

Book II

Me, Myself, and I

Forward

I can not express the importance of the first book enough.

I must impress upon the student that this second book will start where the first book left off.

There will be references to the first book, but no rehash of the content.

Those who studied, came to my book looking for answers that are not expressed anywhere else, will find answers.

This book will be more advanced in knowledge and application.

>Make no assumptions of anything learned or experienced.

The goal is to take you to the point where your abilities and experiences 'can' take you across the finish line.

There are some details that will not be included, these are to be learned in full spiritual form only.

You will find some repeat of 'working knowledge', but mostly as a reference guide rather than a true repeat.

Some of the material and knowledge will be in contrast to 'accepted' teachings.

The reasons for the 'contrast' is that most do not have the full truth, and stating these truths is extremely difficult.

References start with insight, use of intuition, and discernment.

Enjoy the ride.

Drake

One major problem with this subject is that there is a 'fad' of too many who know too little. It is considered the 'cool' thing to do...

This is not any kind of 'new age' knowledge, rather it is very ancient.

Applying knowledge of this nature involves being able to know its 'validity'.

The basics usually takes time.

No you don't have to spend the rest of your life at this, but parts of this may take a lot of time for you to start getting results.

Within the physical is the first door. I can show you a door, but you have to open it, and step through.

Yes, this is a part of The Path and 'Your Path' as well.

Webster's-

Condition; 4a : a state of being.

Conditional; 1: subject to, implying, or dependent upon a 'condition'.

>The first obstacle is You...

What part or parts of you are standing in your way?

What is it that blocks so many from so much?

This subject matter requires an open mind.

>You will be required to dismiss and ignore most of what the world teaches about how to think, what to say, and what you believe.

Thinking that over, it may seem to be giving a lot of yourself away, and we ain't even got started yet? Oh my!

However, you have to drop ALL the 'prejudices' you have been taught as 'truths'.

The real truth is much different than you have been led to believe.

Starting with the basics, the idea of basics has been messed with. This was done intentionally because it was, and is, too dangerous for you to know.

The 'danger' is to those who benefit by keeping you ignorant. This slavery started most obviously with the advent of 'belief systems'.

Each of these taught you that you were 'separate' from Creation. That you had to come to some one else to apply the superior forces required to gain relief.

Where to start? How to start?

Let's start with the 'condition', your 'state of being'.

The most obvious is the physical.

Physical; 2b : of or relating to material things.

There are many parts involved in the physical you.

In order to be your best, you will need to do several things.

Eat right. Adopt a new habit of eating unprocessed foods, everything you can get should be as natural as possible, and organic.

Exercise and rest help all the rest.

Mentally strive for stress relief and control of your intellect. Learn to turn off the thoughts in your mind.

I recommend as fresh a diet as you can get, go organic as much as possible. In order to help and boost your results, find a good supplement outlet, and get what you need.

The human 'systems', all of them, work better when you are as healthy as possible.
As you do this, 'everything' improves.

The time it takes can be a matter of weeks all the way to years, but this is a critical part of life/living, and yeah, ya gotta do it!

You know about the quiet place in which to meditate. Be aware that your meditation improves as you improve physically.

As your physical health/well being improves, so does 'your control' over all of you.

Everyone starts as a 'Novice'. This is the person who has little knowledge, but a great desire and curiosity to learn about all the unanswered questions.

A 'pledge' is the person who has decided to get their questions answered and is taking action towards that goal.

After applying as much as each can from the first book, you have decided to follow instructions, and see how deep the rabbit hole goes...

This 'condition' makes you an 'Apprentice'.

If you have followed my direction from the first book, and succeeded in doing the things in it, you are ready for the next step.

That first book gives the knowledge base in order to advance.

>The student needs the basic accomplishments of the first book in order to succeed in this one.

Remember that you are to adopt and bring into practice what you are learning.

I need to make this perfectly clear.

No one advances without following the order in which the knowledge is presented.

This knowledge has to be assimilated into your life. You must do these things, and do them to the extent that they 'belong' to you. Personalize them by making them a part of your very core being.

Any other way, and you will fail.

I have offered that your physical condition is 'critical' to all this.

However, there is another part I am including here that may seem a bit out of place.

Life and living has changed dramatically in a rather short period of time. Over the last few thousand years, mankind started moving towards a migration in his orientation.

Where man was once directly involved in, and directly dependent on 'nature', this is no longer the case.

The slow migration accelerated into a stampede in the last three hundred years.

The last hundred years has been horrific in man's move away from his natural orientation.

Society no longer had the time, and the willingness to be independent. We moved away from nature and the land, relying on others, and other things.

'Gaia' is better known as 'Mother Earth'.

It is known by some that 'we', mankind, are Her children.

It is lesser known that we are dependent, not only on Gaia, but that we were supposed to 'nourish' a direct connection with Her.

The food, water, and air we use comes from Her.

Even so, society 'advanced'.

We started out using resources in a responsible way. We used only what we really needed.

Some hundred years ago, convenience and greed removed the 'responsibility' of 'husbanding' Gaia's resources. We polluted, clear cut, and killed off much of what we wanted that was there just for the taking.

At first it was 'convenience', a smooth road, electric lights, and food without farming that drove us. This intensified drastically, starting around the late 1800's and into the early 1900's.

Industrial revolution's convenience turned into the right to destroy, rape, and pillage. These activities continued to accelerate until man decided anything could be discarded or thrown 'away'.

From the 30's/40's we thought that because Earth was so vast, throwing 'away' our pollution/trash, meant we would never have to deal with it again. Obviously, not so.

The period from the 50's to the 90's began to prove our stupidity. The boom crashed through those years as nothing before.

From around the 80's to 2000, we found out that our irresponsible past was beginning to haunt us, and we are still a throw away society...?

End of that general history lesson.

This should point out that we are more 'dependent' on other things and people than ever before.

This condition has begun to change. There is a solid effort to find unpolluted food, people are just beginning to reverse things, and become responsibly independent.

All well and good, but it is not enough, fast enough.

So where does that leave those who are making great efforts to know?

Those of us who are tenacious about this have decided to make this our 'Quest'.

This is not nearly all there is to this.

Pay attention.

Man, individually and collectively, must reconnect.

The step beyond can only be taken by the student who is intent on initiating this most important advancement.

Here is how...

Think in terms of the extreme amount of life that Earth supports, plants, animals, and all of us.

Potted plants seem to know and be aware of their owners feelings about them.

See the book, 'Secret Life of Plants'.

This would indicate that life, as a whole, is connected. The connection may not be obvious, but the results are.

Either you can go out bare footed and connect directly with the grass or not.

Go into the meditative state you use for Astral Travel. Without traveling, consider one blade of grass. Think of it as being just one example of life, complete, flourishing, growing, etc.

You will need to 'see' this blade of grass as if you were using a magnifying glass to study it. Get a perfectly clear picture. Look into the life force of that blade of grass...

You will need to expand what you are 'seeing'. You see other blades of grass all around the first one, more and more of them, hundreds and thousands, on and on and on.

This 'sight' is your ability to 'see' with your mind. You will be seeing a blade of grass, yet you are looking at/into the essence of its life energies.

As this great population is 'seen', move your 'seeing' towards the nearest tree. Start seeing this tree just as you first studied that one blade of grass. Then look back and consider the great number of blades of grass. You must 'feel' the huge amount life involved, how many yards, and expand that view to the meadows and pastures, the life force covering the whole world.

Now, back to that tree.

See its bark on the trunk, the branches holding all its leaves, and that this tree is just as that blade of grass, only one. Add that to the other trees close by, then multiply that into the great forests and trees everywhere. Reach out and extend yourself to feel these great oceans of life that are so abundant and everywhere.

Following plants are the large numbers of animals, and huge schools of fish in the seas.

Partake in the great life force you are experiencing and find that what you are standing on is a great 'birthplace' of more life than you imagined...

You should 'feel' the acceptance in this, as all life force is 'connected', and it is that connection that you seek.

Humbly request an audience with the guiding spiritual entity of that life, Gaia.

Most who are seeking audience will have it granted. Beware though, Gaia is in great distress and extreme pain. You will feel this also. This experience may come as a shock, but it eases very quickly.

Ask Gaia to be able to 'see'. You want to see the whole that you may understand and know.

As this is granted, you will think you are vaulted into space suddenly. The 'distance' in your view will be expanded and the distance you are seeing at will become greater. This goes to the place where you can view all of Gaia. It is an awesome sight!

After calming down and getting used to this, there is one more act.

Slowly turn away from Gaia towards open space. When you see that, look very closely and you may see The Creator...

We must connect or reconnect to the Earth forces/life forces we deserted so long ago. Once again be more in touch with the higher realities.

To effectively reconnect, there is one more area to cover.

First, ideology.

Those who know, know better than the unqualified commitment of a 'savior'.

Like it or not, this is NOT how things work.

You went passed all that in the applications in the first book, and in this one.

>Who said that only a very few of those in a church could do what you have done?

Read that over until it sinks in, becomes real to you.

Further, the so called 'spiritual purgatory' known as 'Karma', the debtors prison of paying for ones 'sins', does Not exist. It is invalid because you have already gone past that point.

As you become 'adept' at the reconnection, you are an 'Initiate'.

You are initiated into the full psychic realm and abilities. By reconnecting to the point of experiential 'seeing', you have begun to go past the psychic into the 'spiritual' dimension.

Only through 'experiential learning' can one progress in this labyrinth to the truth.

It has been established that man has physicality, mental capacity, and many things beyond these obvious traits.

The art of meditative concentration has only been given in its most grossly bassist form.

Few understand the differences that so many claim to be experts about and have no knowledge of.

I give you the 'gurus'.

To get a true 'Apprentice' up to speed, there is a great deal of straight forward knowledge required.

Can you relax to the point where there is no stress or anxiety?

Close your eyes (yeah, makes it hard to read) and get a picture of a small lake.

You park your car and set out walking towards the water. It is a perfect spring like day, sunshine, light breeze, and the temperature is just right.

You walk through some trees and weeds, hearing the birds calling...

After a short walk, you come to the water.

There is a small community boat anyone can use. You get in, untie, and start to slowly drift away...

It is so nice, that you lay down. You see the cotton fluff clouds, hear the birds calling, and that perfect sunshine warming you. The gentle rocking of the boat and lapping sound of the waves is almost too perfect.

Make this as real as you can.

Smell the water, hear the birds, and feel the hug of that warm sun...

Put yourself into this just as far as you can, make it so real that you get a tan.

>Look into relaxation therapy, direct stress removal, where stress/tension is exited by flowing down and out of you. It works.

Sleep is nothing more than turning off the mental 'chatter' and relaxing your mind.

On the physical side, your 'plumbing' is vital to your well being and critical to your survival. Clogged circulatory and drain systems cause disease and malfunction. Use of cleansing items helps; cleansing tea's, flax seed, and natural roughage, etc.

Maintenance improves all your physical functions, energy, mental sharpness, and prevents aging. Detox is a vital action and the better remedies/products both clean and detox.

Physical, mental, psychic/spiritual, each a part of but distinctly independent of...

When you first started this journey, you came from an unknown to an identity.

I think...

Therefore... I am...

At least I think, I must be...

Although we are smaller parts of a greater whole, we have affirmed that we are 'together with', yet distinctly independent of...

Open your mind and the rest will follow...

I intend to open your mind.

The levels of mind are interesting in that you may not be aware of any one area being closed and that that closes and causes the rest.

Two levels most familiar are the thinking and the inputs of the senses.

The three levels you have are the Conscious, Subconscious, and Eathereal.

When a person takes it upon themselves to take a real 'look' into their own mind, they find things that have effects. Dream like realities of lucid dreaming.

How does a dream cause bumps, bruises, and sore muscles?

Do you wake up exhausted?

How does your mind make a dream real?

There has to be a reality connection or this could not be.

The only reasonable explanation is that you have experienced a new reality. First yourself, knowing, and being able to apply the integration of the physical and energy.

Chakra

Their name derives from the 'Sanskrit word' for 'wheel' or 'turning', but in Yogic context a better 'translation' is 'vortex' or 'whirlpool'.

These are the cross points or conjunctions in the 'subtle human body' (Energies from several sources cross each other, nerves, and muscles). Ethereal interactive portals between the physical and 'energimatta' (energy).

They are located at the physical counterparts of the major 'pluses' of arteries, veins, and nerves (pluses are conjunction points/cross over points).

These are the meeting points of the subtle (non-physical) energy channels called 'nadiis'.

Nadiis are the channels in the subtle body through which the life force (prana) or vital energy moves.

There are seven Chakras and the eighth is (sahasrara).

The list designates and offers the colors.

1 Root	Honors the Earth	Red
2 Splenic	Honors the Creative	Orange
3 Solar Plexus	Honors the Life Force	Yellow
4 Heart	Honors the Heart	Green
5 Throat	Honors Communication	Turquoise
6 Third Eye	Honors the Psychic	Blue
7 Crown	Honors Spiritual Connectedness	Violet

The colors are expressed as Royal Colors and correspond to Auric Colors.

Each has a specific functionality directly related to its designation, location, and its integral balance.

I will leave it to the individual student to investigate 'balancing' the individual Chakras.

The student has to be able to maintain each Chakra's balance. Thus a review or inspection is strongly recommended (required) for each of the Chakras.

In order to be 'able' to use the knowledge of ones Chakras, after balance is obtained, the order of each then shows its importance.

The energies (energimatta) involved must be brought into balance between themselves. A balancing as each relates to another, and as a grouped whole.

Application depends on the individual student. Your success is directly related to ability and does not rely on the mechanical presentation found here.

There are many factors in the rate at which you progress.

All of this determines your success or failure.

At any point, one may not achieve the results. This usually means you have missed something that is critical to your 'personal' development. Review until you find the part/point you are unsure of or feel you need more information on.

No one 'fails'.

However, each has to know that until you are 'ready', you may not achieve a goal. Look into it all to find your individual key of what you need to continue your journey.

All of this determines if you need more knowledge, better understanding, or in many cases, simply 'acceptance'.

**Acceptance 1 : to receive willingly – a gift.
2 : to give admittance or approval to.
3 : to regard as proper, normal;
to recognize as true.**

No one has to know and understand everything or every detail.

>To be blunt, only The Creator holds knowledge at full understanding.

Don't worry about it. You can always come back to find more and learn about what you have accepted.

After doing this you must understand the 'other' physical relationship.

>The Pineal Gland, maintenance, and restoration.

The Pineal is the most critical of your physical attributes.

It is The Connector between the physical and spiritual. It acts like a radio transceiver, where two are joined in communication. A 'working' knowledge of its physical side, is the only way to access your spiritual, and the importance can not be emphasized enough.

Through lack of use it has atrophied in size, and is usually 'calcified'. You can rehabilitate it to where it is functional again. Over time, it can become fully active.

The Pineal has two basic parts, the outer membrane, and the inner core. Both are a part of the whole and function as facilitating one another.

Most are unaware of the Pineal, its presence, condition, and how to use it.

The Pineal is a pine cone shaped gland in the center of the brain. It has a fleshy outer layer, a thick one, and a pea sized (average) inner core.

Most peoples Pineal is 'calcified' from neglect through chemical toxins and natural calcium. The two lists explain the good and bad, things to quit and things to start...

Things that are bad and good are found in the following lists.

>The 'Offenders' are :

Fluoride, Chlorine, Bromide, Calcium, tap water, Mercury, Pesticides, Toxins in general, Sugar, Caffeine, Alcohol, and Tobacco.

These are to be avoided or moderated to near zero in intake.

>The 'Curatives' are :

Organic Blue Ice Skate fish oil, MSM, Raw Chocolate, Citric Acid, Garlic, Raw Apple Cider Vinegar, Oregano oil, Neem Extract, Vitamin K1/K2, Boron, Melatonin, Iodine, Tamarind, Distilled water, Nigella Sativa, Zeolite, Choga Mushroom, and Yoga.

Find a natural health professional for guidance, such as a minimal starting that gives the greatest results at lowest cost.

After accomplishing the above, you will be ready for the next step.

Each of us has seven (7) Chakras. The online illustrations (the correct ones) shows this and a vortex coil below the Root (lower) Chakra.

This is known as Kundalini Shakti, the more common term/name is simply Kundalini. Kundalini is the serpent (energy) wound at the base of your spine.

It is your 'binding' energy of the Chakra's, and is best known as The Creative aspect of The Cosmic Order. Many connote the 'feminine' to this, where as I do not. There is no 'gender' at these levels.

When a student balances their Chakras, you will feel or be aware of an expansion of yourself. At this point, these energies are to be redirected to the vortex pool of the Kundalini. This will result in the 'release' of the Kundalini. Direct this upwards...

This is the 'act' of awakening your most potent of energies, 'Supreme Consciousness'. Relax into this condition.

Accomplishing this takes the student past the psychic realm into the spiritual.

When this ascent couples with your Crown Chakra, the Pineal activates as the final component, and journey begins.

You have your connection to your 'Higher Self' and become once again the 'Supreme Being' you were always intended to be.

Some may experience this as a combination of Chakra balance and awakening/activating the Kundalini in the same action.

Many will state that reciting spiritually initiating phrases (mantras) is the only or best way to gain awareness. It doesn't matter how, just that you do.

When a person, who has balanced their Chakras, brings their Kundalini up, and engages the Pineal, they have reached the main goal. This is a sort of 'Unification'.

Chakra balance locks in, Kundalini remains raised, your Pineal opens, and you are reunited with your 'Higher Self'.

One must practice, practice, practice, the above. Making this a 'habit' when you first awake, then continue the condition through out your day.

Don't expect to be able to hold the combination of full awareness and physical activity at first.

BUT!

Practice, practice, practice...

At this point in your development, you have become an 'Initiate'.

It is best to be an 'Adept' in the psychic before full awakening into the spiritual. The psychic is your class room of learning how an 'energy being functions'. A grade school before the graduate class of the spiritual. This is not absolute, just best.

I must point out that there is a significant difference between the psychic and spiritual.

Although the psychic 'involves' and uses the 'aid' of the spiritual, the psychic primarily is the 'use' of and concentration of, Life Force. A slow gathering of yourself into your inner core.

The psychic is limited to 'realms' very similar to the limitations mentioned in the movie, 'The Matrix'.

When one reaches or finds 'limitations' in the psychic realms, you understand and know there is more.

Thus, all who venture into the psychic know that there is more. Many times, the student can 'see' through the misty veil into a reality far beyond the psychic.

It is at this point that the 'hunger quest' becomes an obsession in Zealotry!

Most who get this far will do anything to pass into regaining the stature of 'A Crown of Creation'.

You will 'know' (experientially) when you are ready to advance. Acquiring the knowledge, you take another look into the full spiritual, and simply pass through that veil.

The 'conditions' listed above are not absolute, rather they are general.

Spiritual existence has far less limitations than the psychic, though they are few.

Expect to go to 'school' as needs, though this is not required. I do recommend asking for instruction in order to be all you can be, and the best you can be. There are 'entities' in the spiritual who will help you with the things you do not know. Most know them as Guardian Angels.

There are a thousand million questions about everything at each level one attains.

Some of these questions deal with the inadequacies of our present existence in this 3D world.

I have mentioned the movie, 'The Matrix' several times. I use that movie in teaching 'concepts' as they relate to 'reality'.

In the movie, the original script was not followed. I knew the original author, the concept writer, who first laid it out. He taught me much more than I've found anywhere about these subjects.

The movie shows the idea of having ones mind controlled by a 'program'. It then shows that even under these conditions, there are very few limitations.

If you have not seen The Matrix, get a copy to study it.

The basic idea of a computer or other machines taking over or being in charge is not new. Anyone using a computer, understands this, especially when the machine refuses to cooperate or work as it is supposed to.

By definition :

Program – to write 'before'.

2 : a brief (printed) outline of the order to be followed, of the features to be presented/followed, and the persons participating.

By definition :

The Matrix : 1 : something within, or from which something else originates, develops, or takes form.

3 a : strata in which something is embedded.

b : in which something is enclosed or embedded.

c : an array for performing a specific function.

Strata is the 'material' or 'condition' in which an item finds itself or is found.

It is that which surrounds, etc.

It is the 'medium' in which things are, etc.

>To get the basic idea of a Matrix you need to see the first movie, The Matrix. After studying that, then continue with this 'advanced' explanation. I emphasize this because of the understanding to be gained from it.

The true Matrix is not the reality depicted in the movie The Matrix.

In the movie, the people are 'inserted' into the condition. The mind traveled, but the body didn't. This is a parallel to Astral Projection and presented this way intentionally (a part of the rewrite). The idea of being separate and dependent on someone or something outside of yourself.

This is one concept of a Matrix.

Our present reality is fundamentally different.

>Instead of being an 'outside component', we are a 'fundamental component'.

This 'fact' changes everything.

Instead of certain 'limitations' as stated in the movie, none of us has these limitations. Our one and only limitation is our working knowledge as applied to this 'condition'. Already being 'in' The Matrix means that there is no 'connection' that can easily be broken to kill us.

Being an 'integral' part, puts us into the unique position of being 'able' to alter or change anything, and I do mean anything!

I have stated many times that you are exactly where you have 'decided' to be.

>The subconscious mind, directs the conscious mind so you 'fulfill' your 'decision'.

As an 'integral' and 'bassist part' of the construct called The Matrix, you decide 'most' everything. Most reflects that there are others out there making their own decisions, that may affect you. This usually only happens from close proximity or a close relationship.

If you can get a clear picture in your mind of a condition as you need it to be, then you can gain that.

Start from the condition you have now. Envision it in a clear picture, the clearer the better, the more detail the better.

From that starting point, begin to modify/change the picture from what it is, to what you require it to be. 'Conditions' are altered by seeing it change to what you need it to be.

'Objects' are acquired by 'seeing' yourself with that object in your possession.

These 'rules' are not subject to the idea of the 'impossible', only to your decision that it be so. You effectively remove your own limitations, and this is done by 'Acceptance'.

A recommended book, No Boundaries, gives reality based understanding.

Effects of these efforts can be fast or slow, BUT, they always work.

>Make your decision and take the actions each and every day, same time, same place.

As you do this the unwanted picture changes. It quite literally fades in clarity and the reality becomes what you have decided it to be. NO exceptions...

Concentrate on the new picture by forgetting the old. Then focus on the new, watching it become brighter and more detailed. Some times the realities beat the picture.

>Intensity of your desire and the more absolute the decision, the better.

This is one of the many 'rights' you have that has not been exercised.

So, go for it!

Mankind is not called 'The Crown of Creation' without reason.

This touches on your capability to create.

Situations, conditions, and objects are now your to control!

Go for it!

Do it!

Everyone should know that not everything will be revealed. Two reasons for this.

Each individual needs the discovery only found in the personal touch of your own search and walking your Path. A worthy effort rewarded.

In learning, all worthy teachers will Not interfere with the student's 'AHA' moment.

The enlightenment of having that light bulb suddenly 'light', can only be experienced and never taught. It is a joy to see, like those first steps, and the look on the face of the one taking them.

As a teacher, I can not influence or take credit for any part of a students 'epiphany' found in the validation of self discovery.

I have gone to great lengths in this text to show that there is a well defined order to The Path.

Although you know it is there, putting a small amount of light on it, exposes it.

Those who teach in this area will never reveal all the 'secrets'. We are obligated by the knowledge to give the student the scent to follow, and stand out of the way...

When a person discovers that something extra, most act very similar to a blood hound, and finding the end of the scent becomes absolute.

As a pathway to the answers to man's greatest questions is shown, most are adamant in finding out as much as they can.

Each must understand that this Path has been there long before man. It is an integral part of Creation.

>The student must know that The Path you are set on, is yours and yours alone.

>Much of what is learned is for you, and you alone.

So far there are strong hints of the 'reality' of The Path. A small amount of light was cast in order to show The Path's existence and reality. This was followed by the scent being given for you to track.

First you see, then you believe...

Most of the general 'mechanics' have been given. The principle structure, care, and feeding of the 'seeker' is found here.

The last of the 'great generalities' deals with your 'mind set'.

Most are aware of the Yin/Yang symbol, but few know its full meaning.

When I looked it up, applied Sacred Geometry, Gematria, and ancient wisdom to it, I went into shock!

Who would have thought that so much could be expressed in such a small and simple symbol?

Microcosm, Macrocosm, light, dark, balance, cycles, and infinity... physical and Ethereal, mental and Spiritual...

Everything can be found in it.

Enjoy this paradox...study it.

Almost all of everything you have read is based on the physical.

Yeah, I know, fun ain't it?

Even so, not a game, but a 'reality'.

You have been informed about making your physical self as ready for this adventure as possible.

>Now we get to play mind games!

The best part of this is that there is only one player, YOU!

The first question you ask yourself is, do I know and know best?

Most probably did not have any idea the quality, and quantity of efforts you would need to make. The enormous amount of detail to be learned and used, etc.

Now we are going into your mind and the requirements of You...

First, Philosophy.

By definition :

Philosophy : 1 : all learning exclusive of technical precepts and practical arts...

2 : the sciences and liberal arts exclusive of medicine, law, and theology.

a : a discipline comprising at its core logic, aesthetics, ethics, metaphysics, and epistemology.

>Basically, mans effort to show that his intellect is superior to The Creator.

In meditation, you should have come to the understanding that each does have a divine purity within. That the physical is intricately intertwined as a partner in thought.

Even so, there is a sort of divorcement between the two.

Make no mistake about this, you are not being fooled as you enter this new reality.

All of you is still there, with no loss of identity.

Take stock of the real conditions you have entered upon.

Instead of being subject to the physical sensations of sight, sound, and touch, you are 'concentrating' your very essence into the non-physical of the spiritual.

Now the fun begins...

You exercise mental control over the physical distractions. And yet this is an exercise of the mind known as 'mind over matter'.

Thus the greatest effort involves the 'physics' of the mind.

If you stare at a spot on your arm and think 'itch', it does. One small example.

So you have learned that the non-physical thought/belief controls the physical condition. That you 'manifest' (make real) conditions at will.

But do you? Mostly, yes. You are exactly where you have decided to be.

You are here because everyone I know is looking to take control of those things outside their control.

And you asked...

Seeing as how you did ask, we will forgo the basics, as most of that is covered in the first book.

We will start this exposure in the 'thought' area.

The ability to 'control' is evident in your capability to meditate. To do so effectively you had to assert control over your mind. Clearing out all the distractions to obtain clarity, and that calm peace required.

This is all well and good, but we are now going into the mind controls and what your core thoughts, beliefs, and emotions are, how they work, etc.

Thought has been defined as a combination of memories and the execution of the impact of thought. You put things together in order to obtain a 'new' thought combination.

>Then you are dealing with conscious, subconscious, and the ethereal states.

We use our conscious minds predominately, and yet there is something more to this.

Each has been in a situation where you took an action and are left standing there wondering, just where did that come from?

We have a 'registry' that never rests, and records everything.

>Welcome to your subconscious mind.

This does a lot more than just record, this is the minor function.

The rest of what the subconscious does is to record 'trains of thought', emotional actions/reactions, prejudices, and beliefs.

It don't miss nothin...

This is the 'key' to that cute saying, ' you are exactly where you decided to be'.

You see, the subconscious draws on how you feel about things and takes the giant leap of 'directing' you to that goal.

So now what?

Each of us has the ability to program our subconscious to at least behave, if not act right.

How?

It is not the information that has the impact. It is the combination of emotion, belief, and the actions taken according to the situation.

Conscious decisions are enhanced and enlarged by the subconscious. Many are reinforced most specifically by your actions.

So what can one do to correctly arrange the 'partnership' and become the 'director' of the subconscious mind?

You should notice the basics of the composition.

Emotion is the feelings during your day.

In what emotional way has your day gone?

Think in terms of the emotions involved, a lot of variables of both good and bad.

Your 'decision' to react in a certain way is nothing more than that, a 'decision'.

You turn me on...what, ya got a switch somewhere?

I 'get' mad, angry, upset, and sometimes violent when 'that' happens...

This has nothing to do with any incident, and everything to do with your decision about it.

The 'key' word here is 'act'. Do you react by predetermined decision, or do you think before acting?

This has everything to do with how you respond. You know how to 'react' only too well.

Proact is where you pause to think 'before' taking any action, like accepting the next thought...

This goes to 'intent' and 'purpose'.

Are you looking for an excuse or a reason?

Do you want to be mad or angry?

This is your decision.

>Put that to use right now, as this is the first step in ordering your thoughts and actions.

Excuses are as numerous and original as there are people. The bosses who have been around for awhile have heard just about every excuse known. Just because nothing was said, does not mean you got away with it either.

All, of this is commonly known as 'The Blame Game'.

Kids tell you : 'Not me', 'the dog ate it', 'somebody else caused it', etc.

When dealing with the truth, the truth is nothing more than the facts.

Only when employing the true facts, can anyone find out what went on and correct the problem?

Reason has qualities far beyond just thinking. Reason and reckoning offer a survey to gain information.

To be able to use 'analytical' thinking you have to be able to be 'emotionally' void. Only the facts under logic can be considered.

Hello, Mr. Spock.

A 'train' of thoughts makes up a 'memory'. In and of themselves, memories are not a bad thing, and even emotions enhance the good feelings of great memories.

It is the memories that are not in our best interests and the emotions that go with them that need to attention.

'I remember the last time' or I heard what happened'. These are 'pre-thoughts' that can be damaging.

By allowing your mind to accept these, you are 'predestinating' the outcome.

>So, you are 'exactly how' you have decided to be...

This is the most difficult change to make, more difficult than breaking the worst habit.

Thought control by replacing bad thoughts with good ones, does not work.

I see that the 'core problem' is not addressed.

The core entails emotional response and your subconscious following what you tell it to do.

Are you still doing this?

Removing emotions one part, 'forcing' the subconscious into the correct line of reasoning is 'The Key' to this.

Be sure brain is engaged before taking any action. This includes assumptions or anything outside of the first hand experiences.

You will need to review all your beliefs and attached emotions.

Apply pure logic to the true real facts.

Question all motives, especially your own.

This will result in correct thought patterns being aligned and bad habits to be broken.

This crash course in and about your mind, now shifts gears...

The complex personality has the main ingredient of 'Ego'.

Ego is too much self esteem.

Exercising 'ego' is the major fault of most who believe in their own importance and places them over or above most things and people.

In many works, similar to this, you will find an effort to destroy or remove the ego.

This is not possible.

The 'ego' must be 'managed'.

Each of us has to know that we have an intrinsic value greater than we have been led to believe, or we could not attain that which is greater than ourselves.

The 'key' to 'Ego' is that it has to be brought to a condition of balance.

A balanced Ego? Ya gotta be kiddin me!

Your known self worth must be sufficient for you to know you would not be here if 'The Creator' thought less of you.

Thus each has been given a value of self worth greater than we understand.

The application of our 'ego' then gives each of us the belief that 'the whole is greater than the sum of the parts'.

That any of us can achieve that part of 'the perfection' we all deserve.

Yeah, I said it and wrote it down too...

Take all the 'religiosity' out of all this.

Man's belief systems are not listed in the information I have found anywhere.

Thus our beliefs must have originated with man himself.

Consider that as each person can perform the signs, miracles, and wonders, so, what need does anyone have of the church?

Yes I understand that many believe no matter what. I have no problem with their decision to do so, as some moral guide is better than none.

After regaining your 'correct' position/standing, as an 'Adept', get ready for the last schooling.

No matter what you find in any text or other 'evidence', there is only one absolute 'Master'.

This would be The Creator.

This will be an epic journey in personal development.

Those who have studied and completed the tasks set out in this work, will experience, first

hand, the wonders of advancement into a reality that is awesome.

You will realize your relationship with all things and forms of life; of which there are many.

'Physician' by root definition, means 'Holy Man'.

A real holy man is one who knows and exercises the actions and beliefs that The Mystery Schools were/are founded upon.

It was these Mystery Schools that used the philosophic ideologies of superior thought, to attempt to elevate understanding.

Too few of these 'sages' had enough of an all inclusive knowledge, to get past their own limitations.

Each of these 'schools' had a portion of The Sacred Knowledge, a small piece of the absolute truth.

When a researcher starts looking for something, they usually have no idea where their efforts might lead, let alone what they might get into.

At several points in our history, we keep finding evidences that point to the idea that we have been missing a great deal of the real information.

There is solid evidence for things that are not possible, yet there they are.

Electric lights in the Pyramids...advanced mechanical computers popping up out of the sands of the Sahara...speaking stones that relay voice over miles without wires...

Picking any of these 'anomalies' causes problems for our so called advanced sciences and scientists.

Even sudden discoveries do not come close to an explanation.

In all instances of this type, the developmental time line does NOT exist.

This makes all of these impossible.

How were unwashed savages able to carve stone that our lasers will not cut? Bronze tools indeed!

Who really built The Pyramids? Even better, how?

Then you have the Aztecs of the Mayan culture having advanced mathematical knowledge that allowed them to predict future events thousands of years in advance...

Even today, we only understand a part of their calendar. Our mathematical functions only covers one of the five functions they put into use.

Nice of them to leave us such a puzzle.

So here we are, left to wonder about so much, and understanding so little.

What is next?

Wonder of wonders, there are several ideas about times, timing, and application of time in general.

Nostradamus is one example of a great mystery... Just how did he know? And he is only one of many.

Experientially, man is only just now returning to his roots.

The advent of the commonality of 'spiritual' searches, open discussions of psychic events, and the ideas developing dealing with spirituality, all are simple safaris into the great unknown.

Because those who are researching, asking, and exploring, are no longer considered insane, man just might get somewhere.

Where might that be?

First you have some histories to consider.

There are several 'evidences' of man coming out from some underground inner world.

Actually there are three that have some validity.

The most obvious of these is the Eskimo Tribes, The Inuit people.

What is unknown about these people would fill many volumes. What has come to light, is the fact that these people's history involves both The Verbal Tradition and Written.

Going back to as close to their beginning as possible, brings us to several interesting points. Of these is that their history does show the accuracy of their history. Paleontologists have found their references to be accurate according to what science has found.

Ages ago, these people came out of a great cavern from an underground world.

There were leaders/priests/sages/holy men who knew about the surface and taught the people what they needed to know. Some portions of their cultural history depict not only the present traditions, but, things expressed in ways only found in 'modern' sciences.

As expected, there are a number of 'legends' that are still evident today.

One part of several of these legends, tells of both the return of these mentors, and that near that time, a great change is to take place.

This is in both their verbal and written historical traditions.

There are several 'other' legends/histories of differing other people, that agree with the above.

From India, China, and the nomadic peoples of Japan, comes the Eastern legends/histories that tell of the great mysteries man is to discover.

As far as I can find these go back about 25 thousand years. This does NOT mean that this time reference is the very beginning. This is the usually imposed limit on what an outsider will be granted access to. And yes, we are outsiders.

The full history goes back about 80 to 130 thousand years as near as I can calculate it.

The verbal histories have been with us since the first major 'changes' approximately 150 thousand years, and a very few references shows an age of a quarter million years.

At around 25 K years, a great cataclysm hit the whole planet. A very destructive incident, that primarily destroyed most of the civilizations and people of that time.

However, a few 'records' did survive that episode. These 'records' are of a nature that are not in linguistic form, or any kind of glyph known. Yet, they are carved into stone tablets, and buildings, and portions have been deciphered.

These are the base for Egyptian glyphs, Cuneiform, and pre-Cuneiform pictorial renderings. In conjunction with this, many edifices/temples are, by their orientation, construction, and adornment, also play a part in this history.

As an example, the story of Atlantis is one of several 'historical' events recorded.

At a certain point, all this becomes repetitive, redundant, and boring.

All of these and including many old/ancient records speak of a coming 'event' so massive and of such magnitude, that the very core of the reality of existence will be shaken or changed.

>The most interesting part of all these, is the 'fact' that there is no reference to any destruction.

This is to be a combination of the physical and spiritual. At least according to these ancient references.

Man has a severe problem with anything that does not agree with man's ideas. Those many things or happenings that just can't be...

This is where everyone gets to get off 'IT' ...

Forget any ideas that say man is all that. It just ain't so...

And no, none of the belief systems, known as Religions is valid in this.

Yes, I know. A large load of people are going to object strenuously to this idea.

So, here is how 'it' really is...

All of the belief systems are frauds. These were all 'given' by so called superior beings who showed up as 'Angelic' representatives of God. In order to clear the air, you must know that these 'beings' employed man to write the texts, books, scrolls, etc. A few of these 'scribes' knew some of the real truth involved, and put it in each of these texts.

In order to know The Truth, refer to the 'Principles' found in each and every writing.

These are The True Word of God...just so you will know. Understand that this deals with application, not just belief. Interesting thing is, that when applied these always work...

The question now becomes, what exactly is this 'great event'?

Evolution has been discounted as man's attempt to offer science in place of God.

Not quite.

Man's attempts are exactly that, and nothing more.

In order to find the truth, a higher authority must be consulted.

In addition, the idea of evolution and what 'it' really is needs to be outed here.

Understand that these ideas are not some philosophic idea I picked up somewhere, or my own ideas. Rather these have validity in all textual writings and are offered in the very few references available today.

This, to me, offers a proof of truth and gives validity to all this.

>In belief systems the event is known as 'The Rapture', in the ancient sciences of the physical references, this is called 'The Transition'.

Either way, this will be a very interesting ride!

Ideologies of semantics and philosophical thoughts both play a part.

>Aloha means both hello and goodbye...

This is also found as the idea of 'beginning and ending'.

The great Aztec/Mayan culture's science of prediction offers this in their time reference to that date of 12/21/12...

Unless everything stops, an ending has to offer a beginning on the other side of ending.

There is no valid reference that states that everything is coming to an end any time soon...

Thus, at the ending of one thing, you have the beginning of another.

A great 'cycle' ended on 12/21/12, and a new small cycle began as that one ended. We are in the 'transitional' cycle.

Having looked into all this, I found that there is some reference, though in most cases it is unclear. A gross lack of detail is the main thing noted. The other is a refusal of any kind of even a general time frame as to when.

Everything I've found shows that this is 'The Year' for this 'event'.

Other sources indicate that early spring is the time area.

After that I had to find anything that might describe other parts of this. It has been a very long search of several years.

I started in looking for what/who all was to be included in this.

Come to find out that this event has already happened to 'select' solar systems in parts of our Galaxy. I have no idea as to how that 'selection' works.

Many have noted large waves of energy coming towards our planet. According to observations, these (more than one) have already impacted and passed on.

We have comets and asteroids that pass by and impart beneficial energies to all our existences. This includes the whole solar system we are a part of.

The Transition is an 'evolutionary' event.

All solar systems go through this and the life forms on the planets involved.

Presently we are in a 3rd Dimensional existence. This is to 'advance' to a 4th Dimensional existence.

The changes involve increasing the base vibrational frequencies of all our known existence.

Our limited sciences offer the Schumann Frequency, and is the only indicator we can read at this level of technology.

There are a whole spectrum of frequencies involved in this, and we can't even tell they are there...

I will give some of the sciences involved, but only those that translate into one of our known languages well enough to be intelligible. That is just how it is...

What most fail to understand about this area, is that the higher sciences have a different basis than ours. Thus, an explanation of them, may seem to contradict what man has decided are absolute 'laws'. These laws all have exceptions to them, and thus are NOT absolute.

Knowing the fluid dynamics of all strata is just one of these. Understanding that the basis of usable energy has a counter to our forced propagation, that being conductance, and that the very basis of our definition of energy only covers a small portion, should give you some idea. Again, a whole spectrum is involved.

When you understand that conversion from a specific energy release can be converted into a plasmic release, things change. Think of a car getting some 1200 miles to the gallon.

Further, entertain the idea that all 'speeds' are only relative to assumptions we have accepted, and the 'speed' of anything becomes mute. A better way is understanding that this is known as 'change', or 'The Delta Factor' (rate of change).

Instead of acceleration, why not simply bend things in order to put yourself where you are going? Think of stepping into a room, close the door, walk to the other side, open that door, and you are at your destination. These 'jump rooms' have been around since the 50's, and in use too.

The 'Project Looking Glass' where you could look into the future was real. I wonder how many things/incidents/ were changed to suit someone's ideas? I know elections were influenced, how about world affairs?

The Unidentified Flying Object has been used since the early 30's... What a hobby that would be, flying all around the world in a craft that ran on water...

Meanwhile, back at the ranch, the plot thickens...

Transition.

What all is going to happen? What is going to be affected?

Oh my! The unknown right in your face!

First, when the basic fundamental parameter of existence is altered, 'things' do change a bit. How much depends on if it is living and how it is put together.

Dead things that are not made or joined in a natural way will suffer the most destruction in terms of falling apart. Some of the bases we use in materials that lack a natural bond, will not fair well.

Specifically, plastics, and artificially 'bonded' or manufactured materials, may unbond, fall apart, etc. If your clothes ain't made right, you could be suddenly standing wherever, totally naked! That could be very entertaining, depending on the politician involved, the emperor has no

clothes comes to mind...

The living things will be affected in various ways, not all of which have been found. Yes, I looked long and hard, but as far as I can tell, no evidence.

There is an addition to all this, I will offer at this time.

There is a 'thing' I call 'God's Library'. Some refer to it as 'Universal Intelligence'. Either way, this holds all of the information of Creation. In order to access this, one must first know how, and according to intent and purpose, be allowed.

I have had access for many years.

Any part of any science, reference, and knowledge base is found therein. Nothing is left out, down to the smallest detail.

An individual is allowed to access that which they can comprehend, or information dealing with required/needed knowledge in the present, a working project, etc.

This is all done in the psychic and spiritual areas. Not being active, will preclude you from access.

My knowledge on many things comes from this source. Some is intuitively acquired. The rest comes from working with these advanced sciences, and having a need to know.

The affects on living things will be remarkable.

A lot of this has been put out over the internet in various forms.

Each living thing will benefit from this advancement, plants, animals, and us.

This will be a sudden incident. One minute you will be your 3D self, and the next you will be your new 4D self.

I hope those who are aware of this, will spread the word as far as they can. This is supposed to be a wonderful thing, not something people lose it over. Besides, there is enough paranoia as it is.

Some of the changes include, but are not limited to, knowing of the change.

Everyone will know.

Many will try to see if there have been any physiological alterations, can I see through my hands? Are things really different? Do I look the same as before?

Not to worry, everyone will mostly be as they were before.

However, you will notice that most, if not all, pain, disease, and aging maladies are gone.

You may be a little bit taller, some pounds lighter, and your mind will have some new abilities.

Within this, there is a large load of things to learn.

There is a large number of people like me who will be assisting those who need to know. Beyond that, a large number of higher dimensional E.T.'s will be there as well.

Everyone who is not advanced will be going to school. You will get all the general information through the schools. Following that, the Transition Assistance Teams will be available for those who have more personal needs.

No one will be left on their own for any reason.

Existence will transform from a carbon/metallic basis to a crystalline basis.

This will offer a lot of changes, but nothing that is really very extreme at all. Mostly a mild mannered alteration.

You will find improved memory, and to some extent, psychic abilities.

The physical improvements, involve a lack of pain, general physical improvements, like better balance, strength, and stamina. Yes, sex life does get better...

Alcohol may not have any affect on you at all. Other drugs are not recommended. There is a 'drink' that ET uses, that you may like. It is a very highly specialized compound that does not do damage, but offers a similar enjoyment of what we use now.

For years, people have heard of advanced technology that has been kept hidden away from the people. These are to be disclosed as we reset our government

This government 'reset' is a return to our 1787 Constitution, Bill of Rights, Articles of Confederation, and Declaration of Independence. An effort I am involved in.

The advanced technologies include almost everything you have ever heard on the internet.

Things that man has had to keep on hand, will no longer need to be kept.

We will, over time, all have 'replicators'. These are small ones, designed to produce food, clothes, and other things for a family.

No more refrigerators, stoves, canned goods, dried foods, etc. Just as you have seen on Star Trek, the food comes out ready to eat. It is also very healthy for you.

Clothes will also be an item from a replicator. Think of an advanced suit that keeps you warm or cool, depending on the weather. Think of no more dirty clothes to be washed...there goes the washer and dryer. Won't need a closet to store clothes in any more either.

Transportation, will be upgraded to more advanced technology as well. Some jump rooms will be used, hover cars/trucks will replace our antiques.

As I have tried to state clearly, these changes will be massive as you can see.

Governments will more align their existence with the reality of the changes and the issues of the people.

>This will be a global change.

Those who have a problem with others because of the past, will have to get over that.

If those who object, intend to stay on this planet, and they refuse to be reasonable, I have it on good authority, that those whom are worshiped, are to return and set things right.

I can't think of any who would argue with Mohamed or Christ...

Further, all countries are to form a 'World Council' of governance to represent Earth in the group, Galactic Federation of Planets.

This group uses the Cosmic Laws as their 'Legal' understanding and application.

The Cosmic Laws are very similar to our Bill of Rights. Each person is allowed Freedom of Will to make their own decisions. You have the right of Self Defense, and many carry side arms.

The biggest difference will be in the area of finance and work.

Eventually we will be going to a cashless society.

Everyone will be assigned to do something according to their talents and abilities.

For this, you will have a decent place to live, a replicator for your needs, and will have free time for your enjoyment.

Think of not having to worry about any bills, making a paycheck to survive, and had time to enjoy whatever you like to do...

Imagine not having to worry about anyone using force as a means to get what they want.

I know there are a lot of 'societal' ills. All of these will be attended to, no more crime, gangs, and political agendas designed to enslave anyone.

These are just a few of the things that are to be put into place.

Mankind can accomplish anything we decide to do.

The idea of this book is to offer insights into how to access the mysteries that have been

hidden from us all.

Further, the idea of offering the information is that those who can, teach all this to others. Bring about an enlightenment to as many as you can reach.

Some will only agree to a part or parts of these ideas.

That doesn't matter.

What matters is that a majority of the people on this planet are made aware that these changes are getting ready to happen.

That no one will be subject any longer to things they find disagreeable.

Our world is too small, and there are too many people, to use racism, ethnic background, or anything else in any Prejudiced way.

As man accomplishes these goals, not only will life on our planet be better, but we will be acceptable by those who have gone before us.

These experienced people will be there to help us. As they have already done this, there are many structural plans that may fit what we are trying to do. Might just be parts of several plans, but we at least have the opportunity.

As Moody Blues says, You now stand on the threshold of a dream...

Drake

Sol 3, Terra.

No Title, No Rank

Addendum

There are many things that are known, and many that are not.

One of the 'popular' ideas is that after The Transition, everything will be love and light.

Sorry to disappoint, but the reality is very different.

It is known that America is The Key to freedom here on our planet. It is the extension of that same important key position, that will not allow the Golden Age of love and light to be a reality at first.

There are many who are working to keep any of that from happening.

Most of the 'incarnates' have been working to keep Earth free. A select few are actively involved in combating those who intend to enslave and rule over us. So far we have won every contest entered upon. Not all these have been violent or involved combat.

What must be known is that until things can be changed to where no entity feels they must use or rule us, there is an ongoing battle.

Our Galaxy is not yet safe from these problems, let alone our universe.

We have not yet cleaned our Galaxy, let alone our universe.

As progress is made, everyone will be informed.

Understand that there has always been light and dark, each compliments the other, and offers 'contrast' of validation.

At some point, the dark or void side, went insane. We have found that this was caused by a virus introduced by some outside entity, from another Universe.

Because of this being the case, we decided to see if that disease could be countered. I can report that we have found a cure, and it is and has been being spread through out our universe.

This does take time, and I ask your patience.

As I have stated, many times, things are not as they seem to be. Some times, the ideas and knowledge we accept as truth, are very different.

We are a part of a 'Multiverse'. A huge number of universes, stretching almost to infinity.

Our responsibility is first to our Planet, then our Solar System, then our Galaxy, and following that, our Universe.

Right now, there is plenty to do on our planet. Only after the people here are free, are we to extend our actions to anything else.

I hope those reading this can accept this limited explanation.

I am a volunteer in service to freedom, mankind, planet, and beyond.

This book is another way to give man a hand up. As you can see, there is no free lunch, or hand outs. You had to work to get here and apply yourself very well to succeed I your efforts.

Adults have the more difficult time in accessing these truths. It is children who are best suited to regaining their Crown of Creation stature.

Try talking over what you have learned with a child. Ask them if they would be interested, then offer a general version of this to them. Do not talk down to them, rather use a common presentation. See how they do with what you present, and either continue or adjust as needs.

By all means, feel free to mention that you learned it, and want to share it with them.

Many will be pleasantly surprised at the results.

Go and be FREE.

Drake

