

STARADIGM by Pao L. Chang  
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About 150 pages, 62,000 words.

When I wrote to Pao Chang in 2017 for permission, he gave it, for my purpose of blog posts, and told me (as I recall) that he was going to complete his writing and then just travel and enjoy life.

I've had no contact with Pao Chang since four years ago, and back then I published ten blog posts comprising most of his book — which at this writing is out of print, with copies offered for \$457 on Amazon.

This week, a website visitor wrote over the contact form, asking for any information about Staradigm. That inspired me to return to the buried posts and reformat the extensive excerpts into a PDF. I do this without remuneration due to the times we are living in, and because of the help which Staradigm can give to people. The PDF is meant to be kept intact, unchanged, and shared freely. It can be downloaded from the link at the end of this post.

Gary Smith  
<https://www.wholehuman.emanatepresence.com/about.html>

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A PERSONAL MESSAGE FROM THE AUTHOR, PAO CHANG (from the book)

If you have read this far, I congratulate you for having the courage to explore the

unknown and seek the truth. To be able to rise above the controlling mainstream media and conventional ways of thinking takes tremendous mental strength, emotional power, dedication, courage and personal responsibility.

A lot of the information in this book is not new to you. It is information that you have forgotten when you departed from Creation and incarnated here on Earth. My role in this “illusionary” drama is to help you remember who you are so that you can start remembering why you decided to incarnate on Earth during this special time in the Milky Way galaxy.

If you want to remember who you are and why you are here, you need to start looking within yourself for answers and contemplating your thoughts. You also need to meditate and do research to help trigger memories that you have forgotten. Everything you need to accomplish your tasks in life is already inside you.

If you are reading this message, I can safely assume that you have read most of this book or at least a chapter of it. If you have done this, you are already in the process of awakening.

The material in this book is not your average material because it will cause an expansion of your consciousness, stimulating the process of removing the blindfold that has been put over your eyes since childhood. As this happens, you will go through a grieving process and start seeing the world from a whole different perspective.

During the grieving process, you should observe your emotions, try to understand them and move on as quickly as you can without letting them consume you. The sooner you reach the acceptance stage of grief, the sooner you will feel better.

Once you become more awake, you will start to feel like you are living in two worlds. In one world, you will feel like you are living with sleepers, the human beings who have little or no clue that their freedom, sovereignty and humanity are being stripped away. In the other world, you may feel very lonely because you may not know for sure if anyone close to you is awake.

Do not let this feeling of isolation scare you because there are millions of us who are awake and aware. Through the Law of Attraction, you will find the awakened ones. All you have to do is be specific about what you want and watch for the signs from the Universe, and then take proper actions.

Whether you choose to stay asleep or not is up to you, but be aware that staying asleep

is not going to save you or ease the drama that is unfolding quickly here on Earth. In fact, it will make it worse. What you need to do is become aware of the situation and prepare yourself for it. As long as you are aware and prepared, you should have a great chance of surviving this drama with little harm, but you must act now because there is no more time to waste.

When you start understanding what is truly happening on planet Earth, you may start to feel that there is no hope for the human race because the Dark Forces seem to be too strong. Do not let the Dark Forces intimidate you.

In truth, darkness will always surrender to light. Darkness is a state of randomness and chaos. When light comes in contact with darkness, it gives order to that chaos, causing it to structuralize. This process pushes the darkness away, showing that light is more powerful than darkness.

Because the Controllers and the negative ETs worship the dark side, eventually they will lose the battle and return to space dust, unless they can switch to the light side before it is too late.

The Dark Forces are only succeeding because humanity believes it is powerless. Each one of you is precious beyond imagination. Your children or future children are also very precious. Many of the children being born during this special cycle are becoming more intuitive and psychic. Because of this, you need to cherish their abilities and not punish them for being special. You also need to feed them healthy food and protect them from certain dangerous pharmaceutical drugs and harmful synthetic chemicals.

Being more intuitive and psychic are two things that the Controllers of the Dark Forces do not want us to become. If we become more intuitive and psychic, the Controllers would have a very hard time controlling us.

Another thing that the Dark Forces do not want you to know is the binding powers of contracts. The Controllers of the Dark Forces know that they cannot own the real you, because the real you is made of flesh and blood and spiritual energy. To overcome this problem, they need to trick you to consent to be a corporation or an artificial person, which is the legal name. This legal name is a forgery of your real name and is usually written in all capital letters.

Because your corporate name is considered an artificial person, that corporate version of you has no natural rights, only privileges. Once you comprehend how contracts truly work, you should know that to achieve true spiritual freedom, you need to stop making

contracts with the Dark Forces, and learn how to take back your natural rights by voiding contracts that are fraudulent and deceptive.

Remember, you are not a slave but an intelligent spiritual being who has the potential to become an angel and even a god. Do not ever let anyone make you think that you are weak and powerless.

It is time to wake up and remember your duty so that you can play your role in helping free humanity. Once humanity is free, it will be easier for you to find peace, happiness and success, because the Dark Forces will not be standing in your way. Be strong, and may you be protected on your journey to enlightenment.

"Chapter 1 has information about the Laws of the Universe, so if you want to learn how to use the Laws of Nature to empower you and protect you from the Dark Forces, go back and read that chapter.

"Chapter 2 through chapter 7 also have a lot of important information, so it would be wise to study those chapters too. The information in this book is designed to help expand your consciousness. As your consciousness expands, the information in this book will make more sense and become more empowering."

## ABOUT THE AUTHOR

Pao L. Chang is the author, editor and founder of [OmniThought.org](http://OmniThought.org) and [EnergyFanatics.com](http://EnergyFanatics.com), (now non-existent as far as known - G.) two comprehensive blogs dedicated to educating people about energy mechanics, wellness, conscious living, spiritual science and Natural Law.

He loves to explore the mystery of alternative medicine, the science of consciousness, quantum mechanics, multidimensional physics, sacred geometry and the ways that energy affects the physical, mental, emotional and spiritual body.

## INTRODUCTION

Staradigm is a concise yet comprehensive book that is best read with an open mind, because it covers sacred knowledge related to health and wellness, spiritual evolution, success, happiness, inner peace, self-empowerment, Creation, humanity's origin and Natural Law.

The material in Staradigm may initially seem contradictory, but as you grasp some of the

enlightening material in this book, you will start to see how it relates to the world you live in. The information in this book is not meant to tell you how to live your life; rather, it is meant to give you knowledge of empowerment so you can explore different ideas that can change your life for the better.

Some of the information found in this book may seem like fiction, because it cannot be proven by today's science, but do not let this discourage you. Instead, try to look at the information as potential facts, and use your feelings and intuition to help you discern the information. Your feelings and intuition are your best tools to help you discern truth from false information. If you master these tools and learn how to use them wisely, no one can lie to you.

Staradigm is not your average book because it contains information that will cause a paradigm shift in how you view the reality that you live in. To help you understand reality beyond what you are conditioned to believe, certain physics must be explained, so you have a better understanding of how the Universe works. Do not be discouraged by this, because the way I approach this subject is not from a physicist's point of view, but from the average person's point of view. In other words, I will explain it in a way that you can understand without using complex mathematical formulas and unfamiliar scientific words.

Having a basic understanding of physics is essential for comprehending reality, because it plays an important role in how you experience life and evolve as a sentient being. In addition, knowing the science behind reality will help free your mind from Nature's art of illusion. If physics were not used to help explain some of the ideas in this book, you would have a hard time taking them seriously and understanding them....

Consider this book as a blueprint to help point you towards the right path, so you can find the answers to certain questions that you have been searching for your whole life....

Each reading of this book will cause a subtle expansion in your consciousness, helping you understand more of the information in it. As your consciousness expands, you will feel more empowered and enlightened, and you will have a better understanding of why the world is changing so rapidly during this special time in your Earth experience. I also encourage you to read this book in chronological order....

## CHAPTER 1: THE HARMONIC UNIVERSE AND ITS UNIVERSAL LAWS

To be successful, happy and healthy and live in prosperity, we need to understand what the Universe is and live in harmony with its natural laws. The Laws of the Universe are

not meant to punish us but are meant to maintain balance and order so we can experience life to the fullest. They are there to help us manifest our desires into reality if we choose to work with them in a harmonious way....

The Universe is an intelligent being who is loving and does not “judge” like how we do. It lives in a state of perfect harmony and pure cognition, and has Universal Laws that cannot be broken. However, we can choose to not follow its laws because we have free will. But not following them will result in consequences. As a result, if we want to live in prosperity, we must live in harmony with its laws. Otherwise, we will become destructive and eventually destroy ourselves.

The Laws of the Universe are needed to bring order from chaos. Without them, galaxies and solar systems would not exist, and life would not be possible. In other words, life did not happen by accident; rather, it was intelligently created.

It is mathematically impossible that a well-structured system like the Universe could occur by accident. If we study our bodies and see how complex they are, we will know that there is no way something as complex as the human body could have been created by accident. The Universe is thousands of times more complex than our bodies. Do you really think the Universe was created by accident? That is a question for you to contemplate....

Many ancient civilizations claimed that the Universe is a unified system bound by Universal Laws; therefore, if we want to live in prosperity, we need to live in harmony with the Laws of Nature. The problem with our society today is that we do not understand the Natural Laws of the Universe. Instead of living in harmony with these laws, we are doing the opposite. The proof of this is the current state of our planet Earth. As long as we keep destroying our planet, we can never experience true freedom and prosperity, which is why we are at the brink of extinction.

One important thing we need to know about the Universe is that it is holographic; thus, at any point of its existence, no matter how big or small, all knowledge of the whole is present. In school, we were taught that the Universe was a static and lifeless void. Hence, the probability of other life forms existing outside of our planet was close to none. This definition is not accurate and will be proven wrong in the very near future.

The Universe is not a static system; rather, it is a dynamic system that is always interacting with its subsystems, even down to its atomic systems. Its operation is similar to how our bodies work. If we can step outside of the Universe and watch how all its systems operate in fast motion, we will see that everything is interacting with everything

else. The Universe is an intelligent living being with pure consciousness. Try looking at the Universe like it is the body of Creation (the Prime Creator) and you will have a general idea of how it relates to you.

Most of us have been conditioned to judge life as something that breathes, eats, excretes, bleeds, grows, moves and reproduces. As a result, the thought of planets, galaxies or the Universe being intelligent life forms is unimaginable and sounds crazy to us. This kind of judgment makes it really hard for us to understand what life is.

Something that is alive does not necessarily need to be able to breathe, grow, reproduce, and have a body made of flesh and blood. Physicality is nothing more than a byproduct of energy. Nothing is truly solid, because when we break matter down to its fundamentals, it is made of only energy. This energy is consciousness and consciousness is energy; therefore, energy is conscious of itself.

When we break life down to the basics, life is about having consciousness and being conscious of our own existence. If we did not have consciousness, we would not be alive because we would not be conscious beings. The essence of who we are is our souls, which are made of intelligent energy that thinks; therefore, our souls are conscious and self-aware. Consciousness is an intelligent energy field that governs everything in the Universe and exists everywhere. Because of this, everything in the Universe is alive but in different levels of liveness.

When it comes to consciousness, bigger life forms do have more consciousness than smaller life forms. This does not mean that the smaller life forms cannot obtain the same levels of consciousness as the bigger life forms. It just means that the smaller life forms have not evolved to the point where they can handle higher levels of consciousness.

If size is a factor, does this mean that a whale is more evolved than we are? Not necessarily. The difference in size has to be significantly large—planetary size to be more accurate. For example, mother Earth's consciousness is a lot more expanded than ours and she has evolved beyond what we can fathom. The sun is even more evolved than our planet and lives in a state of consciousness that is beyond what words can describe.

The important things we should remember about the Universe are that it is holographic, intelligent, unified and alive; works in harmonic cycles; has Universal Laws; is conscious without biased judgments; and always vibrates toward a state of balance and harmony. Until we understand the Universe and live in harmony with its Universal Laws, living in a world filled with true peace and prosperity will be impossible....

The abusing of the five basic Laws of Manifestation is one of the main reasons we are going through a lot of rough events. Unfortunately, these events are going to get worse, unless we wake up and take actions to turn these negative events into positive events.

The potential of a world economic collapse, an energy crisis and another world war is the result of our lack of understanding the Universe and ourselves. To live in a more harmonious world, we need to understand the Universe and its laws. The best way to understand these laws is to first understand ourselves.

As human beings, we have a hard time understanding each other, because we think that we are very different. Some of the biggest conflicts we have are our beliefs that our god is better than someone else's god or our religion is better than someone else's religion. If we have a basic understanding of how the Universe truly works and its basic laws, we will realize that we are united as one.

When we study these laws deeply enough, we will conclude that we are fragments of Creation. In other words, we are made of the same substance as Creation. Each of us is like a reflection of one another; therefore, fighting each other is meaningless, because we are only fighting a part of ourselves of which we are not consciously aware. However, if someone tries to harm you, you do have the right to defend yourself.

The five basic Laws of Manifestation are important for our survival and happiness, because they govern everything that we do. If we want to find success, happiness, love and world peace and evolve into god-like beings, we will need to peacefully implement these laws into our lives. Failing to live in harmony with the five basic Laws of Manifestation will bring a lot of pain and suffering into our lives and eventually death to all. These laws are designed to help bring balance and harmony, which are the foundations of the Universe. ...

Allowing our desires to quickly manifest require knowledge, responsibility, and mental and emotional confidence. It is hard to have total faith in something that we cannot see and allow it to manifest while blocking external influences and letting go of what we do not need. For example, if we want to create a new paradigm that is filled with love instead of fear, we will have to let go of certain things we do not need so that a new paradigm can manifest....

To have better control of the thought manifestation process, we will need to combine our thoughts with appropriate actions and heal the distortions in our light bodies and DNA. Healing the distortions in our energy bodies in our version of reality is not as simple as



wishful thinking, because it takes time, commitment, actions and wisdom to heal our light bodies....

By understanding the five basic Laws of Manifestation and using them for the greatest good of humanity, we can change our current destructive path to a path of prosperity. In order for us to wake up and realize that our god is the same as someone else's god, our religion is not better than someone else's religion, and we are all the same, we need to understand and live in harmony with the five basic Laws of Manifestation.

When we understand these laws, we will also have a better understanding of who we are at the physical, emotional, mental and spiritual levels. Once we understand ourselves at these levels, we will realize that we are suffering not because the Prime Creator is punishing us for being bad, but because we as the human race have attracted and created many of these negative experiences.

The Laws of the Universe utilize our thoughts and actions to create our reality. Because of this, most of the negative events that are occurring in our society today are a manifestation of our thoughts and actions. Our society has been conditioned to live in a state of fear; therefore, we have attracted a lot of negative energies, creating a society that is destructive in nature.

Once enough of us realize that we have the power of the Prime Creator within us, we can change our thought patterns and take actions to create positive changes. This will cause a shift in humanity's collective consciousness and result in worldwide social structure changes. This shift in consciousness is already happening. Most of us are not aware of it, because we do not know how to look for the signs. In addition, most of us have too many distractions in our lives.

The paradigm shift that is occurring involves a lot of negative events, because our collective consciousness is trying to expel all the irrelevant systems so that new systems can emerge. Our current monetary system (also known as the fractional reserve banking system), which is a financial system backed with little value or backed with mostly unlawful money, is one of the systems that will collapse. This collapse is already happening worldwide.

The realization that we have the power of Creation (the Prime Creator) within us is the key to igniting the fire of positive change within each of us. With this type of change, we can save ourselves and our planet and move into a golden age of enlightenment. Living in a world free of war and poverty is not as hard as it seems when we understand who we truly are and live in harmony with the Laws of the Universe. By doing this, we will also

attract success, happiness and well-being....

It is important to know that the true nature of time is not linear but simultaneous. The reason why we experience time in a linear fashion is due to the fact that we have not evolved enough to the point where we can experience time in a simultaneous state.

At our current state of evolution, experiencing time in a simultaneous state would feel very chaotic to us. We, as human beings, still have a lot of evolving to do. By experiencing time in a linear fashion, it allows us to experience life in a way that we can understand, so that we can evolve and one day become creators ourselves!

.... In our version of reality, everyone is destined to die. However, we do have great control over this destiny, because we can choose how to live our lives before our last breath. Even when we die, our souls and spirits will live on; therefore, death is another illusion. Your soul/spirit is who you truly are, not your physical body.

The concept of not being able to control your destiny and fate is society's way of controlling you and preventing you from ever evolving to the spiritual being that you are capable of becoming.

Remember, you are a sovereign spiritual being with the divine power of free will; therefore, you have the power and the natural right to choose how to live your life. Do not allow destiny or fate to give you the illusion of taking away your natural right of free will.

So, live your life with dreams, passion, inspiration and laughter, and live it the way you want to, instead of allowing people to tell you that your fate is predetermined and that you should therefore accept it and suffer. Creation gave you the precious power of free will; use it wisely so that you can change your fate and be happy in life.

## CHAPTER 2: THE HUMAN RACE AND ITS CHALLENGES

We human beings are an incredible race with amazing potential. Our potential is so astonishing that if we learn how to use it wisely, we can achieve anything and transcend any limits. Unfortunately, most of us have forgotten who we truly are; therefore, we have lost the knowledge of how to use this potential....

One of the finest examples of our potential is the power of our consciousness. What is consciousness? In simple terms, consciousness is a subtle energy life force field of pure potentiality; thus, this energy field has infinite possibility and creativity. Within

consciousness lies an information field of feedback and awareness that gives us a sense of self. In other words, consciousness gives us the ability to think, observe, create, experience and be aware of our existence.

In addition to being an information field of feedback and awareness, consciousness is a unified field of function that expresses outward with diversity. This unified field is everywhere and is found in all things, which is why it is considered the fundamental energy force of Creation. It is what connects us to everything in the Universe.

Everything in the Universe is an attribute of consciousness. This means that atoms, fire, water, rocks, cells, bacteria, plants, animals, people, planets, stars and galaxies are nothing more than expressions of consciousness. This also means that everything in the Universe is conscious of itself but in different levels. For example, a rock's consciousness is not as expanded as an animal's consciousness. This does not mean that the rock holds any lesser value than the animal.

Consciousness is one of the most powerful energy forces in the Universe. The fact that we have this power is proof that we are sentient beings with infinite potential. We do not feel like we have infinite potential, because we have not yet evolved enough to handle the true power of consciousness.

One of the major challenges we have today as human beings is the sense of separation from one another. This sense of separation has caused us many painful memories and experiences related to social issues, causing us to feel lost and helpless. The social conflicts that we have today are so out of control that they have threatened the survival of our species....

Within the natural systems on Earth, there is a collective consciousness that is made up of all biological and non-biological things, even mother Earth herself. For this reason, each of our thoughts and actions affects everything that is a part of mother Earth's collective consciousness, expanding outward throughout the Cosmos.

To help explain the previous concept so it is easier for you to understand, we need to turn our attention to the human body. Within the human body there are many different systems, such as the nerve, organ, immune and cell systems. Each system has a role to play and all are interconnected. If one system fails, it endangers all the systems that make up the human body....

As human beings, we have been going down a destructive path that is separating us farther away from each other and Nature. This destructive path is a major reason why we

are facing massive death and even extinction due to food shortages, economic collapses, energy problems, wars and the destruction of our planet's biosphere.

These problems are not caused by one person or group. We have all contributed to these problems, because we have supported the systems that helped manifest these problems. For example, if we had not supported the oil industry, we would not be facing an "energy crisis" and pollution problems related to gasoline powered machines....

Out of the six alternative energies I mentioned, none of them can currently be as effective as magnetic energy and zero-point energy. These two energies require little or no preliminary energy to harness. If done correctly, they can generate a large volume of energy without the expensive cost....

When we look beyond the conventional matrix, we will realize that we do not actually have an energy crisis. If we can look beyond the illusions created by big energy corporations, we will realize that we already have the necessary technologies to solve the energy crisis.

Right now we have technologies that can give us an abundance of clean energies, such as cold fusion (non-radioactive) and magnetic motors. Even better, we have the technology to tap into the limitless energy in space, such as zero-point energy technology.

These alternative energy methods have been suppressed and hidden from us for two main reasons: profit and control. Many inventors who tried to build technologies to utilize free energy were manipulated, bought off or even assassinated by the people who control the big energy corporations.

Unless we wake up and take actions to stop these greedy people from controlling us, the energy crisis will get out of control and many people will perish. The Gulf of Mexico oil disaster is a wake-up call for all of us. If we do not learn from this mistake, there will be major consequences for years to come.

Humanity as a race has reached a crossroad in its evolution. If it chooses not to change and continues on its destructive path, it will become extinct in the not-so-distant future. This leads us to one of the most important decisions in our human history. Will enough of us be able to change our thought patterns and cause a shift in humanity's collective consciousness, or will we continue on the path of destruction and end up destroying ourselves?

Many of us do not realize how far back our history goes. It is breathtaking when we wake up and realize how far our history stretches. Our modern society has taught us that our history only goes back a little more than 200,000 years. Some religions do not even acknowledge that we are that old, even when they are proven wrong by scientific facts.

The human race is a very precious and ancient race. Its history goes back many hundreds of thousands of years. However, the non-Earth human lineage goes back millions of years. Some spiritual teachers even believe that it goes back more than 500 million years. I know this sounds crazy and does not make sense, but if you continue to read deeper into this book, I can promise you that this subject will make more sense and sound less crazy.

Because we have such a long history, I'm not going to go into great detail about it because it will take more than a lifetime to explain it all. Instead, I will briefly explain who we are, why we are here and where we came from. If you want to know more about our history, a good place to start is to do research on ETs and their involvement with ancient civilizations....

The way these highly evolved ET beings create life is not the same as the way our scientists clone animals and plants. Our scientists exploit and work against Nature, while these ET beings work with Nature. For example, when it comes to genetic engineering, they combine genes in a way that works in harmony with Nature and the Laws of the Universe, similar to how the Universe first created life.

Once they created life, it was nurtured and left alone so Nature could take its course. However, they will always keep an eye on their creations and help them as much as possible without infringing upon their free will.

The first non-Earth humanoid race was created for the purpose of becoming guardians of their planet. When they were first created, their 12 strands of DNA were fully activated, giving them god-like abilities and a body that shines with light. In other words, they were immortal, angelic beings.

Unfortunately, things did not go as well as the creators had planned. Instead of continuing the path of evolution, the first non-Earth humanoid beings made irresponsible decisions that caused their DNA to mutate, turning off certain portions of their DNA.

Their irresponsible decisions and actions took them down the path of de-evolution, causing them to lose their higher intelligence and immortality. As this continued, their state of mind became more animal-like, resulting in more aggressiveness and instinctual

behaviors. This change weakened their connection to Creation, their creators and themselves. Eventually, they started wars with each other and nearly destroyed their planet.

This spiritual war eventually lowered their frequency so much that it caused a large number of them to “fall” down to Earth. These non-Earth humanoid beings who were cast down to Earth are often referred to as fallen angels.

While on Earth, they eventually infiltrated the societies of the native Earth people and tempered with their DNA. One of the purposes of this was to turn us into slave workers. This is one of the reasons why we Earth humans have a mixture of extraterrestrials’ DNA.

We human beings have gone through so much pain and suffering, because our evolution was interfered with, forcing us to take the path of slavery. This path has taught us a lot and given us incredible opportunities to explore reality to its extreme. This has been effective for learning certain hard lessons and speeding certain parts of our spiritual evolution, but if we are not careful, it could lead to the extinction of our race.

Fortunately, we are back on the path of evolution, but it has been slowed and full of obstacles. The path of evolution is starting to turn on our inactive strands of DNA. Currently, the higher section of our third strand of DNA and the lower section of our fourth strand of DNA are starting to turn on.

As we start to turn on higher strands of our 12 strands of DNA, we will discover hidden abilities, become more god-like and eventually become eternal, angelic beings (light beings). To evolve into light beings often takes millions of years so do not get too excited yet.

The proof that we have the potential to become angelic beings lies within our DNA. When scientists dig deeper into the structures of DNA and find out how they work, they should discover that DNA is the key for allowing us to access higher levels of consciousness. They should also discover that our human DNA is a mixture of extraterrestrials’ DNA and is made of at least 12 strands. In very rare cases, they may discover that some of us have up to 24 or more strands of DNA.

The higher strands of our DNA are hard to detect because they exist beyond our current perception of frequency band, which is the range of frequencies that create our three dimensional reality plane. Trying to detect our higher strands of DNA is similar to trying to detect dark matter....

The only way we can turn on portions of our DNA without destroying our bodies is to slowly turn them on in sequences. This usually takes thousands and millions of years, but the process can be accelerated during special cycles in our galaxy. The 2012 galactic alignment is part of this special cycle.

When we activate more of our junk DNA, we allow higher frequencies into our bodies, igniting the process of awakening certain hidden abilities, such as instantaneous healing and telepathy, and the ability to sense and see energy. As our bodies start to increase their frequency, they become less dense, age slower and become more immune to diseases.

Besides its health benefits, DNA holds our past and future thought patterns as crystallizations of energy. It transfers these crystallizations of energy into cells as cellular memory. The thought patterns of our past are also known as karma. It is through these thought patterns and consciousness that our physical reality is manifested.

Because our DNA holds our karmic imprints, if we learn how to overwrite these karmic imprints, we can free ourselves from them. Freeing ourselves from karmas will allow us to have more control of what is being manifested into our reality. Mastering this technique will accelerate our spiritual evolution, help us take control of our lives, and lead us to prosperity and enlightenment.

Scientists have known for decades that our solar system has been moving through more energetically charged areas of our galaxy, which is one of the reasons why certain sections of our junk DNA are slowly turning on. This galactic event can cause us to have more vivid dreams, physical pains, stress, past memories recall and psychic experiences. If we are not ready to deal with these events, our lives may be very chaotic in the next few years.

One of the leading scientists in the study of DNA evolution is John Hawks, an anthropologist from the University of Wisconsin. His studies concluded that in the last few thousand years, human DNA has been changing faster than normal. "We are more different genetically from people living 5,000 years ago than they were different from Neanderthals." This could be why we are becoming smarter and more intuitive.

DNA activation is a natural process that occurs more rapidly during special cycles in our galaxy. The end of this age (the age of Pisces) is one of these cycles, because our solar system is going through some drastic changes. The 2012 drama is also part of this special cycle.

According to some researchers, 2012 is the starting point of our galactic alignment journey. Within the next few years, people who work hard to activate their junk DNA may be able to activate certain sections of their junk DNA faster than people who do not take actions to heal their junk DNA. These people may notice a significant change in their health and awareness, because their frequency and perceptual field will increase faster than normal.

Human DNA was discovered about a century ago. Since then, scientists have made great progress, but there are a lot of things about DNA that they still have to uncover before they can understand its true purpose.

The methods modern scientists use to study DNA are not very effective. Most of them tend to study only the surface of DNA, which consists of nucleotides, sugars, phosphate and amino acids. Only a few of them are willing to study how it works at the quantum level. If scientists dig deeper into the structure of DNA, they should be able to discover that DNA is the digital data imprint of the other living portions of our identities and is not bound to linear time and local space.

They should also find out that DNA is the key to retrieving cellular memory, because it allows our consciousness to become aware of experiences in other time continua. In other words, it can help expand our consciousness and perceptual field beyond three dimensional space. If scientists start to understand how DNA truly works, they may even one day discover that DNA is one of the key elements that create our external reality.

The physical reality that we live in is like an illusion. To be more accurate, it works similar to virtual reality. This is why physicists can describe what reality is by using only mathematical formulas. These mathematical formulas are like the digital codes behind a virtual reality.

In our physical reality, the digital codes or mathematical formulas are embedded inside the “substance” of energy which is the core structure of matter. If this were not true, a central processing unit (CPU) would not be able to process electrical energy into usable data. This “illusion” can also be more understood when we study the deeper levels of atoms.

Scientists used to think that atoms were made of solid matter. This idea has been proven wrong by quantum physicists. Atoms may seem solid at first, but as we dig deeper into them, they become mostly empty space. When we dig even deeper, their structures start to look and behave like energy.



To be more accurate, atoms are about 99.99999 percent empty space and are made of nothing but energy. When we see a solid object, it is nothing more than a trick of light....

To have a better understanding of how DNA works, scientists will need to learn how to use and understand the language of light, sound, pulsation and vibration. This language is the language of the codes of matter, which are “alive” to a certain degree. If scientists can utilize this language, they will be able to unravel many secrets of the Universe that will transform our society and belief systems.

### CHAPTER 3: THE MAGNIFICENT HUMAN BODY AND ITS HIDDEN POTENTIAL

The human body is an intelligent design created for the main purpose of expressing consciousness. It is precious beyond what we can currently comprehend because of its unlimited potential. Its potential is so astonishing that when it is fully activated, no levels of human technology can compete with it.

Within the energy fields that make up the human body are many other bodies. They are known as hova bodies and exist in different layers of dimensions. Starting from the lowest level, we have the incarnate, soul, over-soul, avatar and the rishi identity body.

According to some teachers of spiritual science, hova bodies are morphogenetic templates that allow the physical body, DNA, soul, mind and consciousness to manifest in the material world. The incarnate identity body is the level where we are currently living in. Understanding the different parts of the human body is essential for our survival and evolution, because when these parts are imbalanced, they can endanger our way of life.

#### The Hidden Powers of the Human Mind

One of the most advanced and mysterious systems in the Universe is the human mind because of its infinite complexity. Many of us believe that the mind is part of the brain, but the mind is somewhat separate from the brain, because it is a system beyond physicality. However, at the energy level, the mind, brain and body are interconnected.

The mind is part of the intellect, self-awareness and consciousness field of who we are. It is the structuralized energy section of our identities that allows us to experience individuality. This system is where thinking truly occurs. If thinking were happening only in our brains, we would act and behave like robots.

Through many years of research, scientists have found that the human brain cannot tell

the difference between what it sees and what it remembers. This fact tells us that the human brain works like a computer and does not have the ability to think. It can only compute and translate electrical signals into usable information similar to a computer chip, giving it the illusion that it can think....

At our current level of evolution, our conscious perceives the attributes of our subconscious as disorganized and chaotic. As a result, when we communicate with our subconscious, it seems scary and illogical to us.

Many of us can communicate with the conscious section of our minds in a way that allows us to be aware of our conscious thoughts. However, when it comes to our subconscious, we often are not aware of its activities. If we learn how to tap into the energy of our subconscious, we could unlock supernatural senses that we are not aware of, such as telepathy and clairvoyance.

## The Human Ego

The ego is a part of the human mind that many of us have a hard time understanding. Even modern psychology has a hard time understanding what the ego is. According to Sigmund Freud, the ego is the system within the brain that performs intellectual-cognitive, perceptual, defensive and executive functions. These functions help us to organize and understand our thoughts by giving us reason and common sense.

Sigmund Freud did a decent job of explaining what the ego is, but he failed to explain many important functions of the ego. It is important that you understand the ego, because it plays an important role in how you perceive and experience reality. If your ego is imbalanced, it could allow the destructive side of your personality to take control. This can make your life miserable, because you may create and attract a lot of negative experiences into your reality.

The ego is a function in your lower reasoning mind that gives you awareness of what you are experiencing in a linear fashion. It acts like a tape recorder and is one of the parts of your mind that allows you to observe your thoughts and emotions. This makes you aware of your thoughts, and this awareness allows you to experience reality in a way that you can understand.

The ego came about due to events in human history that caused human DNA to mutate. These events also caused most of human DNA to turn off; this DNA is known as "junk DNA." Before these events occurred, the ego, subconscious mind, conscious mind and higher self were very closely integrated.

The ego gives you the sense of dualistic perception and disconnection between the external and inner world. This is because the ego is limited to the five known senses that aid in perception. Because of its sense of separation, the ego strengthened the idea that you are separated from the Prime Creator.

If the ego were still closely integrated with the higher self and other portions of the human mind, you would be a lot happier because you would not feel so lost and separated from the Prime Creator....

The ego makes us feel insecure because it sees itself as finite and separated from Creation. Its quest for survival is its main objective and it will usually go beyond what is necessary to achieve its objective. Thus, when we have an overactive ego, we have a hard time finding true happiness.

Having an overactive ego sometimes makes us delusional because our egos are usually in control of our thoughts and emotions. This is not good for the reason that being in this state makes us vulnerable to manipulation and control. The society we live in is highly built around the concept of manipulation and control, which is why we should learn how to take control of our egos.

Because of the way our society operates, our egos have been programmed to support excuses instead of personal responsibility, hate instead of love, wars instead of peace, and competition instead of cooperation. Instead of fighting with your ego, you need to learn to work with it and bring it back into balance because it is a part of who you are.

When your ego is brought back into balance, finding happiness, success and love becomes a lot easier, because you feel less lonely, fearful and addicted to compulsive behaviors.

### The Hidden Powers of the Human Heart

The heart is one of the most important organs in the human body, because it is one of the main mediums for connecting us to each other and the Universe....

The heart is always communicating with all the other organs in our bodies. This communication happens at the subconscious level, so we are not aware of it. The most important communication is between the heart and the brain. This dynamic communication between the heart and the brain is one of the keys to help us transcend to higher levels of consciousness.

Besides its ability to communicate, the energy field of the heart has incredible healing and thinking capabilities. With its abilities to think and feel, the energy field of the heart can transform beliefs held by the mind. Because the heart feels, it is one of the main organs where truth can be felt.

One of the greatest features of the heart is its ability to pulsate. According to neurocardiologists, as the heart pulsates, it radiates a form of electromagnetic energy that looks like a torus....

The human body is not the only system that radiates torus-like electromagnetic fields. Planets and stars also radiate them because they pulsate. The way they pulsate is very subtle but can be measured using very sensitive instruments.

The hidden power of the heart is universal love, which is a harmonic energy of attraction, balance and creation. This harmonic energy is always vibrating toward a state of balance and harmony. As a result, when we love others, we become attracted to them and live in harmony with them. By learning how to live in harmony with each other, we establish better communication and understanding.

Unlike the brain, which gives us individual characteristics, the heart gives us universal characteristics. These features of the heart are the reasons why learning how to think with the heart is essential for world peace and bonding....

Because the heart gives us universal characteristics and is the key to bonding, if we want to live in a world that is filled with peace and love, we will need to listen and think more with our hearts instead of only our brains. Through the hidden power of the heart, we can achieve universal understanding. For this reason, the heart is an important element for our survival. Until we learn how to think more with our hearts, living in a world of unity, love, peace and understanding will be unreachable.

### The Secrets of the Pineal Gland

The pineal gland is one of the most important glands for connecting us to other dimensions, such as the dream and spiritual planes....

### The Human Chakra System

The core structure of the human body is made of nothing but condensed energy. Because of this, if we want to stay healthy at all levels of our being, we need to keep our

energy systems in balance. One of these energy systems is known as the chakra system....

The heart chakra (fourth chakra), also known as anahata, is an energy center located by the chest area or the heart area. This is how it got the name the heart chakra. The energy of this chakra shines with the color of green. The heart chakra represents love, compassion, balance, forgiveness, harmony, peace, unity and truth. It allows us to love and feel compassion toward others so we can establish relationships to help us grow spiritually.

When our heart chakras are balanced, we are usually very compassionate, making us great at loving unconditionally. Our decisions and judgments are usually guided by our hearts and not our brains. The society we live in today does a great job of keeping our heart chakras imbalanced. Because of this, many of us are suffering from either loving too much or loving too little.

When we love too much, we sometimes experience a lot of sadness due to the fact that we have a hard time letting go. We become too involved with other people's personal problems, which can also manifest into our realities. We hate to see people suffer and will go beyond what we have to do to make them happy.

By loving too much, we make it hard for our loved ones to grow up into responsible people, causing them to rely on us too much. This can lead to relationship problems in the near future.

When we love too little, we are usually scared of love, because we do not want to get hurt emotionally. Some of us may even feel unworthy of love or become skeptical about love. Others may treat love as a game in which to hurt their loved ones, because they lack compassion and understanding....

The crown chakra (seventh chakra), also known as sahasrara, is the last chakra of the seven main chakras of the body. It is violet in color and is located near the top of the head. This violet energy center is the gateway between the physical self and the universal self. This chakra connects us to the metaphysical realm and beyond. The crown chakra is associated with divine wisdom, enlightenment, bliss, unity and wholeness.

The crown chakra has a strong connection to the pituitary and pineal glands, which are located near the center of the brain. Scientists believe that the pineal gland is responsible for making us dream and connecting us to other dimensions.

Researchers believe the pineal gland plays a big role in the production of dimethyltryptamine (DMT), which is a natural psychedelic chemical believed to have mystical properties. The pineal gland acts like a stargate for connecting us to other dimensions, such as the dream plane and the spiritual plane. Most of us do not realize that when we dream, we are actually activating our psychic abilities.

Having a balanced crown chakra means that we are very wise and strongly connected to consciousness, and we may serve as great spiritual teachers who understand the universal way of life. We are also great healers and have strong psychic abilities.

When our crown chakras are overactive, we may experience a lot of strange encounters with other realms. We may feel disconnected from the physical world and have a hard time connecting with people. Some people who have overactive crown chakras are prescribed psychiatric medication, which does not attack the source of the problem. Instead of taking psychiatric medication, these people should enlist in an energy training program to help them balance their crown chakras.

## CHAPTER 4: THE SECRETS OF REALITY

Reality is something that we experience everyday, but yet most of us have little clue as to what reality really is. Understanding reality is important for your well-being and spiritual evolution, because it affects your growth and development.

The reality that you live in is the catalyst that helps you grow and evolve. When you interact with your reality, it affects you at all levels of your being. Depending on the types of reality you are experiencing, they can heal or harm you at the physical, emotional, mental, and spiritual levels.

Because reality affects you at these levels, if you want to understand it, you will need to look at it from both scientific and spiritual perspectives. You will also need to learn how to contemplate your thoughts, because it will help you understand the deeper meanings of reality. Much of the information in this book came to me as I contemplated my thoughts.

Understanding reality is also important for achieving success and finding happiness. I will go into greater detail about how to achieve success and find happiness in the next chapter.

### The Scientific Aspect of Reality

Scientists have known for decades that the material world in which we live in works more like an illusion. Decades ago, this idea of matter being an “illusion” did not have a lot of scientific and public support. This is why material science had the upper hand. Nowadays material science is starting to lose the battle, because there are many new discoveries supporting the idea that matter is a holographic “illusion.”

Quantum physicists have found that atoms, the so-called building blocks of matter, are comprised of atomic energy and are 99.99999 percent empty space.

The remaining percentage of matter is not solid but is part of the etheric field of consciousness. Because our bodies are made of atoms, they are also roughly 99.99999 percent empty space. Our bodies are nothing more than holograms created by our consciousness and DNA. This also means that diseases are nothing more than holographic illusions.

Material science opposes the idea that matter is like an illusion, because this idea is a threat to its existence. Material science does have its advantages but it alone cannot explain what reality is.

Quantum physicists have also found that a healthy human brain can process more than 400 billion bits of information per second, and out of these 400 billion bits of information, we are only aware of about 2,000 of them. This means that most of the information about our reality is processed at the subconscious level.

To put the previous concept in mathematical terms, our conscious awareness of our total reality is less than one percent. If we rely on only our five senses to understand reality, we will never understand it, because most of it is happening beyond what we can perceive using our five senses.

Most of us think that when we see something happening outside of our bodies, it is actually happening out there. In reality, most of it is happening inside our minds, because everything that is made of matter is a holographic projection of energy....

A movie that does a great job of analogizing how our reality works is *The Matrix*. If you have not seen this movie, I recommend watching it. Instead of watching it for the action and violent scenes, pay attention to the hidden messages in the movie, because they do a great job of analogizing how our society and reality truly work.

*The Matrix* is based on the idea that we are all living in a computer constructed reality

known as the matrix. Every person is plugged in to this matrix except certain ones who are awakened. The awakened ones know that they are in a computer generated reality; therefore, they can wake up whenever they want, as long as they find a landline phone to connect them to the real world.

In the last scene of the first sequel of The Matrix, Neo (the chosen one) awakens from his death and suddenly has supernatural powers. These powers allow him to see the matrix for what it truly is. As a result, he can bend the laws of the matrix to a certain degree, allowing him to have supernatural powers. Neo is also able to see his surroundings as flashes of green electrical signals of codes. This scene is very fascinating to me, because it looks similar to how our reality truly looks.

If we can go beyond time and space and look down at our third dimensional reality, we will see that our reality is also made of flashes of electrical signals or light. In other words, this is the state of our reality before it is processed by our consciousness. The reason why we perceive things as solid is because our bodies and consciousness encode the energy patterns around us as solid. It is at this moment that we are tricked into believing that our reality is made of solid materials.

One thing I do not like about The Matrix is that the movie is based on the idea that a messiah will come and rescue us. This idea disempowers us due to the fact that when we rely on a messiah to save us, we are giving our spiritual powers away. In reality, each one of us is like a messiah, because we have the power of consciousness within us.

The more we study science beyond the conventional realm of thinking, the more we will realize that the physical reality we live in is like an illusion. Even though our physical reality works like an illusion, it still plays a significant role in our evolution so we should take it very seriously.

One thing many people do not understand about the material realm is that it is just as important as the spiritual realm. Furthermore, the material realm and the spiritual realm are not truly separated for the reason that they are intertwined at the fundamental levels.

One of the main reasons why the material realm operates more like an illusion is to allow souls to experience things that they cannot experience in the spiritual world. The material realm is great for teaching souls life lessons, so that they can evolve quickly.

Using only modern science to explain the total structure of reality does not work, because modern science cannot explain everything in the Universe. Scientists who are not egocentric will happily admit that there is currently no such thing as an absolute scientific



explanation of anything.

The mainstream science of today is used more like a method or tool of prediction relating one or more observations to each other. Because of its methods, it does a poor job of explaining the fundamental and metaphysical levels of reality. Where modern science fails is where spirituality will prevail.

In order for us to comprehend the fundamental and metaphysical levels of reality, we will need to learn how to use the power of our consciousness and thought, along with our intuitions to achieve a state of knowing. This is where spirituality or spiritual science will play an important role.

If we use scientific and spiritual knowledge together without letting our egos get in the way, we could understand reality beyond even the greatest conventional thinkers. Most of us do not realize that the great thinkers of our time became great, because they were able to combine their use of scientific and spiritual knowledge. Unfortunately, many of their ideas were rejected for the reason that they were contradicting and threatening to the current beliefs and power structure.

Many spiritual teachers have taught us that there is more to reality than just the physical plane. They have taught us that there are many other planes, such as the dream and spiritual planes. Beyond the Earth plane, there are many other planes of existence, dimensions and universes....

To help you have a basic understanding of what the energy matrix is, imagine the Universe as an energy matrix and a galaxy as a time matrix. The Universe is a system that is larger than a galaxy. It seems to have no structure and is infinite.

The galaxy is a smaller system; within it, there are forms and structures, such as planets, stars and solar systems. In other words, the time matrix has a more specific structure than the energy matrix. This simple analogy does not specifically explain what the energy matrix is, but it should help you have a general idea of what it is.

The time matrix and its counterparts allow countless reality fields to exist within it. Reality fields are holographic projections of consciousness. Each of us perceives only the portions of a reality field that are encoded in our personal energy fields and DNA. However, the human race has a common energy code of reality embedded in its energy fields and DNA.

This common energy code of reality is transferred into human beings when they are

within the reality fields of Earth, causing their energy fields and DNA to be encoded with the common imprint of the mathematical-geometrical program of Earth's reality fields. This allows the human race to experience a common planetary reality field and time continuum.

In simpler terms, we as human beings share a common manifestation template from which our realities and bodies are manifested. This is why our bodies look similar and we experience similar realities. If this were not the case, each of us would experience a whole different reality....

Some important things you need to know about time are that it does not move and is not truly linear. Linear time is only achieved when an observer's consciousness moves through portions of the unified field of time. When an observer's consciousness does not move through this unified field, time is simultaneous.

### Life at the Spiritual Level

All beings living in a dimensionalized time matrix enter it through a webstructured energy template known as the Tree of Life (Eternal Life Grid). Just as there are codes in our DNA, the energy entry points of the Tree of Life also have specific codes. These codes direct each being to its specific destination.

The Tree of Life is the life force that nourishes all beings in a time matrix by supplying them with the loving energy of Creation. Without this nourishment of loving energy, these beings cannot survive.

The Tree of Life can be easily understood by studying how a tree functions. A tree transports water and nutrients to its leaves and cells through its root, shoot and branch systems. Within these three systems, there are other systems, such as the fiber and vessel systems. All these systems work together to provide the tree nourishment, allowing it to grow and survive....

To further define a hologram and show how it relates to our evolution, let us read an excerpt from an enlightening book titled Handbook for the New Paradigm. As of the published date of this book, you can download Handbook for the New Paradigm for free at [nohoax.com](http://nohoax.com).

Man is made in the essence of his Source. He is a tiny holograph of this Source. A holograph is a tiny fragment of the whole that has the potentiality of projecting the whole from which it came. Though the concept of the holograph has been encompassed in part,

it has not been “analyzed” with application to the essence of Life that is within all self-aware beings....

Look at the magnificence of the human body that is the vehicle of your experience here. A vehicle capable of housing a self-awareness that can contemplate its Source if it but will, because that Source contemplates Itself and in so doing fragments Itself so that it can further contemplate Itself through manifestation of experience. Within it is the free will to do this.

Since free will is the vehicle for this contemplation, then it is manifest within each holographic fragment. This free will allows for all experience within a further enhancement of this Self-contemplation process....

To follow this process as presented, there is a spiral of understanding as this is contemplated by the mind reading this information. Each fragment returns itself to the Source that projected it. Thus you are led to understand the framework of the process you are within, for each of you is a holographic fragment of the Source of all that is in the process of self-contemplation....

Let me assure you that there are no fleeting pleasures of the body incarnate that can compare with those that await you as the fragmentary self-awareness begins to ascend the spiral of experience toward the ultimate goal.

The previous excerpt is basically saying that we are holographic projections of Creation (the Prime Creator) and are focused into existence with thought. We are fragments of Creation; therefore, we are made of the same substances as Creation. Creation fragments Itself so It can observe and experience Itself. Some of these fragments of consciousness are given free will, so they can help Creation contemplate Itself with infinite possibility.

As we, the fragments of consciousness, evolve and access higher levels of consciousness, our self-awareness will grow. If we continue this path, eventually we will become a total equal within the greater Totality of Creation. In other words, we are spiritual students training to become creators!

The tree and vase hologram analogies I mentioned earlier are similar to how our souls exist. The human soul is multidimensional in nature and exists as a projection of consciousness. Because of these characteristics, the human soul has the potential to project the characteristics of the Prime Creator.

Through the Tree of Life, every soul in its time matrix is connected to each other and the Cosmos. For example, the leaves and branches of a tree will wither and die when their connections to the tree are restricted or cut. This is because they are connected to the tree and depend on it for survival.

Like leaves and branches, a group of souls that is cut off from its Tree of Life will eventually die as a race. As human beings, we must understand this concept or we will become extinct. When we kill each other or harm Nature through wars or other methods, we are also destroying the connection between ourselves and the Tree of Life.

### The Art of Pure Spirituality

Spirituality has existed since the beginning of our Universe and beyond. It was not something that was created since the beginning of civilization. Through our prejudiced thoughts and belief systems, we have created many distorted versions of spirituality that have led to modern religion....

Creation is not a human-like being who lives in Heaven and judges us for our actions. Creation is a formless consciousness field of pure potentiality that exists everywhere, even in the vacuum of space. It is infinitely intelligent and does not judge with prejudice thoughts but with neutral thoughts, which is why It loves all of Its creations equally, even if Its creations are on the negative path.

If the Prime Creator were to judge the same way we do, It would not be pure. Because the Prime Creator exists within each of us, we are never separated from It. If we ever truly become separated from the Prime Creator, we will cease to exist....

Most, if not all, of us consciously or subconsciously know that there is some kind of divine source of energy that gives us life. This divine source of energy, also known as the soul, is known in every religion around the world. The soul is the answer to the previous question. It is a conscious energy that has infinite potential. It is the being that is doing the observing and experiencing the emotions.

The soul is what gives us identity and personality. It is the divine source of energy that connects the mind, body and intellect. This divine being is unique in its own ways, which is why each of us has unique personalities. If the soul leaves the body for a certain amount of time, the body may get sick. If the soul leaves the body for good, the body will start to decompose and will eventually die.

The soul and spirit are two entities that often confuse people. Their relationship is similar

to that of electricity and magnetism; one depends on the other to function properly. The soul is the light body anatomy that can become finite. It acts like a vehicle to house the spirit so that the spirit can enter the body to begin a new incarnation. The spirit is what gives the body life.

The spirit gives the body life by taking control over the cellular growth of the fetal once its parental donated quantum reaches critical depletion. Before the spirit is tethered to the atomic structure of the fetal, the donated quantum from the egg and sperm of the parents fuels the cellular growth of the fetal.

Most of us who live in the Western world are conditioned to believe that there is no life after death. We are told that the life we are living right now is the only life we have. After we die, depending on our beliefs and actions, we go to either Heaven or Hell for eternity. If you are an open-minded person who knows how to think logically and holistically, you will notice that there are many things occurring in our world that challenge these beliefs.

All human earth souls have gone through countless incarnations. In our past lives, we have been born as a male or a female. We have also been born in most, if not all, ethnic groups. Because of this, when we become racist or sexist, we are only hating a part of ourselves of which we are not consciously aware.

In our past lives, we may have been born as a female living in China or a male living in Australia. We have been married many times and raised many children. Most of us have a hard time remembering our past lives due to the distortions in mother Earth's energy fields. These distortions are what caused us to forget who we are when we enter the energy fields of Earth....

Most of us tend to think that a highly spiritual person is someone who is perfect and does no wrong. This definition is not accurate; rather, it is prejudiced. Many of the great spiritual teachers from the past were highly spiritual, but they were not perfect. They made many mistakes in life before they found their true purpose in life.

Pure spirituality is not specifically about staying single, doing no wrong, obeying a priest or meditating your whole life away. It is about unity, truth, personal responsibility, forgiveness, free will, love, peace and ascension. Most importantly, pure spirituality is about creating your own realities along with other people's reality, and experiencing those realities into wisdom by living in harmony with the Laws of the Universe, so that everyone can spiritually evolve and return back to Creation as enlightened beings.

To spiritually evolve on Earth, you need to learn life lessons by experiencing the negative

and positive polarity of experiences while living in the physical world. These negative and positive experiences are similar to the negative and positive charges of a battery. If one charge is not working properly, the power of the battery will be reduced or will not work.

Not every planetary system has polarity. Our solar system has polarity because it has been “hijacked” by the Dark Forces, allowing them to change certain energy codes of our solar system. This has allowed them to create a reality field based on polarity. The purpose of this is to use the power of polarity to cause conflicts and separation, so that they can control our spiritual powers and drain our energy.

Your spiritual self is your true self, not your body. Your body is a vehicle for embodying your soul so it can experience life in the physical world. Our society does not teach us enough about our true selves. As a result, most of us pay too much attention to our bodies and not enough to our souls. This causes a false identity of who we are and allows our imbalanced egos to control many of our decisions.

When we let our egos control our decisions, our lives are often filled with chaotic events and we can become delusional; because we do not know what we want, we are always in a state of fear and our identities are constantly changing. We always feel like something is wrong, but wherever we look, we cannot find the right answers.

When we have an overactive ego, whenever we accomplish something, we always want more because we cannot seem to fill that void within us. Eventually, our overactive egos will overpower us and prevent us from achieving our tasks in the physical world.

If we do not achieve our tasks or learn our life lessons, we will feel like we did not fulfill our missions. This emptiness feeling often makes us want to come back and repeat a similar life, so we can have another chance to learn the life lessons that we failed to learn. This time, the lessons may be intensified to make sure we do not fail.

The Universe that we live in has pure potentiality; thus, it has infinite possibility and creativity. This also means that knowledge is infinite, anything is possible and there is always the unknown. These are some of the qualities of the Universe that make it so beautiful and mystical. To not know everything can be a wonderful thing, because if we know everything, then there is little reason for us to experience life.

Pure spirituality gives us the flexibility to explore all these possibilities because it respects free will. Free will is one of the most important Laws of the Universe. Most, if not all, religions abuse free will, which prevents us from experiencing the infinite possibilities of the Universe. This abuse of free will often slows the growth of our souls and prevents us

from understanding the truth.

What is the truth? The truth is that we are eternal spiritual beings with infinite potential. We are literally gods in training....

Love is a harmonic conscious energy of attraction that is needed to bring balance and harmony. As for thought, it is a conscious energy that has the ability to think within and upon itself. It is needed to focus everything in the material world into existence.

Imagination is the creative energy force of the mind that allows us to create abstract things that have not yet manifested. It is the entry point to the mind of Creation. As for consciousness, it is an intelligent energy field of infinite possibility and creativity. It is the field that governs everything in the Universe. All these energy forces have one thing in common; the power to create!

When we understand how these creative energy forces work, it becomes clear that we are not physical beings but are spiritual beings with god-like features. People who believe they are weak and powerless physical beings have been deceived by their authorities. They do not understand who they are, how the Universe works and their close relationship with Creation.

We human beings have very little knowledge about the Universe and what it has to offer us. Our very early ancestors and ancient civilizations actually knew more about our past and how the Universe works than we do. Knowing how the Universe works is essential for our survival, happiness and well-being.

The Universe contains the necessary laws and energies to create galaxies, suns, and planets, so that we can have a place to live, grow, and experience the infinite possibilities of reality. If we want to create a society filled with abundance and love, we need to live within balance and respect the Laws of the Universe.

The personal problems that we have with ourselves and others are so intense and out of balance that they are affecting our planet to the point of near destruction. Our planet is not a dead thing; it is a living being with a level of consciousness that is far beyond our own. Like us, she has the power to create.

Many scientists and people do not understand that some of the living organisms on our planet are mother Earth's creations. They also do not know that she has awareness and knows that she is being destroyed. She is not heavily fighting back because she, like Creation, is a loving being who does not "judge" the same way we do. She loves all her

children equally, whether they are on negative or positive paths....

Our destructive behaviors and actions are also making her sick. We are depleting her body of minerals; destroying her forests; and polluting her land, oceans and air. These actions are making her sick, resulting in an increase in natural disasters. Our destructive thoughts are also affecting her weather patterns, because through consciousness we are interconnected with her. When our consciousness is out of balance, this also affects her consciousness.

Our lack of understanding of ourselves and Nature is creating a lot of negative energies around us. These negative energies are manifesting a lot of problems into our lives, because they are influencing the collective consciousness of Earth and making it unstable. In other words, many of the social problems that we are facing have been created because of us. Without us, most of these problems would not exist.

The problems that we are facing in our daily lives are manifesting into our reality, because we have either consciously or subconsciously allowed them to do so. This is why it is important that we think positively as much as possible, because our thoughts really do create our reality. Most of us cannot see how our thoughts can create our reality, because in our dimension of reality, there is the illusion of linear time. As a result, it takes time for our thoughts to manifest into our reality.

The information in the last few pages does not explain everything about pure spirituality but should give you a general idea of what pure spirituality is. Spirituality can mean many things, but at its core, it is about learning lessons, understanding ourselves and Nature, living in harmony with the Universe, creating our reality, remembering who we truly are and ascending to reunite with Creation.

In reality, a version of ourselves already exists as a pure consciousness being, but in our time matrix, we still have a lot of evolving to do before we can join the higher version of ourselves. Once we accomplish this, we will know what Creation truly is. Creation cannot be understood through words. It can only be understood through experience.

## CHAPTER 5: THE ART OF SUCCESS AND HAPPINESS

In the previous chapters, I went into great detail to explain what the Universe is, how some of its laws work, what reality is, the hidden potential of the human mind and body, and the forces of Creation within each of us. I have put a great deal of effort into trying to explain these concepts of Creation, because they are essential for creating and attracting



success and happiness. When you understand these concepts, achieving success and finding happiness become easier.

Many of the secrets I'm about to tell you in this chapter are known by only a very small percentage of the world's population. These secrets are well known by certain billionaires and high level bankers and especially people who are in the high ranks of secret societies and royal families. These people do not want you to know about these secrets that have made them rich and powerful, because if too many people knew about them, their wealth and power would be threatened.

## The Secrets to Happiness and Success

The path to finding happiness and success is different for everyone, because each person is unique in his or her own way. Because of this, each of us must find our own path or we will have a hard time succeeding. Unfortunately, our society does a poor job of teaching us how to find this path. As a result, many of us will search our whole lives for it and not find it. Even if we do find our paths, we will usually find only parts of them. If only we knew about one of the most influential laws in the Universe, our success rates would be much higher. This law is known as the Law of Attraction. Before the invention of mass media, mostly the super rich and great spiritual teachers knew about this law.

The Law of Attraction is a Universal Law based on the power of our thoughts and intentions and how they attract positive or negative experiences into our lives. Our emotions can magnify those thoughts, speeding up the process in which Nature manifests energy into matter. The idea that thoughts can manifest desires into reality may sound strange to you, but if you understand the science behind matter, it makes perfect sense. For more information about how reality works, refer to Chapter 4.

The philosophy behind the Law of Attraction comes down to your thoughts and the Natural Laws of Nature. Unlike your mind, Nature does not "judge" the way your mind does. If you think about negative things all the time, sooner or later Nature will give you what you want in one form or another.

For example, if you want to get out of debt, stop thinking about debt and start thinking about how to get wealthy. If you want to find your true love, think about ways to find your true love instead of thinking about how you will be single forever.

Once you are clear about what you want, have faith that the Universe will create the right situation for your desires to manifest. It is important to know that the Universe will not do all the work for you. It will only create the right situation for you or show you the door. It is

up to you to open the door, step through it and take the necessary actions to achieve your goals.

How much effort is needed to make your desires come true will vary depending on the types of things you desire. If one of your goals is to build a successful business, be prepared to invest many hours and a great deal of hard work into it, or your rate of success will be minimal.

Once you understand how the Law of Attraction works, it is important that you do not use it for greed, power over others and selfishness, because it will backfire on you. For example, if you think negative thoughts about others, these thoughts will manifest into your reality in one form or another. As people say, "Be careful what you wish for because it may come true." The great thing about the Law of Attraction is that it is universal, no matter your religion, race or gender.

If used correctly and in balance with other Laws of the Universe, the Law of Attraction can help you find success and happiness, because it empowers you to focus on what you want out of life and where you want to be, so that you do not end up going down a dead end path. However, it is wise to know that the Law of Attraction is not the "holy grail" of success and happiness....

Manifesting desires is not as easy as wishful thinking. Thinking good thoughts is just one of the many steps of the thought manifestation process. This is because the Universe abides by a number of other laws in addition to the Law of Attraction. Another important law for manifesting desires is the Law of Action, which allows you to act upon your intentions to create the experiences you desire.

The wishful thinking version of the Law of Attraction, which focuses heavily on positive thinking and wishful thinking, was created by the Controllers, which are the leaders of the New World Order (NWO), to enslave followers of this law to give up their personal responsibility and freedom to an outside force. By not taking personal responsibility seriously, these people become easy preys for the NWO to enslave their minds.

Many of the supporters of the New Age are victims of the wishful thinking version of the Law of Attraction. The hidden agenda behind the wishful thinking version of the Law of Attraction is to manipulate us into focusing too much on what each of us want, so that we do not care about the needs of others. This is a popular "mind control" technique that the Controllers like to use to manipulate us into thinking like self-centered people.

Societies filled with self-centered people are easy to manipulate and control, because

they are not united and they often have problems with racism and discrimination. These problems will eventually lead to other conflicts, such as wars. Do you understand now why we have such a hard time achieving world peace?

Finding happiness and success takes time, patience and dedication. If you focus your thoughts toward what you want, be consistent about it, have faith that it will come true, work hard for it, wisely practice the five basic Laws of Manifestation and use some of my following tips, you will dramatically increase your rate of success.

- Find your true inner self: I like to view life as pieces of a self-image puzzle. When you are born, you are innocent, because those puzzle pieces of your identity are scattered all around you. To find your true identity, you need to find the missing pieces to make you whole again. A great way to find them is through your experiences in life. To quickly find the missing pieces, you need to have the courage to step outside of your comfort zone. You need to take risks, be open-minded and stop being scared of failure. A better way to find the puzzle pieces of your true identity is through soul searching. This spiritual journey will help you understand who you are from within and why you are here.

Be warned! When you start finding the missing pieces of your identity, your life could dramatically change. Most of the time, the change is a good thing. If you are not comfortable dealing with great changes, your life may feel chaotic during the change. But once the change is over, you will know that you are on the right path, which will cause you to have more confidence and enable you to see the world from a different perspective. As a result, you will feel like you can achieve whatever your heart desires.

- Do not procrastinate; time is precious: If you have a great idea or see something you like, act on it. Do not wait until everything is perfect before you act, because Nature is not going to make everything perfect for you so you can succeed with little effort. When you act on the things you want right away, everything will usually come together in the end as long as you work hard to achieve your goals and have faith; it is just going to take time.

- Set goals: Setting goals can help you achieve what you want in a shorter time. Goals can provide motivation and give you a clear understanding of what you are seeking.

- Watch for signs and be open-minded: Nature is always giving you signs or ideas; if your field of vision is narrow because you are not open-minded, you may miss these signs. Most of us will have at least one idea in our lifetime that could make us very successful. The problem is that we usually will not act on this idea, because we lack the courage and motivation or are afraid of failing.

- Spend time with successful people: My parents always used to tell me that if I wanted to be successful, I needed to spend time with people who had achieved success. In my teenage years, I did not listen to their advice because I did not have faith in it. It was not until I got into a marketing business, which gave me the opportunity to spend time with successful people, that I realized my parents were right. Successful people, especially the ones who have gone through a lot of struggle to get there, know secrets the average person does not and they have connections. If you want to be successful, you need to be around the people who are successful in your field of interest. Also, be careful, because not all successful people are nice; some may try to take advantage of you. One thing I have noticed about a lot of successful people is that they fall victim to material obsessions, such as money and luxuries. These obsessions destroy the connection to the soul and Creation, leading to egocentrism, from which greed and addictions are manifested. There is nothing wrong with wanting to have money and nice things, but the problem is that most of us become too obsessed with them.

- Learn to think constructively and outside of the box: People who are happy and successful know how to think in ways that will improve their lives. They also know how to think outside of the box, which is why they can come up with ideas that most of us could never imagine.

- Do not be a follower: Each person's path to happiness and success is different. If you are following other people's footsteps, you are becoming them and not yourself. Use people as inspiration and learn from their advices and mistakes, but do not mimic them.

- Do not repeat mistakes: Everyone makes mistakes. It is okay to make mistakes because we are not perfect. This is the beauty of being a person. If you want to be successful and happy in life, you need to learn from your mistakes instead of repeating them.

- Adapt to change: Learning how to quickly adapt to change is very important for success and happiness, because the world is always changing. Technology is a big source of change. Every decade or so, someone will come up with a great invention that will change the future of humanity. People who can quickly adjust to changes or take advantage of new inventions will usually live a better life.

- Learn to forgive: Depending on how personal the situation is, forgiving others for the pain they caused you can be very hard to do. If you do not learn how to forgive, you will always have those pain-causing negative energies inside you. These negative energies will also stay with your soul after your body dies. The karmas stored within these negative energies will manifest in your next incarnation; therefore, there is no escape

unless you learn your lesson and forgive. By learning your lesson and forgiving others, you can release the wheel of karma, making it easier for you to move on in life. This will make it easier for you to find happiness. Be aware that by forgiving people does not mean that you approve what they did to you. When people harm you, it is often wise to hold them accountable for their actions, so that they can learn their lessons.

- **Think positively:** Positive thinking is easy to do, but it is hard to stay in that state of mind for long periods of time. This is because our lives have too many negative distractions that pollute our minds and cause us stress. Thinking positively will help make your day go by more smoothly, because when you are happy, you attract happier people and better things into your life.

- **Write down your thoughts:** One of the best times to write down your thoughts is when you wake up. The next time you go to sleep, put a notebook and a pen near your pillow. When you wake up, do not get out of bed but lie still and keep your mind relax. During the waking up phase, your mind is in the process of transitioning from the subconscious state to the conscious state. If you listen carefully, you may be able to hear your subconscious thoughts. A lot of the time, it is your higher identities who are communicating to you. Your higher identities can give you great ideas that can change your life for the better. They are there to guide you to achieve your goals.

- **Meditate:** This is probably one of the most important techniques you can do as a human being. Meditation helps you control your feelings and reduces distractions, making it easier to find inner peace. Most of us are not happy because we become too attached to external things, such as money and other necessities. When we do not have these necessities, our moods become unstable and we become depressed.

Meditation helps to free you from these attachments by gradually allowing you to reach a state of mental equilibrium. In this state of balance, you will be able to control your feelings regardless of the circumstances. You will be able to feel Creation's love within you and this love will allow you to feel the connection to all things.

The love of Creation is beyond what you can comprehend in your current state of evolution. It is a state of balance, harmony, joy and bliss that no words can describe. People who have gone through a near death experience may have experienced this love of infinite joy with all things. When you experience this love, it is very hard to come back to Earth's reality fields. You can have all the money and high-tech gadgets in the world, be married to the love of your life, live in a multimillion dollar house, and work at the job of your dreams, and yet all of them combined will not compare to the joy that you feel when you strengthen the love between you and Creation. When you lack this connection

to Creation, you feel like there is a void (emptiness) in your heart. This is the void that yearns for Creation's love. Until you learn how to strengthen your connection to Its love, you will never know what true love and happiness are.

Happiness is something that many of us intensely search for our whole lives, because it gives us joy and hope. Unfortunately, many of us are searching for happiness in the wrong places and at the wrong times. When searching for happiness, many of us rely too much on material necessities, such as money, jewelry, cars and drugs. We also rely too much on other people, such as friends, family members and spouses to fill the void within us.

Material necessities can bring certain levels of peace and happiness into our lives, but they are temporary and cannot truly help us understand what happiness is. To find a level of happiness that can fill the void within us, each of us must look within ourselves to connect to and understand our own soul.

By understanding our souls, we will realize that we have been living a life controlled by our false selves, which are our egos. The soul is what most people have failed to find and understand when searching for happiness. It is one of the most important pieces of the puzzle of happiness.

Most of us have a good understanding of ourselves at the physical level and some understanding at the mental and emotional level, but we often have a hard time understanding ourselves at the spiritual level. The soul is the real being within each of us. It is our true identity. Most of us live our lives by paying too much attention to our bodies and not our souls. This causes a false identity of who we are and allows our egos to control our lives.

When we let our egos control our lives too much, it is hard for us to find our sense of purpose in life and we become depressed. This state of confusion and depression can impact our health, making us vulnerable to diseases. In this state, we feel like we are living on a roller coaster; our lives are always filled with ups and downs. Each time we accomplish something, we are not satisfied and we always want more. No matter how hard we try, we cannot fill the void within us.

Our egos give us a false sense that we are not perfect because we are physical beings. In reality, we are perfect already because we are spiritual beings embraced in physical bodies. By realizing that our souls are our true identities, we can find happiness more easily.

To find true happiness, you need to understand and accept your true self, your soul. By

denying your soul, you are denying your very own existence. Being in this state of denial will bring pain, suffering and diseases into your life, which will destroy your health and vitality. These dark energies will drain your body of light energies until they consume you in total darkness.

Two of the best ways to understand your soul are by meditating and exploring the spiritual way of life. These two methods will help strengthen the connection to your soul. By doing these activities, you will also strengthen your connection to the Prime Creator.

Learning to strengthen the connection to your soul may contradict many of your beliefs, but it will help you find the truth of who you truly are. It will also help you achieve divinity, happiness, peace, enlightenment and bliss. Once you understand your true self, then you can rely more on external things to help fulfill your physical and emotional needs. By doing this, you will be less vulnerable to the dark energies that will only bring pain and suffering into your life.

In our current reality field, time plays an important role in happiness. One of the reasons most of us are not happy is because we focus our attention too much on the past and the future. When we constantly think about the past and the future, we become less aware of the present (now), which is the real reality. The past and the future are more like illusions. If we are constantly thinking about them, we can become delusional and our minds tend to drift away.

If we relax our minds and focus on what is happening right now, at this exact moment, nothing else in our material world matters. It is a timeless and spaceless moment with no stress and no pain. This is a state similar to the state of Creation....

Using numerology as a blueprint to help you find happiness, success and spiritual enlightenment may seem strange and mystical, but when you study the science behind numerology, it makes logical sense, just like mathematical laws.

The Universe is a very mysterious and mystical place. Within it are Universal Laws that are necessary to bring order from chaos. One of these laws deals with frequency and vibration, the two attributes of consciousness that give energy expressions. Without vibration there would be no light and without light there would be no life. This is why light travels like a wave and is essential for life to exist.

Every object in the Universe is composed of projections of light, which are expressions of energy. This means that numbers are also projections of light; therefore, they have vibration too. If numbers did not have vibration, they would not exist. Vibration is

important for your spiritual growth and happiness, because everything in the Universe depends on vibration for experience.

Numerology is important for your spiritual growth, success and happiness, because it can show you the right paths to take. This can save you time and help cut down on mistakes; therefore, your life will not feel like it is going in circles.

One of the greatest gifts of numerology is that it can help you find your life lessons. The sooner you find a life lesson and learn from it, the sooner you can move on to the next lesson. This is very important for spiritual growth, because when you learn lessons, you transcend your current experience. Besides helping you find your life lessons, numerology can also help you find an intimate partner who resonates well with your energy.

The number that is most important for finding happiness is your life path number. This number lays the foundation for your spiritual growth. To find your life path number, you need to add up the numbers that make up your birthday. For example, if your birthday is on 2/5/1974, you will need to add the numbers to obtain a single number.

$2+5+1+9+7+4=28$   $2+8=10$  (I got the answer by adding the previous total)  $1+0=1$

The life path number for having a birthday on 2/5/1974 is 1. People with a life path of 1 are usually independent and they love to strive for first place. Finding your life path number and comparing it to other people's life path numbers can help you determine which people would get along with you the best. This is very important for finding a great partner to be with.

Keep in mind that numerology is only a blueprint. It cannot tell you exactly who your best partner is. Just because someone you like has a life path number that contradicts yours does not mean that you cannot have a great relationship with that person. As long as both of you are willing to work things out, your relationship could turn into a wonderful relationship.

### Secrets of Rich Investors

.... It is important to know that attracting too much money can lead to greed and being obsessed with having power over others. Money by itself is not bad. It is our prejudiced thoughts about money and the controlling system behind it that make it bad. Because of this, having too much money can empower your ego to the point where it can heavily influence your decisions.



The ego is another version of your identity that feels lost and finite. Because of this, it is very controlling and lives in a state of fear. This causes it to become delusional and fearful of its true identity. To make itself feel like it is not lost and delusional, the ego turns to material needs to avoid facing the truth of what it is.

When you are obsessed with money and luxuries, you are never satisfied because you always want more and do not truly know what you want. The longer you stay in this state of obsession, the more delusional you will become, because money and luxuries are “illusions.” If this continues, you will start to weaken the connection to the Source (Creation) that focused you into existence. When this happens, you will start to lose your humanity.

The end result of this path of obsession with material things is the differentiation of your consciousness, causing you to lose your awareness and identity. In other words, if you become too lost in this path of material obsession, it could cause the destruction of your soul identity, returning it to background energy.

If you do not think that being obsessed with money and luxuries can make you delusional, go hang around very rich people who are obsessed with these things and pay attention to their personalities. When I say rich people, I’m talking about people who have tens of millions of dollars or more. A large number of these people think they are better than us because they have more money. Some of them even think that they are gods and we are their slaves; therefore, they deserve special treatments and are above the law.

Some of these rich people are so detached from the loving energy of Creation that when you talk to them, it feels like they do not have a soul or compassion. Not all rich people are like this but the ones who have become too obsessed with material things do lack the personality of a soul.

Some of us tend to think that rich and powerful people attained their positions because they were lucky or fortunate. This gives us the illusion that achieving high status is more of an accident. From a higher perspective, this is not true.

Beyond conventional thinking, there is no such thing as luck or true accidents, because the Universe operates in very precise cycles and everything has to be processed by the Universe before it manifests. For these reasons, the very rich and powerful did not become rich by luck so to speak. They became rich because they know secrets that we do not. Furthermore, they also know what actions they need to take to make them rich.

To understand these secrets we need to think outside of the box, because many of them require us to look at the Universe from an abstract perspective. Otherwise, it will be hard for us to understand these secrets because they are somewhat esoteric.

One of the most well-kept secrets to becoming rich relates to how planetary cycles affect the collective human consciousness. Consciousness is the intelligent field that governs all matter and non-matter. Because of this, anything that affects consciousness also affects our physical, chemical and biological processes. The field that studies the process of how planetary cycles affect human behavior is known as astrology....

### The Art of Success and Happiness

Investors who have mastered the art of predicting consumer behavior by using sacred geometry and astrological cycles have been very successful with the stock market. The ones who have been even more successful have practiced these secret methods with certain Laws of the Universe, such as the Law of Attraction. Hence, they have made billions in the stock market.

Unfortunately for these people, if they do not invest their money in gold and other commodities, they will start to see the negative effects of the stock market, because it is filled with a lot of toxic investments that have little value.

The stock market is a financial system that I do not fully support, because it is full of corruption and deception. Investors who rely heavily on the stock market could soon lose 50 percent to 90 percent of their wealth. The two main reasons for this are the risky investments in most stocks and the devaluation of the dollar, which could cause hyperinflation....

When we look at the bigger picture, all these systems, whether if they are human-made or nature-made, are bound to the Laws of the Universe. As the Universe changes, so do these systems. The changes are so subtle that most of us are not aware of them.

Right now our reality field is receiving more energy, because [of] the 2012 galactic alignment. This event is causing a lot of changes to physical, chemical and biological systems; even our consciousness is affected by this event. This galactic alignment only happens roughly every 26,000 years. Because of this alignment, all the planets are becoming brighter, the sun is acting strange, and the world financial system is at the brink of collapsing.

### How to Be Creative and Successful

Success is something that most of us strive to achieve, but many of us fail because of our lack of faith in our creativity and abstract thinking skills. To increase your chance of achieving success, you need to learn how to effectively tap into the creative side of your mind....

Here are some great tips that can help you become more creative and successful:

- **Strengthen your imagination:** Visualizing is a great way to strengthen your imagination. If your visualization skills are not yet developed, you can improve them by visualizing a simple object. You may want to begin with a simple object such as a circle. You may also want to start with the colors black and white and then move to other colors as you improve your visualization skills.
- **Increase your artistic skills:** Drawing and painting are two of the many art forms that will strengthen your creativity. Drawing and painting can be hard if you are a beginner, but they will become easier as you strengthen your artistic skills. Increasing your artistic skills is great not only for increasing your creativity, but it will also help you see the world from an entirely different perspective. This will allow you to understand how creativity is essential for comprehending how the Universe works.
- **Spend time with Nature:** Being out in the sun and surrounding yourself with Nature are great ways to provoke creativity. The sun has a sacred connection to your body and does a great job of stimulating your energy. When your body is full of energy, it can perform better, which can lead to more creativity. Nature also has a sacred connection to your body. Nature is also very creative, which is why it is so beautiful and diverse. The beautiful color patterns on a butterfly's wings are proof of how creative Nature is. If you study Nature and learn to communicate and live in harmony with it, you will be able to increase your creativity to an entirely new level.
- **Understand the Laws of the Universe:** The Universe has many laws that are necessary to bring structure to the systems within it. Without these laws, life would not be possible. One of the laws you should become familiar with is the Law of Attraction. In simple terms, the Law of Attraction involves like energy attracting more like energy; therefore, if you think positively, you will attract positive energy. In other words, if you want positive experiences, think more positively.

Like the Law of Gravity, the Law of Attraction is always working, whether you believe it or not. It is a law that is well known by certain billionaires and people who are in the top ranks of secret societies and royal families. Their understanding of this law has played a

critical role in their success. To effectively utilize the Law of Attraction, you will need to have a basic understanding of the Law of Intention, the Law of Allowance, the Law of Action and the Law of Balance. To learn more about these laws, refer to Chapter 1.

- **Reduce stress:** When you are stressed, your body goes through certain chemical changes that affect the chemical levels in your body. These chemical changes usually cause negative effects on your body. Stress also makes it hard for you to connect to the creative side of your mind.
- **Reduce distractions:** Some of the biggest distractions in this century are TV, video games, cell phones and the Internet. These distractions can be very destructive to your mind if you become too dependent on them and obsessed with them. If you depend too much on these distractions, they will weaken your connection to your soul, which is the divine energy that gives you personality, identity and creativity.
- **Imagine like a child:** As we grow up, we tend to lose the child-like features within us. These innocent features are very creative, because they are not polluted with biased and judgmental thoughts. Children are so creative and playful due to the fact that they lack such polluted thoughts. Their imaginations have no limit, because their minds are not polluted with thoughts that prevent them from thinking outside of the box. The moment you lose these creative child-like features within you, life becomes very dull and boring. Thinking like a child does not mean you have to be immature again. You can still be mature and be as creative as a child. A great way to stimulate your child-like features is to be around babies. Parents who have experienced raising a child should know how effective babies are at stimulating their child-like features.
- **Meditate:** Spending a few minutes each day to meditate is a great way to increase creativity, because it strengthens your connection to the Source (Creation) that focused you into existence. Meditation is a tool that has incredible healing and creative capabilities. Unfortunately, many societies have taught us to fear this tool. If you practice meditation wisely, it should help you find your purpose in life. Finding this purpose will make your journey to success a lot easier.
- **Do not be afraid to take risks:** No matter how creative you are, if you do not take risks to find ways to manifest your creativity, your rate of being successful will be very low. People who are successful are not afraid of taking risks. They are also not afraid of failure. To become successful, you will need to fail many times before you succeed.
- **Be patient and work hard:** Success is not something that happens overnight. The journey to success will usually take a few years, sometime even decades, and a lot of

hard work. If you are not patient and do not like to work hard, you will have a very hard time finding success. A good way to help you become more patient is to learn how to calm your ego.

Thought is something we use every day, but most of us do not know what thought is. If we understand our thoughts and use them wisely, we can increase the chance of manifesting our desires into reality.

Thought is a subtle, conscious energy that is more powerful than even the strongest nuclear weapons. Nuclear weapons are extremely powerful because they harness the subtle energy within atoms. This atomic energy is very small and subtle but has the potential to destroy a planet. This is how powerful subtle energy is and thought is one of the building blocks of this energy.

Thought is so powerful that physicists believe it can influence the outcome of an experiment. This has been proven by experiments such as the random number generator. Because thought is so powerful, it is one of the fundamental Energy Forces of Creation. It is one of the most basic processes used for manifesting energy into matter.

One of the most important aspects of thought is that it has the ability to think within and upon itself, giving us the power of free will. Another important aspect of thought is that it is very intelligent. The fundamental definition of intelligence is nothing more than thought thinking within itself and observing itself.

In order for energy to manifest into matter, there must first exist something to draw energy into focus. That something is thought. However, thought alone does not effectively bring forth true manifestation. Thought needs certain energy forces to help transform it into expressions. One of these energy forces is emotion.

Having strong emotional desires along with focused thought is the key to manifesting your desires at the energy level. This process draws in energy, and as the energy coagulates, manifestation begins. Physical manifestation is nothing more than an end result of focused thought....

Once you lose focus of your desired experience for a certain amount of time, its manifestation is in danger of being lost. Once it is lost, you deny yourself the experience. This is why it is hard to manifest your thoughts into reality when living in a realm that is bound to linear time. The distortions in your light bodies also make it hard to manifest your thoughts into reality, because they disrupt the natural energy flow of the manifestation process.

To increase your success rate of manifesting your desires, reduce distractions as much as possible, discipline your mind, increase your emotional desires toward what you want, think about them on a regular basis and learn how to heal your light bodies. In addition, take appropriate actions to help strengthen the thought manifestation process.

One important thing to consider when manifesting your desires is to make sure your thoughts are specific. For example, if what you want is change, make sure your thoughts are focused toward a specific change. Otherwise, you may attract too many changes, making your life chaotic. Another thing to consider is that your desires must be within the Law of Creation. Otherwise, it would be impossible to manifest your desires through thought alone.

To truly utilize the power of thought, you will need to understand who you truly are. In truth, you are a spiritual being embraced in a physical body. The essence of who you are is your soul, which has infinite potential. The simplest definition of the human soul is a holographic projection of thought. In other words, each of us is a thought that thinks; therefore, we are conscious and self-aware.

Remember, when it comes to manifesting your desires, your thought is the most powerful energy force that you have. Use it wisely and your desires will manifest beyond your wildest imagination....

### The Three Energy Forces of Creation for Creating Success

.... If you want to dramatically increase your chance of becoming successful and happy, you will need to understand the three main Energy Forces of Creation and use them wisely. We all are using these energy forces already, but most of us do not know how to effectively implement them in our lives. By understanding these forces and using them wisely, we can slowly change the reality around us into the reality that we want. The three main Energy Forces of Creation are love, thought and consciousness.

Many of us define love as a strong emotion related to friendships, relationships and sexual desires. This definition of love only defines the surface of love. At the deeper levels, love is a harmonic conscious energy that attracts everything into oneness. It is a form of energy that is always vibrating toward balance and harmony.

In essence, pure love is nothing more than a state of perfect vibrational harmonization. Experiencing this perfect state of pure love is infinitely more joyful than the love that we experience in our current state of being. When you experience love at this level, it is like being in a blissful state of total awareness and infinite joy with all things. Some of us refer

to this state as being one with Creation.

At our current level of evolution, we human beings are not able to embody the full frequency of this Infinite Love of Creation. If somehow we were able to do so, our physical bodies would explode because the joy of this pure love would be too overwhelming for us to handle. However, we can gradually tap into this love by learning how to activate our “junk DNA” and expand our consciousness.

The more we expand our consciousness, the more our bodies will be able to handle more of the frequency associated with the Infinite Love of Creation. This pure love of Creation is what we all seek for our whole lives. Unfortunately, most of us will fail to find it for the reason that we are searching for it in the wrong places. To find this kind of love, we need to search within us.

Our Universe was created with the pure energy of love. Without love, our Universe could not exist, because it would lack the energy needed to keep it in balance. One important thing you need to know about love is that it is a universal harmonic energy found in all organic and non-organic life. In other words, it is found in the smallest things in space, such as molecules, and the biggest things in space, such as galaxies. One of the best definitions of love that I have found is in the Kathara teachings.

Genuine love must come from within and can only be gained through genuine spiritual connection to the eternal God-self and its inherent connection to all creation. If we seek love “on the outside” in order to fulfill a personal loneliness or lack within, we enter relationships as “energy vampires.” In doing this, we are seeking a substitute for our personal God-Source connection through tapping into the God-Source embodied within other people or beings. This is not “LOVE.” It is “NEED.”

When you seek love in others to fulfill a loneliness inside you, you are not really seeking pure love but are seeking a form of love that is more related to need. By relying on others to fulfill a personal loneliness inside your heart, you enter relationships as a person who “preys” on others to fulfill what you lack.

The action of seeking love in others to fulfill a loneliness inside you implies that you are seeking a substitute to replace the Infinite Love of Creation, because you lack the connection to Its Infinite Love. This version of love is not really love. This misunderstanding of love is why we have such a hard time finding pure love and comprehending what it truly is.

The lack of pure love within you can only be fulfilled by recognizing that you are a living

embodiment of Infinite Love, because you have a spark of Creation inside you. Once this is recognized and accepted, you will have the greatest love of all, the Infinite Love of Creation.

In this state of being, you can go beyond your home giving this Infinite Love rather than seeking people who you can get this Infinite Love. There is a significant difference between giving love and getting love. To achieve this level of understanding of love is a sign of spiritual maturity. Most of us will live our whole lives and not find pure love, because we do not know what Infinite Love is.

The power of thought is an energy force that influences everything we do, because every action involves the use of thought. Thought is a subtle energy but it is one of the most powerful energy forces in the Universe. This energy force is so powerful that it has the power to manifest energy into matter.

Thought is a conscious energy that has the ability to think within and upon itself, giving us the power of free will. It is needed to focus everything into existence. Most of us do not realize that when we use our thoughts to create things, we are preparing energy to be manifested into material things. In other words, we are creating our reality. We cannot see our creations being instantaneously manifested in front of our eyes, because of the restriction of linear time and the energy distortions in our bodies.

The idea of time being linear is an illusion and is only true from our perspectives. As human beings, we have not yet evolved enough to handle the amount of data that comes with experiencing time in a simultaneous state. In our current state of evolution, experiencing time simultaneously would feel very chaotic to us. The fact that we have thought is proof that we are very powerful beings who have the power to create!

Consciousness is an intelligent energy field of infinite possibility and creativity. It is the unified field that contains the codes to govern everything in the Universe. This energy field exists everywhere and is what connects us to everything in the Universe. In other words, we are never separated and alone.

Consciousness is the energy that gives us a sense of self. It is a unified field of functions that expresses diverse forms outwardly, which is why our planet Earth is filled with so many different kinds of life. Because consciousness contains the codes of the Universe, as we learn how to access higher levels of consciousness, we will increase the power of creation within us.

Many of the negative things that are occurring in today's society are happening because



we have been conditioned to believe that we are slaves and are powerless, and that we do not have the power to create our reality. The very rich people who control this world do not want us to know how powerful we really are, because if we did, they would not be able to control us anymore. The fact that we have love, thought and consciousness is proof that we are powerful beings with god-like features.

The keys to creating success and happiness start with understanding and implementing the three Energy Forces of Creation. When we learn how to use these energy forces wisely, we will attract more success and happiness into our lives.

## CHAPTER 6: THE INTERGALACTIC/INTERDIMENSIONAL EARTH DRAMA

The purpose of this chapter is to give you information that is rarely found in the mainstream media to help you prepare for what is coming. The information in this chapter is not meant to spread fear; rather, it is meant to give you hope and knowledge of empowerment.

We human beings have reached a crossroads of no return. If we choose not to face our problems and stay asleep, our race could become extinct. Our dramas have reached a critical point in our evolution, because we do not want to take responsibility and face the truth. We choose to live in denial, which has made our problems worse.

The only way we can truly overcome our problems is to first become aware of them and then take appropriate actions to solve them. Most of us are not doing this, which is making it very hard for the awakened ones to free us from the Intergalactic and Interdimensional Earth Drama.

After reading this chapter, I encourage you to do your own research and come up with your own conclusions about the Earth Drama. You should not rely solely on this book for guidance, because you have your own path to follow. Instead, rely on your feelings and intuition to guide you on your journey to become awakened.

The process of awakening can be hard, because you will feel a sense of separation from society. This is due to the fact that most of the people who make up society are still asleep in a sense that they do not know what is truly going on in the world.

This sense of separation can make you feel like you are living in two different worlds, causing you to become depressed and lonely. Do not let this discourage you, because when you reach a certain level of awareness, you will feel empowered and you will be

glad that you are awake.

Being awake is your first step toward spiritual freedom. There are many people out there who are awake and are going through the same grieving process that you are going through. Through the Law of Attraction, you should find them. It will usually happen when you least expect it.

We human beings have gone through eons of oppression, suffering and conflicts that have nearly destroyed ourselves. After all this time, we still have not learned from many of our past mistakes. Instead, we keep repeating our mistakes, causing us to be stuck in the wheel of karma for hundreds of thousands of years.

Many of the problems that are causing us to be stuck in the wheel of karma are not caused solely by us. A good quantity of them is provoked by extraterrestrial (ET) races from behind the scene. ET races have been involved with our race since the beginning of human life. Some of these races are actually human beings from the past, future and alternative realities.

The idea of beings from other time continuum and alternative realities may sound strange to you, but if you understand multidimensional physics and the true nature of time, it becomes clear that these realities are possible and that they simultaneously exist.

Many of the ET visitors are interested in studying our culture through observations. Some are fascinated by our diverse cultures, while others are interested in trying to understand our wide range of emotions. There are some who are interested in exploiting us and taking control of our planet.

If certain benevolent ET races, whose main goal is to teach all races how to live in brotherhood and respect the Laws of the Universe, did not intervene by helping us from behind the scene, we would have been destroyed by the negative ETs and their human minions a long time ago. If we human beings want to create a future where we can live in prosperity, we must acknowledge the fact that ETs exist. We need to also learn that not all ETs are benevolent.

Those ETs with dark agendas must not be allowed to succeed; if they were to succeed, we would transition to a very dark age in which our freedom, sovereignty and humanity would be stripped away, and we would become slaves for many thousands of years....

The positive ETs who are working behind the scenes to help humanity evolve to higher levels of consciousness will not tell you that they are gods and that you need to worship

them. To do this would disempower you and infringe upon your free will, and these actions are against their rules.

Some of the negative ETs have very advanced technologies that can slightly alter your reality in a way that can fool you. One of their popular methods for doing this is the use of holographic inserts or holographic illusions....

Because your emotions and intuition can detect holographic inserts, if you want to be less vulnerable to holographic inserts, you will need to learn how to understand and trust your emotions and strengthen your intuition.

You can also be less vulnerable to holographic inserts by increasing your frequency. This can be done by becoming more aware, expanding your consciousness, educating your mind with knowledge of empowerment and activating your “junk DNA.”

Another great way to protect yourself from holographic inserts is to meditate a few minutes every day. During meditation, learn how to quiet your mind, and find the balance point or place of peace within your mind. By doing so, you strengthen the connection to your higher soul identities. People who are more spiritually evolved usually do not have problems detecting holographic inserts, because their intuition is stronger than the average person’s intuition.

Holographic inserts are not the only things we need to worry about. Certain TV shows, movies and subliminal messages are also popular “mind control” techniques used by the Dark Forces to manipulate us. To the average person, these techniques may not seem brainwashing and controlling, but a person whose awareness is more expanded will feel their negative effects.

The Controllers are using these mediums to condition and prepare us for an official disclosure and other dark agendas. They are planning to use this disclosure for their own selfish gains. This is why there is an increase in movies and TV shows about ETs. It is important to know that there are positive factions in the government that are planning to use the disclosure to help humanity....

To understand who we are and who created us, we need to acknowledge the existence of ETs. Some of these ETs are linked to us through certain genetic codes, and many of them are involved in the Intergalactic and Interdimensional Earth Drama because they want to help us....

Some positive ETs have so much love for the human race that they have risked eons of

evolution to incarnate as human beings, so that they can help increase the frequency of Earth and bring her energy closer to a balanced state. This will allow her to live through the galactic alignment with fewer problems. If it was not for the positive ETs' courageous effort, our planet would have experienced major earth changes around the year 2000. This would have wiped out a lot of life on Earth.

There are millions of ET souls who are now living on Earth as human beings. Incarnating as a human being is one of the ways they can help us without infringing upon our free will. Their main mission is to help humanity transition safely to the new age of Aquarius.

If the information in this book resonates with your energy, you may be one of these ET souls or one of the human souls who have dedicated their lives to help free humanity. Before you incarnated on this beautiful blue planet, you knew what your missions were, but the distortions in the planet's energy fields caused you to forget them. If you have not been awakened, now is the time to do so because you are running out of time.

The drama that is unfolding during this special cycle in our galaxy is nothing new. We have gone through this many times, but we simply do not remember. Many of the human beings with ET souls are having trouble remembering who they are, because of the distortions in mother Earth's energy fields. Any soul who enters her energy fields as it incarnates as a human being will lose most of its memories. Its memories will be restored after it leaves her energy fields. This is one of the reasons why we forget who we are when we incarnate on mother Earth.

The temporary loss of memories is a big risk that these ET souls must face if they want to help free humanity. If these souls do not remember their missions and become stuck in the Earth Drama, they may end up being trapped in the reincarnation program created by the Dark Forces to prevent souls from leaving the artificial matrix of Earth.

For an ET soul to risk millions of years of its evolution to help a foreign race, so that race can also evolve takes tremendous courage and unconditional love. To these positive ET races, we are not just their neighbors; we are their brothers and sisters. We human beings must realize the sacrifices that they have gone through to help us, and we must live in peace with them if we want to live in prosperity.

The positive ETs who are helping us behind the scenes are very wise and spiritual. Some of them have evolved so far ahead of us that they can travel through time or across space by using the power of thought. Some of you may be wondering why they cannot just save us if they are so powerful. The positive ETs respect the Laws of the Universe and take them very seriously. Thus, they cannot directly interfere with the Intergalactic

and Interdimensional Earth Drama.

Because we human beings have free will, directly interfering with our evolution is breaking the Law of Free Will. This is why the positive ETs cannot just jump into our reality and save us from the Earth Drama that is quickly unfolding during this special time. However, in extreme cases, they may be able to interfere to a certain degree. An example of an extreme case would be a war that involves the massive use of scalar weapons. These weapons are so powerful that they could damage mother Earth's energy grid to the point where they could cause her to explode.

A cataclysm of this magnitude would ripple across space, endangering the other planets in our solar system and affecting the structure of the Milky Way galaxy. If the other planets in our solar system are not strong enough to stand up to the ripple effect, this could cause a chain reaction that could destroy our solar system. This is how serious the Intergalactic and Interdimensional Earth Drama has become. We human beings are like babies playing with fire. If we do not grow up and stop being so ignorant and childish, we could destroy our solar system.

The drama among human beings and the positive and negative ET races has been going on for millions of years. Within this drama is a spiritual war to see who will win possession over mother Earth and control the human race. To the positive ETs, mother Earth is precious for the reason that she holds the key to the evolution of the human race. To the negative ETs, mother Earth is precious because she has a lot of natural resources that they need.

Other negative ET races want to steal the living energy of our planet and solar system, so that they can use it to feed their dying home systems, extend their lifespan, or give it to their demonic masters. One of the few ways they can slow down the dying process is to steal energy from other natural systems, such as planet Earth. The best time for them to do this to Earth is during special cycles when her natural star gates are more active.

By using the energy of Earth's natural star gates and combining it with their death science technology, some negative ETs believe they can steal our planet's quantum energy and use it to feed their dying systems. They also believe they can turn our solar system into an unnatural black hole system.

Black holes exist naturally in nature, but when they are artificially created, they are not natural and can become overactive. If an unnatural black hole becomes too overactive, it will consume matter and energy in a destructive manner, and therefore endangering all life near it. If the negative ETs were to succeed in turning our solar system into an

unnatural black hole system, any soul who is still bound to mother Earth when this happens could be trapped in this process.

Being trapped in an unnatural black hole system does not mean that we would cease to exist or stop experiencing love. It just means that if we cannot escape this system, we would end up living and incarnating in a dying system that would eventually return to space dust or background energy.

This path of space dust return is known as the path of fall or the path of descension, which supports Death Science. This path could eventually cause the destruction of your soul identity, returning it to space dust. The pure energy that makes up your soul will not be destroyed, but your memories and individual identity will be erased.

All paths will eventually lead back to Creation, even the path of descension. However, the types of experiences associated with these paths will vary. For example, the path of descension is based on Death Science; therefore, it is a path of survival of the fittest.

As the quantum energy that supports artificial black hole reality fields becomes more limited, it becomes harder for beings living in those reality fields to survive. To survive in artificial black hole reality fields, beings will usually have to fight for survival, resulting in endless wars. Once the quantum energy of unnatural black hole reality fields is used up, the remaining matter of those reality fields will return to background energy.

Most human beings are supporters of Death Science, because they have been conditioned to support it without their knowledge. The supporting of Death Science has made it hard for humanity to ascend to higher planes of existence. When we heavily follow the teachings of Death Science, these teachings will eventually cause energy distortions in our light bodies, preventing us from ascending to higher reality planes and higher levels of consciousness.

To be able to truly take the path of ascension, each of us must make the conscious choice to take actions to heal our light bodies and DNA. This healing can be achieved with the help of certain energy healing techniques. We also need to learn how to live in harmony with the Laws of the Universe.

Because the majority of human beings have been tricked by certain negative ET races to support the path of descension or Death Science, if you do not make the conscious choice to choose the path of ascension or Life Science and take actions to heal your light bodies, you will have a hard time freeing yourself from the path of descension. To not want to make a choice is still a choice. The Universe is not going to give you special

treatments, because you did not want to make a choice.

If the negative ETs are able to achieve their main agenda at the end of 2012, it will make it a lot harder for you to free yourself from the path of descension. This is because the destructive technologies that their human minions are planning to use during the 2012 galactic alignment could harm mother Earth to the point where it could cause her energy fields to become even more distorted.

If her energy fields become too distorted, they will cause more damage to your light bodies and DNA. If this were to happen, you would be stuck on the path of descension for a very long time and your evolution will have certain limitations.

True ascension is only possible when a person's organic energy template and DNA structure are still intact and not heavily distorted. If they are too damaged, full DNA activation is not possible; thus, true ascension and eternal life are also not possible.

The process of stealing a natural system's quantum energy and using it to feed a dying system, is not limited to only the physical body of planets and stars, but also their spiritual bodies. This also includes our physical bodies and souls. At the deepest level, this is what the 2012 drama mostly involves. It is all about tricking us to give the Dark Forces our living energy, so that these demonic thought form entities can stay alive.

The year 2012 is a time of great change, because it deals with ascension and the battle over mother Earth and her star gates. It also involves the battle for our souls. The battles over star gates usually do not end well. Many of the major cataclysms and wars that occurred in our past were due to the battles over star gates.

All natural systems of the Cosmos have a process that expands and contracts that is similar to the breathing process. This dynamic process gives these natural systems infinite life spans, because they are always being recharged with the living energy of the Prime Creator.

When a highly advanced civilization starts to heavily rely on technology and use it to exploit its natural planetary system, this can cause its planetary system to be cut off from its life force. When this happens, its system loses the ability to bring in new living energy, making it a finite system. As a result, the dying process begins and this process can take millions of years to finish.

When a race of intelligent beings causes severe distortion or too much damage to the templates of its planet's energy field, it also causes distortion to that race's energy

templates. This is because a race is energetically bound to its home planet.

According to some UFO researchers and spiritual teachers, the Zeta race, also known as the Grays, is one of the races that are stuck in the death cycle dilemma. According to them, the Zeta race advanced too quickly technologically and not quickly enough spiritually. This caused it to become disconnected from Nature. Because of this, the Zetas started messing with the Laws of Creation. Sadly, their experiments backfired and they caused severe damage to their planetary system.

By the time the Zetas found out about their irreversible mistake, their race had begun the DNA mutation process. The mutation intensified over numerous generations and eventually it caused them to lose the ability to reproduce. This is what happens to a race that does not know how to live in harmony with Nature. Our human race is heading down a path similar to that of the Zetas. If we do not learn how to spiritually evolve and instead rely heavily on technology to help us evolve, we could end up like the Zetas.

Every time we test a nuclear bomb or use scalar weapons to harm mother Earth, we are increasing our risk of DNA mutation. Our scientists are conducting dangerous experiments without seriously thinking about the consequences. The Hadron Collider, HAARP testings, ignorant genetic experiments and dangerous secret black projects are all putting us at risk of becoming extinct.

The Zetas are superior to us in technology and have a lot more knowledge about how the Universe works. To go to war with them would not be wise. Many of their dilemmas are similar to ours; therefore, we can relate to them and learn a lot from them, as long as we get along with them.

If we cannot get along with them, the best ways to make them leave without causing too much destruction are to become aware of their agendas, increase our level of consciousness, remove our consent, stop supporting their systems and focus our thoughts to unite humanity toward a peaceful goal. If we do not support their agendas or play along with their game, so to speak, they will not be able to control us.

## The Secret Government

The world we live in does not work the way we think it does. At the surface, things may look like they are working fine, but below the surface, things are working very differently.

Many of our so-called authorities are not who they say they are, especially the leaders at the top ranks of our social structure. Most of these leaders are bought off by very wealthy



people, making them puppets for their puppet masters (the Controllers). Furthermore, many of them are actors who take orders from the Controllers. Thus, it is wise to question these authorities and not always rely on them.

The puppet masters of these authorities are made up of a small group of wealthy people who run a very big portion of the world. This group has so much control over the world that they can determine when a country should rise or fall, or cause the world economy to collapse.

They have so much control over the world, because they are very wealthy and control most of the world's central banks. They are only powerful for the reason that they have the money to manipulate us. If we do not support their debt-based monetary system, they would lose most of their controlling empires. Within this group are smaller groups who all have different agendas, but their main agenda is to rule the world by making us their slaves.

The rulers of the world are known by many names. A lot of conspiracy truth seekers like to call them the Elites, the Globalists, the Cabal or the Occult. I like to refer to them as the Controllers or the Dark Magicians.

Many people who are associated with the Controllers are involved in secret societies (i.e., the Illuminati, the Freemasons, the Jesuits, the Nazis and the Zionists). Together, these secret societies are known as the New World Order (NWO). Be aware that not every member of these secret societies wants to enslave the human race....

For example, people who were born into a family associated with the Controllers do not really have a choice but to become one of them. Since the day they were born, they have been brainwashed into thinking like the Controllers. This is how the Controllers are able to keep their ideology alive for millennia. Fortunately, their brainwashing techniques are not 100 percent effective; therefore, some of their children and apprentices are able to break free as they get older.

The Controllers have managed to control most of the world, but they have not reached their main goal, which is total control of all countries. They have not yet succeeded, because there is a small group of very wealthy freedom lovers who are working behind the scenes to free humanity. Some people like to refer to this group as the Resistance. The Controllers and the group of freedom lovers have been fighting behind the scenes for eons. One group wants to control humanity and the other group wants to free humanity.

If you are reading this book and it resonates well with you, you are probably on the side of the group of freedom lovers. Will you wake up in time to remember your duty to help free humanity? Or will you keep on sleeping and allow the Controllers to enslave humanity? The choice is yours and only yours to make. Please choose wisely.

Be aware that the best way to stop the Controllers and their New World Order is to not fight them, but to remove your consent and support. Furthermore, learn how to defend your natural rights, so that you can put their agents in checkmate when they violate your natural rights....

The systems of the Controllers and their New World Order need to feed on the energy of the people to survive, and therefore they need the people's support. Without the people's support, their New World Order will collapse on its own. This is how we the people of the world can stop them without firing one bullet.

Resisting and fighting their systems will only produce more negative energy to power their systems and create more karma, and therefore the Earth Drama will never end.

The Controllers are responsible for starting most of the wars on our planet. They actually sponsored many of these wars so they could make profits. They look at us like objects and value money more than our lives; thus, they do not care if we die. By sponsoring wars, they can put countries into debt and then control the people of these countries.

The Controllers are masters when it comes to manipulation. They understand how the human psyche works; therefore, they are able to create brainwashing techniques to manipulate us.

Most of our political, education, economic and religious systems are to a large degree controlled by the Controllers. This is why there are so many dogmas found in religion and distorted information in our education system. Many of our social and economic problems are engineered by the Controllers. The current economic crisis and the war in the Middle East have been engineered by them.

Because of their controlling power, the true history of our race and who we truly are can never be discovered if all we do is follow their version of reality. When we understand who we are and how our Universe truly works, it becomes clear that they have manipulated us.

In order for the Controllers to control us, they have to severely weaken the power within us. This power is the divine energy that gives us awareness, consciousness, love and

thought. To weaken this power, they have created many false belief systems to brainwash us, such as modern religion. In addition, they have to trick us to consent to be slaves through unlawful contracts (i.e., birth certificate and driver's license).

Most of the information in the "holy books" of our religions has been distorted by them. The minions of the Controllers who distorted the original teachings of great spiritual teachers from our past were the writers of the Bible and many other holy books. Religion is their favorite tool to use for controlling us at the spiritual level and they have done an excellent job of using it for that purpose.

Other methods they have used to dumb us down so that we are easier to control are the toxic chemicals found in food and medicine. Artificial sweeteners (i.e., aspartame, sucralose), monosodium glutamate (MSG), sodium fluoride, acetaminophen, mercury and heavy metals are just a few examples of the dangerous toxins they put in food and medicine.

To trick us into believing the prophecies they wrote in their so-called holy books, they made sure they brainwashed their children into brainwashing their children to take actions to fulfill their prophecies. This way their occult practices are passed on from generation to generation, so that each current generation can fulfill their prophecies.

For example, if they wrote in the Bible about a massive tsunami or a major earthquake that is going to kill hundreds of thousands of people in the future, the generation of their kind who is living during the time when the prophecy is supposed to occur will take actions to make sure it comes true.

They can cause these disasters by planting nuclear weapons in mother Earth's crust and detonating them. They can also cause these disasters by focusing the energies of advanced scalar weapons at weak spots in mother Earth's crust. Besides causing tsunamis and earthquakes, they have very advanced weather control technologies that can manipulate the weather, causing severe thunderstorms, hurricanes and tornadoes. By causing these disasters, they can trick us into believing that the prophecies are coming true.

Many of the prophecies in the Bible are coming true not because of the wrath of God, but because of the Controllers and their minions. We are also helping them bring these prophecies into manifestation by believing in them.

Remember what I said about the power of Creation within us? When each of us focuses our thoughts toward something, it prepares energy for manifestation. When we

collectively focus our thoughts toward something, the manifestation process intensifies exponentially.

Many of the animal, fish and bird deaths that are occurring in 2011 are not just caused by minor pole shifts and other problems related to Earth's biosphere; they are also caused by the Controllers. Their tests of advanced scalar weapons can cause geomagnetic disturbance that can kill species that are super sensitive to magnetic fields and scalar waves. One of their advanced weapons is known as the High Frequency Active Auroral Research Program (HAARP). One of the commonly known HAARPs is found in Alaska.

The massive death of animals, fishes and birds is seen by many followers of religion as a sign of Armageddon. What they do not understand is that they are being manipulated into believing that Armageddon is coming. In addition to religion, the Controllers are using other systems to control and distract us, such as TV shows and movies that promote racism, prejudice, violence, war, segregation and fear.

One of their goals is to divide humanity, which is why they are using these techniques. Divide and conquer is their motto. They know that if humanity were united, they could never control us. This is why we need to stop fighting each other and learn how to live in peace.

When we go to war with other countries, we are doing exactly what they want. When we join a gang and kill members of other gangs, we are doing them a favor. When we help others and live in peace with them, we are doing the opposite of what they want. As long as we are united and aiming for world peace, they cannot defeat us.

The Controllers are very smart in their own ways. They have managed to deceive most of us and our authorities. They have tricked us into thinking that the president is the one calling the shots and the government is there to protect us. They have brainwashed us into believing that Nature is separated from us and meditation is only for insane people.

They have spent so much money and energy deceiving us, because when we start taking personal responsibility and relying less on the government, we become empowered. When we learn how to live in harmony with Nature and communicate with our higher soul identities through meditation, we become even more empowered. This is why they are always creating distractions to prevent us from finding things that will strengthen our spirits.

One of their ways of achieving this is by supporting a society in which most of us live in big cities and are dependent on the government. Moving us into big cities is one of their

ways of disconnecting us from Nature. Living in big cities would not be harmful to our connection with Nature if the cities were built in harmony with Nature. The moment we realize who we truly are, the blindfolds that they have put over our eyes since childhood will be lifted and they will not be able to control us anymore.

The dark rulers of the world are very cunning in their own ways, but they are also being deceived by entities that are beyond our reality fields and dimensions. The main reason that the Controllers have been so successful at establishing a system to rule the world is because of assistance from the negative ETs.

The negative ETs are the puppet masters of the Controllers. However, the masters of the Controllers and negative ETs are negative thought form entities or what people often refer to as demons. The negative ETs have their own agendas and are using the Controllers to betray their fellow humans.

Many of the New Age leaders have also been tricked by the negative ETs. A lot of the channeled information received by these leaders is not being given by angels and enlightened beings; rather, it is being given by negative ETs and negative thought form entities in disguised as enlightened beings.

Because a lot of channeled information is transmitted by negative ETs, you need to be careful when you read channeled information in books or online. A great way to help you discern channeled information is to use your intuition. If the negative ETs are able to achieve their goals, the Controllers along with the people of the world will all become slaves and most of the people will be killed.

Beyond the ETs are other beings that exist beyond time and space. These beings live in a state of pure consciousness and exist beyond what we can comprehend. These beings are the ones who are truly managing the Earth Drama and other dramas that are unfolding in our time matrix. The Earth Drama is being allowed because humanity has free will. If humanity did not have free will, this drama would have been stopped a long time ago.

If you want to know more about the Controllers, I recommend reading the articles and watching the videos on [projectcamelotportal.com](http://projectcamelotportal.com), [michaeltarion.com](http://michaeltarion.com) and ....

As always, use your intuition to help you discern the information from these sources, because some of the information could be misleading.

The 2012 Prophecy and the Ascension Cycle

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A great deal of scientific evidence shows that planet Earth is going through major changes. The evidence can be found not only on our planet, but also our solar system and galaxy.

Within the last decades, all the planets in our solar system have been slightly heating up and significantly changing. There are many controversies when it comes to global warming. Some scientists are even suggesting that our planet is cooling. The evidence of global cooling can be found in certain areas of the world, such as Europe.

Our media and politicians have been telling us that global warming is caused by man-made carbon dioxide (CO<sub>2</sub>). This is mostly a lie designed to trap us into a controlling system that can tax us for merely breathing. If man-made CO<sub>2</sub> is the main cause of global warming, then why are the other planets in our solar system heating up too? This is a question that our media and politicians have failed to answer for us, because they do not know the truth, are afraid of telling the truth and/or are puppets for the Controllers....

If we cannot handle the high-frequency energies that are flowing into the Earth during the alignment, they could cause us to become depressed, stressed or even suicidal. Ending our lives because we cannot handle the frequency change is not a wise thing to do. When we commit suicide, it does not solve our problems; rather, it compounds them.

Another potential contributor to earth changes is Nibiru (Planet X). Some researchers believe it rotates around a brown dwarf and has a very long elliptical orbit, which is why modern scientists cannot detect it. A brown dwarf is a premature sun that have never ignited. If a brown dwarf is traveling with Nibiru, it will cause a lot of disturbance to mother Earth's geology as it moves through our solar system. This is because a brown dwarf is very massive. It can be 50 times more massive than Jupiter.

Because a brown dwarf is massive, it also has a lot of gravity. Its strong gravitational pull will affect mother Earth, causing disturbance in her magnetic field and geology. Certain groups of researchers believe Nibiru is about to travel into our solar system. If they were right, we should be able to see it in 2012 or sometime in the future.

The frequency and earth changes associated with the 2012 phenomenon are going to cause a significant amount of death and destruction throughout the world. Because of this, we will need to prepare ourselves at the physical, emotional, mental and spiritual level so we can handle the changes.

We must understand that these events are not caused by the wrath of Creation, but are caused because we do not know how to live in harmony with Nature. By not learning how to live with Nature, we became destructive and ended up attracting negative experiences into our reality.

During these destructive events, many people could perish. Death is something we should not fear, because it is an illusion and is usually less painful than the living process. When we die, it is not the end of life, but the end of a cycle. Our bodies will die but our souls will live on. The soul is who we truly are. It is the identity that holds our awareness, memories and consciousness.

Even though death is an illusion, we should not kill ourselves because life is too painful. Destroying our physical bodies to free our souls is not going to free us, but will make it harder for us to ascend. It can also trap us in a reality that can put our awareness in a state of confusion.

The energy transfer that is associated with the galactic alignment in 2012 is responsible for the opening of mother Earth's natural star gates. This event will increase mother Earth's frequency, allowing her and her inhabitants to ascend to higher levels of consciousness.

It is believed by certain spiritual teachers that mother Earth's natural star gates are portals to other realities and higher dimensions. If you are ready for star gate ascension, you will be drawn to certain things that will help you prepare for it. Unfortunately, human beings will not be able to ascend using natural star gates, because we have not healed our light and physical bodies to the point where we can safely travel through these star gates.

To be able to ascend using natural star gates, we must activate certain portions of our junk DNA and raise our frequencies high enough to handle the frequencies in higher dimensions. If we cannot raise our frequencies in time, we will be unable to ascend using star gates, because our bodies will disintegrate if we try to do so. For more details on how to increase your frequency, refer to the section in Chapter 7 about how energy vibration relates to your health.

Many of our distorted religions do not teach us how to ascend, because the Controllers have distorted their teachings to prevent us from ascending. If we ascend, they will lose control over us. To be able to ascend is a joyful and blessed feeling to the soul, because it is another step closer to becoming one with Creation....

Many of us may not be able to comprehend how ascension is possible, but when we understand the science behind matter and how our Universe works, it becomes clear that ascension is not only possible, but it is a natural cycle in our Universe.

When we prepare our physical and light bodies for ascension, it allows our atoms to transfigure back into their original state of eternal pure consciousness. This state allows our bodies to dematerialize, which permits us to travel to higher dimensions. We are nowhere near this level of evolution, so do not get too excited yet. All things in our Universe ascend—even planets, stars and galaxies.

Most religions have teachings about ascension, but they tend to teach that only the chosen one can ascend. One of the most popular teachings about ascension is the story of Jeshua (Jesus) and his crucifixion.

Like many religious stories about messiahs, Jesus does not always represent a man. Instead, he often represents the sun that rises in the East and sets in the West. Furthermore, the word “christ” does not truly represent the biblical character called Jesus. Instead, it represents a principle of spirituality. This does not mean that there was not a spiritual teacher from our past who taught about the Christ.

My understanding of the stories of Jesus is that some of them were based on a true story involving at least three spiritual teachers who supported the teachings of the Christ. The word “christ” originated from the Greek word (khristos), meaning “the anointed.”

During the creation of the Bible, which was created by certain scholars who had a strong connection to the Dark Forces, the life experiences and teachings of these spiritual teachers were consolidated into one entity, which is known today as Jesus Christ. Jesus is not a person with a body made of flesh and blood; instead, it is just a name.

A good portion of the time when the Bible refers to Jesus, it is actually referring to the sun, which is the savior of the world. Without the sun, we cannot survive because we need the energy (sunlight) of the sun to keep us warm and grow food; therefore, the sun is our savior.

Here are some quotes from the King James version of the Bible that give us some clues as to why Jesus represents the sun. Keep in mind that this version is copyrighted in 1982 by Thomas Nelson, Inc. The quotes below from other King James versions may be slightly different.



Then Jesus spoke to them again, saying, "I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life." (John 8:12)

As long as I am in the world, I am the light of the world. (John 9:5)

Then they will see the Son of Man coming in the clouds with great power and glory. (Mark 13:26)

Then Jesus came out, wearing the crown of thorns and the purple robe. (John 19:5)

I am with you always, even to the end of the age. (Matthew 28:20)

Jesus is the light of the world because he is the sun that rises in the East and sets in the West. This is why the Bible talks about Jesus coming in the clouds and wearing the crown of thorns. The thorns on Jesus's head represent sun rays.

Is it hard for you to believe that Jesus represents the sun? Here is more evidence. The Latin word for crown is corona. In English, the word corona is defined as "a white or colored circle or set of concentric circles of light seen around a luminous body, especially around the sun or moon." Based on these definitions, the phrase "crown of thorns" means "circles of light with rays." This is why there are pictures of Jesus with a halo and sun rays behind his head.

If the sun does not rise tomorrow, we will eventually all be dead; thus, the sun (Jesus) is our savior. I do not believe that every sentence about Jesus in the Bible is talking about the sun, but I do know that a lot of it is referring to the sun.

One important thing I noticed when comparing the quote of Matthew 28:20 of the King James Bible to other bibles was that some bibles used the word "world" instead of "age" at the end of the quote. This is not accurate. The correct translation is age.

In Matthew 28:20, the Bible is basically telling us that the sun (Jesus) is traveling from one age to the next, which is why Matthew 28:20 reads, "I am with you always, even to the end of the age."

The Bible does contain a lot of truths, but the truths are hidden within its text using metaphors, allegories, secret codes, parables and esoteric anagram. Because of this, if you do not know how to decipher the codes in the Bible, you are not reading truthful information but are reading deceptive information.

Once you know how to decipher the secret codes in the Bible, you will know that it is a book that has a lot of information about astrology and sun worshiping. You may also realize that a lot of the stories in the Bible were copied from the Egyptian and other ancient civilizations.

As you study the secret messages in the Bible, you will eventually come to the conclusion that it was created by members of secret societies. The evidence of this is the fact that the Bible was encoded with secret symbols and codes linked to occult symbolism. The cross itself is a symbol used by secret societies long before the existence of Christianity.

As for the prophecies in the Bible, many of them were predictions based on ancient astrology. However, many of the prophecies in the Bible were and are still being engineered by secret societies. The End Times prophecy was one of the prophecies that they engineered to a large degree.

Some branches of Christianity like to teach their followers that Jesus was born on the 25th of December. This religious story of Jesus being born on the 25th of December is a metaphor for the “birth” of the sun that rises in the East and sets in the West.

As the winter solstice approaches from the Northern hemisphere, the days become shorter and shorter until it reaches the shortest day of the year. Depending where you live on the planet, the shortest day of the year occurs on December 21 or 22. On this date the sun stops moving south for three days. Hence, the sun “dies” for three days.

On December 25, the sun moves one degree north; therefore, it is said that the sun is reborn on this date. This one degree movement of the sun is very subtle but can be measured with very sensitive equipment. This movement of the sun is one of the core meanings of Christmas, which is a holiday for worshiping the sun.

Certain spiritual teachers believe that the years 2012-2017 is the time frame for ascension, so there should be many strange events occurring during this time. Some people even believe that large numbers of negative ETs will come down to Earth during this time to stop the human race from ascending to a higher level of consciousness.

If the negative ETs do come down in mass numbers, they may tell you that they can save you with their ascension techniques or technologies. Be wary of these ETs because their technologies cannot make you ascend....

Because CMEs and other natural disasters are becoming major hazards, it would be

wise for you to stock up on food and water and become energy independent. I will go into more detail about how to do this in a later section of this chapter.

During major solar storms, the Earth may become hotter, so you may want to stay away from areas that can easily catch fire. Because earthquakes are going to be a problem, stay away from areas that are prone to earthquakes and volcanic eruptions.

The coast of California, the Gulf of Mexico, the New Madrid Fault and Mexico City are four spots in North America that you may want to avoid. You should also stay away from coastlines because of tsunamis. If you live in a major city, you may want to move into the far suburbs or the country to avoid riots.

Last but not least, learn to become energy independent. If these future catastrophic events were as bad as the past ones, our planet could go into a short ice age that could last nearly a decade or longer. I do not think this will happen but it is wise to prepare.

Catastrophic events are phenomena that occur more during special cycles in the Milky Way. The severity of these events depends on our thoughts and actions. If we learn to help and support each other and stop destroying the environment of Earth, these catastrophic events would be just like any other minor natural disasters.

The people who survived these severe earth changes in the past were usually the ones who were prepared. If we prepare ourselves for these events, we should have very good chances of surviving them.

Unfortunately, most of us are not prepared for these earth changing events, because we are very ignorant when it comes to preparing for disasters. Instead of becoming awake and aware of these situations, we choose to stay asleep. Because of this, if severe earth changes were to occur in the near future, many of us would perish.

### The Engineered World Economic Collapse

Most of the people who are not awake and aware think that the continuing collapse of the world economy is happening by accident or because of bad monetary policy. What they do not understand is that the current economic crisis has been planned by the Controllers for decades. They are the ones who have engineered this crisis.

By bankrupting countries, the Controllers can then bail them out and drive them into debt so they can control them. Bankrupting countries can also drive down the price of homes and businesses, making them cheaper for the Controllers to buy. The Controllers want to

buy most of the big businesses to eliminate competition, so they can create socialist or fascist societies. If they succeed, they will have control of all big businesses; therefore, they can sell goods and services at very expensive prices.

Their strategy is nothing more than a monopoly game to control us. Their number one tool to use for bankrupting the global economy is their debt-based monetary system, also known as the fractional reserve banking system.

The Controllers are masters of disguise. They usually hide in the shadows and use their frontmen or puppets to do the dirty work. This prevents us from going after the real perpetrators....

Mortgage-backed securities are some of the most toxic investments in the world and they will play a big role in the upcoming world economic collapse. Fortunately, there are some ways we can reduce the severity of this collapse. I will go into more detail about these methods later in this section.

Predicting these types of future events are not very hard when you learn how to listen to your intuition; have a decent knowledge of astrology (especially ancient astrology), consciousness and the way the Universe truly works; and are aware of the things that are happening around you and behind the scenes of the world.

You do not have to be a psychic to predict the future. You just need to stop relying on the mainstream media for information and start doing your own research using your intuition to discern the information. The one thing that is very hard to predict is the exact time of future events. This is because the future is not written in stone. Anything that occurs in the present can affect the outcome of the future....

One of the main reasons for the increase in natural disasters is that we are moving through a galactic energy shift. This galactic event happens roughly every 26,000 years. It is a cycle in our galaxy and is not happening because God wants to punish us. Our state of consciousness is also affecting mother Earth. We human beings are very out of balance with Nature, which is causing a lot of stress on mother Earth. This stress or inertia is being released by mother Earth through the manifestation of natural disasters.

The collapse of the current debt-based monetary system may seem like a negative thing for most of us, but it may result in a change that could bring peace after the collapse. The current world economic system is so corrupt that its collapse is necessary to bring forth positive changes to a world that is lost, divided and confused.

The opportunity for change is the greatest in a time of chaos, because during this time our freedom and liberty are threatened. Chaos acts like a catalyst to bring forth the motivation for change. Deep down, most of us know that without major changes to our world, the human race will not be able to survive for that much longer.

Mother Earth cannot support seven billion of us for another 50 years, unless we learn how to manage her natural resources and take major actions to heal her. This can easily be done if the corrupt system is removed from power.

The chaotic events that we see around us are some of mother Earth's ways of trying to wake and motivate us to take actions to create positive change. Instead of looking at all these chaotic events as bad things, we should look at some of them as opportunities for positive change.

Humanity has been crying and praying for an age of peace and prosperity for millennia. Finally, the opportunities for its prayers to be answered are here. It is important to know that the prayers are being answered not because of victimhood but because of personal responsibility.

The people who are taking responsibility for their actions are the ones who are helping to bring forth a new age of enlightenment. The people who are crying for some leaders or their God to save them are making the situation worse.

The idea that Creation (the Prime Creator) or God is going to directly save us is another deception created by the Controllers and their puppet masters, the negative ETs. Creation gave us the power to create our reality. These powers are consciousness, love and thought. It also gave us free will.

Because we have such great powers, we also have great responsibilities and we are held accountable for our actions. By directly saving us, Creation would violate our free will. Furthermore, saving us would not teach us how to become responsible, which is needed to ascend to higher levels of consciousness.

When you rely on a leader or messiah to save you, you are thinking like a slave and giving your spiritual powers away to a savior. Furthermore, you are pretty much telling the Prime Creator that It did not give you the necessary powers to achieve spiritual freedom. This is an insult to the Prime Creator. You already have all the powers you need to achieve spiritual freedom. Some of these powers are love, thought and consciousness.

Do you understand now why there will be no salvation for victims? Your spiritual freedom

can only come through ascension, which requires personal responsibility, knowledge, wisdom, dedication, hard work, and the healing of your physical and light bodies. Asking Creation to forgive you for your sins is not going to save you.

The Controllers have done a great job of manipulating us and our government, but their controlling strategies can only go so far. This is because they are violating the Laws of the Universe. Do you remember what I said about the Law of Attraction? The Law of Attraction states that “what you do to others shall be done to you.” Some people like to refer to this law as karma. As a consequence of their greed for power and control, the Controllers are now losing power, because their strategies for causing the world economic collapse are starting to backfire on them.

Their hidden dark agendas are also being exposed all over the Internet. Their strategies are not going as planned, because they do not flow well with the Law of Creation. Any system that favors destruction instead of creation will eventually collapse.

The Universe is now offering us a chance to bring forth a new paradigm as we are about to leave the old age of Pisces and move to the new age of Aquarius. Before this new paradigm can emerge, the old must first collapse to a certain point. This is one of the reasons why many systems that do not flow well with the Law of Creation are collapsing.

Now is our chance to stop supporting these old systems and start supporting the new systems. If we do not support the new systems, such as “free energy,” manmade disasters and natural disasters will cause mother Earth to be uninhabitable.

One of these disasters that could cause the destruction of humanity is the war over oil. Most of us do not realize that the end of the oil paradigm is just around the corner. The end of oil is not because we are running out of oil. It is due to the fact that the use of oil is destroying and polluting our planet to critical levels.

When it comes to supporting the free energy system, we need to support the devices that are built based on Life Science instead of only Death Science. Many of the free energy devices that are being created are built based on Death Science, which supports a finite system or an artificial system.

Our politicians and media have been telling us that wind, solar and nuclear energies are the energies of the future. These energy systems will not solve our energy crisis because our demand for energy is too great. The answers to our energy crisis are magnetic energy, plasma energy, cold fusion and other “free energy” systems, because they can produce energy at a fraction of the cost of conventional energy devices.

“Free energy” technology will play a major role in freeing humanity, because it can give us unlimited energy at a very low cost. Imagine having a free energy device in your basement that can power your home for less than a few pennies per day. How would that change your financial life?

Free energy devices can give us very cheap energy because they can tap into the energy in the vacuum of space, also known as the zero-point field. Unfortunately, many of these free energy devices are built using the concept of Death Science.

Most of our modern science is based on Death Science, which is why it supports artificial black holes, wormholes and finite systems. There is nothing wrong with Death Science because it contains its own truth. But following the concept of Death Science beyond the critical mass point will eventually lead to the death of a race and its planet and even its galaxy.

The Milky Way galaxy is on the path of Death Science, because it has an unnatural or overactive black hole at its center. Before this distortion, its white hole and black hole were working in harmony with each other.

Free energy devices have been around since the early 1900s, but they have been suppressed by the Controllers. They have achieved this by buying off these technologies and threatening and killing inventors who opposed them. The main reason that they have suppressed these technologies is that these energy devices will cause them to lose power and control over us.

There are still many inventors who would love to bring free energy technologies to public use, but they are afraid of being killed. If we start supporting them instead of the Controllers, we will be able to quickly solve our energy crisis. If we do not start supporting the new energy movements, within the next few decades, cheap oil could become scarce and millions of people could perish.

The engineered world economic crisis is going to cause a lot of chaos, but it will also cause a paradigm shift in our consciousness. Whether this shift is positive or negative will be up to us. Most of us are not aware of the paradigm shift because it is happening behind the scenes. Another reason that we are not aware of this shift is that we are afraid of letting go of the old paradigm. Our fear of losing everything is preventing us from seeing the brighter future.

The new paradigm shift will cause us to lose certain things, but we will also gain things

that will make our lives better if we choose to take actions to promote positive changes. This paradigm shift could create thousands of new jobs that are clean for the environment.

If we support the new energy systems that work in harmony with Nature, our cost of living could be reduced by more than 90 percent. Every one of us on Earth would be able to live like the rich and none of us would have to live in poverty. This is the future that I see coming if we do not allow the Controllers to achieve their dark agendas.

If we do let the Controllers achieve their agendas, our future will be filled with pain, suffering and unimaginable poverty, and our children will not have a future to look forward to. We, along with our children, will be slaves and test subjects for the Controllers to exploit.

If we can come together and stop the Controllers from enslaving us, humanity will move to a golden age of peace and prosperity. The best way to stop the Controllers is to remove our support and consent. Focusing our thoughts and energies toward building systems that work in harmony with Nature is also great for stopping the Controllers....

The answers to our problems are not violence but are consciousness, love and thought. If we truly understand how powerful our consciousness, love and thought are, we would be able to transcend any limits. Consciousness, love and thought are the fundamental Energy Forces of Creation. Because we have these forces, we are also creators but we are still at the very early stage of training....

The return of the Messiah is not really about the return of Jesus; it is about the activation of the Christ Consciousness, which is located in our bodies. To activate your Christ Consciousness, you will need to heal your light and physical body, activate certain strands of your "junk DNA" and increase your frequency. This will allow you to anchor more of the energy associated with the Christ Consciousness.

One of the first things you need to do to heal your body and DNA is to become aware that you need healing. Next, ask your higher self for guidance and also use your intuition to guide you on your journey to heal yourself....

Below are some tips to help you survive the world economic crisis and the major disasters that are coming. You may only have until the end of 2011 to prepare before things get very messy.

- Learn to become energy independent because there could be energy shortages. If you



live in the colder regions of the world, this should be one of your top priorities....

- Make sure you stock up on clean water. You should also stock up on water purification solutions. I recommend getting a portable water filter system. Berkey has some of the best portable water filter systems. For more information about Berkey, visit [bigberkeywaterfilters.com](http://bigberkeywaterfilters.com).
- If the economy gets really bad, food will become very expensive and there could be shortages. This will make it essential to stock up on seeds. I recommend stocking up on heirloom seeds because they are non-hybrid, untreated and not genetically modified. Visit [heirloomseeds.com](http://heirloomseeds.com) for more information or to buy them....
- Focus your thoughts on building the new paradigm. This will accelerate the manifestation of the new paradigm. Also, learn to raise your frequency so you can protect yourself from negative energies. Refer to Chapter 7 on how to do this.
- Learn survival techniques, and if you can, move out of the big cities. Otherwise you may need to stock up on firearms for protection. I recommend reading a survival book titled When Technology Fails by Matthew Stein.
- Do not allow the Controllers and their puppets to take away your rights. They will try to put you in a state of fear so that you feel like you have no choice but to surrender your rights. If we allow this to happen, it will be Nazi Germany all over again. Only this time, the USA will be at the center of it all.
- Learn to love and help each other. It would be a good idea to stay close to your family because you will need their assistance.
- In truth, you are a spiritual being with infinite potential and is eternal; therefore, you really do not have anything to fear.

### The Secrets to Human Prosperity

Can you imagine a world without war, poverty or debt? A world where everyone is equal, united and treated with respect no matter what color they are? Now, imagine that you are living in one right now. How will you live your life?

If you can imagine it, you are well ahead of most people. To most people, a world without poverty can only exist in movies or in their dreams. Because of the way they think, they do not realize that they are supporting a system that is designed to enslave them. This

system is known as the debt-based monetary system.

Having money allows us to buy things to increase our quality of life, but it cannot help us achieve true peace and prosperity. The current debt-based monetary system gives us the illusion of scarcity. This illusion was created by the same group of people who wanted to control the world. Our original creators did not want us to live in scarcity; they wanted us to live in abundance. By not following the will of our creators, we end up supporting many systems that support scarcity, leading to poverty.

To build a system that can free us from poverty, we gradually need to let go of the current debt-based monetary system and change our way of thinking. Money by itself is not bad. It is the people who have negative intentions that make it bad. As long as we have people with negative intentions, they will always use money to control us.

The monetary system is one of the most effective tools for controlling the world, which is why certain rich people have been using it to control us for millennia. Most of our social and economic problems are related to money. World hunger, diseases, pollution, crimes, wars, natural resource depletion and the energy crisis are all driven by the obsession with money. The manifestation of these problems also leads to greed, corruption, deception and destruction.

Because the current debt-based monetary system is built on greed, power over others, control and destruction, it will always collapse. We are already starting to see the effects of the collapse of this system. The collapse of debt-based monetary systems has happened in the past, and it will happen again unless we can transcend this system.

To effectively create a better way of living for all of humanity comes down to one thing: learning how to live in harmony with Nature. Nature gives us everything we need to survive and Nature gives it in abundance and without a price tag.

Most of us do not see that Nature is full of abundance, because we have supported the current monetary system that has given us the illusion of scarcity. The natural resources of mother Earth can easily support seven billion of us as long as we learn how to manage them. Her natural resources are renewable as long as we give her enough time to recreate them. Unfortunately, our corrupt leaders have brainwashed us to believe that mother Earth cannot support seven billion people. This is deliberately done to make us think that our planet is overpopulated.

One of the Controllers' dark agendas is depopulation, which is why they have spent so much time and energy deceiving us about overpopulation. They are planning to reduce

the population by engineering wars, diseases and starvation throughout the world. The swine flu and the crisis in the Middle East were partially engineered by them.

They are also attacking our immune systems by poisoning our food and water. This is a deliberate tactic to dumb us down and make us more vulnerable to being killed by their engineered flu virus. To prevent this, you need to strengthen your immune system. I will go into more detail on how to do this in Chapter 7....

Other economists have suggested that without a monetary system, we would consume all of our natural resources, because everything would be free and we would have no motivation. This is nothing more than a big lie. These economists do not truly understand how the world operates.

There are countless civilizations beyond our solar system that do not rely on a controlling system like the debt-based monetary system. Many of these civilizations have evolved so fast that most of them are capable of visiting us. Some of them can even visit us from other dimensions and galaxies. They have evolved so quickly because they have learned how to work in cooperation rather than competition, and they know how to live in harmony with Nature.

When civilizations learn how to live in harmony with Nature, they spiritually evolve very quickly. This allows them to evolve to higher levels of consciousness without destroying themselves due to wars. If we want to evolve to their level, we must learn how to live in peace with each other and Nature.

We human beings have not evolved to the point where we can manifest food out of thin air or travel to other planets and star systems using the power of our thoughts. Because of this, we need technology to assist us.

Technology is a great blessing if we learn how to use it in balance with Nature. With the right technologies, we can create an abundance of food and solve our energy crisis with free energy devices. These devices are the answers to most of our economic problems.

The main price determination of all food, commodities and everything that we need to survive is energy. With free energy devices, the price for these needs will be dramatically reduced. If we learn how to use these devices wisely and properly manage our natural resources, we can live in a society in which everything is nearly free.

When everything is available in abundance, there is no need to put a high price tag on anything. This is the vision that our creators originally wanted when they created us. We

were meant to live in abundance, not scarcity. These are some of the secrets to human prosperity.

When we live in a society that is built around abundance, we have more peace and time to do what we love to do. All the jobs that we do not like to do can be done by advanced robots. We can choose to work if we wish or go to college for free. We can travel to other solar systems and study other civilizations. The possibilities are endless when we live in a society that knows how to live in harmony with Nature.

All the things I mentioned in this section can easily be achieved if we can unite as one big race, the human race. The Controllers know about the future we could create if we were united. This is why they have spent so much energy and money dividing us and engineering wars, so that we will always have hatred for one another.

The hatred and fear that are consuming our planet are not all caused by the Controllers; they are also caused by us. We human beings tend to be attracted to hatred and fear, because we have been conditioned to behave that way. If this were not the case, we would not be facing all these social problems.

The corrupt leaders who are in control of most nations are in control because of the negative state of the human collective consciousness. This state is known as victim consciousness. Through the power of the Law of Attraction, victim consciousness draws in negative experiences that exploit the victim's consciousness until the victim learns his or her lessons.

To understand how this negative state of consciousness affects our reality, let us look at our political system. Because we choose not to take personal responsibility and instead rely heavily on the government, we set the stage for the exploitation of our consciousness.

The Laws of the Universe attract leaders who support the exploitation of our consciousness into high levels of our political structure. The only way for us to truly stop this exploitation is to lift ourselves from victim consciousness by taking personal responsibility. This is why we can never get rid of these corrupt leaders unless we can transcend our state of victim consciousness.

The Controllers are well aware of how powerful our consciousness is. They know that we can easily achieve peace and prosperity if we learn how to use our consciousness in a positive way. This is why they have used it against us by making us think with hatred and fear.

Victim consciousness is not necessarily a bad thing, but it does cause us to lose power of our consciousness, weaken our souls and reduce our connection to the Source (Creation) that focused each of us into existence.

## CHAPTER 7: HEALTH AND WELLNESS (PHYSICAL, EMOTIONAL, MENTAL AND SPIRITUAL WELL-BEING)

If you want to be successful and happy and live a life free of chronic diseases, you will need to take care of your body at the physical, emotional, mental and spiritual levels. When you are healthy at these levels, life feels more enjoyable because your energy is balanced. When your energy is balanced, you feel more enlightened and have the motivation to achieve your goals.

When you are not healthy at these levels, life can be painful for the reason that you may attract a lot of illnesses, leading to pain and suffering. Being healthy is important for your spiritual growth, because it takes personal responsibility, dedication, wisdom and work to nourish your body and keep it in balance.

### The Five Stages of Grief

Grief is an emotion that we go through when we experience some kind of loss, such as the loss of a loved one, property, job, friendship or belief system. No matter what the loss is, the stages of grieving are usually the same. Within the next few years, most of us are going to experience many losses.

A great quantity of these losses will be caused by the paradigm shift that is occurring. Whether the shift is going to be positive or negative will be up to us.

This paradigm shift is going to cause many systems to collapse, because a lot of them do not flow well with the Law of Creation. Some of these systems are the debt-based monetary system, the current political system and certain energy systems. We are already seeing some major changes to these systems.

As these changes become more intense, many of us are going to experience a lot of grief because we are not prepared for them. Also, letting go is something that most of us have a hard time doing. We do not need to worry too much about the collapse of these systems, because they will be replaced by new and more efficient systems.

The painful emotions that we experience when we go through the process of grieving can be significantly reduced, as long as we are not stuck in the first four stages of grief for too long. The sooner we get to the acceptance stage, the sooner we can move on and get over our painful emotions.

1. Denial: This is usually the first emotional response we have when we experience the loss of something important to us. Being in a state of denial for too long can make us delusional. It also empowers our egos which are the false versions of ourselves.
2. Anger: The anger stage of grief is usually the stage that causes us to experience a lot of painful emotions. It can also cause us to inflict pain on others. Anger affects us not only emotionally but also physically and mentally. When our bodies are saturated with anger, this can cause negative health effects on our bodies, leading to cancer and other diseases.
3. Bargaining: This stage of grief is the process in which we try to work something out to make the loss less stressful and painful. An example of this is when a married couple bargains for who gets what during a divorce.
4. Depression: This stage of grief is another painful process to go through because it drains our energies by making us feel hopeless, sad and detached from reality. It is best to move past this stage as fast as possible because it can destroy our lives.
5. Acceptance: Reaching this stage of grief is not easy, but it can set us free. During the acceptance stage, we make the decision to accept our losses. It is the process of letting go of the past. At this stage, we realize that no amount of denial, anger, bargaining or depression will make up for our losses; therefore, it is best to move on.

## How to Discern Truth from False Information

The art of discerning information is something that is not practiced with great care by most of us. This is why we are so easy to control and brainwash by our media, politicians and religious leaders. If we were able to perfect the art of discerning information, many of the political and religious problems we are facing would not be happening, because our leaders would not be able to lie to us so easily.

Learning how to discern truth from false information is very important for your well-being because the truth will set you free. Truth is perceived within the understanding of the moment of experience. As we attract new experience and knowledge, our "truth" will change according to our beliefs and behaviors. In other words, what is true for us today

may not be true tomorrow.

An example of this is the belief that atoms are the smallest particle of matter. At the time of this discovery, it was true from our perspective. As new information emerged, this belief was no longer true for the reason that scientists found particles that were smaller than atoms.

Because “truth” is constantly changing, it is important to have an open mind so that you can let go of old knowledge that is no longer valid. It is important to know that even though our truth can change, divine truth is always constant.

The following information should help you increase your ability to discern truth from false information.

- Learn how to listen to your intuition because it will not lie to you. Your intuition is the knowing feeling near the pit of your stomach, but it is not limited to that area. When your intuition communicates to you, it will sometimes cause a tingling sensation throughout your body, giving you a knowingness that comes without explanation or proof. When it comes to interpreting your intuition, you should be careful because even though your intuition will not lie to you, your interpretation of it may not be accurate.
- If information does not resonate with you, make sure you ponder it rather than simply accepting that all of it is false. Information that does not resonate with you can sometimes mean that you are not yet ready for it. You should also ponder information that does resonate with you. Doing this will help you to better understand the information.
- Learn to communicate with your higher identities. Direct communication with your higher identities is rare, because achieving it requires tremendous discipline of the mind and body. Your higher identities will usually communicate to you through symbols. Once you learn how to communicate with your higher identities, finding the path of truth will become easier.
- When you detect truth, you will sometimes experience a tingling or shivering feeling throughout your body. Sometimes you may experience a strong emotional feeling in your heart. The tingling feeling is caused by the truth being felt throughout all the cells of your body. Each cell has the ability to think. If cells did not know how to think, you will not be able to experience feelings.

An organism does not need a brain to think, because thinking occurs in the finer thought energy field that surrounds each body and cell. In other words, it is thought that truly

thinks, not the brain. The tingling feeling you experience when you hear something that contains truth is all the cells in your body simultaneously agreeing on a new concept of truth.

## How Energy Vibration Relates to Your Health

Energy vibration is one of the core characteristics of how energy expresses itself, giving us light, sound, matter and life. The speed at which your energy vibrates plays an important role in your health. The lower your energy vibration, the more susceptible you are to diseases. When you break your body down to the fundamentals, it is made of energies that are vibrating at specific frequencies. This is why the activities of your brain can be measured in frequency.

The normal frequency range of the human body is around 65 megahertz (MHz). For the human brain, its normal range is about 72 MHz. Brain functions are at their peak between 72 and 90 MHz. Anything lower than 72 MHz will decrease brain functions. When your frequency drops near the mid-50s MHz, you are vulnerable to certain diseases, such as the cold or the flu. As your frequency decreases near the low 40s MHz, cancer may manifest. Near the mid-20s MHz, the death process will begin.

Because the frequency level of your energy affects your health, keeping it vibrating at higher frequencies will help prevent a lot of sickness. In theory, if your body vibrates at frequencies that are too strong for bacteria and viruses to survive, you should not have to worry about getting sick from microorganisms.

When your body is vibrating at higher frequencies, you are more capable of connecting to other realms, such as the spiritual realm, because your psychic abilities are increased. Raising your frequency also makes it easier for you to connect to your higher self.

Here are some great tips to help raise your frequency or prevent it from decreasing to dangerous levels:

- DNA activation: According to scientists, most human DNA is not active. Scientists refer to the non-active DNA as “junk DNA” because they do not know its roles. Your junk DNA is the key to raising your frequency, because when activated it allows you to access high-frequency energies. These energies have incredible healing capabilities and can help bring your body’s energies back into balance. DNA activation is the best way to increase your frequency. If you want to ascend and achieve true enlightenment, you will need to learn how to activate your junk DNA.



- **Meditation:** One of the cheapest and most effective ways to raise your frequency is meditation, because it helps calm your body by bringing its energies back into balance. It also reduces stress and can improve the function of your immune system. Learning to meditate is not hard as long as you reduce distractions. An effective way to reduce distractions during meditation is to concentrate on your breathing. Slow and deep breaths work the best.

- **Healthy food:** Plant food is one of the best foods to help raise your frequency because it is high in essential vitamins and minerals. For best results, buy organically grown rather than conventionally grown plant food and plant food that is cultivated in soil laced with rock dust. Soil laced with rock dust usually contains more nutrients than regular soil. Conventionally grown plant food contains high levels of harmful toxins, such as pesticides, herbicides and heavy metals. These toxins can cause a lot of harm to your body, making you sick and weak, which is what the Controllers want.

- **Radiation:** Being exposed to radiation can lower your frequency, even in small levels. Cathode Ray Tube (CTR) TVs and CTR computer monitors can lower your frequency because they emit small levels of radiation. Short exposure to CTR monitors is not too harmful to your health. However, it is wise to replace them with LCD monitors. The refresh rate of monitors may also affect your frequency, especially the frequency of the brain. Many of them are set below the required frequency for optimal brain performance. Thus, when you sit in front of a computer screen for too long, you get headaches and eye strain.

- **Artificial light:** Light emitted from compact fluorescent light bulbs (CFLs) or standard light bulbs can lower your frequency. This is why you become tired easily when you are surrounded by artificial light. Replacing CFLs and standard light bulbs with full-spectrum light bulbs can help solve this problem. Even better, simply go outside and expose yourself to 15 minutes of sunlight every few hours.

- **Meat:** The lack of nutrients in meat is one of the reasons that it lowers your frequency. Try limiting your meat consumption by eating it in moderation. For best results, buy organic meat because it is free of synthetic growth hormones and other toxic synthetic chemicals.

- **Junk food and fast food:** These types of food can lower your frequency due to the fact that they have little or no nutrients. They also have harmful synthetic chemicals and preservatives that can contribute to chronic health problems.

- **Synthetic food substances:** There are thousands of synthetic substances used in

conventional food. Some of the worst substances include artificial sweeteners (aspartame and sucralose), monosodium glutamate (MSG), hydrolyzed protein, high-fructose corn syrup (HFCS) and hydrogenated vegetable oil. These synthetic substances can disrupt organ and cell performance and affect your frequency.

- Starvation: Starving yourself, whether intentionally or not, will lower your frequency because food provides your body with energy.
- Pharmaceutical drugs: Most are designed to work against the natural healing systems of your body rather than with them. This can disturb the chemical balance in your body, decreasing its performance and lowering its frequency.
- Designer and natural drugs: Designer drugs can lower your frequency because they are destructive to the systems of your body. Some drugs found in Nature can also lower your frequency. There are certain drugs that may raise your frequency, but the side effects afterward will lower your frequency. The more you rely on these drugs, the worse their side effects.
- Alcohol and tobacco: They both lower your frequency because they are harmful to many systems of your body. This is because they have dangerous toxins in them. If you cannot quit drinking alcohol or smoking cigarettes, reduce your intake as much as possible.

## The Health Benefits of Natural Light

Light is one of the strangest things in the Universe because it has so many unusual characteristics. Light is essential for our health for the reason that without it we would not exist. When we break our bodies down to the fundamentals, they are made of pure condensed light, which is a form of energy.

Because our bodies are made of condensed light, the types of light we expose ourselves to can significantly affect our energies in a positive or negative way. If we use light correctly, it can help heal us. If we use light incorrectly, it can harm our bodies and even kill us.

Before the incandescent light bulb was invented, we were mostly exposed to natural light (sunlight). Natural light contains full-spectrum light and includes radio, microwave, infrared, visible, ultraviolet, X-rays and gamma rays.

Full spectrum light affects people differently than artificial light, because artificial light

does not contain all the necessary elements of light. However, there are companies claiming they can unnaturally create full-spectrum light.

Artificial full-spectrum lighting does a good job of mimicking sunlight, but it is not as strong or as pure. Sunlight is great for boosting your immune system and health, but too much sunlight can cause sunburns and other skin conditions. To reduce the risk of sunburn, depending on the weather, limit sun exposure to 15 to 30 minutes every hour.

When exposing yourself to sunlight, you should roll up your sleeves and wear shorts unless it is too cold. Doing this will increase your exposure to sunlight. This process is great for boosting your energy. If you pay attention to your energy, you should feel the sunlight stimulating your energy from within.

The most beneficial light spectrums for our bodies are visible and ultraviolet A, B and C. The most hazardous to our bodies are X-rays and gamma rays.

Sunlight is needed by our bodies to produce vitamin D, which is important for boosting immunity and cell health. Sunlight synchronizes well with our energies; therefore, it can help stimulate all the systems of our bodies. This is why we feel more energized when we expose ourselves to sunlight.

Unlike sunlight, artificial light emitted from regular incandescent and fluorescent bulbs does not have all the necessary elements to make it effective for boosting our energies and health. The energies emitted from artificial light vibrate at certain frequencies that do not synchronize well with our energies.

Regular incandescent and fluorescent bulbs produce mostly yellow, orange and red light. Studies have shown that yellow light emitted from regular incandescent or fluorescent bulbs is not good for the eyes, because it can cause contractions within the nerves of the eyes. This also applies to other nerves of the body.

Long periods of exposure to artificial light emitted from regular incandescent and fluorescent bulbs can cause eyestrain, stress, fatigue and depression. This is why we often feel tired when we sit in a classroom or a room lit with regular light bulbs. If we sit in the room for too long, we can even feel sick.

### The Importance of Proper Breathing

Each breath we take does more than just supply us with oxygen. Breathing gives us movement, pulsation and vibration; thus, it gives us life. Many of us do not realize that by

changing how we breathe, we can substantially improve our health and energy.

Proper breathing is very important today because of the lack of oxygen in the atmosphere. Before the Industrial Revolution, oxygen levels peaked around 40 percent. Today, oxygen levels are around 19 percent or less. In some major cities where pollution is a major problem, oxygen levels can get as low as nine percent.

Living in areas with low levels of oxygen is hazardous to our health for the reason that the lack of oxygen weakens our immune systems. Researchers have suggested that if oxygen levels fall below seven percent, any species dependent on oxygen will perish.

Practicing deep breaths or breathing exercises can help increase oxygen levels in your body. Having sufficient levels of oxygen in your body is essential for metabolism, which plays an important role for energy.

Breathing exercises should be done outdoors near areas with a lot of plant life. Avoid practicing them in big cities where there are a lot of pollution problems. Slow and deep breaths are recommended because they help relax the mind, increase oxygen levels in the body and stimulate the production of endorphins.

Slow and deep breaths are also great for assisting the meditation process for the reason that they can expand your consciousness, making it easier for you to connect to your higher soul identities.

## How to Use Your Intuition

Your intuition is one of the greatest gifts you have as a human being. It is the light within you that connects you to your higher identities. Your intuition is a part of your higher senses that allows your body to synthesize emotion energy codes in a linear pattern. This allows your conscious mind to process the emotion energy codes, giving you the perception of feelings.

Your intuition is a knowingness that comes without explanation or proof and takes place at the cellular level and beyond. It is the knowing feeling that you have near the pit of your stomach, but it is not limited to that area. Many people like to refer to intuition as the “gut feeling.”

If you pay close attention to people’s actions, when they have that knowing feeling, they will sometimes make a gesture pointing toward their stomachs. For example, they may place one or both of their hands near their stomachs when they say, “I know this is the

right thing to do.”

We all experience many of these gut feelings on a regular basis, but most of us do not realize that we are being guided by our intuition. The more you learn to trust and use your intuition, the more you can expand your awareness. This will make it harder for the Controllers to manipulate you.

At first, learning to use your intuition can be tricky, because it can be hard to determine whether it is your intuition or your ego that is guiding you. A way to tell that you are being guided by your intuition is to use your emotions. If you feel more fear than love or the information does not resonate well with your energy, it is usually not your intuition.

Your intuition will not lie to you because it is the light of truth. However, your interpretation of it can be wrong. This usually occurs when you let your ego get in the way. Learning to wisely use your intuition is important for spiritual growth, happiness, success and well-being, because it helps you find your path in life.

Here are some tips to help you strengthen your intuition:

- Practice makes perfect, so next time you make a decision, check your intuition and try to sense its presence. Your intuition will often communicate to you in a subtle way. Because it is subtle, you need to become more aware of its presence.
- Your first impression when you meet someone is usually your intuition guiding you. The impression can be subtle and is usually felt throughout the body, not just in your head. If you feel a lot of strong negative impressions in your head, it could be your ego sending you prejudice thoughts. If your intuition is giving you a strong warning about someone, it would be wise to avoid that person. When it comes to finding a partner, using your intuition to guide you can save you a lot of stress in the long run.
- Learning to face your fears will help increase the strength of your intuition. By facing your fears, you can reduce how they affect your senses, such as your intuition. Fears affect your intuition by blocking it.
- Meditation is a great way to increase the strength of your intuition, because it reduces the noise in your mind and raises your frequency. When your mind is not as distracted, it is easier for you to sense your intuition.
- A simple way to strengthen your intuition is to learn how it feels when it is communicating to you. You can do this by thinking about a negative experience that you

had in the past. You may want to choose a negative experience that occurred not too long ago. Before the negative experience happened, did you remember a feeling within that urged you in a subtle way not to take action? This feeling will usually feel like something is not right. Try to remember exactly how it feels.

This feeling is usually your intuition telling you not to take action because something bad may happen. As you think back to your negative experience, try to remember all the details before and after the experience. Think about how your intuitive feelings were communicating to you. Once you learn how to sense your intuition, the next time it tries to tell you something, you will know that it is your intuition and not your ego or some other entity. The secret is to concentrate on how it feels. It is all about the feeling.

- The best way to strengthen your intuition is to fix the mutation in your DNA that is preventing your intuition from maturing properly. To do this, you need to learn how to stimulate the energy codes within your cells and DNA. Understanding the language of light, sound, energy and subconscious symbol codes will help you find ways to heal your energy codes. Healing your energy codes can be achieved by using certain biospiritual energy healing techniques and by contacting your higher soul identities to help you find ways to strengthen your intuition.

## How to Increase Self-Empowerment

Self-empowerment is the process of strengthening the connection between your body, soul and higher identities, and thus increasing the spiritual power within you. To increase self-empowerment, you need to take responsibility for your actions and seek knowledge of empowerment, so that you can lift yourself from victimhood.

After you free yourself from victimhood, your life will dramatically change for the better because you have more control of your reality. As a result, people will have a very hard time taking advantage of you, because they will be unable to hide the truth from you. Your confidence will also increase dramatically and many of your fears will be reduced.

The society that we live in today does a great job of putting us in a state of victimhood, which is why most of us are too dependent on the government and are often living in a state of fear. Victimhood is not necessarily a bad thing, but it does have negative effects on our physical, emotional, mental and spiritual wellbeing. Victimhood lowers our energy and frequency, leading to health issues and emotional and mental problems. Worst of all, victimhood weakens our connection to our souls.

Here are some tips to help you increase self-empowerment, so that you are less

vulnerable to manipulation and control:

- Understand who you really are: Most of us have forgotten who we truly are. We do not remember that we are spiritual beings with infinite potential. Instead, we believe that we are physical beings with limited potential. If we were only physical beings, we would not be able to observe ourselves and have the imaginations that we have.

The human brain does not have the ability to imagine and truly think. It only knows how to process information similar to the way a computer chip does, but the brain does so at a much more advanced level. Its ability to compute at such an advanced level makes it seem like it can think.

Even though our brains work like computers, we all know that there is more to us because we can imagine and observe ourselves. This brings up the question, who or what is the observer? The answer to this question is the soul. Once you understand who you truly are, many of your fears will be reduced and you will increase the power within yourself.

- Seek knowledge of empowerment: Knowledge can empower or disempower you. Because of this, you need to seek knowledge that strengthens the spiritual powers inside you. As you stimulate your mind with this type of knowledge, you will increase your awareness and become more empowered.

- Learn how to forgive with responsibility: Forgiveness allows the body to heal itself because it releases energy blockages that are caused by traumas. Traumas are great fear motivators that can trap you in victimhood. When you forgive people, depending on how serious the situation is, you may want to make them liable for their actions, so that they learn their lessons before you totally forgive them.

- Strengthen your intuition: Your intuition is the knowing feeling that you have near the pit of your stomach, but it is not limited to that area. Learning how to use and trust your intuition can increase confidence, making you feel more empowered. When your intuition is strong, it is hard for others to manipulate you and put you in a state of victim consciousness.

- Do not be afraid of the truth: It is important to seek the truth because it will set you free. The truth may not always be easy because it can threaten your so-called “normal” realities and beliefs. Quantum physicists have found that our brains can process more than 400 billion bits of information per second. Out of those 400 billion bits of information, we are aware of only about 2,000 of them.

To put it in mathematical terms, our conscious awareness of our whole reality is less than one percent. This means that most of our reality is happening within our subconscious minds; therefore, we know very little about reality. Because our understanding of reality is so limited, it is important to be open-minded to other ideas. Being open-minded makes it easier for you to find other truths that are important for empowering you and setting you free.

- Do not be a victim: When you allow yourself to become a victim, this causes you to lose physical, emotional, mental and spiritual power. Being in this state of victimhood prevents you from understanding who you are and thus disempowers you.
- Personal responsibility: Being responsible for your thoughts and actions is essential for increasing self-empowerment. When you are more responsible, you are letting your soul and the Universe know that you are ready to explore the unknown. This exploration of the unknown will help increase your understanding of the Universe. The more knowledge and wisdom you have, the more empowered you become.

### The Healing Power of Forgiveness

Learning to forgive is not an easy task, but if you learn how to forgive, your life will be less stressful and you will be healthier. Forgiveness allows your body to heal itself, because it releases energy blockages that are caused by traumas. It also frees your body from stress and stimulates your energy to return to balance. This is why you feel relieved and more peaceful when you forgive others for causing you pain.

It is important to know that just because you forgive people does not mean that you approve or accept what they did to you. When you forgive people, it is more about setting you free from emotional and mental attachments that are causing you discomfort. It is about understanding your mistakes and letting go of the past, so that you can concentrate on the present and have hope for the future.

Letting go of the past is very important for your happiness and well-being, because when you are too focused on the past, you tend to become delusional and experience a lot of stress. Letting go of the past does not mean that you forget your past mistakes.

The past and future are important aspects of your life, but you should use them wisely, so that there is a balance among the past, the present and the future. In other words, learn from the past and live in the present, and use the knowledge and experience that you gained from the past to create a better future.



Another benefit of forgiveness is that it can help you evolve by opening up other opportunities and bringing new experiences into your life. It does this by releasing certain energies related to karmic lessons.

Karma is similar to inertia; actions that are put into motion will continue until they are affected by an opposing force. In simpler words, the actions you do to others or others do to you will continue until they are resolved. For this reason, you tend to go through the same experiences with the same people until you break the karma cycle or learn your lessons.

From the perspective of energy mechanics and unified field physics, karma is the result of an incarnate being's manifestation template being misaligned with its original divine blueprint.

Once you forgive others for their actions and learn your lessons, and heal your light body to a certain point, you can break the karmic bondage, allowing your soul to move on and experience other things.

## Meditation and Its Healing Potential

Meditation is a healing art that is overlooked by most people. Meditation is very beneficial for the mind, body and spirit, because it helps raise their frequencies and balance their energies.

Ancient civilizations knew that people whose energies vibrated at higher frequencies rarely got sick. This is due to the fact that disease-causing microorganisms have a hard time surviving in a body that is vibrating at higher frequencies. Russian scientists have actually conducted experiments to prove this claim. They have found a way to purify the water of microorganisms by just raising the frequency in the water.

Russian scientists were able to do this by mimicking the hidden powers of the ancient pyramids. By putting water contaminated with harmful microorganisms under the pyramid they built, they were able to eliminate the microorganisms without using any chemicals. They believed this was possible because the pyramid acted like a medium that could condense energy and increase its vibrational rate.

Like the ancient pyramids, the human body also has the ability to direct and condense energy and increase its vibrational rate. There are a few methods we can use to increase our frequency. One of the most convenient methods is meditation.

Some of us do not like to meditate because we think it is awkward, it takes too much time, or it is too hard because of the noises in our heads. The noises in our heads are very common, but they are also signs that our minds are not disciplined enough. Creating distracted thoughts is easy to do, but calming our thoughts to the point where our minds can be at peace takes a lot of discipline.

If you find out that you have a lot of distracting thoughts in your head during meditation, do not give up. There are a few methods you can use to decrease the noises in your head. One of the best methods is to concentrate on your breathing cycle. Slow and deep breaths work the best. Another effective method is to listen to calming, ambient music. Music created for assisting meditation is usually good for reducing distracting thoughts.

Once you become good at meditating, it may become very enjoyable for the reason that it soothes your soul and puts you in a state of joy and ecstasy. You will also feel happier and more peaceful because meditation helps reduce stress.

If you have trouble meditating, use the following tips to help you clear and calm your mind. These tips should make it easier for you to meditate.

- Find a peaceful area in your house or outside where you do not have to worry about being distracted. Allow at least 10 minutes for meditation; I recommend a half an hour. Make sure your cell phone, alarm clock and any similar electronics are turned off. During meditation, your body will become really relaxed, even trance-like. If these devices suddenly make loud noises, they will startle you which is not good for your soul.
- If you are meditating during the evening hours and your light is turned on, you may want to dim it or turn it off. If you are meditating during the daytime hours, pull the shades down so the room is not so bright. The lack of light helps activate certain glands that can help you connect to higher levels of consciousness. One of them is the pineal gland.
- Sit down on a mat with your legs crossed, or sit on a chair and make yourself comfortable. Being comfortable is very important for meditation. Close your eyes, and relax all your muscles. Take deep breaths through your nose, hold them in for a few seconds and then exhale through your mouth. If you start to get distracted by the noises in your head, concentrate on your breathing or repeat a mantra. Try to be calm, peaceful and non-judgmental.
- When you are done meditating, do not quickly get up. Instead, slowly bring your awareness and consciousness back into your body and slowly open your eyes. You may

need to wiggle your hands and feet to help you feel grounded. When you feel ready, get up and stretch. Once you become good at meditating, you can bring your state of mind to a place similar to when you are in the sleeping state.

When you are sleeping, the state of your mind is at a place between the subconscious and conscious mind. This place is where balance can take place. This place also allows you to communicate with your higher identities and other dimensions and reality planes.

## How to Discipline Your Mind

The human mind is one of the most advanced systems in the Universe because of its complexity and potentiality. Many of us believe that our minds are located within our brains, but our minds are somewhat separate from our brains. It is a system that is beyond physicality and linear space. However, at the energy level, our minds and brains are interconnected.

The mind is part of the intellect, self-awareness and consciousness field of who we are. It is a form of energy that has been structuralized by consciousness, allowing us to observe ourselves. This system is where thinking truly occurs.

Even though our minds are somewhat separate from our bodies, the state at which their energies vibrate will affect our bodies because they are energetically connected. Thought is one of the main entities that affect the state of our minds, because it can decrease or increase the vibrational rate of our minds.

To discipline your mind, you need to learn how to control your thoughts and direct them toward positive intentions. A good way to start is by changing your thought patterns to support positive attitudes. Also, learn to put your mind in a state of neutrality. Being neutral while at the same time being aware of your surroundings is very important for preventing the Dark Forces from draining your energy.

A positive attitude affects your thought pattern in a constructive way. Positive thoughts call forth inner peace, while negative thoughts disturb inner peace. The more positive thoughts you have, the more your mind will be at peace, reducing stress and negative emotions. Stress and negative emotions are two of the biggest contributors to disturbing your mind.

In some situations, positive thinking may not permanently solve problems related to stress and emotional problems. In this case, it may be wise to explore your mind more deeply to find the source of the problem.

One major misconception we have regarding negative emotions and stress is that we believe the person or thing causing our distress is the only source of our problems. In reality, the main reason we are upset is because we do not understand our emotions. In other words, the main sources of our emotional problems are not just external but also internal.

Once we understand the root causes of our emotional problems, whenever we experience these same negative emotions, we will not be upset by them because we will have overcome the underlying causes of our negative emotions.

Having a disciplined mind is rare in today's society for the reason that we are always bombarded with distractions. There are many techniques we can use to help us find out if our minds are disciplined. One of the best techniques is meditation.

If you have a hard time calming your mind during meditation, your mind is not disciplined enough. Since you were a child, your mind has been stimulated with all types of subliminal and non-subliminal messages. Many of these messages are designed to hypnotize your mind by changing your thought patterns.

The main mediums used for disharmonizing the energy of your mind are TVs, computers, video games, music players, radio, magazines, books and newspapers. Many of the messages embedded in these mediums are designed to distract your mind and make you vulnerable to manipulation.

Subliminal messages are hidden messages designed to stimulate and reprogram your subconscious mind. Because they are designed to target your subconscious mind, you are usually not aware of them. This feature makes subliminal messages very effective at manipulating your thought patterns. Depending on how they are used, subliminal messages can heal or harm your mind.

There are a few methods corporations like to use to incorporate subliminal messages into media. One of them involves adding a frame that contains subliminal messages into a movie film. One second of a regular movie film contains 24 frames. When one of these frames is replaced with a subliminal message, your conscious awareness is unable to detect the message, but your subconscious awareness can detect it.

Another way subliminal messages can be used is through sound. Increasing the frequency of a recorded subliminal message to the point that it cannot be heard by the human ear is an effective way to manipulate your subconscious mind.

Because advertising agencies are well aware of how subliminal messages work, they spend millions of dollars each year to incorporate these messages into their ad campaigns. If these messages did not work, do you think they would spend millions of dollars on them? Advertising agencies and the government are obsessed with subliminal messages, because they want to use these messages to condition us how to think and behave.

Some of the most popular subliminal messages used by advertising agencies and the government involve sex, drugs, food, fear and violence. Next time you watch TV, pay very close attention to the show or commercial you are watching, and notice how these five topics are incorporated into TV programs and ads. They did not call them TV “programs” for no reason. Subliminal advertising is one of the main reasons why we are so addicted to sex, drugs, food, fear and violence.

Advertising agencies and the government have used these five topics (i.e., sex, drugs, food, fear, violence) the most, because they are very effective for selling their ideas or products. Out of these five topics, sex is the most popular for them to use because it sells. This is why a lot of ads or commercials contain something that is related to sex.

Since we were born, our minds have been saturated with subliminal sex ads. Most of us do not see how these sex ads affect us because they affect us at the subconscious level. If you look closely at picture ads in magazines, you will usually find some object or posture that relates to sex. This method is not just limited to magazine ads. Do you know now why we are so addicted to sex?

Subliminal messages are designed to target your mind, because once they influence your mind to a certain point, they can manipulate your thought patterns to a certain degree. Why do they want to influence how you think? If they can influence how you think, they can make you do certain things or buy their products without you even being aware that you are being manipulated.

From your perspective, you think that you are making the free will choice, but at the subconscious level, your mind has been conditioned to act on certain compulsive behaviors. Once you learn how subliminal messages work, you will realize that you have been brainwashed from the beginning. A lot of these subliminal advertisements are designed to target kids because they are the easiest to brainwash.

To reverse this process, you need to become aware of how subliminal messages work. You also need to watch less TV and listen to less distracting music, because these two

mediums commonly have subliminal messages embedded in them.

For magazines and books, read the ones that provide you with knowledge of empowerment. These magazines and books will usually contain information that is rarely found in the mainstream media and may be contradicting to common beliefs.

When you read a book or magazine that feels empowering but at the same time contradicts your beliefs, this is usually a sign that you are about to discover truths that could set you free. The reason for this is because this knowledge is helping your subconscious mind remove the blindfold that has been placed upon you since childhood.

Once you start detoxing your mind of these addictive and controlling subliminal messages, your life will start to feel less stressful. You may notice that many of your addictions toward sex, drugs, food and violence will significantly drop. This is because you have become aware of the subliminal messages that are affecting your subconscious mind; therefore, they are no longer controlling you at the subconscious level.

Subliminal messages are great techniques to use for manipulating the human mind but they are becoming less popular. Nowadays, subliminal messages are being replaced by high-definition TVs and certain high-tech gadgets that have the ability to send certain frequencies or energy codes that can influence your thought patterns. Another one is mnemonic. These techniques are designed to hypnotize your mind to a large degree so they can influence how you think.

### How to Expand Your Awareness

Awareness is the ability to feel, perceive, know and be conscious of your existence. All things in the Universe have awareness but in different levels. As human beings, we have expanded our awareness to the level of self-awareness. This is the level of awareness that separates us from rocks, plants and animals.

Having the ability of self-awareness can be a blessing, but it can also be a curse. Self-awareness allows us to sense that we are separated from each other. If we are not careful, this sense of separation can lead to hatred and war. In truth, there is no separation because we are all connected and live in the same time and space. The idea that there is space between us and linear time is an illusion.

Having the ability to feel separated from each other and Creation gives us more freedom and makes life more interesting. It allows us to explore reality in our own ways through the use of free will.

Having a strong awareness is one of your greatest forms of protection against the Dark Forces. Most of us do not understand how powerful our awareness is. Your awareness can be your savior.

For example, when a magician does a magic trick, the magician can fool you into believing that the trick is real. If you learn and understand how the trick is done, you can no longer be fooled due to the fact that you know it is an illusion. In other words, you have become aware of the trick, so it cannot deceive you anymore.

This magician analogy is similar to how the Controllers are manipulating you. They are master magicians who are great at deceiving you without your knowledge, which is why I sometimes like to refer to them as the Dark Magicians. Unlike fake magicians, the Dark Magicians know how to do real magic.

By obtaining knowledge of empowerment and learning life lessons, and activating your junk DNA, you can expand your awareness to a state of pure cognition. This is an all-knowing state. In this state, you will not be deceived or manipulated, because you will know when someone is lying to you. For us human beings to evolve to the state of pure cognition will usually take millions of years.

Being more aware can help you expand your consciousness. As your consciousness expands, it increases your frequency. Once you reach a certain frequency level, you can become immune to the influence of the Dark Forces and diseases. To reach this level is not easy and will take many lifetimes, so you must work hard and be very patient.

As you expand your awareness and access higher levels of consciousness, you will become more infinite and intelligent and be able to access hidden abilities within you that you never thought were possible. These hidden abilities will help you become more aware of what is going on in the internal and external world.

If you want to expand your awareness, the following tips should help you increase it.

- Increase self-empowerment: As you increase your self-empowerment, you strengthen your connection to other sections of your awareness, because you are becoming less fearful of the unknown. Fear is what prevents you from expanding your awareness because it puts you in a state of denial.
- Strengthen your intuition: Your intuition is another part of your awareness. It is a knowingness that takes place at the cellular levels. To strengthen your intuition you must

learn how to access higher levels of your consciousness. This can be accomplished through meditation and DNA activation.

- **Reduce distractions:** Distractions reduce or block the connection to your inner awareness. This blockage suppresses your mind and prevents it from expanding its awareness. Distractions also prevent you from contemplating your thoughts, which in turn prevents you from knowing who you truly are. You cannot effectively expand your awareness unless you understand who you are. The fact that you have thought should be good enough proof that you are a spiritual being with infinite potential.
- **Overcome denial:** Being in a state of denial prevents you from accessing higher levels of consciousness, because it sets a parameter around your awareness to block you in. As long as you are locked in this box of denial, you will have a very hard time expanding your awareness. To rise above this box, you need to face your fears, be open-minded and think outside of the box.
- **Reduce the power of the ego:** Your ego is another part of your awareness that has been isolated from your intuition, subconscious, conscious and higher self. It is an awareness that is lost, desperate and confused. Its main goal is survival. Because of the way it sees itself and thinks, your ego tries to put you in a state of denial so that it can overpower you. This prevents your awareness from expanding. To reduce the power of your ego, you need to take personal responsibility for your actions, so that you do not give away your powers to your ego. Your ego is a part of who you are. Fearing it will only strengthen its power. Instead of fearing it, you should work with it to bring it back into balance.
- **Increase your frequency:** The world you live in is made of energy that uses frequency to express itself. Frequency is the code that gives energy expression. To expand your awareness, you need to increase your frequency. Doing this will allow you to access higher levels of consciousness, thus expanding your awareness beyond your wildest dreams.

Heartstone on increasing / raising your frequency

How to Overcome the Ego

To overcome the ego, you need to understand what it is and how it works. The ego is a process in your mind that records your thoughts, needs and desires in a linear fashion. This is one of the reasons why you experience time as linear instead of simultaneous. This recording process gives you the awareness to sense what you are experiencing in a linear fashion.



Many of us like to define the ego as an evil entity within our minds, but this definition is not very accurate. The ego is a section of our minds that has become isolated. This happened during events in our history that caused our DNA to mutate. These events also turned off most of our DNA (or what we now refer to as “junk DNA”). The junk DNA is essential for the ego to communicate to other sections of the human mind, because it allows access to higher levels of consciousness.

The ego is not an evil entity but a part of our personalities that has lost a great portion of its connection with Creation. This sense of separation gives the ego a false sense of finite life; therefore, it creates a false sense of fear and loneliness and the need to consume whatever it can to survive. Our egos seem evil to us because most of our egos are out of balance or overactive.

The human ego is so out of balance that it has empowered itself to do certain tasks that it should not be doing. Hence, the false self is created. This false self then tries to take over the true self, which is the soul. Once the false self is created, the ego reprograms the conscious mind to accept denial, which promotes victimhood and weakens the connection to the soul.

The ego loves putting us in a state of victimhood, because this state weakens our spiritual powers and increases the ego’s power. Another thing that empowers the ego is the lack of personal responsibility. For this reason, if we want to reduce our egos’ power, we need to lift ourselves from victimhood by taking responsibility for our actions.

Because the ego is a process that records our thoughts and desires, if we want to overcome or take control of it, we need to learn how to control our thoughts and desires. Another way to take control of the ego is by learning how to become the observer or communicate with our higher selves. This process causes a shift in the function of the overactive ego, brings it back into balance and allows it to communicate with other parts of our identities.

Meditation can also bring the ego back into balance, because meditation calms our minds and shifts our awareness to the moment of now. The moment of now is where balance can take place. If you are not sure whether you have an overactive ego, see below for some tips that may help you. You may have an overactive ego if any of the following tips are true.

- You have an addiction to power and control.

- You like to live in denial.
- You love excuses.
- You are very closed-minded.
- You have an obsession with competition.
- You are obsessed with your body.
- You are constantly living in a state of fear.
- You are obsessed with material things, such as money and luxuries.

### How to Overcome Victim Consciousness

Most of us do not like to be victims, yet many of us are victims for the reason that we are trapped in a state of victim consciousness without even being aware of it. Most of us are trapped in this state due to the fact that our society taught us at an early age how to think like victims.

Instead of teaching us knowledge of empowerment, our society likes to teach us knowledge of fear, which promotes disempowerment. This is designed to keep us reliant on the government, locking us in a state of fear so that we are easier to control. Victim consciousness is not necessarily a bad thing, but it does cause us to lose power of our consciousness. Furthermore, it weakens our souls and reduces our connection to the Source (Creation) that focused each of us into being.

For eons, we human beings have been searching for a way to lift ourselves from victimhood, so we can experience true freedom. After thousands of years of suffering, we still have not found a good solution. One of the major reasons why we have not found a good solution is because we have not freed ourselves from being victims.

Through the power of the Law of Attraction, victim consciousness draws in negative experiences that exploit the victims' consciousness until they learn their lessons. This means that as long as we are stuck in a state of victim consciousness, we will keep on attracting situations that promote victimhood.

Victim consciousness draws in not only negative experiences but also the right people to help support these negative experiences. For example, people who have victim attitudes

will draw fellow victims as well as abusers to exploit their consciousness. They will often wonder why they keep attracting abusive partners or friends. They do not realize that they attract abusive partners or friends because of the way they think and act.

The Law of Attraction is a Universal Law that utilizes thoughts to attract similar people who want similar experiences. In other words, if we keep thinking that we are victims, the Law of Attraction will keep bringing abusive people or situations into our lives to provide more victim experiences until we learn our lessons or change our thought patterns.

Abusers cannot play their roles without the participation of victims unless they force victims to participate. Once victims understand this, they can remove themselves from the situation by changing their attitudes and actions.

Another example of a victim and abuser relationship is war, because it establishes an extreme situation in which the victims are abused by the abusers. War does not solve problems: it only attracts more wars. Do you understand now why we can never achieve true world peace until we become more responsible people and stop relying on the government to save us?

One of the solutions for overcoming victim consciousness is personal responsibility. Personal responsibility calms the overactive human ego, so that it cannot empower itself to do certain tasks that it should not be doing. The reason that personal responsibility calms the ego is because when we become more responsible, we take back some of the responsibilities that were lost to the ego when we became irresponsible. Self-empowerment is also important for overcoming victim consciousness, because it strengthens the connection to our souls and reduces fears.

One of the biggest contributors to victim consciousness is fear. This negative emotion is the source of all victims' problems. Fear promotes victim consciousness because it puts us in a state of denial. Denial is the shield of the ego for the reason that it blocks the truth. The ego loves putting us in a state of denial to prevent us from knowing the truth, because the truth will set us free from its control.

Victim consciousness is a quality that comes from within each of us rather than outside of us. Until this is understood and accepted, transcending this state of consciousness is impossible. Once we understand how victim consciousness works, we will realize that if we do not change our current way of thinking, we can never achieve true freedom and world peace.

Freedom and world peace can only occur when we build enough mental strength to

break through the barrier of victim consciousness, accept personal responsibility and stop blaming others. As long as we reject personal responsibility, we will always rely on the government, religious leaders and certain authorities to make important decisions for us. Rejecting personal responsibility is one of the major reasons why we have been victims for so long.

It is hard to believe that after hundreds of thousands of years of repeated mistakes, most of us still have not figured out why our prayers of being rescued have not been answered. The answer is simple. Prayers can only be answered in a helpful way when they are asked with responsibility, but the prayers have to be in compliance with the Laws of the Universe. To answer a victim's prayer would be to become a victim of the rescued. This does not solve the victim and abuser relationship but compounds it.

Now you may realize why, after hundreds of thousands of years of suffering, we have not evolved beyond our current state of consciousness. Instead, we have been going around in circles repeating the same mistakes over and over again.

Overcoming victim consciousness is a personal decision that each of us must make if we want to experience what it means to be truly happy, successful and free. This personal decision is not easy to make because the victim attitude is deeply ingrained in our consciousness.

It is important to know that once you transcend victim consciousness, you must not get yourself caught up with others who still have the victim attitude. This does not mean that you should ignore your friends and family, but it does mean that you should not get too involved in their victim situations, because you cannot rescue victims who are not willing to take responsibility for their actions. Once you stop becoming a victim, your life will turn around for the better and you will feel like your life is going somewhere.

## How to Find Balance and Inner Peace

There are many ways to find balance and inner peace. One of the most effective ways is to focus your thoughts to the present. Being present is the state of focusing your thoughts to the moment of now. This moment of now is the true reality. It is the still point between the conscious and subconscious mind and the past and future. The moment of now is where balance can take place. This present state of being is where you return to when you sleep.

Sleep is very important for rejuvenating all the systems of your body. More importantly, sleep helps bring your energy back into balance and gives you a sense of inner peace.

This is one of the reasons you feel more energized and balanced after you sleep.

Focusing our awareness into the moment of now does not take much thought power, but because of distractions most of us tend to have a hard time being in this moment. Instead of enjoying the peaceful moment of now, we tend to let our minds drift by watching TV, surfing the Internet, talking on the phone, judging others and our bodies, thinking about our past failures and mistakes, and thinking about our future goals, such as the house of our dreams or how we can become rich.

Distractions are not necessarily bad things, but when we constantly allow them to interfere with our inner peace, our energies can become imbalanced. This can lead to stress, pain, suffering and health problems. Stress is something we experience a lot of when we concentrate too much on the past and future. In reality, there is no past or future; there is only the present. The past and future are important aspects of our lives, but we should not focus all of our attention on them.

To find inner peace, we need to reduce distractions by concentrating on the present. When we shift our awareness to the present, we begin to see the world very differently. This shift of awareness allows us to see the world for what it really is. Instead of seeing the world as a static, linear, monochromatic place, we start to see it as a dynamic, non-linear, colorful and beautiful place.

A great way to help you be in the present is to open yourself to Nature. You can do this by finding a quiet place outside to sit, focusing your awareness on your breathing, feeling the air going in your lungs as you inhale and out your lungs as you exhale, feeling the sun penetrating your skin and the wind blowing your hair, and then turning your awareness toward your body and feeling the beingness within you.

These techniques help shift your awareness to the present moment, thus helping you to find inner peace. Another great way to learn how to be in the present and find inner peace is to meditate.

Achieving balance is not something that can be done for long periods of time, because in our current time matrix, there must always be movements toward or away from the still point (perfect balance). Without these movements from the still point there will be little or no dynamic experience.

Do you remember the battery analogy in Chapter 4 about how polarity is related to experience? A battery has a positive charge on one end and a negative charge on the other end, as well as a balance point in the middle. If one charge is not working properly,

the power of the battery will be reduced or will not work. This battery analogy is similar to how we evolve through the use of positive and negative experiences.

## The Destructive Qualities of Fear

Fear is the emotion that weakens our souls because it puts us in a state of victim consciousness. It prevents us from appreciating the gift of life and understanding each other. When we are consumed with fear, we do not have much room in our hearts for love because our hearts are filled with darkness instead of light.

Fear is the opposite of love for the reason that it is our greatest weakness. It brings chaos into our lives and prevents us from thinking clearly. Because fear is our greatest weakness, it is the best tool to use for controlling us. However, it can also be used to help wake us up from the process of being controlled. The Controllers are well aware of our greatest weakness, which is why they have created many systems based on fear, so that they can keep us under their control.

Fear is a destructive emotion that prevents us from allowing change. Most of us know that without major changes to our society, mother Earth will not be able to support seven billion of us for that much longer. Even though we know we need major changes to our society, most of us are afraid of change due to the fact that fear is so deeply embedded within our psyches.

Another reason we are afraid of change is the fear of responsibility. Unfortunately, our lack of responsibility is one of the causes for the fear of change. If we want change to happen, we need to understand our fears and be more responsible beings.

Competition is another element that invokes fear. Competition is like a game based on winning or losing. This type of game does provoke motivation, but it also provokes fear. The answer to reducing the fear in competition is cooperation. If we live in a world based on cooperation, the existence of fear would dramatically decrease, because there would be no strong reason to fight for first place.

Many people have the impression that without competition there would be no motivation. This is a false ideology designed to prevent us from getting along with one another. Cooperation has the potential to provoke motivation at the same level as competition, but it does so in a peaceful manner.

One of the worst things that fear does to us is it weakens our connection to the living energy that supports our existence. This living energy is the flow of energy from Creation

that nourishes each of us into being. Without this flow of energy, our bodies would die. Fear also lowers our frequency, which can lead to psychological and health problems.

Fear is the strongest thought form in the negative polarity and love is the strongest thought form in the positive polarity. In many ways, our society lacks love but does not lack fear. Because of this, we have a distorted understanding of what love is; our understanding of love is based on sexual relationships and external desires. This kind of understanding of love is not really love; it is need.

If we were able to use the creative thought form of love in abundance, our world would not be so polluted with fear. As a result, wars, poverty and diseases would not be such big problems.

### The Main Causes of Addiction

Addiction is a disorder that causes compulsive behaviors to manifest in your mind. These compulsive behaviors are often hard to control and they are usually satisfied through the dependence on certain substances or stimuli, such as drugs, sex, food, materials and money.

To find the main causes of addiction, you need to find the root causes of it. To do this, you need to study not only your physical body but also your energy body. When you break matter down to its fundamentals, it is made of conscious energy that is intelligent in Nature. Your body is made of matter; therefore, it is also made of intelligent energy.

All the different types of materials that you see in your reality and chemicals in your body are nothing more than expressions of energy. This also means that addiction is an expression of energy. Addiction occurs when your energy is either blocked or out of balance. There are many things that can cause your energy to become blocked or imbalanced. In the case of addiction, it usually has to do with something that you are fearful of or do not understand.

Addiction is a misunderstanding of the desires that make you temporarily happy. When you do not understand your desires, you tend to become addicted to them because they give you a false sense of happiness. This type of happiness is temporary, which is why you always want more. The tendency to always want more is caused by not understanding why you have the desires in the first place.

Once you understand your desires, your addictions will decrease or stop because you will have gained enough knowledge of the desired experience. By achieving this level of

knowledge, you can arrive at deeper levels of understanding. This can cause hidden emotions to rise from your subconscious to your conscious mind. As a result, it makes it easier for you to find the emotions that are causing your addictions.

The idea of addiction as something that starts at the subconscious level is well known in the advertisement industry. This is why corporations like to use subliminal messages in their ads to hypnotize our minds so that they can influence our behaviors.

The subconscious mind is more powerful than the conscious mind, because it operates at higher levels of consciousness. This is why the subconscious mind can detect certain things that the conscious mind cannot.

At the physical level, addiction can cause us to become dependent on certain materials, giving us a sense of temporary happiness. For example, when we use drugs on a regular basis, our bodies can become addicted to them. When this happens, our bodies may experience withdrawal symptoms when they are not provided with drugs. Symptoms can include headaches, seizures, depression and emotional problems.

Our egos can also make us addicted to certain things. When our egos become overactive, they can trigger certain compulsive characteristics that we have. Some good ways to bring our egos back into balance are to understand who we truly are, take personal responsibility and seek knowledge of empowerment.

## Time Acceleration and Its Effects on Your Health

According to Albert Einstein's Theory of Relativity, time is not constant but can slow down or speed up. His theory is mostly accurate but is missing many important features about time.

According to certain physicists, Einstein believed that we could not travel as fast as the speed of light, because as we approached the speed of light, our mass would become infinite. What he did not understand is that when we travel as fast as the speed of light, it allows us to dematerialize. This process allows for time travel.

Time acceleration plays an important role in your health for the reason that it can cause you to age faster or slower. The strange thing about time is that it is not constant as we have been conditioned to believe. What most modern physicists have failed to notice is that time is not linear; rather, it is simultaneous and it does not move. The idea of time being linear is an idea that is preventing modern physicists from discovering many secrets of the Universe.



When you experience linear time, you are experiencing a multidimensional and holographic illusion created by the refraction of particles and anti-particles that pulsate and spin at different speeds and angular rotations. Pulsation is an important feature of time, because the way particles pulsate at various rhythms is what gives us the illusion of time. Linear time is achieved when an observer's consciousness moves through certain points of the unified field of time.

It is important to know that time does not move. It only seems to move when the observer's consciousness moves through it. The illusion of linear time is similar to watching a movie using an old projector. When the reel of the projector is still, there are no linear actions or movements. It is only when the reel starts moving that you see the images being projected as linear actions.

Time acceleration is nothing new to NASA, the military and certain engineers who design special machines that rely on electromagnetic vibration. These people have known since the early 1980s that time has been accelerating. Before 1980, mother Earth's base pulse frequency, also known as Earth's "heartbeat," was vibrating at a constant frequency. After 1980, her heartbeat started to increase, which baffled many scientists.

The change in frequency due to Earth's heartbeat caused problems for certain electronic devices and machines that were designed to rely on her heartbeat. If these electronic devices and machines had not been adjusted, their calculations would have been off.

The human body and mind are also attuned to mother Earth's heartbeat. As her heartbeat accelerates, so does the human body and mind. This accelerated pulsation gives you the illusion that time is speeding up. This is why you have been experiencing this strange phenomenon since the 1980s.

The increase in mother Earth's pulsation rate can cause negative health effects on your body if you do not adjust your body's pulsation rate to match hers. If your body cannot increase its pulsation rate to match mother Earth's pulsation rate, this will cause accelerated cellular deterioration. Common symptoms of time acceleration are fatigue, emotional and mental problems, and stress. Some people may experience body aches and pains, sleeping problems and other health issues.

Time acceleration is a natural phenomenon that occurs during special cycles in our galaxy. The years 2000-2017 fall into one of these special cycles. After 2017, time should start to slow down and eventually fall back to its normal pulsation rate.

## The Negative Effects of Stress and How to Reduce Stress

Stress is known as the silent killer because it can cause chronic health problems to manifest in our bodies without our knowledge. This is why we should reduce stress as much as possible. One of the negative effects of stress is hormone imbalance.

When we are stressed, our bodies produce certain anti-stress chemicals to protect them from the harmful effects of stress. Too much stress can cause our bodies to produce too many anti-stress chemicals. This can disrupt our chemical balance, which weakens all the systems of our bodies.

Our immune systems also produce chemicals to fight stress. One of them is cortisol, which is produced by the adrenal glands. When we have too much stress, it can exhaust our adrenal glands and cause them to malfunction. If our adrenal glands cannot produce sufficient levels of cortisol, our immune systems weaken and we become more susceptible to diseases.

Too much stress also causes our bodies to deplete certain important nutrients, such as magnesium and calcium. This may lead to premature aging, osteoporosis, heart disease and cancer. The following list contains some great tips to help you reduce stress.

- **Breathing exercises:** Slow and deep breathing can help relax your mind, increase oxygen and focus, and stimulate your brain to produce endorphins. These things are great for reducing stress.
- **Jogging:** The process of jogging helps reduce distractions and may increase your body's natural healing abilities. According to a study done at the University of Bonn, people who jogged for two hours had significantly higher endorphin levels than those who did not jog.
- **Stay out in the sun:** Sunlight synchronizes well with your body and stimulates your energy. This can cause your body to relax which reduces stress. Avoid being out in the sun for too long because you can get sunburn. The time will vary depending on the temperature.
- **Live in the present more often:** The present is the moment of now. When you focus on this moment, everything becomes clearer and more peaceful. On the other hand, when you concentrate on the past and future too much, you often experience stress.

Heartstone on the present moment

- Learn to say no: Not being able to say no to things that you do not want to do can lead to big problems. These problems, whether personal or not, can bring a lot of stress into your life.
- Smile more often: When you smile, your brain releases endorphins and other healing chemicals that can help reduce stress.
- Think positive: Positive thoughts call forth inner peace and negative thoughts disturb inner peace. Because of this, when you have more positive thoughts, your state of mind is more at peace, which in turn reduces stress. Neutral thoughts are even better for helping you achieve inner peace and reduce stress.
- Learn to forgive: When you forgive, you can release energy blockages that are causing you emotional pain. This is great for releasing stress. When you forgive people, it is wise to only forgive them to a certain point, so that you can move on and yet still hold them accountable for their actions. Doing this will help them learn their life lessons, which is great for helping them to evolve spiritually. After they learn their lessons, then you can totally forgive them.
- Love yourself and others: When you learn to love yourself and others, you create an environment filled with love. This helps reduce negative energies around you; therefore, your life will feel less chaotic.

## Health Risks of Genetically Modified Food

Genetically modified food, also known as GM food or GMO, is food that has gone through some kind of artificial alteration of the genetic codes using genetic engineering methods. GM food is derived from genetically modified organisms (GMOs), such as GM bacteria and GM seed.

Companies that are behind the GM food movements like to claim that there is little or no health risk associated with eating GM food. Their claims are very misleading, because most of their studies conducted on GM food lack concrete data showing how it is good for our health.

What makes it worse is that many of the other studies conducted on GM food are sponsored by the companies that are in the GMO business. These company sponsored studies are usually very biased and designed to trick us to think that a food or product is good for our health.

On the contrary, studies that were conducted independently found that animals fed with GMO develop serious health problems, such as infertility, birth defects, immune disorders, growth and digestive problems, and premature aging.<sup>8</sup> These health problems associated with eating GMO are the results of scientists lacking the knowledge and technology to effectively create GMO that flows well with the Laws of Nature. Until scientists learn how to work with Nature instead of exploiting it, they will never be able to create GM food that is safe to eat.

Even though numerous studies have shown that genetically modified food may be a major health risk to us, the FDA is doing little to prevent it from reaching the shelves of grocery stores. The FDA is an agency that you should be wary of, because it is highly influenced by lobbyists. Behind closed doors, the FDA works like a corporation, and like most corporations, it usually favors its sponsors rather than us.

One of the GM food companies that have been lobbying the FDA and the food industry is Monsanto. One of Monsanto's main goals is to dominate the world by replacing natural food with GMO. As of this writing, the FDA does not require GMO to be labeled, which is why it is hard to determine whether or not a food is genetically modified. I hope this will change in the very near future.

If you live in the USA, there are six types of food that you should be wary of because they are usually genetically modified. They are corn, soy, canola, cottonseed, Hawaiian papaya and sugar beets. This means that most vegetable oils, and a good portion of fast food and junk food, are genetically modified or contain some types of genetically modified ingredients. The availability of GMO will increase within the next few years unless we stop supporting it.

If you want to learn how to avoid GMO, the following information should help you avoid most of it.

- Most vegetable oils in the USA are genetically modified or contain genetically modified ingredients, unless they are organic or labeled non-GMO. Olive and coconut oil are great alternatives because there are currently no genetically modified versions of olive and coconut oil. For cooking, the best oils are non-GMO hempseed, grapeseed, avocado and sesame oil.
- Only eat non-GMO or organic foods and avoid junk foods as much as possible, because many of them contain some type of genetically modified ingredient. When buying junk foods, make sure you read the ingredients list. For more specific information

on how to look for invisible GMO ingredients, visit [nongmoshoppingguide.com](http://nongmoshoppingguide.com).

- Many of the foods found in fast food restaurants are genetically modified or contain GMO ingredients, because they are cooked with GMO vegetable oil or contain soybean ingredients.
- If you live in the USA, avoid processed foods that have soy and corn byproducts, including soy protein, soy flour, soy lecithin, corn meal, corn syrup, fructose, dextrose, maltodextrin, citric acid and lactic acid.
- Avoid dairy products that are treated with genetically modified rbGH.
- Avoid corn that is not organically grown because it is usually genetically modified, especially corn grown in the USA.

## How to Strengthen Your Immune System

Your immune system is the most effective part of your body for fighting diseases. No amount of pharmaceutical drugs or natural herbs can compete with your immune system. Your immune system is so powerful that it can detect and destroy cancer cells before they grow out of control.

Most of us do not realize that pre-cancer cells occur in our bodies on a weekly basis. This occurs because the human body has thousands of cellular mutations each day. Multiply the number of mutations by the trillions of cells in the human body, and we got ourselves a math problem that even supercomputers will have a hard time figuring out.

Fortunately, the human body has a repairing system that operates at quantum speed to fix these problems. This incredible natural healing system works with the immune system to find pre-cancer cells and destroy them before they grow out of control. As we age, our natural healing systems become weak, increasing our chance of getting cancer.

If you want to strengthen your immune system, the following tips will help you do so.

- Consume mostly plant food: Most plant foods are full of essential vitamins, minerals and natural healing chemicals. These nutrients are essential for immune health. For best results, consume plant foods that are organically grown.

If you can, buy the ones grown in soil laced with rock dust. Soil laced with rock dust usually contains more nutrients than regular soil. Avoid consuming plant foods that are

conventionally grown because they are heavily contaminated with harmful toxins, including pesticides, herbicides and some heavy metals. These toxins are great for weakening your immune system.

- Take organic or high-quality natural supplements: The soil of today used for growing food is often depleted of nutrients. Because of this, it is a good idea to take certain dietary supplements along with food to avoid nutrient deficiencies. Some of the most common nutrient deficiencies are iodine, magnesium and vitamin D. These three nutrients are important for strengthening your immune system.

Other nutrients that are important for your immune system include selenium; vitamins A, C and E; zinc; lycopene; and plant sterols and sterolins. When buying dietary supplements, make sure they are high-quality supplements made with mostly organic vitamins and minerals. Organic minerals are found in plant food and inorganic minerals are found in soil. Inorganic minerals are hard for the body to absorb and some are even toxic to the body.

Another fact you should know about dietary supplements is that most techniques used to extract vitamins to make dietary supplements do not extract all of their synergistic components. As a result, most of them lose their mineral activators, enzymes and co-vitamin helpers. Some of the best dietary supplements are made from whole food sources. Hemp supplements are great sources of high-quality organic vitamins and minerals. A website that has good selections of hemp supplements is [hempusa.org](http://hempusa.org).

- Vitamin D3 and C: Besides vitamin C, vitamin D3 may be the most important vitamin for surviving a flu epidemic, because it keeps the immune system in check. Researchers have suggested that more young people died during the 1918 Spanish flu because of cytokine storm (hypercytokinemia). Cytokine storm occurs when the immune system overreacts to the flu virus and produces high levels of various cytokines.

If this were to happen in the lung, usually common during an influenza virus A infection, fluids could accumulate and drown the infected person. Researchers suggest that vitamin D3 may prevent cytokine storm and is effective for fighting the flu virus. They recommend taking 10,000 IU per day during a flu pandemic and 40,000 to 50,000 IU per day during an influenza virus A infection.

I do not recommend taking these high levels of vitamin D3 on a daily basis for more than a few weeks, because this could lead to vitamin toxicity, especially if the vitamin is not created properly. When it comes to protecting your immune system from harmful viruses, vitamin C is even better than vitamin D3.

Studies have shown that vitamin C can kill nearly all viruses known to scientists. During a viral infection, certain vitamin C experts recommend taking 50,000 to 300,000 mg of vitamin C (ascorbic acid) daily until the viral infection is treated. The amount of vitamin C will vary depending on how serious the viral infection is.

- Full-spectrum light: Unlike artificial light from regular incandescent and fluorescent bulbs, full-spectrum light contains the visible and UV spectrums of light. The UV spectrum is used by the skin to produce vitamin D, which is important for immunity. Full-spectrum light is especially important during winter because of the lack of sunlight. Sunlight is the best way to get full-spectrum light. Tanning beds are good alternatives but they should not be used to replace sunlight.
- Homeopathic remedies: Certain health experts have agreed that homeopathic remedies are more effective than vaccines. They work similar to vaccines but heal the body in a more holistic way. Homeopaths believe that homeopathic remedies work by stimulating the body's natural healing mechanisms.
- Avoid vaccines: The drug industry has done a great job of convincing the public that vaccines are safe. Its claims are very misleading. Most, if not all, vaccines contain harmful preservatives, such as aluminum. Many people think that aluminum is safe, but it is actually a neurotoxin and may even be as toxic as mercury. Some vaccines even contain thimersol, a mercury derivative. Vaccines themselves are not that harmful. It is the preservatives that makes them harmful.
- Reduce stress: When you are stressed, your body releases high levels of certain natural chemicals that can harm you. One of them is interleukin-6 (IL-6).<sup>5</sup> In high levels, IL-6 can suppress your immune system, making you vulnerable to diseases. Stress also causes your body to secrete high levels of cortisol and decrease DHEA levels, which can promote immune deficiency.
- Stay away from refined sugar: When you eat a fruit, you are ingesting not only natural sugar and water, but also synergistic components, such as mineral activators, enzymes, co-vitamin helpers and fiber. These components are essential for assisting your body to safely and effectively metabolize sugar. When you consume sugar without these components, your body breaks down sugar improperly, causing it to become toxic. Refined sugar is toxic to your immune system and is great for promoting diabetes and autoimmune disorders.
- Detoxify your body of toxins: The amount of toxins in our food, water and environment is

so overwhelming that it would take a whole book to list them all. To detoxify your body, you need to consume mostly organic plant food. The essential nutrients in plant food are great for helping your body detoxify toxins.

You also need to drink fresh filtered water. Make sure the water is filtered by a water filter system that uses activated alumina filters or reverse osmosis technology, because activated alumina filters and reverse osmosis technology are great for removing sodium fluoride from water. Water distillers are even better for filtering out water contaminants and sodium fluoride.

One thing you should know about activated alumina filters is that they may contain some aluminum particles. If this concerns you, avoid using these filters. Heavy metal poisoning is also becoming a big problem in many countries, such as the USA. If you live in the USA, it would be a good idea to detoxify your body of heavy metals. I will go into greater details on how to do this in the next section of this chapter.

- Acidic blood (acidosis): The human body works in a way that is similar to how an alkaline battery works. Thus, when its overall pH level is too acidic, it does not function properly. Your blood pH level should be slightly higher than 7.3.

If your blood pH level is lower than 7.3, it starts to become acidic. To prevent your blood from becoming too acidic, avoid eating junk food and drinking soda (pop) because they are two of the major contributors to acidic blood. To bring your blood pH level back into balance, eat more alkaline food, such as organic fresh fruits and vegetables.

Acidic blood is toxic to your cells and reduces their abilities to function properly. When your cells are impaired, they cannot fight bacteria and viruses. As a result, you will get sick more often and have less energy.

### How to Prevent Heavy Metal Toxicity

Heavy metal toxicity is becoming a big problem in many countries due to agricultural and heavy metal contaminated consumer products. Because of this, it is wise to learn how to safely detox harmful heavy metals and prevent them from getting inside your body.

When detoxing heavy metals, it is best to do it in cycles. Doing this allows your body enough time to extract heavy metals that have bioaccumulated in your fatty tissues and organs, and release them into your bloodstream for excretion. Furthermore, it helps prevent major side effects due to having too much heavy metals in your bloodstream.



Before detoxing heavy metals, you should get a test done for heavy metal poisoning. One of the best tests available to the public is the Metals Hair Test or Hair Elements Test. The common heavy metals that people end up digesting are arsenic, mercury, lead, cadmium and aluminum.

Aluminum is not considered a heavy metal, but its effects may be as destructive as the effects of mercury. Many of these heavy metals are found in the food we eat and the water we drink. Certain heavy metals can bypass the blood/brain barrier and cause harmful effects on the brain. This may be one of the reasons for an increase in brain degenerative diseases, such as Alzheimer's.

The agricultural methods used for growing conventional food is one of the major reasons for the increase in heavy metal toxicity. Many of the pesticides used on conventionally grown food contain heavy metals. By eating this food, you are digesting more heavy metals than your body can handle. Heavy metals are hard for your body to excrete, which is why it is best to limit your intake as much as possible.

Organically grown food can also contain heavy metals but the quantities are significantly smaller than commercially grown food. The main reason for the difference is that organically grown food prohibits the use of pesticides.

Another common way you can get heavy metals into your body is through amalgam fillings (dental silver fillings). If you have a few amalgam fillings, you may want to get tested for mercury toxicity. Amalgam fillings contain a significant concentration of mercury and are some of the major contributors to mercury toxicity. Other ways heavy metal toxicity is increasing are pollution problems and an increased use of fossil fuels, pesticides and vaccines.

To increase your success rate of detoxing heavy metals and to prevent heavy metal poisoning, you need to educate yourself with the right knowledge. I recommend reading the book titled Amalgam Illness, Diagnosis and Treatment by Andrew Hall Cutler. This book is more concentrated on mercury poisoning, but it also has some great information about other heavy metals.

To reduce or detoxify your body of heavy metals, follow these tips:

- Avoid unnecessary vaccine shots like the flu shot. A lot of flu vaccines contain aluminum and thimerosal, a mercury-based derivative.

- Drink fresh filtered water instead of regular tap water, because tap water usually contains high levels of heavy metals. I highly recommend you install a water purification system in your home. For best results, use water filter systems that can remove most fluoride (sodium fluoride) from water.

Reverse osmosis systems and water filtration systems with activated alumina filters are great for removing fluoride from water. Water distillers are even better for filtering out heavy metals and other water contaminants. These water filter systems are a must if you live in a country that treats its drinking water with fluoride. Do not use bottled water as an alternative for the reason that it is just as unhealthy as regular tap water.

- Avoid dextrose solution because it contains aluminum. Dextrose solution is sometimes added to intravenous fluids in hospitals.

- Avoid using products that are made with aluminum, such as aluminum cookware. Use cookware that is made with stainless steel.

- If possible, avoid using pharmaceutical drugs because some of them have heavy metals. Most pharmaceutical drugs do not synchronize well with the natural healing systems of your body.

- Reduce seafood consumption because certain seafood (i.e., shellfish) is contaminated with heavy metals.

- Avoid using paint that contains lead and reduce your use of cosmetics. Most cosmetics have unhealthy ingredients and a good quantity of them contain lead.

- Avoid dental amalgams (dental silver fillings) because they have mercury in them; instead, use alternative fillings, such as composite fillings for the reason that they are less hazardous to your health. Avoid using composite fillings that has metal compounds.

- If you smoke, you may want to seriously think about quitting since cigarettes are full of heavy metals.

- Chlorella does a good job of helping your body remove some heavy metals. Taking chlorella daily may reduce the levels of heavy metals in the body.

- Sauna therapy is great for removing certain heavy metals and other toxins. Sauna therapy works by increasing sweating, and therefore helping your body to flush out toxins through your skin.

- Cilantro, nettles and alfalfa have been shown to help the body remove heavy metals. These three herbs contain natural healing chemicals that are great for stimulating your body to remove heavy metals.

## Ten Toxins in Food and Water that You Need to Avoid

1. Fluoride (sodium fluoride): The natural version of fluoride is known as calcium fluoride, which is naturally found in soil and ground water. The unnatural version is called sodium fluoride, which is a toxic waste. This toxic chemical is very harmful to your brain. It is commonly found in the USA's drinking water and conventional toothpaste. The thyroid gland is one of the glands that is very sensitive to sodium fluoride.

The pineal gland is also sensitive to sodium fluoride, because in high levels it can calcify the pineal gland. To effectively remove fluoride, you will need to use a water filter system that has a special filter called activated alumina (AAL). Activated alumina filters may have some aluminum particles in them, so if you are concerned about aluminum particles, you may want to avoid using them. Reverse osmosis water filtration systems and water distillers are also great for removing fluoride from water.

2. Fluorosilicic acid: This is a waste byproduct of the phosphate fertilizer industry. It is heavily contaminated with toxins and heavy metals. It is often added into the drinking water in the USA and certain countries.

3. High-fructose corn syrup (HFCS): HFCS is a synthetic sugar with toxic side effects. It is often created from GMO corn. Some HFCS products have tested positive for mercury. HFCS is common in sweetened beverages and soda (pop).

4. Genetically modified food (GM food or GMO): The way scientists create GM food does not flow well with the Laws of Nature. Because of this, the food they create is hazardous to our bodies. If you live in the USA, the six types of food you need to be wary of are corn, soy, canola, cottonseed, Hawaiian papaya and sugar beets, because most of them are genetically modified. This also includes food products containing corn, soy, canola, cottonseed and sugar beet ingredients, unless they are labeled non-GMO or organic.

Other foods you need to be wary of are zucchini and yellow squash because some of them are genetically modified. The best way to avoid GMO is to consume only organic or non-GMO food.

5. Artificial sweeteners: Most of these synthetic sweeteners are very destructive to

neurons. Aspartame (also known as AminoSweet) and sucralose (also known as Splenda) are two of the most common artificial sweeteners. They are often found in diet beverages and sugar-free chewing gums.

6. Monosodium glutamate (MSG): Have you ever wondered why you get headaches after eating a bag of chips? A major reason is that most chips contain MSG, which is an excitotoxin. MSG is very destructive to nerve cells and is one of the contributors to neurodegenerative diseases. “The distribution of cellular damage caused by large concentrations of MSG is very similar to that seen in human cases of Alzheimer’s disease.”

7. Mercury: This toxin is common in some seafood products (i.e., shellfish), vaccines and amalgam fillings. Mercury can also be found in drinking water, high-fructose corn syrup and certain compact fluorescent light (CFL) bulbs.

8. Hydrolyzed vegetable protein: This toxin is destructive to the brain. It is very common in junk food. Hydrolyzed vegetable protein contains high concentrations of glutamate and aspartate. These chemicals are not toxic in low levels, but in high levels they become very toxic to nerve cells.

9. Refined sugar: This type of sugar is not the same as the natural sugar found in fruits. Refined sugar is a toxin and is great for weakening your immune system. Refined sugar is found in nearly every type of junk food; therefore, it is [ingested] the most by [unaware] consumers.

10. Artificial growth hormones: In the USA, many animals and birds raised for the purpose of conventional meat are injected with growth hormones. These hormones can disrupt the chemical balance in your body. Furthermore, they have been link to an increased in cancer. To avoid them, eat only organic meat.

## CHAPTER 8: THE SPIRITUAL POWERS OF NATURAL LAW AND THE SECRETS OF THE LEGAL SYSTEM

What is Natural Law? Natural Law, also known as the Laws of Creation, the Laws of the Prime Creator, the Laws of Nature, the Laws of the Universe, Spiritual Laws and Cosmic Laws, is a body of organic Spiritual Laws used by Nature to manage everything in the Universe. Without Natural Law, life and reality cannot exist.

The process of learning Natural Law teaches you how to be a more responsible spiritual

being. This is extremely important for the reason that personal responsibility is one of the requirements for ascending to higher levels of consciousness.

Natural:

Inherent; having a basis in Nature, Reality and Truth; not made or caused by humankind.

Law:

An existing condition which is binding and immutable (cannot be changed).

Natural Law:

Universal, non-man-made, binding and immutable conditions that govern the consequences of behavior. Natural Law is a body of Universal Spiritual Laws which act as the governing dynamics of Consciousness.

To truly become an enlightened spiritual being and achieve spiritual freedom, you need to learn how to live in harmony with Natural Law. Contrary to what many New Age and religious leaders say, you cannot achieve spiritual freedom through wishful thinking or by relying on a messiah to do the work for you.

Why is that you may ask? Because only you have the “divine keys” to unlock your spiritual powers.

Your divine keys do not exist somewhere in the external world; rather they exist inside your spiritual body. To gain access to your divine keys, you need to prove to the Universe that you are responsible and know how to live in harmony with Natural Law.

Do you remember what I said in chapter 5 about the three Energy Forces of Creation inside each of us? The three Energy Forces of Creation are love, thought and consciousness, which are the spiritual powers that Creation used to create the Universe.

When you evolve to higher levels of consciousness, the strength of your love, thought and consciousness will increase exponentially. If you continue this path, eventually you will be able to become a true co-creator and have access to the true spiritual powers of Creation (the Prime Creator). To reach this enlightened state of being takes eons of experiencing life lessons and acquiring knowledge through learning.

With great powers comes great responsibility. If you are not a responsible being, Creation will not risk giving you access to the true power of love, thought and consciousness. Why? Because if Creation allows you access to their true power without teaching you how to be responsible and live in harmony with Natural Law, you could destroy planets,

stars or even the Universe.

Allowing an ignorant and irresponsible human being access to the true power of love, thought and consciousness is like giving a baby fire to play with in a mansion soaked in gasoline and rigged with explosives. Now that is pretty scary!

Besides helping you to achieve spiritual freedom, Natural Law also empowers you. It does this by teaching you that you are a true sovereign spiritual being and how to defend yourself against the Dark Forces using the Laws of Nature, which are binding, immutable and inescapable. Once you are able to ascend out of time and space, then you will be able to rise above the Laws of the Universe.

Natural Law is one of the core building blocks of the Universe. Without Natural Law, the Universe cannot exist and therefore it will not be possible for life to flourish. Scientists are well aware that the fundamental features of the Universe are built from the Laws of Nature, such as the Law of Gravity and the Laws of Thermodynamics. However, scientists often refer to these laws as scientific laws, because they do not want to admit that Creation created these laws.

Creation created the Laws of Nature to manage the dynamics of the Universe and to keep everything in balance. For these reasons, if you do not live in harmony with these laws, it causes distortions in the energy systems of your body, resulting in karma and health problems.

Because the Laws of Nature play such important roles for the evolution of the Universe and life forms, comprehending these laws and learning how to live in harmony with them are requirements for true spiritual freedom.

The importance of Natural Law is what our education and religious system have failed to teach us. Even most of the New Age supporters do not realize that comprehending Natural Law and living in harmony with it are requirements for spiritual freedom, which is why most New Age teachers do not teach Natural Law.

The Dark Forces are well aware of how powerful Natural Law is, which is why they have worked so hard to trick us into accepting and obeying their laws, which are canon law, admiralty law, maritime law, trust law, contract law and statutory law.

Many of the rules, orders, codes, statutes and regulations found in these unnatural laws are designed to destroy our sovereignty, freedom and free will. The good news is that these unnatural laws have no power over us once we realize that we have natural rights

and learn how to defend them.

## Secrets of the Western Legal System

Before I expose some shocking secrets of the Western legal system, I want to reveal some important information about the history of the USA that has been kept hidden from the American people. If you do not live in the USA, you should still pay attention to the information in this section, because the same legal system that has enslaved Americans is basically the same legal system that has enslaved most Western countries and some Eastern countries.

The information in this section is important for stopping the Dark Forces, because it exposes how the leaders of the New World Order (NWO) changed the laws of countries to benefit them and used their corrupt legal system to enslave the people of the world.

To learn how we can restore our freedom, we must learn how it was demolished in the first place. This means that we need to admit that there is a problem, so that we can become aware of its existence. Without knowing that the problem exists, it is impossible to think of a good solution to solve the problem. No matter how big a problem is, 99.9 percent of the time there is an effective solution for it. This is why we need to face our problems instead of running away from them.

Most Americans and the rest of the people of the world believe that the United States of America or the USA is a country. In reality, when we look at the USA from the perspective of the Western legal system, the term "United States" or "United States of America" refers to a corporation.

This is why when you see the term "United States" or "United States of America" on a government document or any document related to the government, it is almost always written in all capital letters (i.e., UNITED STATES, UNITED STATES OF AMERICA).

If you want proof that the United States is a corporation, look at line 15 and 15(A) in title 28 U.S. Code § 3002 and you should see this sentence, "'United States' means— (A) a Federal corporation."

When I say that the United States or the United States of America is a corporation, I am not referring to the landmass. What I am referring to is the corporation doing business as the UNITED STATES, which is located in the District of Columbia (Washington D.C.). This federal district is a 10 mile radius district that houses the federal corporation called the United States, Incorporated (UNITED STATES, INC.).

The United States, Incorporated is a separate district from the landmass called the continental United States, just like Vatican City is a sovereign country within Italy. One thing you need to know about Vatican City is that it makes its own laws and often does not follow the laws of Italy. When you hear people say “all roads lead to Rome,” there is some truth to this motto.

The United States, Incorporated is also known as the United States of America (Minor). As for the landmass, it is known as the continental United States or the United States of America (Major).

When the United States, Incorporated was first created, its main role was to act as a governmental services corporation for The United States of America (Major). The fraud to enslave the America people with debt really began when the International Banksters of the Federal Reserve bought the United States, Incorporated and took over its agencies around 1911.

The United States, Incorporated resides in Washington D.C. and is a foreign corporation. This is why it has a president and a vice president, just like Walmart and Target. Under Corporate Law, every corporation is required to have a president and a vice president.

The acronym “D.C.” in the term “Washington D.C.” stands for the District of Columbia, which is a district founded by a powerful masonic secret society called the Colombians. The Colombians also founded Columbia Broadcasting System (CBS), Columbia Pictures, and Columbia University.

One thing you should know about Columbia University is that it is located in New York. New York was founded by the York Rite, which is also another powerful masonic secret society. This is why this state is called New York, which means the new state of the York Rite.

Let us turn our attention back to the all capital legal name. If you know how the Western legal system works, you will know that whenever a name is written in all capital letters, it is the name of a corporation. This also includes your legal name, which can be found on your driver’s license and birth certificate.

Your legal name is not you because the real you is made of flesh and blood. What your legal name is used for is to identify you. Names are not living, breathing people, but instead are symbols of things.



Once you know the deeper meanings of your legal name, you will know that it is the name of a corporation that uses your face as its corporate logo. In other words, your legal name is a corporation, which is a legal fiction or an artificial person.

Another important thing you need to know is that the USA is under the rule of canon law and admiralty/maritime law, and therefore its court system and a large section of its government are controlled by the Crown Temple. Furthermore, the original USA is a republic, not a democracy.

The word “democracy” doesn’t appear in either the Declaration of Independence or the Constitution, the two most basic of our founding documents. However, Article IV, Section 4, guarantees “to every State in this Union a Republican Form of Government.” It’s also noteworthy that our pledge of allegiance doesn’t say, “the democracy for which it stands,” but rather says, “the republic for which it stands.” Nor do we sing “The Battle Hymn of the Democracy,” but rather, “The Battle Hymn of the Republic.”

The word democracy does not actually mean what we think it does. When we decipher the hidden meanings behind the word democracy, we will know that it means “mob rule.”

Etymologically, the word democracy comes from the Latin word *democratia*. When we split the word democracy into two words, we get “demo-crazy” or roughly “demos” and “crazy.” Demos means “common people” and crazy means “rule or government by.”

Another word for common people is mob. The word mob is the slang shortening of mobile or mobility, which means “common people or populace.” Mobile comes from the Latin word *mobile vulgus*, which means “fickle common people.” Based on these definitions, democracy means “mob rule” or “rule by mob.” Democracy is just another form of communism except that people have the privilege to vote. Their votes do not really mean anything because the candidates are chosen by the Controllers.

In a democracy, the natural person and any group of people composing any minority, have little or no protection against the unlimited power of the majority or the mob. In a republic, each natural person’s unalienable rights or natural rights are protected and cannot be taken away by the majority. The main purpose of this is to prevent the majority from violating the minority’s or any people’s natural rights.

A democracy favors the majority and therefore the majority always wins, even if it is not morally right. Just because the majority agrees on something does not make it morally right. On the other hand, a country built on republic principles favors the minority. For this reason, it does a better job of protecting individual rights.

Most of us do not understand the difference between a democracy and a republic, which is why it is not too hard for the Dark Forces to enslave us under their democratic government and corrupt legal system.

By now you should know that there are two versions of the USA. One represents the landmass and the other represents a corporation that resides in Washington D.C. You should also know that the U.S. court system and a large section of its government are controlled by the Crown Temple. This is why when you go to court, there is always a person there who represents the Crown.

The Crown Temple is a secret society that controls the Crown of England. What most of us do not know about the Crown Temple is that it is controlled by the Vatican. Once you know that the USA is heavily controlled by the Vatican and the Crown Temple, you will know that freedom in the USA is a joke. In other words, Americans have not truly freed themselves from the control of the Crown of England and the Crown Temple.

The Crown of England, the Crown Temple and the Vatican are heavily affiliated with certain secret societies or secretive groups, including but not limited to the Illuminati, the Jesuits, the Freemasons, the Skull & Bones, the Nazis and the Zionists. Together they are known as the New World Order (NWO).

The good news is that not everyone in these secretive organizations supports the dark agendas of the NWO. For example, the Freemasons have different factions with different agendas and not every faction wants to enslave humanity. As for the Illuminati, many of the low level members do not like what the high level members are doing to the human race.

Since the NWO controls most Western countries, it is not surprising that most of our political leaders are bought off by the International Banksters and the Vatican. In other words, the International Banksters and the leaders of the Vatican control most of the Western countries and some Eastern countries, especially countries that have strong ties with the USA and the UK.

This is why when the political leaders of these countries visit the Pope, many of them often kiss the ring of the Pope. Most people think this is just a tradition or to show respect. However, according to Jordan Maxwell, when leaders of a country kiss the ring of the Pope, it means that they acknowledge that they are servants of the Pope. In other words, many of our political leaders serve the Pope while at the same time pretending to serve us.

Most high-level officials of Western countries (i.e., kings, queens, presidents, religious leaders, prime ministers, high ranking military officers) are involved in secret societies or affiliated with them. Did you know that George Washington, one of the Founding Fathers of the USA, was a Freemason?

If you want proof that George Washington was a Freemason, visit the George Washington Masonic National Memorial in Alexandria, Virginia, USA. If that is too much work for you, then type in the keywords “george washington freemason” into search engines and do a quick search and you will find all the evidence you need to prove that George Washington was a Freemason.

Most, if not all, of the Founding Fathers of the USA were members of secret societies. The Founding Fathers had some good intentions, but many of them were loyal to the European royal family, the Crown Temple and the Vatican. This is why they distorted the original Constitution to benefit them and the organizations that they swore an oath to.

According to the Article of Confederation, the phrase “We the People” is defined to mean “We the Delegates.” In other words, the phrase “We the People” refers to the politicians and not the public. As a result, the Constitution for the United States of America was never written with the intention to truly protect or serve the American public.

Many of the Founding Fathers and the early leaders of the USA betrayed the people of the USA when they secretly rewrote the original Constitution. Since then, the U.S. Constitution has been edited many times to benefit corporations, the federal government and the leaders of the NWO, and to restrict the people’s freedom.

The politicians of the United States also wrote amendments to destroy the people’s sovereignty by tricking them to agree to be a citizen of the United States. The term “citizen” does not mean what we think it means. When the U.S. federal government refers to a U.S. citizen, it is often referring to a citizen of the United States, Incorporated (U.S., Inc.).

A citizen of the U.S., Inc. is subject to the “laws” of the U.S., Inc. In other words, a citizen of the U.S., Inc. is a slave and a “product” of the United States, Incorporated. On the other hand, if you are one of the people of the USA (the landmass), then it implies that you are sovereign, which means that in most cases you are not subject to the laws of the U.S., Inc. In simple terms, the people are superior to the government and the government is superior to the citizens.

So, when you hear people say that the United States is a free country, these people have no idea what they are talking about. Any country that is controlled by the NWO and the Vatican is not a free country. We may have more freedom than some countries, but the fact is that some third world countries are more free than we are. Do you need proof that you are a slave? One way to prove this is to look at your birth certificate.

In the USA, birth certificates are not really birth certificates but are securities that are traded in the stock market. In other words, the U.S. birth certificate is a bond that is used to represent each of us as a “product” or property of the U.S., Inc. The people who claim to own our birth certificates make millions of dollars by selling and trading them on the stock market. To these people we are a product, which is even worse than a slave.

The government agency of the United States that is responsible for turning our birth certificates into securities is the Depository Trust Company (DTC). The DTC securitizes our birth certificates by giving each of them a cusip number and then selling them to the Federal Reserve (Fed). The Fed then uses our birth certificates as collaterals for the national debt of the U.S., Inc.

Through this deception, the U.S. federal government and the corporations that control it can legally claim us as their property and everything that we produce is technically theirs until we claim our rights and learn how to dispute their legal claims. Since you now have a general idea of what it truly means to be a citizen of the United States, do you still think that you live in a free country?

The Constitution for the USA was ratified by the Founding Fathers in a way that tricked each state into believing that it was a lawful state. What this deception did was made each state that joined the union (USA) a legal entity of the Crown Temple.

This deceptive act by the Founding Fathers basically tricked the states into giving up their sovereignty. Many of the politicians back then also wrote many bills and acts to destroy our freedom and sovereignty. One of the acts that was designed to do those things was called the Reconstruction Act of 1867.

The Reconstruction Act created five military districts in the seceded states (with the exception of Tennessee, which ratified the 14th Amendment and was thus re-admitted to the Union.) The Reconstruction Acts of 1867 implemented regulations regarding voter registration; all freed individuals were allowed to vote along with white persons who took extended oaths.

Each district in the Union was now headed by a military official empowered to remove

and subsequently anoint state leaders/officials. All states were required to employ a military leader from the North (Marshall Law).

The Reconstruction Acts of 1867 did give all freed individuals the right to vote. However, it also puts the South and the rest of the USA under a less severe form of martial law. In other words, our votes do not really count as much as we may think and we are not living in a free country. The voting system of the United States is rigged, just like the casino and stock market.

Fast forward to today and we have a very corrupt legal system and government that only care about their survival, which is why the National Defense Authorization Act (NDAA) was created and signed into law by President Obama.

The NDAA basically gives the U.S. federal government and its agencies the legal right to spy on American citizens and detain them indefinitely without trial. The NDAA was such a threat to our freedom and liberty that it forced many patriots to take action, which is why some states are trying to nullify the NDAA.

Since most of the 50 states were tricked into giving up their sovereignty to the NWO and the Vatican, each state has the right to break away from the union (USA) and become its own sovereign country whenever it wants to, especially when its sovereignty is threatened.

The politicians who are supporting bills and laws that are designed to destroy our freedom are basically committing treason. Their treasonous acts make them enemies of the Republic for the United States of America. However, they are allies of the U.S., Inc.

Do you realize now why we cannot rely solely on our so-called "authorities" to save us and restore our freedom? Our authorities (i.e., political leaders) are bought off by private corporations and therefore their allegiance is to these corporations.

We are now living in a time similar to the time of the American Civil War and Revolutionary War. The same malicious groups of people who engineered those wars are the same groups of people who are trying to destroy our freedom and start World War 3.

The main difference between the groups back then and the groups of today is that the groups of today are the new generations of the NWO. When we look at the big picture, history is basically repeating itself. The question is, will we make the same mistakes as our ancestors?

The perpetrators of the USA are not your neighbors or the people of foreign countries. They are the malicious factions of the NWO and the politicians who committed treason by allowing these controlling factions to unlawfully take over our government without our consent.

To prevent the NWO from destroying our future, we need to unite instead of fighting one another and stop consenting to be properties of the government. As long as we, the people, are united toward a peaceful goal and stop supporting tyrannical governments, the leaders of the NWO have little chance of successfully enslaving the human race under their one world government.

If you want to learn more about Natural Law, trust law, common law, contract law, canon law, and admiralty/maritime law and how to use these laws to defend your rights, I recommend using search engines to search for information published by Santos Bonacci, Dean Clifford and Kate of Gaia, and study their works. These brave and courageous individuals also have many video presentations on YouTube.com.

To learn how to use Nature's energy forces and laws to empower you, you need to realize that real power comes from the energy of the people and not the government or corporation. Like any corporation, the government cannot exist without the people's energy to nourish it. Without our energy and support, the government has no real power, just like how a company cannot survive without us buying its products.

The fact that the government gets its power from us means that when the government gets out of control and becomes tyrannical, it is often because of our support and irresponsible actions. In other words, we are perpetuating the problem. The good news is that we can be part of the solution by being more responsible people and not consenting to be properties of the government.

Another important thing you need to know before you can effectively use the Laws of Nature and the Energy Forces of Nature to empower you is to become aware of the methods that secret societies are using to disempower and enslave you. By becoming aware of these methods, you can then observe and study them. This process will help you gain the knowledge needed to find ways to stop secret societies from weakening your spiritual powers.

If you do not learn how to do this, you will be vulnerable to the methods and technologies that they like to use to lower your frequency. The lower your frequency is, the harder it is for you to use your spiritual powers (i.e., love, thought, consciousness).

One of the most effective methods that the government and secret societies use to weaken your spiritual powers is through the process of tricking you to consent to their contracts. Another one is by using fear to scare you into thinking that you are weak and powerless.

A very important thing you need to know about the government in the USA and the government in many Western countries is that they are corporations. According to Black's Law Dictionary 6th Edition, a corporation is "an artificial person or legal entity created by or under the authority of the laws of a state."

Because government agencies are corporations, they are fictitious entities that do not have any natural rights and power. Their main source of power comes from feeding on the energy of the people.

If you live in the Western world, you need to know that your government treats the people of your country as corporations. As for the people in the Eastern world, many of their governments also treat them as corporations.

The process that allows your government to legally claim you as a corporation involves creating a fictional version of you, which is the name written in all capital letters, and then tricking you to agree to be that artificial person. This name in all capital letters was created shortly after you were born and was recorded on a bond. This bond that represents the date of your birth is known as your birth certificate.

According to Black's Law Dictionary 6th Edition, a bond is "a certificate or evidence of a debt on which the issuing company or governmental body promises to pay the bondholders a specified amount of interest for a specified length of time, and to repay the loan on the expiration date." What most of us do not know is that our birth certificates, which are not the same as our certificates of live birth, are bonds of debt slavery.

All birth certificates created in the USA are converted into public trusts. The purpose of this is to securitize them so that they can be sold for profit. The birth certificate actually has nothing to do with people other than the share of profits generated by this certificate.

These profit shares are delivered by way of coupon bonds or payment vouchers and are issued to us as monthly statements. In simpler terms, these coupon bonds are known as bills (i.e., electricity bill, water bill). These bills are not actually true bills but are statements.

You may receive a monthly statement from a Mortgage Company, Loan Company or

Utility Company, which usually has already been paid by the TRUST. Almost all of these corporate businesses double dip and hope that you have been conditioned well enough by their credit scams, to pay them a second time. Instead of paying that statement next time, sign it approved and mail it back to them. If they then contact you about payment, ask them to send you a TRUE BILL instead of a statement and you will be glad to pay it.

A statement documents what was due and paid, whereas a TRUE BILL represents only what is due. Banks and Utility Companies have direct access into these Cesta Que Trusts and all they needed was your name, social security number and signature.

To connect the dots, the commerce process that Judge Dale talks about in the block quotation above works like profit sharing. But instead of sharing the profit that the U.S. government makes through the Cestui Que Trusts, the U.S. government, the banks and the utility companies trick us into paying bills that have already been paid. The purpose of this is to steal our money at least twice every month. What a bunch of crooks!

If you want proof that your birth certificate is a bond, hire a stock broker or find someone who knows how to convert the numbers and letters on your birth certificate into its cusip number. Once you get the cusip number for your birth certificate, you can use it to find how much your birth certificate is worth on the stock market. Your social security card also works similar to this. The hidden agenda behind the birth certificate is to energetically bind your body and soul to corporations, so that they can legally claim you as a “product” to be sold for profit.

Once you know the dirty secrets of the birth certificate, you should know that we are being treated as properties of the government. This is why the government can legally sell our birth certificates on the stock market and use the billions of dollars of profit that it makes through this process to finance its agencies.

Because the government sees us as corporations and claims us as their properties, according to the government, we do not have any natural rights, only privileges. The good news is that we can stop the government from destroying our spiritual freedom by taking actions to show the agencies of the government that we are not their properties or corporations, but are sovereign human beings with a body and a soul.

By taking actions to show them that we are sovereign human beings with a soul, we are telling the agencies of the government that we are not their properties but are sovereign spiritual beings. This is one of the first steps to take back our spiritual powers and sovereignty.



It is very important for you to know that the legal name on your birth certificate is actually not the real you, because the real you is made of flesh and blood. Instead, the legal name is used to represent the corporate you (the fictional version of you), which is why it is written in all capital letters.

The main reason why the Controllers, the people who pull the strings of politicians, want you to have a legal name is because they know that they cannot own the real you. This is why they cleverly created a fictitious version of you and then trick you to consent to be that fictitious character (legal name).

When you look at this process from a higher perspective, it is pretty much a game; therefore, if you agree to be that legal name, you fall under the jurisdiction of the game called the legal system. This means that you have to play under their rules. However, you can stop playing their “game” anytime you want by not agreeing to be that legal name. You can do this by removing your consent!

Without your consent, Natural Law forbids them from forcing you to play their game. If they force you to play their game without your consent, they are in violation of your free will. As a result, they will have to face the consequences of violating your free will.

The Controllers and their masters, which are the negative thought form entities or what people often refer to as demons, are well aware of the severe consequences of violating the Law of Free Will. This is why they have to trick you into agreeing to play their game. Are you starting to see the big picture of how the game works?

These demons and their NWO have no power over you when you learn how to use Natural Law to empower you. When you learn how to do this, it is like having your own superpowers! To be more specific, it is like being in a superhero movie where you can harness the elements and the forces of Nature as powers to protect the people from evil. Now, that is cool as heck!

It is important to know that the corporate you (your legal name) is legally owned by the Controllers, and therefore everything that you create or buy under that corporate you is legally the property of their government. This means that whenever you purchase a product that involves using the name in all capital letters, that product legally belongs to the Controllers and their government.

This is why the government can legally take your home or child, because according to its laws, you have agreed to be a corporation through ignorance and silence, also known as implied consent. For these reasons, the government can legally claim you as its property.

The good news is that if you learn how to use Natural Law along with trust law, contract law and common law to dispute the unlawful activities of the government, it cannot lawfully take your property or lawfully force you to obey its laws.

Here are two great court cases that explain why no corporation, including the government or the church, has jurisdiction over the common people who are sovereign.

“The law subscribes to the king (in America, the people) the attribute of sovereignty; he is sovereign and independent within his own Dominion; and owes no kind of subjection to any other potentate upon earth. Hence, it is, that no suit or action can be brought against the king, even in civil matters, because no court can have jurisdiction over him; for all jurisdiction implies supremacy of power.” Chisholm vs. Georgia, 2 Dall. 419,458.

“The people, or the Sovereign are not bound by general words in statutes, restrictive of prerogative rights, titles or interests, unless expressly named. Acts of limitation do not bind at the King, nor the people. The people have been ceded all the rights of the king, the former Sovereign. It is a maxim of the common-law that when an act of parliament is made for the public good, the advancement of religion and Justice, and to prevent injury and wrong, the king shall be bound by such an act, though not named; but when a statute is General, and any prerogative rights, titles or interests would be divested or taken from the king (or the people) in such case he shall not be bound.” The People vs. Herkimer, 15 American Decisions 379, 4 Cowen (NY 345, 348 (1825)).

One of the “forbidden” truths of the legal system in the USA that they do not want you to know is the fact that there are currently no judicial courts in the USA.

“There are NO Judicial Courts in America and have not been since 1789. Judges do not enforce Statutes and Codes. Executive Administrators enforce Statutes and Codes.”  
FRC v. GE 281 US 464 Keller v. PE 261 US 428, 1 Stat 138-178

If you go to court and a judge tells you that he or she is the judge of the law, just say “I object!” And then read the content in the block quotation above out loud to the judge. United States judges are not really judges. Instead, they are public servants pretending to be executive administrators!

Because United States judges like to pretend to be executive administrators, they are basically actors. This is why it is wise to send the clerk a letter to establish the roles in the court before showing up to defend yourself in a civil court case. If you have not sent a letter to the court to tell the judge the role you will be playing, one of the first things you

need to do when you are in the courtroom is to tell the judge your role.

Even if you did send the letter ahead of the court date, you still need to make sure the judge knows which role you are playing before the judge asks you the name question. For example, are you JOHN DOE? The reason why you want to establish the roles first is because courts in the USA (this also applies to courts in most other Western countries) are all based on presumption. In other words, it is a game. This is why it is called a “court-room.”

What do people do in a court? They play games. For example, when a group of people wants to play basketball, volleyball, or tennis, where do they go to play it? They go to the appropriate court (i.e., basketball court). They did not name the place where people go to trial the court or the courtroom by accident. Other clues that tell us that U.S. courts are “game arenas” are the titles of their laws.

Most of the laws of the U.S. legal system are called acts and statutes.

What is an act? As a noun, the word act is defined as “one of the main divisions of a play or opera.” As a verb, it is defined as “to perform as an actor.” The so-called “authorities” in courtrooms are actors who are acting in a play. Whether they realize it or not, they are still just actors playing a game to con you. Even though it is just a game, it is a very serious game because you could end up going to jail.

The court has to operate as a game, because it is dealing with fictional things. When you get a summons letter from the court, the court is not summoning you, the body made of flesh and blood. Instead, it is summoning the artificial person, which is the legal name that is used by the government to identify you.

This artificial person (corporation) is a fictitious entity, just like the government. Even though it is a fictitious entity, if you agree to act in the capacity of the legal name, you are basically telling the court that you want to be in the play called the legal system. Do you understand now why most Western court systems are all based on presumption when they are dealing with the government and the legal name?

As a defendant, when you walk into the courtroom, you are about to play their game called the legal system; therefore, the judge presumes, based on the information given to him by the Crown, that you are playing the role of the trustee or public servant, which is the role of the slave. To trick you to consent to be the public servant or trustee, the judge will ask you if you are the legal name (i.e., JOHN DOE), which is the name on your driver’s license, birth certificate, etc.

If you answer yes to being that legal name, you just agree to be a legal fiction or an artificial person, which is a corporation. A corporation is a “corpse” or a “dead entity.” If you look at the word corporation closely, you can almost see the word corpse in it. This is no accident. They like to do this to put it right in your face because they think you are too stupid to figure it out.

In legal terms, a corporation is an artificial person. If you want proof of this, look at Black’s Law Dictionary 6th Edition for the legal term corporation and you should see this definition, “An artificial person or legal entity created by or under the authority of the laws of a state.” After you agree to be an artificial person (corporation), it puts you under their jurisdiction. This means that you have to play under their rules. As a result, it is pretty much game over. Why do you think most people do not win court cases?

Instead of agreeing to be that artificial person (legal name), you may want to tell the judge that you are the administrator or beneficiary of that legal name. By doing this, you are not agreeing to be that legal name, but instead are agreeing to be an agent of that legal name.

For a great video that shows how to take control of the legal name without playing the role of the trustee (slave), watch this YouTube video. If the link does not work, just do a quick search on YouTube.com using these keywords “freeman court judge bows sovereign.”

In the previous video, Keith (the defendant) uses the power of Natural Law along with trust law and common law to put the judge in “checkmate.” The judge was so afraid of Keith that the judge called for a recess and then bowed before leaving the courtroom.

After watching the video, did you notice how the judge tried to trick Keith into accepting to be the legal name Keith Thompson? If he would have said yes to being Keith Thompson, it would have been game over. Instead of agreeing to be that legal name, Keith said to the judge that he was the administrator of that account. The account he was referring to was the legal name Keith Thompson.

After Keith claims to be the administrator, he becomes the master and the judge becomes the public servant, which is the slave. This is why the judge bows to his master (Keith) before the judge (slave) leaves the courtroom.

If you want to learn how to effectively defend yourself against the corrupt Western court system, you need to study Natural Law, trust law, contract law, common law, canon law

and admiralty/maritime law. You do not need to know everything about these laws, but you do need to know enough so that you feel comfortable defending your natural rights.

Once you gain enough knowledge of these laws and learn how to use them to defend your natural rights, judges and attorneys will run away from you like scared little children being chased by hundreds of angry bees. A great place to start to learn about these laws is to go to YouTube.com and do a search for Dean Clifford.

The Western legal system is all based on deception, trickery and word magic designed to trick us to give up some of the power of our free will and natural rights. This legal system is rigged and controlled by a bunch of criminals, so it is best to stay out of court whenever possible.

At the deepest level, this con game created by the Dark Forces is a very sick and evil game. The purpose of this game is to trick us to give up our spiritual energies to the Dark Forces. This is why before they can summon us to go to court, we need to be charged first.

Here is an excerpt from my fourth seminar about how words are used to trick us to give up some of the power of our free will and spiritual energies. This seminar, which can be downloaded for free, is titled Word Magic and the Power of Words.

As human beings, we are being used as batteries. This is why before we go to court, we have to be charged first. At the court hearing, the judge will read the charges and then charge them off after a verdict or judgment is made. This process is called a hearing because when you are charged with something and summoned to go to court, you are called the defendant or “deaf-end-ant,” which is the “deaf” person who is “a ward of the court” and is about to meet his “end” by the judge.

The phrase “a ward of the court” is an incompetent person or a person who is unable to care for himself, so the court must assume responsibility for his well-being. This is how the court sees you as, a deaf and ignorant child who does not know the definition of words. This is why a short meeting in a courtroom is called a hearing.

The court hearing is done to test your hearing and understanding of words. If you (the defendant/deaf-end-ant) agree to the charges, you are basically swearing an oath to give up some of your energy to the judge, because the word ant means “oath, vow, pledge” in Turkish. The judge has also sworn an oath, but his oath is to the god Saturn. During the ancient times, Saturn was associated with the god of law and justice.

Today, many secret societies still worship Saturn as the god of law and justice.

According to Jordan Maxwell, the symbol that was used in the religious context for Saturn was the square and its symbolic color was black. This is why judges wear a black robe. Saturn was also known as the Lord of the Ring. When people get married today, they use the ring as a symbol for their marriage. What they do not realize is that the ring symbolizes the god Saturn.

... Let us go back to the court hearing process. After the judgment is made, if there is a fine or fee included in the judgment, the defendant will be ordered to pay the fine with currency. The covert meaning of the word currency has to do with the flow of energy. This is why the stored energy in a battery is called electric current or the currency of electricity.

The word currency originated from the Latin word *currens*, the present participle of *currere*, which means “to run.” Now, why would they base the word currency on a Latin word that does not have much to do with paper money or coin? Because it is not really about the paper money or coin. Instead, it is about energy! To find out why currency is related to energy, you need to find the deeper meanings of the word currency. To do this, you need to use phonetics and separate the word currency into two words. When spoken out loud, the word currency sounds similar to “currentsea.”

What does a current do in a river? It flows to the sea! What are the things that cause the current to flow? The forces of nature (i.e., gravity) and the elevation of the land. Dictionary.com defines current as “something that flows, as a stream.”

The flowing movement of currents is what causes the freshwater in the river to flow to the sea. Once the freshwater is in the sea, it is now part of the “current-sea,” or the “current of the sea.” The word currency also sounds similar to “current-chi.” In Chinese, the word *chi* means “natural energy,” “life force,” or “energy flow.” Based on these definitions, currency means the “flow of energy.” When you really think about it, currency is a medium for exchanging energy.

When you go to work at a company, the company often pays you hourly. Every hour is recorded to make sure that you are paid for investing your time and energy into the company. After you have worked for a certain amount of time, you are given a weekly or biweekly paycheck, usually on Friday.

Once you take your paycheck to the bank to cash it for currency, the currency now represents your time and energy. One important thing you need to know about the words bank and currency is that they are related to the word river. What does a river have on its

two sides to prevent water from flowing out of it? Riverbanks! Banks are like rivers because they regulate currency. In other words, they regulate the flow of energy, just like how riverbanks regulate the flow of the energy of water. They did not combine the word river and the word banks to make the word riverbanks by accident.

Currency is what the Controllers of the New World Order (NWO) like to use to secretly steal your time and energy. Some of their favorite methods to use to steal your energy using currency are the tax system, the legal system, and inflation (a hidden tax on the public).

The purpose for tricking you to give up your energy is so that they can give it to their demonic masters (the Dark Forces). Their demonic masters have been cut off from the Eternal Life Current of the Prime Creator, and therefore they need to feed on the energy of humanity to survive. This is why the Dark Forces like to order their minions (the Controllers) to engineer wars. Wars create a lot of fear energy for the Dark Forces to feed on.

When you really think about it, the demons of the Dark Forces are “energy vampires.” This is where the idea of vampires comes from. The demons of the Dark Forces are “energy vampires,” because they feed on the energy of humanity to survive, and they need your permission before they can do anything to you.

The game to trick us to give up our natural rights only exists because we keep agreeing to be a part of it and we are too divided as a civilization. When the people unite and come together to achieve a common goal in a non-violent manner, no government can stop them from creating real positive changes.

The Controllers who control most corporations are well aware of this, which is why they like to engineer events and wars to divide and conquer us. Unfortunately, they are speeding up their diabolical plans because enough people are starting to wake up. This is why we need to take actions to unite the human race as fast as possible, so that the Controllers cannot divide and conquer us.

Remember, you are not a slave but a sovereign man or woman with a soul. Your soul is actually who you truly are. As for your body, it is the biological entity used for housing you (the soul), allowing you to experience life in the material realm.

Because your body is the house for you (the soul) to live in, it is your property. This property or your body cannot be lawfully taken away, but you can give it away by using the power of your free will, so be careful what you wish for. Once you know who you are

and your natural rights, the Dark Forces have no power over you.

When the Prime Creator created you, It gave you natural rights. Your natural rights are above all corporate or state rules, orders, codes, statutes and regulations. The Controllers and their judges are well aware of how powerful your natural rights are, which is why they try to trick you to consent to be a legal person, which is an artificial person (corporation).

Since you now know how the Western legal system works and how the Controllers trick you to agree to be an artificial person to enslave you, let us turn our attention back to the power of love, the power of thought and the power of consciousness.

In chapter 4, I wrote that love, thought and consciousness have one thing in common; the power to create! Because you have these spiritual powers inside you, you have the power to become a creator, just like the Prime Creator. Once you realize this, you will know that you already have all the powers you need to achieve spiritual freedom.

So, stop relying on a messiah or some deity to save you. All this is doing is telling the Universe that you are still a baby and needs someone to govern you. As long as we, the human race, keep acting like babies, the Dark Forces will always be attracted to our planet and will keep trying to control us.

To learn how to stop being like a baby, go back and study the information in the previous chapters until you understand it at a deep level.

Chapter 1 has information about the Laws of the Universe, so if you want to learn how to use the Laws of Nature to empower you and protect you from the Dark Forces, go back and read that chapter.

Chapter 2 through chapter 7 also have a lot of important information, so it would be wise to study those chapters too. The information in this book is designed to help expand your consciousness. As your consciousness expands, the information in this book will make more sense and become more empowering.

Spiritual freedom does not come easy in our version of reality, but if you learn how to use the Energy Forces of Nature and the Laws of Nature to empower you, the Dark Forces have no power over you. This is because every being in the Universe, including the demons of the Dark Forces, is bound to the Laws of the Universe.

If the demons, the negative thought form entities who are the masters of the Controllers, do not play by the rules, they will be “spanked” by the Justice System of the Universe!



Anyone who violates the rules will have to face the Justice System of the Universe too. Like they say, “karma is a bitch!”

The incredible superpowers of the Energy Forces of Nature and the Laws of Nature are why I invested so much time explaining to you how these spiritual powers work. By learning how they work and using them wisely, they will help you to become a light warrior, a spiritual being with great vitality, courage, integrity, virtue and wisdom!

Once you know who you are and the rules of the game, then there is no need to be afraid of the Dark Forces anymore. However, be aware that the Dark Forces are master magicians, and thus they will do their best to trick you to give up your freedom, sovereignty and spiritual powers to them.

### The Legal System, the Power of Words, and Magic Spells

Words are not just elements of speech or writing, because they can be used to strengthen the effects of magic. When spoken out loud, words transform into frequencies and vibrations that can be used to direct energy. This is one of the first steps to creating real magic, which can be used for good or evil purposes.

Most people will laugh at the idea of magic being real, but if only they knew what magic really is and how magic is being used to control them, they would not be laughing. The world is dominated by magic. Until you train your eyes to see how magic is used to control you, you will never know how the world really works.

The Controllers who pull the strings of politicians are well aware of how magic works and the power of words. They actually practice the art of magic, which is why they are sometimes referred to as the Dark Magicians. If you know the basics of how magic works, you should know that the legal system is saturated with magic spells and word tricks.

For example, the seals they put on legal documents are actually sigils, which are magic seals. The letters of the English alphabet are also sigils. The art of using letters to create magic effects is not limited to the English language. This process of using magic to control people is used in every country and is the most effective tool for enslaving the human race.

What is the definition of magic? The word magic comes from Old French *magique*, Latin *magicus*, and Greek *magikos*. One of the earliest definitions of magic is the “art of influencing events and producing marvels using hidden natural forces.”<sup>7</sup> In simpler term,

it is the art of using natural forces to direct and control energy to produce a desired effect.

Magic has a strong relationship with magnetic and electrical energy. Did you notice that the word magnetic has the word magic in it? Take out “net” in “magnet-ic” and you are left with the word magic.

The most powerful thing in the Universe is energy. If you learn how to control and direct this energy, you will become one of the most powerful people on Earth. Why do you think the Controllers (the Dark Magicians) are so obsessed with magic and energy?

The art of magic is often practiced along with certain words, sacred geometries, and sacred rituals. The types of words that are used in magic rituals are the words that produce powerful sound tones when spoken out loud. These sound tones have powerful vibrational patterns, which are used to direct energy and harness its power.

Sound is able to direct energy because it contains certain frequency patterns that attract energy to flow in a controllable manner. Furthermore, sound is one of the natural forces used by Nature to create crystalline structures and sacred geometries, which are some of the building blocks of matter.

If you have studied cymatics, you should know that sound has the ability to change matter into sacred geometry. Cymatics is the study of sound and vibration made visible. A popular method to achieve this is to put sand on the surface of a metal plate and charging it with sound. Once the sound reaches certain frequencies, the sand particles will group together in a way that forms sacred geometries.

Once you know how words along with sound can be used to direct energy to produce magic effects, you will know that words can be as powerful or even more powerful than swords. When you move the letter “s” in “words” to the front, you get “sword.” This did not occur by accident.

Nearly all words in the English language are carefully designed and put together in a way that produces magic effects, so that the creators (the Dark Magicians) of these words can trick you to play their con game. One of their favorite words to use to trick you is the word contract.

When you separate the word contract in half, you get “con-tract.” As a verb, the word con is defined as “to swindle or trick.” As a noun, the word tract is defined as “a brief treatise or pamphlet for general distribution.” Based on these two definitions, when you put the words con and tract together, you get a “deceptive treatise” or a “treatise of trickery.”

When you sign a contract with a corporation or the government, you are agreeing to a fraudulent and deceptive treatise. In other words, you are being conned. The good news is that pretty much all contracts you made with corporations and government agencies are fraudulent since they do not come with full disclosure.

The process of hiding the deeper meanings of a word using wordplay is sometimes referred to as word magic. Word magic is an effective technique to use for manipulating your mind. However, if you learn how to find the deeper meanings of a word, it cannot deceive you as much.

To find the deeper meanings of a word, you need to look below its surface, dissect its layers, and look at it from many different angles. This means that you may need to use an etymology dictionary to find the origins of the word, and split and rearrange the word using the art of anagram.

Once you find the origins of a word, dissect its layers, and look at it from many different angles, the true intent and meanings of the word magically become noticeable inside your mind. So, next time you look up a definition of a word, do not only look at it at face value, but also look at its origins, prefix, and suffix.

A word that you may want to know its deeper meanings is baptism. When you look at the word baptism carefully and study its definitions to see what other words are associated with it, you should eventually come to the conclusion that baptism is a dark magic spell!

When someone is baptized, that person is considered to have entered into a covenant with the Lord. When you break down the word covenant, you get “coven-ant.” The word coven means “an assembly of witches, especially a group of thirteen.” The suffix definition of ant is “causing or performing an action or existing in a certain condition.” In Turkish, ant means “oath, vow, pledge.”

Once you know the relationship between the word baptism and covenant, you will know that when a person is baptized, that person has sworn an oath or made a contract with a coven, which is a group of witches (male or female). The group of witches who controls all the churches of the world are the Dark Magicians! The process of baptism actually promises the participant’s body, mind and soul to the coven of a church.

Baptism is nothing more than a dark magic spell to trick parents to give up their baby’s body, mind and soul to the Dark Magicians and their demonic masters. Since you now know the real reason behind baptism, you might want to not baptize your baby. Even

better, just stay away from all churches because they are all controlled by the Dark Forces, especially the Roman Catholic Church.

By now you should know how powerful words are. When you speak words, you are casting your thoughts and vibrations into Earth's magnetic field or magic field, which is the energy field that creates the reality of Earth. If you are not careful and say certain words together, you can actually cast a spell without even being aware of it. Have you ever wondered why one of the first things they teach you to do in school is how to spell?

When you go to school as a little kid, you are taught the alphabet, which is made of letters that are designed using sacred geometry. These letters are ideograms which are written symbols that represent ideas. For this reason, the letters of the alphabet are very effective for transferring ideas.

One very important thing you need to know about the letters of the alphabet and all written symbols is that they are created into existence from the egg (the dot) and the serpent (the line). The egg and the serpent are important symbols in the religion of secret society.

After learning the alphabet, you are taught how to spell by combining certain letters of the alphabet into words. This is to prepare you for the day you can cast magic spells through the use of spelling! Did you notice that the term magic spell and the word spelling have the word spell in them? This is not an accident. It is right in your face! The hidden intent of spelling is to cast magic spells.

Most people are too ignorant (lacking in knowledge) when it comes to occult knowledge, so they have no idea what they are actually doing when they yell harsh words at one another using swear words or curse words. They did not call them curse words for no reason. Are you starting to see the connection?

Why do you think most parents tell their kids to stop cursing when they swear too much? Even at a subconscious level, we intuitively know that it is not good to use curse words too much. Maybe next time we should listen to our intuition and do some research to find out why we feel that way.

The main reason why they teach you how to spell words correctly is to make sure that each letter or geometry is arranged the same way every time you write something. This will help strengthen the magic effects of certain words.

After learning how to spell words correctly, you are taught to cast those spellings into

sentences and phrases without teaching you about their magic effects. The purpose of this is to prevent you from knowing the true intention of language, so that the Dark Magicians can control your mind using magic spells. Their magic spells cannot control 100 percent of your mind, but they do affect your mind more than you may realize, just like how subliminal messages can affect your subconscious to a large degree.

One of the most effective ways to protect your mind from magic spells is to become aware of them and how they are being used to control you. For example, when a magician does a magic trick, the magician can fool you into believing that the trick is real. But once you figure out how the trick is done, you can no longer be fooled because you know it is an illusion. In other words, you have become aware of the trick and it cannot deceive you anymore.

The process of using magic tricks to deceive people is similar to how the Dark Magicians are using real magic spells to manipulate your mind. Once you realize that magic is real and become aware of how the Dark Magicians are using magic spells to control you, then their magic spells lose their effects. Increasing your frequency is also a great way to protect yourself from magic spells.

Your awareness is one of the most powerful spiritual powers that you have. Learn how to use it wisely and the Dark Magicians will not be able to control you. To learn how to use the power of your awareness wisely, you need to learn the right knowledge. With the right knowledge, you can increase and strengthen your awareness. For more information on how to strengthen your awareness, refer to chapter 7.

Since you now know how magic affects you, next time you make a wish using words or yell at someone using curse words, you may want to think twice before saying those words. Like people say, “be careful what you wish for.”

Remember, you have the power of love, thought and consciousness inside you. These are the same powers that Creation (the Prime Creator) used to create the Universe! Learn how to use these spiritual powers wisely and the Dark Forces will not be able to manipulate your mind with magic spells and trick you to give up your freedom, sovereignty and natural rights.

## A PERSONAL MESSAGE FROM THE AUTHOR

If you have read this far, I congratulate you for having the courage to explore the unknown and seek the truth. To be able to rise above the controlling mainstream media and conventional ways of thinking takes tremendous mental strength, emotional power,

dedication, courage and personal responsibility.

A lot of the information in this book is not new to you. It is information that you have forgotten when you departed from Creation and incarnated here on Earth. My role in this “illusionary” drama is to help you remember who you are so that you can start remembering why you decided to incarnate on Earth during this special time in the Milky Way galaxy.

If you want to remember who you are and why you are here, you need to start looking within yourself for answers and contemplating your thoughts. You also need to meditate and do research to help trigger memories that you have forgotten. Everything you need to accomplish your tasks in life is already inside you.

If you are reading this message, I can safely assume that you have read most of this book or at least a chapter of it. If you have done this, you are already in the process of awakening.

The material in this book is not your average material because it will cause an expansion of your consciousness, stimulating the process of removing the blindfold that has been put over your eyes since childhood. As this happens, you will go through a grieving process and start seeing the world from a whole different perspective.

During the grieving process, you should observe your emotions, try to understand them and move on as quickly as you can without letting them consume you. The sooner you reach the acceptance stage of grief, the sooner you will feel better.

Once you become more awake, you will start to feel like you are living in two worlds. In one world, you will feel like you are living with sleepers, the human beings who have little or no clue that their freedom, sovereignty and humanity are being stripped away. In the other world, you may feel very lonely because you may not know for sure if anyone close to you is awake.

Do not let this feeling of isolation scare you because there are millions of us who are awake and aware. Through the Law of Attraction, you will find the awakened ones. All you have to do is be specific about what you want and watch for the signs from the Universe, and then take proper actions.

Whether you choose to stay asleep or not is up to you, but be aware that staying asleep is not going to save you or ease the drama that is unfolding quickly here on Earth. In fact, it will make it worse. What you need to do is become aware of the situation and prepare

yourself for it. As long as you are aware and prepared, you should have a great chance of surviving this drama with little harm, but you must act now because there is no more time to waste.

When you start understanding what is truly happening on planet Earth, you may start to feel that there is no hope for the human race because the Dark Forces seem to be too strong. Do not let the Dark Forces intimidate you.

In truth, darkness will always surrender to light. Darkness is a state of randomness and chaos. When light comes in contact with darkness, it gives order to that chaos, causing it to structuralize. This process pushes the darkness away, showing that light is more powerful than darkness.

Because the Controllers and the negative ETs worship the dark side, eventually they will lose the battle and return to space dust, unless they can switch to the light side before it is too late.

The Dark Forces are only succeeding because humanity believes it is powerless. Each one of you is precious beyond imagination. Your children or future children are also very precious. Many of the children being born during this special cycle are becoming more intuitive and psychic. Because of this, you need to cherish their abilities and not punish them for being special. You also need to feed them healthy food and protect them from certain dangerous pharmaceutical drugs and harmful synthetic chemicals.

Being more intuitive and psychic are two things that the Controllers of the Dark Forces do not want us to become. If we become more intuitive and psychic, the Controllers would have a very hard time controlling us.

Another thing that the Dark Forces do not want you to know is the binding powers of contracts. The Controllers of the Dark Forces know that they cannot own the real you, because the real you is made of flesh and blood and spiritual energy. To overcome this problem, they need to trick you to consent to be a corporation or an artificial person, which is the legal name. This legal name is a forgery of your real name and is usually written in all capital letters.

Because your corporate name is considered an artificial person, that corporate version of you has no natural rights, only privileges. Once you comprehend how contracts truly work, you should know that to achieve true spiritual freedom, you need to stop making contracts with the Dark Forces, and learn how to take back your natural rights by voiding contracts that are fraudulent and deceptive.

Remember, you are not a slave but an intelligent spiritual being who has the potential to become an angel and even a god. Do not ever let anyone make you think that you are weak and powerless.

It is time to wake up and remember your duty so that you can play your role in helping free humanity. Once humanity is free, it will be easier for you to find peace, happiness and success, because the Dark Forces will not be standing in your way. Be strong, and may you be protected on your journey to enlightenment.

"Chapter 1 has information about the Laws of the Universe, so if you want to learn how to use the Laws of Nature to empower you and protect you from the Dark Forces, go back and read that chapter.

"Chapter 2 through chapter 7 also have a lot of important information, so it would be wise to study those chapters too. The information in this book is designed to help expand your consciousness. As your consciousness expands, the information in this book will make more sense and become more empowering."

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About the Author

Pao L. Chang is the author, editor and founder of OmniThought.org and EnergyFanatics.com, (now non-existent as far as known - G.) two comprehensive blogs dedicated to educating people about energy mechanics, wellness, conscious living, spiritual science and Natural Law.

He loves to explore the mystery of alternative medicine, the science of consciousness, quantum mechanics, multidimensional physics, sacred geometry and the ways that energy affects the physical, mental, emotional and spiritual body.

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