

August 20, 2016 - Pre-Recorded World Satsanga for The Kevin Moore Show

Transcript of Pre-Recorded World Satsanga by Guy Steven Needler:

“Welcome to this World Satsanga transmitted in conjunction with The Moore Show on the 20th of August 2016. And this is the second pre-recorded World Satsanga, which is being transmitted as part of a joint venture with Kevin Moore of The Moore Show. I spoke to Kevin recently about the first transmission, and he apologizes for its late delivery onto his website. But he’s actually moving out of the U.K. and positioning himself in Holland somewhere. So he apologizes for that and says he’ll be on the case fairly soon.

So let me just look at the agenda for this particular Satsanga. The first part of it is recognizing why we are slipping down the frequencies. And it’s interesting that I’ve also felt the need to communicate with that, and the Source also felt the need to communicate with that on my [“The Greater Reality”] Newsletter recently. And it seems to be something, which is becoming more and more of an issue, certainly with people who are also feeling the difference between themselves now and how they felt a few months and even a few years ago, as the Earth is moving down the frequencies, and we are being affected by it. Or should I say we are moving down the frequencies and the Earth is being affected by it.

And then I’ve got a number of different questions done by some of the previous live interactions with the World Satsanga, and to do with various other different subjects. So I’ll try and go through those as well. It’s quite possible I haven’t got time to do all of those particular questions. If that’s the case, then I’ll hold those in reserve for the next Satsanga, which will be in September.

Part 1. Lecture

So the first thing is to look at really **“Recognizing or firstly understanding why we’re slipping down the frequencies.”**

And that’s from a personal perspective, rather than from the Earth’s perspective. And it has to be understood that we affect everything around us, and we affect everything associated with us. And so, if we, shall we say, indulge in something, that level of indulgence does have an effect on us. It affects how we think, how we behave, and how we act.

And so thinking of this in context with our slipping down the frequencies is very important, because we create our own slippage. It doesn’t just happen to us. Somebody else doesn’t make us slip. And the environment doesn’t make us slip, although it can, if you think about triangulation, which we have done in the past.

But in essence, we create our own slippage. And we create our own slippage by simply being complacent about who and what we are, our level of spirituality, and where we think we’ve got to. And it’s almost like thinking we’ve reached the pinnacle of who and what we can be, and therefore, we don’t need to do anything else.

And when that happens, which happens an awful lot by the way with everybody, and that includes myself, because we do start to become complacent. We do think, aha, we’ve made it. We don’t need to work on ourselves today, or we don’t need to do a meditation today, or we don’t need to do any of the traversing frequency work today, or we don’t need to meditate today, or do yoga today, or kriya yoga, or any of these different things. They all add toward slippage.

The moment we start to move away from our standard structure of doing things that are spiritual, or just being a good individual, or just being of service, then we start to move down the frequencies. So the rut starts when we start to skip meditation times, prefer to work on something that's in the material world first in lieu of doing meditations, doing our own personal work. And so we start to chisel away at that structure, replacing that structure, that spiritual structure, with something that is material world structure. We start to become more interested in having to do jobs, having to mow the lawn, for instance, having to take the car to get fuel, having to do work from work, if we bring work home, for instance.

We start to supplement the time that we had doing our spiritual work, which is extremely important and is necessary, because if we don't continue it, we do drop down with stuff, which is low frequency. So if we start to very slowly swap out our higher frequency work with low frequency work, then that makes us come down the frequencies.

(5 min) Now then, what happens as well is that we feel good about it. And the ego, now we all know about the ego, and I might do a World Satsanga probably in September just to go over what the ego is again, because the ego is a very important thing to understand. It's not being sort of what we call egotistical in the material world sense.

An ego is in effect that personality that's created as a result of us being incarnate. It's a result of the sentient energy, our soul being placed in an almost total condition of being separated from its greater body of sentience, the True Energetic Self, which we sometimes call the Godhead, or the Oversoul, or the Higher Self.

And it knows that when it's in this condition of, shall I say, loss of low frequency, that it's going to demise early. It wants to keep itself living. It wants to keep itself in the forefront of who and what we are. But it also knows that as soon as the human body dies, the human vehicle dies, it can't survive. So it knows, it's on limited time anyway.

That's why we fear death, because the ego takes control of us. It fears our demise, it fears the demise of the human body. It makes us think we are the human body. And so when we start to move up the frequencies, it fears this. And it does everything in its path to stop us from progressing in our spiritual advancement.

So when we start to dip into low frequency things, like having little breaks from our spiritual work, or supplementing that work with other material world work, or low frequency work. I mean some of this stuff is necessary anyway, you know, we have to make sure that we do look after and maintain our responsibilities here, which is one of the reasons why we're here.

But it's also a case of we need to make sure that we have a priority involved. And the priority is to keep ourselves afloat. And I'm going to use the word "afloat" here a couple of times, because it's similar to staying high frequency. If you think of the air as being high frequency, as the water being low frequency, to enable to keep our head above water, i.e. our head in the higher frequency, we need to tread water or we need to swim.

Now if we don't swim or we don't tread water, we sink. So the only way to stay in the higher frequency of the air, and be able to breathe and see what's beyond the water, what the environment that is in the air and the land, etc., we need to continue to swim, or to tread water, or find some other vehicle to stay above water. If we don't, then we drop down, and we basically remove a lot of our own sensory perception that's associated with being in the air vs. being in the water. But also we start to, obviously, the human body demises as a result of that, so it dies early.

So from our perspective, if we think of the lower frequency being the water and the higher frequency being the air, if we're not working on ourselves all of the time, then we do slip down. So what we have to do is to make sure that we don't slip down. And the way to recognize it is to be very vigilant. Very vigilant, because the more we slip down, the more we accept slipping down. The more we accept slipping down, the more we think it's okay to do so. The more we think it's okay to do so, the more we feel happy about it, and the more we feel comfortable about it: I'm a spiritual being, I'm okay, I'm very advanced, but actually you're slipping down.

And so we have to be careful, because the ego gives us this feeling of being okay, and being alright, and being good, even though we're slipping. It's a little bit like slowly, slowly, slowly falling asleep, and not recognizing that you're falling asleep until you've fallen asleep, so to speak. It's one of those very, very slow things that happens, and catches us out on a regular basis without us even knowing it.

So we have to keep looking at who and what we are. We have to keep observing ourselves. We have to make sure that we keep swimming. And the way to make sure we keep swimming is to use the tried and tested methods that we used, when we first started to become very interested in spiritual existence. When we became very enthusiastic, we started to meditate. We started to go to workshops, we started to surround ourselves with like-minded people. We started to do various different yoga, for instance, or we started to meditate more and more and more.

(10 min) And we need to keep doing this. But on top of that some of us may have also been party to certain types of self-analysis. So apart from going back to basics, and rekindling that basic enthusiasm, we also need to be able to continue to observe ourselves.

Observe ourselves all the time. And that means that we are constantly checking who and what we are. We're checking our thoughts. We're checking our behaviors. We're checking our actions. We're checking everything all the time. And we have to do it in a very not negative sense, very neutral sense. We have to consider ourselves as being the observer of ourselves, but without being judgmental.

We have to recognize when we are slipping down, when we are indulging in various different things, or when we are not doing our spiritual work, or we are acting in the wrong way, or we are behaving in the wrong way, and stop ourselves from doing it, and go back to where we were.

For instance, understanding that somebody who pushes our buttons is just another spiritual being, who is progressing, and that they are experiencing what they're supposed to be experiencing. And part of their work is with us, and they will be probably in this debias help us move on through various different karmic things.

So we need to work with people who push our buttons to get them not push our buttons again. We need to not get drawn into gossip, or negative thinking, or negative behaviors, eating the wrong things, drinking the wrong things, smoking the wrong things, you know. We need to sort of move away from these different things. And we have to continue to watch ourselves.

So the observer self, this neutral, nonjudgmental, caring, sharing, and loving other part of us, that's watching us all the time, that says: Actually, you didn't think that through. You should have waited and stopped before you answered that question. You should have waited and thought about how you could have helped that person that you just walked by, who desperately needed help, but you just walked by. How you didn't let that person in front of you in your car.

You know, we need to sort of look at these things on a regular basis. So using the observer self is the most important tool in recognizing that we are slipping down the frequencies, and nipping

it in the bud early. It's the nipping it in the bud early, which helps us to move forwards, and stop our descent, and increase our ascension.

Now this isn't easy. Because whence we have gotten to the point, where we are experiencing being slow, for instance, or we're experiencing the body being lower frequency, it hurts. It's difficult. The body doesn't like being low frequency, because it's used to being high frequency. We get ourselves into various different habits, that we've previously kicked, or that we didn't think we would be associated with. And so moving away from those habits, and those thoughts and those behaviors and actions is very, very hard, specifically when the ego is involved, because the ego will want to use those particular thoughts, behaviors and actions to perpetuate its own existence.

So it will be doing all it can to make you feel really good about those low frequency thoughts, behaviors, and actions. So moving away from a drop down is very, very difficult. And a lot of individuals don't make it back up again. They slip down, and they stay down. And they make excuses for it: Oh, this didn't work for me. The person who is teaching me is rubbish. They obviously haven't understood what the subject matter is. They'll use all the different excuses under the sun.

So really, really, really stop what you're doing. Go back to the basics—the basics being the very basis for what started you along your spiritual path in the first place. And use the observer self to constantly record, think about, and act upon variations from spiritual thoughts or higher frequency thoughts vs. low frequency thoughts, higher frequency behaviors vs. low frequency behaviors, and higher frequency actions vs. low frequency actions.

So really, really check yourself on a regular basis. It's very important, because not only does it affect you, it affects those around you, and it affects the Earth as well. So as we go down, we affect others by going down the frequencies, and the Earth, or the environment that we exist within, which we call the Earth, or our local area will also go down as well.

(15 min) So back to basics, rekindle the old enthusiasm, and use the observer self, and act upon what you see within yourself in a nonjudgmental way. And that's how to recognize that we're slipping down the frequencies, and how to act on it.

Part 2. Questions and Answers

So I've got a number of different questions here I'd like to go through, and we'll see how far we can get within the time allotted. Whilst I'm looking for these questions, I'll just remind you all this is being done in conjunction with Kevin Moore of [The Moore Show](#), and is going to be transmitted on his [The Moore Show - YouTube](#) channel as well, as his website as well.

Okay, so the first set of questions here. It's based on "The History of God" work, and it's describing the development of the human vehicles, and therefore, the frequencies. And the comment is:

1. Would you please elaborate on how the higher or lighter, denser, cloned forms, the hermaphrodites, and our current form (sexual duality) correlate to the Root Races of mankind described by Blavatsky, Steiner and others?

And what I'm looking at here is a list that's been given to me. And I thank the person very much for sending me this question:

1. Polarian
2. Hyperborean

3. Lemurian - is this where the sexes were split?
4. Atlantean, which had 7 sub-races, brought emotion
5. Aryan - emerged about 100,000 years ago, brought intelligence, has 7 sub-races:
 - Hindu
 - Arabian
 - Persian
 - Celts and Mycenaean Greeks (offshoot)
 - Teutonic and Slavs
 - Australo-American - to be developed in the 21st century (Western North America, NZ, Australia), will bring wisdom, intuition
6. Future Sixth root race - to arise when? are these the indigo, crystal, rainbow, their hybrids, and now the White children?
7. Future Seventh root race - when?

a. What is the Frequency band level (and galactic origins if known) of the Root Races of mankind on Earth?

There's five here: Polarian, Hyperborean, Lemurian (is this where the sexes split?), Atlantean (which had 7 sub-races, brought emotion), Aryan (emerged about 100,000 years ago, brought intelligence, has 7 sub-races: Hindu, Arabian, Persian, Celts and Mycenaean Greeks (offshoot), Teutonic and Slavs, and the Australo-American, which is to be developed in the 21st century in Western North America, NZ, Australia, and will bring wisdom, intuition).

So my understanding is that ALL of these different root races of mankind are within what we would classify as the human vehicle now, inasmuch as we have a dualistic condition: we have a male and a female. The male and female must join together to reproduce to create another vehicle. So all of the races from Polarian, Hyperborean, Lemurian, Atlantean, etc., Aryan, and the subsequent Hindu, Arabian, Persian, Celts, Mycenaean, Teutonic and Slavs, and Austral-Asian or American versions are all part of this particular vehicle type.

The other vehicle types are outside of what we would call "known memory" or historical references. It's too far away. It's a completely different civilization type. As I'm reading this email that gives the information, I'm picking this up. It's very much a case of everything we know, and that has been known, and that has been channeled, that is relevant to what we are now in any way, shape or form—irrespective of the...and by the way, this is the duality side of it, not the cloned versions or the hermaphroditic versions—is based upon this particular dualistic condition.

So anything from any of the channelers, Blavatsky, Steiner, myself included, any of the others who refer to the older races, all the information that they're getting is based upon higher frequential levels of this particular genre of human form having male and female.

(20 min) So looking at the Polarian though, clearly we were a higher frequency at that point. Even though we are in a very similar body form or vehicle form, at that point we were much higher. And I'm being told the Polarian would have been around the fourth and fifth frequential level [Frequency Bands 4-5]. And we've come down from the 4th/5th, in fact, I'm being told midpoint between the 4th and 5th, so if you want to call it the 4.5-frequential level, you can do. But I'm told that at the Polarian level, we started to come down, and we are where we are now. So it looks as though it's only a frequency and a half in real terms, but it's a huge distance in frequential reality.

So the 6th part of this question here, the root races that mankind talk about the Polarian, Hyperborean, Lemurian, Atlantean, Aryan and the sub-races of the Aryan, are in essence five of the root races.

b. The sixth future root race is to arise when? So the question is: Are these the indigo, or crystal, rainbow, their hybrids, or is it now the White children?

My understanding is that it's going to come with a change of era, a change of Age. And I'm very much being drawn or being told, that when we are fully in the Age of Aquarius, or on the cusp of the changeover between where we are now in the Aquarius, that's when the sixth root race will come in. And that will be a higher frequency again. It will be in the fourth frequency [FB 4], so it will have moved out of the third and into the fourth.

The seventh root race will be in the fifth frequency [FB 5], and that's a long way away. I thought we were going to have frequential shifts within the next 50 years, and I'm being told that we are. But those frequential shifts are nowhere near as big as is required to go from one frequential level to another.

Think of it in terms of there being frequencies or sub-frequencies within the frequencies. So we experience those sub-frequencies, and we're moving up those sub-frequencies, as indices between the higher, the main frequencies. But moving from one main frequency to another main frequency, or one frequential level to another frequential level is quite a difficult thing to do, and that takes a long, long, long, long time. And we will need to reverse our downward trend to initiate the start, and a robust start of the accelerated ascension required to create the jump into the fourth frequential band to allow the sixth root race to come into it.

And in terms of these children and the energy types associated with their physicality, it would be beyond the White children, I'm told. The White children are here to point the way basically. There's twelve of those that we've talked about in previous Satsangas. Twelve made up of 3 x 4. Four of them will be in the background—they will be like Babaji. Four of them will be quantitative teachers, and four will be qualitative teachers. So the qualitative teachers will have just a few students, who are good at what they're doing. And the quantitative teachers will have lots of students. And of course, the four that are in the background will just be changing things in the background, so to speak. Okay, so that's going to be quite some distance away.

So I think that's basically answered that particular set of questions. We've got one more, maybe two more, we'll have to see how the time is going.

2. What is our superordinate goal while we're here on Earth? What are the tools and methods to achieve it? And having achieved that goal, what comes next?

So the superordinate goal for me means it's the main goal. It's why we're here. We have a...it's the underlying reason for us to be here. If you think about our incarnation having a life plan associated with it, and we follow that life plan as closely as we can do, and provided we have good guidance from our guides and helpers, then we have a number of different goals that we achieve all at the same time.

(25 min) But not all of those goals, of course, are important. There will be things we want to do, things we have to do, and things we could do, and things we should do, and things we might be

able to do have we got the time. So whilst I've been talking about that, and I've been sort of easing myself into that particular question, the thing I've been told is that the most important thing for us to do is to move up the frequencies.

So how do we do that? We remove our karmic links. Karma, as you all know, is a name that is used and is misunderstood. In general though, my understanding is it is a way of linking us to low frequencies. It's a way of creating addiction or a need or a desire to come back into this low frequency and keep coming back all the time, and want to come back.

In real terms, it's difficult being here. It's horrible being here. And it's a real shock to the system for us all to be here. But from that perspective, when we start to experience some of the things associated with being here, some of the sensations or the thoughts, some of the material wealth issues, some of the status points, where we can coerce people, work with them, you know, create empires, become very wealthy, very famous, you know, all these different things, or we can build or start to get addicted to our body form as well. Then it starts to become karmic. It starts to become a link to the lower frequencies. It starts to become a desire, and then an addiction to coming to the Earth.

So although we've got little addictions, or little things we need to sort out in terms of how we've interacted with other different incarnate souls, so to speak, and to aim to react differently, and in a more evolutionary efficient way, rather than getting tied up into all sorts of low frequency thought processes, behaviors and actions, then the opportunity for us to move forwards is based around removing that link.

So those are basic things, removing that link, removing the addiction, and certainly in terms of how we respond to others is a constantly moving item. Because if we move with somebody, interact with somebody else, and we don't interact with those individuals in the most efficient way possible, or evolutionary efficient way possible, we do start to slip down. And we have to come back and then re-enact that particular incident, or interaction with somebody, or interaction with a different environment that allows us to respond in the correct way.

And that correct way is to react correctly without becoming attached to the reaction, or the event. So that's something we come back to on a regular basis. But in total, the big goal we have is to be here and remove that need to be here, remove the desire to be here, remove the addiction of being here.

And we know when we've done this, because we can be in this environment, and nothing affects us. We don't get drawn into any gossip. We don't feel bad about this. We don't feel worried about that. We understand that material wealth or status means nothing. We understand that we can exist within this environment, but not be part of the environment.

And when we've got to that point of being in the lower frequencies, but not part of the lower frequencies, then we've achieved the level of not needing to incarnate again. Not needing to come to this level, have a part of ourselves connect with a vehicle, that allows us to experience the environment in the way it's supposed to be experienced in the frequential level it's supposed to be experienced, and evolve whilst in the higher frequencies instead.

(30 min) So linking everything together in a sort of roundabout way, the superordinate goal is to be able to come into an incarnate situation, but not get drawn into it. To be in the physical, but not of the physical. And that results in the way in which we behave, the way in which we think, the way in which we act. We act in a detached way.

There's some people who may think we are not engaging with them. But if we start to become this goal, if we start to realize that we're not part of this environment, and we're not part of the

nonsense that happens around us, we don't get drawn into gossip, we don't get drawn into angry thoughts, we don't get drawn into commenting about this stuff and do it, then we start to realize that we're existing in the environment, but we're not of the environment.

And that means that we've achieved our main goal. We will have removed away all of our karmic links, all the things we needed to sort out, in terms of reacting to certain environments and certain levels of interaction with other types of individuals, and various different personality types in various different scenarios, and we'll have wiped out any possibility of any addictions from being here. So we'll have moved away from the need to incarnate. So that's the goal.

The goal is to create the knowingness, not a belief system, but knowingness that we are what we are. And that we've got responsibilities while we are here, we fulfill those responsibilities, but we don't get immersed in all those responsibilities. So we are in the physical, but we're not of the physical. And that's basically the main goal of us while we're here on Earth.

Okay, so I'm just checking the time again at the moment. So I've got two more questions here, in fact, I've probably got three questions here. So I might have to put the one question into the next month. So the first question is basically following up from the previous Satsanga. The first question is this.

3. When I responded about backfill people, I said something to the effect they were lower quality souls that get addicted to lower quality states, since they have never experienced free will. So I'm asked to elaborate on this aspect of free will for being atypical for backfill people, and why that might be? Does the lack of having free will experience contribute to the inability to withstand addiction behaviors in the modern world?

Backfill people, as I've said before, are basically here to keep the balance of individuals on this particular frequential level, the third level, whilst people are ascending to the fourth level. So it allows people, who are still working on the third level, to continue to work on the third level without wondering about where everybody's going to basically. So there has to be a level maintained.

And the backfill people are basically other souls that are not the same quality as ours, but they are above the animal. So they are not used to having the exposure to having total free will. And although they are not common on Earth, well, they weren't common on Earth in the past, they start to become more and more common now, as we do start to move up the frequencies even though we are enjoying, if that's the right word, a slightly downward trend at the moment.

So they are a different quality of sentience is a better way of saying it. The animal souls have one level of sentience, and we have a different level of sentience. The backfill people and the souls associated with them have a level of sentience, a quality of sentience that's in between the two. So this allows them to work in certain ways. It allows them to animate the human form.

But in general, when they have been incarnate, they have been in a condition, where they have been working in a collective function, rather than an individualized function that can work with the collective function if it wishes, or it can work in a completely selfish way for itself.

So they normally operate when incarnate in this collective function. So everything that happens happens in various different states of collectivity. And I seem to remember in one of my books [Beyond the Source, Book 2, page 244], that there were certain types of collectivity, or function, and I can't remember what they are now.

(35 min) But basically this particular type of soul would have been in a position where it could operate in two collective ways. One way is where it's a little bit like the hive mind, where

everything is a part of a bigger brain, so to speak. So every incarnate entity and every soul is part of a bigger soul, and can only act and respond as part of that bigger soul, or as a function or a smaller component of that bigger soul. And they can also react, depending on what they are doing and what they've been assigned to, they can also react in an individual way but in concurrence with the bigger soul or the collective, the collection of souls, provided that the collection of souls agree with the advice or the suggestion made by that individual.

So when they are put in a position of complete free will, it's a bit strange for them. They've not experienced it before, and as a result, they start to in effect get addicted to this ability to be able to do anything and everything they want to. They will be not separated out from the ability to achieve what any of us can do. So then they are still able to become pop stars, a lot of them have become actors, a lot of them have become chief executive officers of banks and their own businesses. They're still able to be of service.

They can do anything we do, but they tend to get sucked into the sensation side of things, the materialistic aspect of things, the lower frequency thoughts, behaviors and actions side of things, specifically because they don't have experience of it. They don't have the ability to see what's basically the right way from the wrong way. Or should I say, the evolutionary efficient way rather than the evolutionary inefficient way. And so this is what happens with them.

They get interested and like to experience those things that are, if you like, they can only do with free will. And so they keep trying to test the waters to see how far they can go with this, and how far they can go with that. And that's what happens. They get addicted. Some of them do break free. When they do break free of their addiction, the whole group benefits.

So as with us, we're all evolving while we're here. So are they as well, and they're also enjoying their evolution as well. But they are finding it much harder, because it's a bit like a child in a candy shop, you know. You can walk through the candy shop, or you can walk through the candy shop having stolen a few pieces of candy. And the temptation to steal the candy is overwhelming in this instance.

So the second question is, and I think I've answered this actually in the first part of the Satsanga in terms of the recognizing and how we can stop ourselves from moving down the frequencies. But I'll read the question out and I'll see, as I read the question, if there's anything in there that allows me to add to that first lecture, so to speak.

4. With regard to the topic this month, regarding and recognizing that we are slipping down the frequencies, and I'm hopeful you'll present a solid plan of how to avoid getting in a rut when this occurs, I'm also interested in the ways to work back up and out and how we can move on with that?

So we also have to look at what it feels like to move backwards in our evolutionary path. And although at some level, all evolutionary content is in fact a form of growth, positive or negative, is it still accruable content that shows as one's experience when one is experiencing it? If it can be argued that slipping down the frequencies at least is a form of growth and evolutionary content, and I've discussed this, and how we might not get trapped into false senses?

Would be interesting to hear your thoughts on how to recognize this in process and avoid this entirely, or minimizing the deleterious impact of spiraling down the frequencies, which seem a necessity for the soul journey, which it seems to be at some level a part of the human experience?

(40 min) Okay, I think I've answered most of this in the first part of the Satsanga, but in essence a solid plan is based upon really being hard on yourself. Using the observer self, not being judgmental but stopping yourself in tracks. Stopping the addiction of changing the thoughts, behaviors and actions that are low frequency thoughts, behaviors and actions.

Asking somebody else to be the observer self, somebody who loves you, and that you're going to take notice of is another way of doing this. So if you can't trust yourself using your observer self, use somebody else to be the observer self for you. It's probably not a good idea to use your partner, or your husband or wife. It's probably somebody who you can classify as a friend.

You may want to go to a spiritual counselor, for instance, to be able to do this, but the thing is a spiritual counselor can't be with you all the time. So it's important to recognize that you can use partners, but it may be detrimental to the partnership, specifically if you're struggling to fight against those low frequency thoughts, behaviors and actions.

So try to find somebody who you're with all the time, other than your partner, or with on a regular basis, who is able to observe you in your thoughts, behaviors and actions. I mean, obviously, the thoughts won't be picked up by them, but the intention behind the behaviors and actions will be classified as thoughts. So if you can't do it yourself with your observer self, use somebody else to be the observer for you.

Basically, when you're working your way up again, you start to regain the functionality associated with higher frequency existence. So your intuition increases, your ability to be sentient, your clairsentience increases, your knowingness increases, your ability to communicate with other entities increases, and the ability to observe the rest of the environment in the frequencies above where we are now increases. So we start to be more connected. We start to experience more things. The human eye starts to be more capable than it is now. So there will be parts of it, where you can start to see the overlay of the third eye on the physical eye vision. So we start to see things.

If we've experienced these things before, when we move down the frequencies, we tend to sort of think we've dreamed them. We tend to think that it's something that's happened that we can't reachieve. But we can reachieve it. We have to continue to work on ourselves. We have to continue to recognize that we need to move onwards and upwards. And it's hard work.

Okay, let's have a look and see if we can find anything else? Yeah, and to be honest, actually some souls do put themselves in a position of an almost death spiral, so to speak, a spiral downwards that you can't stop to see what they need to do to come out of it. And that in its own right is a way of accruing serious evolutionary progression (not karma).

So it can be considered to be a reasonable thing to suggest—I'm talking in circles here, I know that—that even the experience of negativity or negative thoughts, behaviors and actions is an evolutionary level. The answer is yes, but we've already been there. We've experienced it here in previous lives, so all we're doing is going over old ground.

And it's a bit like painting the wall twice. When you change the color of the wall with paint, you change the color of the wall. You experience the change the first time you've changed the color. When you go over that wall again with the same color, you don't get the same level of satisfaction associated with seeing the color change, because you've done it once. All you're doing is making sure that you're not missing any part by going over it, and then you're giving a depth of color.

So although you might suggest or argue that there is a level of additional, shall I say, experience and evolution associated with going deeper into something, in actual fact, we do go deeper into

it, and we have gone deeper into it in most cases. But the downward spiral aspect, where we have to sort of put ourselves into a flat spin and try and get ourselves out of it, is quite a common life profile for people, and one where they put themselves in extreme situations to see if they can come out the other side.

(45 min) I'm just seeing if there's anything else here we can look at. I'm not suggesting that anybody puts themselves into a downward spiral, by the way. That is difficult to get out of. And you've got to be an extremely resolute, robust, and dedicated individual to stop the spin, to stop the downward descent, and create an upward ascent. It's very, very difficult.

So the thing is again on how to recognize it, it's all to do with using the observer self in a nonjudgmental way. And if you have trouble with that, ask somebody that you know to work with you, to point out your failings. It will hurt for having these failings to be pointed out. It will definitely hurt, because none of us likes to be told off for a start off. And none of us likes to be told we're doing things wrong, or thinking in a wrong way, or behaving in a wrong way. So having somebody else do it rather than ourselves is a very, very harsh route.

But if you feel that you can't do the observer self, and using somebody else to be the observer for you, and feeding back on the traits, the thoughts, behaviors and actions that you have, and how you've changed is another way of doing it. For me, although it's harder, it's the sure fire method, provided you're prepared to accept the information that comes through.

Okay, I think we've got to as much as we can do in terms of this particular Satsanga. I've got one more set of questions, but I think that I'm going to hold that to the next Satsanga, because it actually talks about the New Earth in a certain way, and also talks about the way we are now, how people are becoming more impatient and things. So I'm going to hold that particular question or two questions in abeyance, because I think it'll be good to link into it between this particular Satsanga and the one in September.

(I apologize for the gap in the recording at 47:38 - 48:04, I put it on pause, but it came off pause, so I apologize for that).

Part 3. Meditation

(48 min) Okay, so what I'd like to try and do now is to work on a meditation, that is connecting with your True Energetic Self.

This particular end of meet meditation is connecting with your True Energetic Self. Please download the high quality [M4A File](#) audio file to do the guided meditation with Guy Steven Needler at his website. Don't forget you'll be higher frequency now than when you started.

(66 min) Closing comments: Okay, so that's the end of this pre-recorded Satsanga, the second pre-recorded Satsanga, that's being created in conjunction with Kevin Moore of [The Moore Show](#). And this will also go onto his website, or should I say, his [The Moore Show - YouTube](#) channel as well.

So thank you very much for dialing into this recording, and going through this exercise, and listening to the questions and the answers to the questions, and the lecture about how to recognize we're slipping down the frequencies, and how to move forwards with that.

Okay, so God's love to you all. And I look forward to projecting and receiving energy from you in September with the third of the pre-recorded Satsangas that are done in conjunction with Kevin Moore. So good morning, good night, good afternoon, and God's love to you all, and look after

yourselves. And remember, keep thinking high frequency thoughts, behaviors and actions. And use your observer self. Namaste to you all." END.