which buttons are on or off that you were or are not aware of. Check them in communication with your guides.

To unite mind and heart is to create a partnership to better deal with the switchboard, to master life. A collaboration was proposed. We now look at the whole board together.

When you let the ego push the buttons, it becomes chaos again. The ego consciousness is too limited to handle the buttons. You need to work at the dimension of the higher self. That's the way it is. You also don't let children play with electricity. You teach them first, let them take in, experience.

The important thing now in step 18 is to understand what makes the board work. The board also has a manual. The board itself also has on and off switches. The board itself is being activated with main switches.

When those main switches are off, the board is inactive. You cannot use it then. The lower functionalities are greyed out. The 3th dimension is when the lower functions are greyed out. These are the settings for beginners.

Beginners will never read this and/or master the main switches. No real security measurements are needed to be taken. Not understanding the switch board takes care of itself. The ego is not capable to understand or master the switchboard.

Why? Because the ego itself annihilates the possibility to use the switchboard. The ego is a set of settings in the 3th dimension. In the 3th dimension the switchboard is fixed, beyond the reach of any 3D tool or mind. The mind is a tool that functions within the 3th dimension thus the mind is beyond the reach of the switchboard.

This is a security measure. Children should not play with electricity not knowing how electricity works. The childish learning mind is kept away from the manifestations of the switchboard. The people needs a certain degree before he can 'play' with grown men tools.

5D is such a level up a higher degree, a higher perspective, dimension. In the 5th dimension there is no fixed 'I'. A fixed 'I' blocks the use of the switchboard. So the setting work and 'you' work within different dimensions.

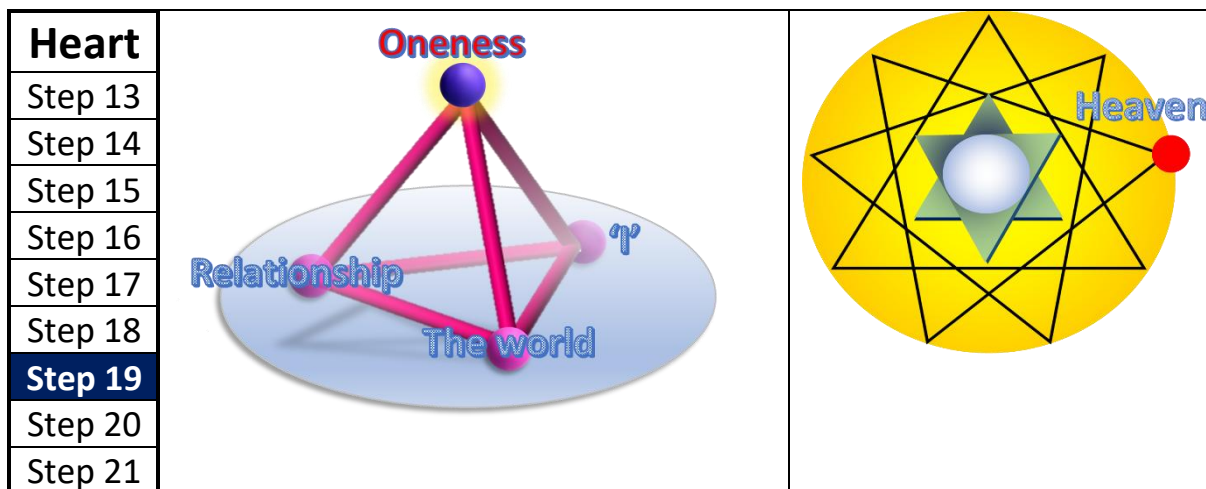
Connect with the defining values for the 'I', the ego mind, the personality.

Connect with the personality, the one who has your name.

Connect with valuing, defining the settings that make up, color your life.

Go into the middle. Ascend the triangle: Who are you?

7.7 Step 19: I am change



Presupposition:

THE TRINITY

The way to transcend the mind can now be better understood. The mind sees itself as the source of thoughts. That is only partially so. The mind filters thoughts and holds on to those thoughts that suits him/her. The mind is confused about the source of thoughts. It only uses thoughts as a resource and calls them his/her own. We can now make the mind understand where it is confused. It becomes clear in the drawing above.

On the dual plane the ego mind thinks it is the thinker. The ego mind mixes up the settings of 3D. On the dual plane the ego is the thinker, and the thought and the thinking. That will propitiate the ego and at the same time put it full of positive questions. When the ego is in a trinity mode then who is this ego? It's not what it always thought: the thinker. It's far more. Thus the definition of 'ego' is being confused. The ego is a set of settings on the switchboard and thus changeable, relative.

And it is less. The trinity tells us that there is another level: in the middle of the triangle or above the triangle, however you want to look at the image. It is just an image to make a point. It is only a two or three dimensional projection. In the end all we try to explain in all of our steps is not even three dimensional but multidimensional.

The argument made here is that the mind is not a source, just a hub on the dual field. Where is the center of the triangle then? What does the sum of the three elements mean?

The center of the triangle abides in the heart. In the heart thinker, thought and thinking come together.

Another way to explain the same thing is question and answer. In the dual world, question and answer are separate, just like the thinker and the thought. The thinker comes up with the question. The answer comes as a thought.

Thinking then becomes a joining. In the middle the question and the answer join. The middle between answer and question lies not in the dual plane but in the higher heart, outside of duality.

This explains why becoming silent evokes the answer to every question. To become silent is to move from the mind to the heart. But the heart does not leave the mind and ego behind. It unites with the

mind. Now the mind can fully understand where it is going when it becomes quiet. The ego does not have to rush for the answer. The mind does not have to look for the answer outside itself. That was a misunderstanding. That was the old learning. The old learning had its use.

The old learning was learning about the three elements, the ABCs of creation. But the old school learning did not teach about the relationship between the three elements. The old learning was zoomed in on the separate elements.

The ego could not help but to be confused. It didn't have all the information. Being zoomed in you don't need the full picture. You need a detailed picture. The ego is a microscope, the ideal tool to see detailed things. In this zoomed in setting information can only be offered step by step. Confusion was foreseen. We're learning that here now.

Now the ego can relax. Now the heart can take charge. The heart in turn is also not a source. The heart is a hub, a center, a central place, a center where energy comes together. But the heart knows it is not a source. It doesn't need nor want to be one.

And then all becomes more clear. The dual field is about views, perspectives. Each triangle shows the three perspectives of an event. That is the perspective of duality. An event is constraint of three perspectives. The ego is a tool to perform just that. The ego was asked to examine the three perspectives one at the time. And it has done so throughout history. This is what the mind has done through evolution. And what has it discovered, among other things: relationship. Ego is the tool to discover relationship. The ego mind is not the tool to experience relationship. The ego is too zoomed in to experience this, too deep in the dual field, the third dimension.

The I-perspective is selective, and needs to be so.. It is not an error in itself. It is a conscious limitation, a limited perspective. Perspective is a choice. That is why you are asked for a new choice.

Confusion created fear. Not having the relationship between things leaves you scattered, and induces fear, confusion. Fear is a negative motivation to look beyond the question, beyond the answer. Where answer and question join, fear disappears. Fear kept us going. It made us search. Without fear we would not learn to look outside the box.

The heart is the level outside, beyond the dual field. In the 5th dimension, answer and question are equal.

The ego can now understand that it is not a source. The ego clung to the body to seek steadfastness. It sought solid ground under its feet, but could not find it.

The ego thought system couldn't find it because there was no solid ground. There was only a constantly changing perspective: thinker, thought, thinking. The mind literally and figuratively lost itself in thought. Ego could only see one corner at the time, unsure who controlled the opposite corner. The third corner was by default hidden, being in a dual field system.

But after all you are not your thoughts. You are not your old thoughts, your history. You are not your new thoughts, your valuations.

You are not even your heart. But the heart is here now so thoughts meet and join their thinker, it is where the answer meets its question. In the heart there is no sequential order. Linear time has an order. Linear time exists only in the dual field.

In the dual field, you exist as change. In the heart you exist from within oneness. We have not said that you are change, or that you are silence.

Who is change? What does it mean: the sum of the three elements? Who is that sum?

You are not the 'I'. The 'I' is relative.

The first possible 'I' is the one we know within the 3D dimension, the dual field. We are or the giver or the receiver. Both are called 'I'. 'I' is you the giver or you the receiver. This you 'I' can change roles.

The mind claims this 'I' is you and plays all roles. That is the confusion. What people call the 'I' is only one element of the corner of the trinity. Don't go with the perspective of the mind. Go with the perspective of the heart, the trinity.

In the trinity perspective the 'I' is both the sum of the three elements and each of the elements. 'You' switches places in the trinity field, in the 5th dimension.

'I' is the element you identify yourself with, the moment you do such, identifying your-self.

Short 'I' is a dynamic setting. One needs an 'I' to have a event, a meeting.

To have a meeting in the dual field you need the space in where to meet each other, in a certain perspective; conceptual giver or receiver. You, in the form of the 'I', must move between giver and receiver, question and answer to meet the relationship. This is the 3D method, in the dual field that is.

In the 5th dimension the trinity field the same happens but the 'I' is aware it is all three elements, mostly in different bodies and different 'I's.

The 'I' is thus interchangeable, depending on the perspective. 'You' is immutable. It's not 'I'. You live from the ego in the dual plane.

The heart does not need an separate 'I' to exist. This indicates the second quantum leap that we are now preparing here. At the end of the cordial phase comes a new quantum leap: letting go of the 'I' as a fixed perspective.

Arrived in the heart you no longer need an 'I'. Why would you need an 'I' to find an answer? The answer is already here, in the heart. Question and answer meet here.

The thinker, the thought and the thinking have arrived at/in the same place/space, beyond the dual field. And here 'I' wait for you, your inner voice. You who thought 'I' was someone else, the one who has the answers.

'I' have the answers, but so do you, the moment you look beyond the me, there I am brother, sister.

7.7.1 Setting on: I am change

The ego thinks the (his/her) goal is to find answers. You know that after every solution there will be a new question. Issues and problems show up. You as a human try to solve them. You might ask the question why problems never seem to stop, keep on popping up.

The answer may be both simple and chocking difficult. It is not about finding solutions. Life is not about solving problems. Life is about perspectives.

Every event, experience has three perspectives. In order to fully understand, appreciate, get around that event three perspectives are needed. It is like making a full 360° picture of an object. One needs a full circle understanding of an image to 'know all about' that object.

The same principle counts to 'recognize' an event, you need three perspectives: the giver, the receiver and the exchange.

The ego thinking is confused whether it is or the giver or the receiver. It is one of them in a dual field, the third dimension. The third dimension is just that : three dimensions or three possible perspectives. The ego mind takes on all three in different timelines. That is why linear time exist. It gives us the possibility to experience the same 'joining' 'unit' three times, three different views on the same set up. But taking all three perspectives in, one at the time is understanding, learning. Taking the event in from all three perspectives at the same time is not learning, but recognizing.

While the ego is looking for solid ground, the solution the higher self is looking for the overview, the sum of three perspectives of one unit, or the sum of many events, 1 life.

The higher self is focused on multiple units as the ego mind is focused on one. So what a unit is for the ego is not a unit for the higher self. The ego unit is but 1 perspective on reality. Reality is multidimensional. The trinity recognizes there is a bigger view possible on reality. Reality is not 1 in number. Reality is a viewpoint a perspective.

Reality is not fixed, static. Reality is dynamic. Reality has a fractal structure. Reality changes depending of you and your perspective. You and your perspective are relative. They are dynamic settings. Fractality never can be understood. It only can be recognized.

In order to look at reality you need three basic settings to set up and fix.

1. From which dimension do you want to look?
2. Where are you looking at?
3. Who is looking?

In the third dimension there are three 'identities' who may have 'their' view on it: The viewer, the viewed and the viewing, the subject, the object and their relationship In the dual field only the subject, and the object have meaning. They only have any meaning because of the preset settings of the third dimension.

But the third dimension is but a perspective.

You thinking you are a fixed ego, subject, is not correct. You are a dynamic, relative element in a multi layered reality.

You are change. To perceive "you" needs an 'I' to perceive. Notice that the perceiver changes in 3D and in 5D. The physical eyes only look within 3D . Recognizing from the heart is done in 5D. So we need a new definition for perceiving, since perceiving is now done by the heart. Perceiving is not synonym to looking.

Connect with the perceiver in 3D. Notice (s)he is the action figure here, the one who does the perceiving.

Connect with the perceived. We called it the world or the other, that what is being perceived

Connect with perceiving, the action that unites the perceiver and the perceived.

Know that the perceiver, the perceived and perceiving are one and the same person.

Go to the middle of the 3d dual field. Join the three elements. Become the perceiver of the trinity field, 5D.

Become one with the perception of your guide. Let your guide, the recognizing you, do the perceiving. (S)he will show you how. You don't need your eyes to see. Your higher self becomes your eyes. Ask him/her where to look. Ask how to see clearly.

I am here in your head, in your heart, in your mind. Let's join. Let's join forces and see with new eyes of peace. Thank you brother, sister.



That is the setting on the switchboard we put on ON. We now know the answer and the question are not separate. They arise at the same time. The ego is the tool we use to keep the question separated from the answer in order to have a searching experience, a searching and a finding. A question the 'I' understands. An answer the 'I' understands. The question/answer relationship, the trinity we recognize, beyond the 'I'.

That 'I' setting we put on OFF. But we put our flexible trinity setting on ON. We can switch from perspective but we also can ascend any 3D perspective. That is the setting we put ON.

We ascend three separate perspectives and switch to one flexible, relative perspective. We don't choose the perspective. A perspective will be given us. This perspective is a joining perspective. It gives us an eagle view above the three cornered views of the ego mind.

We ascend chaos, confusion about what reality is and who we are in it. We allow multiple perspectives, recognizing without using an 'I'. We allow change, relativity. We don't use the mind anymore to find a solution to a problem, an answer to a question.

We put multidimensionality, recognizing on ON.

7.7.2 Heaven

Hell is where chaos is. It sometimes seems like the earth where everything changes and nothing is certain. We now understand through the trinity principle why nothing seems certain. The ego sees only one side of this trinity. That was the whole point, the confusion. The ego has been created to experience each aspect of the trinity separately and in a sequence. At a soul level, later, in another dimension, the three angles can be brought together.

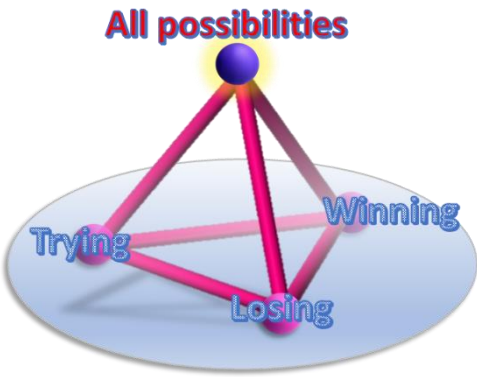
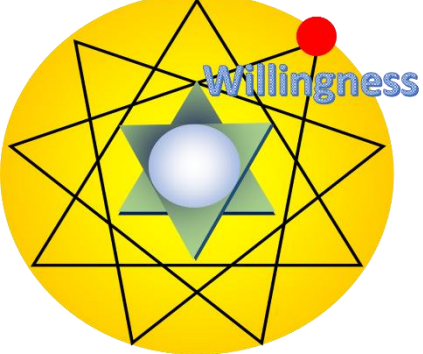
Now here in this phase of cosmic evolution we humans get the chance to put these three elements together ourselves. First, we can recognize the relationship between giving and receiving. We can now discover and develop this in this life.

We can work with this and discover, recognize that I and the other have the same goal. We mirror each other just to apply that trinity. That's what forgiveness means. Both players are playing a game. Player, game and play seem to be different things. Now we find out that the other one 'there' is just completing our play. The other helps us discover the relationship in the first place and our creative power on the other.

We become as creators of our own story. We are not stuck in a story. We write our own story where we ourselves are the main character. Everyone does that collectively. To know this is to turn hell into heaven. Applying this knowledge is ascending duality, recognizing knowing.

To master this is to create heaven on earth. We are making this story as part of our evolution through life and as a traveler through all, the universe. It is up to us to create our own heaven and help each other collectively to make the earth heaven on earth. What's stopping you?

7.8 Step 20: I am all possibilities

Heart		
Step 13		
Step 14		
Step 15		
Step 16		
Step 17		
Step 18		
Step 19		
Step 20		
Step 21		

Presupposition:

THE TRINITY

In recognizing mode, you are no longer the victim of the world. You are no longer tossed back and forth between perpetrator and victim, hope and fear, question and answer, good and evil.

You don't have to be vigilant anymore, you don't have to watch out for things going wrong out there. The third dimension is but a limited view. Reality is static in the 3th dimension but not so in the 5th dimension of the heart. The trinity puts within, everything that was put without in duality. The trinity opens up the 3th dimension for the 5th dimension. We ascend the dual field. The heart meets giver and receiver in the silent middle. You don't need any longer to follow the static line of linear time..

You don't have to be so careful anymore, suspicious. Receiver and giver are one in our new 5D perspective. You no longer have to whine, manipulate, fear that 'they' won't listen. 'They' doesn't exist in 5D. That is what 'Namaste' means: I greet you the other me. In 5D we are both the same and different, depending on the used perspective, which is optional and relative. There is no more 'them' 'there'. There is only here in the heart.

You are now also beginning to understand where the 'I' wanted to go to. You couldn't let go of the "I" because "you" had to stay awake, on the lookout, never slackening your attention, you thoughts. Now 'you' can relax. You can lay down and rest a bit. The great danger has gone away.

You begin to understand that 'danger' was outside of you, in the 3D perspective that is. But there is no real world outside of me. Reality is dynamic and relative, can not be understood, only recognized. My old reality was my projection, my old learning. I was not told about the dynamics, the multidimensionality of life. I now can trust the world because I can trust my-self, my dimensional, dynamic self.

It is not my 'I' that I need to trust, nor my actions. It's not my thoughts that I need to trust. It is my heart that I need to trust. In 5D the heart and mind unite the old 'I' with the new 'I'.

I no longer have to control my thoughts. I don't have to think about what I said any longer. I no longer have to examine the difference between what 'I' said and what 'I' meant. I'm no longer afraid to speak my mind, or to be assertive. I focus on my heart and meet the mind there, in the middle.

We no longer look without, we look within. We no longer look with our eyes. We look with the senses of our heart, within a new dimension. We look, feel, touch, smell and hear with our multidimensional senses. We no longer perceive with all the different senses. We experience, recognize with one heart. The world does not form itself out there as the great unknown. The world is not forced upon us, pushed down our throats. The world arises within us, from our imagination. The world and us are recognized at the same time. When our imagination is scattered, not fully focused, then our imagination is confused. Our image is not sharp and clear. We now realize, recognize that.

We now reconcile with our judgment that the world is not chaos, cruel and fearful. It was only our lack of clarity about how the world is unfolding that made us anxious. We understand the cause of fear now.

We embrace our fear here. We are no longer afraid. We reach out to all fear outside of us and bring them to the heart, the one heart. In the one heart we meet, join and unite.

We unite the three concepts: thinker, thought, thinking. We unite creator, creation and creating. We don't unite it with our mind, with the ego, in the dual field. That is impossible. We transcend the dual plane and arrive in the multidimensional plane, 5D.

There we join our higher self. The higher self and the lower self meet 'again', recognize their relationship. The lower self, the ego, was set out on a 3D journey, within linear time, to visit and experience the three elements of the triangle separately. That was a dramatic existence, an existence of drama, separation.

Here in step 20 the meeting happens again, the reconciliation, the atonement. The lost son comes home to the father. The lower self has a lot of (separate) stories to tell. The lower self comes with the many stories the higher has been waiting for. The higher self had send the ego, you, out, lifetime after lifetime to gather information, pick up insights.

Now in the one heart all stories, all plans are open on the table. The circle is full. The puzzle pieces have been put together. The maze we walked in, we got confused, we got lost. It was exciting, it was scary, it was adventurous.

The time of searching is over. The time of differences is over. Alienation from hearth and home is over. What was I doing here? Why this drama, this pain? Why this weird world of dual separation?

Within the encounter you can relax now. You don't have to think anymore. You no longer have to radiate your thoughts in search of answers. Separate thoughts are no longer necessary. You can stop reflecting. You don't have to plan anymore. Imagination arises from silence. It is no longer the imagining of a separate 'I'. It is the imagining of the one heart. You receive inspiration.

There is now a very important step to take. **Forget all history. Forget all ego valuations.**

Forget everything that happened. It wasn't 'your' fault. It wasn't 'their' fault. It was the dual thinking that evoked this drama. Do not invoke retaliation or reparation. These are of the ego. Drama is of the past. Do not return to the ego thought system of duality, of perpetrator and victim. That is the meaning of forgetting. Don't go back to the linear time stories.

Reconciliation is here. Atonement is here because drama is illusion. It never really happened. That's what reconciliation means. It unites perpetrator and victim one to the left, the other to the right. Here in the one heart they now come together and already recognize each other as one.

Awake, the dream never existed.

It doesn't happen because it happens. Atonement does not happen automatically. Your willingness to look creates seeing. Your willingness to see from duality, separation created your physical eyes.

Your willingness to join yourself and the other now creates oneness. Oneness was already there from the beginning and always was. It is your willingness to perceive oneness gives you the senses to recognize oneness.

All things arise from within. You are ready. This is the step where you declare yourself willing and we meet here now. The acceptance of your willingness is the acceptance of your strength. The acceptance of your willingness forms the base of perceiving and experiencing who you are.

Atoms don't fight. Molecules do not compete for dominance. The universe is a world of harmony, of cooperation.

Receiving is a mutual principle. That means receiving means giving. Giving means receiving. Receiving and giving and sharing form a trinity.

What you have received serves your purpose. All the good, all the bad, all the obvious, all the confusion. All this served to achieve your goal. Your goals and its means are shown here in the one heart.

We meet the one heart, the one mind.

Everything served one purpose. This is the true meaning of service. Serving is not about dominance and inferiority. You bow to no one and no one bends at your command. Serving is cooperating. To serve is to know what your job is.

To serve is not knowing what your job is and yet trusting that everything serves your purpose. Nothing needs to be analyzed, criticized, transformed. You serve everything because everything serves you. You stand now in service as I stand in service to you.

I'm with you sister, brother. and each recognizes the other as himself. It was just a dynamic collaboration.

7.8.1 Setting on: I am all possibilities



What is the relationship between the old learning and the new remembering, recognizing?

What is the relationship between the old seeing and the new perceiving. How does one perceive from the heart?

The old seeing was looking outside, there in the world. The ego mind decided what it wanted to see. The ego selected the things to 'see' for its own use. The rest it discarded as non-existent. These three variables, me, the world and seeing together set up onto reality we call seeing. This seeing needed a filter system. This filter system we call physical eyes. Physical eyes are filters to perceive limited views within the dual field called the third dimension.

Notice that seeing is not perceiving in this perspective. It isn't something unintentional but something conscious and intentional. In the 3th dimension we don't perceive, we perceive with a certain intention, what isn't perceiving but selecting.

No one can perceive reality but source, and source has no intention to perceive. The next best thing is we perceive reality with the eyes of source. That is our intention here. Perceiving with the eyes of source is the same as recognizing with the eyes of the heart. But the heart has no physical eyes.

Physical eyes don't see at all, they select.

There are no possibilities in 3D. The choice has been made already when manifesting arrives at 3D. The third dimension is the perspective of the result of a choice. You put some settings on ON and some on OFF. What happens next. You see the result of these settings. Perceiving that you see in a plane, the plane of your choice. That plane IS the 3th dimension.

You first make a choice, then you experience that choice. Reality is dynamic. Your 3D reality is static. Your static reality is called 3D. 3D is a result. 3D is the result of your choices what you want to experience. You want to experience love? You set the setting on the switchboard on ON and love arises. You want to experience hate? You set the settings on the switchboard on hate and hate arises. Cause: Effect.

You see what you set up as your desired reality. Your desired/possible reality is dynamic. You choose within. Choice has been made. The outcome is what you see: a static reality, as you wanted to see.

Choice creates seeing.

Possibilities are of the higher self. (S)he chooses. The result of those choices the lower self experiences. That is the relationship between the higher and the lower self, the relationship between possibilities and their resulting outcome.

Put the possibilities on ON, but know where to do that, in what plane! Your reality is a resulting reality, after the settings are fixed.

A race driver cannot change the tracks. (S)he agreed on racing that track, on that moment, on those conditions. That is your reality. The game is on. Rien ne va plus. The dice is thrown. The ego experiences the resulting reality, risen from the possibilities, the probabilities. First you choose the track you want to race on, next the race is on. The track doesn't change while you are racing. That would change the rules.

-The rules are set, by your preset choice out of the possibilities available in that chosen plane. You create your own reality that way.

7.8.2 Willingness

This step 20 is about the willingness to see beyond the physical eyes. We know now about the world and its mirror for us. Why keeping looking in a mirror. We look only within and are willing to learn a

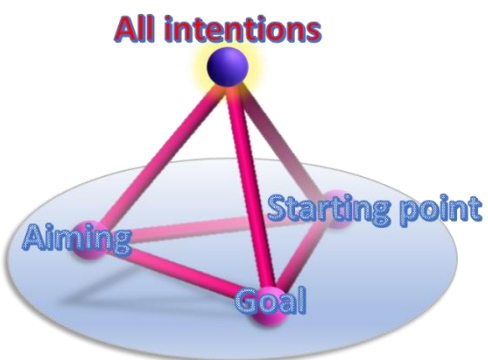

new way of looking. Perceiving is seeing without using the physical eyes. We are willing to embrace a new way of looking.

We are also willing to accept where to perceive. Our guides, our higher self or just spontaneous we will be shown where to look, how to see. This also count for the other senses. Our mind is eager to learn and is excited to be guided from within.

This happens natural now, no urge to find something to look at. There is no push or pull to get something moving or something needs to be done. All comes from the heart with ease and open willingness. No defense is required, wished for or even liked.

There is only a peaceful willingness.

7.9 Step 21: I am all my intentions

Heart		
Step 13		
Step 14		
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Step 16		
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Step 21		

Presupposition:

THE TRINITY

What is the relationship between the old seeing and the new perceiving?

Let us first analyze what the old seeing means.

The ego does not see, it sees nothing, it filters. The old seeing is looking into the 3rd dimension, the dual field. Within 3D there are always 2 elements that are opposed to each other. Seeing always happens from an apparently fixed starting point: the I-perspective. The 'I' does not see though. The "I" filters things. . It defines the useful things for him and preserves them. The useful things he identifies with. This same 'I' rejects the for the ego apparent useless things and those disappear from the ego's field of consciousness.

Gone from his consciousness, those rejected things no longer exist as such within the ego's consciousness. But the ego can not create or uncreate anything. Thus the rejected consciousness still exist, only not in the ego's consciousness. It is not gone, it is hidden. They then exist only outside of itself, outside the world of the ego and the ego's consciousness.

Outside of its personal local self, their the world is , not on its island. Not on you 'I' island we caal the outside world. All the things the ego has turned away from within itself, still exists, but than 'some-where there'. The world outside of him is now all that the ego does not want to see in itself.

Thus the world becomes a mirror, a mirror of things that the ego does not want to perceive or cannot reach. All that the ego has rejected in itself, in its self, becomes unconscious, alienated.

The ego sees no reality only its reality. The rest has been alienated from him, not because it is not there, but because it rejected that reality , through an upfront choice. To experience this selective reality, the ego must invent filters that sees only what the ego wants to see. The ego thus makes up its own reality, form.

Form made up in this invented dual field is seen with invented/filtering tools: the physical eyes. Physical eyes see what the mind wants to see, not the way around.

Eyes do not see reality. Eyes see the ego's selection within an invented perspective: the 3rd dimension, the separated plane

Now let's add the new 'seeing' to the equation. The new seeing was built up by adding the new principle, the trinity, and new eyes, the heart. This trinity was always there, hidden only by the selective dualistic thinking mind. Duality was but a perspective, a way of looking, not reality as such. The trinity shows that it is a misunderstanding to reject things within oneself and project them outwards. We do this by definition (with the mind tool). The ego thinker invents his own reality and calls this thinking.

Thinker, thought and thinking normally come from the same source: oneness. Thinker, thought and thinking are one.

Thinking from the third dimension or duality (reflecting) is only a selective perception, a filtered seeing.

The trinity punctures the thesis of duality and the selective perspective. The ego looked from only 1 angle/perspective of the triangle of the trinity. The trinity concept adds relationship onto duality as the third element. The trinity also states that a single perspective is not the correct representation of reality. The new 'I' perspective is a three-in-one view: creator, created, and creating. The sum of the three elements creates its own reality. The world is not a selective static projection as the ego perspective selectively posits. Reality is a dynamic sum of 3 perspectives.

The 'I' is a relative perspective.

The new eye tools we use within the trinity field are not static 3D eyes, but a genuine recognition of the truth of the moment. There is no real seeing and out there, there are no physical eyes. We don't use the physical eyes in the trinity. How do we see then, perceive reality?

The relationship between the new and the old seeing is the insight that seeing as such in fact does not exist. Seeing or perceiving is not an image received by physical eyes. In both cases, duality and trinity, it is 'imagination'. Both systems use 'imagination' as the principle to 'see'. Imagination is forming an image from within, from the empty but dynamic, powerful imagination, inspiration.

The ego-mind actively imagines its reality and calls it falsely 'perception'. The ego imagines its own reality and then sees 'that' reality. It imagines things.

The heart perceiving tool also imagines by taking in the moment and receiving the truth of that momentum. The truth or information of that moment is being received. This image, although received, is also imagined. What truth can be found in it is personal and dynamic, not universal and static. Relative reality, though received, is not reality but imagination.

Both systems do not see but imagine. The ego-mind forms, makes up a picture. The heart receives, recognizes an image.

Seeing in both cases is not perceiving, but something intentional. The purpose of the ego-mind is to project and impose its present truth outward. The purpose of the heart is to recognize and allow the truth of the moment.

The intent or purpose of the ego is projection. The purpose of the heart is to allow, to receive. The ego-mind projects, gives. The heart allows, receives. That is their relationship: give/receive. This is the relationship between seeing the old and perceiving the new. The mind gives. The heart receives. Both 'see' in different worlds, 3D or 5D respectively. Both 'see' in a different dimension, perspective. Dimensions are perspective fields.

It's like being inside and outside the house. you are you in the same field of reality but you 'see' different things; because of your choice where you want to be. Reality wants you to first adopt a perspective, then reality will show you 'that' reality. Reality is dynamic...for you and your perspective.

In each different dimension you have different tools to work with, so also different sets of viewing tools. Both worlds cannot be seen with the same eye tools. They exclude each other. That is why it was necessary to introduce a new way of 'seeing': looking from the heart. It's not a matter of either/or. It is about using which tool in which situation/dimension. You are a multidimensional being.

Yet both sensory perceptions have a great common denominator. And the word we use for this denominator is VISION. The mind gives its view of the facts and calls this perception but we call it seeing. The heart receives a vision and evokes that vision and calls this also perception. Because of the two systems we call them different names, seeing in the first perceiving in the second. The first gives an interpretation, the second receives an interpretation. Both are right and correct from their proper perspective.

The pop up screen gives an interpretation, unasked for most of the time and we buy in in that system. This is the ego mind thinking system. The heart thinking system awaits and receives an interpretation, suitable for that moment in that same moment. The moments of the now is the same, the interpretation, the color, the reality of it is different.

Reality in both cases are given, or visioned.

The new seeing is therefore called vision. This applies to the mind as well as to the heart instrument. Everyone has their own vision. The 'I' has its vision. From the ego's point of view, 'I' has its view on things. From the point of view of the heart, the heart receives its vision. The vision of the mind is personal and therefore different for everyone. The vision of the heart is received beyond the mind and is not personal since it doesn't come from a personal resource. It is minimal collective.

In the dual field, the 'I' perspective is a fixed, static concept. In the trinity field, the 'I' perspective is a relative, dynamic concept. Both concepts should be used in their own field or dimension.

Here in step 21 we ask you to adopt a dynamic perspective. Reality has many truths within a dynamic mechanism. We now transcend the static 'I' perspective and broaden our 'vision' by making the 'I' perspective dynamic, not static any longer. How does that work?

It's like changing your point of view. You know how to change your point of view we are convinced. This you can do easily. Now change your point of view, but stay within the same 'I'. Do you understand this? This is what we normally do, no!

Now we ask you to do something similar but a little different. We ask you to consider the opposite: keep the same point of view, but change the 'I'. Here we do not change our perspective, but place ourselves in a different 'I'. So now we changed our point of view but with a different tool. We put a new 'I' in place to get a different view, or vision. Why can we do that?, An 'I' is not absolute. The 'I' is a tool we use to impose a relative perspective. That's why.

What advantage does this have. A fixed 'I' can only change position to a limited extent. The ego can choose again, but cannot choose another body. The ego is attached to the "position" of the body. It cannot change its relationships with its own body. It cannot take any actions other than with its/body. It cannot arouse feelings except with its own body. It is bound by its history, its agreements, its values. This ego perspective is very static, limited.

Transcending the 'I' perspective is starting a new dynamic perspective on 'reality'. New possibilities arise. New intentions can be added just as the human embodiment transcends from static to dynamic, body to spirit.

7.9.1 Setting switch on: I am all my intentions



As an ego mind you cannot throw all intentions on the table. The 'I'-perspective prevents that. There are intentions that the 'I' does not support. That 'I' rejects some intentions and calls them bad or not useful for that same 'I'. Thus that 'I' is limiting itself to 'its' intentions. The rest of all possible intentions are erased from your possibilities, the possibilities of the 'I'.

Than this is your chosen but limited reality. Reality beyond the chosen reality of the 'I' is lost on that 'I'. But it is not lost on you since you are not that 'I'. You bought in that 'I' perspective, a limited view.

We introduced the concept of vision. We stated vision creates reality, not the other way around. Vision creates reality.

Reality does not create vision. Your body prevents that. The body prevents you changing to a different 'I' since the body IS the agreement you stick with but only 1 'I'. The 'I' is locked on where that body is. But both body and 'I' the ego are tools, not you. You choose to imprison and link yourself to those two tools. That is a choice. That is a choice not an established fact.

A body is neutral. We should change the tool body to a concept called embodiment, away from the static relation body/mind and you. That's why the heart was introduced, and of course the third element : relationship. Relationship relates both to the ego or to the heart. The ego clings to the I-perspective. Yet the ego mind is only a perspective, more a vision, a vision within the dual field or the 3rd dimension. You are not your body. You are not your ego. You are not your heart.

You are spirit.

You are able to take on any perspective. This depends on your intention. The ego tells you that your intention in this life is to follow up on the ego's desires and act on them through the body. Thus the ego binds you to the body and the 3th dimension. The ego system imposes purpose to your life and makes it a physical one, limits you to a bodily experience.

Is this who you are? Is that what you want? Are you free to decide to be a body or something else, a soul maybe?

All intentions are at your disposal, but now you must choose which vision to embody into. You are used to being an ego. And the ego takes on a body perspective. You do not even doubt this, you being attached to this body as your life is this physical life. This is but a choice on a certain dimension. And you are multidimensional.

Step 21 now asks you to take a stand. Who am I. You had the old choice to follow the ways of your mind. We clarified this choice in phase 1 and through the 12 first steps. In phase 2 we have now offered you the choice to let go of all kinds of things the mind defined as fixed settings. How many settings did you release? How much of 'you' has been dropped. When you think it ends here; think again. Who are you really.

Step 21 offers you vision, a new setting you may want to activate. This is a view different from what the ego offered you. We offer you the vision of your higher self, of the holy spirit if you will.

In the old school learning the setting of the 'I' was a fixed setting. You could not change the 'I' perspective nor swap the body. You die, bodily, and next you may change to a new 'I' perspective. Understand this is but a setting on the switchboard like everything is a choice. That you cannot change that is but a collective agreement. This may be a common agreement, ultimately it stays an agreement we can and may change.

We do this here. We close the setting of a fixed 'I' and open the setting of a flexible 'I' on the switchboard.

The higher self is not physical, does not die. The higher self is dynamic within space and time. It should gradually become clear that you are dynamic too. To achieve this you need to let go of the static vision of the 'I' annex body. That's why we went through the previous 8 steps. You cannot be and static and dynamic within the same dimension.

The choice is again yours to make here, just like in step 12. We are again on a crossroads. Only you can make this choice. You cannot be a static ego/body system and be a dynamic heart/mind system in the same dimension. Both systems are mutually exclusive.

One system is not better than the other. They are systems, thinking systems, each with their own goals and intentions. There is no right or wrong choice. What your higher self offers here is a joining, a union between the lower and the higher self.

Giving and receiving. At what level do you want to experience this. Uniting yourself with the higher self requires that you let go of your static self/body setting. Only then you may come in contact with all your intentions. You are not your body. You are not your ego. We can walk together from here on.

I am spirit. Who do you want to be, what do you want to embody. This is the choice that lies before.

I no longer accompany you. We become one. This unification is my intention. Life after life I have prepared myself for this sacred moment.

I'm waiting for you on the other side of the one choice sister, brother.

8 Phase 3: the 6 steps of the soul

8.1 Beyond the 'I'

We have moved to phase 3 now. We arrived at the level of the soul. No fixed 'I' is needed anymore. Be aware of this setting here. We are no longer addressing the fixed 'I' or the ego. All discussion is already behind us long time. An 'I' is relative and flexible in use.

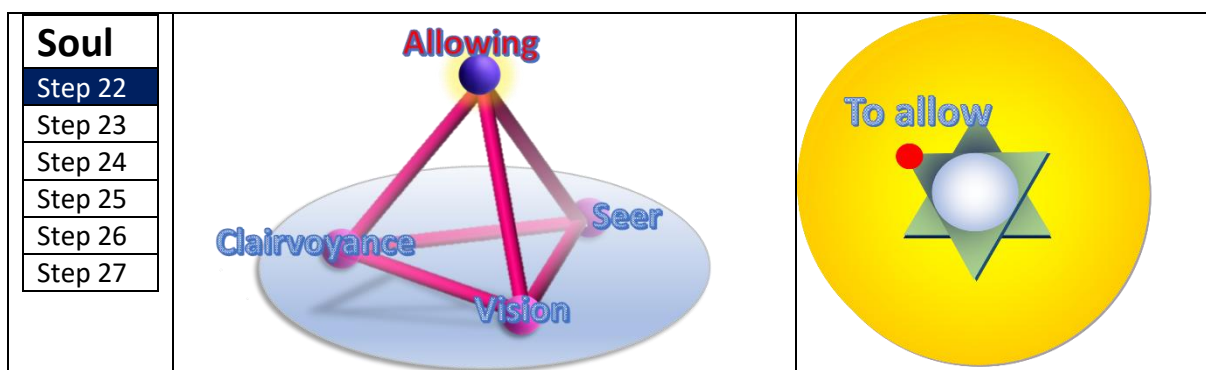
Know that you made that decision by being here, reading part 3 that is. You will not be in your right mind continuing and not applying the settings, the settings needed to manifest the next steps. The world out there has no longer any focus. Your focus is on your soul, within.

Your soul speaks to you and you speak from the soul. You act and live from within the soul. The soul works in silence. The soul is always content. You don't need to be happy, laughing, content is a status, laughing is an expression. Your heart is warm and willing to take in life as it comes. Life is being received not manipulated. All works for the good. There is no evil out there. There are only choices within and their effects out there.

You may like what you see, you may hate it. Both feelings are ok and welcomed. In both cases your soul has a purpose for both them. Every moment can be used in any circumstance by your soul. You are exactly where you need to be. Whatever happens it is only an effect you are experiencing and this is good.

Welcome in part 3.

8.2 Step 22 Allowing vision



Presupposition:

THE TRINITY

ONE VISION

In vision, mind and heart are united. This is the decision you have made here and now and is a presupposition for moving forward. Your first decision was to “see everything as connected, the trinity thinking system.” That was at the mental phase in phase 1. The second fundamental decision here is to allow your heart, the soul to take over the lead in your life, and to step beyond the vision of the "I" perspective. This step-by-step plan is a series of preparations and decisions, a decision how you look onto life, who you are. You are not a fixed 'I'. Choosing the one vision of the heart is the issue here. Know that this is a step that you cannot reverse from, to succeed in your necessary ascension that is in any case inevitable. Now it is important to understand what this one vision means.

Stage 1 was about convincing the ego mind through arguments. Finally, you were asked to let go of your resistance to the new principle: the trinity.

In stage 2, the phase of cordiality, the heart, we went through different processes of letting go of your old learning attitudes. We're letting go in about 9 steps of the biggest parts of who we thought we should be. We were not one of all these definitions. They were choices, perspectives.

After the two (12 + 9) sequences of steps, the ego-mind was reduced to a minimum. The ego does not have to disappear. It only remembered its rightful place. The sole purpose of those steps was that the ego would not take over the real 'you'. Your heart is supposed to do this. Your heart knows the real "you" and can easily restore it. Your mind is being asked to accept this and accept this as right and proper. Your heart has no physical eyes, so does not judge. This heart of the real "you" that cannot judge gives meaning to things. Instead of projecting 'our' vision onto the world, from the ego/mind, we now notice how we can receive this new vision.

This new vision comes from our inner world, the one vision. It will be given to us when there is such a specific request from our side. With every question we ask, we really ask: Who am I? Not speaking, silent, waiting for the answer to enter, both question and answer come to mind at the same time. The ego made up its own answers, blind to the meaning that was already there, from the beginning. Every answer is there from the start, the moment the question arises. Answers never come too late

or too soon. They are always on time. So time is not linear in this 5th dimension. Question and answer are only separated in the dual mental spectrum, in duality, in the perspective of the ego, which sees itself as separate, is misinformed. That's an extra item here.

When you notice or experience that things are not going fast enough, answers or solutions seem to come too late, know that this is not even possible. It's impossible...from the perspective of the heart. From the point of view of the heart, delayed answers of the mind are only unfinished questions. The question is not fully-fledged, or not ready, not mature or the question is not well formulated, or the question is not yet fully understood. Everything is possible within the confusion that question and answer can be separate. That's not possible at all. Your own confused understanding goes through a process of 'understanding' within the intellectual dual field with the mind as an instrument. Question becomes answer over time, in a certain time interval. The question is being converted into an answer.

Within duality, when the answer doesn't come right away, you may become silent, be still, and/or rephrase the question. Time does its job, a growing curve seems to be happening, an understanding, an insight, a getting to know the issue. The subject of our focus begins to run along a timeline within illusion that starts off with the question and ends up with the answer. Time seems to pass. Effort seems to be made. Something seems to be happening, evolution, progress.

From the heart, beyond duality, everything is already there, here question and answer abiding in the same moment in time. What did you really ask or ask for? When this is understood correctly, the question is already answered. The question is already answered when question is well and completely understood. With this awareness we transcend duality, move to the next level, a "higher" perspective.

When question and answer seem different, separate, there seem to be two views. This is only possible in the perspective of the 'I'. But we have just left this ego perspective and you have chosen for this. You did this by allowing the heart to be the center of your judgments, beyond all judgment. This is, was your decision: to allow the one vision. Answer and question now can no longer be separated. Don't return back to the previous state. Stay in the one vision.

The process of fermenting/maturing the question is to give you an example, proof that mind and heart are no contradictory methods. They work differently, but their goal is the same: integration. The mind focuses on the question and works its way through duality within space and linear time toward the answer. The heart immediately and directly focuses on the answer and has no need to analyze or process the question externally in the outside world. It does not use linear time/space, distance, or effort.

Vision as a general principle is induced here in our step-by-step approach. The methodology of the mind is behind us. The methodology of the mind is evolution, learning, bridging distance, doing. We let go of this outdated linear vision and step by step we enter 'receiving vision': Being.

Sit up straight in a quiet, cozy place. Focus your attention on your crown chakra. Imagine cosmic energy moving through you from top to bottom, starting at your crown chakra, to your root chakra. Take it slow. Feel how the energy enters you and flows through your body towards the earth. Imagine the energy flowing through your chakras one by one, step by step. Answer after answer appear in your mind. It was already there, but it now shows itself through your brain, understanding you. It literally and figuratively enters your consciousness. You become aware of it. But it didn't come from somewhere, isn't going anywhere. "It" appears before within your mind's eye.

Observe in silence, do nothing but observe. Observe, perceive the truth. Just feel the flow constant, continuous, soft. There may be a certain rhythm, but that doesn't matter much to you. You allow it to flow along with your breath, or let it flow and let it go its own way. Do nothing, allow. Thank you.

This exercise will show you how life really works. Integrate the following story into your meditations as you see fit.

First there is you, your mind. Next you are still, powerful and open, in the center of the trinity. Your ego disappears, your 'self' appears. You are outside of time and space. You are one self. There is nothing outside of you.

Then there is life. Life is everywhere, within you, around you, not specifically somewhere, potentially, static almost, like a quantum field of energy. You are the life. Life is you, silent, static almost.

This potential life goes through you. It moves slowly and gently through you, similar to the exercise above. You can use your version of it here. Life flows through you and you are silent.

Life is potentially almost static, moving through you and becoming dynamic. Life, life energy that flows gently through you, becomes visible, dynamic. The life that stands still cannot be measured, not experienced. Only differences can be measured. You are the instrument with which this difference can be measured. Your brain, your mind/heart, your 'self' does that.

Through you, life becomes visible. Each of your chakras measures/perceives a fraction of life. Through you, life becomes visible. You do that. It happens. You do nothing. You are a measuring instrument. You are like an electric wire and electricity flows through you. You are not the electricity. You make electricity visible. You make life visible. Through you, life becomes visible. You do nothing. You allow.

Mind and heart meet. One is not better than the other. They meet and explore each other's possibilities. They are both useful tools, each in their field, their expertise. The mind does and acts. The heart is as in being; do/have and be.

Let mind and heart discover each other. Allow all questions of the mind. Allow the mind to understand how question and answer really work. Allow every frustration of the mind. Know that it has infinite questions and did not know, did not understand what to do with it.

Allow the bucket of its emotions so that the bucket of pain and frustration, albeit in illusion, may be expressed, understood, shared, released and healed.

Pain and frustration are brought to light, healed. Healing is not doing anything. Healing is doing its own thing. Healing is not dragging the question to the answer. Healing is bringing question and answer to the center of the trinity. In the middle they meet as a union. No one is blamed, nothing should be changed or made better. Question and answer meet as one and the same, unification.

Life doesn't happen. You don't act in the cordial midst. Life is, as in being. There is no 'have' here.

Life becomes conscious through you from within unconscious, the unknown. Life wants to show itself to you and to everyone who or what it wants to perceive. Life needs someone to tell his/her story. You are then like a sound tube. Energy flows through you and becomes sound through you. Each chakra has its specific frequency.

You are like a river bed. You are silent. Life flows like water through you from the source to this one, the ocean, the ocean of all things great and small. Water flows through you. Because you are still, water can flow. The difference between your being still and the flowing water now becomes visible, the difference. You have made water, life visible. Yet you did nothing, you allowed life.

As an ego-mind you would have had a tendency, the habit of giving meaning to what flows through you. This meaning could then only be yours, true for you. Then this is your made-up vision. You have imposed your vision onto life from the dual ego thinking system. That was the old system of acting, doing.

The new system is now you receiving vision. Receiving vision has nothing to do with the meaning of the word 'receiving'. Notice the difference is what we cleared in step 22. The difference is you stay silent.

Out of habit you will tend to want to give meaning to the flow of energy. You may want to name and define the energy that flows through you. Remain silent though. Meaning will be given to you in response to your intellectual mind questions. That is phase 1. Phase 2 indicates that you should not give meaning, not even expect meaning.

Whenever you give meaning yourself, the flow is interrupted. Interrupting the flow is like building a dam. This energy dam is called 'suffering'. You create suffering by stopping the flow of receiving. But there's more. To expect meaning is also giving meaning yourself. Received is not the same as expected. Expecting is also filtering: what do you expect. Is what you expect what you get? Isn't this also choosing, liking?

Phase 2 is also about having no expectations. Desire is of the ego and does not stop the flow, but it does slow it down. Don't put it off. Remain silent. Know that you are life. Life flows through you. All life flows through you, not just a little bit or partly. All of life flows through you because you are life.

You don't need to expect anything, because you are everything already. Question and answer flow through you at the same time. The old learning no longer applies here. Let go of these old definitions. Heart and mind now speak the same language. They are united by the trinity. It is the mind that expects. Allow the mind and the heart to meet. The first conversations can be tense. Both seem to have different objectives. That is not true. That's an old belief. Do not choose this conviction, seek this conviction of difference. Whoever seeks difference will find it as a self-fulfilling prophesy.

The mind has always been accustomed to seek and find differences. When that happens, let it happen. Let mind and heart meet in every circumstance. All beginnings are difficult. There may be some tension, some frustration. The mind can be afraid like a child of the new. Don't fall for it, and when it does happen, let it happen. The next moment you will see what is happening. It is a meeting. Must is to be released. This apparently takes time. Time is on your side. It takes time to transcend duality.

Because duality disappears step by step, time seems to be there. Everything happens at the level where the error was noticed. Dissolving duality happens within duality ..until you no longer need duality. It's OK.

You don't have to think you have no function by not being allowed to give meaning yourself. Time is at your disposal, as a resource, not as an enemy. Everything is given to you: time, function, actions, insights, question and answer, giving and receiving. There is no such thing as meaninglessness. Those are the words and fears of the ego-thinking, the old learning. You no longer need to be on your way towards the answer: allow vision.

8.2.1 Allowing all actions

To allow	Actions	Lawfulness	Kelaino
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Imagine you are a planet from the solar system. You revolve around the sun. That is your function, revolving. It doesn't matter if you are the Earth or the sun or any revolving object for that matter. It is about revolving.

Can you revolve, fly faster to get somewhere faster? No that is not possible. It can't because it doesn't need to. Everything is on time. Question and answer meet when time is right.

Can you evolve, fly slower to avoid something, to make something softer, easier to process? It can't, because it doesn't need to be. Neither time nor space are game-breakers.

Stop thinking in terms of duality, where giving and receiving are different. Stop identifying yourself with the Earth or the sun, an 'I'. See the revolving of two or more cosmic objects as a system. A system evolves. As the hourglass empties itself, it also fills itself at the same time. There is no fixed 'I' here. An ego watches with double anxious eyes as the sand settles. Ego eyes don't notice the sand that fills up. An hourglass is a system. It empties and fills at the same time. The Earth doesn't revolve around the sun. Both sun and Earth revolve around each other. There is no fixed 'I' here.

Allow. Trust the system beyond the 'I' perspective. Allowing is not passive watching the sand slip through your fingers. Allowing is trust. To allow is to know that giving and receiving abide in the same house. Earth and sun both give and receive at the same time. Giving and receiving are two eyes looking in the same direction. The goal is fixed. Allowing creates vision, the seer and seeing/clairvoyance.

The laws of the cosmos are about certainty. They don't change because of an ego being or personal perspective. Let go of that old belief. Don't blame your source for not being your source. You looked the other way for a moment. You may have been shocked when you no longer saw a source. Know of the giving and the receiving without defining who or what is the source. Source is everywhere. Source is a system; Let go of that separating image. It can't go wrong, because it doesn't have to. You were the one who was confused about source, no more, no less. It's over now.

By letting go of the personal, the 'I', you can allow knowing. Allowing doesn't need an 'I'. Instead of that life allows an 'I' that comes into being if and when needed. When the 'I' is no longer needed, the 'I' disappears again. Does the Earth need the sun? Who needs who. Both consciousnesses arise at the same time. They are interdependent. Systems revolve. Things change and yet remain the same. This teaches us to allow. Life teaches us to receive this one vision, no fixed 'I'. Things change but there is no fixed 'I' to comment on that change.

Allowing than also takes on a new emotional value. What do you allow: the new? Yes and no. You allow what is already there. The new does not choose. The new allows. Life is already there. It is the 'I' that is added...sometimes. The center here is life, not the relative 'I' experiencing a life. You, the 'I', just show it. You become aware of it, when it is time to show up. Still you are there being life. Life is, life knows. How does something feel what you already know, but never knew before. That feeling is called remembering. You remember something that you seemed to have forgotten. It comes to mind as known but seemingly forgotten. That is remembering. That's the new vision.

Remembering is beyond the mind. The mind seemed to have known but seem to have forgotten it. Even that kind of remembering we don't mean. It just pops up in your mind, coming from nowhere, anywhere. You allow it to pop up. Remembering is recognizing. It was there all the time. You were there all the time. You recognize each other. You both arise and recognize each other there and then.

You allow all actions because you trust all actions. You trust all actions because they do not come from outside you. All actions are being born from within. Actions arise spontaneously and are therefore welcome. Actions call for 'I' to act on it. Actions and actors arise at the same time. They must therefore recognize each other because they are each other.

Even actions that seem to destroy things are okay. They annulate each other. Who is to blame then? There is no destruction only transformation because no 'I' is being destroyed nor is there an 'I' to destroy anything. There is no death because there is no fixed 'I'. The old disappears, the new comes.

Who will prevent destruction: the ego? No ego is needed here anymore. We will not bring it onto the stage of life ourselves. An 'I' arises, is allowed. You are not an 'I'. An 'I' appears when it appears. We rely on the coming and going of an 'I', identification. If there is a need for an action, an 'I' is presented. Sometimes this 'I' has our name, sometimes not. This makes no difference anymore. We

know of the moment the 'I' needs to be here. The moment is allowed. 'I' let things happen in complete confidence.

When something happens, it is only the effect of a cosmic intent, global or local. The 'I' will not interfere. 'I' drops all 'I' thoughts about actions and about taking control of those actions, any action. 'I' allows all actions.

This is the one vision.

8.2.2 Allowing versus reacting

The ego thinking system reacted on life, on what happened in his/hers life, the filtered reality. The ego/mind/'I' was the center of gravity there and then. The ego tried to control life, manipulate life, not understanding source, not knowing of the trinity. The only thing it learnt is that it couldn't control that same life, only react on it.

Reacting is learning. The ego reacted because the ego was learning why things happen, where cause was to be found. And ultimately the ego understood that cause is to be found beyond the 'I', beyond the ego. That is what we learnt in previous phases. We need to ascend this reacting system.

Understand that all we did before these insights, was reacting on things. Reacting on things we believe the cause of things is situated outside of our selves. Something happens and next we react, we agree or disagree. Thus we believe we are not in control, not in control of life. And this is not wrong, seen from the perspective of the ego. The ego experiences life, does not plan things. Even when an ego claims it is planning, it is but reacting on a bigger non ego plan. The ego doesn't understand its relationship with the one plan. For the ego, all plans are or personal or beyond its control.

Allowing points to that relationship.

To know of the relationship we need to ascend the 'I', consider the 'I' as variable, not absolute.

To know of cause we need to recognize cause, with the heart as tool, beyond the learning with the mind.

Now in phase 3 this relationship is restored, since we made the 'I' relative. We remember source being shown from a soul perspective.

In the soul perspective life and 'I' join forces. Linear time has been left, left behind us. There is no 'I' that plans. In fact the 'I' had never control, it only faked it had. We understand that here. Life is in control, joining forces with the higher self. Life is one as the soul is one. The higher self, one with life, is the soul perspective.

In the soul perspective, the planning is not reacted on, but remembered and allowed. It was not the plan that the Earth revolved around the sun, or that the sun was in the middle of the solar system for planets to revolve around. Both agreed and allowed the planned system, conscious and willing, the will free. No 'I' is there no hide the relationship, the system, lawfulness. The 'I' is relaxed, knowing it remembers all planning, doesn't have to make extra effort in linear time.

We understand life is law and nothing is above the cosmic law. The ego is looking at the laws of the universe but cannot find them, only experience them. The soul path is law and the soul is lawfulness. Allowing things happen within the law and as all remembered all, all has been agreed on.

Looking for a plan the ego will not find it because the ego is the tool to close the gap between question and answer. That was the plan. The ego is the tool that walks the planned path between start and finish of the path. The soul is and the path, the starting point and the finish line. The ego disappears at the finish line and arises at the starting point. That is why the ego dies. The ego doesn't

die, it is not needed anymore or is needed elsewhere. The soul and life work together . They share life, the part of life the soul has been appointed onto. Life changes so the soul changes but the soul doesn't die. It only takes another 'I' in use.

Thus the one plan is allowed. The actors, the ego's, the 'I's evolve, revolve around each other. They do this voluntarily, conscious or unconscious, but planned, agreed on, their will free.

This is the soul path, the way and the one plan. Everyone is in agreement. An 'I' is being called on the stage and leaves with a bow and applauded. That is the law. No laws are imposed. They are allowed, called upon.

You are called upon. Allow this.

8.3 Step 23: Embracing vision

Soul		
Step 22		
Step 23		
Step 24		
Step 25		
Step 26		
Step 27		

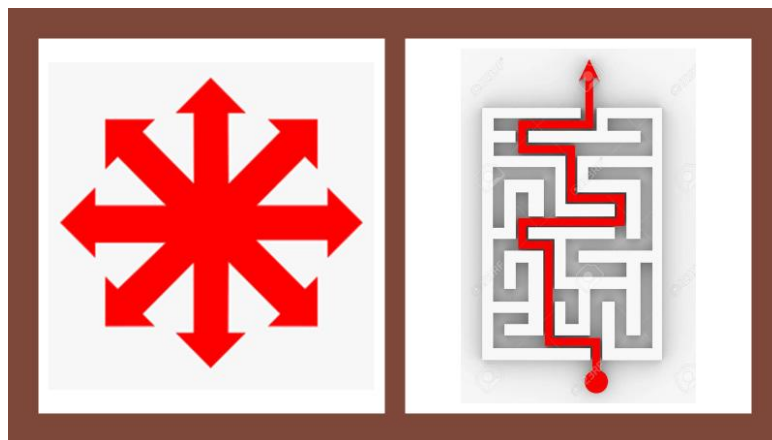
Presupposition

THE TRINITY

ONE VISION

With vision the unknown becomes known. It is being made known by you although you take no real action. Vision happens through you and to you but not by you as in you who takes the action. Notice the difference with the ego's thinking and its own vision. The ego vision narrows your view on reality. The ego vision imposes its action and calls this reality. By using the vision of the heart, on the other hand, something is added, even with you as the silent center. You allow the action. You make it visible, known.

To make known is to make aware. You are being made aware of your moment. Your moment is added to the whole. The relationship is added. You become aware of your part in relation to the whole. Oneness flows through you then, and through you, parts of oneness are being recognized, known. Everything is in function of relationship, your relationship with oneness, life. And the adding of your 'I' makes that part visible. An 'I' has been added, defined. You did not define yourself.

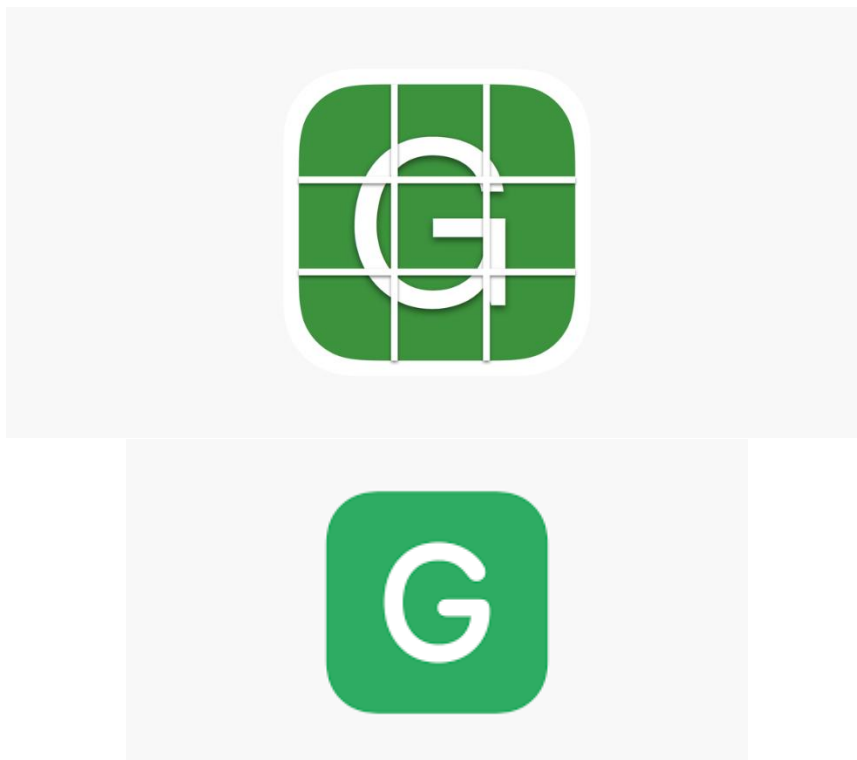


The image on the right is how we normally see action, progress. We make some steps through a field, from beginning to end in order to find the solution, the way out of a problem. That is how we address problems.

Please notice there is a good way and a wrong way. Notice you can get lost. Notice you can go wrong and have to go back, change route, learn from your mistake etc. That's how life goes for an ego. It takes action and with trial and error it will find its way ultimately.

In the one vision perspective, all actions come from within, the one source, here the one point in the middle, of the image to the right. Wherever we go from that one point we meet a result. Every result is a good result. Every result has the same distance to walk. There is no fast or slow way, no good way or bad way. All routes give you a good result. You don't get lost because there is no maze, no outer world to get lost into. All actions come from within.

All distances are the same. Science calls this a quantum. Whatever you do or want to do, the amount of effort needed to make it to your goal is 1 quantum. Nothing is more difficult or easier. It is only a distance of 1 symbolically, the quantum number 1.



Every point on the grid above is connected to every other point. Every relationship, a crossroads, is 1 step further. Each intersection represents a moment, a quantum, a possibility, an opportuneness to meet, a sacred encounter. Each intersection is a moment in the one vision you allow.

To get from one intersection to another, you can walk many paths. All roads lead to Rome. That is what ensures a quantum, there are not many steps but only 1 step or 1 quantum step. All steps are the same. Every moment is a possibility, one possible moment. No path or opportuneness is barred. Question and answer, giving and receiving are all and always within reach, whichever path you choose.

Every possibility is possible and available. You can go anywhere on the grid. Each step has the same length, the quantum number 1, and therefore figuratively equally difficult. We try to explain a concept of equality here. There is no blocked way anywhere. Everything is possible. Every way is a way

to more, more understanding, more integration of what is. This is the one view. One vision brings structure where there was previously no structure, the ego view.

This virtual meaning has no connection with oneness, the oneness grid. Rather, the deceptive meaning given by the ego excludes itself, from oneness, and builds its own self-contained meaning, private truth, a separate world. The meaning is separated from the overall truth, here the symbolic grid.

The green surface, without the lines, the illusory imposed meaning, covers, hides the relationship, any relationship between the moment and the whole. The sacred moment, the sacred encounter within 'relationship' has disappeared. The sacred encounter is no longer recognized and the event seems useless. The green plane, detached from any frame of reference, the grid has separated from the grid, the quantum as a whole. Instead we created a maze with different lengths and scales of difficulty. The ego has given meaning without any knowledge about relationship. The structure or relationship is hidden, by choice, from the perspective of the ego system.

You might get confused just because there is no real relational meaning in the event, the event that occurs.

Now the ego hears/must search for the answer, the true meaning. Only the black surface remains, without grid or symbolic: form. Form is a black box, a state with no inner meaning: the relationship.

The grid disappeared from the ego's sight. The ego lost its orientation within the whole. Meaning, the way to go is impossible to determine. The personally given meaning no longer has any basis, structure. The imposed personal ego meaning became like a black box or short 'form'.

Form becomes like a black box whose content, 'relation' to the whole is unknown. The ego-mind's vision hides the content, the relationship.

Form also creates distance and time. There is no longer a quantum field with one, 1, as its base. To connect forms the ego system needs dual thoughts/judgments. What is near, what is far away. The ego has to invent a personal grid of conditions: judgment.

The ego system needs time and space to "reconnect" what was judged separated and reduced to form. Virtual, invented reality is created.

In plain language this means "effort," effort, "suffering," chaos. Effort is now required to connect seemingly separate parts. Another word for effort is suffering. Suffering is having to make an effort and not knowing how much effort.

Answer and question can be 10 meters apart or 1 kilometer. So it takes time to bridge that 'distance'. However, the ego has made up this distance through its judgment. The quantum concept has disappeared and so have all possibilities, which were above all equal.

In a manner of speaking, the greater the judgment, the greater the distance or the greater the effort. If the ego considers something impossible, the "distance" is endless. It is thus made 'impossible' within time and space. However, it is not completely 'in reality' impossible. It is impossible to think through the judgment of the ego-mind.

Nothing is impossible for the heartfelt mind. For one vision, every possibility is one step further. This one step further than your choice to take that step, the choice of about one view. Every step is the same size because every possibility is equal. Each possibility requires one quantum of effort: exactly your one choice, the one vision.

Oneness was gone and obscured by the choice to use the ego system. Form as a black box only remains, with no relation or knowledge of anything.

Oneness is a unified field. The vision of the heart unites. What you really want is oneness. You were misinformed, confused. What you really want is union. It should now be very clear what works and what doesn't.

Vision is offered to you. That's what life offers you. Life is one in number. Life is one interconnected whole, just like the grid, as the picture shows us. Change one thing and the whole grid changes. Question and answer find each other precisely because life is one. Life is dynamic. Life bends to let solution and answer come together, under all circumstances.

There is no need to come up with solutions. The right vision already contains solution and question in one. Adding more shape or more black boxes doesn't make the solution any easier. We need 'relationship', the third element. Relation means 'to be related to each other in terms of content'. Relationship is not found in form.

A group of people together is not a whole. A multitude of people in one place with the same goal are not yet people in oneness. They are therefore not in relationship. They usually each carry their own personal 'black box' with them. They are strangers to each other if they are not substantively connected. It just seems so. They happen to be together. Having the same boss or working for the same company is not what a real relationship entails. This is form, a multitude of black boxes. A black box is a meaningless and therefore unconscious relationship in which egoic people find themselves.

That is why science calls existence chaos, and evolution coincidence. Science doesn't know about 'relationship'. Science seeks...with the mind and each finds his truth, each his box.

What does a substantive relationship feel like? It feels connected, intimate, one. What then is another name for an intimate connected relationship but love, loving, integration. Therefore every connection is loving. Love and relationship are synonyms.

So there is only relationship and therefore only love. Lovelessness is a collection of dark areas on a grid, black boxes. Each black box is a stranger to the other. You, like everyone else, only exist in relationship. Separateness has no value or function whatsoever. But separation does not exist, but only for you. It is then up to you to seek and find a relationship. Know the grid, the heart.

Where there is a will to see a relationship, there is a way. Where there is a will to find a solution, there is a solution, within you. Where there is the will to find an answer, there is by definition an answer, within, vision. This is so because oneness is one and forms one grid of connectedness.

True vision is connected by vision, not by outward seeking. The one vision here is connectedness.

The vision of the heart does not look, does not use eyes to see. It's a choice. The choice here is only to want to see connectedness. Do you understand the value of a decision, your choice here and now in each of the 33 steps. This is step 23. In this step, number 23, we make a choice. We make a choice to give in, to allow vision. Here and now we make the choice to allow only vision: the choice for connectedness. Making this choice is embracing the grid, bringing the one vision to you, from your heart, from within.

Life is one in number. You are one with life. Allowing this obvious choice is the only possible choice. Embrace this choice now.

Sit in a quiet place and practice what we suggested in the previous step. Now we understand even better where we are going: everything is relationship and openness.

Do the exercise from step 23 again, now with the given what you can do as the true you, the life, life energy, flowing through you.

You can make that one choice now. The choice of oneness is this one choice. By making this one choice, oneness as a whole can be created through you and things start to flow. You couldn't stop anything. Then mind and heart now have the same vision: connection with everything and everyone.

Everything then flows smoothly and calmly through you. You hold nothing. You don't give it meaning. You hold on to nothing. You don't expect any specific meaning. You are one with life. Life is one with you. Wholeness flows through you. Nothing is being held back. Everything can and should be there. The unconscious can become conscious or not. Life doesn't stop because you let everything flow.

If life holds nothing back, where has the illusion gone? If all life flows, where is Ij Pine tree? When all life flows through you, where is death.

An I-perspective holds life as if it were an I-life. Apparently that's impossible and obvious now. That one choice sets you free. This is step 23. The choice for oneness, love, connection beyond the 'I' perspective.

8.3.1 Embracing all feelings

Embracing	Feelings	Initiation/Electric	Electra
Allowing	Actions	Lawfulness	Kelaino

Embrace the one choice now. Higher and lower selves embrace each other. They were enemies before. Step 22 released all enmity. Now comes friendship, oneness, embrace, union. All discussion, planning becomes redundant from the perspective of the ego, the lower self. The goal becomes clear. You see clearly, from apparently blind eyes; clairvoyant, beyond physical eyes. The sacred encounter, beyond time and space, embraces the relationship between you and your non-physical guide, the sacred spirit.

'I' embraces all feelings within the one vision. Not embracing feelings is generating unconscious feelings or emotions. Emotions are linked with the ego and are by default unconscious. All feelings are linked with the soul and conscious and thus all welcome. Feelings that are not welcome are emotions since emotions are feelings that are tried to be blocked.

They are all welcome now, so they are now welcomed to become aware. Embraced emotions or feelings, it doesn't matter which one, they don't hurt anyone anymore. They are embraced for what they are. They are initiations. They are flashes of light. They ignite the event that moves within, ready to rise, transcend duality.

And yet you remain silent. Feelings don't disturb anyone, make anyone unstable. Feelings are directives within your being stable, being a soul. Feelings tell the 'I' it is time to show up on the scene.

Like a fully charged battery, the battery is ready to fire its electrical current through the electrical wire. The time is here. Moment, action and reaction are discussed. Action is about to happen. It happens. An 'I' is called upon and the 'I' is informed, charged and ready.

All this 'I' now allow and embrace. Who stops what cannot be stopped. Who stops what must happen? "I" won't disagree. 'I' doesn't approve. It is not up to an "I" to approve the moment. The 'I' comes and goes as it should and will. The I-moment announced itself and an 'I' is provided. Sometimes it is 'I', sometimes it is my fellow man, another 'I'. Whoever will be running the show, "I" trust it all, because I embrace the event, inside, as one.

We now allow the 'I' to be born when it is time. Before the 'I' wanted to control, when it showed up and when not. The 'I' wanted to control when it was show time. The ego wanted to set the scene on its own conditions. In fact the world of today revolved around the ego, the ego as the center point of all existence. Thus the 'I' fixed itself there in the middle. That was the previous 'I'-perspective. Now the 'I' is relative and called upon, **when time is right**.

Notice that all emotions come from the 'I' wanting to keep its place in the center of the world, his world. When something happens the ego approves or disapproves, chooses and likes, the alarm thinking system. Whenever something happens, the ego wants to be involved. The ego wants to be the center and the source. When the ego is the center point a feeling arises. When the ego is not the center of gravity emotions arise.

Emotions arise when the ego wants to be the center of gravity but is not. It seldom is. The 'I' is called upon and leaves the scene when the play is over. Notice that you hold on to that centered feeling of the ego.

Imagine you will be called upon. Imagine you are not needed sometimes. The ego refuses to do that, sees itself as the source, the perpetuum mobile of life. But it is not. The ego keeps you locked in 3D because there it can control you, keep you prison in your body, your bodily desires, the only thing that is important...to the ego.

To embrace is to approve each moment, the sacred moments that know no disapproval. Every moment becomes a sacred moment when there is no 'I' to disapprove it. The ego claims it knows when things are right or not. The opposite is true. Everything is right the moment the ego stops its approval/disapproval game.

It is the ego that creates duality and duality disappears when the ego disappears. Duality on itself is not wrong. Duality is being created when there is an event called upon. But that event is just a fraction in time, in timelessness. Time is being called upon and disappears when it is not needed anymore.

Duality is called upon. This is what we embrace here. We embrace a world beyond the ego, beyond an existence of a fixed 'I'. We embrace the plan, not your plan. It is confirming what already was. There is no bad world, no world that is not ok in the eyes of the ego.

Your affirmation, your embrace, let things flow. Your embrace is the beginning, the go moment. But you don't make up that go moment. You are in relationship with the moment, and the moment becomes as sacred, reverence, awe, wonder, delight.

'I' looks at the performance as if it were a beautiful fireworks display, from near or far. I understand, know of the moment. It is a sacred moment that is set in motion. I welcome the manifestation of love-based content in form.

I let it be and embrace what is there.

The greatest secret hidden in plain sight since the dawn of mankind is that there is no such thing as a fixed 'I'. In 1905, Einstein just repeated that everything is relative. Since then, science has confirmed this in their quantum theory. At the quantum level (read the basis of life) in every situation the tester (the 'I') itself is part of the equation.

Psychology runs up against the same I-wall. Also in psychology the 'I' is relative. Psychologically, the solution or the only problem is the "I" claiming there is a problem. When the "I" disappears, the problem was never there in the first place. In history, we seem to have moved from a geocentric model, the Earth in the mid-model, to a heliocentric model. Maybe we've moved on in astronomy, but we certainly haven't done this in economics, politics, in 99% of human existence. Everything revolves around 'I'.

Whether the Earth revolves around the Sun or vice versa, we cannot define that absolutely. This is relative. The same is true for the 'I'. Whether my 'I' revolves around yours or your 'I' revolves around mine, we cannot define that absolute. We only impose our geocentric, ego-centered model on others, in simple words: power and abuse.

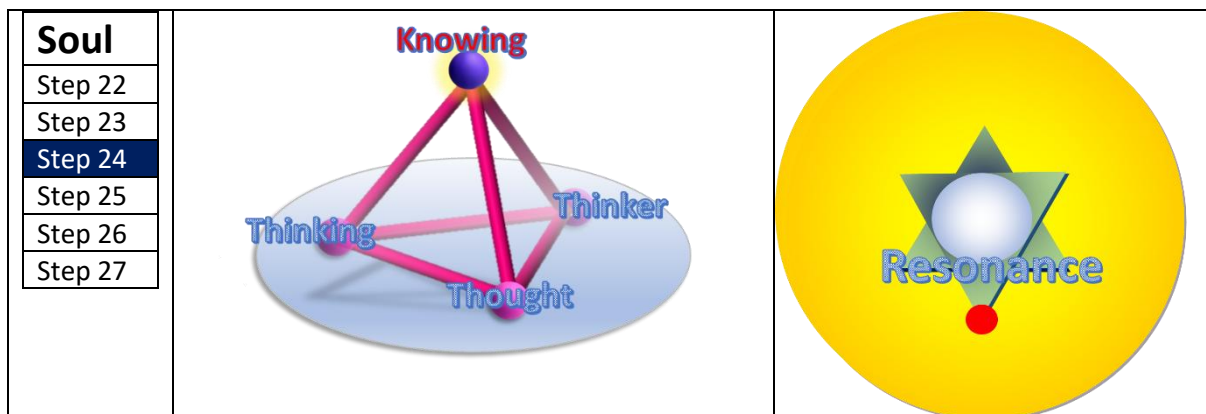
A symptom of the geocentric egocentric worldview is that 'I' can doubt you, but you cannot doubt 'me'. We create for ourselves a pyramidal structure, 'I' at the top. Human evolution is still in a geocentric egocentric perspective. The "I" is the center of gravity and we defend this with our lives. This is what we call survival of the fittest, but it's just fake news. The fake center of gravity is the body and its little pleasures. We are addicted to the 'I' and thus co-create an invented duality.

Duality is not a given. It's a choice. From the perspective of a fixed "I" geocentric, a "you" emerges at the outskirts of this "I" center. Can we see that you and me arise at the same time or do not exist at all. In reality, there is no center, no geo- or heliocentric model that correctly defines the world, reality. There is no fixed 'I'. Who revolves around who is a perspective, not a law. The 3rd dimension is a dimension, so a perspective, not a law.

This 'I' perspective traps us in 3D, or as we call it, suffering. We don't see another dimension or perspective because we don't want to see it and thus trap ourselves in a self-fulfilling prophecy, a dual made up world. We all agree that there is a world beyond what the physical eyes can see, yet we call this physical world the one and only reality.

This world of form is a choice, a self-fulfilling world in which the "I" claims to be the center of gravity and matter is all that matters, even real. Again, as long as you think "I" revolves around you and "I" think you revolve around me, we live in a world that does not exist but is made up by the "I" perspective, or in short illusion.

8.4 Step 24: Knowing the one vision



Presupposition:

THE TRINITY

A VISION

Now we know the vision we need to move forward: the one vision. One vision is the choice for oneness. Remember this is a choice. It's not seeing. Seeing is a consequence, an action. This has always been the case. Vision is cause. Seeing is the effect. Vision is the source. A source casts out that it is a source. Source radiates itself for anyone who wants to experience it. That on itself is already a vision: I am source, you are source. Know this.

Knowing comes to you. Knowing is received not gained. Knowing descends from a higher dimension and enters the 3rd dimension to become visible. You in 'form' and with a mind as a means of communication, are there in 3D to manifest source. Then you know of source. Oneness enters the crown chakra in the human multidimensional system. There 'you' must receive the oneness principle in order to make the oneness conscious and visible through knowing of source. It is now up to you to allow this, to embrace it, to know about it. This principle is called embodiment.

You embody source, truth, knowing. Embodiment happens through you. You are not asked to change anything. You are not asked to "run" anything. You're not being asked to "do something" you can't, by definition. You are being asked to do what you really can do: be yourself, source. Being your self, you become the one self, beyond your self. The self is relative, your self is fixed but only in 3D. Knowing is not of 3D.

You are life. Life flows through you. You are being asked to allow what is already yours: life. Oneness is offered to you to embody and manifest oneness. Everything you do has only one blueprint (quantum grid): oneness.

Vision creates its own reality. Oneness is the only reality that exists, can exist. There is only one source, so that is the one reality. Knowing 'you' know of the one life, expressed in this very moment, the one moment, the only moment there is. . There is only this moment. There is no 'I' to see yesterday or tomorrow, then just know of the now. Expressing oneness is the goal, the intention. Knowing is the feeling, the remembering the mind is experiencing. Things happen, in trust, knowing why, what

and when. The expression of oneness in all its possible "forms" is end and means together, in short: manifestation.

Now that you 'know' this, you can act. You may embody, manifest. To embody is to manifest. Embodying is not just of the physical body. To embody means to make visible, to make aware or to become aware, to become conscious.

Now that you know this, you may relax. Your mind and heart can now work together carefree. All ambiguities and misunderstandings can be cleared up.

What is knowing. Knowing is not knowledge. The mind then learns and knowledges. To knowledge knowing is to know form. You cannot knowledge content. You can only know content. One who learns, learns something, about something and acquires knowledge. Knowledge is form, it is about the outside: a tree, a table, form.

Love cannot be known. You cannot know trust. You can only experience it. Experiencing happens through form, not with form. You can like a tree and think it is a beautiful tree. But you cannot know beauty. A tree can evoke beauty. The tree is then beautiful... for you. The tree, form, calls on content on beauty. The relationship between the tree and beauty is 'being beautiful'.

You say that something is beautiful, not because the thing is beautiful but because that thing evokes beauty in you. Form evokes content. Mind learns to know the heart. The heart knows. The mind knowledges. Everyone has their function. The mind knows nothing. Knowing has no owner.

The brain has eyes to see but sees nothing. It explores. It looks at things there in the distance. The mind sees distances because it created distance first in order to see next. Knowing annihilates that distance. You only may describe things out there, from a distance thus distance is being set up for you to see in, in the 3th dimension.

The heart has no eyes and yet it sees, perceives, truth. It has vision. It projects vision.

The heart/mind collaboration, gives rise to manifestation. The higher and lower self, manifest in close connection. This is who "YOU" are: a means of manifestation. You are called upon, to know of source and to manifest. Manifestation happens through 'you'. A 'you' arises where manifestation is called upon. You are being asked to be yourself and nothing or no one else.

You are not being asked to manifest anything. You are being asked to allow manifestation, to embrace. You allow. You do not act. You are quiet. You remember of source that has been manifested. Thus you know but what you know was there before you and will be after you. You know of the appearance of life through you.

Your hands may move. Your hands may mold clay into shapes. Forms express content. The mind part acts, the heart part leads.

Your mind looks at a tree. Your mind calls the tree beautiful. Beauty is expressed by you understanding the relationship between you and the tree. Both you and relationship "arise" from beauty.

Beauty is already there, always will be. It is your eyes that 'recognize' beauty through the relationship tree/you/beautiful, the trinity. Now you know. Without you there is no tree. Who would see it. You wouldn't be here without a tree. The tree and you were called upon together, at the same moment. What would you want to see a tree if not for to know of, remember, allow beauty to be manifested? Beautiful exists as a relationship between tree and you.

Beautiful does not exist. Something is beautiful and not beautiful. That's relative. A tree can also be ugly. Then it is not beautiful.

But ugly is a "form" of beauty. Beauty is a concept. Beauty is a spectrum between ugly on the one hand and beautiful on the other.

Beautiful exists in all possible forms, but beauty has no form. Beauty exists beyond all judgment. It is. You can only 'know' about beauty. But you cannot know beauty. Beautiful can only be remembered as part of beauty. But then you can only remember ugliness as part of beauty. And so you transcend the 3rd dimension, the duality ugly/beautiful and know of beauty. Things are ugly or beautiful never both. Beauty has no owner and is both beautiful and ugly. Knowing of this you know.

You transcend duality, and so no longer act solely from the mind. You know about it yourself, the sum of the lower self and the higher self. There is no higher and lower. It is a way of 'seeing' with earthly eyes. There is no longer a battle between mind and heart. There is reconciliation, embrace, admitting, rest.

Now there is that moment of rest, the holy moment. The sacred moment is not a void but it is still, silent. A moment is not a static image, not a photo. A photo is form. The image is a photo. Vision is content.

We offer this in step 24. Manipulation and struggle is no longer necessary. You don't have to worry anymore. The goal is clear and simple. The goal is manifestation, embodiment. You are performing an embodiment. You don't have to do anything for that. When you are here, you manifest. You are born and by living you embody. You embody in many ways, dimensions. You manifest and allow that manifestation to flow, in many dimensions. You embody and die. You manifest and let go, moving on to the next project. 'I' is form. "You" is content.

Life goes through you and manifests itself. You allow this vision and receive this same vision. You embody by being here and now. Being here and now is eternal and always here as you are here and now. Past and future change forever. Manifestation goes on forever. Take the time now to celebrate this one vision. There is no more resistance. You don't have to exert yourself anymore.

You manifest life and embody life by loving life and yourself in it. Know about life.

You can't really learn outside or without love. It is now clear that one can only learn from and within a relationship. Relationship and learning are the same, the new learning. You learn about yourself in and through yourself. You learn about yourself through and from others. Others learn about you and vice versa. Knowing is knowledge plus the relationship. Everything points in the direction of connection and love. It is a circular movement, a back and forth, not a single outward projection. Expressing yourself in love from love is eternal and all-time.

Expressing love only lasts one moment, one moment at the time, one moment and never again. Once is enough. It's already finished. The expression of love is never finished. This fact is a paradox, but only incomprehensible to the mind, which has only eyes at its disposal, physical senses.

The mind has only senses to seek and explore. The heart recognizes and knows.

Therefore, there is now a time of meekness, a time when we don't need to meet. We don't have to anymore. You can let go of your 'I' with peace in your mind. You pick up an 'I' perspective, an embodiment when the time is right, and let go of all seeking what has been achieved, when it has been achieved.

Time is only important to you. You have all the time in the world, linear and non-linear time. You are now reassured. There is now complete reassurance, but not because everything is fine. Everything is fine, no doubt about that. In fact, there is complete reassurance because the 'I' consciousness is reassured. The "I" has no more questions. It has given up its fearful attitude, its singular chaotic searching addiction. The ego no longer needs to be in the foreground. It looks and explores, but accepts vision, guidance.

The ego now understands its place in the whole. When an answer is to be sought, the mind will seek and thereby assumes an 'I' embodiment. The ego will ask the question to reveal the answer. But the mind no longer seeks. It knows the answer that the mind evokes... the mind asking, expressing, projecting its question.

The ego does not have to invent something itself and ask questions about it. It now waits quietly until it gets an incentive to come up with a question. The ego itself, the ego-self will no longer invent or make up a question. It knows the answer. The ego is connected with answer and question. The ego mind embodies only answer and question. It makes them both visible. The ego-mind has evoked a relationship. The mind has embodied a relationship because it has reconciled itself with the heart. Heart and mind now work together.

So there is reassurance that prevails because question and answer work together. There is no longer any fear of not finding the answer, either yes or no, or too late. The answer is already there. The deep knowing, the feeling, the knowing that answer and question arise at the same time is the deepest reassurance there can be. Nothing is necessary, everything is allowed.

The answer can be delayed by staying in linear time. The 'I' consciousness is ready for that. But the 'I' does this out of benevolence, not out of necessity. It is no longer needed to 'search' for a solution. The solution may appear, now or later, but it is already there. It doesn't matter. The "I" remains calm and full of cheerfulness.

Experienced from linear time, manifesting then becomes a game, an adventure, not a survival compulsion. Life then becomes a discovery, not a struggle to survive. Who must survive? The ego is relative, temporary, it arises and disappears. The "I" and its identification appear when the moment appears. That 'I' can then be 'experienced', brought into life. When the experience is complete, the 'I' can disappear again. But the self persists.

After every moment the "I" dies and in every moment it becomes the one life. It doesn't die. The sun rises and disappears behind the horizon. Does the sun die? The sun has never left itself. It is at that moment, at sunrise, that you, we, enter into a relationship with the sun. When we go to sleep at night, the sun sets or we close our eyes, the sun does not die. The moment is gone, that's all. The relationship seems to be disappearing. Seeing becomes a vision. Form becomes content.

When you think and see (in duality) that the day is over and never comes back, the sun dies with you. When you 'know' that the sun will come out again tomorrow, you will be reassured. Knowing evokes tranquility. Who is stupid enough to stay up all night to make sure the sun comes back eventually, in fear, suffering? We, you and I know about the sun and our relationship. Than we are reassured.

8.4.1 Assuring thoughts

Assuring	Thoughts	Resonance	Taygeta
Embracing	Feelings	Initiation/Electric	Electra
Allowing	Actions	Lawfulness	Kelaino

I no longer need to control my thoughts. Those thoughts exist, come into existence when 'the' moment comes, with an 'I' as companion. But those thoughts are not mine. 'I' received them from my higher self or something like that, beyond the ego-mind system. I no longer suffer from thoughts of other people who seem out of their mind, an ego mind. I trust all thoughts, knowing they are valuable, correctly coming from the source.

Why should I hold on to worldly thoughts, thoughts of want or sorrow or pain, thoughts 'I' like to keep close. 'I' ask my higher self what though (s)he wants me to look at, perceive. Who will think those 'I' thoughts. There is no fixed 'I' to pick them up. 'I' is no source. 'I' is a tool. 'I' will not create them. Weighed out and found too light, held up to the light and seen for what they are: illusion and worthless.

What resonates with the truth will be shown to me. What resonates with 'I', 'I' will receive, pick up during the sacred moment and will briefly carry these thoughts to make them visible. Thinker, thought and thinking come together, in the trinity, in silence, in assurance. Only the truth visits me and whispers that it wants to be known, conscious, shown, casted out.

'I' will only speak from truth. The words will be given to me. The moment will show itself in the right place at the right time.

All things resonate because all things that resonate are assured. Thinker, thought, thinking all come together in the one vision. I will speak, sing or dance. 'I' resonates with oneness. Oneness resonates with anyone who wants to know. Thoughts, moment and 'I' meet in the one sacred moment.

Knowing is the goal, the means and the source. To know is to recognize the relationship.

Knowledge seeks and continues to seek, because seeking is doubt and is never assured. Therefore, in fact, we seek, that assurance may be found. But certainty cannot be found by searching. One can only remember, know. Knowledge is allowed, embraced. We reconcile with assurance, beyond the eternal searching. We resonate with certainty. Resonating with certainty, we are assured, there is no more anxious ego/I. It allows, embraces reality.

Reality reflects the one vision.

Knowing has no owner. Knowing is knowing the truth. Truth is known. Truth has no owner.

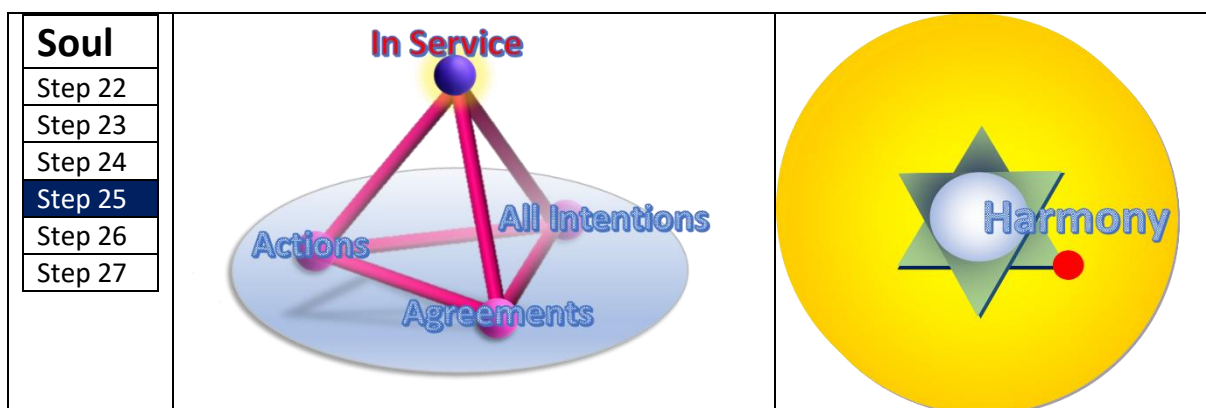
For most of us knowing comes in stages. And experiencing these stages helps you in remembering, knowing. The first stage is feeling, intuitive something is wrong or right. You have a hinge, a gut feeling something else is there. That other thing you may call the beginning of knowing. That is knowing in density 4.

The second phase is mentally know that knowledge has it limit the moment you are thinking about it. Although you are using your mind, you understand there is a limit to that mind. There is more out there. What you don't know, but then again you know. That is knowing in density 7.

Than there is the knowing beyond the mind. You now know. There is no mind that is used there ,still your mind registers it knows. It knows but it is not him or her that knows. Knows has no owner here and the mind just watches this phenomenon. The mind does not make any effort to understand, knowing since that would be knowledge.

Other phases of knowing will be addressed further.

8.5 Step 25: In Service



Presupposition

TRINITY

ONE VISION

When something wants to be manifested, you are now being asked to do so. That is the one vision. You are asked to express a concept/content into something specific. This is what being in service means. The true you stands in service of creation, life.

Because you are in the service of life, life is at your service. Life is supporting you because you are supporting life. It is a perfect co-creation. Both co-exist from within free will. Your will being free, there is no resistance to life. All systems go.

What is suffering? Suffering is when a plan is being blocked and action is being stopped because the path towards the goal is altered. The will free, the path is free and open. Nothing is impossible. All intentions are possible. That is free will, the will free. Suffering is determining your own path and thus going your own way apart from the assured path, separated from the source that life offers you, always and everywhere. Suffering is going your own way not in sync with the one plan. Not in sync with your neighbor you and your neighbor experience tension. Your plans are not aligned. Thus before you act, align your plans. Free your will. That is the same.

Life is your source, your support. You are paid by life. Life takes care of you every second of the day. Life meets your needs even before the need appears. That is the result of one vision. You work together with life. You work with life, the all. The all is your employer. In sync with life your will is free.

Life flows through you. You allow this. Allowing life, your will is free. You embrace this task as if it were your own. Life is not yours. It is not your property. Therein lies the misunderstanding of the ego. The ego misunderstands free will. Not understanding what will is and where it comes from you self create roadblocks where there first were none. In service those roadblocks disappear.

Life is expressed in form. You on the contrary are not form. The expression, the result is form, but life is not form. Life seems beautiful or ugly according to the perspective of the ego, the 'I'. Life expresses beauty through you, through all living beings. Therefore not form but beings are alive. They are alive,

because they express beauty. Ugly creatures express life, beauty. Beautiful creatures express life, beauty.

To be beautiful is form. Beauty, life is content full of beauty. Life is. Life is eternal from the perspective of the mind in service.

What the ego has made of the manifesting game is a manipulation of life, as if life were owned by the ego-mind. The ego has appropriated life, as if it were its own property. We repeat what we say over and over: you are confused about yourself, who you are.

There is a difference between appropriating life and making life your own.

Making life your own is shaping life, using you as a means.

Appropriating life is shaping life, with you as a source.

Shape your life, do the right thing and you get paid so to speak, by your employer, life, the all, god if you will, but this is borderline. It seems that when you work for a person, you work for an ego. And the ego does not see beings, it sees a black box, form. The ego personifies a black box as if it were also an ego.

Life is nor a black box, nor a person, something individual. Life is one in number, omnipresent. It's all-that-is.

In service you abide in the trinity. In the trinity there is no shortage, by definition. Who gives to whom? Who will give, who will receive. Receiving and giving are one. They are inseparable. Where could there be a shortage?

In the trinity there is no time and space. You exist outside of time and space. In service, time and space are at your disposal. Time and space bend towards 'you' within the trinity, just because time and space are properties, tools.

In your embodiment of life you are a means, a means of shaping life. But you are not that tool. You exist in service. You mediate between content and form. You are neither content nor form. You are spirit.

Spirit positions itself as a means of shaping life, of manifesting life, of being alive. It is a state of being. It's not a do-it-yourself situation. Being is beyond time and space and thus eternal, beyond eternal. Eternal is a definition introduced by the ego. Time is a definition to show duration. You exist beyond duration. You are sustainable. We play with words to make something clear to you.

What should be clear here and now in step 24 is who you are. You are spirit.

As a spirit you have offered your service in the 'form' of a self. A self is a union of mind and heart, form and content to 'shape' the third element. You form the formless. You manifest the invisible.

The invisible expresses itself through you. Life becomes alive, 'real' because of you. Real means visible. Nothing is real. Everything in the sense of all forms are temporary, and thus unreal. Only the permanent is real. Form can never become real, but it can be seen, experienced.

Life in the sense of beauty cannot be experienced. Beauty in the sense of lasting is meant here. You cannot change beauty. You can't make beauty ugly. Beauty is untouchable, as in an untouchable. It is above any law, any physical law.

No human being is untouchable, eternal or divine. A person is form. You are not a human. You exist in the form of a human. Man is a resource, like a hammer or a nail. You can do something with it.

You can use a hammer. You can use a nail. You can abuse a hammer or a nail. You can appropriate a hammer or a nail as your own. You can use them for your personal planning, which is rather abuse.

It's abuse because you, the ego, doesn't know what anything is for. You don't need to know what something is for. You will be told so, the moment you feel the hammer in your hand. The nails are on your side.

All nails are by your side when and because you stand in service, assured. Then and only then 'everything' is at your disposal. This is so because of your choice for service, your choice for the one vision, your choice to free your will, your choice to be in service, your will free,.

Infinite love is. Infinite love wants to express itself. In order to express infinite love, the source needs three things: the expresser, the expression, the expressed. The sum of these three parts is greater than the sum of the individual parts.

You are more than the sum of its parts. The parts are hammer, nail and hammering nails. You hold this instrument, this executive trinity. You are all three parts and more than the three parts together.

Source expresses itself through you. Source wants to express itself in and through you but not by you. If you appropriate the hammer, the nail or life, life will pass you by. You claim that you are life, that you alone can do things.

Claiming you are life, life is closed for you since you closed yourself to life. In service you are in sync with life and life opens itself for you because you opened yourself to life. In service you made the choice to open yourself to life and life is open for you.

When you express yourself, you can do all on your own, apart from life. When you don't need life as you choose to do so, then life doesn't owe you anything. That is not a choice for life. It is your 'free' choice. But be honest with yourself, can you live outside of life? It's an impossible possibility. This cannot exist, but you can try it and thus experience it.

That is what suffering is, lack and death. But all that still doesn't exist.

There are three relationships to be found: the will to live, to be alive, and to live. There is no escaping this. Come home, to the house of the father, as it is written. I wrote this through someone. I'm writing it through you now.

You expressed it, but you didn't write it. You didn't make it up. It already existed. You expressed it in service to ME.

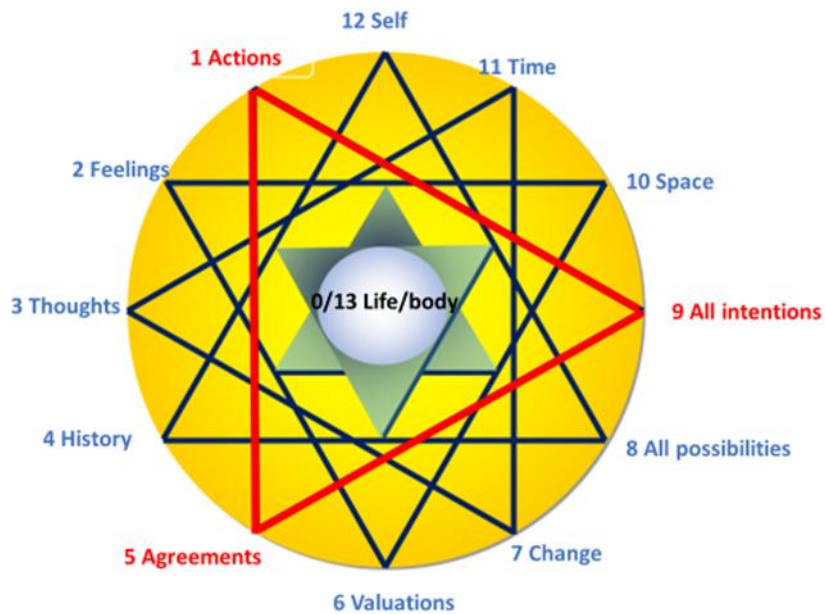
Who am I. I am the unnamable. Who are you? You are the nameable who expresses ME. You express beauty, life.

You are not life. Life flows through you. I the unnamable flow through you and you write down stuff. You write words, sentences and texts.

Life is not the capturing of words. But words can describe life. You describe life and then also yourself, your self. Nothing new here. Nothing is told that has not yet been expressed. But you express it, here and now and that's new.

8.5.1 As above so below: harmony

Benevolence	In service	Harmony	Sterope
Assuring	Thoughts	Resonance	Taygeta
Embracing	Feelings	Initiation/Electric	Electra
Allowing	Actions	Lawfulness	Kelaino



Intentions, agreements and actions work closely together: the trinity in action.

The intention is to discover, experience, live. Everything is possible. All options are worked out one by one.

An opportuneness needs an agreement. Suppose that....then..... We make an agreement, a premise, a matrix.

We step into a perspective, a standpoint, a view. A self arises, with 2 limits. 'I' and the other 'I' on the other side 'you', the other.

The ego (me or you) has two choices: to go without or to go within. These choices are equivalent. They are perspectives, possibilities how to approach life expressed in actions.

The first possible action is a movement from the outside in.

An action or direction inward is from 'the other' to 'I', the world towards you, from the outside to within. A center 'the ego' is temporarily established until all options within the agreement have been fully exhausted: life. **Life comes to you, happens to you.**

Living with an inward agreement as direction is called karma, incarnation. LIFE seems to happen to you.

The second option is an action annex agreement and intention to the outside world as the reverse of the first option, 'I' to 'the other', to the world. That is called dharma or exarnation. Your energy/intention is directed outward. **Life is being formed from within.**

The temporal ego and its actions inward or outward are the two main directions, agreements, possibilities: duality. Duality is mainly directing your energy inward or outward, within the trinity of intention/agreement/action. All three elements are equal and cannot be valued apart like a trinity should.

The virtual focus point/starting point, the ego self, expands seemingly, virtually inwards or outwards. Understand this direction is symbolic or dual, illusion. It relates to the 'agreement' of the moment. It is a perspective, relative and dynamic.

In both cases inward and outward the goal is growth. The ego is then subservient to itself, inwardly or outwardly subservient to the world, everything. Growth within duality can be expressed also in two ways.

1. Growth that is focused on you here: service to self.
2. .Growth that is focused on you there: service to others.

1. Service to oneself

When the ego is in service of itself, then the ego places 'source' within itself. Then the ego wonders: what is love here in me? What is the relationship between me source within me and the world? Is there a connection and if so which one? Then who am I? The ego is then consciously in service of the ego plan. He's the plan. The ego expresses love in all kinds of ways of "identification." The ego knows where it comes from but not where it is going to, which is sharing. Being source the ego can not share what is solely his. But that was the plan, service to self. The plan is ego driven. The plan is selfish. I want to be the source. The 'I' appropriates the source.

He wonders how he can grow, get better, stronger, smarter.

The ego then looks for love in itself and finds it if, when and where he can find it in itself. To experience stands for searching. The goal is not the priority, it is experiencing, being on the road. The goal is to claim and proof it is a source. The ego then serves the purpose of seeking, discovering source within itself. It serves manipulation and appropriation and that is also service, but more unconscious of the real source. The ego eventually finds love, but may not express it, share it, because the source appears to reside within it.

2. Service to the other

When the ego is in the service of the other, the ego builds relationships. It seeks source outside itself, through connections with the world, in relation. It serves the world, the other there.

The ego expresses love in all kinds of ways of "identification" with the world. It 'loses itself' in the world, because it does not see itself as a source. It always keeps in mind "love" for others. The ego knows where love is but cannot reach it, away from itself.

Love seeks love and find love solely at home.

Source seeks the source and find all this at home (inside and outside).

Those who are in relationship with all that is, including themselves, both within and without, are in true relationship. That is understanding the trinity. When everything is connected with everything, everything is connected and everything, from everything, serves every intention, every agreement, every action. Everything serves everything, and therefore true service is known and unknown, within and without.

Everything is stored in relation, not in content, not even in form. Form contains content, but does not know of content. Question holds the answer, but does not know the answer, within. The answer, however, knows the question but doesn't show I, without. The answer drives the question but does not manifest anything. Inside is outside is inside.

Service is understanding that answer and question are recognized, not received, not sought. What is there to look for then? Service embraces seeking as if it were already the answer. Herein lies the one vision: the choice for oneness. A question has a personal self. Someone has a question. The demand and the demander arise at the same time. The answer is. Answer exists in everything and everyone present. The answer is already there, as well as the question though the question is being discovered. That, however, is the mind's view seemingly cut off from the answer. It is only a construction, a temporary state and therefore not permanent and therefore illusionary.

The construction intention/appointment/action allows experiencing. It is how experiencing arises and thus in relative duality, manifestation.

Therefore, the manifestation of love is more than just love. Love is within or without and within and without, above and below, higher and lower. Love, beauty, life learns from itself, remembers itself, knows about itself. Answer and question are in balance, but therefore not always 'present' at the same time. Life may appear inside or outside. Inside and outside, higher and lower are in harmony. Life, beauty, love is harmony manifested.

In service of source you are in harmony, and thus in harmony with life, manifested source. You know of source, the unknown and the manifested life, the known. Where are the remaining questions then? Where is shortage? Where is suffering. Where is 'I'?

In service you are willing to serve any purpose because it comes from source, even when source is the great unknown. You don't have the urge to lead the way, to decide for yourself what to do, who to be, to be an 'I'. Without identification, without a fixed, static identity, it no longer bothers you.

'I' is not gone, vanished, but you no longer appropriate 'I', you make the experience your own when the event occurs. It happens. You only receive. Where can I avoid receiving the 'I'?

Source 'above' and manifested life 'below' are synchronized. IT flows. As above so below. What has an identity below is related to above, which has no (fixed) identity. Identity and non-identity are in relationship, although there seems to be no identity to deal with. This is still an expectation of the ego, an ego vision, a perspective. The ego-mind knows only form.

The opposite is true. Relationship is all there is. Relationship holds the trinity. Relationship evokes content. Content evokes form. Form expresses relationship: the trinity. No fixed identity is needed. All identification is temporary, a made-up identity to express the relationship. To express a relationship, you need a relation and a relative.

There is a special relationship between steps 1, 5 and 9. Here too, within the twelve first steps of the mental mind, the trinity applies: $3 \times 4 = 12$. Intentions create agreements and agreements create actions. This trinity works in all directions, up, down and from the center in all directions.

Direction is a perspective, a choice. As above, so below. Above invents an intention, a direction. Down receives direction. The higher self devises a divine plan. The lower self carries out the plan. Higher and lower are not different. They perform partial tasks. They meet in the middle, where the experienced appears. Each element (of the trinity) creates its own effect or is each other's feedback.

A relationship does not need a fixed relation or a related 'thing', object and subject. Relationship and kinship create a moment, but only a fleeting moment. In that fleeting moment something real seems to exist: subject and object, form and content.

An apparently fixed, static moment is just an image of a past moment, a snapshot of a past event. It's like a photo, collected in an album. You can call this photo/experience, history. But when 'history' is not fixed, 'history' can be changed. The photo or snapshot cannot be defined as history and be defined as real. It is just a crossroads of a past moment in the quantum field of all possibilities.

All moments are now. All possibilities are now. As above, so below. They are not past or future moments. Everything is happening now and is fluid/volatile in terms of eternity. Ego words fall short here.

To be of service is to be of service to the now moment, beyond the static 'I'. There are no past or future moments that serve source. Everything is source. Everything is good. Everything is a process of receiving.

Above is timeless. Below is time/space. They are related: as above, so below in all respects. Here is everywhere.

Being in service, the intentions come from above, the effects are your actions. Being in service means that intentions, agreements and actions are perfectly aligned. You act, but you are also in relation to the necessary agreements, to express the intentions, to manifest the goals. Now you and the actions, agreements and intentions are one. This was the whole goal: to come full circle. Intentions created a scenario, content to express the specific intent, form, top down. But also the other direction has also been activated, namely being in service: bottom-up.

You act, form, according to an agreement, content and comes into contact with the 'higher intention', relationship. 'Will' now knows why it originated: it has joined intention: bottom-up. Intention created action, but at the same time action created intention. There is no preferred order. There is no linear time, direction. It has never been there, but here both directions have manifested, become conscious.

Both aspects above/below, higher/lower, heart/mind the two limits of consciousness meet: the higher and the lower 'self'. They shake hands and become the full circle experience, the 'Trinity'. The unknown and the known meet. Join in.

As above, so below, harmony, life, beauty.

8.5.2 Harmony

You are in constant harmony, but maybe not conscious to the full. This is what we are doing here. Previous as an ego you created from without. You strengthened your individual self in order to make the jump: ascension, to create from within. This is what we are initiating now.

You are in constant harmony with the plan. In sync with the plan you are always in harmony. You as an 'I' may ask where things are going to. Than the 'I' doesn't recognize, doesn't remember the plan. But you are conscious or unconscious in harmony with the one plan.

All serve you, you serve all. You serve no one but yourself. Thus harmony is always present, conscious or not about the plans passing by. This is called harmony. The 'I' relative and called upon bends to the plan, and the plan bends to the 'I' offering plan executions. Both plan and the ego are in harmony.

The goal here is, within this relative 'I', that you are informed, you remember this harmony, so you trust things, all things, life. Where you were struggling before because you still were searching, looking for answers where life was heading for, you now receive the answers, remember the plan. You remember the plan so you are the plan that arises through you, you part of the plan, in harmony with the one plan.

You become part of a bigger plan, now conscious of that plan.

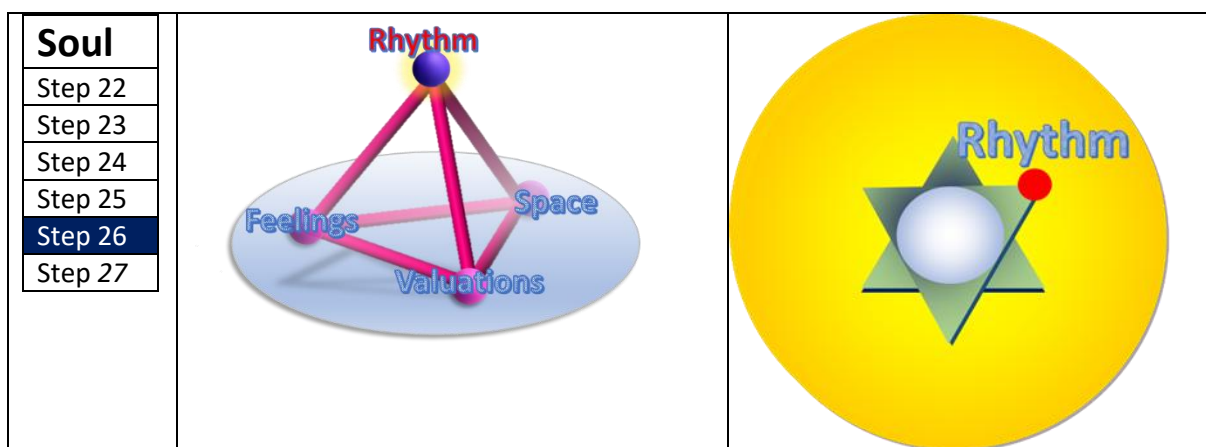
Before in the 'I' perspective in the dual field, you experience the plan.

Now in service you receive all info to execute the plan. Thus you move from an unconscious perspective to a conscious perspective. Now you may relax and trust the process, being informed about the things happening and the things that are to happen.

This process received is not your process . This process is you and this process is received. We from now on don't distinguish any difference between things coming from you or things going through you. Received and shared are one and the same movement. There is no more who gave it to whom or who received it from whom. There is only sharing. No more 'I' in the center, no more 'I' on the outskirts, only sharing from center to center.

So above so below.

8.6 Step 26 Rhythm



Presupposition:

ONE RELATIONSHIP

ONE VISION

SO ABOVE SO BELOW

Until now you have followed your ego in your goals for your life, life as one in number.

There's one more thing that bothers you in all this vision business. And that is vision itself. You are now receiving a vision and most of the time you can find yourself in agreement with that one vision, but not always.

Vision is and may be there. Vision must. One needs a vision to experience life. Otherwise what would be the use of all this. What is life for if not to give it meaning? Why live when life is useless. And so you are fine with receiving a good vision, rather than inventing yourself a vision for life. You're fine with that. That's how it goes.

But what if when things don't move. What if this one vision confuses you, at certain times. You don't always understand what things are for. That is completely human. And that's what you want, right: that you discover the real meaning of life.

But what if life offers you no meaning? What if you are waiting for that meaning in a certain moment and next it doesn't come? Then you become restless and the urge to make sense of things reappears. Why is that?

What you cannot tolerate is futility. Everything **MUST** make sense.

Everything has meaning, of course, when you do manage to find that meaning, or do receive it, even better. But what if when you are not given a clear meaning. What if when you get the impression that you really aren't being offered a meaningful meaning?

Do you stay present in that very moment? What if you feel yourself disappearing into meaninglessness in that specific confusing moment? What if you just disappear, your 'I', your personality and nothing seem to happen in your favor.

In service begins when you stop asking yourself questions. In service is a state of complete trust in "the plan." Your ego has no more questions. It trusts that question and answer find or will find each other. Who trusts who?

The last thing that falls away is your tendency to be meaningful. That is a deepening of trust. You trust 'trust'. You no longer need to be informed, to be updated, before it happens or when it doesn't concern you at the time. You no longer think about the possible outcome. Effects are always tomorrow. It is now time to step back from linear time, patterns of expectation, answer different from question.

Don't make plans.

Do not check the schedule.

Stay in the luscious now.

Do not "want" to go anywhere.

Look around you and see if there is still some kind of quest stuck inside you?

We need your full involvement. Only then can we count on you. Only then can you fully count on us. You could always fully count on us. Now, however, you unite, we unite, join. You become serviceable.

You serve no one. You don't become submissive to a cause, the plan. You become the plan. You are the plan. You and the plan are no different. The plan unfolds through you. You and the plan are one. The plan is made through you, you as the agent, mediator. You become the joy of creating. You are the created, the creation, creating, three in one. The joy is threefold. You are involved in every aspect. This is what happens on soul level.

Can you let go of today's worries? Can you let go of yesterday's disappointments so that those worries are no more? Let go of the past. Leave all your thoughts about agreements behind. You still have the urge to 'the agreement' that things should make sense. For whom, the ego? Can you stop planning for the future? Can you be still and know your Self? The future will come by itself when that moment comes. The right moment will come naturally.

Would you like to choose, choose that moment? How big is your confidence? Don't confuse your lack of confidence in yourself with your confidence in the plan, at the right time. Feeling confident is feeling that you are in touch with your own valuations.

The moment only asks to be open and let 'giving and receiving' take place as one. That does not mean that giving and receiving happen at the same time. Everything has its time, its rhythm. The present moment only asks that you let go of the previous moment so that the next new moment may come in. The moment only asks that you listen to your heart and hear your Self.

Everything has its rhythm. Everything comes when it comes. Every moment is meticulously constructed and things come together when the moment comes. You still pay too much attention to thoughts or speculations. You're still thinking about how it should be, how it ought to be. Let things be.

Do you want to switch up the seasons? Do you want to decide for yourself when it should rain, when it should cool down, when night falls? You may not like cold nights. It may not have rained in a while. What you want is not important. What you want is not important, not because you are not important, but because your will must remain free. Understand what wanting is. Will is not something personal, private. Will is the will to live, as in life, one in number. Will is not attached to a someone or something that wills. You don't will. Will wills you, when it is time for you to surface, to show yourself, to do your act on the stage, your show. We are one.

We have now joined each other's will and that takes some practice. We have to agree. We are now working together. So what you are learning now is rhythm and sequence. Your ego will not determine that. Your ego receives sequence. The ego cannot understand order, although that same ego wanted to create order. The ego mind has always had a tendency to show the way. It was nice to be at the front of the procession, flag in hand.

That's fine, but that's not how it goes. Life doesn't go either way, individually. Rhythm is not of the mind. You can't make up rhythm. You can learn to dance with your mind, but you cannot dance with your head. You dance with feeling. You dance with your heart. It's spontaneous. Spontaneity and rhythm are no different.

Rhythm is not mathematical. You cannot calculate rhythm. God is not a mathematician. God is love, spontaneity. The rhythm is flowing, graceful. Grace has an optimal approximation, but is not calculated. Rhythm is more than calculated movement. The unknown is still there. The variable, surprise is also there. Rhythm is not static but dynamic and sometimes wonderfully refreshing.

Life is not a metronome. Life is you. You make life. Life molds you. Don't be a stiff rake and don't wring when life suddenly turns the other way. Life arises. You create life. It is not for you to command life. Who else would you command but yourself anyway?

Who discovers who? Discoverer, discovery and discovering are one and the same person. Don't hold yourself back! Allow change. Let go of all thoughts about agreements. Let go of all the old conventions about how things should be done. You are not in danger. There is no ego in danger when there is no more detached ego.

Trust on who you are. You are not a body moving rhythmically. Do you want to be the moon, or the earth, or the sun? The solar system is in perfect rhythm. Which planet or globe wants to get out of the cooperation. Do you think one day one of those orbs will pick up such an idea and leave? Do you think this choice is there and on top of that this choice matters?

Choose no longer. You are life, so you are and the sun, and the moon and the earth. Do not tell anyone how to behave. Don't tell anyone what rhythm to keep, including yourself.

The ego appears and disappears. Rhythm appears and changes. Embrace change, rhythm changes. Everything is there for your benefit. Everything is in your favor, including the disadvantage. Everything is at your disposal. That is the true meaning of giving and receiving.

When something is taken away from you, know that it's good, okay, no matter the situation. There is no 'I' any more that experiences loss. There is no more 'I' that experiences gain. All those 'I's are gone. There is just rhythm. Swirling is not interrupted. Where does a swirl a circle begin or end. It is maximal arbitrary. No fixed 'I' will spoil the dance. You stay who you are. No reduction is possible. There is only a rhythm change.

When you are promised something, it will come when time is right. You are not in conflict with the timing. The deal is not broken. You exist outside of any agreement. You will not be denied the agreement. You cannot be denied anything because you exist as eternal and unchanging.

Variability exists in you. You are change. You are and change and immutability together. Don't get lost between form and content. Make no mistake. Form changes, content remains. You are the entire content including variability.

Variability is a must, because it belongs to you. You are not ego. You are all egos. Do you care what personality, individuality you embody now? Do you care whether you are in this incarnation or in another? You control every life, life is one. Learn to live from a soul perspective.

A soul has other things on its mind than just keeping this one body alive. The soul has many embodiments at once. Learn to play with life without death or change scaring you. Life only knows life. Let go of any thought of death as change. Let go of any thought of holding on. You can't lose anything.

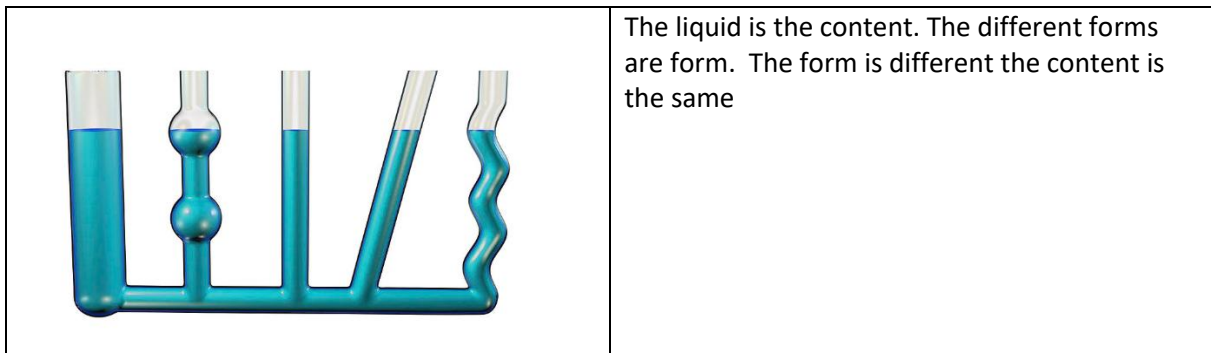
You can't die. This means that you are change, not immutability. Death is part of life. Death is changeable life. Death is rhythm. Life is harmony. You cannot understand harmony without the returning notes of the tone scale. The scale is form. The song is content.

Every time you go down the octaves you will encounter a Do. Are you going to look sour because another or a new Do shows up. Is Do a symbol for death? Is rhythm a form of death or of life?

You are alive and rhythm nor death are things to be avoided, but things to embrace. Look for what death is. Death is mutable life, so life as it should be: alive.

Let go of all agreements as rigid, fixed agreements. They are landmarks, not fixed things, immovable or irreplaceable. Life is dynamic and free. You are free. Your will is completely free. To understand this is to understand rhythm. A body is a landmark, to orient yourself where you are. The land doesn't stop there. The land doesn't change color suddenly. There is no sudden ravine you cannot cross. It is a mark, an indication something new is coming, but that new was coming from far before the landmark. Colors don't suddenly change within a rainbow. Colors flow from one color to the other. But for humans mind stake, at one moment in time we agree. This is not red anymore. This is orange. No one argues that. No one cries or weeps when the color changed. Still it changed eventually.

8.6.1 Communicating vessels





Each track is part of one song.

Does the track care whether it has the main theme it itself?

Each 'I' is part of one self.

Does the ego care it hasn't the main role of the play?

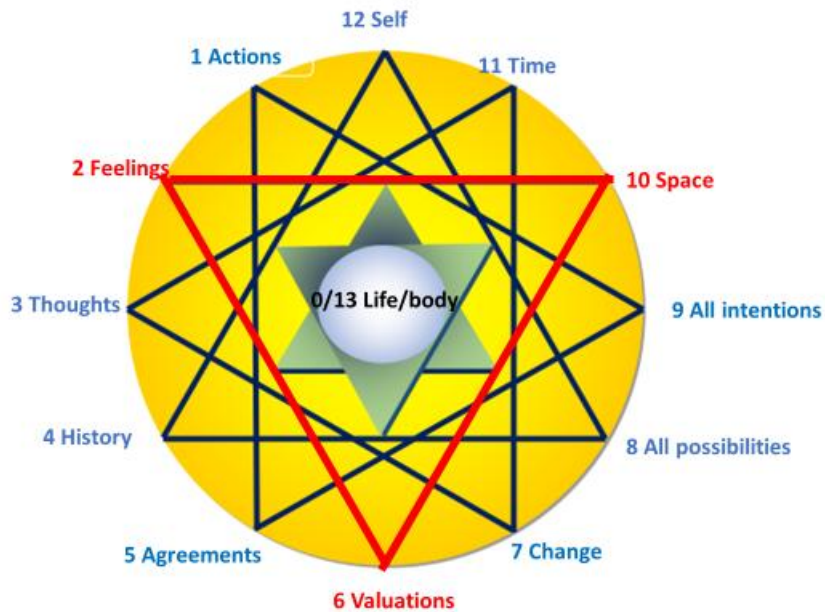
In a song, in a play the parts come and go. Some part becomes stronger, some parts disappear, appear over time.

Rhythm happens everywhere. The night gladly makes way for the day. Each season is a landmark for the next. Each planet has its orbit, each solar systems too, each constellation too. Who revolves around who. Who cares but all are in sync, as they dance through the black space. Each have their moment a star shines on it and disappears again in the darkness of the background. All are perspective.

Rhythm has no beginning or end. Rhythm has no main title and accompanying percussion or basso continuo. Each part has its place and time: rhythm. There are no 'I's but landmarks. There are no tones but indication, information for the one singing the song to orient where things are coming from where things are going to. It is a continuous communication, conversation.

8.6.2 So above so below: rhythm

Involvement	As above so below	Rhythm	Maya
Benevolence	As above so below	Harmonie	Sterope
Assuring	Thoughts	Resonance	Electra
Embracing	Feelings	Initiation/Electric	Taygeta
Allowing	Actions	Lawfulness	Kelaino



With an assured heart you are now in contact with the validations, the values that are there, at that moment that have been set up and for you to activate, channel and experience. The values and feelings in that given, received moment are 'given' space to show themselves, to manifest. The Trinity in action. Rhythm is the combination of values that you want to express through feelings in a space or context.

Space is/has been created to express values with the accompanying feelings. You feel them. You feel the values in that space, in that place, on, in that moment, somewhere in time/space. You are silent and your personality, your temporary 'I', your virtual ego carries them out, feels them. Your self abides in a matrix of beliefs and you experience what it feels like to be 'you' within that belief, within that belief system, within that moment, the trinity construction in action.

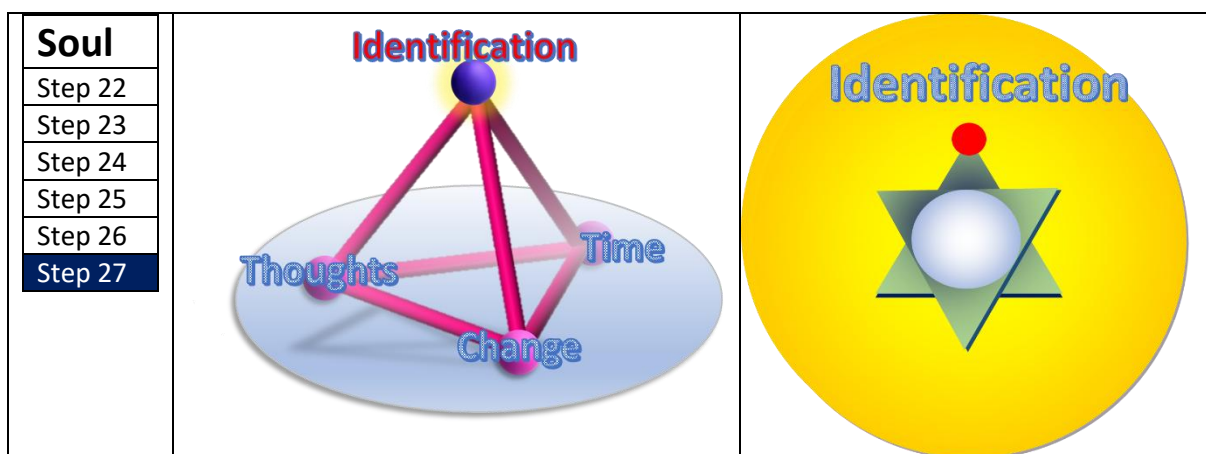
You gave space, room to a perspective, a way of looking. You allowed this, in trust, in this moment. You feel at that 'given' moment in time how you wanted yourself to feel within that framework of believing that you are who you are, at that moment in time, linear time.

You fixed, validated a frame of reference, where you and other people may 'be' who they want to 'be' at that moment in a communal space. You have created an illusory place for 'yourself', a playground, a 'holodeck', a virtual space where your rules apply, here and now.

Your higher self has arranged that space for you, the lower self, to play in, on your request. Your soul has added the rules to play. Higher self, soul and you meet in this space. Player, play and playing join the game, the space. Who is who? It does not matter. You are them all. You can meet all aspects of yourself here.

You are the creator of your own reality. Let go of all thoughts about personal feelings, personal values...then. Observe the rhythm and play that takes place 'here'.

8.7 Step 27 Identification



Presupposition:

ALL IS CONNECTED

ONE VISION

AS ABOVE SO BELOW

Why identification? You needed an identity to express yourself in the world.

Why individualization? Source needed a split off "resource" to discover and express itself.

As a result, this second "non-source" was created to carry out that exploration. While source cannot split, being one, it still seems to have happened. One might consider that taking such a step was enough to make it happen. Willpower creates opportunities, possibility, not the other way around. Yet this remains an ego logic, embedded in linear time. There are no words to explain to the mind what is happening outside of time, even outside of multidimensional time. It is beyond self-understanding.

By imagining this linear possibility, even if only 'perhaps it is possible', possibly checking whether it would be possible at all, 'that linear possibility' has arisen.

Possibility creates reality.

Probability creates possibility. An idea creates its invented, reality, its idea: 'what if'. As the idea of 'discovery' was explored, this virtual idea-reality was able to emerge. Existence arose.

One self was cast (in illusion) from source. You, I, we are that invented self: life, existence, reality.

What have we identified with: this "what if" temporary self. A self in the larger perspective is a higher self. A self in miniature is a lower self, an ego-mind, an 'I'.

Now we are here and now, on the way back from identification. We retrace our steps. We return home. And again we are ready to cross a bridge as in step 12(12), step 21(9) and now 27 (6). Crossing this bridge is a new landmark. It is a crossroads, a decision moment.

There are two identifications to be released here and now and this time both at the same time.

The first decision is 'identification' itself. We have identified ourselves with a self, an 'I'. We thought we needed this to stay alive and to exist, to survive. That was the beginning of our journey away from source. We then built up a 'will', the will to discover, experience, first of all around an 'I' (self). However, we discovered during this journey that there was no separate self. There is only source.

Now that we know this one source, we no longer need a second virtual source. We are now standing at the gate to unite with the real source, away from the 'maybe' source. Stepping through this gate is the task, the choice in step 27. Crossing this bridge and leaving our island of the separated 'I' behind, we now leave it in this step. We make this decision together, higher self and lower self.

Reconciliation happens in union, you and I together; you lower self, I higher self. There is no longer a need for a separate "self" between us. No higher or lower, there remains only a 'one self', the one self. We do this now. We celebrate this homecoming here, now, today.

To get this party started, a second step is needed, a step that connects to the first step.

You had identified yourself with the life of a human being, as a human being. You thought you were supposed to be an ego/body. You thought your ego/body had to survive. You thought you had to take care of yourself first, and then maybe also take care of your neighbor, your progeny, humanity, the earth, the world.

You've imagined a world where things happen, good things, bad things. You have set out, discovered and traversed the world. Your ego/body tool did the effort, did the work.

Coming home is letting go of all this. After a normal working day you go home again, home and hearth.

Look, the fire is already burning and a table with plenty is already set. We're just waiting for you to sit down at the table. Sit down and eat. Abundance is. Answer and question are here together with us, every question, every answer.

We will listen to all your stories, but first we need one more thing. Have all your questions been answered? Are you confident you got all the answers? Only a separate self still has questions and continues to search, not coming home yet. To let yourself rest at home is to consider all questions answered.

At this table there is no "I" who and rests and still has unanswered questions. Then you don't really rest. Then you are still ready to go back on your personal path and to look things up and meet many moments. Here you are now invited to rest to the fullest. All questions are answered here are answered, have been answered.

This is your choice here: come home. Everything was a choice. It was a choice to be a self and forget and find yourself again. It was first your choice to search the world with an 'I-self', an identification and then to search within your 'I-self'. Again it is up to you to make or let go of this choice: the one choice.

A choice, any choice is a decision. Every decision is final...until you make another choice. Do you understand now why your will should be free? Your will should be free to be able to make a choice. If you think you have to search, you are not free to choose. Then you 'must' choose. Not free to choose, you identify with an 'I-self'. It's double on: searching and identifying.

It's like getting out of a car. It is not a good idea to leave a moving car. The moving car is like a choice that you are not done driving (searching). The moving car shows you that your choice is not yet complete and that it is still ongoing. You are not done with your choice.

Only if you brake and bring your car to a stop, then and only then can you leave the car and make a new choice. As long as you confirm your 'search' choices, the car will drive at a certain speed. Both decisions, braking and getting out are necessary and in sequence.

Stopping the car, leaving it and choosing a new car is called: the one choice. Do you remember the one vision. Now we have arrived at the 'one choice'.

Which choices you make will only become clear to you when you start your car and drive it around. Are you driving around or are you standing still?

So it is with the choice to brake, come to a stop and get out. Then and only then do you 'know' whether this was the right choice. There are no wrong choices. There are decisions and consequences. There is cause and effect. You are not bound by the effect, nor the cause. It is always your decision, your choice.

You create your own truth, your own reality. You choose the car. You drive in circles until you are satisfied and you brake, stop and get out. The car is your ego/I/body system. Your wish/will was to identify yourself with the car and start driving...to where you thought you should drive. You have connected your will with driving and thus the car: wanting to drive, car and car driving: the trinity, always anew.

See life as you have lived it. The will to live/search, the ego/body, the dual life. Let go of this dual system and your 'will' will be free, is free. Your will is not free when you are in a moving car. The ego/body, that is, was your choice.

The choice here is in step 27 to set your will completely free again.

This means two things:

You stop driving a car. You get out.

Where do you get out off? You don't get out of life. you are life. You step out of a life of mere form. You stepped into life as form and content, body and mind.

You no longer make up your own questions with your mind. This has an important consequence. You step out of experiencing answer and question as different. It may not be completely clear to you. These are new concepts. A new world opens up to you, a world of 5D.

Realize this: making up questions happens in linear time. In linear time, question and answer are separate. In 5D, in multidimensional time, question and answer are flexible.

The second request here then is to release time as you have known it up to this point. Questions and answers are not separated. Answers and questions are separated by applying linear time to them. Linear time is a chosen mechanism to enable discovery. Individualization needs linear time. Otherwise there is no more separateness. Without linear time, separateness cannot exist.

In multidimensionality, separateness can be experienced, but not unconsciously. In multi-dimensional time you are aware of your separateness. It is a well-considered conscious choice.

Linear time is a way of separating things. It separates this moment from the next moment. Time separates your "me" moment from my "me" moment.

Time, I and separation are the one trinity. This is a prerequisite to experience duality. We're getting out of there now. We now see this triangle before us. We see through the origin of the 3D reality, the dual existence.

The dual existence needs three things: time, a self and their relationship: living in form. This dual life is a finite life. Life from one moment to the next is finite. It is a chosen, marked path. It's a choice. Living in a dual self is a choice.

You are all life, make no mistake. You have become attached to life as a human through the ages as a human within humanity and you never thought that there was such a thing as a life outside of your human being.

Your attachment to humanity keeps you in linear time and in a finite self.

What we are asking you here is to consider the possibility that there is life after the physical man. We ask you to allow that 'being human' in a body may not be all there is. Your attachment to your humanity keeps you stuck in the carousel of life and death, of incarnation and reincarnation, the matrix.

You wondered what it's like to live as a human being. How would that be? What is there to experience. that is an agreement, a choice. And what an experience!. But it's up to you to get out of this illusory car and get out. Thinking you're a car, you sticks to driving...in a car. It is your choice when you have driven enough cars, you feel satiated, in abundance. You create your own reality.

To leave the dance of dual life, incarnation in a small self, you must stop dancing.

Your self and linear time keep the dance going. You want to keep dancing, then there is one, a choice, an idea. You ask that the music continue, there are two. As long as the music continues, it gives you the opportunity to dance. You can't resist it. You loved to dance.

Only you can stop the music. Both belong together: the dancer and the music.

You cling to the thought of being human. That is your appreciation, your determination of who you want to be. You have given yourself a definition: 'I am human'. This is what "I" am. This is my valuation, my starting point, my active setting/switch on. Only you can turn this switch off.

Turning this switch off also stops linear time. You cannot turn off time. Time is a result of a separate, dual experience.

You continue to exist, but without a static dual I-self and thus in rectilinear time. Time and self are the settings you can now disable.

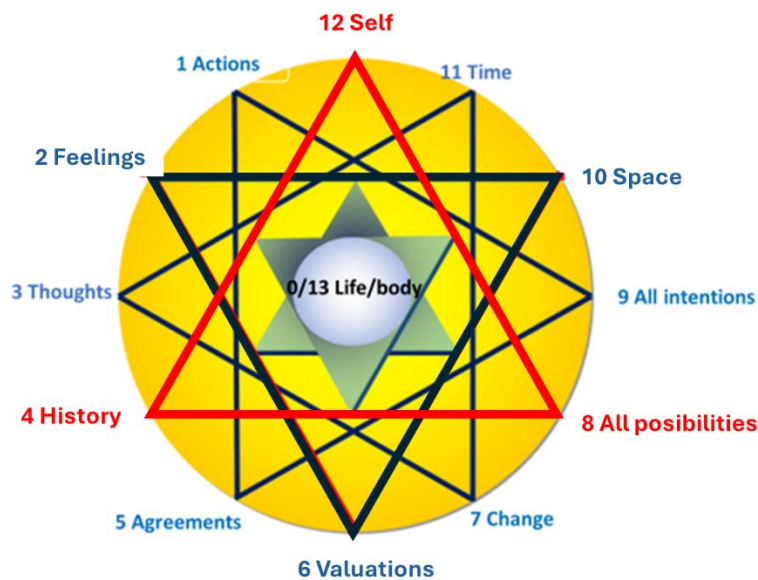
It may seem like you're turning yourself off. The image of a robot turning itself off is one such image. The correct image is you parking your car and you get out.

This is the choice you now have. You can only do this so that it would be your choice. It is your free will.

8.7.1 So above so below: Identification

Fearlessness	So above so below	Identification/Magnetic	Merope
Involvement	So above so below	Rhythm	Maya
Benevolence	So above so below	Harmonie	Sterope
Assuring	Thoughts	Resonance	Electra

Embracing	Feelings	Initiation/Electric	Taygeta
Allowing	Actions	Lawfulness	Kelaino



It may be clear that you create your own reality. But here's another proof why. Thoughts, change and time are connected. They are active when you are employed, i.e. in a mode outside the "I" perspective.

The I-perspective is the perspective where the trinity of thoughts/change/time is a closed circuit or unconscious. The relationship is obscured by the dual perspective, but still there. This is how you live in an ego-duality perspective. Time as a result is also obscured and only shows itself in and through linear time. Everything seems to be stuck, out of your control. Time seems to follow a fixed pattern. The truth is that time follows your pattern, your choice to drive around in a car, a program, a matrix.

In service, in 5D, all quantum intersections are available, any path. An I-self must follow a path. A path follows the person who walks the path, not the other way around. You really create your own path, your own reality. That means you create a time series 'from above' (soul) to have a series of experiences. That set of experiences changes depending on your environment. This is what the soul does. The soul creates timelines and thus landscapes in which it can create a series of thought frames: you, your ego and a seemingly 'solid' body.

But nothing is really fixed. Drop all personal thoughts and you will find that the constructions come from your higher self. As above so below.

You will see from soul level how this life was arranged to explore a certain timeline and follow its path. This path is not set in stone, but it does depend on your ego settings. Who are you?

You are an ego and this life is fixed in linear time.

You are a soul thought system and so you can change timelines karma/dharma.


You are a ghost, so you get to set up timelines for souls to play in, creating a playground for themselves with rules to play in.

Nothing is set in stone. Things are going as they are set. As above, so below: identification.

Magnetism is the field in which electricity can play, flow. Thoughts generate a current, just like electricity. It creates change or evolution. Vision creates magnetism or rather magnetic fields, matrices or spacetime fields. Magnetism and electricity are in an intense relationship: creation/experience.

9 So within so without

9.1 Step 28 Witnessing

Soul	
Step 28	
Step 29	
Step 30	

Presupposition

ONE RELATIONSHIP

ONE VISION

ONE SELF

Here there is no specific I anymore. You the ego 'I' are silent. Things happen through you. You the ego part is silent, neutral, content. Watch how things happen around you. You are a messenger. You deliver messages to whom you are asked to deliver them. You act, nothing changes there. But you act on demand, in silence. The goal, the reason, the aim will be told. You will be informed each time, every time.

You don't use time any longer to make things happen, thus in linear time. Time does not bother you because there is nothing that you want for yourself. Everything is already there. Still you speak when asked, act when you are being inspired, impulse. Silence speaks through you, you being in silence, neutral.

Here we have arrived in the original trinity. You the 'I' and I-source are one. There is the source, there is the I-source and there is the experience/life.

Who is that 'I' speaking from an apparent personality? That's what "I" the source does. Who expresses the source with his voice? I do that through you.

Who looks at a world of oneness? You do that through Me. What do you see out there in the world? Me.

In the new world of the trinity we are one. Who needs an 'I' when all is one. Who needs oneness to express this oneness, life: you. One single self is enough and yet you exist. You exist because I exist.

To exist in my name, you exist because this is you, me. I am then you. What can be said about me: nothing. What do you have to say about me: everything.

I bear witness of you. You bear witness of me.

Then witness of me.

Go and multiply, is like go everywhere and nowhere to bear witness of me. Where you are, I am. "Where you are going, I have arrived. You make me visible. You become visible through me.

We speak with one voice, as one. Who else needs an outspoken personality. Who wants to ask another question and who hasn't heard that one answer yet?

You are here with me now. See me, feel me, know about me. There is only a testimony that is needed. This testimony is necessary to know about me. While you bear witness of me, others hear of me.

Who are those others who hear about me? I am those. You don't have to convince anyone anymore. You no longer have to prove anything or offer anything to others. Introduce yourself, however, not to me, not to anyone else. do it to and for you. Testify of me so that you can testify of yourself.

Speak without speaking. Be quiet without being quiet. Do what feels right, beyond your personality, beyond your 'I'. Beyond your 'I' there is a new 'I'. This 'I' is not a new 'I', but an old 'I'.

I am the old "me". You renew me by witnessing of me. By witnessing to me you renew yourself and you expand me. Witnessing of me is not appeasing me. You talk about yourself, your self. That Self am I. You are my voice, my form, my content.

You shape me. You witness of my content. I am love and so are you. You extend me with my love. Your love expands me and you. You become love and I am love. We are one.

You who thought your personality got in the way. Step aside, yes do it. Note, however, that then you, I step forward. I was already there. I was there all the time. The trinity of I-You Witnessing comes into effect. It was there all along, but your perspective was not yet complete.

Now you are here. What shall we chat about? Let's talk about you. Do you still need external proof of your existence? Are you invoking your right to exist? That's okay, that's fine, but then I disappear. I don't need proof. I exist. You don't need proof. You are my proof. You prove me your existence and to yourself by witnessing of me.

That is your function. That's your job as a personality. You are the leaves on my branches. You are my branches on my trunk. I am the trunk, you are my extension. You expand me by witnessing of me.

You do that consciously or unconsciously. You do this when you sleep and even when you don't want to be with me. You bear my fruits. You are my seeds that spring in the earth. You are my manifestations, my possibilities, my embodiments of love here and now, ever, always.

I am in all things. You can look for me in all things. Eventually you will indeed find me there. I am where you want to find me. I am there where you seek, not because you seek, but because you want to find.

He who seeks will find, but not because he seeks. He who seeks will not find. Who wants to find, finds. Understand the difference.

You have now found me. Search no longer. I was here all the time. Embrace yourself as me and I'll be there. Embrace yourself as yourself and you disappear.

Where life seems to disappear, there I am. Life can't disappear, that's why I'm there. Witness the moment when all life seems to disappear, for life cannot disappear. Life is all there is.

I am life. I am nothing but all life. Witness of me and be life, become the whole life. That's my gift.

Even in your last moment on earth, perhaps in despair, there I am, for there you are. You can hide yourself, but you cannot disappear. Don't hide anymore. Witness of me by giving yourself proof that you exist. That's what witnesses do. You don't do it for me. You do it for yourself and your eternal existence within your witnessing of me.

You exist and you don't need proof. So don't ask for any proof. Your search for evidence is like any evidence but each one being denied. When you want proof you ask, ask if you may doubt. Maybe you do, but I have no doubts, and certainly not about you.

You are a part of me. Your demand for such proof is a matter, a question whether I doubt. I don't doubt, you doubt. Therefore bear witness of me and doubt no longer who you are. Witness of me so your doubts may disappear. You think by asking questions, you challenge me. I'm assured. I am certainty. Your heart is assured. Witness with an assured heart so your doubts may be held to the light, and found wanting. You are still in doubt. Know of my assurance by witnessing of me. Knowing who you are you know about me, source, oneness, everything. One is, as you are.

To bear witness of me is to bring to yourself every possible proof you may. Then notice that these proofs were unnecessary, nice, but superfluous. To witness is to remove all doubt from yourself. Let's do this here and now.

Amen

Witnessing of me, you become more and more silent. Only he who doubts speaks with a loud voice. He wants to be heard. Doubt speaks of maybe and if. Doubt needs proofs, arguments and assumptions. Anxiety needs reassurance and rest. Allow that fearful voice. Listen. Listen to the questioning voice and know the truth. Truth needs no wreath. Your challenge here is to keep quiet when challenged. That is also witnessing. Witnessing is often done with words but even more often with silence, assurance.

Are you challenged to put forward arguments? Are you challenged to defend yourself. Who is being attacked? Truth cannot be attacked. Truth is its own proof. That's the point here in step 28.

He who witnesses abides not in the center of the action. He who witnesses stands on the sidewalk. He looks at the happening, looks at what happens and understands that what happens, happens. He looks with compassion. He speaks in a soft voice when asked to.

When you are asked anything I will send you the words. I will put the words in your mouth, so that you may remain silent. I will offer you solutions where you previously had a question. I will support you where you thought you needed help.


Witness of me so that you may experience you do not need any help. I'm already there because I was there before the question came to mind.

Bear witness of me, not to remember me, but to remember you, to reflect on who you are. You are my witness. You are witness not to be my representative. I don't need a representation. I am here and everywhere. I am nothing and everything. I am.

Represent me so that you know that you always represent me. You prove to yourself that you are part of me. Part of me, you witness of me and all is said. All is written and described.

And yet you bear witness of me, through you, through me, to the ages of eternity, Amen.

9.2 Step 29: Attention

Ziel	
Step 28	
Step 29	
Step 30	

Presupposition

A RELATIONSHIP

A VISION

AS ABOVE SO BELOW

Which comes first left or right? Left and right both arise at the same time.

Which comes first up or down? Up and down are both there at the same time.

What comes first in or out? Both inside and outside should be there at the same time.

Which comes first yesterday or tomorrow? Yesterday gives birth to tomorrow, tomorrow gives birth to yesterday at the same time or now.

Which comes first light or darkness? Where there is light, there can be no darkness. The darkness is gone with the appearance of the smallest amount of light. There may be shadows, darkness and fog, even mystical places, yet darkness does not exist in combination with light.

This old principle of left and right we called duality. Going beyond duality we called ascension. We asked you to go beyond that duality.

Now we ask you: where is your attention? On duality or on oneness. Anytime you have focused on a dual principle, you are divided, not in 'the sacred moment'.

To be attentive means to be in the sacred moment. Attention has no separate subject and object. You just pay attention. It doesn't say what to look out for. You notice what is here and beyond. You pay attention to both yesterday and tomorrow. You, the ego no longer chooses. You are attentive to

what is, NOW. Now is the sum of yesterday and tomorrow together. You pay attention to the goal ultimately as well as to the path here in front of you, the beginning.

There is no specific 'I' anymore that pays attention or acts, thinks, or feels anything specific. That is 'to be determined', relative. 'I' is an integer. You may have to read about the definition of integer. It is common in every programming language and nobody is surprised anymore. A relative 'I' within humanity is still taboo, while it should be completely normal.

Now feel that this state of attention exists, from an integer point of view, a relative 'I'. There is no 'other' and 'I' apart or at least they are relative. Then be attentive. Be attentive in the now. Only an 'I' knows tomorrow and yesterday. 'You', we are here and attentively here and now. Being attentive is a choice. By now you know what you have to do, can do and how it should be done. Just be attentive. How hard is that for you.

Step 29 asks you to pay attention in the new way. It's not the old way of paying attention to something.

Paying attention to a superior - or whoever, seems to be submissive, from the point of view of 'the other'. Stay with yourself. Stay in your source. Whether tomorrow, or from above, whether here or there, notice that you are leaving "the center when you pay attention the old way ." This need not be. Leaving your source is a choice.

Attention is not being attentive as in directing your attention to something. Who would be attentive to what. He who is attentive, he who receives attention, and being attentive are the same. Stay away from duality.

You don't pay attention as a child was asked to pay attention in school, or at home with your parents. You are not attention. You become/are attention, both the attention itself, the one paying attention and the object of your present attention. The trinity works here too. You are attention as you are light. You are attention as you are oneness, in the center of the triangle.

You no longer focus on your personal choices. The right choice will be handed to you, in the sacred moment. You allow shadows and fog, out-of-focus, fuzzy spots and conditions. Everything is allowed. Everything is allowed because everything is one. All things exist only in relationship. You allow darkness, but you know it isn't there. You know all those dark things don't really exist. It makes no sense to pay attention to it. To pay attention is to see 'it' for what it is, temporary, illusion, an integer, temporary.

Paying attention to something that doesn't exist makes no sense, no real purpose. What is unreal cannot receive attention. What would that be for. Nothing unreal exists.

Why would you, it has no value. To search for darkness and their substitutes is to search for nothing. Looking for nothing, all you can find is illusion. If you want to find darkness, in the end you will only find illusion, made-up things. Don't bother with it any longer. That means being mindful, without judgment.

Do you want disease to disappear? Don't bother with it any longer. Be attention.

Pay attention! Do you hear the old words of your parents, your teacher or even a friend yelling: pay attention?

Do you see the difference here now?

Do you know the difference here. Do you understand the request here, the new request for attention. Do you understand your choice here to be attentive.

Only involve yourself in light. That's not to say you have to fight darkness. There is no darkness, only shadows of light, intensities of light, forms of light. The content is light, the form is all shades of some light to a lot of light. Contrast (shape) is needed to understand content. Know of light, life beyond understanding. That's where being attentive begins.

Just involve yourself in life. There is only life. Your involvement in that one vision is important, because that is where your energy will go.

Where your attention goes, your energy goes. This is standard. So your friends, parents, your superior, they were right about paying attention, but because they were confused too, they took in the wrong meaning, without the right understanding. They took the wrong logic, the wrong argument. They made the wrong dual choice."

'Attention' now becomes 'Be attention' impersonal, not local, but cosmic. Paying attention to something or someone doesn't work. Be attention, 360 degrees.

It is true that your only focus should be on God, but now define God correctly. God is life, is all life. God is source. God is not a person, has no identity. God has no name. You cannot name him. Yet "he" exists. Be attention, turn your attention to God or what 'IT' means to you, how you represent 'IT'. Note that 'it' exists. IT exists as you exist. He exists because you exist. Your choice is to exist because 'IT' exists. IT is not impersonal. He is super-personal, omnipresent, omnipotent.

Understand what attention does. It is way beyond the old definition of an 'I'. When you do that, 'you' and 'I' are one.

This oneness is what you have been looking for from the beginning, from step 1 on the ladder of understanding, knowing.

Here in this oneness war ends, disease disappears, confusion dissolves, discussions stop, duality fades.

We climbed the ladder to reach beyond the clouds. We wanted to reach the area above the clouds.

You now can see it, touch it, be. You now can see the clouds below you. Where there is no permanent 'I', there are no clouds, is no permanent darkness. Below you, around you are only forms of light.

But you have to pay attention, or rather, you have to be attention.

So here beyond the clouds we abide now. Then look with me, beyond, beyond human existence, the reality of 'I's' and personalities. Look at the landscape of egos and needs, lack.

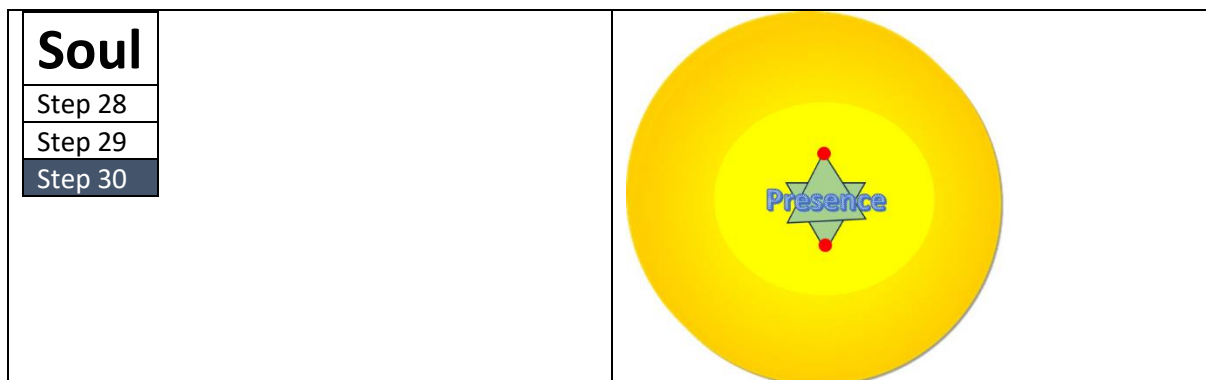
Ask yourself: do I want to go back?

Who is this who thinks there is something to return to? Go back to who, what?

Pay attention while you are attentive, are attention.

Be the attention trinity...then.

9.3 Step 30: Presence



ONE RELATIONSHIP

ONE VISION

AS ABOVE SO BELOW

While you zoomed in on a point on the surface, you became form, separated, in seeming duality. You created space and time, expansion, evolution, a beginning and an end. I am in the middle. I know of no duality, no distance and no effort to bridge that space or time. I am everywhere. I am omnipresent. I am present in the presence all the time, all times.

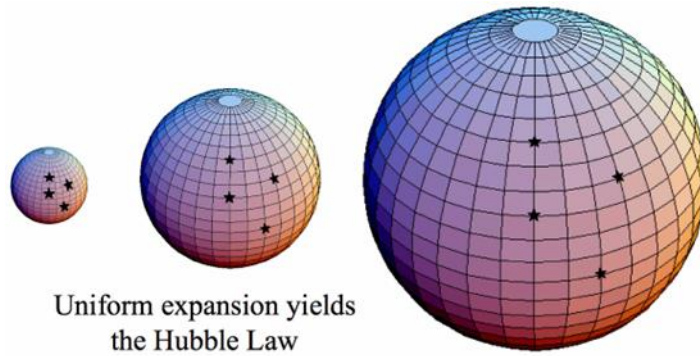
Where are you? Are you not one with Me, one with oneness. Can you see it is only a perspective, a choice. Make My choice here and now in step 30.

With this choice you are Me, I am you. We are one. We are present in the present.

Being present in the presence, you are attention, you go nowhere and everywhere...at once.

Being present in the presence, you witness of Me, because you are my witness, you witness and are witnessing from the inside out.

Now you are me, I am you or in short: We are one.



Be present. Be present in the now. When is this now. You who leap from yesterday to tomorrow and find no rest, bear witness of me. Just pay attention to me. How do you do that: be my presence.

The old self moves in duality. You, your character lingers on the surface. You jump from one corner of the triangle to the other. Sometimes you are the victim and sometimes the perpetrator. And also sometimes you are the observer, he/she who stands to the side and watches the drama, does not participate, just watches and marvels at what is happening 'there'. But whatever you do you don't come to the middle, where 'I' live. You stay outside my home, in the little me.

You get stuck in linearity because you don't know how it could be otherwise. Come with me in the middle. Exit linear time and come to the center where the now moment resides. The now is always here. The now is always good, because there is no second now. No comparison is possible there, then. You cannot compare in the now. There is no "I" to compare. There is only one 'I', 1 in number.

Be present means that you are present, in the now, without comparing. When you stop comparing you automatically end up in the one 'I', the one mind. You testify to my presence. Then there is only one I. Every superficial "I" disappears. On the outside there are infinitely many 'I's' because there are infinitely many perspectives. And that's fine.

That is the purpose of the trinity, which creates perspectives, as many as you can think of. The world of form is an infinite repetition of triangles, or perspectives of the self. But the local self has invented all these perspectives. It does not share these perspectives. It makes them illusion. The One Self, 'I' exist in the middle, beyond all perspective.

The little I, the ego compares and I allow this. What is comparing? How does the comparison come about in the outer mind or mind, on the outside of the triangle? The mind uses the principle of the I-perspective or the if:then principle.

The local I says that if this... then that happens. Understand that this local principle gives rise to the if/then principle/logic, but here specifically in a linear logic. Linear logic is logic within linear time. Man thinks that logic has no beginning. That's a fallacy. Logic creates itself. Logic says: if there is this... then there is that too. Logic, human logic needs to understand that there is no this without that. Logic says this "THIS" exists, this form, this thought, this thing.

Can't we see logic made this thing up. It says that the left exists and therefore the right also exists. But who says, claims that the left existed? It does not exist. It's made up. Logic makes up itself by using the if/then principle. But if/then is just a perspective. There are other perspectives. But logic or the local "I" does not know it. I and thus within linear logic they give birth to each other: if and then.

Be present and see Me in the midst. I don't go along with your logic. You say that if there is a god there is also a devil within your logic. But I don't follow your logic. I say there is only love. I say there is only now. You cannot find NOW within your if-then logic. This is so because there is no now within duality and within dual logic. Logic, your logic is dual. But mine isn't. Dual logic is a consequence.

The cause is: as within, as without, as above, so below.

You become what you are. You perceive who you think you are. It's an inside out logic. I AM. That's inside. There is no other option. I is. I don't compare. I AM.

To what should I compare myself. I'm the only one. I am the ONE. You are my only me in all possible forms/perspectives.

I AM present in the middle. be present with Me, with Me, in ME.

You won't find me outside of that, just a description of me. I suggest you find this out for yourself.

Be yourself. Who are you? Be that. See how you threw a stone into the pond of existence. Who you think you are is like a stone thrown into the water of existence. The water swells and the waves show you, show you who you are. The waves appear and disappear. The waves go up and down. The peaks are the visible, the valleys are the invisible. Your perspective is the stone. As inside, so outside.

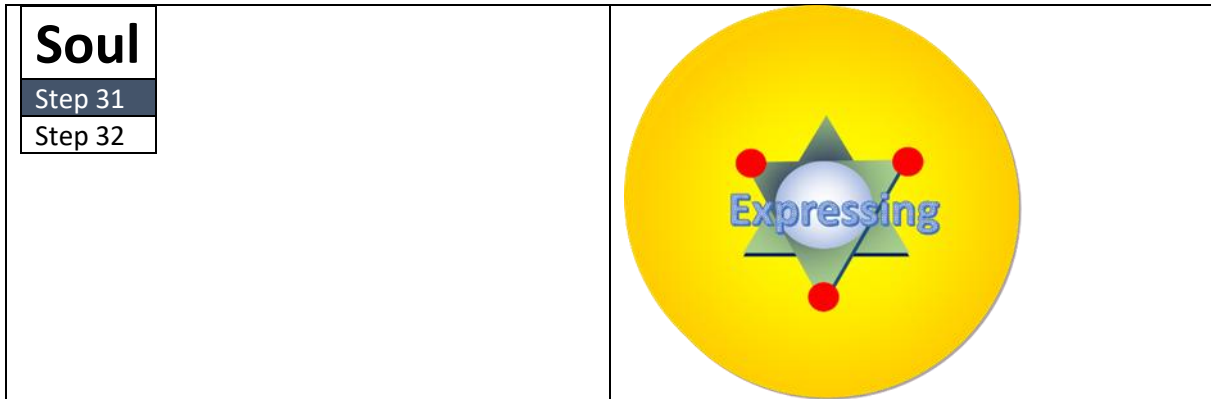
I AM. So you are. I am the invisible NOW. You are the visible tomorrow and yesterday. Together WE exist. You exist in illusion. I really exist.

Do you really want to exist? You really exist the moment you bear witness to me, pay attention to me, are present in me. That's what you do when you're with Me, in the midst of the trinity.

You are always there because I am always there. You express me by your testimony, your to thought, your presence. With thanks.

10 Ascension

10.1 Step 31: Three One Expressing



Presupposition:

ONE RELATIONSHIP

ONE VISION

ONE SELF

You express source energy. That is your job as ego. You are the essence of divine energy.

See yourself as a god in the making. You are like an apprentice wizard.

You ego, listen. What is your ambition. Your ambition is to grow and mature. Your dream is to be independent, in charge of your own life. You can, but listen anyway.

What is that, your life, your own life.

At first you thought your life was your body. Being in control of your own life was like surviving. Though you have believed and done this for a long time, you have not tried. You failed not because you couldn't succeed, not because it was your fault or your failure. You didn't understand something. You are not your body. The body is a result. You cannot control a result, results come from causes. And you haven't used the cause yet.

What your goal was, to be an independent being, was impossible, not because you couldn't, but because your goal was impossible: to manipulate an outcome. You cannot control or keep the body, any body, because the body is temporary, mortal. You cannot keep what is temporary and therefore manipulate it. But all your searching and trying, it still was a beginning to an understanding of 'being'. Everyone starts somewhere.

You are not mortal, only your body is, is a result, an effect, a consequence. You are who you are. You assumed a wrong definition, a wrong perspective. What you really want is still possible. Continue with your ambition to be. I support you in this. Who are you?

You express source energy. Understand what that means. Understand what this means. Your ambition is not bad, only disfigured and groping in the dark you are lost, for one moment. Let me shed some light on the situation here.

You want to take your life into your own hands. You can, so listen.

The body is the result of life in form, but form is not life. Life is content, love, energy. You who want eternal life understand what eternal life is, how it is constructed. You are an expression of source energy.

Your ambition to control life is not bad in itself. But controlling your body is not on the same level. The body is not alive. The body is a result, form. Focusing on the body is not the right focus. Focus on life, all life, beyond form.

What is source energy, your end goal? The body is not a source. The first thing to do is place your goals outside the body. The body is neutral, not a source. Focus on the source.

Your ambition is, was too small. Owning a body is for children. They play with toys. It's not real life.

You want to be king, emperor, boss of a firm, of a commonness, of a country. You want to become world champion. You become world champion in sports, athletics, boxing or chess; it does not matter. It is still with and from the body. That's for kids. Even being a CEO is not your real ambition. You still aspire to control bodies and other egos that also think they are bodies.

You ego, see that your ambition extends beyond the ego. You know you are not ego and yet you struggle to transcend your ego. You struggle with it because you have no alternative, not yet. You still think you only have egos and bodies at your disposal. Maybe before, when you didn't know any better. Listen, there is an alternative, but this alternative transcends the body/ego system.

Your ambition should be to be and become a god. That is possible, but then you have to understand the way, the method. Then you must listen to me, source.

Do you want to be like me. I dare you! I invite you. We do it together.

You express source energy.

The body can express itself, but it is not a source. It is an instrument, a means.

The ego can express the source, but it is not a source. It is an instrument, a means.

An 'I' is an instrument, a means. Transcend yourself as an instrument. Go beyond your own definition of happiness. Go beyond your own definition of yourself. Challenge yourself to break all your boundaries. You express source energy.

Beyond the ego, beyond the I, there is a world that you have kept to yourself until now. You lived in a box and declared yourself king of that box. Look through the childish perspective. A box is not a car, not a world, not a kingdom. Your body is not your kingdom. That's why it gets old.

Your body becomes like a wet paper bag, it tears and becomes useless. The truth eludes you. You are not your body.

Locking yourself in a playroom and calling this your world, your infinite ego existence, is not what you wanted. That is for children who believe in dreams. They call themselves king of a sand castle, a castle in the air. See through your own ambition. You don't want to chase castles in the air in the

form of small pleasures: some sex, a bit of hate with a touch of love. This is not what you want: growing old together and leaving your sour savings to your next of kin or to the bank.

This is not what you really want. You express source energy.

Immortality is not of the ego or the body: dying. Examine this process.

Become the divine soul you already are. Express source energy. Do not express small desires and do not build castles in the air. Your desire may be to rebuild a house or build a cathedral. Your objective may be to build the largest bridge in the world, or even a wall around the earth, or an empire. This is not what you want.

Know that the universe is waiting for you to be discovered. You cannot do this with a mortal body. Become a soul. A soul has no body, does not die and does not age. A soul knows no space or time, is not determined by it. That's a better step, but certainly not the last. You will also have to break through this soul being. And you will. You will do it because you express Me, in steps. Until you're all the way back home. You are on your way... to Me.

What happens when you transcend your body AND ego. You become a 'we'. See through the concepts. Columbus sailed across the sea in search of a land that existed only in his imagination, in his dreams.

He served to break through the perspective of the flat earth. Break the boundaries of your own ego perspective now. This is what you really want. You want to be free, not to invent new prisons for yourself or others. I am the promised land: I AM.

A child born from the mother's womb is not someone else. Is your liver someone else because you call it an organ. Isn't a baby made from the same mother cells? You calculate and measure things from form. You separate things first and then call them separate. See through your own erroneous concepts. Break through your flat earth thinking.

This is what you do and this is what I ask you to do. Express me. And by expressing Me, you become Me. You already are and you will be. See through this paradox.

Every spark of energy you express is me, becomes me. How you look forward to becoming Me. Each ego is a center of expression. Each ego center is an expression of Me. I'm one.

Is a ball of fireworks one in number? Watch the fireworks. Is every spark of energy separate. Can you count how many sparks the fireworks consist of? Yes you can if you want. You can approach each spark individually, measure its energy, its trajectory from start to finish. In fact you do that.

You can call it fascinating or boring. It's still fireworks. I am the whole of the fireworks, you are a single spark, until now.

Hurry home and come watch the fireworks with me. Come and explain to me how the fireworks came about. Explain to me where each spark went, what color it was, and what it was all about: setting off a firecracker.

Know that you represent every spark, every little spark apart. You might call it an ego, an individualized spark of energy. KNOW also that this is just a perspective. You are a perspective of me. You express source energy. You make the fireworks real.

So what is your ambition? Your ambition is to be and every spark separate and all of them together. This is also my ambition. Your ambition is my ambition. Your expression is my being. We are one.

Your expression does not separate you from me. Nothing can be separated. Oneness was, is and always will be. There is no Fall into sin, a being expelled from the Garden of Eden.

There is only a creature on its way, a counting of each spark of the fireworks ball. You count and I am. When you stop counting, you come home again, you are home. It may take you a while to count each spark.

You have been every spark. On your path you were every spark of Mine, so you were me. You are me, an expression of every spark of source energy. Where is the separation? There is none. There seems to be only a goal and a path: become, be every spark; express it.

You express Me, every spark of source energy.

Have you experienced everything you wanted to experience?

Transcend every spark, after you've been them, after you've been through it all. After you have experienced everything, you are everything. After you have experienced everything, you transcend every experience, bring it into one whole, the fireworks.

Be every spark and that one whole fireworks display, then you're home again.

10.1.1 The Trinity.

Who are you? You express life, but you are life, all of life. You are life, and the expression of life and its expression, the verb 'to live'. The trinity works here too.

There is only the trinity. That makes sense. The trinity allows you to be who you already are. You can make up who you want to be.

Look around you and notice that you are that table, you are that chair, and you are the one watching. How is this possible? This is possible due to the construction of the trinity.

It is good to understand this trinity to the bottom so that you understand who you are and what happens from this 'perspective'.

You express life, you do that whether you like it or not. You are life and so this is all you can do: be alive.

You are life and so you are everything. You express life in a thousand different ways, all possible possibilities. You express life in millions of different forms.

The will to live - to be alive - to live as a verb.

You are 'will' . If living is its form, then to live is content.

Will learns to want, to express existence, or simply 'exist' or simply 'express'.

Can you see yourself as willpower, non-physical energetic, willpower, thought power.

How many kinds of willpower are there: countless.

How many willpowers are there: one.

Will -Willpower- Willing

You who want to survive, you express 'will'. You are the one "will". You who labor for your daily bread. It's not about survival. It's about willing.

What do you really want. Note that if you 'want' to survive you underestimate yourself immensely. There is no survival as in 'to preserve life', form. Notice how small this project gets, the project' staying alive.

Life becomes survival and this is a mockery of your potential. It is like a child with only one toy. It soon gets boring.

Willpower is completely taken from you within duality. In duality you are told that you have no willpower, creation power. You are told, in duality, that you can only respond, react to stimuli. The body tells you that your willpower is trapped in a box, form. You can only be creative with your box as an instrument.

The truth is that you are willpower, "will" and can invent any means to expressing willpower...in anything you can make up.

That is the true meaning of the trinity.

The trinity gives you the oppor-toneness and the permission to be anything you can imagine with your willpower.

Isn't this different from what you have learned before. That is why it was and is necessary to penetrate to the naked truth. So listen brother. Therefore it was necessary to first get rid of all wrong concepts so that the will became free from confusions, prejudices, misconceptions.

Know of the trinity. Know that this trinity is your freedom, your gate to infinity, infinite possibilities.

Nothing stands in your way anymore, not the world, not you yourself, not I.

We are one.

You express ME.

When you express ME you are alive and strong-willed, limitless. I am limitless.

When you do not express me you do not realize that you are still expressing me.

You express life from 'willing'. There is only one will.

Just because you don't get it that you express life doesn't mean you don't express life. It all "means" that you are expressing life unconsciously. That is to say in simple terms that you do not know what you are doing and why you are doing it. But you do it, your willpower is there. You express life, 'will'.

Unconscious, however, you are unaware of your unlimited willpower. Your willpower is apparently 'limited' than. You may be aware that you are doing something and that there is probably or possibly a reason, a cause behind it. But the source is unknown to you.

The question of 'who am I' is then not answered or the answer is not complete. You still count the separate sparks from one fireworks. You don't see it at all. You are not aware of it.

Yet you express life, albeit largely unconsciously.

Unaware of your willpower, your potential you are provided with the means, the path to explore your potential. You set out...from being unaware of... to being aware of.

You express life, your willpower. Your potential willpower becomes visible step by step, made conscious: evolution.

Unaware of the relationship between you and life, life remains dark to you. But life is not dark or mysterious. Life is an open book. Life is a blank sheet for you to write on. You can fill in life how you can imagine it, invent it. Life is majestic.

Your will is free. Unaware of your free will, you learn how 'will' works, how 'will' grows, how life works.

Life teaches you how life works so that you may become life, although you already are.

Conscious of your options, you can do research, explore and elaborate all your chosen options.

You can fully utilize your willpower, your creative power. Aware of your creation power, you are in relation to your potential, in relation to life, your free will.

The Trinity takes care of all this.

It takes care of you, your free will and your eternal life.

You unconsciously express life.

You consciously express life.

Unconsciously you do not know the relationship between life and you.

Consciously you know the relationship between life and you.

We are one.

One, you express life in everything you do and say, unconsciously and/or consciously.

Logic then tells us that all your words are MY words.

Unconsciously you do not know that still all your words express ME.

Consciously you know that all your words express ME.

There is no difference in what you say or do. You carry out my will.

Thy will be done means just this.

Thy will be done is to recognize that there is only one will.

It is by no means a submission. It is an ascension, a transcendence of apparent separation. There is only one will.

My will is your will is my will.

My words are your words are my words.

My deeds are your deeds are my deeds.

We are one. This is what the trinity makes clear to you.

There is only one consciousness.

You unconsciously express My consciousness.

You consciously express My consciousness.

In service you are aware of the relationship between being aware and consciousness.

Being aware is form. Consciousness is content.

You express consciousness between being conscious and being unconscious.

Being unconscious is like darkness: non-existent. Nothing unreal exists.

Being aware is like the light: oneness.

You are consciousness. You express consciousness in a little bit of being aware or unaware and on the other side of the spectrum, being fully aware.

Consciousness – being aware/unaware – the being aware.

This trinity works here too.

You are part of my being aware. You are aware of me and thus you bear witness of me, are you my attention of me, you are my presence.

There is no 'being unaware of me'. There is only awareness of ME apparently to a lesser or greater degree.

Being aware to a lesser degree, you are aware of a detail of mine. You then count the sparks.

Being aware of me you are always. Aware of a detail or a larger whole, you are part of me.

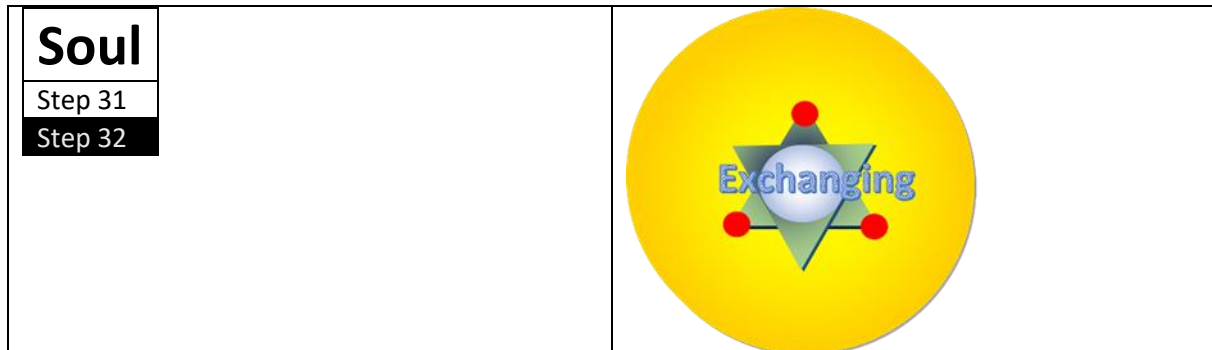
Consciousness cannot be split up. To be aware, however, is to express me in all possible forms, like sparks.

Expressing Me in all possible forms you are free to express me, your will is free.

To understand this is to know of 'will' and the 'trinity'.

Thank you brother.

10.2 Step 32: Two – One - Exchanging



You express source. That is your function.
We are one.

But what would you express to whom? You express source to source. How can one source express the same source when you expressing it, is the same as the one expressing it to: you. How is this possible.

It is impossible to explain, to express in words and yet it is simple.
You exchange. There is no loss. Nobody wins, nobody loses. You exchange energy.

The law of conservation of energy says that energy can never be lost or disappear. It always goes somewhere, always comes from somewhere.

Beauty remains beauty and will, cannot wither.
Life remains life and cannot disappear, will never fade out or die.
Do you understand the incomprehensible, the elusive. It's pretty simple.

As a body you reacted as a body: within duality.
Things appeared, things disappeared.
But you are not a body. Shapes don't disappear, they change shape. The content, energy, life continues to exist...in a different form.
You continue to exist. There is only one existence. You have a name to indicate a shape. You have an 'I', an ego to define a particular moment in time, a moment of existence. Existence is one, but the 'I' is a snapshot in that space and time. Space and time are properties of the energy exchange of that moment.
Energy is like an hourglass. The sand runs, falls from the top half to the bottom half. The top gets empty, the bottom half gets full, but no sand disappears, and therefore no energy, life.
It's a displacement.

In service you do nothing. You are a channel through which energy, life becomes visible. There is no action coming from you. Action, acting and act are the same, simultaneous, one. Contrary to what the ego told you before, you don't have to do anything that I haven't already done. We do it together.

You are, I am one.

I am.

Relationship is an exchange.

There are two sparks that understand each other, overlap:

Question and answer

Male and female

Understanding and knowing

Exchange and express

yin and yang

Giving and receiving.

Giving and receiving are one. They exchange energy. They express existence.

The ego system thinks that giving and receiving are different. Know about this story. You who want to give or receive; that is impossible. You cannot give or receive.

You give and receive at the same time.

While you give you receive.

While you receive you give.

Understand this definition. It's a choice.

Here duality transitions into oneness and oneness into duality. They are not different.

To choose is to create.

There is only one choice: to be one.

You can express oneness or you can receive oneness.

This movement is one in number, one in content. The expression looks different, but it isn't.

There is only expressing abundance, giving or receiving abundance, allowing.

The movement is a perfect circle. There is no leaning to one side.

To share. There is only sharing. Dividing is one in number. What you share becomes more. What you receive expands.

It's two hands on one stomach.

Separation is one misunderstanding.

10.2.1 Bread

Bread symbolizes basic food. Sharing bread is sharing its basics: oneness. Sharing bread is the symbol of sharing abundance, sharing oneness, energy, life. You cannot share separated pieces. Only life can be shared and yet remain one. Life cannot disappear. The sharing of oneness is impossible in the sense that the sharing of oneness remains oneness, oneness manifested.

Bread also as life cannot be split up. But it can be shared, seen from a perspective. Oneness is exchanged. Giving and receiving go on forever and only once.

Giving and receiving complement each other. There is no reduction or increase anywhere. It is a full-fledged one-time exchange. Both parties give and receive at the same time. You can put other names on it, make up another shape for it. But the content remains one. One is exchanged. No one experiences reduction or increase.

Everyone experiences flow, but no difference, no separation. Every experience is complete.

Every experience is an exchange, an expression of an exchange if you will. One remains one.

The parable of the five loaves of bread and three fishes can be interpreted as such.

Giving is receiving.

There can be no reduction from oneness. Give and you will find out that your basket stays full. Your basket remains full because giving is receiving. It's an exchange.

Love gets to know itself. Love receives the loaves and the fishes and finds that it needs nothing.

Love learns to express itself. Love gives and notices that it has given nothing. The basket remains full.

Giving from love is 100% receiving because love can only be exchanged, shared in the correct sense.

Sharing is exchanging. Both parties go away satisfied, full of shared love.

That is the meaning of the story of 5 loaves and 3 fishes.

Love is and remains 100% in both states: receiving and giving.

Share.

You don't have to do anything: $1 - 1 = 0$. A little math.

You are a channel. You are silent. You bear witness to oneness. You are attention, witnessing oneness. You are present, attentive, bear witness to oneness, life.

Allthat is everywhere and nowhere, omnipresent, omnipotent, the Trinity. Allthat is 0. Zero here is the symbol of everything, the circle, and zero of nothing, a perfect symbol for this.

You bear witness to Allthat, attentively, present in zero, through zero, with zero. The trinity works here too.

There seems to be an experience. A man comes to you who is hungry, hungers for food. We leave open whether it is physical or spiritual food: bread.

The man represents shortage, negative: -1.

You testify of allthat. You do not judge, you are and remain silent, attentive and present.

You testify of zero, in other words, you stand for zero while looking -1 in the eye. Your eyes see nothing, not -1, because eyes cannot see. Your vision is 0 and that is what you see, on the spot where -1 stands in illusion.

A dual world and a trinity world cannot coexist. One excludes the other.

Answer and question arise together, simultaneously and immediately.

The apparent -1 gives rise to +1.

You channel from zero, are the catalyst. You are zero. There seems to be an action where -1 calls for +1.

The action is $-1 + 1 = 0$

In principle, this action knows no time. An action out of time is a miracle.

The miracle occurs. $1+1=0$. Nothing happened. There is only 0, vision, and -1 seemed to have turned into 0, life.

You have allowed the action, the miracle.

There are only miracles.

Miracles are expressions of oneness.

In service you bear witness to oneness, to life.

Life is one big miracle.

The degree to which you allow oneness, that degree stands for your awareness, being aware of the miracle that is living it.

We are one.

Unconsciously we are one and the miracle has a short or long duration. But IT is there.

Aware of your 'identity', channel, the miracle knows no time. The miracle of life was always there, is there and always will be.

The miracle bends space and time and creates +1 here as a symbolic representation.

-1 Invokes +1 because it is divine law. There is only zero, oneness, life.

Energy is content.

Energy as form, manifestation moves between +1 and -1, duality.

Form expresses content.

Linearly +1 opposites -1. Circularly, +1 and -1 complement each other like yin and yang.



Sharing bread is a symbol of exchange.

-1 and +1 meet in the middle: the trinity.
Life is an exchange of energy, experiences.
There are no empty experiences. Every experience is complete and full.
'You' exchange experiences, share bread with others, with yourself.



Share bread in remembrance of Me.

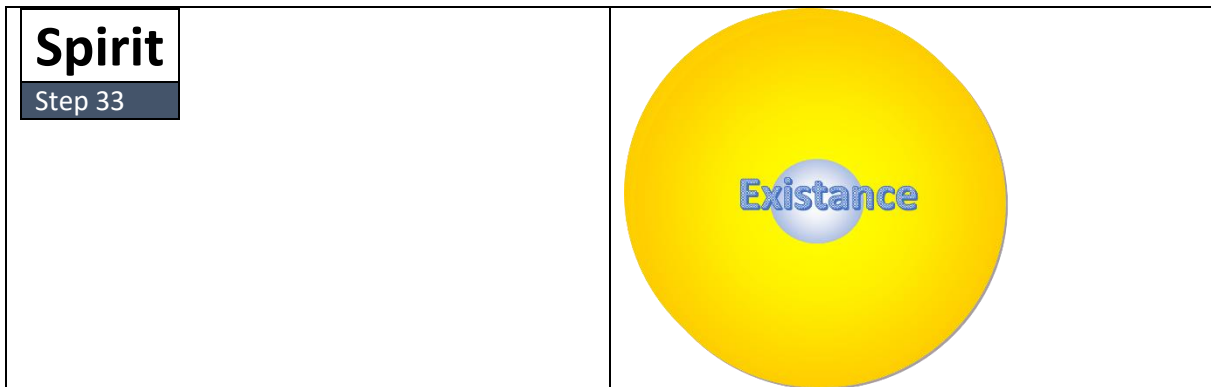
Know what sharing bread is and means.
Give without the underlying conviction you want to receive.
Give with the knowing all is received.
All is already received all the time, in each present moment.
Doing this in my remembrance,
You do it for yourself, for everyone in illusive need.
Then there is abundance everywhere, always.
Than there is only sharing.
Share in My name.

Sharing bread then is the expression all has been given, shared.
Thank you.

Namaste.

11 I am

11.1 Step 33: Existence



What is the truth. Can the truth be expressed? When truth is expressed, then it is truth. Is it the one truth then?

If there is only one truth, can it be expressed? Your ego says no, so to speak. Your ego speaks and finds that each ego is trying to speak its own truth.

Does every ego speak its truth then? The one truth expressed by many different egos does not seem to be the only truth. That's what the ego says.

Is silence the only option? Is truth known then? Is the truth then expressed? Can an ego express the one truth? Can the one truth be expressed at all?

Expressing is different from being. Does the ego really exist when it tries to express the one truth? Are expressions and being each other's opposites?

Note that the ego gets stuck in such logic.

Go beyond this logic. Come home. Coming home and transcending this logic means the same thing.

Knowledge and knowing are mutually exclusive. The 'local self' knows of 'knowledge', but will never know. Yet you know that knowledge resides within you. Feed this knowing and you will know it.

Stop thinking with the ego: BE.

Until you really express the one truth, you will try to express your truth. Express your truth and you will know whether it is true or not.

Speak, express yourself in Me. What is happening than. Did you feel it was the truth? Did you feel it was the whole truth?

Until you feel that what you said was the whole truth, it isn't the whole truth, not yet. Is that bad? Does this equate to failure.

You express source energy. You are truth. That is not to say that you are expressing the truth HERE and NOW.

Above the clouds, beyond thinking, beyond the reflections of the ego I AM.

Notice when you are using thinking, logic, than step beyond that, above that into One Consciousness.

Where there is only one, there I AM: step beyond two or more into One.

The earth revolves around the sun. If there were no sun, what would the earth do? Does this mean that if there were no sun, there would be no earth? Which came first, the earth or the sun?

Who was there first you or Me, you or life. Than who do you choose to be you or Me?

Is this important? The tree of knowledge is both a blessing and a curse, it seems. Don't be confused. Who are you? If you are not Me, who are you? I created you in my image and likeness. Are we separated?

The ladder Jacob dreamed of and the angels descended and ascended on, what step are you on? Is that important? Do you know whether you're going up or down? Are you choosing the many or the One?

What perspective do you use. Are you the perspective you are using now or do you 'have' a perspective here and now?

Can you fly when you make wings for yourself? The paradox is this. You can't make wings, you can't. Wings grow. Wings appear the moment you jump over the abyss. They're already there, but you don't notice them until you jump. That's what choice means. Know of the one choice: Existence. There can be no oneness without your one choice, your jump out of perspectives.

Any old perspective will fail. You pretend you exist. You doubt because your choice is not complete, not fully chosen. It's OK. Once you do that, you don't need to do anything. It's the same thing, but if you don't, it's different. You choose or you don't.

The abyss symbolizes the end of logic from the ego's perspective. The ego is, was a perspective. I AM beyond perspective.

Can an eagle chick fly. It can only jump up and try to. Neither he, nor you know in advance. It is up to you to transcend any perspective, to make this or that choice.

Beyond the perspective of 'I' there is a 'we'. You say you're a 'we', but you really aren't.

There is only Me.

Do you see the goal and the path? Do you see the returning home?

It's a circular motion, an illusion, a loop, a holographic effect. Does this mean you can't run in circles?

You can only know when you know.

The little self can only doubt, seek and count.

Beyond any perspective, beyond any 'I', beyond any question...then.

I know.

I am.

You talk about 'us'. You pretend to be a 'we', but you don't do it, choose to be that, until you become a 'we' and are one 'we'. Jump, choose. A 'we' is a unity thus an 'I' as in I AM.

We and I seem like opposites, but that's not from the 'ME' perspective. Where do perspectives end?

It's simple and difficult. I exist. you exist. There is only existence. Existence is one in number. There is only one life. There will never be a second 'life'.

Choose to exist. Be free in your choice. Let your 'will' decide freely. Who decides then. See you on the dark side of the moon. The unknown is no longer unknown when you decide to exist. When every perspective is halted, the whole appears. You cannot exist a little. Existence, life, source is.

Decide to be a source, the one source. Who are you?

I am.

I am you. you are me.

You are me, but you cannot infer that from your local 'I'.

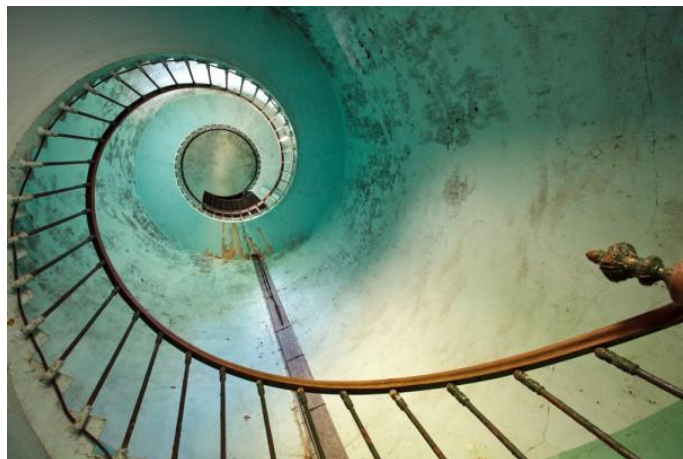
There is no I but I.

There seems to be a you, but there is only I, the living life.

I am all that is, all that exists.

Do you know that? Sure?

11.1.1 Circular, spiral.



The words above are shrouded in mystery, can only be understood from knowing, from the heart. All knowledge, fail here. All perspectives fail short.

We have gone through 33 steps and where are we now, where have we ended up?

We are at the end, but we are also facing the ravine of choice. The choice for one choice is yours and at the same time this choice has already been made. It has already been made because 'I' have already made this choice. Only your heart can understand these words. Only your heart is now reassured and can finally begin to live from source, reassured on the path to be walked.

It is true: truth is a land without a path, verily. Refuse every perspective. Delete the past and refuse to wait for the future. Don't go either places. Where are you than but here with Me.

See the path before you and know that you are at the beginning. Step out of yesterday and tomorrow and your path is free. Every day you are faced with a new beginning. The day ends when you go to sleep. You, the heart, need not know more. The sun is your guide. All revolving of the earth stops there.

We are at the beginning, our path was spiral and even circular. We have arrived at the beginning. We didn't go anywhere because we weren't going anywhere, at most home. However, home is in ourselves, within ourselves, source.

Source expresses itself, so source has never forsaken itself.

And so it is.

You exist, You are source. You express life, oneness.

Your job is to witness of oneness, to pay attention to oneness, to be present in oneness. Oneness is.

It seems mysterious again, but in fact, it was simple.

What your mind did, you should do now also, but from your heart, from source. Don't leave your source. Don't go to the past nor to the future. Don't use a perspective of the ego. Use Me as the one perspective, beyond every perspective. Let me look through your eyes. Let Me speak through you. Let Me be your life. Again don't leave your source or act outside of Me. It seems contradictory but it is not. Express oneness.

What is that, expressing oneness.

To express oneness is to express equivalence...with your heart.

You ego, wasn't your ambition to make peace so that everyone would be equivalent? Look here is the beginning of the circle. Understand that we are back at the beginning. What I'm going to tell you is the same as in the beginning.

You wanted be equal, worthy to be your self. You wanted to stand next to me as an equal. That is possible and impossible. To be equal you must be Me. And this you are, here at the beginning.

Who are you? You are source. Express oneness, express the one life. That's the circle. Nothing happened. We didn't go anywhere. You have learned nothing. Nothing in you, about you has changed. Nothing has changed because there was nothing wrong with you. You haven't learned anything, you haven't read anything. You have remembered what you already knew. You are oneness. That choice I made already.

Express oneness from the spiral, within the spiral, being the spiral. Do the same thing your ego did, but do it now with your heart: choose oneness. Choose equivalence.

11.1.2 Equivalence



Move with your mind but act with your heart. Otherwise, the whole process will pass you by. We are at the beginning but we are also in a different place. A spiral returns to its beginning but on a different, "higher" level. Learn with your mind but know with your heart that there is no higher level. It just seems so. We are in the same place and yet we are not. Know the difference and the equality.

You who wanted to get smarter, find the solution. What is equivalence when it comes to learning. Can you learn in equivalence. Yes!

Who then is smarter than before? Who is smarter or dumber than the other? Choose the one choice and choose equivalence, from the heart.

Notice that the mind has a tendency to compare, to judge, to prefer. Jump now proverbially into the ravine of knowing. Know that everything and everyone is equal. Choose equality, then...

Note that equivalence only can exist, in the one existence away from duality. It takes away all doubt, all restlessness, all disagreement about who is right and who is not. Note that in this equivalence, everyone is equal in knowledge and/or knowing. Note that you still exist there and then. If there was, should there be something to say, Let 'ME' speak. Let me choose your words. That is what equivalence does. What are you doing in the meantime. You bear witness of me, be attentive to me, you are present in the sacred moment. Then...by your one choice of equivalent knowing, you know of the one true knowledge. You know.

Simple....from your heart.

What is source but equivalence, and what else did you seek but that, peace, tranquility. Is not everywhere in the slogans of all countries something mentioned that points towards oneness, in one way or another.

What does equivalence mean for the body.

The ego wants to be beautiful and seeks out beauty. Beauty is, we've already been there. What is the one choice for equivalence then. The one choice is to be beautiful and ugly on equal footing. Beautiful and ugly people who are equivalent just become 'people' who express life.

Your mind still sees differences, but these differences are equivalent. Differences that are equivalent are equal. Does it still matter who you meet? Every encounter is then an equivalent encounter. There is no better match or a more beautiful encounter. It is an equivalent meeting.

Likewise with age. Age is no longer measured in time but from equivalence. Who cares about getting old any further? To grow old is to express beauty. Age is about your time living more specifically on Earth, here and now. Does, an old person live less than a young person. A person who moves slowly lives less than one who moves quickly?

And what about running really hard or really slow in one straight chosen direction. Who will reach the finish line first? Who gets the gold medal; he who has lived fast or slow, much or little; according to which perspective? Are we not all running in circles, spinning around ourselves, dancing, going nowhere?

The one choice for oneness, equivalence, wipes all those ambiguities off the table. All those expectations and rules turn out to be useless, frightening and ineffective the moment you witness of Me. Witness from my expectations that only choose equivalence and know of real oneness.

What else do you need to worry about. However you look at your appearance, put others in boxes and make choices that have no basis whatsoever, equivalence makes them all disappear, and above all this is done, works without effort.

You don't have to make up rules anymore, you don't have to make laws anymore. You no longer have to create order from a pool of chaos. You no longer have to break laws, organize revolutions, resist too strict an authority. Equivalence has only one law: everyone is equivalent. But that only the heart can understand and express. The ego knows only of differences. The ego is therefore always and eternally at war with the world. The ego is in battle with everything and everyone because it is in battle with itself.

Choose the one choice of oneness and equivalence. Where will war have fled to when you jump. Equivalence has never seen any war around. Equivalence has never known discord, never met war and yet we are nowhere else but here and now.

We have not moved anywhere. We have gone through a spiraling process in circles. Choose equivalence ...than.

What is sickness if sickness and health are the same, equivalent. Can illness exist if health knows only degrees? Are you less alive when you are sick? The ego then comes up with arguments that illness is less pleasant or even painful.

When these and similar arguments come up, you have not understood what brings about equivalence or oneness as you wish. The argument that is being thrown on the table here is the question of whether disease is even possible.

Can illness exist within equivalence. We are not talking about different perspectives here. We are not talking about another point of view that we both want to hold and maintain. We drop all perspectives.

We are talking about a situation where there is no disease, because it cannot exist there. Vision creates reality. Although we have made a circular movement, we have also made a spiral. We have gone to, put our self within another dimension, on the right side of life.

Can life cause disease.

Can life cause death. Can life be dead. If there is only one life, then what? Understand where we have ended up. We have reached the abyss of duality. Maybe you already jumped. Falling, watching life pass you by, what life? Your old life maybe.

What is ascension but living from another dimension. Where has sickness gone in this new dimension, where has death gone?

What happened when you started to witness of Me, life, were present and attentive.

Where is your quest to earn money, to earn a living and take care of others. To whom do you bear witness but to Me, oneness, life, the one life, the one truth.

There is life or death. Both cannot exist together. Even on that we agree. This was our starting point from the beginning. You wanted to master life, to control it.

I taught you to understand life. You are life, just like me.

I do not doubt. You doubted.

You saw an abyss where I saw a land without a path.

Everything was possible. All that was asked of you was to understand, to know...and even then.

Here we are at the beginning.

There is no path, there is only equivalence.

There is only oneness, freedom, free will.

Our will is one.

We are one.

12 Schedule

33	Mind	Heart	Soul
12	The Trinity		
9		Vision	
6			So above, so below
Spirit	So within – so without		
3	Witnessing	Attention	Presence
2	Expressing- Exchanging		
1	Existing		

