

Surfing Realities

*A Practical Guide to Understanding the Nature of Reality and
How to Enhance Yours*

By

James Foster

Balboa Press

A Division of Hay House

Surfing Realities

Also by James Foster

eBook by James Foster and Nasrin Safai

Journey to Higher Dimensions with Archangel Michael. [e-Book](#). Waves of Bliss Publishing, 2009.

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For

*Divine Mother, Goddess Victory, Great Silent Watcher,
the Cosmic Council of the Divine Feminine, my mother and mothers everywhere.*

And for

*Nasrin Safai, who has selflessly devoted her
life to bringing the messages of these
Great Beings of Light to Humankind.*

And especially for

Sanat Kumara.

*When mundane success is attained as a result of accessing your Spirit,
In the presence of your Soul, with the help of your Soul Lineage and your Guides,
Then that mundane success itself becomes a Spiritual Experience.*

Divine Mother through Nasrin, 11/2012

Table of Contents

Preface

Introduction

- What is Channeling?
- Channels Are Not Psychics
- Who are Ascended Beings of Light?
- Spirit
- Reincarnation

Chapter 1: The Need for an Expanded Context

- You Can't Tell the Players Without a Program
- We Like Absolutes
- Traversing the Higher Dimensions
- A Bridge We Have to Eventually Cross
- Feminine Principle and Masculine Principle
- As Above so Below, as Within so Without
- A Brief Look at Creation
- Divine Love
- The Nature of Duality
- Enlightenment and Spiritual Awakening
- What are the Rules in our Traditional Context?
- The Futility of Judging Others and Ourselves
- Belief and Conviction Versus Truth
- Generational Effects and the Indigo Souls
- Diversity from Macro to Micro

Chapter 2: You and the Cosmos

- The Expanse of Our Cosmos
- The Nature of Time and Space
- Cycles Within Cycles
- Astrology
- One 26,000 Year Galactic Day
- The Significance of Cycles
- Natural Disasters
- Other Dominant Cycles
- The Seven Rays
- Divine Mission
- Earth and Humankind's Current Dilemma
- Each Ray has 2,000 Years to be Anchored in a 14,000 Year Cycle
- Seed Races
- Civilizations of Earth
- How Does Understanding Our True Cosmic Context Benefit Us

Chapter 3: Your Body and Your Self

- Beyond the Physical Body
- The Light Body
- The Five Body System
- Sacred Geometries
- Polarity
- The Chakra System
- Chakra Below the Physical Body
- Chakras Within the Physical Body
- Seat of the Soul and Cosmic Heart Chakras
- Chakras Above the Physical Body
- Protection Light Grids
- Every Individual is a Collective Consciousness
- Soul Lineage of Light
- Soul Fragments
- Personality Aspects
- The Pull of the Soul
- The Nature of the Ego
- The Higher Self
- The Benefit of Expanding our Macro and Microscopic Contexts

Chapter 4: Universal Law

- Universal Law Always Trumps Social Morays
- What is Universal Law
- Free Will
- Ask and You Shall Receive
- Selfless Service
- Karma
- Karmic Entanglement
- Karmic Entanglement at a Global Scale
- Breaking the Cycle of Birth and Death
- How Did We Get in Such a Deep Hole?
- How Do We Get Out?

Chapter 5: Reality, What a Rush

- The Nature of Our Reality
- The Feminine Creative Force and Manifest Creation
- The Five Elements and the Container
- Our Contaminated Container
- Alternate Realities
- Flow of the Creative Force
- Intuition and Inspiration
- Meditation

- How to Raise Earth's Vibration

Chapter 6: Children of the New Age

- Contrasting the Indigo Souls and the Baby Boomers
- For the Youngest Children of the New Age

Conclusions - Surfing Realities

- Go With the Flow
- Surfing Realities
- Divine Mother Has the Final Word
- Who is Divine Mother?
- The Destiny of the Ascended Beings is Tied to Yours
- Let Go of Limitation

Acknowledgements

About the Author

About Waves of Bliss, PTE Mystery School and IndigosAwaken.com

List of Illustrations

One 26,000 Year Galactic Day

Present Day as it Relates to Coinciding Dominant Cycles

The Five Body System

The Chakra System

Preface

Why am I here? Why has my life taken the route it has and is there any point to it all? Who decided that this should be my Reality and how do I go about improving it?

What is Reality? What is your Reality? Is your Reality different from mine? Why is one person's Reality full of health, wealth and comfort while another's Reality is full of disease and poverty? Why is there still so much violence in the world? Why are tolerance and compassion practically extinct concepts and why would people embrace misguided preconceptions that stroke their ego instead of uncomfortable truths that are in the end more beneficial?

I have always had these questions. Even at the age of four I had them. It was all very confusing to me. I asked my mother if she knew where I came from because I sure wanted to make my exit out of here and get back there. She gave me the first of many curious and troubled looks I would receive throughout my life. I have traveled a circuitous route in, out and around different philosophies, spiritual concepts and points of view trying to make sense of it all. I have met many people with similar questions but lately I am finding that more and more people are becoming more and more disillusioned; disillusioned about their own lives, with the global life of Humankind and with the abuses of the environment and Mother Earth. What strikes me as different about these most recent disillusioned masses is that they are not the poor, the oppressed, the downtrodden, they are in fact people at the top echelons of western society; the most envied and privileged.

When you are at the top (as modern society measures things) with money, property, power and celebrity and find yourself gravely disillusioned, it becomes obvious that the answers lie beyond the material and the comfortable. It is apparent in the case of these souls that the true reason for disillusionment does not depend on possessions and social stature. I believe it depends on their inability to place themselves in the context of the Reality they experience in a way that gives them an understanding of who they are, why they are here, how they fit into the micro and macrocosms of this Reality and how they can best operate within it to achieve their goals.

Without useful answers to these basic questions, there comes a point when material possessions and luxury are not enough and the status quo just no longer makes any sense. These "successful" people look around and see that they have reached their goals, have in fact solved some of the mysteries of life that they wrestled with in their youth but the answers are not satisfying. And as they view their road forward, they see fewer and fewer possibilities that they will in this life find better answers to these questions. Answers that will satisfy and justify the hardship and struggles they went through to get to where they are today.

I have great empathy for these people. I have been one of these disillusioned masses all my life. However, when I began to work with internationally known channel, Nasrin Safai, I was

introduced to an infinite landscape that I found logical and pragmatic; that helped me make sense of a world I could not as yet rationalize.

Through Nasrin, I worked with many different Ascended Beings. Many of these Beings are like our older siblings who lived on Earth in past incarnations and grew spiritually to the point that they no longer needed to incarnate on Earth. They chose not to reincarnate in this Three Dimensional World but to serve Earth and Humankind in Spirit from Higher Dimensional Realities. These Great Beings selflessly come forward to bring information and wisdom from their higher and broader perspective where they are unencumbered by preconception, dogma and the pain and suffering that is part of every incarnate person's life. They also come with an understanding of Universal Law that is not corrupted the way it is in our present Reality.

As humans, our perspective is limited. There are Ascended Beings who come to guide us from within our Solar System and our Galaxy. The term, Ascended Being, used here also refers to Beings that have come from the Universal and Cosmic Levels to assist Earth and Humankind at this critical juncture in Earth's evolution. More specifically, most of our recent work at PTE Mystery School and Waves of Bliss has been with Ascended Beings that are exclusively Feminine Cosmic Beings (we will discuss the importance of the Feminine and Masculine Principles of Existence and the Hierarchies of Solar, Galactic, Universal and Cosmic Realms in greater detail in later chapters).

From their higher vantage point, these Beings present an expanded context of our Reality, from the micro (individual) to the macro (Cosmic). This expanded context contains insight as to why the world appears like it does and why we feel the way we do about it. It provides us with a glimpse into how our Reality and this Cosmos works with the tools that will enable us to improve our own lives, the lives of our loved ones, Earth and Humankind.

I am writing this book to suggest to those unsatisfied, confused, frustrated-by-life people that they are not wrong. The things they see happening to them and to the world around them are not as they should be and none of this can possibly make any sense as long as we do not have all the pieces to the puzzle. Through the concepts and insights offered by the Ascended Beings, a Cosmic Context is revealed that makes obvious the reasons why some people feel stagnant, unhappy and unsatisfied. The reasons why many have lost their zest for life, feel there is no hope to succeed, are confused about what success even means and those who have achieved all they ever hoped for and once there, experience no satisfaction or joy.

Seeing that there actually are logical, rational explanations for why things are so dysfunctional and corrupt and that there exists logical and rational ways to correct them, is very comforting and exhilarating to me. I believe this Expanded Cosmos of possibilities holds hope, excitement and motivation for all who are ready to embrace their next adventure. It guides and directs us all to create a Glorious Ultimate Reality for ourselves, our loved ones, as well as for Earth and Humankind.

Introduction

What is Channeling?

Channeling, as it is commonly referred to in metaphysical literature, is where an Ascended Being who resides in a higher Realm, steps their energy down to assimilate with the energy field of an incarnate person who is commonly referred to as the “channel.” This interaction can occur to such a degree that the Ascended Being can, for a short time, communicate through the “channel” and provide guidance and assistance. In the process, the Being will also be able to “feel” this Third Dimension and “feel” the energies of the “channel” and everyone present.

Before I met Nasrin, I did not know what channeling was but I had a decidedly negative preconceived idea about it. I didn't like it. Even though I had no idea what it actually was, I was against it. A good friend, who knew I was open to and curious about different spiritual paths and teachings, introduced me to Nasrin.

Nasrin and I spoke briefly and set up an appointment for a channeling session. I was quite excited but without a clue as to what would happen in the session. The experience was like no other I had ever had. The energetic exchange I felt with the Ascended Being, plus what this Being said to me, convinced me immediately of the value of this phenomenon. The experience, while totally energetic in nature, was just as palpable and tangible to me as anything in my Physical Reality. My conclusion was that if I was happy to accept my Physical Reality, I had to accept this Reality because the experience was equally as “real” to my Conscious Self. And so began my adventure with Nasrin and the Ascended Beings of Light.

Channeling to me, is the act of connecting to an Ascended Being in such a way that communication with that Being can be cognized by the incarnate person. This can happen in meditation or while writing or drawing (commonly referred to as automatic writing). It can also happen in a more direct and collaborative way with the channel speaking the thoughts of the Ascended Being. There are two types of channels that do the latter, conscious channels and unconscious channels. Edgar Cayce was a famous unconscious channel. He brought messages from the Ascended Realms during a trance-like sleep state. He would speak the messages but not remember what had been brought through him once he woke up.

Nasrin is a conscious channel. Other famous conscious channels of the 20th century include; Alice A. Bailey, Helena Blavatsky and Elizabeth Claire Prophet to mention just a few. Conscious channeling is a priceless gift because it allows the recipients to have an interactive experience, a friendly chat with those Ascended Beings who are here to help. It also allows the recipients to benefit from the conscious experience of the channel - in real time.

It should be understood that the purity and clarity of the communication brought through a channel is affected by the personality filters of that channel, by the purity of the channel's

energy field and how vigilantly they maintain their body, mind and emotions. This is important because these Ascended Beings communicate telepathically to the channel using the channel's energy and vocabulary of knowledge to portray the wisdom. The channel receives the information and impressions and delivers them in the channel's own words. In this respect Nasrin has worked diligently for decades to bring the purest and clearest messages from the Ascended Realms. Her success is evident in the depth and breadth of the knowledge and wisdom available in PTE Mystery School courses, in the books she has authored and in the stature of the Ascended Beings that come to bring their teaching and their essence to Earth through her.

I am constantly amazed at the enormous love, trust and respect showered on Nasrin by these Ascended Beings who come through her to serve Earth and Humankind. They recognize her enormous sacrifice and desire to serve in this way in spite of the immense effort and great physical discomfort it causes. Channeling Ascended Beings is like running 10,000 volts of electricity through circuits built for 100 volts. It takes a huge toll on the nervous system and physical body of these selfless souls and my gratitude goes out to all channels who give of themselves in this way.

Channels Are Not Psychics

Since this is a field that few know about, there can be confusion between what a psychic does and what a channel does. Psychics, from my observation, deal with receiving messages from Beings in the Lower Dimensions of Reality just above our Third Dimension; primarily the Astral Realms, where the records of each individual's deeds are kept. The 4th Dimension is commonly referred to as the Astral Realms and has become the catch-all Realm for individuals that are no longer incarnate but do not have the Quotient of Light necessary to move further up into the Higher Realms. This leaves the Astral Realms full of unhappy discarnate Beings of Lower Light. Therefore, soliciting communication and exchange with Beings stuck in this Astral Level (Fourth Dimension) is not advised. It is much more advisable and beneficial to the Beings stuck there that you pray for them and ask for Divine Intervention on their behalf to raise their vibration and free them to move up into Higher Dimensions and on to their next adventure.

While some people seek psychics with a wish to talk to family members or loved ones who have passed, this is not recommended and it is certainly not a channel's job. A channel, by my observation, is here to serve the planet and Humankind as a whole and spend their precious life force on serving the most, with the highest; by serving the masses and fulfilling the highest purpose for Earth and all souls while helping to improve our collective lot and building a better future.

Extensive work is in progress to bring Light to the Astral Realms. Raising the vibration of the Fourth Dimension will dissolve much of the muck and mire and allow these stuck Beings to free themselves from being delayed there. This clearing of the Astral Realms and the Fourth

Dimension is also important because it paves our path to the Fifth Dimension and the Higher Realms.

My definition of a proper “channel” also implies that the channel be capable of connecting with Beings of Light from the Dimensions beyond the Astral Realms and that the channel be skilled at discriminating between Beings of Light and those that are not.

There is legitimate concern that any communication with “the beyond” is suspect. Most people do not believe it is possible at all and even among those that do, many believe that such communication can be deceitful and is not to be trusted. I respect that view and I highly recommend using careful discrimination in the case of channeling.

In our Third Dimensional Reality, as we interact with people, we have to learn to use discrimination. You learn to sense when a slick salesman is exaggerating facts to your detriment, you learn to know when you are not being treated fairly; you learn to know whether someone is telling you the truth or not. The caution you should use in interacting with Ascended Beings is no more or less important than the caution you need to use in dealing with people in your day-to-day worldly life. You have to be discriminating in both. And you weren't born knowing how to negotiate a used car deal, you learned how, probably with a lot of help the first time. It is the same in dealing with the Higher Realms. You need to practice and you need to get help however you can. Most of all, it is important to realize you are just as capable of acquiring discernment skills in the Higher Realms as you are here in the Third Dimension.

Who are Ascended Beings of Light?

In this book, the term Ascended Beings of Light is used to denote Beings in the Higher Realms; the Masters (both male and female) and Beings from the Angelic Realms who become our Guides. I have to admit that the only so called “Ascended Beings” I had heard of before my introduction to channeling were Jesus and God. I was raised Lutheran. What I knew from my experience in Sunday School, Luther League and church (I apologize to all Lutherans for probably misrepresenting them here - since I was not always a hundred percent attentive) was that the “here-after” was made up of God, Jesus, various Angels and all of us who went to Heaven. Then, of course, there was Satan, his army of Angels and all those in Hell. Sadly, that is about all I got out of it. I did go on to study many other religions and all manner of so-called spiritual topics and exercises but remained confused about the way Heaven - the Higher Realms - was organized and where we fit in to it.

Reasonable answers to my confusion and curiosity were offered in my sessions with Nasrin. I was shown there is Order in the Universe. There is a Hierarchy of Beings that occupies the various levels of “Heaven” and each has a specific and important job. For me this was easier to believe than the vague information I was previously exposed to and best of all, it made sense. I still had to reconcile where God and Jesus fit in however. I felt I always had a very special

relationship with Jesus and I didn't want to disrespect him in any way by placing him within a Hierarchy, unless he was at the top. One thing I can say, however, is that as I became familiar with Earth's Hierarchy and the crucial role Jesus plays in it, my love and respect for Jesus and what he has done and is doing for Earth and Humankind only grew greater. He is truly an incomparable Ascended Being of Light.

Understanding the Being of - or the concept of - God was more fascinating. Since the Cosmos and the Beings within it (including all of us) are infinite, it made sense to me that the Levels and Hierarchies that Earth and Humankind deal with reach up as far as they need to at each step of spiritual evolution and each have their own unique characteristics. Nasrin has a great story to help illustrate this.

Early in her spiritual journey, as she was connecting with more and more Beings of Light, she began to get a little frustrated by the many Beings that came forth to commune with her, each with their own personalities and agendas. Wanting to cut to the chase, she finally asked, "Who is God? Who do I go to that is the final word?" In essence she was asking to talk to the 'head man.' In response, the Ascended Being she was talking to about this said calmly; *"if your fingernail was ripped off, would you return it to your head? No, the finger is connected to the hand; the hand is connected to the shoulder, the shoulder to the torso and on and on. If you return the fingernail to the head, it won't know what to do with it."*

This response put it all in perspective for me. Of course there are levels upon levels where responsibility must be taken by a single Great Being of Light or a Council of many Great Beings, until the aspirant (be it a person, a planet - Earth, or Humankind as a whole) grows beyond them to where a new teacher is required. *"When the student is ready, the teacher will appear."*

It should also be noted that the workings of a minute fragment of the human body, be it a cell, a chromosome, DNA, etc., is part of the whole and if the cell or chromosome is not functioning properly, the whole body is affected. *As above, so below.* Humankind may be miniscule on a Cosmic scale but we are part of this entire organism that is Manifest Creation. If we are not healthy, all of Creation is not completely healthy.

The Ascended Beings referred to in this book include highly evolved and enlightened souls that have attained Mastery and no longer must incarnate on Earth but choose to serve the Light and those of us still spiritually evolving through the cycle of birth and death. This term also refers to Cosmic Beings that have, through great sacrifice on their part, come to help Earth, Humankind and our Hierarchy of Ascended Beings accelerate our growth at this critical juncture of spiritual evolution.

Spirit

The Ascended Beings define Spiritual Laws in practical ways. The term Spiritual, used in the pages of this book, refers to explanations coming from the Realms of the Ascended Beings; the Realms of Spirit or the Higher Realms. Their reference to Spirit, Spiritual and Spirituality does not indicate a reference to religion but to the Spirit of things; the Higher Knowledge and Wisdom which remains uncontaminated and uncorrupted by the obfuscation in the Third Dimension.

Reincarnation

It is the premise of this book that reincarnation is fact. A great living Saint by the name of Ammachi says, *“death is like the period at the end of a sentence. Then the next sentence in our story continues on.”* We accept that our Physical Body dies while the rest of our Beingness continues on, carrying the memories of emotional, mental and even physical encounters from one lifetime to another. The Ascended Beings have described many events and circumstances in an individual’s present lifetime in the context of past lifetimes. Often healing in this lifetime can only occur through closing the loop of events and circumstances in previous lifetimes. These events and circumstances need to be completed and concluded so that we may heal ourselves and move forward. Sometimes the resolution is in the form of paying a debt (figuratively speaking) or receiving payment of a debt. The Law of Karma which will be described in greater detail later, requires that all outstanding debts be paid and received before a soul may move on to their next adventure in alignment with their Higher Purpose. Given the density and corruption of the Third Dimension, there are occasions where a karmic debt must be differed or passed on from one lifetime to another. This is unfortunate because it can delay and distract the person in their next life time from more direct service to their Divine Mission while they clean up this lingering karma.

Chapter 1

The Need for an Expanded Context

You Can't Tell the Players Without a program

Any conclusion reached without all the facts is bound to be incorrect. If taken as truth, this conclusion can lead to more and more assumed facts that lead to more and more misrepresentation, obfuscation and uncertainty as the expected results of planned actions take totally unexpected turns. For some, what follows in the wake of unexpected and unwanted results is often an even stronger conviction in the false conclusion out of sheer frustration and need to feel at least a little control over themselves, their world and their view of Reality. For others, what follows is a search for something that does make sense. Sadly this can often lead to a cynical look at life because nothing seems to really make much sense for very long.

The world is flat. The universe orbits around the Earth. A lot of conviction was placed on both of these theories. But no amount of conviction can change the fact that they are incorrect conclusions. They were conclusions based on limited information viewed in a limited context. A lot has changed since those theories were believed and an enormous amount of knowledge has been acquired. The context in which we view ourselves, Humankind and the universe has become vastly larger. But even with all this knowledge, our perception of the way life unfolds for us (individually) and for the planet (globally) still defies any plausible concept of a logical, orderly universe.

Even with our intellectual, psychological and technological advancements, the world still makes little sense as we empirically view it. For the *have not's* life seems full of senseless struggle with no light at the end of the tunnel. For the *haves*, after the luster wears off, life becomes dull, monotonous and increasingly disillusioning. And for the young people, the ones we call Indigo Souls (those born from 1972 to the present), the world seems to be confusing, alienating and threatening. Although these Indigo Souls have the greatest potential for turning our world around for the better, they are the most vulnerable and adversely effected.

I believe much confusion and disappointment permeates just below the surface of our Collective Consciousness because we see ourselves and our world, even with all the modern advancements, in an inaccurate and limiting context. There are no lasting answers and nothing makes sense within the context of our life as we see it because the context we have learned to accept, is inaccurate.

I believe it is time to broaden our perspective using every avenue for inspiration available in order to expand contextual boundaries and thus expand our thinking. My argument is that we can expand the context with which we view ourselves and our world by including information offered by Ascended Beings of Light that are working very hard to help us out of our current dilemma. Their information provides a context that can assist us in gaining greater

understanding of our current life's circumstances and a better understanding of how the game is really played on Cosmic as well as personal levels. With a better perspective on the game we are actually playing (not the one we misguidedly think we are playing), we have a fighting chance at making beneficial adjustments that can result in a better outcome, from our own point of view, our world's point of view and from these Ascended Beings' point of view.

So, what I intend to do in these pages is to explain, in as pragmatic a way as I can, some concepts which present a more expanded context from which to view and explain our Reality. Then to provide the tools needed to effect and direct our own Reality for the better and therefore, improve our Global Reality - and even beyond.

The knowledge given by the Ascended Beings of Light covers a myriad of subjects including the history of this planet, its civilizations, the expanse and nature of the Cosmos, Dimensions of Reality, our Hierarchy of Beings, Universal Law, the Nature of Duality, as well as many cycles of rise and fall of Earth and Humankind, just to name a few. Sometimes the information can be hard to get your mind around but if you ask your mind to be watchful and vigilant but also accepting and not too rigid, it can be a wondrous adventure.

Think of it as food for thought and an opportunity to expand your awareness and explore wherever your own intuition takes you. These pages are not intended to prove or disprove anything or to be critical of any point of view. Every individual is equally able to form their own opinions and live their life in the way they decide. This is merely information and concepts that can be considered along with all the other information and concepts available to you as you experience life, creating a more inclusive body of knowledge that can be used to help you live the life you desire - that you feel moved to live.

The fact is that none of us is in a position to objectively vet the flood of information we have access to in books, TV, movies, or the internet, that already - in an involuntary and somewhat insidious way - shapes our world. What we can count on with the most certainty, however, is our own life's experiences, our interaction with others and what we observe.

The mechanisms that we primarily rely on to evaluate our life's experiences are our mind, emotions and intuition or inspiration. We can use these same mechanisms to evaluate the information offered by the Ascended Beings. Maybe a little more emphasis on the intuitive component but that's not a bad thing. For most of us, our gut instinct gives us our most reliable council.

Walter Isaacson, in his book *Einstein*, says of Albert Einstein, *His success came from questioning conventional wisdom, challenging authority, and marveling at mysteries that struck others as mundane...Imagination is more important than knowledge.* (Isaacson, Walter. *Einstein, His Life and Universe*, pg. 7. Simon & Schuster Paperbacks, 2007.)

What struck me most about Einstein was his willingness to "think outside the box," to have no "preconceived ideas." Just being open to new concepts without prejudice released Einstein from

the chains of limitation and opened the door to infinite possibility. Unshackled from convention, he changed the world.

We like Absolutes

We like absolutes and we like to deal in absolutes. We, in the West are trained to rely on reason and our mental capacity and trust only tangible observations that result in absolutes. In the USA and the rest of the Western World, science rules and somehow, if it is deemed scientific, it translates directly to the factual and absolute. Similarly, in the West, emotional responses are not trusted and therefore, often suppressed. Intuition is also considered intangible, therefore untrustworthy. Gut instinct is often overridden or completely overwhelmed by the mind's filtering and its ever-present instant logical analysis. This makes objective investigation into "spiritual" sounding subjects difficult. Add to that the prevalent preconceived notion that everything on "the other side of the veil" is beyond our ability to observe and therefore, unknowable and the conversations fizzle out quickly.

Interestingly, science is beginning to lose its addiction to absolutes. Newtonian Physics is a study of physical laws that are based more or less on absolutes. Action causes reaction according to measurable formulas in the Third Dimension. However, since Einstein, science has firmly moved into the realms where absolutes no longer define our observable Reality. Einstein, in his study of Simultaneity, proved that time is relative, not absolute. It is part of a time/space continuum that does not follow Newtonian absolutes. (Isaakson)

Quantum Mechanics has shown that the observer cannot be separated from the observed and that the behavior of quanta cannot be absolutely known, only predicted. Science defines quanta as subatomic packets of Light that can raise the vibration of an atom when enough are present to create a critical mass event within the atom. For example, when the energy level is increased enough in an atom, the orbiting electron can jump to a higher level orbit, to a more expansive orbit, thus becoming less dense. These examples show that science in its exploration into higher, multi-dimensional particles, are no longer feeling bound by Third Dimensional Laws of time and space and the old absolutes.

There is no ignoring the fact that empirical science is in a constant state of revision, as yesterday's truths are replaced by today's theories. Metaphysics, which more or less means beyond physics, is only phenomenon that cannot as yet be explained with traditional (classic) methods. Time after time we have seen metaphysics become physics as the unknown became known, taking its place with all other empirical facts until it too is rebuffed.

Empirical, observable conclusions useful in explaining the Third Dimension are very important but should not be expected to define how it works in the Higher Realms; the Dimensional Realities that are much more subtle than the Third. Based on what we have been told by the Ascended Beings, there are 144 Dimensions of Reality. We in the Third are at one of the lowest rungs of the ladder. It is not surprising that our scientists are finding out that absolutes and

Newtonian Physics have limited application in explaining the more subtle aspects of our Reality, beyond the Third Dimension. Of course as these more subtle aspects are defined, revision to our traditional physical laws continues.

Traversing the Higher Dimensions

So how do we go about examining the other 141 Dimensions of Reality you may ask? First of all, it should be clearly understood that many on Earth already do. Most of the other 141 Dimensions of Reality can actually be consciously experienced even while we remain in our Third Dimensional Physical Bodies. It is a myth that anything other than Solid Third Dimensional Form is impossible to be experienced. These Higher Dimensions can be personally experienced by anybody that commits themselves to doing it. However, just as you can't expect to be able to pick up a violin and immediately play Mozart, you can't expect to sit down cross legged on the floor, close your eyes and immediately roam Higher Dimensions of Reality. None the less, it can be done. More than that, it is being done.

For the average person to be able to connect to the more subtle Realms, requires work to raise their vibration, their Vibratory Signature. If your body and Being vibrate at one octave, the way to connect to a higher octave is to raise the tune you play to the higher pitch.

This isn't easy and takes time and dedication but it can be done. For me, in the beginning it became very frustrating as I tried to raise my vibration through different meditation techniques. My mind would flood my consciousness with questions, demands, criticisms and annoyance in a constant flow. I was not very successful at meditating in the classical sense – sitting quietly in the lotus position (cross-legged) for long periods of time. What provided me the most benefit were breathing exercises and mantras that I could recite in order to rhythmically calm my mind. Also the step by step imagery of the guided meditations I received from the Ascended Beings during channeling sessions was invaluable.

Guided meditations with visualization gave my mind something to do that was beneficial to the process, curtailing its normal distracting or destructive behavior. Still, diligence is required. At first when I tried to visualize what was being described by the Ascended Beings during my channeling sessions, I couldn't see anything. My inner sight was not yet developed and I had no sensitivity to the subtle energies that guide you in the Higher Realms. It took a long time and lots of practice. But over time, my inner sight improved and my ability to feel the delicate nuances and distinguish between the energetic impressions of different Beings and different Dimensions began to develop. Fortunately, all the efforts on my part and on the part of the Ascended Beings has paid off, as our trial and error sessions led to the creation of books, courses and other materials which teach the skills and short cuts we developed together.

Over time the Higher Realms have become more and more tangible to me. These Realms are not solid so they have a different quality than this Third Dimension but they are just as real, just as valid. As the Higher Realms became more familiar to me, I developed the sensitivity to

experience the Higher and Lower Realms simultaneously during my daily life. As I continued my practices, the energetic nature of all Realities, including this Third Dimensional Reality that I physically function in, began to mesh together. I began to experience the Higher and Lower Dimensions as one fluid continuum, sitting one on top of the other like musical octaves, not as totally separate parts.

I also came to realize that I have been experiencing events in the Higher Realms all of my life, I just didn't know it. I have always been consciously aware of flashes of things that felt like memories - but not exactly - flashes of a feeling that came from nowhere and did not seem to relate to anything occurring physically in the moment. I didn't know what was happening but I knew they were part of my perception and therefore part of my larger Reality.

Having become more sensitive to subtle energy shifts and their origin, I can think back and attribute many experiences I couldn't explain before to a fleeting conscious connection to something in the Higher Realms. I'm quite sure everybody does it. It is unfortunate that society is not receptive to this possibility. Many people probably miss the chance at an enjoyable and rewarding experience or have been badly misdiagnosed as having some malady or special condition because of societies' rigidity.

From the outset, the Ascended Beings did a lot of healing work with me. In order to raise my vibration to the point that I could work with the Higher Realms, I had to release a lot of pain and sorrow and heal myself from deep subconscious emotional trauma inflicted over hundreds and thousands of lifetimes. Emotional trauma and mental disturbances dim your vibration and inhibit your ability to go into Higher Realms. This healing and release is a necessary but at times difficult process. Emotional trauma or mental anguish must, in the end, be released through the Physical Body, so it can sometimes be uncomfortable or even painful. The Ascended Beings are very helpful with this healing process. They worked with me to go directly to the experience which was the source of the pain (including past lifetimes) to clear it. This unparalleled healing work can greatly expedite and ease the healing process.

Once the healing is underway, raising one's vibration becomes easier. Exposure to the energies of the Ascended Beings by itself helps raise one's vibration. Also, regular participation in meditational exercises can maintain the vibration at a higher level, allowing continued access to Higher Realms. Accessing the Higher Realms helps your intuition to be heightened, inspiration to bloom brighter and insight for each individual and collective situation to be more readily comprehensible. It seems impractical to ignore the fact that we, as a species, can access these Higher Realms to retrieve wisdom when there is such a great need for it. The potential upside is limitless while the downside is more of the same. As the status quo is maintained, Humankind is reaching greater and greater stagnancy and, as the groove of this stagnancy gets deeper and deeper, it gains inertia and makes it harder for us to break away from it.

A Bridge We Have to Eventually Cross

To break this inertia, many souls will have to accept the challenge of going through the processes necessary to raise their own vibration. I was often asked by the Ascended Being as we reached each landmark point, if I chose to move forward. I would always ask the same question; *“is this a bridge I have to cross at some point? If not now, will I eventually have to move forward on this path?”* The answer was always the same, yes. You may choose of your own free will not to cross now, but eventually, to move on spiritually, you will have to cross. To me, if it's a bridge I have to eventually cross, then all things considered, I would rather cross it sooner than later.

There is always a purpose to be served by us incarnating here in Third Dimensional Earth. The ultimate reason we are all here is to fulfill our Divine Mission. If it takes a week, a year, a lifetime or 100 lifetimes, we will eventually have to succeed. It's a bridge we have to cross. We can play around on this side of the bridge for as long as we want but we have to, at some point, move forward. So, my question to myself was always, do I want to delay and play around on this side some more or turn and face the inevitable right now?

This question brings to mind an experience I had as a child. On Saturday nights when I was little, if my grandparents came over, they would take my brothers and me up town for an ice cream cone. I loved it and I always wanted more than one cone. This was out of the question, however. So, on these occasions I promised myself that when I grew up and could afford it, I would have 2 cones or even 3 if I wanted. Years after that when I was in my teens and had a day's pay from bailing hay, I went up town on Saturday night. I decided to live out that fantasy of having ice cream cones until I was completely satisfied. After I was half way through my second cone, I started getting an upset stomach and I realized that the fantasy of “how wonderful it would be to have as many ice cream cones as I wanted and how much I would enjoy having more and more of my favorite thing,” was an illusion. I realized in that moment that at whatever height you rise, no matter how much you can have, there comes a point when the thrill is gone and you just get a stomachache.

Later, when I was in my late 30's and striving to climb the ladder of success in the New York City business world, I had a similar realization. My small company was coming off a great year, a better business year than we could ever imagine. My question to myself, as I was basking in the glow of the previous year's accomplishments was; what about next year? What will next year have in store? I realized if I were lucky, really lucky, I could hope for another year like the one I just had. The trouble was that the previous great business year had almost killed me. I had worked continuously the entire year almost every day including weekends and put every ounce of my energy and focus into the business. While I was intellectually stimulated and my Ego felt good, my Being was left wanting. Just like the great ice cream cone debacle of my childhood, all it gave me was a stomachache. There was great exhilaration from the past year's successes but no lasting satisfaction. It seemed my soul, my complete Being, was never going to be content with mundane accomplishments alone, no matter how much money and power came my way. It was clear to me there was more to life than feeding the body and the Ego.

Ultimately there comes a point when this mundane level of gratification alone is no longer sufficient. For those of us lucky enough to realize our childhood and adult age dreams early in life, we get the chance to bring that bridge into focus; the bridge that connects the mundane and the sublime. Lucky are those who are able to bring themselves to cross the bridge sooner than later because once crossed, an entirely new world of possibilities opens up; a world where we can truly make ourselves useful on a Global and even Cosmic scale and follow the path which our older siblings, the Ascended Beings of Light, are clearing for us.

Every individual is here to ultimately realize that they have a Divine Mission. The sooner we all realize this, the faster we can walk on that path and the better we can serve our Ultimate Purpose. Sometimes the amount of karmic debt collected from previous lifetimes prevents us from reaching the bridge early enough to fulfill our entire Mission. In such a case we will return in future lifetimes to complete the task. In the case of the Ascended Beings of Light, they have done this completely. In the final analysis, we are here to serve. This is why these amazing Beings continue to serve and guide us. It is a bridge we all have to cross at some point, whether sooner or later, and join them in service. There is an immense sense of exhilaration on their part when we reach the point that we can be of service to them and to our fellow human beings, Earth and all souls.

Feminine Principle and Masculine Principle

Our Reality expresses itself through the Feminine Principle of Existence and the Masculine Principle of Existence. These two Principles are distinctly different but equally necessary to manifest our Reality.

Western religious organizations focus on a masculine deity. God is most often assumed to be male in gender. As you will read in more detail in Chapter 2, our Reality moves through cycles in which the Masculine and Feminine Principles take turns being the more dominant force. We are at the end of a long Masculine Cycle and the beginning of a Feminine Cycle. The Creation came into manifest form through the infinite free flowing Creative Force of the Feminine and the Laser Beam Focusing Force of the Masculine. In perfect conditions, both the Feminine and Masculine Forces are equally at play. The Feminine brings the Magnetic Force and the Masculine brings the Electric Force, thereby presenting the Electromagnetic or Magneto-electric Forces with which Creation becomes manifest.

The Female Creative Force is the One-ness, the sense of identity, the canvas of Divine Love and represents infinite possibility that exists everywhere. The Masculine Force focuses on an idea, concept or design from this infinite Pool of Creative Force and causes it to coalesce into manifestation. How do the Feminine and Masculine Forces know what to manifest? The ideas which the Feminine Creative Force identifies for individualization and the Masculine Force brings into focus are the ones we ask it to ("we" includes humans from this Third Dimension, the Ascended Beings from their Higher Dimensions, Cosmic Beings from their even Higher

Realms, etc.). Our Intentions and prayers (some conscious, most sub-conscious) set these forces into motion. Our Earthly Reality is the platform from which we continue to co-create what we and all the Great Cosmic Beings and our ancient siblings have participated in co-creating in the Cosmos for billions of years

We are at the point when the Electromagnetic Forces are shifting to a Magneto-electric vibrancy. In other words, the Feminine is becoming more prominent, as it is taking the reins and balancing the scale which is heavily tipped toward the Masculine.

As Above, so Below, as Within so Without

The Creative Force is the Creation. The one is also the other. All things are part of the whole; there is no difference between the lover, the beloved and the love. This One-ness, this sense of unqualified identity, is the canvas upon which all of Manifest Creation is painted.

In order to experience itself, the Creative Force initiates individualization into manifestation. Pieces of the whole become the Creation in Manifest Form, interacting with itself to perform a Cosmic Dance to see how beautifully it can glide, to what heights it can reach and then, having learned new steps, dance again and again. We are in the middle of this dance, ever looking forward to see where it takes us, to then begin again, dancing to music of an even higher octave.

A Brief Look at Creation

The Ascended Beings talk about the Feminine and the Masculine as the two forces at play in every aspect of Reality. A very simplistic way to look at Creation is that the Feminine Creative Force is what permeates through all Creation and holds all possibilities within it as potential outcomes. The Masculine Focus is applied to bring something that originally sat in One-ness within the Realm of the Creative Force, into manifestation. We as cosmic co-creators, provide the intention or the prayer for what we desire to manifest. We send out the request for a happy, peaceful life or for an object like a new car. The energy signature of that prayer, powered by our force of will and the laws of attraction, magnetizes to itself that same energetic signature from the Source of all possibilities, the Feminine Creative Force. The request causes a corresponding resonance within the Feminine Creative Force. The resonance generates movement which causes a spark to form that triggers the Masculine Force, the Masculine Focus, to embrace the spark and begin the process of manifestation. The Masculine Focus begins to coalesce the intention pulling from the Creative Force, from the Pool of Creation, all possible facets and all potential possibilities of this intention needed for manifestation, moving it first into Non-Form, then Semi-Form, then Etheric Form and finally to Solid Form. Our conscious or subconscious desire and our karma then attract it to us in our Earthly Reality.

Everything that becomes manifest in our Reality comes from the top down, from the most subtle to the least subtle, to where we experience it as Solid Three Dimensional Form.

The nature of the Feminine and the Masculine permeates throughout Creation. The Feminine Creative Force ebbs and flows throughout all of Creation feeding Life Force to all things manifest and potentially manifest, with the higher equivalent of a mother's unconditional love. The Masculine Force which is responsible for focusing and enabling the Feminine Force into manifestation is more rigid. Form has rigidity. Matter has rigidity. These Qualities express themselves at every level throughout Creation. *As above, so below.*

In the Third Dimension, generally speaking, mothers love their children unconditionally; make fewer demands on them, always keeping them safe, healthy and happy. They do not say, I will love you "if." Mothers love unconditionally. Fathers also dearly love their children but tend to apply more rigidity and discipline, as their preferred techniques, in order to more quickly teach them self-reliance, self-discipline and other needed lessons, even if a bruise or two is suffered along the way.

Goddesses, Female Beings throughout the Cosmos, express this same mother's love to all of existence while the Masculine Beings tend to be more firm and demanding and task oriented. Their task is to make Creation manifest. To illustrate the differences between the expression of the Masculine and of the Feminine throughout Manifest Creation, Divine Mother has said that it is false thinking that says you must skin your knee to learn the lesson. Instead of allowing you to fall down and skin your knee to learn a lesson, I will love you so much you will eventually absorb the lesson and adjust your behavior without the need to skin your knee. The Masculine, with one-pointed focus, will tend to push the child to learn the lesson sooner and accomplish the goal faster, even if there is some collateral damage, even if the knee is grazed. For the Masculine, the end can sometimes justify the means as it is the Masculine Principle's responsibility to bring the Non-manifest into manifestation. The Realms of Solid Form are dense and not as malleable as the subtler Realms of the Non-manifest. The manipulation of matter into manifest solid form can become increasingly difficult as density increases. In some circumstances, as in our Reality today, the density has become so great that almost any means possible to achieve the desired positive result has been considered by the Masculine Principle in charge, as fair game. This is how we have drifted from abiding by Pure Universal Law to abiding by watered down and corrupted laws that only spiral us even farther into density.

Divine Love

To me, Divine Love could be thought of as synonymous with the Feminine Creative Force, the absolute, unqualified sense of identity that sees the infinite, both Manifest and Unmanifest, as itself - as the lover, the beloved and the act of loving - unqualified and unwavering.

In our Reality, the closest thing we see to Divine Love is the love of the mother for the child, which is a good metaphor for the Feminine Creative Force and Creation. However, Humankind has often diluted the Pure Quality of Divine Love and qualified it. Divine Love is an absolute. Love based on qualifications such as, *"if you do this or that - if you behave in the way I*

want you to, I will love you," lowers its frequency of vibration until all manner of unintended qualification enters in. Control, jealousy, disempowerment, lack of self-esteem, heart break are all qualities associated with the effects of, and our definition of, what we know as romantic love. Divine Love resonates at the highest possible level, that of the Pure Feminine Creative Force; so no lower vibrational Quality could possibly attach itself to Divine Love and become associated with it. It is my experience that once a person feels the presence of Divine Love, however it comes to them, their Being recognizes it and whether consciously or subconsciously, they will be forever vigilant in seeking it.

The Nature of Duality

Our Manifest Reality is immersed in extremes of duality because we in the Third Dimension are situated far from the Source of Light and Divine Love. At the core of its Source, Light is at its purest. When it begins to expand and move out of the core, it moves through and into darkness or the absence of Light. Then darkness absorbs and slows the spreading of the Light. In other words, Light encounters density and duality is born. Eventually as it spreads away from its Source, Pure White Light fractures. The density fractures Pure White Light like a prism into seven separate Lights. These Lights, as they move farther from the Source, fracture into seven colors (similar to the colors of a rainbow). These seven colors are referred to as the Seven Rays.

As Light continues its journey away from its Source in the form of the Seven Rays, it further solidifies. The Rays coalesce first into Semi-Form. Then Solid-Form begins to take shape until it reaches all the way to this Third Dimensional Reality that we occupy. Because of our current level of density and duality, the Seven Rays have been the Highest Light available to us in the Third Dimension and even in a few Dimensions above it.

The Creative Force quite happily exists in One-ness as itself, unrestrained; existing everywhere as everything simultaneously. But to become individualized and ultimately made manifest, Light is resisted by density and fragmented. By becoming individualized, the Creative Force can experience itself in separate forms with separate Qualities to shower love upon itself and experience receiving love and being loved all at the same time.

For individualization and manifestation to happen, duality is required; duality as Light - Dark, One-ness - individualization, unrestrained - restrained, chaos - order, infinity - objectification, nothingness - substance, non-matter - matter. Pure Light individualizes and manifests as the Seven Rays on its way to becoming a kaleidoscope of Manifest Form. But it is also the nature of duality to seek balance in unity. Although individuality is implemented and set in motion, it is the nature of every individualized piece of the whole to always seek the whole, to be magnetized to every other piece and return back to One-ness.

This is the case in any Reality. Duality seeks balance back to Unity. The underlying force is always back to One-ness. That is why the analogy of a pendulum is so appropriate in explaining the nature of duality. A swing in one direction causes a corresponding swing of equal momentum in the other direction. This is also consistent with the Universal Law of karma, as we will see in Chapter 4.

Without duality there could be no Manifest Creation. Having said that, we need to state that there are many layers and levels of density. The thick density which we happen to be experiencing at this juncture of our history on Earth can cause an exaggeration of duality. The duality that allows manifestation is also integral to how a Reality plays out once manifestation has begun. Duality interacts with our Reality in a kind of push and pull. The analogy of a pendulum is used by the Ascended Beings to explain how duality causes the ebb and flow of forces that evolve and move our current Reality forward. The pendulum always swings from one extreme of duality to the other, from chaos to order for example. The problem occurs when the thickness of density that permeates through a Reality gets greater. As it becomes thicker, the nature of duality tends to exaggerate the extremes. As the swing of the pendulum in our metaphor becomes greater, it reaches greater amplitude which creates accelerated momentum swinging back to the other side. This escalation results in unwanted exaggerated extremes on both ends of the spectrum. Chaos becomes uncontrollable havoc at one extreme and order becomes suffocating constriction at the other. Neither is acceptable. At times like this life becomes very difficult to bear.

We are at such a point at our present juncture of Earth's evolution. However, we are entering the return of the Divine Feminine where the extremes of duality will be tempered, as the Feminine begins to balance the Masculine. As the density permeating our Reality becomes lighter, the pendulum swing will slow to have a shorter period, lower amplitude with both extremes of chaos and order complimenting each other; as free-form creativity ebbs and flows with orderly implementation.

The thick duality we are experiencing today has also dimmed our awareness to the point that we no longer feel the sense of our Ultimate One-ness but feel separate and alone. The intended balance of being individualized to experience and take part in the Creation while feeling the comfort and nurturance of knowing that all is One, has been lost. Losing this connection causes us great undue trauma, pain and misery and ignites all kinds of frantic, misguided probes into the as yet unknown to find the part of ourselves we sense that we have lost.

In this book, we examine the necessity of adjusting our perception to that of the expanded infinite Cosmic Context instead of the status quo, the limited traditional context. In short, moving from the perception of us, as individuals, disconnected and separate from everything else, to an expanded Context where everything is interconnected - where we are aware that everything we do effects everyone and everything else as significantly as it affects us,

personally. In fact, we realize that there is no “just me personally.” Once we acquire that awareness, we have in fact, *Awakened*.

Enlightenment and Spiritual Awakening

Once we are aware of this Cosmic Context or Cosmic Consciousness, we are able to see ourselves and Humankind more completely. We see ourselves in relation to and as a part of the organism of the Whole which allows the concept of a Divine Mission to make sense. On the ladder of the evolution of Souls, Enlightenment is much like graduating from elementary school. But for us in the Third Dimension it is a huge deal, especially since most of Earth’s population is not yet even Awakened spiritually. Spiritual Awakening simply means knowing God resides within us at all times and acting accordingly. At that point, we live with a greater awareness and express and experience ourselves in relation to all things, growing our enlightened intellectual awareness to encompass our everyday life and every mundane experience. We begin to practice seeing our lives and the world around us from a Cosmic Context, applying universal consideration, tolerance and compassion in all our endeavors. To help understand how to integrate the rules of universal consideration or Universal Law into our lives, we can first take a look at the rules at work in the status quo – our traditional context.

What are the Rules in our Traditional Context?

The rules that guide most people are based on their experience and lessons learned in this one lifetime, as they pursue their aspirations or just merely try to survive. Simply put, most people live their lives trying to provide the basic necessities for themselves and their loved ones. If and when the basics are provided, they aspire to be happy and to achieve certain goals that they have set for themselves. Some of these goals are to find a partner and raise a family, some are to go to college, some are to be rich and famous and some are just to get through another day. The goals are as diverse as there are people. But the one constant is the search for the path that will lead to the achievement of their goals, whatever they may be, even if it is only to survive. The big question is how do I get there? How do I behave and how do I maneuver around life’s obstacles to get where I want to go? What are the rules that govern the world that I need to operate in?

For the most part we behave according to social mores that have been established locally, nationally and globally and by man-made laws that are enforced where we live. We function on some level according to these rules. I’ve always felt that I didn’t really “function” but struggled through life in “dysfunction” within these often inexplicable rules. With our new expanding “context” we can begin to see why there has been so much failure to effectively function.

What seems to have happened over time is that laws and regulations have crept into our social perception and have become the moral boundaries for behavior, taking the place of our own

conscience as a guide for our actions and blurring the lines of Universal Law which should, under ideal circumstances, influence all actions.

Basic precepts of living, such as *"do unto others; what goes around comes around, or treat your neighbor as yourself,"* any of which, if held to by all people, would largely negate the need for manmade laws and regulations, have been replaced with, *"if I can get away with it, it must be OK."* The "moral compass" has been replaced with external rules that have no particular connection to morality or responsible behavior.

An example that I experienced first-hand in my business relationships, is that people in general often see a disconnect between their behavior at work and their behavior in their personal lives. They would never cheat and steal, from their point of view, as an individual in their "personal lives" but at work they often stretch and fade the boundaries of cheating and stealing because in the business world everyone does it and they are often rewarded for it within the business structure in which they are trying to excel. It typically moves them to the top. A person's perception of questionable or outright dishonest dealing morphs into valid, acceptable and even moral behavior supported and often envied by their friends and co-workers. The rational realization that, regardless of where you act and in what circumstances you act, it is still you acting and dishonesty is dishonesty wherever and however it happens, is intentionally or unintentionally ignored. However, Universal Law sees no personal life and separate business life, it is all one life.

This implied double standard is capitalized on by those in power. In fact this behavior has been so exploited that heads of corporations defend their actions by the false premise that they are bound to produce greater profits above all else, no matter how detrimental the corporations' actions are to Earth and Humankind. It is their perceived mandate; their shareholders demand it. And the shareholders follow suit and agree, even as they and their children are clearly being detrimentally affected far beyond the value of a dollar or two added per share of stock. This fairly typical scenario can only happen when it is employed through a severely limiting and narrow context that says this is the best and only way. Within our expanded context, this behavior could never gain enough momentum to be the norm and create its own dysfunctional interdependence.

The traditional mundane world context says this is fair and even necessary to get ahead and on the surface, in the short run, it may be true. It may even stay true for a lifetime. But the Law of karma; *you reap what you sow*, is still in play. You may see people that operate in a corrupt way and still die rich but that is not the end of the story. What goes around has to come around eventually. Whether a person operates within man-made laws or not, the Universal Law of Karma is at work and whether they know it or not, that karma of cheating and bending the rules for selfish gain at the expense of others is out there and it will return, amplified.

The Futility of Judging Others and Ourselves

One of the most destructive things permeating throughout our traditional context is the concept of judgment. Judgment of ourselves or others is a bi-product of the energies of fear and suspicion and one of the most diabolical hurdles that Humankind has to deal with.

The act of placing judgment on others is gravely polarizing. This behavior, this belief system, that says “different” is wrong, is creating a gap between people and a rift within cultures that seems too wide to ever bring together. As diverse as we seem to be from culture to culture on Earth, from a Universal or Cosmic Context, we are all virtually the exact same. Imagine the diversity in this entire Cosmos and then look once again at Humankind. The range of diversity is nearly imperceptible.

Judging yourself can be even more destructive than judging others. When you judge yourself, you condemn that Divinity which is you, that Life Force, of which you are the Guardian. Judging oneself leads to blame and guilt and loss of self-respect. From there a downward spiral can begin which can take over a person’s life. Blame and guilt have no place in Universal Law. It is born out of lifetime after lifetime of pain and suffering. A conscious effort at identifying within oneself any tendency toward self-judgment and working to uncover the root causes is a very empowering exercise. The Ascended Beings have shown that they are very much available, upon the asking, to help heal the pain and remove the need for self-judgment. When you no longer judge yourself, you will find it natural to never cast judgment on others.

With the knowledge and awareness gained through seeing the world in its expanded context, the flaws and complete folly of judging ourselves and others becomes transparent. Truth can easily take its place and become one’s belief system. Then judgmental behavior will naturally dissolve and all souls can be lifted out of fear and mistrust. Human beings can then see themselves as citizens of one world and act accordingly.

Judgment is in opposition to Universal Law. One of the most beautiful things about connecting and communing with the Ascended Beings of Light is they have absolutely no judgment. They pour their love upon you without qualification. You need do nothing to receive it except to ask. They do not love you because you are “good” whatever that means or “bad” whatever that means. They love you as you are and will always pour their love upon you, unconditionally.

Belief and Conviction Versus Truth

How is it that we, as a society have come to the point where greed, hoarding and using force for personal gain at the expense of others is seen as accepted and the way of the world? From the Ascended Being’s point of view, society has embedded itself so deeply in self-deception and denial that we have created this great gap between what we say and what we do and fail to see

the difference. Often what we say to other people is what we want to believe and when we say it enough times and we think it enough times, we too, believe it. We then are so immersed in that inaccurate mindset that we don't realize that believing it and it being Truth are two very different things. Just because we believe in something, doesn't make it Truth. Not doing the work of finding and standing in our Truth, can fade our ability to discern between belief and Truth, leaving us vulnerable to be swayed by the misdirected beliefs of others.

That is why a lot of people, especially nowadays, are being pulled to the conviction of those who adamantly believe in something, whether it is true or not. There are those who have convinced themselves to believe in something and through their own conviction, belief and power, have attracted others to also believe their flawed conviction. Consequently they have led many people so far away from the Truth that it is at odds with Reality. These days it seems as though Truth has been taken out of the equation completely. Standing in your Truth and acting on your Truth - which is a natural state and does not require force or exertion of power - has been replaced by acting on beliefs, acting on convictions and using power; the power of money, the power of energetic exchange, the power of corruption and the power of deception, to create a magnet to pull people's energy in the direction of that conviction or belief system, no matter how corrupt it may be.

Generational Effects and the Indigo Souls

The unwritten rules and social mores that we see today are a product of many forces but there are some generational effects also worth examining. Those that are in positions of power to sway public opinion and make policy are largely the product of the Baby Boomer generation. The Baby Boomers are the generation born immediately after the Great Depression and the two World Wars. These global events had a massive effect on the nature of Reality and the souls that had to survive through those times. Because survival was for many their constant focus, a groove was worn into the fabric of time and space that resonated strongly to that vibration of self-preservation. Acquiring whatever one could and hoarding it to make sure that the family was safe from uncertainty was powered by a huge collective force of will due to these catastrophic events. Fear of the unknown and the tangibility of being completely without food and a safe place to live was a powerful force and also had a lasting impact on their children, the Baby Boomers.

These energies of fear and paranoia lived on in the Baby Boomers. They were fearful of the future, fearful of other nations, fearful of people that were different, fearful of not having enough to eat, fearful of not being able to provide for and protect their families. Through all of this, the Baby Boomer generation, as a whole, acquired a tendency toward suspicion and self-preservation.

Not all the Baby Boomers embraced these tendencies, however. Even as the fears of their parents were imposed on them, their natural instincts rejected these notions. At first, this

created a huge generation gap in the way these Baby Boomers thought and their parents thought. Those that resisted and rebelled, creating the peace and love movement of the 60's, were so beaten down by the effects of the Vietnam War and by the others in society who couldn't resist their own suspicions and distrust, that they became greatly disheartened. After the experience, many of the peace and love generation reacted by going to the opposite extreme of overzealous self-preservation.

Societies' crushing of the hippy movement was the final straw to dampen any energetic momentum towards rejecting the pulling in and defensive ways gaining momentum since World War II. The Baby Boomer's hopes of a world filled with peace and love seemed to turn to cynicism and result in even more rigid paranoia and intolerance. As these Baby Boomers with the energies of suspicion and self-preservation came into power positions on the world stage in the 70's and 80's, this energy spiraled to the point that survival instincts became exaggerated and the qualities of greed, hoarding and excess became the dominant undercurrent throughout world affairs.

There is also a large generational gap playing out today between the Baby Boomers and their children. The children of the Baby Boomers are commonly called Indigo Children and Generation X-er's. This generation also thinks and acts much differently from their parents. Much has been written about these souls who are considered the Children of the New Age. They are almost all highly evolved souls that came from the four corners of the Universe and often have had very few incarnations on Earth. This means they come with fewer scars and grooves relating to this Reality and the tendencies of the Baby Boomer generation. They are less interwoven with the existing dysfunctional belief systems of Earth's cultures. Dogmatic belief systems such as, if you are a young woman from India you can show the skin on your midriff but not your ankles without being considered disrespectful, or in the Middle East where women can't show anything but their face or just their eyes without being disrespectful and in the West where you can show almost everything and no one sees it as disrespect, even in a temple, a sacred site or in a formal or business setting.

These are all belief systems that are imbedded in the land of these different cultures and can energetically attach to the Ego and personality of someone reincarnating over and over again on Earth. Most Baby Boomers are part of the Atlantian Race and have been reincarnating on Earth ever since. The beauty of these young people, the Indigos and X-ers, is that most are free of the grooves of these pre-conceived ideas and belief systems.

This fresh viewpoint is most evident in the explosion of social networking. The privacy, so insisted upon by the Baby Boomers, has given way to a younger generation who wants to share their likes and dislikes with everyone else. They have no reservations or feel the need to hide or protect themselves. Most of these souls come from highly evolved civilizations in the Cosmos where you look at someone and through energy exchange you know everything about them;

nothing is hidden or concealed. They don't understand the need for privacy. They have no suspicions and paranoia. Through creating and endorsing the different social network systems, this generation is expressing their inherent openness and acceptance of everyone.

It is important to embrace these Children of the New Age who are here now and will continue to incarnate. They need direction and they need to be guided to express their true abilities and grow to embrace their Divine Mission. These sensitive souls are waking up. They are aware that they have lived before. They are aware that they are connected to the Higher Realms. Without guidance, however, they don't know what to do with this awareness. Their parents and teachers often are not able to understand what they are feeling because they cannot relate to it; they have no point of reference. The confusion that these highly evolved souls have regarding the world they see can often express itself in actions that seem very irrational to society. Without a comprehensive perspective, this seemingly irrational behavior is often incorrectly interpreted. Many of these children are diagnosed as having communication and social deficiencies or other afflictions in need of correction, or worse, condemnation.

It is crucial for all societies - which are largely established by Baby Boomers - to make sure that the pitfalls that befell them and caused them to abandon higher values, are not repeated with these young people. We need to strive to a higher understanding of their needs and encourage and nurture them. We need to understand that the Highest Potential can be realized for Earth and Humankind through these Children of the New Age. In Chapter 6, more will be presented regarding the great service these Indigo Souls are providing.

Diversity from Macro to Micro

I once saw in a reference encyclopedia a sequence of pictures that illustrated the concept of diversity from the macro to the micro. The author was attempting to put into perspective the great expanse of diversity we experience. The sequence highlighted the vastness of the Cosmos illustrating how small we are but at the same time illustrating how huge we are.

To do it he put a sequence of pictures together in a series that were taken of the same thing but changed in magnitude, exponentially, with each picture. The sequence started at the mid-point; a picture of a man and a woman in a park having a picnic. The sequence expanded out exponentially from this point. The first shot was centered on the man's hand on the grass but showed both people in the shot. Then it receded to show the two as a speck on the grass in a park in a city, then it receded to show the city as a spec on the Earth, then the Earth from space, then the Earth in the middle of our Galaxy, and on and on until our Galaxy was just a spec in the Cosmos. Then, the next sequence showed the man's hand and each picture in the sequence was an exponential magnification of the hand. The first shot was the skin cells, then the chromosomes, then the molecules and on and on to the sub-atomic level. The same number of

pictures, the same number of iterations – of exponential magnifications - took place going in each direction from the mid-point which was at human scale.

For me, this was a magnificent peek into the macro as well as micro implications of Manifest Reality. The Cosmos is massive and we feel tiny and insignificant within it, but within our own body and Being we each hold the equivalent vastness of the Cosmos.

Scientists tell us that each piece of DNA within our bodies holds the Blueprint for our entire body. I believe it also holds the Original Blueprint for the infinite possibilities within this entire Creation.

In the next two chapters, I look closer at our amazing diversity and at the same time respond to the age old question, *who am I?*, from both the macroscopic and from the microscopic perspectives.

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About Waves of Bliss, PTE Mystery School and IndigosAwaken.com

The information received and that continues to be received through the channeling of Nasrin Safai and by James Foster is structured into three different organizations, each with a different Mission.

Nasrin's Waves of Bliss

WavesofBliss.com is a place for a novice to be introduced to spirituality, to various Gods and Goddesses and given guidance on techniques for spiritual growth. Nasrin's Waves of Bliss is an adjunct to PTE Mystery School and IndigosAwaken.com.

Books by Nasrin Safai

Path to Enlightenment: The Seed of Life, Book III. Waves of Bliss Publishing, 2008.

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Gifts from Ascended Beings of Light: Prayers, Meditation, Mantra and Journeys for Soul Growth – Gifts I. Agapi Publishing, 2003.

PTE Mystery School

Path to Enlightenment Mystery School was founded by Nasrin Safai and James Foster in 2009.

Path to Enlightenment Mystery School is an On-Line Academy of Metaphysics and Parapsychology which offers Instruction and Guidance in the Science of Spirituality. The Mission of *PTE Mystery School* is to take the information that Divine Mother and the Ascended Masters have channeled through Nasrin and given to James and create a structure that will provide tools with which to address life's many challenges and questions and to also provide a path for any serious and sincere seeker to pursue Enlightenment.

IndigosAwaken.com

IndigosAwaken.com is an online Reference and Support Center for Indigo Souls (those born since 1972) and their Parents and Guardians.

Mission Statement: *IndigosAwaken.com will strive to offer an understanding of the significance of the Indigo Souls' presence on Earth at this time and their critical role in leading Humankind to a better future. We endeavor to bring together souls of like mind to assist in constructing a nurturing environment in which the talents and special Qualities of the Indigo Souls can shine. IndigoAwaken.com will also strive to provide support and encouragement to the souls who chose to be the parents of these Indigo Souls as well as insight and tools geared to enhance day to day life for everyone involved.*

Nasrin Safai & James Foster